

Sundays at Albany UU

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs on Sundays include Forum (social justice and environmental topics), Family Chapel, social events, and adult education.

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

October 2016

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

(1st Sunday/mo. Oct.-May)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(as scheduled)*

Services

Oct. 2 "Transylvanian Heritage Sunday," Revs. Trumbore and Tünde Szász

Rev. Szász, minister serving our Transylvanian Partner Church in Szőkefalva, Romania, will share the pulpit with Rev. Trumbore to celebrate the connections between our two congregations and our two religious traditions. While we worship in different languages, rituals and beliefs, we share more than we might realize. Come find out more and welcome our Transylvanian visitors from Szőkefalva after the service.

Music: Findlay Cockrell and Ann Brandon

Oct. 9 "Healing Through Repentance," Rev. Sam Trumbore

With Yom Kippur approaching on October 11, let us join the spirit of the Jewish tradition of atonement. What might be surprising to discover is that repentance as we know it today was an innovation within Judaism around the time Jesus appeared. That ability to incorporate new ideas and methods from other cultures is a model for Unitarian Universalism as we grow into our changing religious identity for the 21st Century.

Music: Choir

Oct. 16 Greener Grass, Vee Abbitt

We have all heard the saying "the grass is always greener on the other side of the fence." Usually we think of that in terms of coveting what other people have. But what about yearning for more and better within and for ourselves. The "grass" that we have the power and authority to cultivate, is that grass always greener, too?

Music: Elena Karpoff

Oct. 23 "American Fear of Islam," Rev. Sam Trumbore

Ever since September 11, 2001 many Americans have developed a strong reactivity to Muslims and the Islamic religious tradition. Many attempts to educate Americans haven't corrected this irrational fear. What drives this hatred and how might it be effectively addressed?

Music: Choir

Oct. 30 "Wheel of Life," Rev. Sam Trumbore

As Halloween approaches, stories of spooky monsters may haunt the imaginations of little children. Some people believe the veil between the world of the living and the dead is thin this time of year. We can take advantage of this auspicious time to lift up our life transitions and remember those who have died in the previous year in our service. *Please bring a picture, symbol or a memento of a loved one you want to honor for our table of remembrance.*

Music: Ann Brandon

Calendar

Events happening every Sunday at Albany UU

9:00 AM Mindfulness MeditationSanctuary
 10:00 AM ServiceEmerson
 Family Chapel (1st Sunday/mo. Oct.-May)Sanctuary
 Religious Education Classrooms
 11:00 AM Coffee HourChanning

Exceptions: No choir rehearsal Oct. 26

Regular events and meetings

CHECK the newsletter for changes to date, time and location

Sundays	5:30 PM	Walker Book Club (2nd)	Wednesdays	10:00 AM	Projects & Quilts (weekly)
	11:45 AM	Social Responsibilities Council (3rd)		12:00 PM	All Sides Considered (1st & 3rd)
Mondays	12:00 PM	Channing Circle (3rd)		5:30 PM	Green Sanctuary Committee (3rd)
	6:15 PM	Religious Education Council (1st)		7:00 PM	Choir Rehearsal (weekly)
	7:00 PM	Earth Spirits (2nd)	Thursdays	7:00 PM	Program Coordinating Council (2nd)
Tuesdays	10:00 AM	Philosophy Group (weekly)		7:00 PM	Board of Trustees (3rd)
	1:00 PM	Bridge (weekly)			
	7:00 PM	UU Humanists (2nd)			

All other events happening in October

1-Oct	Saturday		18-Oct	Tuesday
8:45 AM	Getting to Know UU	B-8	6:00 PM	SRC Event -SURJ (Standing Up for Racial Justice)
7:00 PM	Social Fun Dance	Emerson	 Emerson
2-Oct	Sunday		7:00 PM	Capital Campaign committee
10:00 AM	Family Chapel.....	Sanctuary	7:00 PM	Exploring the Bible Class
11:45 AM	Auction Meeting.....	B-7	7:00 PM	Third Tuesday Meaning Matters
11:45 AM	Green Sanctuary Committee	B-6		Stott Lounge
3-Oct	Monday		19-Oct	Wednesday
6:15 PM	RE Council meeting	Channing	6:30 PM	Wellspring Spiritual Practices.....
4-Oct	Tuesday		20-Oct	Thursday
7:00 PM	Capital Campaign committee.....	B-7	7:00 PM	Albany UU Board Meeting.....
7:00 PM	Exploring the Bible Class.....	B-3/B-4	22-Oct	Saturday
5-Oct	Wednesday		9:00 AM	Hudson Mohawk Cluster Fall Gathering
6:00 PM	SRC Event - Standing Up for Racial Justice....	Channing	Channing Emerson
6:30 PM	Wellspring Spiritual Practices	B-8	23-Oct	Sunday
6-Oct	Thursday		9:00 AM	Growth Through Service Interviews
7:00 PM	Looking Forward! training	B-7	 Minister's Office, B-5, Stott
8-Oct	Saturday		10:00 AM	Growth Through Service Interviews.....
6:00 PM	Circle Dinner (ME)	Offsite	 Minister's Office, B-5, Stott
9-Oct	Sunday		11:00 AM	Growth Through Service Interviews.....
11:45 AM	Music Director Search Congregational Conversation	B-8	2:00 PM	Bob Thomson Memorial.....
11:45 AM	Social Responsibilities Meeting	B-7	24-Oct	Monday
5:30 PM	Walker Book Club.....	Channing	10:00 AM	Small Group Ministry.....
10-Oct	Monday		7:00 PM	Fourth Monday Meaning Matters
10:00 AM	Small Group Ministry	B-5	25-Oct	Tuesday
11-Oct	Tuesday		7:00 PM	Capital Campaign committee
7:00 PM	Capital Campaign committee.....	Stott Lounge	7:00 PM	Exploring the Bible Class
7:00 PM	Exploring the Bible Class.....	B-3/B-4		B-3/B-4
7:00 PM	UU Humanist Group	B-8	26-Oct	Wednesday
13-Oct	Thursday		2:00 PM	End of Life Choices Project.....
7:00 PM	Program Coordinating Council.....	B-8	27-Oct	Thursday
14-Oct	Friday		6:30 PM	Finance Committee
8:00 AM	UU Weekend at Silver Bay	Offsite	29-Oct	Saturday
17-Oct	Monday		2:00 PM	Albany UU Halloween Party
12:00 PM	Channing Circle Lunch	Channing	30-Oct	Sunday
1:30 PM	Third Monday Afternoon Meaning Matters	B-8	11:45 AM	Social Responsibilities Meeting.....
2:00 PM	End of Life Choices Project			B-7
7:00 PM	Earth Spirits	B-7		

Sam's Outlook

Healthy practices and commitments

Rev. Sam Trumbore

Health is a deep and passionate concern for me. So much of human suffering arises because people don't take care of their own health and neglect the health of others. Moreover cruelty and violence occurs every day that is preventable and unnecessary.

