



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

March 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

Mar. 6 "Liberation through Cultural and Theological Competence," Rev. Sam Trumbore

There are fascinating parallels between how people think about race and how they think about religion. It may be possible to increase both one's cultural competence and theological competence by examining those thinking patterns in a way that increases tolerance, acceptance and mutual appreciation. NOTE: This sermon kicks off a Monday night class starting March 7.

Music: Matt Edwards on piano

Mar. 13 "Liberation through Witnessing Impermanence," Rev. Sam Trumbore

One of the most important Buddhist principles is the truth of impermanence. On one level this is obvious – we know everything changes. But do we really know from personal experience how deeply it applies to us too!

Music: Albany UU Choir

Mar. 20 "Liberation through Sacrifice," Rev. Sam Trumbore

Jesus didn't have to go to Jerusalem. He didn't have to overturn the tables of the moneychangers in the Temple. He didn't have to wait around to get captured. Why didn't he just teach and heal people and stay out of trouble?

Music: Matt Edwards (and friends?) on ukulele

Mar. 27 "Liberation through Easter," Rev. Sam Trumbore

Whether you celebrate resurrection of Jesus or the rebirth of spring, we'll be celebrating the truth that death cannot destroy the Spirit of Life. With any luck we'll be experiencing some liberation from winter and seeing some signs of spring too.

Music: Albany UU Choir and Youth 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: Apr. 10.

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 March

1-Mar Tuesday	6:30 PM	Wellspring Sources B-3/B-4	16-Mar Wednesday	10:00 AM	Projects & Quilts B-8
2-Mar Wednesday	10:00 AM	Projects & Quilts B-8		5:30 PM	Green Sanctuary Committee Meeting Offsite
	6:30 PM	Practice group for Nonviolent Communication..... B-8		6:30 PM	Practice group for Nonviolent Communication B-8
4-Mar Friday	6:00 PM	Multi-generational Potluck, hosted by REC . Channing	17-Mar Thursday	7:00 PM	Albany UU Board Meeting.....Channing
5-Mar Saturday	8:45 AM	Getting to Know UU B-8	20-Mar Sunday	11:30 AM	Annual Dinner Skit RehearsalEmerson
	1:00 PM	Memorial Service for Edna Allen..... Sanctuary		11:45 AM	Congregational Conversation on Financial Priorities B-3/B-4
6-Mar Sunday	10:00 AM	Family Chapel Sanctuary		11:45 AM	Social Responsibilities Council Meeting B-7
	11:45 AM	Annual Dinner Skit Rehearsal 26	21-Mar Monday	12:00 PM	Channing Circle Lunch (ME)Channing
	11:45 AM	Nominating Committee Meeting..... B-7		2:00 PM	Meaning Matters Third Monday Afternoon B-8
7-Mar Monday	6:15 PM	RE Council meeting Channing		7:00 PM	Developing Cultural and Theological Competence B-8
	7:00 PM	Developing Cultural and Theological Competence B-8	22-Mar Tuesday	6:00 PM	UU Common Read Book Discussion: Just Mercy B-7
9-Mar Wednesday	10:00 AM	Projects & Quilts B-8	23-Mar Wednesday	10:00 AM	Projects & Quilts B-8
11-Mar Friday	6:00 PM	Green Sanctuary Potluck/Presentation..... Channing		5:30 PM	Endowment Trust MeetingStott
13-Mar Sunday	11:45 AM	Annual Dinner Skit Rehearsal 26	27-Mar Sunday	11:30 AM	Annual Dinner Skit RehearsalEmerson
	11:45 AM	Forum (Social Responsibilities Council) Emerson		11:30 AM	Auction Committee MeetingStott
	5:30 PM	Walker Book Club Channing	28-Mar Monday	10:00 AM	Small Group Ministry (Patrick/Odell) B-5
14-Mar Monday	10:00 AM	Small Group Ministry (Patrick/Odell) B-5		3:00 PM	Overflow Shelter Meal Prep Kitchen
	3:00 PM	Overflow Shelter Meal Prep Kitchen		7:00 PM	Developing Cultural and Theological Competence B-8
	7:00 PM	Developing Cultural and Theological Competence B-8		7:00 PM	Meaning Matters (4th Monday)Stott
	7:00 PM	Earth Spirits Channing	29-Mar Tuesday	6:00 PM	UU Common Read Book Discussion: Just Mercy B-7
15-Mar Tuesday	6:00 PM	UU Common Read Book Discussion: Just Mercy. B-7	30-Mar Wednesday	10:00 AM	Projects & Quilts B-8
	6:30 PM	Finance Committee Stott			
	6:30 PM	Wellspring Sources B-3/B-4			
	7:00 PM	Meaning Matters (3rd Tuesday) B-8			

Sam's Outlook

What is liberation?

