

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

November 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

Nov. 6 "Vote Your UU Values," Rev. Sam Trumbore

After the most unusual Presidential race in recent memory, most of us know how we are planning to vote. What matters most is that we do vote and use this opportunity to vote our UU values.

Music: Choir

Nov. 13 "Change the Story: Narratives that Define Us," Rev. Sam Trumbore

The narrative about the world, our purpose, our capacities, and our potential has great power to shape our lives and the world around us. We need that power to change the narrative about climate change before we get written out of the story!

Music: Helderberg Madrigal Singers

Nov. 20 "Reconciliation Through a Fuller Story," Rev. Sam Trumbore

Each year we encounter the heartwarming Thanksgiving story of intercultural friendship that also has forgotten parts about the harm we have done to the indigenous peoples those Pilgrims encountered. We can embrace the good parts of the story while experiencing remorse for the bad parts by recognizing the fuller story. This is the Sunday Rev. Trumbore makes mini corn muffins (some gluten free and all lactose free) for everyone as part of the service.

Music: Choir

Nov. 27 "What is Interfaith, and a Short History," Rev. Charles Semowich

Charles Semowich, PhD, a 30+ year member of Albany UU and ordained interfaith minister, will examine the nature of the interfaith faith and provide a brief history. He will include information on Albany UU's own annual interfaith service. He is currently working on a book on the history of interfaith, which will be published by Sacred Feet Press.



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 Nov. 23

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 (3rd)	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 (3rd)			

All other events happening in November

1-Nov Tuesday

7:00 PM Capital Campaign committee Room B-7
 7:00 PM Exploring the Bible Class Room B-3/B-4

2-Nov Wednesday

6:30 PM Wellspring Spiritual Practices Room B-8

4-Nov Friday

6:00 PM Multi-generational Potluck, Choir hosting Channing
 7:30 PM A Cappella Choir ConcertEmerson
 7:30 PM Child care for A Cappella ConcertRoom 24/25

6-Nov Sunday

10:00 AM Family Chapel Sanctuary
 11:45 AM Green Sanctuary Meeting Room B-5
 11:45 AM Nominating Committee Meeting Room B-7

7-Nov Monday

2:00 PM End of Life Choices Project Room B-8
 6:15 PM RE Council meeting Channing

8-Nov Tuesday

9:00 AM Election Day Pie Making Channing
 7:00 PM Capital Campaign committee Stott Lounge
 7:00 PM Exploring the Bible Class Room B-3/B-4

9-Nov Wednesday

5:30 PM Endowment Trust Meeting Stott Lounge
 6:45 PM Post election ice cream social Channing

10-Nov Thursday

6:30 PM Nonviolent Communication Training Channing
 7:00 PM Program Coordinating Council Room B-8

11-Nov Friday

6:00 PM Circle Dinner Offsite

12-Nov Saturday

9:00 AM Women in Islam (LL) Channing Hall

13-Nov Sunday

11:00 AM New Member Reception Emerson Hall
 5:30 PM Walker Book Club Channing Hall

14-Nov Monday

10:00 AM Small Group Ministry Room B-5
 2:00 PM End of Life Choices Project Room B-8

15-Nov Tuesday

7:00 PM Capital Campaign committee Room B-7
 7:00 PM Third Tuesday Meaning Matters Stott Lounge

16-Nov Wednesday

6:30 PM Wellspring Spiritual Practices Room B-8

17-Nov Thursday

6:30 PM Nonviolent Communication Training
 Room B-7, Room B-8
 7:00 PM Albany UU Board Meeting Room B-3/B-4

18-Nov Friday

6:00 PM Meditation Retreat Room B-8

19-Nov Saturday

8:00 AM Meditation Retreat Room B-8

20-Nov Sunday

11:00 AM Holiday Bazaar Channing Hall
 11:45 AM Social Responsibilities Meeting Room B-7

21-Nov Monday

12:00 PM Channing Circle Lunch Channing
 1:30 PM Third Monday Afternoon Meaning Matters Room B-8
 7:00 PM Earth Spirits Room B-8

22-Nov Tuesday

7:00 PM Capital Campaign committee Room B-7
 7:30 PM Union Thanksgiving Service Offsite

24-Nov Thursday

1:00 PM Albany UU Thanksgiving Potluck ... Channing Hall

27-Nov Sunday

10:00 AM FOCUS Food Pantry Sunday Offsite

28-Nov Monday

10:00 AM Small Group Ministry Room B-5
 3:00 PM Overflow Shelter Meal Prep Kitchen
 7:00 PM Fourth Monday Meaning Matters Room B-8