The path to public and personal health begins with a change of hearts, minds and habits.

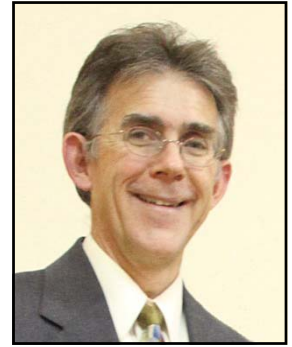
This dawned on me gradually as I struggled with severe digestive problems at the age of 14. After running many painful and unpleasant tests that had negative results, my doctors couldn't understand why I was so sick with diarrhea and intestinal pain. I had lost so much weight that the intern doctors when I was admitted to the hospital suggested my mother wasn't feeding me enough, much to her distress. I was finally diagnosed with the early stages of Crohn's disease through exploratory surgery (this was before MRI's and CAT scans) in 1971.

The doctors told me there was no cure and they could only manage my symptoms with anti-inflammatory drugs. Thankfully, I responded well to them and was able to go into remission and stay in remission most of the time. But I still had chronic intestinal pain and problems which, at the time, I felt hopeless about resolving.

In my early twenties, I started noticing that my intestinal problems decreased if I avoided milk products. At the time, doctors didn't pay a lot of attention to the role of diet in digestive disorders. At first I was very resistant to giving up ice cream and chocolate milk ... until I finally decided that I cared more about how my intestines felt than about the pleasure of my tongue. That began a lifelong process of observation of my diet, noticing the foods that caused intestinal distress, and the ones that didn't seem to affect me ... and to stop eating them.

I used the principle of selecting a symptom and monitoring over time how different interactions affected me. Some foods made my intestinal pain much worse, but some seemed to ease my symptoms. In fact if I was very observant and careful with everything I put in my mouth, I could actually be free of

intestinal pain. The more pain free I was, the less I was willing to endanger my health with harmful foods. I made a commitment to health that trumped my desire for foods that would cause me discomfort. It is a dance I continue today, trying to strike the balance between desire and health.



This symptom monitoring protocol transformed my life from resignation about being cursed with a bad digestive system, to bit by bit continually improving my health through careful observation and experimentation. I noticed more and more small changes I could make to my habits and patterns that gradually improved my health, from reducing my sugar intake to improve my skin health, to doing meditation to manage my stress that also affected my health and a daily exercise set that manages the beginnings of sciatica.

The reason no doctor could tell me all this is because each of our bodies is unique. The experiences, bacteria, viruses, and fungi each of us have been exposed to and might be sensitive to are also unique. The only final arbiter who can guide us to health is each of us individually. We are the only ones who can carefully observe and make choices that will best direct us toward health.

The era of "doctor knows best" is way over. Each of us needs to be partners in our own self-care and guided by our own bodies toward health. Doctors can be valuable allies in that process, even critical guides, but many of us suffer from problems we must take personal responsibility to manage and to resolve. We need to learn the science of self-observation and self-experimentation as we take control of our own health.

I know people make fun of me when I set the goal to "die healthy," but even as I face the process of aging, a process that accelerates each year, I strive to keep improving my health, as best I can, until the end of my life. I strive to be a good steward of this body, to care for it lovingly, as I would for my own child. While I can't prevent every disease

Sam's Outlook, continued on page 4

News

Your help is needed!

Playground BUILD Day at Sheridan Prep is Oct. 7 and 8

Volunteers age 14 and up are needed to transform the playground like magic over two days. Much of the installation work does not require particular strength or skill, but we do need some volunteers who can manage 80 pound sacks of concrete! If you know of others who might be interested in volunteering, please ask them.

Snacks, water, lunch will be provided. Contact Martha Musser for information on the Friday and Saturday shifts and to sign up (mussermartha@gmail.com or 434-2246).

Growth Through Service Sunday–October 23

Growth Through Service is about tapping into what connects you to Albany UU. We want to learn about you so that we can help you connect and collaborate in ways that mean the most to you. We want to celebrate all that you bring to Albany UU. Connecting, collaborating and celebrating starts with a conversation. Our Conversation Team will be available for one-on-one conversations before, during and after service on October 23. Please sign up at coffee hour to reserve your time slot.

Music Director search update

The Music Director Search Committee has been busy since long time Director Matt Edwards tendered his resignation. Several areas of action were identified as essential to the search process. First,

Sam's Outlook, continued from page 3

that might endanger my life, I can certainly strive to not succumb to the preventable ones. And do it as act of loving-kindness rather than as a jealous attachment.

No matter what the state of our health, there are large and small ways we can start observing our bodies and notice things we can do to love our bodies better and care for other people's bodies better.

May our commitment to health increase for the benefit of all beings.--Rev. Sam

Flyers in this issue

At the end of this newsletter you will find full page items on:

- ◆ Congregational music program survey
- ◆ Halloween Party



Matt Edwards and his farewell cake!

an interim plan was formulated to ensure that our music program stays active and strong while the best candidate is sought. To this end, Ann Brandon, accompanist, and Chris Jensen, conductor, have agreed to assist the choir during rehearsals, many Sunday services and Christmas. The Search Committee will also coordinate and obtain quality musicians for the remaining Sundays. With

the help of choir members, the Holiday Carol Sing will continue its annual tradition by bringing music to housebound members on December 18th.