Rev. Sam Trumbore

We are coming up to that time of year when Christians remember Jesus' triumphal entry into Jerusalem like royalty riding on a donkey, having people put palm fronds down in front of him and shouting Halleluiah. Jesus caused some trouble with the moneychangers. That upset the Jewish leaders who turned him over to the Romans. The Romans tortured then killed him. It isn't a very happy story. His followers like Peter desert and deny him. They nail his wounded body to a cross. He dies hanging between two thieves like a criminal.

Jesus is hardly alone in being treated badly and dying a miserable death. It happens every single day someplace around the world. And he suffered for only a few days before he died. Many people around the world are suffering protracted periods of torture that can last for months, even years, before they die.

Jesus was no stranger to suffering before his death. As a healer, he saw all kinds of ailments and complaints that people came to him with that they wanted healed. Thanks to Western medicine and the spectrum of treatments science has developed, many of us don't experience the discomfort in us or around us that was prevalent two thousand years ago.

Yet we can't escape the unpleasant nature of having a body. Every day it needs food and water. It needs to be kept warm or cool and eliminate wastes. It needs regular rest periods and a good night's sleep to function well. It starts to smell and get itchy if it doesn't get washed regularly. Monthly cycles have to be managed. Teeth need attention and cleaning or they will rot and need to be pulled. And periodically it sees, hears, smells, tastes or touches things that it finds either very pleasant or very disturbing and initiates a strong emotional reaction that creates a lot of physiological disturbance. And at any time, a threat can present itself that puts the body's continued existence in danger.

Given the fragility of human existence, and the certainty of sickness, physical decline as we age and then death, where is there any liberation possible in

our condition? To be born means we're going to have to eventually die. All things that arise will eventually pass away.

Christians believe Jesus didn't stay dead. He came back from the dead after three days. Some people think maybe he didn't actually die on the cross. But if that is what happened, he didn't come back from the dead either. He had to die for the resurrection to be real. And if he really did come back, maybe we can also escape mortality and attain eternal existence.

Many Unitarian Universalists have struggled with and rejected the idea that the dead can come back to life because we don't see evidence of this possibility in the study of anatomy and biology. And if it is somehow possible for this to happen, then it would be a natural process not a supernatural one.

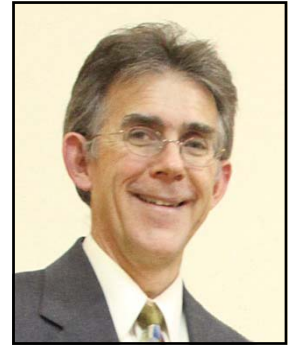
As a non-Christian, I prefer not to render a judgment on the truth of the resurrection story. I wasn't there. I didn't witness it. And even if I did, I might not understand what I was seeing and hearing.

What I do embrace is the idea that we are part of something much greater than our own bodies. Religions of the world have many different ways to express this. Some believe we have eternal souls that are one with God or can be reunited with God. Some believe the divine dwells in us as us. Others look out at a starry night sky and feel a sense of identification with the cosmic whole of which we are a tiny part. The mystics have discovered a way to know this as a bodily experience.

However you do it, there are ways to know we are not alone, isolated beings imprisoned in our bag of skin and bones. The sense of separateness we discover as toddlers is not what is ultimately true about us. The religious journey moves us toward a sense of participating in a wholeness that connects us beyond our individual selves. We live it here as a religious community of seeking and service.

Liberation then is the discovery of a sense of connectedness to a source of being that frees us from

Sam's Outlook, continued on page 4



News

All are invited!

The **Annual Fellowship Dinner** will be held on Friday, April 15 at the Franklin Terrace in Troy. Come join us for an evening of fun, food, fellowship, and frivolity. There will be a cocktail hour and hors d'oeuvres, dinner, a few short (we hope) speeches, a musical skit where we poke fun at ourselves, followed by dancing.

This year we will be using several new methods of inviting folks to the dinner--and collecting your RSVPs with those all-important dinner choices! We will send the invitation by email (using the same list that gets the Preview email on Thursdays) and we will send paper invitations to the small number who receive the newsletter by US Mail. There will also be an insert in the order of service and a sign up table at Coffee Hour. You can send in your RSVP by US Mail, or drop it off at the sign up table. And if you can't quite figure it out, you can always call the Albany UU office (518-463-7135) to make your reservation! RSVPs and payments must be received by Monday, Apr. 11.

Albany UU financial priorities

Three congregational conversations

In March 2017, our congregation must refinance the mortgage that helped us build Emerson Community Hall. Adding to fiscal pressures, we aspire to meet the UUA's standards for Fair Compensation for our staff. Our mortgage payments are \$79,000 per year, and salary costs make up more than 60% of our \$512,000 annual budget. Come for a discussion of these financial priorities, and the Board's recommen-

Sam's Outlook, continued from page 3

fear and from the delusion that we are just impermanent bodies. Jesus models this by transcending his physical body. Some Tibetan masters are said to be able to transform their bodies after death into rainbows.

