

Edited for the Web: Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at administrator@fuusalbany.org.

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

February 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

Feb. 7 "Remembering Katrina: Growth Through Adversity," Matt Edwards and Leah Purcell

It has been ten years since the devastating hurricane Katrina hit the gulf coast. Unitarian Universalist congregations were damaged and Unitarian Universalists have pitched in to help ever since. There will be a give-away the plate to support the rebuilding effort.

NOTE: After the service, we'll have gumbo, jambalaya, red beans and rice—finished off with king cake! Stay to celebrate the beginning of Lent in the spirit of Mardi Gras.

Music: Mardi Gras music with Matt Edwards and friends

Feb. 14 "This I Believe"

As Unitarian Universalists, we honor the voices of members of our congregation in their individual search for truth and meaning. This service provides an opportunity to hear the thoughts and reflections on life from three FUUSAns—Cate Bohn, Matt Lesniak, and George Shear

Music: Albany UU choir sings love songs

Feb. 21 "Cultivating Healthy Desire," Rev. Sam Trumbore

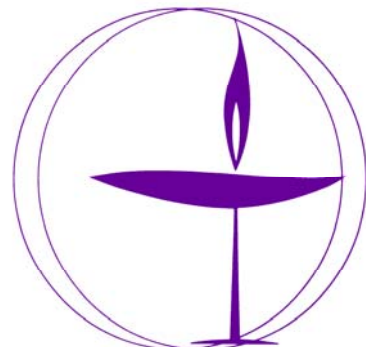
Negative, destructive desires give the word a bad connotation. Lust, craving, and avarice are not the only kinds of desires. There are also very healthy desires we need more of in the world.

Music: Guest musician Ann Brandon on piano

Feb. 28 "The Fulfillment of Desire," Rev. Sam Trumbore

Amanda Palmer, Eight-Foot Bride and rock musician, has some innovative, even revolutionary ideas about how to create meaningful community through generosity. Watch her very popular TED talk and/or read her book and come to hear more.

Music: Albany UU choir



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 Hour.....Channing

Exceptions: Family Chapel: Feb. 21, Apr. 10.
 Choir: No rehearsal Feb. 17

Regular events and meetings

CHECK the calendar below 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 February

- | | |
|--|--|
| <p>1-Feb Monday
 6:15 PM RE Council meeting Channing</p> <p>2-Feb Tuesday
 6:30 PM Wellspring Sources B-3/B-4</p> <p>3-Feb Wednesday
 6:30 PM Practice group for Nonviolent Communication..... B-8</p> <p>5-Feb Friday
 6:00 PM Multi-generational Potluck , hosted by
 Lifespan Learning Channing
 7:00 PM Compassion in Action Presentation Emerson</p> <p>6-Feb Saturday
 3:30 PM Parent-teacher development..... B-7, B-8
 7:00 PM Peace Project for Albany Emerson, Channing</p> <p>7-Feb Sunday
 10:00 AM RE Classes Classs
 11:45 AM Rebuilding Albany HS presentation B-3/B-4</p> <p>8-Feb Monday
 10:00 AM Small Group Ministry (Patrick/Odell)..... B-5
 3:00 PM Overflow Shelter Meal Prep Kitchen
 4:45 PM Membership Committee..... B-8
 7:00 PM Earth Spirits B-8</p> <p>9-Feb Tuesday
 6:30 PM Finance Committee..... B-7</p> <p>11-Feb Thursday
 7:00 PM Program Coordinating Council.....B8, AV</p> <p>14-Feb Sunday
 10:00 AM RE Classes Classs
 11:45 AM Black Lives Matter Task Force: follow up
 Ferguson and Beyond..... Emerson
 5:30 PM Walker Book Club Channing</p> <p>15-Feb Monday
 12:00 PM Channing Circle Lunch Channing
 2:00 PM Meaning Matters Third Monday Afternoon..... B-8</p> <p>16-Feb Tuesday
 6:30 PM Wellspring Sources B-3/B-4
 7:00 PM Meaning Matters (3rd Tuesday)..... B-8</p> | <p>17-Feb Wednesday
 5:30 PM Green Sanctuary Committee Meeting Offsite
 6:30 PM Practice group for Nonviolent Communication B-8</p> <p>18-Feb Thursday
 7:00 PM Albany UU Board Meeting..... Channing</p> <p>21-Feb Sunday
 10:00 AM Family Chapel Sanctuary
 10:00 AM RE Classes.....Classs
 11:45 AM Social Responsibilities Council Meeting..... B-7</p> <p>22-Feb Monday
 10:00 AM Small Group Ministry (Patrick/Odell) B-5
 3:00 PM Overflow Shelter Meal Prep Kitchen
 7:00 PM Meaning Matters (4th Monday) B-8</p> <p>23-Feb Tuesday
 6:30 PM White Privilege Study Group B-8</p> <p>24-Feb Wednesday
 5:30 PM Endowment Trust Meeting ... Stott Lounge/Joy Library</p> <p>26-Feb Friday
 6:00 PM Visionary Donor DinnerChanning, Emerson</p> <p>27-Feb Saturday
 7:00 PM Wine and Cheese Fundraiser Channing</p> |
|--|--|

Sam's Outlook

Unhealthy and healthy desire

Rev. Sam Trumbore

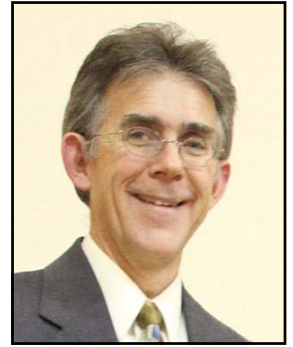
I have an unhealthy desire for sugar. Candy corn, a spoonful of honey, fruit jam or sorbet or any concentrated sweet substance touching my tongue sends me into an endorphin enabled rush of pleasure. And one taste sets off a strong craving for more. Even with my stomach aching with fullness, the craving doesn't stop for more.