29-Nov Tuesday

6:00 PM SRC Event - Showing Up for Racial Justice (SURJ)
 Emerson Community Hall
 7:00 PM Capital Campaign committee Room B-3/B-4

Sam's Outlook

Stories to live by

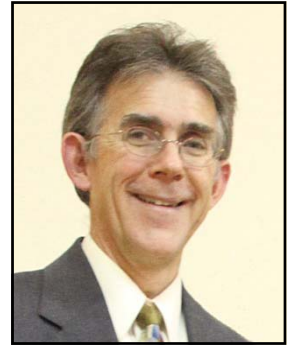
Rev. Sam Trumbore

Our base of experience helps shape our decisions and actions. Yet each of us is profoundly limited by our own personal experience. There is only so much that can happen to us on a day to day basis given our limitations of geography, age, identity, ability, intellect and social networks. I will never be President of the United States, climb Mount Everest, swim across the English Channel, sail to China, fight a tiger or give birth to a baby. Yet I can **vicariously** experience all these feats through stories. Stories provide an amazing way for us to expand our experience base through other people's personal experiences and imagination.

One of the best ways to guide our lives is by following the shining examples of others. Those of us who had good parents are very fortunate to have firsthand experience of exemplary behavior to shape us. I feel very fortunate to come from a family of very good people who strive to do the right thing for the right reasons. My father is a person of high integrity. One great story I cherish of him is the time he was audited by the IRS. As they looked through his very detailed tax return, they saw a business expense for paper clips. The auditor challenged my father on this expense. My father then produced the receipt for those paper clips. My mother cared about people being treated fairly. She ran for the Delaware State Legislature in 1972 (on the ticket with George McGovern) to advocate for fairness and good government. They both set an example for me and my sister that continues to guide my ministry.

Another place to look for good examples is religion. Religions hold up their founders as examples to follow. Moses was a reluctant leader with a speech impediment who overcame his inhibitions to lead his people out of Egypt. Jesus answered the call of John the Baptist to restore the greatness of the Jewish people and proclaim the Realm of God. Mohammad (pbuh) challenged by the revelation he received in a cave taught a way to submit to God/Allah that permitted the formation of an egalitarian community. The Buddha's journey from the luxurious life in the palace, to severe asceticism, finally to an experience

of a deathless and unborn reality that could be discovered following the middle path created a powerful story millions continue to follow. None of us have experienced what they experienced, but all of us can learn a lot vicariously through engagement with their stories and their teachings.



Not only do religions have great stories, so do their individual communities. One of the things I deeply enjoy is finding great stories about the congregations I serve and keeping them alive in contemporary memory. Great things have happened at Albany UU in the past that are worth remembering.

For example, many years before the merger of the Unitarians and Universalists in 1961, our individual congregations have tried to find unity together. Back in 1855 this Unitarian congregation sought to merge with the Albany Universalist Church. They took the courageous step of calling a Universalist minister to their pulpit, a man named A.D. Mayo, as part of a deal to facilitate that merger. Mayo showed up and served us for five years but the Universalists got cold feet and backed out. I wish we had better records of that story that I think reflects well on the spirit of community that embraced diversity that existed over 150 years ago.

I love the story of how William Brundage came to serve our congregation. A Methodist minister serving Trinity Methodist Church here in Albany, he attended a meeting of the American Unitarian Association that was held in Saratoga Springs in 1894. At that meeting there was unanimous agreement that the purpose of the Association was to follow the two Great Commandments of the Bible, love to God and love to humanity. This broad theological agreement so inspired Brundage that he felt moved to become a Unitarian minister and bring our moribund congregation that hadn't met in 20 years back to life.

Other stories I find very inspiring about our congregation have been the ways we've been a beacon of social responsibility and justice. Dr. Frances Vos-

Sam's Outlook, continued on page 4

News

On Fall foliage, and looking forward!

As chairperson of the Albany UU Endowment Trust, I have a somewhat unique vantage point from which I view the Looking Forward! Campaign. And, let me tell you, the view from this vantage point is as beautiful as a fall day in the Adirondacks!

The Endowment Trust supports lending money to the congregation to reduce the size of our upcoming mortgage refinancing. We recognize that lending this money will keep annual mortgage payments to a reasonable level and will allow for more of the congregation's money to support Albany UU programs and services. However, lending this money is not without cost. Any loan from the Trust reduces the amount that is available annually for special projects that are endowment supported. For example, this year, the Trust approved grants in support of the Sheridan Preparatory Academy playground (\$5,000) and our recent visitors from our partner church in Romania (\$2,000.)