Let our exploration of different religious, philosophical and spiritual traditions guide us to liberation from fear without binding ourselves to just one liberation story.—Rev. Sam

Flyers in this issue

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

- ◆ Auction donor form
- ◆ Mar. 4 Multigenerational Dinner and Game Night

dations to balance them, at any one of three congregational conversations (all to be held in Room B-3/4):

- ◆ Sunday, March 20 at 11:45 AM
- ◆ Thursday, April 7 at 7 PM
- ◆ Sunday, April 10 at 11:45 AM

Actions on these priorities will be on the agenda for the Albany UU Annual Meeting on Sunday, May 15.

Deadlines are here!

Registration and housing reservations for **UUA General Assembly** (June 22-26, 2016) opened on March 1. The **St. Lawrence District Annual Assembly** advance registration closes March 15. Details were posted in February Windows.



and Soup Bag Sale Sunday, March 6 at Coffee Hour

A thematic focus for the children in February was on our desire to help others and that by working together as a team, a group can accomplish more than an individual. And we considered that things that are worth doing take time to achieve. The 3rd-6th graders have organized a bake sale and soup bag mix sale to be held at Coffee Hour on March 6 to support the Sheridan Prep Playground fund. They have made soup bag mixes that will sell for \$3.00. Families of the Green, Blue and Violet Groups are encouraged to bring baked goods on March 6th (in pre-sliced portions that will sell for \$2.00)

Board notes

Many voices, one congregation

Patti Jo Newell, Trustee

The first half of one of life's great truisms is familiar to all: no one can escape the challenges life throws our way. It might seem that some elude the greater part of such challenges, while others seem to endure more than their fair share. Leaving such mysteries regarding fairness to philosophers and theologians, it remains true that everyone gets pitched a knuckle ball from time to time.

The second half is that our mettle is tested by how we respond to adversity. Our relationships are strengthened or shattered by how we rise or fall to the occasion. The Albany UU narrative is no exception. Together, we've encountered crisis in leadership, both lay and ministerial. Together, we've wrestled over how to respond to current events and issues. Together we've struggled over letting go of cherished programs and initiatives. And in many different ways, but always together, we've struggled over how to be a welcoming congregation, indeed over what a welcoming congregation truly is. The implications of this last are myriad and profound.

Hospitality is increasingly viewed as a spiritual practice. And it is a more complex and demanding ministry than it was in decades past. The phrase "radical hospitality" has gained a currency among religious communities in the endeavor to meet those demands. As we've grappled, over the years, with our identity as welcoming congregation, we've experienced relatively minor pushback over various issues: sexual orientation, gender identity, Black Lives Matter, among others. But none has rocked our congregation as much as the question over whether to permit a sex offender into our fellowship.

At this point, the article could veer in a number of directions: the lengthy process undertaken by the congregation to develop a Safe Congregation Policy, the formation of the Safe Congregation Response Team, the Limited Access Agreement developed in response to a request by a convicted sex offender to rejoin our community, the missteps of the Board of Trustees in presenting that agreement to the congregation, the breach of trust these missteps represented to some members, the reme-

dies taken by a humbled Board of Trustees to reach out to the community and seek further input, the important dialogue that ensued at subsequent congregational conversations and continues still. But I'm not going to address any of those things, directly.



Regardless of the outcome of this specific series of events, or similar ones in the future (and they will occur), our congregation has been shaped by this challenge. We've heard from parents concerned for the safety of their children, from others who've expressed pride in Albany UU over the principled statement of inclusivity they see represented in the Limited Access Agreement, from those distressed over what they see as a crisis of leadership in the handling of the process, from survivors of sex abuse who consider the Limited Access Agreement to be a sufficient tool in protecting our children, from survivors of sex abuse concerned that it is not sufficient, from those who've changed their minds since this process began, from those who haven't.

All of these voices have been heard and have informed our discernment over next steps. These voices have revealed the complex fabric of our community. They attest to our strength as a community in the open expression of dissent and promotion of difficult but safe dialogue. We are accustomed, as a community, to not always being in agreement. In fact, our diversity of opinion is an integral part of our UU identity.

Maybe this feels a bit different. Maybe it doesn't. We likely won't agree on that either. Clearly, though, it has been a unique growing edge for us, as individuals and as a community. I trust we can agree that we know how to do this. Our congregational mettle has been tested before. And we have been strengthened. We remain: many voices, one congregation.