Unfortunately, excessive sugar consumption has negative physical consequences for my body. Indulging in too much sugar makes my osteoarthritis worse, makes my eczema much worse, and, of course, makes me gain weight. Too much sugar consumption for me is above about 10 grams a day. So to maintain good health, I must monitor and restrict my sugar intake ... which is very hard in a society that encourages sugar consumption at every turn. This is particularly hard as a minister who participates in many social gatherings where hosts and hostesses make delicious desserts they want to share with me.

The way I manage my cravings is by using artificial sweeteners like Sucralose (the yellow artificial sweetener packets). It gives me some of the pleasurable experience of sweetness but without the health problems. Sucralose mostly passes through the digestive system without being absorbed by the body ... but I suspect I may be paying some health cost I don't know about since it hasn't been on the market that long. I feel a little like a methadone user who is trying to avoid heroin. Maybe someday I can wean myself off artificial sweeteners – but unlike heroin, calories from food consumption are necessary for survival so I will continue to encounter sugar in what I eat for the rest of my life.

My problematic relationship with sugar helps me better understand and appreciate the dysfunction of a critical regulatory mechanism of our bodies. Desire is absolutely critical to our survival. If we are too cold, as I was the other day with a biting winter wind in my face, we need to find warmth or face the dangerous prospect of hypothermia or frost bite. Thirst directs us to rehydrate with a glass of water. Hunger to consume nutrition with a plate of food. Loneliness

to seek companionship and support. Desire signals to us an imbalance in our homeostasis that needs a correction to bring us back into balance. Without the unconscious signaling process desire provides, our survival would be at risk constantly.



To reinforce this autonomic process and guide it, evolution has developed a powerful method to orient our attention and educate our behavior. When there is an imbalance, the sensation is unpleasant. When the imbalance is addressed, the sensation is pleasant. Quenching an intense thirst with a cold glass of water, stepping out of a blizzard and warming one's hands by a fire, the first forkful of food in the morning after a good workout, a hug of greeting with an old friend, all these experiences are very pleasant and satisfying. Yet these healthy bodily regulatory functions can be easily hijacked by craving for that pleasurable experience disconnected from its autonomic function.

Craving for pleasurable experience and avoidance of unpleasant experience disconnected from one's autonomic function is what the Buddha identified as a primary source of misery imbedded in the human condition. He called it "tanha" and connected it to the existential angst human beings experience facing our finiteness and our insularity, separated from each other inside a bag of skin that eventually becomes dysfunctional and disintegrates. Pleasurable experience helps us forget our condition and unpleasant experience reminds of our existential dilemma.

Thankfully, not all desires devolve into cravings. The Buddha also identified a healthy form of desire he called "chandha." Chandha is the desire to act toward a worthy object with a virtuous purpose. The desire to meditate to alleviate one's own suffering and the suffering of others is described as chandha. The desire to act to offer loving-kindness to other beings, to celebrate their joys and have compassion for their sorrows is chandha. To work ardently to dismantle racism and discourage the use of violence in society is chandha.

Sam's Outlook, continued on page 4

News

Report on CSAIs vote

The congregation was polled on Sunday, Jan. 24 regarding the four Congregational Study/Action Issues (CSAIs) proposed to be added to the 2016 General Assembly agenda for four years of study, reflection, and action.

One hundred and three (103) ballots were completed, including one which registered the choices of the four 7th graders in RE (in true UU fashion, they were not of one mind). With regard to the Congregational Study/Action Issues to be brought forth at General Assembly in June:

A National Conversation on Race

Yes: 67 No: 6 Abstaining: about 30 (that is, did not indicate either a yes or a no)

Climate Change and Environmental Justice

Yes: 68 No: 7 Abstaining: about 28

The Corruption of our Democracy

Yes: 64 No: 8 Abstaining: about 31

Ending Gun Violence in America

Yes: 69 No: 8 Abstaining: about 26

Hence, Albany UU will be casting votes for all four to be on the agenda at GA 2016.

Albany UUs were also asked to indicate the issue of deepest concern to them:

The Corruption of our Democracy: 31

Sam's Outlook, continued from page 3

The work of ethical responsibility, the cultivation of virtue, and social transformation for the benefit of all beings is chandha work ... mostly. The challenge for us is to discern in our actions whether we are operating from the tanha or the chandha motivation then purifying our purpose. And often it is a confusing mix of both.

This is why I value so highly being part of a religious community dedicated to cultivating chandha in its members and friends. It is the work of a lifetime best done in community for mutual support in this difficult yet worthy endeavor.

And the fruits of the effort are sweet – sweet in a satisfying and fulfilling way rather than a way that stimulates more craving and dissatisfaction.—Rev. Sam

Flyers in this issue

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

◆ **General Assembly 2016**—and Albany UU participants and delegates form

Climate Change and Environmental Justice: 29

A National Conversation on Race: 25

Ending Gun Violence in America: 22

The Social Responsibilities Council thanks you for your participation. Jean Poppei, Chair

St. Lawrence UU 2016 District Assembly April 1-2, 2016. Syracuse, NY.

