



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

May 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

May 1 "May Day!" Rev. Sam Trumbore and Leah Purcell

May is about the time in the Capital Region that the weather really feels like spring, so it is a great time to finally celebrate with this ancient, earth-centered tradition. Children and youth will be invited to dance around the May pole. Come celebrate spring...and bring a friend!

Music: Choir

May 8 "Remembering Our Fore-mothers: Clara Barton," Rev. Sam Trumbore

How much do you really know about the life and work of this remarkable nineteenth century American leader? Many know of her bravery during the Civil War on the battlefields and her part in founding the American Red Cross and her notable successes in education, foreign aid, and civil rights. Yet she struggled mightily with mental health issues. Come hear the full story of this remarkable woman ... and bring a friend!

Music: Women's Choir

May 15 "Counting...and Counting On...Our Blessings," Rev. Sam Trumbore

After the service, we will have our yearly Annual Meeting. This is a time we normally talk about our accomplishments and the successes of our community. It is also a time to look forward to how we plan to carry those blessings forward for the benefit of both our congregation, UU's in the Capital Region and beyond, and the diverse community around us. To those who have and receive much, there is great opportunity to give generously and make a positive difference.

Music: Choir

May 22 "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 Albany UUs: Martha Musser, Tracie Tilgner, and Jim Hutchins. Excellent service to bring a friend.

Music: Matt Edwards on piano

Services, continued on page 2

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:

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 May

1-May Sunday			18-May Wednesday		
11:30 AM	Childcare for Meet and Greet.....	26	5:30 PM	Green Sanctuary Committee Meeting	Offsite
11:30 AM	Meet the candidates	Emerson	6:30 PM	Practice group for Nonviolent Communication	B-8
11:45 AM	Green Sanctuary Committee.....	B-8	19-May Thursday		
12:00 PM	CROP Walk Lunch	Channing	5:30 PM	Religious Services Committee.....	B-7
2-May Monday			7:00 PM	Albany UU Board Meeting.....	Channing
6:15 PM	RE Council meeting	Channing	21-May Saturday		
3-May Tuesday			9:00 AM	Meeting with Muslims	Channing
5:00 PM	Membership Cmte Meeting.....	B-8	6:00 PM	Circle Dinner	Offsite
6:30 PM	Wellspring Sources	B-5	22-May Sunday		
4-May Wednesday			2:00 PM	Dorothy Bellick Memorial Service and Reception	Channing, Sanctuary
6:30 PM	Practice group for Nonviolent Communication.....	B-8	23-May Monday		
7-May Saturday			10:00 AM	Small Group Ministry (Patrick/Odell)	B-5
8:45 AM	Getting to Know UU	B-8	7:00 PM	Meaning Matters (4th Monday).....	B-8
8-May Sunday			24-May Tuesday		
5:30 PM	Walker Book Club	Channing	7:00 PM	Class: Climate Change ... and You ... and Us.....	B-8
9-May Monday			25-May Wednesday		
10:00 AM	Small Group Ministry (Patrick/Odell).....	B-5	5:30 PM	Endowment Trust Meeting.....	Stott
10-May Tuesday			31-May Tuesday		
6:30 PM	White Privilege Study Group	B-3/B-4	7:00 PM	Class: Climate Change ... and You ... and Us.....	B-8
7:00 PM	UU Humanist Group.....	B-8			
12-May Thursday					
7:00 PM	Program Coordinating Council	B-8			
14-May Saturday					
9:00 AM	Understanding Islam in Today's World.....	Channing			
15-May Sunday					
11:00 AM	New Member Reception.....	Emerson			
11:45 AM	Annual Meeting	Emerson			
11:45 AM	Social Responsibilities Council Meeting.....	B-7			
2:00 PM	Emerson set up!.....	Emerson			
16-May Monday					
12:00 PM	Channing Circle Lunch	Channing			
7:00 PM	Earth Spirits.....	B-8			
17-May Tuesday					
6:30 PM	Finance Committee.....	B-7			
6:30 PM	Wellspring Sources	B-5			
7:00 PM	Meaning Matters (3rd Tuesday).....	B-8			

Services (cont. from page 1)

May 29 "Identity, Exclusion and Embrace," Rev. Margret O'Neall

On Memorial Day, we recognize the sacrifice and investment of those who have come before us, and pledge ourselves to build on what they have created. With all the changes and challenges before us, how do we work to create peace and justice, in the nation and in the world? Rev. O'Neall, interim minister in Schenectady, will be exchanging pulpits with Rev. Sam this day.

Music: Choir

Sam's Outlook

Anxiety, Suffering and Blessing

Rev. Sam Trumbore

If I were to take a snap shot of my life and pass it around the world, most people would say I am living a blessed life. I was born into a professional class family, always had a roof over my head and enough to eat. I had excellent medical care as I grew up. I attended a top tier university and did well. I had the good fortune to live, go to school and work in one of the most attractive places in the world, the San Francisco Bay Area.