Next, the Search Committee developed methods to solicit input about Albany UU's overall music program. A Congregational Survey is being distributed (and can be found at the end of this newsletter). Additionally, on Oct. 9 and 17, Congregational Conversations will be held to discuss the subject. In this way, the current musical preferences and hopes of members/friends can be carefully considered.

Finally, the job description for Music Director will be updated to reflect both required and desired qualifications. The Search Committee will follow up by advertising in varied media, UU, and professional arenas. Qualified candidates will have in-depth interviews. Afterwards, the top applicants will be invited to rehearse with the choir and then perform as a guest musician on a Sunday. It is our hope that a new Music Director will be installed by February 2017.

For further information, feel free to reach out to one

October 7 & 8, 2016:

Help transform the playground at Sheridan Prep

From this:



To this:



Plus this:



Contact Martha Musser to sign up for one of three shifts on Friday or Saturday (518-434-2246 or mussermartha@gmail.com). Snacks, coffee, water and lunch will be available both days.

of the Music Search Committee Members: Ann Brandon, Kathy Harris, Annika Pfluger, Randy Rosette or Chris Jensen, and Rev. Sam Trumbore.

Sue Berzinis Memorial Kitchen Renovation Fund

Preparing and sharing food with others, whether cooking or baking, was at the core of Sue's life. Although Sue devoted much of her time at Albany UU to organizational efforts such as serving as Treasurer, in recent years she was more frequently casting her eyes on the kitchen and pantry and seeing that these areas would likely benefit from some renovation. Discussions with frequent users of these facilities showed support for making changes, but Sue's illness and untimely death put this on hold.

Before Sue passed on we agreed that launching a project along these lines would be a fitting tangible

memorial to remember her by. To that end I have made a contribution of \$50,000, with the blessings of the Board of Trustees, to open a dedicated fund in Sue's memory to show intent to make significant improvements in the kitchen, pantry and associated areas of Channing Hall and now invite others to join me in this effort. I will be forming a team from current and potential users of the kitchen & pantry spaces to develop a vision by the end of the year for how renovation and re-imagining them would make them more inviting to work in and expand the ways they can help us serve both our own and the greater community. With that in hand we will use the available funds to commission professional kitchen designers to develop some proposals and budget estimates for us to consider in 2017.

Please contact me at apberzinis@verizon.net if you are interested in joining the team, or simply want to offer input.--Al Berzinis

Forum: Dr. Brandon Gorman "Irrational Islamophobia: Terrorism, Shari'a Law, and Women's Rights"

Oct. 23, 11:45 AM, Room B-8

Islamophobia is alive and well in America. The Republican presidential candidate has called for banning Muslim immigration and has promised to create a database to keep track of Muslim-Americans, violence against Muslims in the United States continues to rise, and legislatures in 34 states have considered anti-Muslim legislation in the past six years. This talk will bring data to bear on the questions of terrorism, barbarism, violence against women, and other issues with the goal of dispelling American misconceptions about Muslims and Islam.

Dr. Brandon Gorman is an Assistant Professor of sociology at the University at Albany, SUNY. His research investigates how people engage with and understand international politics, with a focus on the Middle East and North Africa. Dr. Gorman speaks Arabic and spent two years in the region studying people's opinions on topics such as democracy, relations with the global community, *shari'a* law, and radical organizations. His research has been published in the *International Journal of Comparative Sociology*, *Middle East Law and Governance*, and *Social Forces*. His work has also been covered by NPR.

Board notes

We've done it before – we can do it again.

Jon Newell, Board member and Looking Forward! Campaign Chair

One of the strengths of the First Unitarian Universalist Society of Albany is our willingness and ability to rise to the occasion when financial opportunities arise. These events are rare, but our history in meeting these challenges is a clear institutional strength. Over the past 30 years, we've raised money outside the budget on these occasions:

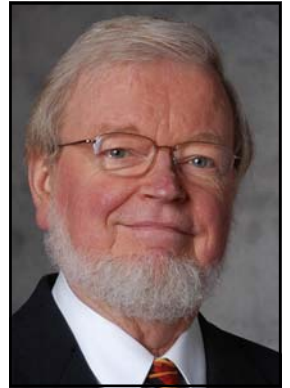
We raised about \$50,000 on short notice to pay our cash share for the Habitat for Humanity house that we and a Methodist group built in the 1990's.

In 1995 when the minister resigned and we expected to be lay-led for nearly a year, Rev. Jo Bartlett agreed to become our interim Minister. He asked only that we conduct a campaign to pay his salary, and he'd accept whatever we raised. About \$50,000 was raised in a couple of weeks.

In 2004 when we had carefully estimated the costs to build Emerson Community Hall, and put the job out to bids, the fact that Hurricane Katrina had just devastated New Orleans and vicinity meant that the cost of building materials skyrocketed, and the bids were about \$400,000 above our budget. One family agreed to contribute \$300,000 of that, if we could raise \$100,000 of new money. That was done in around a week, and Emerson got built.

We can be proud of what we've done. Now there's

a good reason to step up again. We were only able to negotiate a 10 year loan when we financed Emerson Hall. We had planned on a 20-year mortgage, but the bank refused. So now it's ten years later, and we need to re-negotiate. Fortunately, interest rates are generally low.



Unfortunately, it will take until 2041 to pay back all our loans if we continue as we have been. That places a serious drag on our future. The Board has authorized a new campaign, called *Looking Forward!* The objective is to raise money now to reduce the amount we need to borrow, and free up resources we need to do the important things we came to do in the first place.

The campaign has just begun, and we have raised over \$110,000 already. Letters have gone out to everyone who was a member when we conducted the original capital campaign, asking them to please consider supporting the *Looking Forward!* campaign. Newer members will receive letters soon asking for a time to meet with a couple of our *Looking Forward!* solicitors to consider pledging. We expect to complete the solicitation phase by the end of November. We hope to avoid any further borrowing from the Endowment Trust, and to negotiate with the bank in a much stronger position, seeking a much smaller bank loan.

Memorial Service

A memorial service for **Bob Thomson** will be held at 2:00 PM on Sunday, Oct. 23 in the Sanctuary, followed by a reception in Channing Hall.