Albany UU can send five delegates and will reimburse delegates' registration fee.

The registration process can be done either by submitting the registration form found in the detailed program schedule at <http://www.sld.cerquua.org/conggrowth/2016/DA2016Brochure.pdf>, or online at <https://uua.wufoo.com/forms/me72mng15oslaj/>. Adult registration fee is \$75, \$85 which includes a \$10 donation to the scholarship fund, and \$65 if one

It's time for a Giro d'Italia!

Saturday, Feb. 27 at 7:00pm, Channing Hall

Cost is \$30.00 per person, members and friends



Come with us on a tour around Italy and rediscover the variety of cheeses and wines with our own cheese monger, Eric Paul, from The Cheese Traveler. In this Albany UU fundraiser's 11th year we will follow tradition and present a tasty selection of wine and cheese pairings for you to explore!

Reserve your space at the Giro d'Italia table in Channing Hall during coffee hour.

Board notes

Peggy Sherman, President

Thank you to everyone who participated in the congregational meeting to amend the bylaws on January 10. With the changes that we adopted, our Nominating Committee will now select one candidate for each opening on the Board of Trustees and the Endowment Trust. This is the same process used for many years for other positions like President, Vice President, Religious Education Council member and Social Responsibilities Council member. Other adopted bylaws changes will provide some flexibility for the Program Coordinating Council and the Committee on Professional Ministry. Meanwhile, the Board will consider whether additional changes are needed in our organization, and what those changes might be.

Organizational change is taking place in our denomination as well, with the move towards regionalization. At General Assembly, congregational delegates vote on officers, bylaws, and other business of the Unitarian Universalist Association. But in addition to this national process, the UUA congregations were historically organized into 19 districts, each with their own staff, boards, and programs. Now our denomination is moving to a structure of five large regions, with the Southern and Mid America Regions already in place.

Our region is the Central East Region (sometimes known as the Central East Regional Group, or CERG), consisting of our St. Lawrence District and three adjacent districts stretching from Washington DC to New York State to Ohio. The CERG districts have been successfully collaborating for several years, sharing programs and staff. Rev. Joan Van

Becelaere is the CERG regional lead as well as Albany UU's primary contact with the UUA. This will continue with regionalization.



But the big change is that there will not be a regional governing board to succeed the four district governing boards. The CERG regionalization plan envisions new vehicles for communication and connections: a new Congregational Life Advisory Council (with Josh Shea of our congregation as one of the eight members) and "Wisdom Seekers" gatherings that are in the planning stage. Clusters of congregations that share an affinity or location, like our own CRUUNY (Capital Region UUs of NY), will also provide an important way for us to collaborate and connect with the UUA

At the St. Lawrence District Assembly on April 2 in Syracuse, delegates from our congregation will vote on authorizing the St. Lawrence District board to dissolve and transfer governance to the UUA. You can read about the regionalization plan on the CERG website at www.cerguua.org/about-us/regionalization.html.

Every organization has to examine its operating model from time to time. What are the processes and structures that will get us to where we want to be, while staying true to our mission and values? How can we spend our time and energy on what is most important? Please contact me if you would like to be involved in these discussions, either by attending the St. Lawrence District Assembly or sharing your ideas for our own congregation.

is requesting \$10 scholarship towards the registration fee (not necessary for Albany UU delegates). The fee applies to adults, young adults and youth.

Deadlines:

Online/Advance registration will close on March 15. After that date you may only register on-site.

March 1 is the deadline for children to register for children's activities. The cost is \$15 per child.

March 15 is the deadline for Youth Caucus registra-

tion. High school aged youth (14-18) are invited to sleep at the First UU Society of Syracuse on Friday evening.

Group rate arrangements have been made at the Crowne Plaza Hotel, 701 E. Genesee St., Syracuse. Reservations: 1.315.470.7000. Rooms will be available until March 1 as long as space is available. Tell them you are part of the St. Lawrence District of the UUA.

District Assembly is a chance for congregational

leaders and ministers to meet, network, ask questions, provide input on the direction of the district, and gather resources and information on a variety of topics and programs. The keynote speaker is the Rev. Sue Phillips, and the Gould Discourse will be delivered by the Rev. Margret O’Neall.

Delegates will be asked to vote on: SLD trustees, nominating committee members, district budget for Fiscal Year 2016-17, and **most importantly, re-gionalization**. Delegates will also review reports from district staff and officers.

Please contact Albany UU President Peggy Sherman (xxxxxxxxxxxxxx), or Denominational Affairs Liaison Don Odell (xxxxxxxxxxxxxxxxxx) as soon as possible to be considered as a delegate, and for further information.

Save the date for a special Sunday!

Once a year we gather with other local UU congregations and worship together. This year we will meet at the Doane Stuart School in Rensselaer. And the date to put on your calendar is Sunday, April 17, 10:30 AM.

Sending Out HUUGGs

We’re gathering donations for Huge UU Greetings and Goodies packages for our recent RE grads.

Whether they are now working, traveling, volunteering, serving in the military or in college, our grads so appreciate a package with notes and goodies from us at Albany UU.

Please bring donations to the bin in the Work Room (where the photocopier is) by Friday, Feb 5.

Suggested items

- packets of soup, noodles,
- dried fruit,
- tea, coffee, hot chocolate,
- candy, gum
- popcorn
- granola bars
- lip balm
- a note with your good wishes



Call for Nominations

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 15, 2016.