Today, I have the good fortune to pursue a ministry here in Albany in which I experience great joy and satisfaction. My wife Philomena is very happy with her work in private practice as a psychotherapist offering a highly effective form of trauma therapy. Our son Andrew has graduated from SUNY Potsdam with a degree in Political Science. Right now he has his first (temporary) job and is building work experience.

Our health and teeth are mostly good. We live in a home we like very much with some equity accumulating. We have decent used cars that are not in need of major repairs. We can walk to grocery store, restaurants and to catch the bus. We have some savings for a rainy day. We have some money accumulating for retirement. As I count up my many blessings, I got nothing to complain about. Compared to the vast majority of people in the world, my family is living like royalty – better than most royalty of the past!

And yet, and yet, I am no stranger to anxiety and suffering. All of us have potential health threats looming ahead. If I eat the wrong foods, often without knowing that that food was a risk, I could have serious intestinal problems that are potentially very dangerous. We have our risk factors we're watching or taking medication to mitigate. Philomena and I both exercise but likely not enough to get the most benefit.

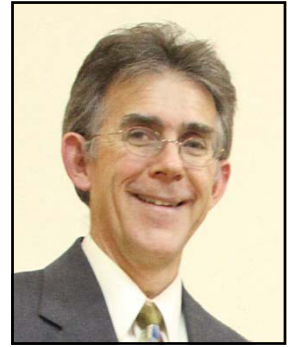
And as someone who has many, many Facebook friends, Twitterers I follow, and knows a lot of people in the Capital Region and the regional and national UU community, I'm regularly aware of the difficulties

these people are experiencing in their lives. Electronic media and social networking has allowed all of us to keep in touch with a vast array of people who are experiencing the full range of human experience ... all the time.

Birth, growing up, sickness, old age and death are in our feeds every day. Each of us has family members who are experiencing challenges in the areas of health and employment. As is typical for a congregation our size, I'm frequently concerned about someone in the hospital having a health crisis, losing ground due to illness and old age, and preparing for the end of their lives usually after a long and full life.

It just takes one small disturbance of these social and personal sources for anxiety and suffering to crop up. The balance suddenly shifts and all the blessings go out the window as the disturbance occupies our full attention. One new little ache on the side of a tooth, a blood test that comes back with a measurement out of the normal range, some problem with a gadget or device or software program, and my emotions start hijacking my thinking process. And in that agitated mind state, I lose my perspective and suffer even more than the moment requires.

Evolution is to blame for the imbalance – and we should be glad it exists! We evolved to give the unpleasant of existence far more attention than the pleasant. The unpleasant holds our attention because that kind of sensation is critical in identifying threats. A loud sound, a flash of light or color, a nasty smell, might be a sign of a predator coming after us. A bitter taste might be warning us what is in our mouth could be poisonous or spoiled. Recognizing an angry expression might prepare us for self-defense. Missing one of these cues could put our lives at risk. Missing a pleasant warm breeze, the sweetness of the smell and taste of a freshly picked apple, the soft caress of a caring partner or kind words of emotional support are far less critical to our survival – though they are essential for the feeling of wellbeing. Sadly, pleasant feelings invite



Sam's Outlook, continued on page 4

News

Annual Meeting, Sunday, May 15

The Annual Meeting of the First Unitarian Universalist Society of Albany will be held in Emerson Community Hall on May 15 at 11:45 a.m. Items of business will include the report of the nominating committee and election of officers, presentation and adoption of the 2016-2017 budget, and other business. The proposed budget as approved by the Board of Trustees can be found online at http://albanyuu.org/wp/pdf/Proposed_Budget_2016-17.pdf. See the following article for information on the proposed resolution on refinancing.

Endowment Trust loan and mortgage refinancing—revised from Congregational Conversations

At the Annual Meeting on May 15th, we will vote on a new loan from the Endowment Trust. This loan is an essential component of the revised Mortgage Refinancing Plan approved by the Board of Trustees, which reflects feedback from three congregational conversations.

Our original mortgage agreement, established in 2007 with Berkshire Bank for the Emerson Commu-

Sam's Outlook, continued from page 3

us to feel safe ... and fall asleep.

Fortunately, biological programming isn't our destiny. The wonderful plasticity of our minds allows us to rebalance our attention from evolution's default settings. That is the power of mindful awareness. Our ability **to know** the changing emotional landscape moment by moment is a powerful tool we can develop. We can develop a balanced attention that takes in both the pleasant and the unpleasant without biasing our minds to one rather than the other. Both will be with us until we take our last breath. Neither need dominate our awareness.