However, the reason I am so optimistic, even excited, about the Looking Forward! Campaign is based on its early results. Members and friends of our con-

Flyers in this issue

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

- ◆ Union Thanksgiving

gregation have made generous pledges that get us "within spittin' distance" of the amount that the congregation approved as a loan from the Endowment Trust. This means that Albany UU may very well be able to accomplish two complementary goals – keeping more of our annual budget dollars directed toward programs and services, and continuing the full amount of annual spending from our Endowment toward special projects. I think we will get there.

If you have not had an opportunity to make your pledge to the campaign, I invite you to join the members and friends who have done so. The church office has details on how you can contribute. Enjoy the foliage! -Todd

Memorial Service

A memorial service for **Cathy Perkins** will be held at 2:00 PM on Saturday, Dec. 3 in Emerson Community Hall, followed by a reception in Channing Hall.

Sam's Outlook, continued from page 3

burgh, an obstetrician who was inspired by Margaret Sanger helped found in the 1930's an organization that later grew into our Planned Parenthood chapter. Her work for women's reproductive rights led to the Committee for Progressive Legislation that worked for the legalization of birth control and abortion in the 1960's. Our congregation in the 1970's supported gay rights. In the 1980's we voted to be a Sanctuary church to house refugees from violence in Central America fleeing to Canada. In 2004 I performed the first two same sex weddings in Albany.

Not all the stories that guide us are exemplary. Sometimes stories of failure are just as important teachers. Stories of business people who overcome big failures are quite popular. Go to any Alcoholics Anonymous meeting and you'll hear heart wrenching stories of personal failure in the grip of addiction that the storyteller has turned into fertilizer for a new life of sobriety. The stories of aging celebrities whose fame fades with the years helps to temper

the ego inflation of today's success and glory.

The not so happy stories from our congregation's past are very instructive for me. Over my years here, I've heard many stories about previous ministers. I strive not to judge my predecessors but listen not so much for the facts but for the truths of human relationships. I ask, "What has worked to bring people together and find greater understanding and what has separated and divided people? Where are the institutional sensitivities and wounds that I might help heal through my attention and actions?"

In expanding our consciousness, stories show us what has failed in the past, what has worked, and more important, what might be possible. Stories serve us well to stimulate our imagination and show us the way to move into a new world and a new way of being.

The key for all of us is to choose consciously the stories we live by well.--Rev. Sam

Contributions of finger foods for the reception are welcomed.

We Immigrants: paintings by M. Suzanne Hicks

In Channing Hall through Nov. 29

Immigrant: Oxford English Dictionary: a person who settles as a permanent resident in a different country. Also, a descendant of such a person.

We are all immigrants. We come by water, by land, by air. We carry, each of us, the history of our worlds, past and present. And we carry the future of this country. We are all Immigrants.

After closing her 30-year Psychotherapy practice in 2005 Suzanne opened Wabi-Sabi Art Studio in Albany, New York. Over the past 11 years she has painted daily, primarily in oils, and studied with numerous fine artists. Suzanne is currently focusing on the connections between person and place, identity and belongingness. She has shown her work in numerous juried art exhibits, and is honored to exhibit at the Albany U.U.!

A new playground at Sheridan Prep

The children at Sheridan Preparatory Academy now have two new, challenging and fun pieces of play equipment. On October 7 and 8, 130 volunteers installed new play equipment. More than 60 Albany UU members joined UU friends, staff and families from Sheridan Prep, members of Alpha Phi Alpha fraternity, and members of a UAlbany Project U service organization to unpack, organize, and assemble the play equipment. Volunteers also lugged 80 pound bags of concrete mix, mixed concrete and water to stabilize the equipment, raked, and picked up trash. Albany UU members were generous in providing sandwiches, salads and snacks for volunteers. The equipment was installed by five on Saturday. The district finished the project by installing drainage rocks and engineered wood pulp. You can find out more about



the Playground Project—including links to media coverage—on the Albany UU website: <http://albanyuu.org/sheridan-preparatory-academy-playground-project/>.