Contributions of finger foods for the reception are welcomed.

Hudson Mohawk UU Cluster Fall Gathering "The Future of Religion" by Rev Joan Van Becelaere

**Saturday, Oct. 22, 9:00am–3:30pm
at Albany UU**

The UU congregations of the Hudson-Mohawk Clus-

ter (Albany, Glens Falls, Kingston, Saratoga Springs and Schenectady) will gather on Saturday, Oct. 22 here at Albany UU to learn and share new skills and strategies for strengthening our congregations into the future. Rev Joan Van Becelaere will offer the keynote presentation titled "The Future of Religion." Afternoon workshops include:

- ◆ Josh Shea will offer a workshop on outreach, marketing, social media and new generations;
- ◆ Kristin Cleveland will present a workshop on welcoming, connecting & sustaining church connections; and
- ◆ Evin Carvill-Zeimer will do a workshop on multicult-

tural competencies across the generations.

Childcare and programming will be provided. Lunch will be provided with voluntary donation requested to cover costs.

To register for the Cluster Fall Gathering online, go to HudsonMohawkUU.org

Or contact the Albany UU office: 518-463-7135 by Oct. 15!

NYSCU meets in Utica and Barneveld Friday evening-Saturday, Oct. 21-22

Join the New York State Convention of Universalists (NYSCU) as a delegate of Albany UU for their Annual Meeting at the Unitarian Universalist Church of Utica, NY on Friday evening, and at the Unitarian Church of Barneveld, NY on Saturday. We want delegates representing Albany UU. Let Albany UU President Dick Dana (518-446-0382, rdana@nycap.rr.com), or Denominational Affairs liaison Don Odell (482-4574, drell31@Yahoo.com) know if you are interested. Your registration fee will be covered by Albany UU,

and NYSCU also provides some transportation expenses.

The Keynote speaker will be Philip P. Arnold on “The Doctrine of Discovery: The Real Story”. The business meeting is on Saturday. This is the one business meeting where, if history is any guide, the NYSCU provides grants to a variety of projects within Unitarian Universalism and related endeavors. These are discussed and approved by delegates from the member congregations.

Go to the NYSCU web site (<http://nyscu.org>) for the schedule and registration info. -Don Odell, Denominational Affairs liaison

Input wanted—Sunday Service Log

Your comments and input are encouraged regarding Sunday services. A notebook/log is located on the high table outside Emerson Community Room.

The Religious Service Committee reviews these comments regularly for discussion and potential changes/improvements. Thank you.

Growing Together

Exploring the Bible: The Dickinson Series Six sessions beginning Oct. 4, 7:00 pm

Led by Rev. Sam Trumbore and Karen Greene Based on interfaith curriculum developed by the Massachusetts Bible Society (that has UU’s on its Board of Directors), this class will open up the wealth of stories, guidance, inspiration and cultural history that informs and shapes Western Civilization found in the Bible. The six sessions will cover: Orientation to the Bible, Choosing a Bible, Overview of the Old Testament, Overview of the New Testament, The Bible and its Authority, and Archaeology and the Bible. To sign up (see box) or just show up!

Three ways to sign up for a class or event:

—Send an email to Registration@AlbanyUU.org

—Sign up at the Sign Up Site in Channing Hall

—Call the church office, 463-7135

If childcare is offered, please let us know you need it when you register. (Include names and ages of children.)

Sign Up for Meaning Matters

Led and Coordinated by Rev. Sam Trumbore

A great way to get connected through a small group at Albany UU is through Meaning Matters. Meaning Matters focuses on sharing personal experiences, questions and insights centered on the theme of the month. The groups use a packet of material distributed by email in the beginning of the month. It includes links to articles, videos, books and movies on the theme that can be used in preparation for the meeting. The meetings are directed toward exploring the theme as a source for seeking truth and deeper meaning and facilitates connections between group members. Meaning Matters is open to everyone. To register, please go to members.albanyuu.org (click Small Group Sign-up).

Questions: Rev. Trumbore

(minister@albanyuu.org)

Mindfulness Meditation Workshop

Next one is Nov. 18-19

These meditation training and practice workshops will be led by Rev. Trumbore, on Friday 6:00pm to 9:00pm, and Saturday 8:00am to 3:00pm. It gives

Religious Exploration

To be a community of healing—The Soul Matters theme of October

Leah Purcell, Director of Religious Education

Perhaps your first thought, like mine, was that “healing” is a pretty heavy topic for children. Happily our Unitarian Universalist Principles help children learn that each and every person is important and that all people should be treated fairly and kindly.

We can explain to children that when we hurt, whether it is our body that hurts or our feelings that hurt, it is important to know how to heal. And it’s important to help others heal. Here are some conversation prompts that were suggested by some of my colleges from the Soul Matters Sharing Circle.

Band-aids help us to heal. What about how our community, family & friends? How can they help us to heal? Who cheers you up when you’re sick?

Band-aids can help our bodies heal. Sometimes our feelings can be hurt.

What can you do when your feelings are hurt? You can try and forget about it. Or you can cover it up. Or you can try and work with your feelings to get through the hurt. By working through your hurt you can help yourself heal. Remember Love can heal, when you show care or ask for the care you need we help heal each other.

Our Religious Education program offers opportuni-

ties for children and youth to heal too. The covenants that the groups created last month help the children and youth to get along, and to find ways to make amends and renew promises to start again if they stray from the covenant in their actions or words. As



bonds of trust are formed in the groups, children feel more relaxed and freer to “be themselves”. They might start to ask questions they don’t feel comfortable asking at home or school or among their other friends. I’m working to help our RE volunteers talk to the children and youth in ways that help them come to their own answers and also learn to be comfortable with not knowing the answers right now. A child or youth might bring up something painful in their lives or that they have learned about in the greater world. Again, we don’t expect our RE volunteers to sooth away all the pain. Just allowing children and youth to voice a pain or concern in a loving community is often enough for them. So let’s not be too afraid of what our children, even very young children, are feeling and experiencing. May our religious communities and homes be places of kindness and gentle healing.