When we experience both the pleasant and unpleasant of existence with equanimity and acceptance, while being awake and attentive to the neutral as well, and nurture our ability to respond with compassion and fairness, our lives will be truly blessed.—
Rev. Sam

Flyers in this issue

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

- ◆ Annual Meeting Schedule
- ◆ Meet the Candidates

nity Hall Expansion Project, stipulates that we must re-negotiate the financing terms after ten years -- in March 2017. At that time, the outstanding mortgage principal will have been reduced from \$1.2 million to \$860,000. To enter the negotiations in a strong position, the Board recommends reducing that outstanding principal still more by applying \$300,000 remaining in our Building Fund (set up as a sinking fund as part of the original Emerson financing). The Board also proposes borrowing up to \$170,000 from the Endowment Trust to further reduce the outstanding principal to about \$390,000.

Our current total annual mortgage payment of \$79,000 has been funded from two sources, the Albany UU annual budget and the previously mentioned Building Fund (sinking fund). The fiscal year 2015-16 budget included around \$44,000 for the mortgage payments. Based on the interest rates expected to be available next year, we can estimate that a \$390,000 ten-year mortgage will require an annual payment of around \$50,000; that amount has been included in the proposed budget for fiscal year 2016-17.

Under this Mortgage Refinancing Plan approved by the Board, Albany UU will avoid paying about \$29,000 in annual interest and principal to the bank for each of the next ten years, compared to the original financing terms. After the refinanced bank loan is paid off in 2027, we would continue to make payments of \$50,000 per year to the Endowment Trust until the amount borrowed is fully repaid.

Our congregation must approve any use of the Endowment Trust principal, and we have done so in the past. We borrowed \$575,000 from the Endowment Trust for the Emerson expansion project. Approval of an additional loan of up to \$170,000 from the Endowment Trust would leave a remaining Endowment Trust balance of about \$150,000. The original \$575,000 loan was intended to be repaid to the Endowment Trust by 2032. Under the refinancing

Bring a Friend...Month!

Many people have heard about Unitarian Universalism, maybe seen a newspaper article about Standing on the Side of Love, heard our ads on WAMC, or attended a wedding or memorial service in one of our congregations. They may be looking for what we are offering but don't realize we can satisfy that desire. What actually gets them to the point of checking us out is someone they know who is a member of a UU congregation who invites them to visit on Sunday.

You could be that someone!

All the services this month are excellent services to bring a friend to Albany UU. If you have a friend who is interested in earth centered spirituality, bring them to the service on May 1st. If you have a friend who is a feminist and is interested in women's "herstory," bring them to hear about Clara Barton. The service on Blessing will definitely appeal to the person looking for a way to get involved in a social service or an advocacy role in society. Our "This I Believe" services are always popular as our members talk about what they believe. Finally Rev. O'Neill is a good speaker and will also be very competent to introduce a new person to our religious tradition.

We ARE NOT proselytizing when we invite someone to come here. We are not trying to convert anyone to our way of doing religion. While we welcome everyone, UUism isn't for everyone. When you invite someone to come, you are inviting them to see if we are a good fit for the beliefs they already have. If so, you will make your friend very happy ... even a better friend.

So make your friends happy and invite them to come this month!

Hooray for May!

In honor of Bring a Friend Month, proposed by Rev. Sam for a month of Sundays in May, let's bring treats for sharing at Coffee Hour! No sign up sheet, just casual.



Please bring items ready to serve (i.e. finger pick up) or be ready to slice and put on a plate when you get here. There are tools, plates and plastic gloves for food handling in the kitchen.

If you bring something on a plate that you want to take home later, be sure to put your name on the bottom of the plate, and try your darnedest to take it home the same day because it's really hard to find a dish here a week later. And, be sure to take home your leftovers, too. Thanks in advance for your coffee hour goodies!

proposal, the original loan will be repaid by 2038 and the new \$170,000 loan by 2042. The Board recommends that any budget surpluses in future years should be dedicated to accelerating repayment of the mortgage and the Endowment Trust loan.

Proposed Resolution for Annual Meeting:

The congregation of the First Unitarian Universalist Society of Albany approves the withdrawal of up to \$170,000 of the principal of the Endowment Trust as a no-interest loan for the purpose of mortgage refinancing.

For further questions about the Mortgage Refinancing Plan, please contact Peggy Sherman (msherman@nycap.rr.com) or any member of the Board of Trustees.

Partner Church news

The visit by Albany UUs to our partner church in

Szökefalva, Romania, scheduled for this summer, has been cancelled. Many of those who wished to go this year withdrew for a host of reasons that made the trip impossible for 2016. In the final analysis, only five of us were left. In addition, communications with the partner church have suffered from changes in the ministry during the past two years. In the hope of strengthening our relationship, the committee has decided to invite several members of the partner church, including the new minister, to come to Albany this Fall. We are also planning a visit there next summer. During the past month or so, and thanks to technology, we have greatly improved our communications with the partner church. Facebook, Skype and other applications have permitted communications to be both more frequent and more effective. Stay tuned for further developments.