The installation of the play equipment represents the achievement of a significant goal, but there is more work to be done. As of October 18, we have raised \$54,444. This amount is sufficient to pay for the play equipment, materials used to prepare the site, the concrete mix and landscaping material used on the site, and a permanent sign to honor major donors. We must also provide a fence to separate the amphitheater from the upper playground to increase safety and we would like to purchase one additional piece of play equipment that we eliminated from our original purchase for lack of funds. We believe that with your help we can raise another \$6,500 to make these purchases.

Albany UU members and friends have already been extraordinarily generous, donating over \$18,000, in addition to the \$5,000 donated by the Endowment Trust. This project would not have been successful without Chuck Manning's coordination with the vendor and the school district. The playground committee, staff and students at Sheridan deeply appreciate the generosity of everyone who donated funds or helped on Build Days. If you have not had a chance to donate or would like to make a second

donation, it would be greatly appreciated. Please make your check to FUUSA and write Sheridan Playground in the memo line.

The needs of Sheridan's students go beyond a new playground. You can help by volunteering your services weekly or just occasionally for field trips and special events. There are a number of teachers who are asking for classroom

volunteers. If you are interested, contact Lois Griffin (griffinocee@gmail.com) or Martha Musser (mussermartha@gmail.com). You can also help the school by collecting the Box Tops for Education that appear on packaging for Kleenex, Betty Crocker,

Board notes

Compassion compels us

Dick Dana, President

Forty-three percent of all millennial-generation adults are part of one of the many minorities in this country. By 2019, minority children under age 5 will be the majority of all children in the U.S. Not too many years from now white adults will no longer be a majority in this country.

According to Joan VanBecelaere, a Congregational Life Consultant with the UUA who gave the keynote speech at the Fall Gathering of our Hudson-Mohawk Cluster of congregations last Saturday in Emerson Hall, these minorities by and large will not participate in any institution that does not openly welcome minorities. “They don’t see it, they won’t buy it,” says Joan. That includes Albany UU.

Our Board of Trustees is taking this trend and its consequences seriously. They are exploring how we as a congregation might fully embrace this seismic shift in our country’s demographics. Our congregation has learned over the years that it’s not enough just to welcome newcomers when they come in the door. There has to be something here that they recognize as for them.

Over the past 15-20 years, our congregation has welcomed an increasing number of members from the GLBTQ community. This is no accident. We made a commitment and have set out deliberately to create that safe space here at Albany UU. Thirteen years ago, we challenged the status quo when Sam Trumbore and a small group of members marched down to City Hall and demanded marriage licenses for the two gay couples that he married in our Sanctuary the following Saturday. He didn’t get the marriage licenses. But it did send a message heard around the Capital District and beyond, a message not just of welcome, but a message of “we understand, and we are by your side in this fight for equal treatment under the law.”

Last year, we put up a “Black Lives Matter” banner on the front of our building, a small but important

step towards becoming more welcoming as a congregation. We joined that fight for equal treatment under the law. Last week, the Board of Trustees gave free space for monthly meetings to a fledgling local chapter of SURJ, “Showing up for Racial Justice,” an organization of white allies that is supporting minority-led groups such as “Black Lives Matter” by providing funding for organizing and training, and by showing up at rallies and protests in support of the cause of racial justice.



Next month, members of the Board will be attending a workshop in the Boston area entitled “Navigating Whiteness.” This workshop has grown out of the realization that though in the recent past, as Toni Morrison stated, “the habit of ignoring race [was] understood to be a graceful, even generous, liberal gesture,” in this time of awakening to the continuing horrors of racism in our society, many of us long for honest and meaningful action that works to redress those wrongs.

In the past year, we have all heard the media, and President Obama himself, tell stories about what it means to be black in America. The workshop will help the Board to put this tragic state of affairs – our country’s continued illicit affair with racism – into context by addressing what privileges are bestowed on those of us with white skin, without any action on our part, and often without our even realizing it.

These are small steps, but we can, and are committed to, doing more. Albany UU’s mission states in part: “We welcome everyone. Our Unitarian Universalist community ... cultivates compassion and love for all connected by the web of life.” Compassion alone compels us to reach out in support of our black brothers and sisters.

Stay tuned for more on this subject in future newsletters.

Cheerios and many other products. The school can redeem these box tops for 10 cents each. Please leave your box tops in the box on the Social Responsibilities Council table in Channing Hall.

Thanks to everyone who contributed to the playground project. This project proves that by working together as a congregation, we can accomplish great things and make a meaningful contribution to the community!