Diversity in our pulpit

The Religious Services Committee is trying to help with the Board's goal this year of building our membership. To this end, we are hoping to put a more diverse face on our Sunday Services. One way we hope to do this is to change the way Announcers for the service are chosen. In the past, Announcers have been representatives of different activities or functions in the community. Thus, a Committee of the Week was identified, and typically the Chair of that committee would become the Announcer. This did not make for a lot of obvious diversity because committee chairs tend not to be new faces; they tend to be drawn from a small cadre of 'important people'. The RSC would like to expand this pool of Announcers to include newer/younger/more racially diverse members, and so generally new faces. There is still a plan to identify Committees of the Week for some, but not all weeks. And we hope to encourage the committees to have the spokesperson not necessarily be the chair, but some other articulate member.

To further this goal, we have broadcast an appeal for volunteers to join a pool of available Announcers. We hope to attract a diverse cadre of willing, articulate souls who represent a broad cross-section of the

community. We have reason to believe that there are folks who would jump at the chance to be an Announcer, and we hope to find all of them.—Dawn Dana

Volunteers wanted: The Religious Services Committee is seeking a diverse pool of volunteers to occasionally act as the Announcers for Sunday Services. The Announcer typically introduces him/herself, welcomes guests and visitors, invites the congregation to greet neighbors, and reads the announcements. The committee is creating a list of names of people willing to be called, generally with a week's notice, to become the Announcer for a specific Sunday. If you would like to be available for this duty, please drop a note to Dawn Dana, the committee chair, at ddana1@nycap.rr.com.

A note from the Rev. Julie Taylor

Thank you to everyone at the First UU Society of Albany for inviting me to speak (January 9th) and for your generous honorarium. It was such an honor to be part of such a fantastic program. I was so inspired to see so many people dedicated to bringing change. There is much to do, but I have no doubt it will get done with so many working to bending the

SAVE the DATE of Sunday, April 17!

Join regional UUs in work toward CLIMATE JUSTICE.

The 8th Annual Capital Region Unitarian Universalists of NY Combined Worship Service

As we come to understand the gravity of climate disruption, it is easy to be disheartened. Facing this crisis will demand the best of us. It will call us to courage, creativity, kindness and love. How can we sustain hope and help build a just and sustainable society?



All ages and faiths are invited to worship together on April 17. Join us in reflection and song as we are inspired by **Rev. Fred Small, a UU minister, singer-songwriter, and former environmental lawyer.** Rev. Small recently left his position as senior minister at First Parish in Cambridge, MA, to devote his energy full-time to climate justice.

The service will feature a Joint Choir from the Capital Region Unitarian Universalist congregations in Albany, Glens Falls, Saratoga Springs, & Schenectady. The service is designed to be welcoming and engaging for all ages. Nursery and child care will be available for children through second grade, and the service will include an activity area with floor pillows for those who need to move around quietly.

Doane Stuart is handicapped accessible and is located 3 blocks from exit 7 of Interstate 90.

RADICAL HOPE

IN THE FACE OF CLIMATE CHANGE

Sunday, April 17, 2016

10:30 am

Golub Interfaith Chapel at

Doane Stuart School

199 Washington Ave.

Rensselaer, NY

arc of the universe toward justice. Keep the momentum and let me know what you're all doing. In service--Rev. Julie.

Making a membership connection

As development of the proposed Growth Through Service initiative proceeds it seems a report to the congregation on the effort last year to reach every member is warranted. In an effort to strengthen our Albany UU community, members of the Membership Committee and more than a dozen volunteers reached out to members of Albany UU during the 2014–15 church year. We called to say “Hello,” hear how members were doing, and to gather any ideas they wanted to share. We were able to reach 157 people. We had many great conversations, caught up with some people that we may not have chatted with during coffee hours, and also gathered some important information and suggestions which we have shared with the Board and relevant committees.

Big thanks to each of the callers and members who took the time to call and talk for your participation and contributions to this project! If we missed you and you want to talk, we'd love to hear from you. Please feel free to call or email John Sherman at (518) 439 0064 or jsherman@nycap.rr.com to share your thoughts. If you want to know more about the survey report, you can ask any Board member, our President (Peggy Sherman) or Vice-President (Dick Dana).

The committee has decided to wait a year before considering whether to undertake the effort again. The effort may be unnecessary if the Growth Through Service program is implemented. It is important not to have these membership connections confused with Stewardship. We will reassess the benefits of resuming the calling process next year. —Peter Brown for the Membership Committee

From Chris Antal: Tariq comes to Buffalo

Some of you may recall Tariq, the Afghan interpreter I served with during my deployment in 2012. As the details of Tariq's predicament became more clear to me I reached out to colleagues back home for guidance and support. That began what became years of advocacy through seemingly endless bureaucratic

WON'T YOU JOIN US on April 2 at the Auction Royale?