In joyful service,

Leah

the participants an opportunity to learn Buddhist mindfulness meditation techniques and/or refresh and deepen their meditation practice. All are welcome from first timers to experts. Mark your calendars NOW!

To register, go to members.albanyuu.org (click Small Group Sign-up). Questions: Rev. Trumbore (minister@albanyuu.org)

Living with Differences

finding the path from tolerance to love

Do any of these experiences cause you distress?

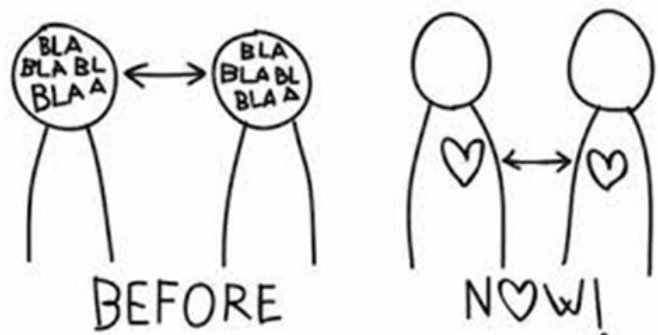
- ◆ *Stuck in conflict*
- ◆ *Misunderstanding*
- ◆ *Triggered by what others say and do*

◆ *Labeling and comparing*

◆ *Responding from a place of guilt, blame, or shame*

◆ *Being judged, judging others, judging self*

Our communication often reflects language that injures ourselves and others, and compromises the



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necessary to meaningfully deal with poverty and segregation... (Kevin Gosztoła, Goodreads.com)

“The eruption of mass protests in the wake of the police murders of Michael Brown in Ferguson, Missouri and Eric Garner in New York City have challenged the impunity with which officers of the law carry out violence against Black people and punctured the illusion of a postracial America. The Black Lives Matter movement has awakened a new generation of activists. In this stirring and insightful analysis, activist and scholar Keeanga-Yamahtta Taylor surveys the historical and contemporary ravages of racism and persistence of structural inequality such as mass incarceration and Black unemployment. In this context, she argues that this new struggle against police violence holds the potential to reignite a broader push for Black liberation.” (Haymarket Books)

"GUNS DON'T KILL PEOPLE, PEOPLE KILL PEOPLE": AND OTHER MYTHS ABOUT GUNS AND GUN CONTROL by Dennis A. Henigan. Beacon Press (2016). [363.330 HEN]

Debunking the lethal logic behind the pervasive myths that have framed the gun control debate.

“The gun lobby’s remarkable success in using these engaging slogans to frame the gun control debate has allowed it to block lifesaving gun legislation for decades. But is there any truth to this bumper-sticker logic? Dennis Henigan exposes the mythology and misguided thinking at the core of these pro-gun catchphrases, which continue to have an out-sized influence on public attitudes toward guns and gun control. He counters the gun lobby’s messages by weaving together the most compelling current research and insights

health of our relationships. As we recover from election results and prepare for the holidays, we can bring peace into our lives with honest and empathic communication. This intention and a simple tool kit will put you on the path from tolerance to love. We each have the freedom and choice to put compassion and kindness into play every day.

Are you willing to give it a try and enjoy the results?

To understand how honesty and empathy can set you free, we are offering a three-session introductory workshop based on the principles and practices of Nonviolent Communication.

**Thursdays, Nov. 10, 17, and Dec. 1
6:30 - 9:00 pm**

Workshop leaders: Jan McCracken, Philomena Moriarty, Sharon Babala (enthusiasts, practitioners, and facilitators of Nonviolent Communication)

“Pay what you will” donations will be used to support Family HEART Camp - NY (familyheartcamp.org)

Joy Library

New books in Joy Library--Look first on the top shelf under the window.

FROM #BLACKLIVESMATTER TO BLACK LIBERATION by Keeanga-Yamahtta Taylor. Haymarket Books (2016). [323.120 TAY]

Recommended by Barbara Smith on WAMC’s “Roundtable”, Friday, September 23, 2016.

“While there has been much attention paid to issues of police violence and the rise of #BlackLivesMatter, most coverage does not address the disinvestment in black communities, which plays a role in what happens day in and day out. Taylor provides an exceptional overview of the history of government and its response to black rebellions. At each juncture, the government then failed to enact the right policies



Table Blessing for October

Let us do our little bit of good wherever we are;

Let us remember that it’s those little bits of good put together that overwhelm the world.

Desmond Tutu – revised by Leah Purcell

Our Community

Last call!

UU Weekend at Silver Bay is October 14-16. This relaxing retreat conjures up images of stimulating workshops, goofy plays, family togetherness, music floating over the mountains, cozy conversations by the fireplace, the sights and smells of fall, and silent auction skirmishes. Plus amazing views of Lake George, recently named “the most beautiful lake in America.”

Activities range from the ever-popular “porch sitting” to workshops, a lecture, Sunday morning worship, music, meals with friends, making new friends, and a full schedule of children’s activities. Don’t forget to bring something for the Silent Auction!

Fill out the registration form at the UU weekend table during coffee hour or call Linda Way (456-8199)

First-time attendees will receive a 10% discount!!! Can’t come for the whole weekend? Consider coming for part of the weekend at a reduced cost.

We look forward to seeing you there!

Calling all crafters!

How would you like to represent your talents by donating an item (or several!) to Albany UU’s craft fair? The craft fair portion of the Holiday Bazaar is being held on Sunday Dec. 4, right after the service. More information to come in the next few weeks.

Fall Garden Clean-Up !

Planned for Monday, Oct. 24, weather permitting

Let Paula Moskowitz know (pgmosk@earthlink.net or 439-6347) if you’d like to help! A team of gardeners and non-gardeners, a couple of hours, and voila, the gardens are put to bed for the winter...

In other garden news, a new Garden Coordinator is needed for 2017. Your current coordinator has filled this role for over 9 years, TIME for a change! The Coordinator’s tasks include: participation in the Get Connected Activity Fair expected to be held in February 2017; organizing the spring cleanup in May; recruiting to fill the regular summer garden maintenance schedule (weeding, deadheading, watering); and lastly, the fall clean-up. Most of this work can

**Need to talk?
FUUSA Pastoral Care
Associates are here
to listen!**



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albany-uu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Dave Munro, Chuck Manning, Phil Rich, Jan Satin, Randy Rosette, Sandy Stone, and Lisa Barron.

be done from your own home, using a computer or phone.