Union Thanksgiving Service Trinity Methodist Church

235 Lark Street, Albany, NY.
Tuesday, Nov. 22, 7:30 PM

For close to a hundred years, Trinity Methodist Church, Westminster Presbyterian Church, Congregation Beth Emeth, and First Unitarian Universalist Society have gathered before Thanksgiving for a joint service. We rotate the service between our four congregations. This year it will be at Trinity Methodist. The guest speaker will be Albany County District Attorney, David Soares. It is our tradition to bring canned goods to donate to FOCUS food pantry. This year, again, we'll be joined by Mount Calvary Baptist Church and their choir.

Thanksgiving Dinner ... at Albany UU!

Thursday, Nov. 24,, beginning at 1pm

Each year we have an open Thanksgiving Dinner in Channing Hall on Thanksgiving Day. If you and your family or friends would like to join Rev. Trumbore and his family at this dinner, please sign up in Channing Hall and let us know what you would like to bring. Set up for the dinner will begin at 1pm. Appetizers will be served at 2pm. Dinner will be served at 3pm. Games and entertainment for mutual amusement will follow the meal (bring your favorites!). Cleanup begins at 4pm.

Save the date for winter celebrations

Sunday, Dec. 11, Tree decorating during Coffee Hour. Selection of parts for the Christmas Pageant 11:45 – 12:15.

Saturday, Dec. 17– Winter Solstice Celebration at 4:00

Sunday, Dec. 18- Pageant Rehearsal at 11:30.

Sunday, Dec. 24 - Christmas Eve:

Multigenerational Service with the pageant
Candlelight Service

Saturday, Dec. 31– Family friendly New Year's Eve party at 2:00

Growing Together

Getting to Know UU: orientation to UUism

Saturday, Dec. 3, 8:45 AM-noon

We invite you to join us for "Getting to Know UU". We'll start with coffee and snacks and getting to know each other. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the Albany UU community and about becoming a member. All in all, it's a fun morning of conversation

and fellowship, and a pleasant first step on the path to membership!

Childcare is available: please let us know you need it when you register.

To register, please see box. Please indicate if you need childcare.

Women in Islam—a forum

Saturday, Nov. 12

Last spring we held a forum, *Understanding Islam in Today's World*. More than 35 people attended and left the event wanting to hear more about the role of women in Islam. The Lifespan Learning Committee heard your request and has arranged for another presentation which will focus on Muslim women by Muslim women. A member from the Islamic Center of the Capital District will join us to share her perspective on:

- ◆ historical context about women in Islam
- ◆ how women are "supposed to be" regarded and treated in Islam

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.)

Religious Exploration

The Power (and Potential Danger) of Story

Leah Purcell, Director of Religious Education

From Soul Matters: Our lives are not just made up of stories; they are also made by stories. . Indeed, who of us hasn't felt controlled by a story? Stuck in a story? Hopeless about the way our story will end up? As an adult you might have as part of your identity the story that was told about you innocently or maliciously in your family as you were growing up. We're you "the smart one"? The "the pretty one", "the clumsy one"? Can you tell a story now about when you first learned a different aspect of yourself? How did you feel when you could experience more than one story about yourself?

In her landmark TED talk, Chimamanda Ngozi Adichie tells of her experiences growing up in Nigeria and the danger of a single story. Stereotypes, she points out, are created by having a single story about a group of people. Not that the story you know is untrue, but because it's not the whole story. Having a single story robs us of the ability to see other people as our equals. You can watch the talk on You Tube at <http://tinyurl.com/gv62oqz>

What stories are your children hearing and reading that let them know there is more than one story on culture, race and ethnicity? You may have seen

links to children's stories about children of different races. If you haven't already used one, let the theme of the month inspire you to check out one now. I recommend "Children's Books That Tackle Race and Ethnicity" from the New York Times. You'll be



among your fellow Albany UU families exploring the theme. In Family Chapel Nov. 5, the children in grades pre-K through 5th grade will hear a story we can feel proud of - the origin of the symbol of our faith, the flaming chalice. During our UU's in Action session on Nov. 27 the children will explore another kind of story - this one about a UU minister of color, Rev. Ethelred Brown. Rev Brown was a Jamaican of African descent who struggled to be given the chance to lead a UU congregation in the US. Our faith has deep historical roots, and not all of them are a source of pride for us. If we want to foster Unitarian Universalism identity in our children and youth, we need to give them a whole story, and not a stereotype of UU heroes.

I'll be sharing resources with you for you to use at home to explore with children whether or not you're able to attend either or both of these Sundays.