Ten Top Reasons YOU Should Come

- 1.** There are really tasty appetizers and beverages served!
- 2.** It costs only \$3 if you sign up and prepay before attending.
- 3.** You might even be a lucky door prize winner of one of four prizes.
- 4.** There's FREE BABYSITTING.
- 5.** You can fill up your calendar with lots of fun activities to attend with your friends.
- 6.** The Auction is the single largest annual FUUSA fundraiser making over \$20,000 to help support our community needs and wishes.
- 7.** Many of your friends will be in attendance.
- 8.** You can buy *affordable* items to make your life a little easier (ie. housecleaning, computer lessons, take home homemade foods) or more fun (dinners out, entertainment tickets, hike, musical events).
- 9.** *It's an evening out!! No chores!*
- 10.** We will appreciate your patronage and give you hugs and smiles when you arrive!

We look forward to seeing you at the “Auction Royale--Live and Let Bid” Goods and Services Auction on April 2nd at 6:15 pm. A special evening awaits your presence.

Sign up in Channing Hall on Sundays starting March 6, or contact Randy or Chris at rosette_jensen@juno.com or 783-2637 to reserve your place.

red-tape in order to persuade our government to grant his family the visas promised them under the Afghan Allies Protection Act of 2009.

One of the first colleagues I contacted was Rev. Trumbore, and together with his help we set up a website and began circulating a draft sign-on letter to UU congregations. Sam preached about the issue and wrote about it in the local paper and in response to his leadership members of FUUSA wrote dozens of letters on behalf of Tariq and other Afghan allies.

Hundreds of UUs from congregations throughout our region joined me in legislative advocacy. I believe our effort helped bring about the Emergency Afghan Allies Extension Act of 2014 and helped secure vi-

sas for Tariq and his family.

There were many moments when I thought all our effort was wasted and came close to losing all hope and I worried Tariq and his family would be killed or injured.

However, I'm delighted to report that Tariq, along with his wife, three daughters and son, were granted visas in January and arrived in New York on February 25. I traveled to Buffalo with my oldest daughter to greet them at the airport and welcome them to America. I brought cards made by our children, household goods, a dining room set, and a generous cash gift all donated by the members of the congregation I serve. —Rev. Chris Antal

Growing Together

Developing Cultural and Theological Competency

Mondays, March 7, 14, 21, 7:00 PM

Led by Rev. Sam Trumbore

Paul F. Knitter's book, *Introducing Theologies of Religions*, is a fantastic analysis of how religions get along with each other (or don't) based on how they think. There is strong resonance between Knitter's analysis and how different groups of people approach race relations. We will use the model presented in Knitter's book and compare it with current ideas about cultural competency that are used to help people expand their thinking about race. The goal of this class is the growth and development of both our theological and cultural competency through analyzing how we think about both. To sign up, please 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.)

about these things, but it can be too late. Without knowledge of your wishes, the default hospital mode is aggressive care, which may not be your choice.

Join Sharon Babala and Mary Myers on Thursdays, April 14 and 21 from 6:30-8:30 PM to learn how to

start your conversation and to document your wishes. Attendance at both sessions is strongly recommended.

Session I: View and discuss "Consider the Conversation," a "powerful and inspiring film on the American struggle with communication and preparation at the end of life ... not a story about death, it's a film about living life to its fullest up to the very end." Learn about "The Conversation Project," part of a

Lifespan Learning presents Islam, What It's All About

Islam, What It's All About will take place at Albany UU in April or May. Bring your curiosity and your questions about Islam. Stay tuned for more information. This educational event is being planned in conjunction with the imam and others from The Al-Hidaya Center.

Religious Exploration

Exploring the theme of liberation with children

Leah Purcell, Director of Religious Education

From the Soul Matters program:

Liberation is about struggling against “others.” There are forces, structures and people that put bars around us. Liberation is indeed about “opposing the powerful,” “dismantling systems,” and “fighting them for freedom” – difficult topics for children, but they know what unfairness is. Using age-appropriate picture books you can help your children explore the notion of freedom and struggle and also to learn about people who have undergone struggles for freedom. Even after children have learned to read well enough to read “chapter books”, the illustrations and literary style of picture books can make topics that even adults struggle with easily accessible to children.

Henry's Freedom Box: A True Story from the Underground Railroad tells about Henry Brown, an enslaved person who mailed himself to the north and gained his freedom.

I Am Jazz is the story of a transgender child based on the real-life experience of Jazz Jennings, who

has become a spokesperson for transkids everywhere.

Two White Rabbits – a young child describes what it is like to be a migrant as she and her father travel north to the US border.

Marisol McDonald Doesn't Match is about a little girl who is full of confidence and embraces her mixed heritage



Read more about these books and see the whole list of books on the theme of Liberation my colleague Melissa Sinclair at the Washington Ethical Society compiled with the help of other religious educators who are using the Soul Matter themes this year.