Paula will help the new coordinator “learn the ropes” and will continue to volunteer in the gardens. If you would like to know more about the job contact Paula Moskowitz (contact info above.) Or contact President Dick Dana or Vice President Patti Jo Newell to volunteer.

Earth Spirits

Earth Spirits will meet on the third Monday of each month at 7:00 p.m. At on Oct. 17 we'll meet in room B5. For the rest of the year, we've reserved B8. At the October meeting, we'll do our usual opening and check in, and then experience a recorded Internet ceremony with physicist Claude Poncelet (astrophysics and cosmology), who has worked at the state and federal levels on environmental policy and has served as chief liaison on two presidential commissions on sustainable development. He is the author of *The Shaman Within* and has taught shamanism across the world. He will take us on a middle-world journey (we'll explain that) to a quasar for healing energy. Everyone is welcome. No experience needed. Come and enjoy. Questions? Email robbsmith1@gmail.com or call Robb at 518-441-3231.

About Us

The Helderberg Madrigal Singers will present *Joy and Woe are Woven Fine: Emotion in Song* in the Tuesdays at Noon lunchtime concert series at St. Paul’s Church, 58 Third St, Troy, on Tuesday, Oct.

18. The 50-minute concert starts at noon, is free, and you can bring your lunch. **Dawn and Dick Dana and Dave Metz** hope to see you there!

Where do the flowers come from?

Welcome Back! Thanks to those of you who brought in flowers to brighten up our summer services. It's now time to plan for flowers to brighten Emerson Community Hall for a year of Sundays. And the answer to the question is—the flowers come from you!

You have the opportunity to pick a Sunday, and either donate an arrangement or donate funds and the Flower Committee will make the arrangement. You can use your date to mark a special occasion, a memory, a celebration with a dedication printed in the order of service.

How to donate flowers for the service:

--Sign up at the Sign Up Site in Channing Hall—pick your date, and tell us if you or the Flower committee is to make the arrangement

--Fill out a donor card with your dedication, put in office mail slot

-- If the committee is to make the arrangement, a member will be in touch with you to find out what you would like and how much you wish to donate

After the service, the flowers are yours to take home. If you don't want to take them home yourself, we ask that you deliver them to a UU, or two or three, who might need a bit of cheer. Or if you know of an Albany UU who is going to visit someone in the hospital or at home, please ask if they would like to take the flowers.

Thanks for being a special part of the Sunday services. If you enjoy playing with flowers, please consider joining our committee. Anyone with an interest is welcome; please contact me. Sandy Stone, Chair, Flower Committee

Albany UU Humanists

The Albany UU Humanists meet at 7 PM on Oct. 18 in Room B-8 at Albany UU. Our conversation continues as to what constitutes Humanism in Unitarian Universalism and at Albany UU.



For further information on Humanism in Unitarian

Universalism, please go to the UU Humanists website at <http://huumanists.org>. There you will find the UU Humanist blog, and some related Facebook groups. There is also the American Humanist Association's website at <http://americanhumanist.org>.

Also, please feel free to join the Albany UU Humanists conversation--contact Don Odell (odell.don@gmail.com, 482-4574) to be added to the eGroup.

We are joining the UU Humanists in sending an open letter to the Unitarian Universalist Association on Renewed Relations with the Boy Scouts of America and would like support of Unitarian Universalists nationwide. It notes:

We applaud the progress made by the BSA toward inclusiveness around sexual orientation, but the BSA *requirement that all boys and volunteers sign the following: "The recognition of God as the ruling and leading power in the universe and the grateful acknowledgment of His favors and blessings are necessary to the best type of citizenship"* [from the BSA Bylaws, Declaration of Religious Principle] *is discriminatory and counter to the UU principles and sources.*

During coffee hour on October Sundays we will be looking for signatures on a petition supporting this letter. The full text of the letter and petition forms will be available. I hope many of you will join me in this effort. Thank you, Don Odell.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, October 9, 2016 at 5:30 pm in Channing Hall. Newcomers are always welcome.

We start with a welcoming shared supper which is followed by a lively discussion of the book of the month. Bring your favorite dish to share and a small contribution to cover beverages.

In October, we will discuss Being Mortal: Medicine and What Matters in the End by Atul Gawande. In 2014, The New York Times described this book as "a personal meditation on how we can better live with age-related frailty, serious illness and approaching death."

Contact Linda Hunt at lshunt@nycap.rr.com for further information or questions.

A cappella concert

Mark your calendars--Bring the whole family!!

When: Friday, November 4, 7:00 p.m.

Where: Emerson Hall: An A Cappella Choir Concert!

Who: Rusty Pipes (RPI), Golden Notes (Saint Rose), Partial Credit (RPI) and Duly Noted (RPI)

Admission: \$5/person; children age 10 and under free.

Four a cappella groups from area colleges will perform on Albany UU's Emerson stage!

Starting with a pot luck supper at 6:00 in Channing Hall: Bring a dish to share or pay \$3 at the door to cover the cost of drinks.

If you know anything about college a cappella choirs, you know that these energetic and dedicated young adults will bring a lot of fun – and some good music – to our stage!

Channing Circle gathers, Oct. 17

Channing Circle looks forward to another exciting year of their monthly luncheon gatherings to share life experiences and interesting discussions.

We hope you'll put Oct. 17 on **your** schedule to join with friends or come for the first time and make new friends. Bring your own sandwich and come see what's happening.--Kathy Hodges and Thayer Heath

Join the Albany UU Choir!

Make music – what could be better for the soul? And work with fantastic people who will become very special friends! The Choir meets for an hour and a half on most Wednesdays at 7:15—starting Wednesday, Sept. 7. We sing in the service about two Sundays a month. Teens and older are welcome. All skill levels and voice parts, though some singing experience will help any new member to feel comfortable. Our beloved Choir Director for the last 16 years, Matt Edwards, has resigned effective Sept. 25, so this will be a rebuilding year with some disruptions, volunteer directors and accompanists. All in all an exciting year to join the choir!