Position	Term
President	1 year
Vice President	1 year
Secretary	1 year
Treasurer	1 year
Assistant Treasurer	1 year
Board of Trustees (1)	3 years
Religious Education Council Chair	1 year
Religious Education Council (5)	3 years
Social Responsibilities Council Chair	1 year
Social Responsibilities Council (2)	3 years
Nominating Committee (2)	3 years
Endowment Trust (1)	5 years

Requirements for Elected Positions

Any person holding an elected position must be an active member of FUUSA for at least 30 days prior to being elected and must not have a pledge in arrears (2014-15 pledge year or previous). Candidates for the Endowment Trust must be members for at least 3 years.

Nomination Procedure

Society members may contact anyone on the Nominating Committee to let them know of their interest in the above positions or to suggest someone else you feel would be qualified. If you have questions please contact any of the Nominating Committee members: Sue Berzinis, Laura Churchill, Molly Daniels, Bob Franklin, Mary Myers, Sandy Stone. Please find us on Sundays wearing our bright green “Nominating Committee Member” buttons. Or you can e-mail to lchurchill095@gmail.com.

New with 2016-2017 elections: The Nominating Committee is no longer required to ensure contested elections for vacancies on the Board of Trustees and the Endowment Trust. The Nominating Committee will remain a contested election.

For additional nominations, the requirement for a petition with 25 signatures has been removed. Interested candidates need only to contact a member of the Nominating Committee by April 3, 2016.

To read job descriptions of each position, go to AlbanyUU.org, choose Church Office/File Cabinet. Under Governance you will see Elected Office Job Descriptions.

Live and let bid

This year's annual FUUSA auction **Auction Royale - Live and Let Bid**, IS COMING!! Save the date!-The auction, our biggest FUNdraiser, will be held on the evening of Saturday, April 2nd.

What would enhance your life? A sailboat ride, a pot of soup, a plowed driveway, concert tickets, help decluttering, a weekend away or babysitting? These great items and many more will be available for you to buy. Parents: Make this a night out...Free babysitting will be offered for auction attendees.

Of course, in addition to bidders, we also need donors. Let your imagination go wild!! You can offer modestly priced items like canned jams, trail mix or music lessons or more high-end offerings such as hosting a meal or providing the use of your vacation home. We welcome all kinds of donations!

Donor forms can be found (1) on the FUUSA web-

site and filled out electronically; or hardcopies (2) in the lobby or (3) in Channing Hall. Please place completed forms in the auction basket.

Whether you are able to offer an item, attend the auction, or bid on fixed price items, the Auction Committee looks forward to **your** participation in this opportunity to help support the mission of our UU community.

Did you enjoy our photographic Yearbook last spring?

We'd like to do it again this year and need your help! Take pictures any chance you get of Albany UUs in action, our events, our church home. Please include names, places, events and name of photographer. Send anytime. Next Yearbook will compiled May 1, 2016. SEND photos to: photos@AlbanyUU.org

Growing Together

February 5 Multigenerational Potluck and presentation

Join us at 6:00 PM for a potluck, stay for a 7:00 presentation--hosted by the Lifespan Learning Committee.

The presentation by Heidi Harding and Jan McCracken will be Compassion in Action: A Talk, Stories and Photos from a Medical Pilgrimage to Nepal.

Please sign up (see box.) Childcare is available: please let us know you need it when you register.

Lifespan Learning Event

Join together in the 2016 UU Common Read, **Just Mercy: A Story of Justice and Redemption** by

Bryan Stevenson. The discussion group will be run for three evenings on **March 15, 22, 29** at 6:00 pm, with facilitation by Jacqui Williams. Sign up in Channing Hall, or by email to registration@uualbany.org, or contact the church office.

The Lifespan Learning Committee has a limited quantity of the book for sale at a discounted price (\$14). Contact the church office, if interested.

Stevenson, founder of the Equal Justice Initiative, has dedicated his legal career to defending those who are trapped by a willfully unjust criminal justice system - poor people, people of color, children, and others over whom the system has run roughshod. His book speaks to justice, mercy, and compassion, themes of concern to us as Unitarian Universalists and as human beings.

The book is designated as this year's Common Read by the UUA. A Common Read invites participants to read and discuss the same book in a given period of time. This activity can build community in our congregations and our movement through a shared experience, shared language, and a basis for deep, meaningful conversations.

Please come join with others to read and discuss this moving and important story!

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 theme of February is desire

Leah Purcell, Director of Religious Education

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life. — **Proverbs 13:12 (ESV)**

From the Soul Matters Program:

It's a fundamental question about desire: What gets you up in the morning? One can go through their whole life not knowing the answer to that. Routine too easily takes over our lives. Something is wrong when "the alarm clock" is the primary thing that pushes us into the day.

Here is an exercise that asks us to get into relationship with a different source of momentum.

*For one week, take 10 minutes at the beginning of your day or at bedtime the night before to identify one thing you want out of the coming day. One thing that **you** want. In the midst of all the obligations ahead of you, what one desire do you want to make room for? Keep it simple. Maybe it is nothing more than to feel the sun on your face for five minutes. Maybe it is to connect and cook tonight's meal with your daughter. Maybe it is to read or run or just*

have five minutes of silence. Just make it yours.

Perhaps you'd like a tool to help you spend 10 or even 7 minutes in meditation that can help you identify one thing that you really want.