Board notes

Ben English, Trustee

Most of my involvement, and I hope yours, with Albany UU is directly satisfying to the mind and spirit - often to the stomach too. But not all is uplifting sermons, inspiring music, circle dinners and auction picnics. This year our Society grappled with many significant issues, some of which placed complex moral questions before us, others put us face to face with financial problems.

As the Board of Trustees representative on the Personnel Committee, I have been one of a team working on a question of both moral and financial import: How far we can go to meeting a high standard of fairly recompensing our paid staff members? The movement for a \$15 per hour minimum wage looms over our consciences, and many of us have been active in the effort to establish the \$15 per hour minimum in New York State. Our national umbrella organization, the Unitarian Universalist Association, has set guidelines towards "fair compensation" including wages, retirement and health benefits. The guidelines are complex, with brackets to fit congregation size, regional cost of living, and staff experience. Interpreting and applying them is not simple.

I believe most members of the congregation feel our employees - minister, RE director, music director, administrative and custodial staff - do excellent work, and deserve the best rewards that can be offered. But we pay some staff less than \$15 per hour, and we have not met those UUA guidelines, although we have come close with a generous interpretation of the standards. How much more can we pay?

And so this issue was taken up by the Personnel Committee. We studied, researched, and discussed. Conference calls with UUA consultants were arranged. It was a struggle to find an optimum balance of due rewards to our staff and the limitations of available income. Finally the Committee decided to meet the \$15 per hour

minimum for any position, as well as increases which bring all staff to at least the midpoint of the UUA salary guidelines. Raising contributions to retirement accounts to 9% of salary also meets the guidelines. This will cost us about \$13,000. Calculating the net increase in costs is complicated by changes in staff schedules and health insurance, while relatively minor allocations for professional development, travel, workers compensation, and so on vary up and down. Total staff expenses rise \$13,450 over last year, a 9.6% increase.

These recommendations were incorporated by the Finance Committee into a proposed budget which has been submitted to the Board of Trustees. Finally the congregation - that's you - will vote to enact the budget at the annual meeting on May 15.

If we go forward with this budget, we will be setting a precedent and a baseline for future levels of staff compensation. If future budgets are constrained, will we overextend resources we cannot yet know? I must have faith that by taking this step Albany UU will in no small way further establish itself as a moral beacon, attracting and deserving support from the community. I hope you will agree that the proposals for staff compensation included in the budget are fair to all concerned and that the budget will pass as presented. In the end I believe this is the path to our society surviving and prospering.

This is just one of the financial questions Albany UU will be facing, and certainly not the most difficult. That honor is easily awarded to the question of how to go about refinancing the mortgage on Emerson Community Hall. For an outline of that, see our President Peggy Sherman's column in last month's Windows.



Albany UU annual performance review process welcomes your feedback

Your staff, Amy Lent, Leah Purcell, Matt Edwards, Tammy Hathaway, Hadiya Wilborn and Cameron

Holloway and I work hard all year to meet our congregation's needs and desires. In May, we take stock of how we've done, offer appreciation and thanks, examine how we've missed opportunities or

made mistakes, and envision ways to improve our service delivery in the future.

An important part of that process is **collecting feedback from members and friends** of our congregation. If you have that feedback, it would be gratefully received by our Personnel Committee Chair, Linda Hunt linda.hunt34@icloud.com or 526-2738, by our President, Peggy Sherman msherman@nycap.rr.com or 439-0064, and by Rev. Trumbore minister@albanyuu.org or 366-4532 who supervises the staff and conducts the review process. Thanks in advance for your assistance in this process.

The Albany UU Family

Your Membership Committee needs help from you! From time to time one of our members is absent for a protracted period for some unexplained reason. Sometimes it is an illness, other times it might be a family problem, a change in circumstances or some church-related factor. No matter what the cause, PLEASE let the membership committee know if you notice someone is absent for a while.

The prime contact on the committee for this is Elizabeth Berberian. Her email is: elberberian@nycap.rr.com; and her phone is 518-312-1612. You may also contact the church office (518-463-7135) and Tammy or Amy will contact the Membership Committee for you. Of course, any member of the Membership Committee would be interested in hearing your observations. Thanks in advance for your help.

Peter Brown, Chair of Membership Committee (Members: Mary Applegate, Elizabeth Berberian, Kathy Hodges, Barb Manning, Don Odell, John Sherman).

Calling all future Service Associates!

Service Associates assist in our pulpit for all summer services and for “regular year” Sunday services when Rev. Sam is not present. The Service Associate works with the guest presenter to structure the service, and typically selects and presents the Call to Celebration, along with such service components



as Joys & Sorrows and the Offertory. There are detailed instructions and a script for the Service Associate role.

We are looking to expand our corps of trained Service Associates. We will offer a training/orientation session on a date TBD in late May or early June. The training is intended for both those new to the Service Associate role, and as a refresher for those who may not have recently been active.