If you have any questions, please call me – (518) 512-5655 – or send me an email – harr70@nycap.rr.com.--Kathy Harris

Joys and Caring Corner _____

Illness

Albany UUs who remember the **Rev. Joan Kahn-Schneider** will want to know that her cancer has returned and she is in renal failure. Write to her at: Rev. Joan Kahn Kahn-Schneider, Lifecare Center of Hendersonville, 400 Thompson St., Hendersonville, NC, 28792-2811

Nancy Wagner's niece is recovering from fractured vertebra suffered from a hot air balloon accident.

Peter Gerdine's wife, **Thelma**, is out of the hospital, lung cancer free, and is back home.

Ellen Chernoff had surgery this week to remove a cyst in her jaw and is doing well. Please contact her son Michael for her recovery information. Ellen thanks Barbara and Chuck Manning for watching her dog till she is recovered.

Births

Karen and Barry Greene are happy to announce their granddaughter Amelia Jane Rapp, born June 15 to their daughter Erica and her husband Michael.

Kristen Abbas's younger sister had healthy twin girls, Andrea and Alberta.

Weddings

Karen Kaufmann was married in September to Peggy Lombardo.

Kristen Abbas is concerned for her father Peter who has a blood cancer called Chronic Lymphocytic Leukemia.

Betsey Kuzia had a mastectomy 23 years ago and is grateful that she was able to watch her children grow up.

Sam Trumbore's stepmother had surgery for kidney cancer a year ago. Unfortunately the cancer has metastasized to her brain and she is now in hospice.

Dave Stone reports that **Bruce Plotsky** is recovering well after a three level cervical laminectomy.

Graduations

Tom and Meredith Mercer are happy to announce their daughter Margo graduated from veterinary school.

Laura Churchill just finished her post masters doctorate in nurse practitioner.

Sujin Lapinski-Barker graduated from Fairleigh Dickinson University with a degree in criminology and is spending this year as a volunteer in Philadelphia working with homeless men.

Anniversaries

Dotty Frein recently celebrated 51 years of marriage.

Birthdays

Nancy Wagner's dad, Reverend Robert Stanley Wagner celebrated his 90 birthday in July!

Milestones

Anne Marie Haber honors her two classmates who died in the World Trade Center 9/11 tragedy.

Jim Lemire is starting his 30th year as high school teacher.

Ben English is recuperating after his motorcycle accident.

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

Social Responsibilities Council gathers

The Social Responsibilities Council (SRC) held its first meeting on Sunday, Sept, 18. We were joined by three guests from the Glens Falls congregation, as well as some AlbanyUU visitors. We have appointed two (Ed Hancock and Thayer Heath) of a possible five appointed members, joining the seven elected members, and thus have room for three more. If you're a member of AlbanyUU and are interested in becoming an appointed member of SRC for the 2016-17 church year, please contact Jean Poppei: poppei@sage.edu

One of our first actions on Sept. 18 was to approve the creation of a new taskforce: End of life Choice Taskforce, led by Thayer Heath and Nancy Willie-Schiff. Contact Nancy for more information: n.willie.schiff@gmail.com

Beginning in October, during coffee hour, you will find along the back wall of Channing Hall, the SRC tables where you can purchase Fair Trade items such as coffee, cocoa, and enticing chocolate bars as well as textiles from Guatemala. You will also find that part of the SRC tabling is used to provide and display information on local Social Action events, as well as offer opportunities to sign petitions or fill out legislature-directed post cards on Social Justice issues. Come visit us! We are there most Sundays, unless there's a congregational event which limits space for display tables.

Green Sanctuary activities

The Green Sanctuary Committee is looking for new

members! We meet the first Sunday of the month after service. Our first meeting of the year will be Sunday Oct 2, 11:45 in Rm B-6.

This year we are talking about organizing trips to the state legislature, partnering with Sheridan Prep, holding forums on water, emerging diseases, climate change, sewer-source heat pumps, and considering a new congregational resolution. Are you looking for a way to get involved in green issues? Join us!

For more info contact Chris at bystrc@rpi.edu

Raise your voice for End of Life Choice

To learn about end of life issues and advocate for legislation giving New Yorkers end of life choices, please save these dates.

Sundays in Channing Hall at the SRC Table: Join our *Ask Your Doctor* and *Ask Your Candidate* campaigns.

Oct. 15, 9:00-3:00 at Albany Law School: *Senior Citizen's Law Day*, with workshops on health care decision making, estate planning, Medicare and Medicaid, and more.

Nov. 3, 9:30-4:00 at Mohawk Valley Community College in Utica: *Conference on Medical Aid in Dying* sponsored by the Resource Center for Independent Living. For details, see <http://support.compassionandchoices.org/site/Calendar?id=104106&view=Detail>.

Attend *Death with Dignity Albany* programs at the Colonie Library from 12:15-1:45.

Oct. 25: Attorney Lou Pierro explains *What You Need to Know About End of Life Planning*.

Dec. 7: Dr. David Pratt describes hospice and palliative care, their missions, the services they provide, and how to best use them.

Dec. 4 Forum in Emerson: Attorney Corinne Carey and physician David Pratt present *Dying with Dignity: The need for expanded end-of-life choices in New York State*.

Help address postcards to legislators and record petition signatures. Join us in Room B-8 for one or two sessions (at 2-4 pm and 4-6 pm) on one or more of these days, **Oct. 26, Nov. 7 and 14, and Dec. 5**. Please contact Nancy to sign up (requested but not required).

Please let us know if you'd like to join the End of Life Choices Task Force of the SRC to help with projects large and small, and, of course, we'd be glad to receive your questions and comments. --*Thayer Heath and Nancy Willie-Schiff*

On the Peace Team front

Meeting, 11:45 Sunday, October 9, in Rm. B-8

October brings colorful leaves and inviting walks in the woods, such as at Silver Bay. Recent reports are that walking among trees is good for peace of mind, hugging a tree, connecting to the earth and draining tension, can be a therapeutic spiritual and mental health practice.