<http://amzn.com/w/2GSMSOW14MGXP>

Do you have a favorite book on the theme of liberation? Let me know at my blog albanyuu.com

In joyful service,

Leah

national initiative created by Ellen Goodman in partnership with the IHI (Institute for Healthcare Improvement), and take home resources to help you to identify your values and goals for care.

Session II: Learn about and discuss Advance Care Planning steps and documents. Begin to explore the many options for memorializing and final arrangements. Resources to continue this journey will be provided. Light refreshments will be served at this session.

To register, please see box. For questions contact Sharon at sharonbabala@gmail.com or Mary at meadowlarkuu@yahoo.com. We're looking forward to discussing this important topic with you!

Joy Library news

Find these books in “new books” or under call number.

THIS DAY IN UNITARIAN UNIVERSALIST HISTO-

RY by Frank Schulman. Skinner House, 2004. [289.132 SCH]“ *A Treasury of Anniversaries and Milestones from 600 Years of Religious Tradition. This treasury of anniversaries and milestones marks the significant events in Unitarian and Universalist faith heritage for every day of the year*”.

EXCELLENT DAUGHTERS: THE SECRET LIVES OF YOUNG WOMEN WHO ARE TRANSFORMING THE ARAB WORLD by Katherine Zoepf. Penguin Press, 2016. “*Katherine Zoepf, a journalist, has had the wonderful opportunity to live and travel throughout the Arab world. She has seen many changes in the area of ution adapt to social changes involving young unmarried women, something totally foreign to their culture. In their society a woman remains at home with her parents until she marries and moves into her husband’s home. However now there are numerous unmarried women who are going to university and have entered the workforce, whether through economic necessity or their own wishes for*

an independent live. They are delaying marriage and sometimes rejecting the institution completely... "Katherine Zoepf has given a voice to the young women in the Arab world who are dragging their countries into the 21st century. This is a region of the world that I love and respect and I was glad to see that she pointed out how some countries have made great strides in women's rights, while sadly others are still in the Dark Age. Change comes slowly to this part of the world, but the people still maintain hope." Betty Taylor, LIBRARYTHING.

THE WAR OF IDEAS: JIHADISM AGAINST DEMOCRACY by Walid Phares. St. Martin's Press, 2007. [321.8 PHA]. *"In his newest book, [Phares]... turns his attention to the competing strategies in the War on Terror. As Phares explains, our current conflict is more than ever defined by two competing camps - one standing for democracy and human rights, and the other rejecting the international community and calling for global jihad. This is the War of Ideas, in which ideology is the most powerful weapon of all..." --BOOK JACKET*

Our Community

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, March 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 March we will discuss *The Liar's Club: A Memoir* by Mary Karr. USA Today says, "When it was published in 1995, Mary Karr's *The Liars' Club* took the world by storm and raised the art of the memoir to an entirely new level, as well as bringing about a dramatic revival of the form. Karr's comic childhood in an east Texas oil town brings us characters as darkly hilarious as any of J. D. Salinger's—a hard-drinking daddy, a sister who can talk down the sheriff at twelve, and an oft-married mother whose accumulated secrets threaten to destroy them all."

In April we will discuss the novel, *The Tortilla Curtain* by T.C. Boyle, which is a timely account of immigration in central California.

Contact Linda Hunt at <mailto:lshunt@nycap.rr.com> for further information or questions.

Channing Circle

Channing Circle, a gathering of retired folks, will meet on Monday, March 21 at noon. Bring your lunch, coffee and tea will be provided, and Abby Sugarman is bringing dessert. Our conversational topic will be sharing an extraordinary event or experience we have had in our lives. So look forward to spending time with you.

6 to 9 at 6:09: Circle Dinner Saturday, April 9

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 Saturday, April 9. Please join us.

To sign up for an April 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, March 27.* Assignments will be announced after that date. If you have questions, please contact Martha at 518-434-2246 or by email.

Save this date for the last Circle Dinner of the church year: Saturday, May 21

I have cancelled the March circle dinner, because I will be in vacationing in New Zealand and won't be able to organize the dinners. To prevent this happening in the future, I could really use a backup to help with circle dinners. Would one of you lovely volunteers like to learn the procedure? Please email me.—Martha Musser

UU Humanists

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

At the February meeting ten of us discussed what we considered to be spirituality from a Humanist perspective and what are some of the definitions we



might use when we describe ourselves as Humanists. In March we continue to explore Humanism from different perspectives, e.g. religious, secular, atheist, agnostic, etc. The discussion ranges widely, and there are usually handouts. You are also encouraged to join the Albany UU Humanist egroup (see below) for additional entries and information,

For those interested in learning more about 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>.

If you wish to join the Albany UU Humanists conversations, 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 (odell.don@gmail.com, 482-4574) to be added to the egroup. I will see you on Mar. 8, and around Albany UU on Sunday mornings. -Don Odell

Getting to Know UU: orientation to UUism Saturday, March 5, 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 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.