At my blog you'll find A

Recipe for Meditation for Beginners that I wrote for

the theme of Desire. <http://albanyuu.org/wp/dre-blog/2016/01/25/a-recipe-for-meditation-for-beginners-on-desire/> I find food analogies – as well as actual food - to be comforting at this time of year.

We've been using some meditation practices in Sunday school for children of all ages. I think this recipe would be yummy for anyone. Try it with your child, reading the imagery aloud. Your children also might be interested in the Insight meditation timer for your phone or computer. It's the app that I use and so does Rev. Sam and so do some other Albany UUs. So you'd get to see when we're meditating, too.

In peace,

Leah



We will ultimately not be judged by our technology, we won't be judged by our design, we won't be judged by our intellect and reason. Ultimately, you judge the character of a society . . . by how they treat the poor, the condemned, the incarcerated. – Bryan Stevenson

Religious Education for children and youth Sunday mornings in February

Sunday, Feb. 7 – **Mardi Gras service** – children and youth attend the service in Emerson with their families. Nursery and Toddler Rooms open from 9:45 – 11:20

Sunday, Feb. 14 – **UU's In Action Session** – social justice or service projects for mixed age groups (pre K through 2nd grade; 3rd -6th grade; 7th-9th grade) Nursery and Toddler Rooms open from 9:45 – 11:20

Sunday, Feb. 21 – **Family Chapel** for grades Pre-k through 6th grade – with follow up activities for each

group in their own rooms; 7th-12th grade meet at 10:00 in their own rooms as usual; Nursery and Toddler Rooms open from 9:45 – 11:20. **Parent Support Group** meets after Family Chapel (10:30 – 11:15) in Room B-5. All parents are welcome.

Sunday, Feb. 28 – **Regular session**; pre-k through 6th grade start the morning with their families in the service and go to Sunday school after the story; 7th-12th grade meet at 10:00 in their own rooms as usual; Nursery and Toddler Rooms open from 9:45 – 11:20

White Privilege Study Group DVD: Making Whiteness Visible Tuesday, Feb. 23, 6:30pm

This month the White Privilege Study Group is watching and discussing Making Whiteness Visible, a film by Dr. Shakti Butler. This DVD is described as a must-see for all people interested in justice, spiritual growth and community making. It features

the experiences of white women and men who have worked to gain insight into what it means to challenge notions of racism and white supremacy in America. All are welcome to participate.

Interviews With the Leading Edge

Saturday, Feb. 6

7:00 pm, in Emerson Community Hall

Learn the positive, holistic and sustainable paradigm birthing into our world which is affecting transformation at its root – the transformation of the human being, at all levels; and its branches. And how that transformation is manifesting in society

Speaker: Michael Wayne, Author, [Quantum Revolution](#)

Musical Guest: Roger Mock, Musical Director, Unity Church

This is the third and last event in the Sustainable Happiness Series, co-sponsored by the Lifespan Learning Committee and the Albany Peace Project. All are welcome.

Joy Library news

Find these in the New Books or under call number Writing on Martin Luther King, Jr. Day, I'm inspired to highlight some of Joy Library's relevant books.

"Each of us is more than the worst thing we've ever done" So writes Bryan Stevenson in JUST MERCY : A Story of Justice and Redemption, and the 2015–16 UUA Common Read." [323.4 STE]. 2014. Stevenson, who founded the Equal Justice Initiative in Montgomery, Alabama, has been called "a real life Atticus Finch." "This beautifully written book looks closely at the life stories and circumstances of people who ,have been sentenced to die at the hands of the state or given a life sentence in prison. The author explores ethical, moral, and spiritual questions as he uncovers truths many would prefer not to

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know. In story after story, he details the horrors faced by people on the margins of United States mainstream society—poor people, mentally ill people, children, and people of color—when they come in contact with the systems we have built to respond to criminal or antisocial acts." Gail Forsyth-Vail. UU WORLD

THE COVENANT WITH BLACK AMERICA - TEN YEARS LATER compiled and edited by Tavis Smiley. 2016. [305.896 SMI] In 2006, Tavis Smiley, along with a team of esteemed contributors, laid out a national plan of action to address the 10 most crucial issues facing African Americans. "THE COVENANT" ran the gamut from health care to criminal justice, affordable housing to education, rights to racial divides. But a decade later:

- Black men still fall victim to police bullets and brutality
- Black women still disproportionately die from preventable diseases
- Black children still struggle to gain access to a high-quality education
- The digital divide and environmental inequality persist
- Cities from Ferguson to Baltimore burn with frustration

"THE COVENANT" presents the original action plan alongside new data from the Indiana University School of Public and Environmental Affairs (SPEA) to underscore missed opportunities and the hard work that remains to be done. "All across America, the vicious assault on the civil and human rights of Black people has outraged citizens of conscience, and led to a renewed sense of social protest and political activism," says Tavis Smiley. As we head into another presidential primary election season, will the plight of Black America be ignored yet again? Where does Black America go from here? The book addresses these and other vital questions about the present state of affairs for African Americans.

BETWEEN THE WORLD AND ME by Ta-Nehisi Coates. 2015. [305.8 COA] "...a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men... exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a

black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares ...the story of his awakening to the truth about his place in the world through a series of revelatory experiences.... clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward."

A sample of other books on race in Joy Library:

THE RADICAL KING (King Legacy) by Martin Luther King Jr. [323.092 KIN] 2015 DEATH OF A KING : the real story of Dr. Martin Luther King Jr.'s final year by Tavis Smiley [323.092 SMI]

THE NEW JIM CROW: MASS INCARCERATION IN THE AGE OF COLORBLINDNESS Michelle Alexander [364.973 ALE] 2010.