If you are interested in becoming a Service Associate, or in finding out more, please contact Dawn Dana by 5/13, at ddana1@nycap.rr.com or at 518-446-0382.

Growth Through Service update

It's finally happening! Eleven members of the congregation have been trained as Conversation Leaders; and they have already started holding hour-long conversations. Between now and mid-June, forty-four conversations are being scheduled. Our plan is to have a conversation with each member and friend of our congregation between now and the end of the 2017-18 church year, two years from now.

The goal of the conversation is to talk about your aspirations, to explore what opportunities here at Albany UU might best fulfill those aspirations, and to discuss how you might take advantage of the opportunities here to participate in the life of the congregation. For some, that might include volunteering and connecting to others through service. For others, it might mean doing things like taking a Lifespan Learning course, joining Small Group Ministry or attending Circle Dinners. And some people find connection simply attending the service once a week, but may be interested in exploring other opportunities in the future. Wherever you are in your journey, we want to hear about it.

The eleven Conversation Leaders are Dick Dana, Kathy Harris, Jaye Holly, Linda Hunt, Betsy Kuzia, Annie Lapinski, Jan McCracken, Barb Metz, Betsy Miller, Bruce Rodgers, and Kay Schlembach. Expect a call from one of them some time in the next

two years. And maybe you will be one of the lucky 44 who will get a call this month!

In addition, at our Annual Meeting Sunday May 15, we will be showing the just-completed 10-minute

Growth Through Service video, where you have the opportunity to hear some of your Albany UU friends talk about how volunteering has had a positive impact on their lives.

Growing Together

Climate Change ... and You ... and Us

May 24, 31, June 7 at 7pm led by Rev. Trumbore
Follow up to Rev. Trumbore's sermon on April 24 with the same title (available on our web site on our sermons page). The class will explore themes developed in the sermon from Naomi Klein's book *This Changes Everything*, supplemented with video and a presentation on "Circular Economics," a positive vision of where the world needs to move as it renounces "extractivism." *No reading necessary* for this class that will begin shaping our congregation's direction for green moral leadership in the fall. To register, please see box.

Summer session of RE starting in July: Learn by doing! Calling adults to share special skills!

"**Maker Culture**" has been growing for adults, but it's perfect for kids too. Let's give the kids hands on experiences in the world, and opportunities to put their values into action. Do you have a skill you'd like to share with children one Sunday this summer? RE volunteers will be on hand to help you. Leah can help you find a way to make your skill relate to UU values. It could be bike repair, how to write a letter; how to save money/balance a check book; gardening; cooking; spiritual practices like yoga or nia; how to design flyers and posters or other skills. Contact her at dre@albanyuu.org; or message her on Face Book. Look for available Sundays on Volunteerspot.

White Privilege Study Group

Book Discussion: *Waking Up White* by Debby Irving

Tuesday, May 10 at 6:30pm

The White Privilege Study Group's goal is to help those society identifies as white to investigate the privilege America has given to them and not given to those whom the society does not identify as white. The goal of the group is to help those who society identifies as white to **recognize** this situation, **learn** in detail and specifics, generally and personally, how

TEACH ALL THE PRINCIPLES!



bad this is for everybody, and **motivate** members and friends of our congregation to work to dismantle and end the whole racist system. We alternate between reading a book and media presentations to facilitate the recognition and learning process that will lead to participation in action. Led by Rev. Trumbore. To register, please see box.

Understanding Islam in Today's World

Saturday, May 14, 9 to noon

What do you know about Islam and how do you know what you hear is correct? What distinguishes a Shia from a Sunni Muslim? What is Jihad? What is the role of women in Islam? Join us for a continental breakfast followed by an informational presentation and round table discussions on Islam. Bring your curiosity and your questions about Islam. Try on a head scarf, get a henna tattoo – children welcome and childcare available. To register, 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.)

Religious Exploration

Sunday Morning for Children and Youth – and You

Leah Purcell, Director of Religious Education

Sunday mornings are an opportunity for you to join with fellow travelers in exploring new thoughts and ways of doing things in a journey of Unitarian Universalist faith development. What if we start to really think of RE as Religious EXPLORATION instead of Religious Education?

This exploration is filled with moments of wonder and sharing. Time spent on this journey is unique in a world where children and youth receive relentless messages of materialism, oppression, and conformity. Fellow travelers form a covenant to make the journey sacred.

Trusted adults serve more as guides than teachers on the journey. Not that as a guide you have to know everything about Unitarian Universalism – everyone learns and grows on the journey. And there are maps to guide you; each group uses a well-researched program from our Unitarian Universalist Association. As your Director of RE, I help you learn how to be a guide through development sessions and coaching. I help the guides by gathering all the materials needed each week and facilitating communications between team members.