◆the achievements of current Muslim women

There will also be plenty of time dedicated to a Question & Answer period.

Please come enjoy a continental breakfast and an informative session with our Muslim neighbors. Children are welcome and childcare will be available with advance notice. Your registration in advance of the event will be appreciated to help us prepare the space. Sign up in Channing Hall or by email to registration@albanyuu.org

Exploring the Bible: The Dickinson Series Nov. 1 and 8, 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. To sign up see box or just show up!

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 which 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 mem-

bers.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*

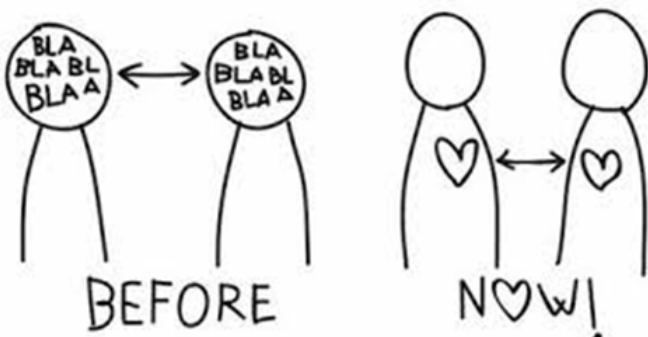
Our communication often reflects language that injures ourselves and others, and compromises the health of our relationships. As we recover from election results and prepare for the holidays, we can bring peace into our lives with honest and empathic communication. This intention and a simple tool kit 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) To sign up see box.



Mindfulness Meditation Workshop

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 the participants an opportunity to learn Buddhist mindfulness meditation techniques and/or refresh and deepen their meditation practice. Regular practice of this technique quiets and sharpens the mind, opens the heart and can improve one's physical health.

All are welcome from first timers to experts. There will be a vegan potluck lunch on Saturday and all are encouraged to bring something to share. To sign up see box.

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.)

Mindful Living for Health and Wellbeing

Bruce V. McEwen

Saturday, Dec. 10, 10:00 AM-noon

Scientific research is increasingly pointing towards the importance of lifestyle adjustment for minimizing the risk for, and mitigating the effects of, several chronic diseases including heart disease, stroke, cancer, diabetes, osteoporosis, etc. This two-hour workshop will introduce participants to mindfulness meditation, healthy eating, core elements of physical exercise, and simple yoga poses that can be done standing and in a chair without special clothing or a yoga mat. These core elements of the lifestyle approach have helped many maintain physical health and a general sense of well-being even during challenging times. To sign up see box.

Notes from Joy Library

STRANGERS IN THEIR OWN LAND: ANGER AND MOURNING ON THE AMERICAN RIGHT by Arlie Russell Hochschild. The New Press. (2016) 320.52
HOC An acclaimed liberal sociologist examines “the

increasingly hostile split” between America’s two major political parties and “how life feels to people on the right—that is...the emotion that underlies politics.” Five years before Donald Trump’s presidential bid caught fire, Hochschild decided she wanted to better understand the political and cultural divides in the United States by immersing herself in the anti-government tea party culture so foreign to her own beliefs. Hochschild felt especially puzzled by the paradox of Louisiana residents residing in dangerously polluted areas yet opposing environmental regulations proposed by both the state and federal governments. Though upset by seemingly racist, sexist, ageist, and economic class hatreds among the men and women she came to know, ... She quickly realized that many of the stated views held of the tea party members were often not fact-based but rather grounded in what life feels like to them—e.g., government feels intrusive, liberals feel condescending, members of racial and ethnic minorities feel lazy and threatening. At times, Hochschild flirts with overgeneralizing and stereotyping, but for the most part, she conducts herself as a personable, nonjudgmental researcher....” *Kirkus Reviews*: June 15th, 2016.

THE GREAT SPIRITUAL MIGRATION: HOW THE WORLD’S LARGEST RELIGION IS SEEKING A BETTER WAY TO BE CHRISTIAN by Brian McLaren

en. Convergent (2016) 270.83 MCL “In this challenging book, McLaren (We Make the Road by Walking) shifts his focus from “conversation” to movement. As the title suggests, to survive imminent ecological, economic, social, political, and spiritual crises, Jesus followers need to migrate to a new form of Christianity, one that abandons a punitive deity in favor of a creative god of love and non-violence. The book is divided into three sections.... The first urges readers to move from dogma to a loving way of life; the second continues the theme by advocating for an “integral/literary” (nonliteral) view of the Bible; and the third begins to imagine how a new Christianity might look. Movement functions here on two levels: toward a new kind of faith, and as an organized group phenomenon bringing empowerment and change. McLaren, as usual, writes persuasively. The book, however, raises metaquestions: since he argues that spiritual leaders must model a less consumptive, more eco-friendly lifestyle, it’s perplexing to read a book filled with name-dropping and international travel that’s meant to persuade readers to embrace humility and simplicity. Despite the rhetorical issues, however, the book’s themes are well worth pondering.”) *Publishers Weekly* 07/11/2016