Joys and Caring Corner

Illness

Valerie Plamondon is happy to report that her mother is recovering well after a total hip replacement.

Chris Jensen's 97 year old father is now home after a 9 day hospitalization and 10 days in rehab.

Jacqui Williams was hospitalized in early February after she was struck by a car. She is now home recuperating with a neck brace to support a cervical fracture.

Rodger Fink recently had surgery to remove a kidney.

Paula Moskowitz' 35 year old niece is in treatment for anorexia for the third time. This is a difficult time for her niece's 5 year old daughter.

Deaths

Edna Allen died in early February. Edna was the former wife of Jack Overacker, their son Peter was active in RE. Edna was active in the congregation in the 1980s. A memorial service has been planned for 1 PM, March 5 at Albany UU.

Sue Walko, former long term member who moved to the west coast, sadly reports that her 36 year old son died in an avalanche on January 24. He left a wife and two children. Please keep her family in your thoughts and prayers.

Birthdays

Nancy Wagner was just in Florida to join her Dad to celebrate his 97th birthday.

Kathy Hodges' father is now 103 and doing well. He is currently writing poetry about his growing up

**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.



on the Missouri River in Nebraska!

Transitions

Carol Butt is excited that her daughter and her family will be moving to Delmar.

Paula Moskowitz' mother's care has changed from memory care to hospice in Binghamton NY.

Janet Hunter spent seven weeks in Florida moving her mother to an independent living residence.

Accomplishments

Isaac Allen got his first promotion in judo!

Paul Reese got his class D truck driving certificate.

Ellen Chernoff is happy to see her new career in selling her artwork has finally taken off!

Chris Bystroff is happy to be teaching a human population course but is sad that he currently has no

time to sing in the choir. He will be back!

Births

Marilyn and Arlen Dockter are thrilled to report the birth of their great grandson, Dominick, born in Atlanta, GA to grandson William and his girlfriend Crystal. Also their niece in Corning, NY had a baby girl who is their great great niece!

Concerns

Linda Hunt is very concerned about her best friend from 1st grade who lives in Flint, Michigan regarding her coping with the lead contaminated municipal water supply.

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

SRC notes

The Social Responsibilities Council thanks you for your generous donations to the Damien Center at our February give-away-the-plate—a wonderful \$954 was collected which will help to fund their Saturday Community Dinners. In March, there will be a give-away for Unirondack camperships and in April, we plan on a give-away for the South End Children's Café. Your support is so very much appreciated!

We are hoping to revitalize the SRC table, which you can visit during Coffee Hour after the service. Look for information on some of our recent concerns, such as the Death with Dignity bill which is modeled after laws in other states and we hope will move successfully through our NYS legislature. We are still collecting box tops for Sheridan Prep and continue to be interested in your ideas for additional funding for the Sheridan Prep playground. We thank our RE children for their work on behalf of the playground and hope you'll support their efforts.

Finally, if you would like more information on the work of SRC, please contact Jean Poppei, Chair, at jean.poppei@gmail.com or sign up on ChurchDB to receive social justice-related emails. Ignite that fire of Commitment!

Calling all Families to the CROP Walk!

FUUSA families do a wonderful job in encouraging our children to develop empathy and compassion for others. Participating in family activities that provide both tangible and symbolic support for those in need is a great way to reinforce a message of caring. The CROP Hunger Walk raises dollars to support hunger relief programs, locally and around the world. The act of walking also puts us in solidarity with those who struggle every day to feed their families, who often must walk to find food, water and fuel.

The Albany CROP Hunger Walk is coming up on Sunday, May 1. It starts and ends near FUUSA, takes place in early afternoon, and there's a lunch at FUUSA after the service, but before the Walk. The regular Walk route is about 3 miles, but there's a one-mile option, and the route can always be shortened to accommodate the capabilities of your family. We encourage all families (and everyone else, too!) to sign up for FUUSA's CROP Walk team (Team UU). There will be a Walk table at coffee hour starting in early April, and information can be obtained at any time by contacting Dawn Dana (446-0382). Go Team UU!

Raise your voice for choice

Do you want terminally ill New Yorkers to have end-of-life choices that are safe and legal? Come to the SRC table on Sundays to learn about pending legislation and to sign letters to support choice, or contact Thayer Heath at 878-1533 or Nancy Willie-Schiff at 459-4981. Save the dates, and join the campaign with our partners to learn and advocate:

March 13, 2:00-4:30, First Unitarian Church, Rochester, NY. DEATH WITH DIGNITY: COMPASSIONATE OR UNETHICAL? Panel discussion featuring Corinne Carey of *Compassion and Choices*, Diane Coleman of *Not Dead Yet*, JJ Hanson of *Parents Rights Action Fund*, and Dr. Timothy Quill, *U of Rochester School of Medicine*.