I'm planning to have 10 groups next fall. You don't have to be a guide all year or on every Sunday. The fall adventure runs from mid-Sept through mid-December. We need about 46 guides for a fully staffed RE program. In a fully staffed program each guide can expect to be part of the one-hour Sunday morning exploration 6 times during the fall either in leading the exploration or assisting another guide on their team. Preparation to lead is reading through the session to become familiar with the materials and the activities; that takes about an hour.

What if you want to bring your family to RE when you can, but you have other commitments that allow you come to Albany UU only once a month or that keep you from coming to Albany UU for months at a time? For the fall, would you consider joining a team as a helper once a month or for 3 Sundays for one month? That would allow other guides attend the

service on those Sundays and you could use your time in RE as opportunities for your own faith and personal growth. And thinking further out, please consider a season, perhaps this spring or next year, when you could commit to joining a team as a guide, serving about 6 mornings that season.



What can we do with a fully staffed program?

- ◆ Create uniquely caring and inclusive communities that come about only when children and youth are able to build relationships with trusted guides.
- ◆ Offer adventures every week that are hands on, fun, meaningful and different than what children experience elsewhere in their lives.
- ◆ Offer Our Whole Lives, our comprehensive, age-appropriate sexuality program at the Junior High and Elementary levels
- ◆ Give our dedicated guides the support they need – small groups to lead and 2 or 3 Sundays “off” each month. (Our Whole Lives facilitators and High School Advisors serve regularly twice a month)
- ◆ Offer opportunities for children and youth to engage in service projects and learn about social justice on UU’s in Action Sundays.
- ◆ Change lives, even save lives – yes, often children and youth need to spend time in our safe and sacred places in order to survive outside our UU communities.

Find out more about the adventures we’ll offer and the RE calendar for this fall at my blog <http://albanyuu.org/wp/dre-blog/>. Search “adventures” and “calendar”.

Check out the Religious Exploration bulletin boards in Channing Hall or upstairs or downstairs hallways. There you’ll interest forms for you to fill out and pockets to return them. You can also email me at dre@albanyuu.org if you’re interested in serving as a guide or helper for the fall season.

In service,

Leah

Upcoming Sundays in RE:

May 1 – May Day Celebration – We'll bring our Family Chapel format to the service in Emerson from 10:00 to around 10:25. Rev Sam and Leah are making a May Pole to use for a dance; Sunday school session after with combined groups to make May Day baskets; K/1 group has a session of OWL)

May 8, 12 and 29 – Special Programing with combined groups for social justice and learning about social justice on the theme of Blessing. Last K/1 OWL session May 8.

June 5 – RE Celebration Sunday – multigenerational – We'll honor our RE volunteers; hold our bridging ceremony for high school seniors leaving our RE program and feast on sundaes and frozen treats during Coffee Hour

June 12 – Flower Ceremony Multigenerational service

Joy Library

New books: find them in new book section.

Integration Nation; immigrants, refugees, and America at its best. by **Susan E.Eaton** *The New Press, 2016. [305.9 EAT]* Takes readers on a spirited cross-country journey, introducing us to the people challenging America's xenophobic impulses by welcoming immigrants and collaborating with the foreign-born as they become integral members of their new communities. In Utah, educators who connect newly arrived Spanish-speaking students and U.S.-born English-speaking students, who share classrooms and learn in two languages. In North Carolina, the nation's fastest-growing community-development credit union, serving immigrants and U.S.-born depositors is helping to lower borrowing thresholds and crime rates alike. In recent years, politicians in a few states have passed laws and regulations designed to make it easier to deport unauthorized immigrants or to make their lives so unpleasant that they'd just leave. The media's focus on these measures create the false Impression that these politicians speak for most of America. They don't. *Integration Nation* movingly reminds us that we each have choices to make about how to act in the face of the rapid cultural transformation that is reshaping the United States. *Integration Nation* is a road map for a nation still finding its way beyond

anti-immigrant hysteria to higher ground"--

Strange Gods: A Secular History of Conversion by **Susan Jacoby** *Pantheon Books, 2016. [204.2 JAC]* In a historical work that addresses religious conversion in the West from an uncompromisingly secular perspective, Susan Jacoby challenges the conventional narrative of conversion as a purely spiritual journey. From the transformation of the Jew Saul into the Christian evangelist Paul to a twenty-first-century "religious marketplace" in which half of Americans have changed faiths at least once, nothing has been more important in the struggle for reason than the right to believe in the God of one's choice or to reject belief in God altogether. Focusing on the long, tense convergence of Judaism, Christianity, and Islam--each claiming possession of absolute truth--Jacoby examines conversions within a social and economic framework that includes theocratic coercion (unto torture and death) and the more friendly persuasion of political advantage, economic opportunism, and interreligious marriage., the narrative is punctuated by portraits of individual converts embodying the sacred and profane and also encompasses conversions to rigid secular ideologies, with their own truth claims. Finally Jacoby offers a powerful case for religious choice as a product of the secular Enlightenment. In a forthright and unsettling conclusion linking the present with the most violent parts of the West's religious past, she reminds us that in the absence of Enlightenment values, radical Islamists are persecuting Christians, Jews, many other Muslims, and atheists in ways that recall the worst of the Middle Ages.