Columbus Day and indigenous people and UUs

October also brings Columbus Day. Does anyone recall the St Christopher's medal some wore for protection from evil and as a symbol of Catholic Faith? Sadly Columbus' image has become tarnished by facts leaked by Bartolome de las Casas, d. 1566. A fellow traveler with Admiral Columbus, Bartolome in his later years wrote about the arrival of the Armada and its effect on the native peoples. The story more accurately is one of despicable cruelty and depravity

by the invaders led by Columbus toward the indigenous people who exhibited the kindness and generosity proclaimed by Christian theology.

<http://www.uua.org/multiculturalism/dod/indigenous-day>

The UUA has taken a stand: Unitarian Universalist staff and headquarters now recognize Indigenous Peoples Day as an official holiday in place of Columbus Day.

Standing Rock North Dakota:

As we reflect on Columbus Day we might also reflect on the protest ongoing at Standing Rock in North Dakota. At least 100 tribes have sent representatives, reporter Amy Goodman is threatened with arrest, peaceful protesters have been bloodied by private security attack dogs, and most media have ignored the whole thing even though there are cell phone videos. When burial sites were identified by the tribes, bulldozers were dispatched to obliterate the next day. The genocide begun with Columbus continues.

<http://m.democracynow.org/tags/937>

The cause of the tribes at standing rock has caught the attention of many others: In solidarity with the native people are: Black Lives Matter, Palestinian Solidarity, Jewish Voices for Peace and others. Read the Natural History Museum's appeal to President Obama to respect the interests of the native people. <http://thenaturalhistorymuseum.org/archaeologists-and-museums-respond-to-destruction-of-standing-rock-sioux-burial-grounds/>

Join the Peace Team, it's going to be an interesting and busy year. A walk in the woods is good too, especially before climate change gets rid of the familiar trees and forest creatures. Now have a nice day .
Ed Hancock



Bringing Unitarian Universalist Values to Halloween!

TRICK OR TREAT

For Food Pantry Donations

Then Celebrate with a

Multigenerational Party at FUUSA!

Saturday October 29th, 2:00 - 4:00

Games, Food, Craft-making, and Fun for All Ages!

The Religious Education Council is sponsoring a Halloween Party - fun, fellowship and service to others

We invite families to "Trick or treat" in their neighborhoods for items for our local food pantry before the Halloween party at FUUSA. The donations will be honored during the service the next day.

Flyers will be distributed through RE classes to distribute to your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!



13) What other youth and children's music programs would you like? *(write your thoughts below)*

14) Would you like to hear more guest musicians?

YES NO NEUTRAL

15) Have you enjoyed the different musicians and musical styles that you have heard on Sundays when the Choir doesn't sing?

YES NO NEUTRAL

16) What musical styles would you like to see in the worship service? *(circle any/all that apply and make other suggestions if necessary – include guest musicians.)*

CLASSICAL POPULAR WORLD MUSIC FOLK
CONTEMPORARY TRADITIONAL SACRED UU COMPOSERS
OTHER:

17) Would you like to hear more organ music?

YES NO NEUTRAL

18) Do you like it when the congregation sings rounds?

YES NO NEUTRAL

19) Would you like more opportunities to sing outside of worship?

YES NO

20) If yes, what might they be? _____

21) Would you be willing to help organize?

YES NO MAYBE

22) Would you support other church music activities such as a concert series or coffee house?

(1 = never, 5 = as often as possible)

1 2 3 4 5

23) In general, how would you rate the music program in our church? *(1 = poor, 5 = excellent)*

1 2 3 4 5

24) Are your church musical needs being met? *(1 = not at all, 5 = always)*

1 2 3 4 5

25) If not, please explain _____

26) Do you have suggestions as to how the music program could be enhanced? *(use another sheet if necessary)*

THANK YOU FOR YOUR INPUT!

Please submit by 10/17: drop your survey into the marked box in the lobby on Sunday or in the AlbanyUU Office; fill in an electronic version at <http://members.albanyuu.org/wp/congregational-music-program-survey/>, fax to (518) 463-1429; mail to 405 Washington Ave., Albany, NY 12206; or send via email to any of the following committee members listed below:
Ann Brandon - ambrandon2@gmail.com; Kathy Harris - harr70@nycap.rr.com; Annika Pfluger - annikafam@gmail.com;
Randy Rosette or Chris Jensen- rosette_jensen@juno.com; Sam Trumbore - strumbore@uumin.org

Contact Us

Board of Trustees 2016-2017

email: board@albanyuu.org

Executive Committee

Dick Dana, President
Patti Jo Newell, Vice President
Kathy Harris, Treasurer
Linda Hunt, Secretary

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Sam Trumbore, Minister
David Quist, Chair Religious Education Council
Jean Poppei, Chair Social Responsibilities Council

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Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Administrative Assistant

Tammy Hathaway, office@albanyuu.org

Custodians

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday
Program Coordinating Council, 2nd Thursday
Religious Education Council, 1st Monday
Social Responsibilities Council, 3rd Sunday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

Address: 405 Washington Avenue, between Robin Street and Lake Avenue, Albany, New York 12206

Main entrance is on Washington Avenue. Rear entrance is on West St. Both have ramp access. The building is fully handicapped accessible.

Parking: Parking is available on the street. On Sundays (and for some special events) FUUSA has permission to use the University at Albany's Hawley Parking Lot on Robin Street at Washington Avenue.

Office hours

September-June: Monday-Friday, 9:00-3:00

July-August: Monday-Thursday 9:00-1:00

And by appointment

Websites

General: www.AlbanyUU.org

Resources: www.members.AlbanyUU.org

Building use

To **reserve a room** for an Albany UU activity, contact Church Administrator Amy Lent (463-7135 or administrator@albanyuu.org).

To **rent hall or classroom space** for a personal or non-Albany UU activity, contact Church Administrator Amy Lent (463-7135 or administrator@albanyuu.org).

Windows is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

Editor: Amy Lent

Send submissions for all publications to:
Windows@AlbanyUU.org or to the church office.

Publication deadlines

FUUSA Preview email: 9:00 a.m. Wednesdays

Order of Service: 9:00 a.m. Thursdays

Windows: 9:00 a.m. 3rd Friday of the month

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