MARCH 23, 12:15-1:45, Colonie Library Stedman Room. ADVOCACY FOR MEDICAL AID IN DYING. Sponsored by Death with Dignity Albany and featuring Corinne Carey, NYS Campaign Director of Compassion and Choices.

MAY 3, 4:00-6:30, Colonie Library Stedman Room. HOW TO DIE IN OREGON, a film followed discussion, sponsored by Death with Dignity Albany.

MAY 9, 9:30-3:30, New York State Capitol. LOBBY DAY sponsored by Interfaith Impact of New York State.

MAY 10, 11:00-3:00, New York State Capitol. LOBBY DAY sponsored by Compassion and Choices.

Questions? Contact Thayer Heath (878 1533) or Nancy Willie-Schiff (459 4981).

Energy audits: The process and (money-saving) benefits (to you)

Friday, March 11, 6:00 PM

Don't miss the Green Sanctuary potluck and presentation with potluck at 6:00 and presentation at 7:30). A representative from the Affordable Housing Partnership will tell us about the GREAT savings we can get with a free energy audit through New York State Energy Research and Development Authority. YOU might even qualify for FREE follow-up which means big bucks remaining in your pocket for other things. Further weatherizing your home could save you oodles of money. Hope we see you there!

Going to miss a Sunday?

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

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

Go to <http://albanyuu.org/wp/>. Select Member Login on the website menu. Select FUUSA 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.

Contact Us

Board of Trustees 2015-2016

email: board@albanyuu.org

Executive Committee

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RoseAnne Fogarty, Secretary

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Michele Desrosiers
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Jean Poppei, Chair Social Responsibilities Council

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Reese Satin, 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

Music Director

Matt Edwards, mge01@yahoo.com

Administrative Assistant

Tammy Hathaway, office@albanyuu.org

Custodians

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

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

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

And by appointment

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



**Auction Royale 2016-Live and Let Bid
Saturday, April 2 at 6:15 pm**

- Use the form below and turn it in ASAP. Submission of paper forms appreciated by March 20 if possible.
- More than one donation? Please use separate form (copy is ok).
- Inspirations: cooking delights, family picnic or pool party, weekend at your cabin, golf lessons, computer lessons, yard work, baby or pet sitting, homemade greeting cards, theme party, anything you enjoy and are willing to share with others.
- Culinary events: For Gourmet Dinners, competitive bidding prevails. For the others, you can choose traditional bidding or set a fixed price with winners chosen through a random drawing.
- Place in the Auction box in Lobby or Channing Hall, or in Albany UU office.
- OR Enter your donation online at <http://albanyuu.org/wp/> and look for the Auction link
- Questions? Call Randy Rosette or Chris Jensen at 783-2637 or email rosette_jensen@juno.com

Place in the Auction Box in Channing Hall/Lobby, or in Albany UU office.
Questions? Call Randy Rosette or Chris Jensen at 783-2637 or e-mail rosette_jensen@juno.com

Auction Date: Saturday, April 2, 2016 at 6:15 pm

Your Name: _____ **Phone:** _____

An enticing but realistic description of the donated item or service:

If an event, indicate-- Date: _____ **Time:** _____ **Maximum # of people:** _____

Estimated value: \$ _____ **Minimum bid: \$** _____

For meals, Check type of meal *and* Circle whether fixed price or bidding:

___ Breakfast/Brunch	Fixed price or bidding
___ Picnic/Lunch	Fixed price or bidding
___ Simple Supper	Fixed price or bidding
___ Gourmet	(no fixed price option)

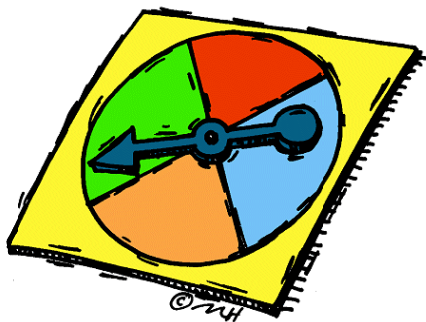
The Auction Committee may use its discretion to maximize FUUSA benefit and fairness to bidders. If you do not specify a minimum bid, the Committee will assign one. If you want to impose a maximum bid, please contact Randy Rosette.

Multigenerational Dinner and

Game Night

Friday, March 4

TAKING THE 'BORED" OUT OF BOARD GAMES



Bring your favorite game and bring a friend!

This is a **potluck OR pay** event, meaning you can

- 1.) sign up to bring food for the potluck **OR**
- 2.) sign up to just come and pay at the door: \$3 per adult, \$2 per child under 12, \$10 family max per family.

Sign-up sheets are in Channing Hall or email registration@albanyuu.org

- Dinner starts at 6:00;
- Games start around 6:30 or 7:00; toddler-friendly activities too
- Come to either or both

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