A Fighting Chance by **Elizabeth Warren** *Metropolitan Books, 2014 [328.73 WAR]* An unlikely political star tells the inspiring story of the two-decade journey that taught her how Washington really works and really doesn't. As a child in small-town Oklahoma, Elizabeth Warren yearned to go to college Early marriage and motherhood seemed to put even that dream out of reach, but fifteen years later she was a distinguished law professor. Then came the phone call that changed her life: could she come to Washington, D.C., to advise Congress on rewriting the bankruptcy laws? Thus began an impolite education into the bare-knuckled, often dysfunctional ways of Washington. She fought for better bankruptcy laws for ten years and lost. She tried to hold the federal

government accountable during the financial crisis but became a target of the big banks. Finally, at age 62, she ran for and won the most competitive Senate race in the country. In this passionate, funny, rabble-

rousing book, Warren shows why she has chosen to fight tooth and nail for the middle class and has become a hero to all who believe that America's government can and must do better for working families.

Our Community

Gardening at Albany UU

We will soon be entering the active growing season and our Albany UU gardens can really use your help!!!! If only two volunteers come in each week, the gardens can be kept at their "blooming best". If you are interested in gardening over the summer, you can sign up on the Albany UU web site home page (www.uualbany.org). Under *Volunteer Opportunities* you will find "Gardening at Albany UU sign up to volunteer". Pick your week(s) and come any time that week to help us keep the gardens tidy. No volunteer commitment is too small! I will be happy to send you more detailed gardening instructions and add your name to our email list if you are not already on it. Basically our tasks involve deadheading, weed pulling, and, watering if really dry. We even have a garden shed on West Street with many gardening supplies - just contact me and I'll provide you with the combination to the padlock on the shed. If you are new to FUUSA gardening, you can also be paired with a more experienced gardener. For more details or to volunteer, contact Ilene Kane, Summer Volunteer Coordinator (Ilenek12@gmail.com or 253-4780) or Paula Moskowitz, Spring and Fall Clean up Coordinator, (pgmosk@earthlink.net or 439-6347).



WANT FAITH THAT'S TRANSFORMATIONAL?
Volunteer in RE. We Change Lives.

mematic.net

We got connected!

"Get Connected!" Sunday was a great success. Thanks to all of the people who sat at tables and shared their passions and interests for each group or committee that they represented. Everyone did a great job of making their table inviting and interesting. In particular, I want to thank my Co-Chair Paula Moskowitz who helped organize everything, and to all the people who helped us set up the tables and chairs after the Auction. Without all of these people, this event would not have been a success.

Congratulations to the winners of the adult raffle: Elizabeth Berberian won the first prize – two passes to the Mannings' Local Food dinner on August 20th. Valerie Plamondon won the runner-up prize – a basket of Fair Trade "goodies" (2 lbs. of coffee, some tea and chocolate).

Congratulations to the winners of the kids' raffle: Aiden Valenti-Ture, Lucy Edvalson and Chloe Tilgner each won a "Mystery Bag" of goodies.

And lastly, thanks to all who visited various tables and learned a little about what the Albany UU congregation has to offer you. We hope this helps you "Get Connected!"—Barb Manning

**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.



Invitation to a Séance (UU Style)

With a nod to our 19 Century Universalist history with Spiritualism, Earth Spirits will hold a séance at our next meeting on Monday, May 16, 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, believers 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, 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, robbsmith1@gmail.com or call 518-441-3231. Everyone is invited. Come join us.

Channing Circle

Retired folk--Join your friends on Monday, May 16th at noon with your lunch. Dessert, coffee and tea will be available. We will be having a discussion of one of Bob Blank's questions from the Tuesday night symposium era. Look forward to seeing you.

UU Humanists

Albany UU Humanists regularly meet on the second Tuesday of the month. The next meeting will be on Tuesday, May 10 at 7 PM in Room B-8 at Albany UU.



At the April meeting we started off with a question in our introductions as to how our Humanism inspires or influences our actions in the community and/or at Albany UU. We also learned about each of our journeys and how we wound up at Albany UU. We then reviewed "The Eleven Commandments for Atheists as found on beliefnet.com. We only covered half of them and will complete that task at the next meeting. Also at our next meeting, we will be reviewing a workshop presented at the 2015

UU General Assembly on "Is your congregation Freethinker Friendly?"

The discussions ranges widely, and there are usually handouts. Please join us. You are encouraged to join the Albany UU Humanist church egroup (see below) for additional background and information,

For those interested in learning more about Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://humanists.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>.