THE SELMA AWAKENING by Mark D. Morrison-Reed [289.1 MOR] 2014

RACE MATTERS by Cornel West [305.8009 WES]

1993

BLACK PROPHETIC FIRE by Cornel West [920.009 WES] 2014

REIMAGINING EQUALITY: STORIES OF GENDER, RACE, AND FINDING HOME by Anita Hill [301.41 HIL] 2011

IN BETWEEN: MEMOIR OF AN INTEGRATION BABY by Mark Morrison-Reed [289.1092 MOR] 2008

BLACK PIONEERS IN A WHITE DENOMINATION by Mark D. Morrison-Reed [289.1320 MOR] 1994

WHERE DO WE GO FROM HERE: CHAOS OR COMMUNITY? Martin Luther King, Jr., [323.1196073] 1968.

THE RICH AND THE REST OF US: A POVERTY MANIFESTO by Tavis Smiley [339.4609 SMI] 2012.

LIVING WITH RACISM: THE BLACK MIDDLE-CLASS EXPERIENCE by Joe R. Feagin [305.89607 FEA] 1994

Our Community

The path to membership

Are you wondering about Unitarian Universalism and its role in your life? Or are you thinking about becoming a member of Albany UU and want to understand the process better?

We recommend that all newcomers to Unitarian Universalism, as well as those who are already UU but are new to Albany UU, attend a newcomer orientation. This Saturday morning session will give you an opportunity to learn about Unitarian Universalism and Albany UU, as well as to meet Rev. Trumbore and the Membership Committee.

We invite you to join us Saturday, March 5 for "Getting to Know UU". This orientation is from 8:45 a.m. to noon. 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 sign up: Send an email to registration@albanyuu.org, call the office at 463-7135, or sign up in Channing Hall. Please indicate if you need childcare.

Channing Circle

Retired folks are invited join us for our annual poetry reading on **Monday, Feb. 15** at noon. Bring your own poems or your favorite ones to share. Sue Wright is bringing dessert and coffee and tea will be available.

Earth Spirits

Monday, February 8, 7:00 p.m

With a nod to our 19 Century Universalist history with Spiritualism, Earth Spirits will hold a séance at our next meeting on Monday, February 8, 2016 at 7:00 p.m. This will not, repeat NOT be of the table-rapping, ghostly visitation sort of thing (unless we get very lucky) conducted by a gifted medium. We will do a modified séance taken from contemporary practice that allows everyone to participate, believ-

**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.

ers and non-believers (most of us) alike. We will approach it as an exercise in active imagination, psychic connection and playful interaction with whatever gets fished up from the depths of our unconscious onto the shores of our awareness. We'll be viewing this catch as either messages from a spirit or psychic messages. We'll talk about the technique first, then do a brief meditation to get in the mood, then cast the circle of protection and open up the circle for play with spirit and psychic communications. For questions, contact Robb Smith xxxxxxxxxxxxxxxxxxxx Everyone is invited. Come join us.

"There are more things in heaven and earth, Horatio,
Than are dreamt of in your philosophy."

- **Hamlet (1.5.167-8), Hamlet to Horatio**

Walker Book Club

Join the Walker Book Club for a potluck and discussion on **Sunday, February 14**, at 5:30 pm in Channing Hall. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

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.

On Feb. 14, we will discuss *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson. This non-fiction, hard-cover book is the 2015-16 UUA Common Read, which is described by the UUA book

store as, "A powerful true story about the potential for mercy to redeem us, and a clarion call to fix our broken system of justice—from one of the most brilliant and influential lawyers of our time." The SRC may still have some copies available for sale at a discount. Contact Karen Kaufman for more information. Also, the UUA book store offers various discounts, depending on the number of books purchased.

March's book is the *Liar's Club: A Memoir* by Mary Karr. A review by the *New York Times* says in part, "Mary Karr's attempt to resurrect her parents and her past has seemed an almost overwhelming task. At times, it feels as if the book itself were trying to decide whether it can reasonably contain all that she needs to discover, and all that she needs to let go, in order to become her own creation. (She is a poet and essayist who now teaches at Syracuse University.) Not the least of her assets in this quest is her haunting, often exquisite phrasing of states of being and qualities of mind that resonate long after a page is turned. In the end, it is her toughness of spirit, as well as her poetry, her language, her very voice, that are the agents of rebirth that accompany her on this difficult, hard-earned journey."

Contact Linda Hunt at xxxxxxxxxxxxxxxx for further information or questions.

UU Humanists

Albany UU Humanists regularly meet on the second Tuesday of the month. The next meeting will be on **Tuesday, Feb. 9** at 7 PM in Room B-8 at Albany UU.

At the January meeting six of us discussed what we consider a Humanist service and what are some of the definitions we might use when we describe ourselves as Humanists. There was an impromptu review of the history of Albany UU by some of the long time members. The conversation will continue at the February meeting. One thought is that we might consider spirituality from a Humanist perspective.

For those interested in learning more about Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://huumanists.org>. There is also the American Humanist Association's website at <http://americanhumanist.org>.

If you wish to join the Albany UU Humanists conver-

sations, please go to the Albany UU website (albanyuu.org) and click on Groups and add your name to the Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact Don Odell (xxxxxxxxxxxxxxxxxxxx) to be added to the egroup. I will see you on Feb. 9, and around Albany UU on Sunday mornings. -Don Odell

6 to 9 at 6:09: Circle Dinners

Circle Dinner on Friday, February 19

Circle 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. The next circle dinner will be on *Friday*, Feb. 19. Please join us.