Our Community

A cappella choir concert

Friday, Nov. 4, 7:00 p.m., Emerson Hall
Potluck dinner at 6:00 PM in Channing

Bring the whole family to hear these a cappella groups from area colleges: Rusty Pipes (RPI), Golden Notes (Saint Rose), Partial Credit (RPI) and Duly Noted (RPI)

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

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!

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, November 13, 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 November, we will discuss [My Name Is Lucy Barton: A Novel](#) by Elizabeth Strout. A New York Times book review states: “On the surface, the story is about a woman trying to recover from an illness and make peace with her mother. But, like all of Ms. Strout’s generous-hearted, deeply insightful novels, it is really about a great deal more: a terribly troubled past, a present that is slowly imploding, the yawning spaces between even the closest of people, our frequent inability to see what’s in front of us.”

December's book is Three Junes by Julia Glass.

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

6 to 9 at 6:09: Circle Dinners

Saturday, Dec. 3

Sign up this month for the December Circle dinner. The dinners provide Albany UUs and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquainted with fellow UUs. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. We hope you will join us on December 3.

To sign up for a December dinner, you can email Martha Musser at mussermartha@gmail.com or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, November 20.* Assignments will be announced after that date. If you have questions, please contact Martha at 518-434-2246 or by email.

Save these dates for future circle dinners: Saturday, Jan. 21, Friday, Mar. 10, Saturday, May 13

Our gardens are hibernating for the winter, and, it's time for new ideas!

Many thanks to all of those from Albany UU who helped with the spring garden cleanup, summer maintenance, and fall garden chores!!! The time spent gardening was certainly well worth our effort - as a result of our weeding and deadheading, we kept our grounds attractive in spite of the tough weather conditions and we enhanced the appearance of the neighborhood surrounding Albany UU. Coordination of the gardening activities is a wonderful Volunteer Opportunity that can primarily be done from your home computer. However, it also affords the opportunity to meet a wonderful group of people that "like to play in the dirt"; and, to introduce your vision of what our grounds should look like. A Service Opportunity write up for Garden Coordinator is available - you can see me or Dick Dana to get a copy. I will continue to actively help with the care of our outdoor space and guide the new chair in becoming comfortable with a great volunteer opportunity!

If you have any questions, just let me know - 439-6347 or pgmosk@earthlink.net I look forward to

**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@albanyuu.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.

helping my successor take on this rewarding activity!

Looking for a little income?

Are you--or a friend--looking to make some money occasionally? And, are you able to work on Sundays?

Albany UU needs a **'backup' Sunday custodian**. The job is from 8:00-1:00 on Sunday mornings and entails a multitude of small tasks that enable our service and classes to go smoothly, setting up coffee hour and washing the dishes. Some lifting is required. The pay is \$15 per hour.

If you are interested in finding out more, contact Amy Lent, Church Administrator at 518-463-7135 or admin@albanyuu.org. And pass this on to anyone who might be interested!

Also available: occasional "gigs" as **Building Host** and **Dishwasher**. Contact Amy Lent if you're interested in either of these.

Albany UU Humanists.

The Albany UU Humanists next meet at 7 PM on Nov. 15 in Room B-8 at Albany UU, the third Tuesday of the month. Our conversation continues as to what constitutes Humanism in Unitarian Universalism and at Albany UU. One proposed question is what does faith mean to a Humanist? Please come and join us.



On Sundays during coffee hour, 32 of us signed the petition supporting an open letter to the Unitarian

Universalist Association from the UU Humanists seeking removal of the requirement of Boy Scout leaders and boys to sign a recognition of a belief in God as a ruling and leading power in the universe, and asking his blessings for the best type of citizenship. Thank you for your support.

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 conversations on the Albany UU website (member.albanyuu.org) by clicking Groups and add your name to the Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact

Don Odell (odell.don@gmail.com, 482-4574) to be added to the egroup.

Joys and Caring Corner _____

Sorrow

Yvonne Marcoux mourns the passing of Juliette Marcoux and Claire Foley (grandma and great-aunt).

Thanks

Carol Butt sends her thanks to everybody who helped with Mark's memorial service.

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

Raise your voice for end of life choice

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

Sundays in Channing Hall at the SRC Table: Join our *Ask Your Doctor* campaign and sign postcards.

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>.

Dec. 4 Forum, 11:45-1:00 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*.

Dec. 7, 12:15-1:45 at Colonie Library: Dr. David Pratt describes hospice and palliative care, their missions, the services they provide, and how to best use them.

YOUR HELP IS NEEDED to address thousands of postcards to legislators and record petition signatures. Join us for clerical work, light refreshments, and good company in Room B-8 (from 2-4 pm and/or 4-6 pm) on **Nov. 7, Nov. 14, and/or Dec. 5**. Please contact Nancy at n.willie.schiff@gmail.com to sign up (requested but not required).

Please contact us if you would like to join the SRC's End of Life Choices Task Force, 17 members strong and growing, to help with projects large and small. -- *Thayer Heath and Nancy Willie-Schiff*

Meet "SURJ"

The Social Responsibilities Council would like to introduce the congregation to a new organization that is currently meeting monthly at AlbanyUU: *Capital District Showing Up for Racial Justice* (CDSURJ). Here is their facebook page where, if you scroll through, you'll find a picture of the October 18th meeting held in Emerson (and you may see some familiar faces—Ann Von Linden, Karen Kaufmann, and Jean Poppei): <https://www.facebook.com/CDSURJ/> SURJ (founded in 2009) is "a national network of groups and individuals organizing White people for racial justice. Through community organizing, mobilizing, and education, SURJ moves White people to act as part of a multi-racial majority for justice with passion and accountability... [they] envision a society where we struggle together with love, for justice, human dignity and a sustainable world." Our AlbanyUU Board voted at its October meeting to provide free space to CDSURJ for its meetings, similar to what it has done for Interfaith Impact.

Overflow Shelter Meal Prep

It is November, and we are entering our 10th year in creating nutritious meals for the Overflow Shelter housed at the First Lutheran Church in Albany.

As in the past we are responsible for the 2nd and 4th Mondays of the month beginning Nov. 28. And as in the past we will be creating the dinner in the Albany UU kitchen. We have up on the volunteer board in Channing Hall the sign up sheets for help in creating an entree, salad, and dessert for each dinner. The maximum number of men the shelter can house is 20-25.

So please get out your calendar and see when you

can 'be in the kitchen'. For the members and friends who cannot be in the kitchen on Mondays and want to help: we gladly accept desserts and salads made at home and brought to Albany UU. Just be sure all food items are well marked 'for the Overflow Shelter'. Any questions, please contact: Patty Burch at 518-512-3273 or patty.burch@gmail.com

Bon appetit!—Patty Burch



Our recent guests from our Partner Church in Szökefalva, Romania,.

Going to miss a Sunday?

You can listen to the entire Albany UU Sunday service at home or on your mobile device.

The two most recent services are available as MP3 files on the Albany UU website. Here is how to access:

Go to <http://members.albanyuu.org/wp/>. Select Member Login on the website menu. Select Secure Site. Type user: fuusan. Type password: Emerson405.

Our sermon archive (select Services/Sermons on the website menu) has pdf files of sermon texts (when available) and audio files of sermons. You can also request the office put a service on CD for you.



2016

UNION THANKSGIVING SERVICE

Trinity United Methodist Church

235 Lark Street, Albany, NY.

Tuesday, November 22, 2016

7:30 PM

Join our annual *Union Service* community
which includes the members of

Congregation Beth Emeth

First Unitarian-Universalist Society of Albany

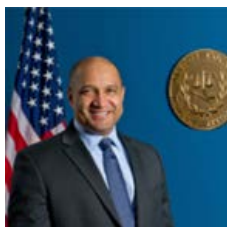
Mt. Calvary Baptist Church

Trinity United Methodist Church and

Westminster Presbyterian Church,

as clergy from all congregations lead an inter-faith
service of thanksgiving.

There will be a choir including singers from all our congregations
under the direction of Frank Leavitt. Plan to stay after the service
for refreshments and fellowship.



Our guest speaker for the evening will be
Albany County District Attorney, *David Soares*.

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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Ben English
Lee Newberg
Jon Newell
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Jean Poppei, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

Michaela Pochily, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

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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