To sign up for a February dinner, you may 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, February 6.* Assignments will be announced after that date. If you have questions, please contact Martha at xxxxxxxx or by email.

Save these dates for future dinners: Saturday, March 12; Saturday, April 9 ; Saturday, May 21

Joys and Caring Corner

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 news

SRC would like to give a great big cheer for the wonderful generosity of Albany UUs who donated to the Sheridan Preparatory Academy Playground Project Give-Away-the-Plate back in the fall and to subsequent donations. Thank you! The total is close to \$12,000! Martha Musser has been busy writing grants to secure more funding, in anticipation of having \$25,000 by the end of June to purchase new playground surfacing material and additional fencing so that by mid-July, construction can begin, using volunteer manual labor (hint, hint). If all goes well, November 2016 could be the month we celebrate the completion of the SPA playground! We'll keep you informed as we progress. Any ideas for funding possibilities are very much welcomed. You can notify Martha Musser, Lois Griffin, or Jean Poppei.

SRC also wants to remind all readers that Bryan Stevenson's *Just Mercy*, the UUA Common Read, will be discussed at the Walker Book Club potluck/discussion 5:30p FUUSA, February 14.

The January 9th event with Rev. Julie Taylor was a great success, bringing in members of the larger community as well as members of the Albany UU community. Those who were able to attend found it: "inspiring," "thought-provoking," and "knowledge-building." Thanks to all who helped bring it about—a special note of appreciation to Ed Hancock, Karen Kaufmann, Patty Burch, and Peggy Sherman. Now it's time to plan our next steps to further Black Lives Matter.

Empty Bowl— working together to end hunger

The third annual Empty Bowls will be held on

Sunday Feb. 14, 2016
1-3pm at the Elks Club,
35 S. Allen St. Albany.

The cost of the ticket will be \$25.00. (They can be purchased at the door).

For the \$25.00 you will receive a hand-crafted bowl made by local potters including the campers at last summers' Unirondack Camp. There will be a variety of soups you can choose from and freshly made bread from Rock Hill Bakehouse. The bowl is yours to keep and is a reminder of all the empty bowls in the world. Your attendance will help support the service and advocacy of FOCUS churches of Albany and the Hunger Action Network of New York State.

Any questions? Feel free to contact Patty Burch (xxxxxxxxxxxxxxxxxxxxxxxxxxxx).

Black Lives Matter Taskforce

Next meeting: Sunday, Feb. 14 at 11:45

Saturday, January 9 Albany UU hosted the presentation: Ferguson and Beyond. The turn out was excellent with about half to two-thirds of the attendees from outside our congregation including people from as far as Oneonta. Rev. Julie Taylor vividly presented the situation in Ferguson and the area. Jacqui Williams and Colin Donnaruma powerfully presented perspectives on the Dontay Ivy, Eric Garner and overall issues. Musicians Tiani Asili and Blue Wilder contributed the power of song to the spirit of the night. It is clear that AlbanyUU and the broader community is concerned people of color and that we are committed to ending the disregard commonly shown for Black Lives in so many everyday ways. During the coming legislative year we hope to achieve progress against the school to prison pipeline; against the all-to-frequent ending of lives of people of color who are several times more likely to be killed by police than white people are; and to continue the struggle for true equality in all aspects of life. Bills are being introduced in the legislature to address police actions which result in death. As grand juries routinely issue indictments when recommended by prosecutors, it is apparent that the prosecutors in Albany and Staten Island did not actively pursue indictments from grand juries in the Ivy and Garner deaths brought on by aggressive and racially motivated police behavior. While it is true that police

also kill unarmed non criminal white people, black men are about 5 times more likely to be killed. Typically no one, not the officers, not the people in charge are disciplined. In the Garner case, Sgt. Kizzy Adonis, a black woman sergeant not assigned to the area but who came to assist has been stripped of her gun and badge in an internal investigation. A witness reported that she said to officers holding Garner down to “let up, you got him already”. Her words were ignored, but she is being disciplined, perhaps fired. Sgt Adonis' situation is still unfolding.

At a future date, SRC will welcome an Albany police and community conversation at Albany UU on community policing.

Robb Smith, through Interfaith Impact, will carry our concerns and advocacy for constructive change to members of the legislature. There is room for more Albany UUs to accompany Robb on advocacy day later this year. Hint!-Ed Hancock

Peace Team news

Showing love to our Muslim neighbors:

Following the terror attack in Paris and the subsequent attack in San Bernardino anti Muslim attacks have increased to levels not seen since immediately after the World Trade Center attack. In anticipation of local Islamophobia a meeting was held at the mosque Masjid -As-Salaam. Attendees from area peace and religious groups spoke about what motivated to attend and their concerns. Stories were shared of local people being threatened at school and at work by people hostile to Muslim looking people.

Subsequent meetings were scheduled for those who signed up for additional participation. Three work groups were developed, first for political positions, second consider a response in the event of a local incident, and third an education group to consider countering misinformation.

The political action group drafted proposals for the City of Albany Common Council and for the Albany County Legislature. To their credit both organizations adopted resolutions supporting our Muslim neighbors. I and other AlbanyUUs were present to see Lynne Lekakis sworn in as a county legislator and to witness the approval of the proclamation sup-

porting our Muslim neighbors. It was heart-warming to see the gesture of welcome to the threatened Muslim members of our community.

Educational programming component of opposing islamophobia is a challenge. Throughout the world there are about 1.2 billion people of Islamic faith, and there are a few who are motivated to lose their lives attacking American and other people. Our media always includes the religion of the attackers thus associating all members of the faith with the attacks. This association is not made in the media when Roman Catholic members of the Irish Republican Army attacked pubs and police stations with bombs to kill protestant and British people in Ireland and Britain. Years ago, it used to be common practice in the media to mention the race of a wanted criminal when the perp was of African ancestry. Protests and sensitivity training has diminished this practice, but for Muslims there is a long way to go. Just as the film “Birth of a Nation” inflamed racism in America in the 20's, many films and TV shows focus on the Islamic theme uniting the bad guys and some people see anyone with a dark beard, head scarf, middle eastern clothing as allies of terrorists.

As an educational action people are standing on street corners witnessing their support of our Muslim friends and neighbors.

On January 11 on behalf of FUUSA/SRC I joined a group of peace people consisting of Bethlehem Neighbors for Peace, Grannies for Peace, and other area peace folks gathered at the four cornerS in Delmar with signs supporting our Muslim neighbors and condemning Islamophobia. While many drivers were supportive, a few expressed their disagreement with middle fingers and shouts, a display of hostility I had not seen in my street actions for Black Lives Matter.

On February 13, as a vigil to Valentines day, the Grannies for Peace will take a stand on the side of love at Central Avenue and Wolf Road supporting Muslim neighbors and opposing Islamophobia.

Grannies for Peace Tenth Annual Valentine's Vigil—Grannies Embrace Refugees: Spread Love Not Hate—Saturday, February 13, 2016, Noon

If you are out that way, the Grannies love company and supportive horn toots.—Ed Hancock



UUA GENERAL ASSEMBLY

General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates. The 2016 General Assembly will be **June 22-26 in Columbus, OH**. Most General Assembly events will be held in the Greater Columbus Convention Center.

Theme for 2016 GA: “Heart Land: Where Faiths Connect”

The religious landscape is increasingly multifaith. Across the globe, people are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. The labels—Christian, Jew, Muslim, Buddhist, Hindu, humanist, theist and non-theist—are no longer the primary way we define how religion, spirituality, faith, and practice come together. In our quest to bring more love and justice into the world, we find ourselves in partnership with people following different religious and spiritual paths. The richness of those encounters deepens our faith, strengthens our work for justice, and encourages connections with those who are “spiritual but not religious.” General Assembly 2016 in Columbus, Ohio, will invite us to explore how to be in authentic and fruitful interfaith partnerships, both within and beyond the congregation. We’ll assemble leaders and communities of many faiths to worship together and learn from one another. We will explore what grounding and vision we share across faith traditions, and what particularities of each tradition lend creativity and depth to our work across faith borders. Together, we will move toward a new interdependent vision of faith that responds to the needs of our own time and points us toward the future.

How are we crossing faith borders as we bring more love and justice into the world?

Outstanding Programming

General Assembly will offer about 200 programming choices over the 5 days of GA.

Columbus is a Fitting Place for UUs to Gather

Ohio's capital city is full of beautiful neighborhoods, a critically acclaimed food scene and top-ranked attractions.

Multigenerational and Inclusive

There is an active youth and young adult contingent at GA. Scholarship and Volunteer Opportunities, Childcare, and Accessibility Services are available.

UUA General Assembly
Columbus, Ohio from June 22 to 26, 2016
(Additional information available on the [GA website](#))

1. I want to participate!
 - a. ___ as an on-site delegate representing Albany UU in Columbus
 - b. ___ as an [off-site delegate in Albany](#)
 - c. ___ as a non-voting participant in Columbus
 - d. ___ to participate in Youth Caucus (grades 9-12)
2. Why do you want to attend GA? What do you hope to accomplish or bring back to FUUSA?
3. How are you willing to prepare to be a delegate? Check all that apply:
 - a. ___ Attend a preparatory meeting at FUUSA
 - b. ___ Participate in a UUA webinar
 - c. ___ Read materials on the GA website and help others interpret them
4. How are you be willing to share your GA delegate experience? Check all that apply:
 - a. ___ Write a short paragraph about my GA experience for Windows
 - b. ___ Help plan a summer Sunday service
 - c. ___ Speak in a summer Sunday service
 - d. ___ Help work on Denominational Affairs
5. General Assembly runs from Wednesday June 22 through Sunday June 26.
 - a. ___ I plan to attend the entire time
 - b. ___ I plan to attend part of the time, from _____ to _____.
6. If you are requesting FUUSA support for registration to attend 2016 General Assembly, what is your expected registration fee? _____
Delegates will still need to pay for housing, transportation and meals.
7. Are you planning to attend with someone else? If so, please list their name(s).
8. If there is interest from youth, are you willing to serve as an Adult Sponsor (chaperone, must be age 25 or older)?

Name:

To help us put together the contact list for GA delegates and attendees:

E-mail:

Mobile phone:

Thank you – please return paper copies to the Albany UU office or e-mail to administrator@albanyuu.org

Contact Us

Board of Trustees 2015-2016

email: board@albanyuu.org

Executive Committee

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Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Administrative Assistant

Tammy Hathaway

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

Website

www.AlbanyUU.org

Building use

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

To **rent hall or classroom space** for a personal or non-FUUSA 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

First Unitarian Universalist Society of Albany

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Albany, NY 12206

518-463-7135

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