To join the Albany UU Humanists conversations, go to the Albany UU website (albanyuu.org) 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 May 10, and around Albany UU on Sunday mornings. -Don Odell

About Us

The Helderberg Madrigal Singers will present "A Song for All Seasons" at the East Greenbush Community Library on Sunday, May 15, at 2 PM. The library is at 10 Community Way, off Luther Road, in East Greenbush. The concert is free and open to the public. Grab some lunch after our Annual Meeting, and then come hear the Helderbergers. Please see the **Danas** or **Dave Metz** for further information.

Memorial service for Dorothy Bellick

A memorial service will be held on Sunday, May 22 at 2:00 pm for longtime Albany UU Dorothy Bellick who lived in Florida in recent years. Her husband Jack will be staying with the Rosette-Jensens while he is in town. There will be a reception after the service, and contributions of finger foods are welcome.

6 to 9 at 6:09: Circle Dinner Saturday, May 21

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 din-

ner will be Saturday, May 21. Please join us.

To sign up for a May dinner, you can email Martha Musser at mussermartha@gmail.com or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, May 8.* Assignments will be announced after that date. If you have questions, please contact Martha at 518-434-2246 or by email.

Circle Dinner Dates for the 2016-17 church year:
Saturday, Oct. 8, Friday, Nov. 11, Saturday, Dec. 3, Saturday, Jan. 21, Friday, Mar. 10, Saturday, May 13

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, May 8, at 5:30 pm in Channing Hall. 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.

Our May tradition is to read and discuss a book considered to be a classic. We will discuss the novel, *Catch-22*, by Joseph Heller. Set on a made-up island off the coast of Italy during the Second World War where an American bombing group is stationed, Colonel Cathcart keeps raising the number of missions his men must fly to impress his superiors. The hero, Yossarian, desperately wants out after flying 50 missions. He's thwarted by Catch-22, a clause which states that pilots don't have to fly if they are certified as insane, but that being driven mad by fear is fundamentally rational. This comically tragic novel describes the folly of war and bureaucracy.

In June, we will read some short stories from Kurt Vonnegut's *The Monkey House*. Titles of the stories will be posted on the Walker Book Club email list.

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

Don't Wait: UU Weekend at bargain rates!
Here's a bargain you can't resist! Register now for

the UU Weekend at Silver Bay from October 14-16, 2016 to lock in last year's rates! Any registrations received by May 29th pay **last year's** rates for adults and children. First timer attendees will receive an additional 10% discount!!!

Silver Bay: Ahhhhhh.....This relaxing retreat conjures up images of stimulating workshops, goofy plays, family togetherness, music floating over the mountains, cozy conversations by the fireplace, the sights and smells of fall, and silent auction skirmishes. And beautiful views of the lake recently named "the most beautiful lake in America."

Here is a preview of a few confirmed workshops and activities to whet your appetite. New workshops include Dances of Universal Peace, Self Empathy and Self Compassion, and Shamanic Journey. Popular workshops to be offered again include Star Island Beads, a Goddesses workshop, Drawing or Painting; and Photography as well as a full schedule of children's activities.

And for your listening pleasure... we have secured 2 fabulous folk musicians, Steve Gillette and Cindy Mangsen of Compass Rose

Music, for one evening's entertainment!

Anticipating/Dreading/Ambivalent about the upcoming presidential election? Our highly recommended and timely Jeanne Blank speaker is Professor Bruce Miroff from the Department of Political Science at SUNY Albany. Professor Miroff teaches and writes on the American Presidency, American Political Development, American Political Theory, and Political Leadership. Expect a lively discussion!

And don't forget about the Silent Auction, a hotly contested event for young and old! As you do your spring cleaning, put aside your gently used items **now** and bring them with you. Favorite items include small electronics, collectibles, nice serving dishes, books, jewelry, and artwork. Children's items are especially sought after.

Join in the fun! Fill out the registration form at the UU weekend table during coffee hour and send it



with a deposit to Linda Way. (Her contact information is on the form.) And please sign up on your form to volunteer...this will help make the weekend a success. Volunteers are needed for many different roles, including greeting guests as they arrive and assisting Silver Bay staff with kids' programs.

Joys and Caring Corner _____

Illness

Mary Semon Heinsohn had hip replacement surgery at Albany Medical Center Hospital on April 11th.

Rodger Finke had spine surgery in early April . He is now home recuperating.

Elizabeth Berberian is saddened by two friends who are currently suffering from cancer ailments.

Caring

Nancy Bell is in Evergreen Commons nursing home in East Greenbush and would welcome visitors in the afternoons

Deaths

Sue Berzinis died last month after a courageous fight with breast cancer. A memorial service was held for her at FUUSA on April 9th.

Accomplishments

Bruce Rodgers is proud to announce his daughter Hanna Barnaby's 2nd novel, "Some of the Parts" was published in February.

Graduations

Nancy and Frank Woods are proud to announce their son Michael's graduation from the Georgia Military College on May 27th. He will be commissioned

as a 2nd Lieutenant in the Army. His sister Gale will give him his 1st salute upon his commission.

Accomplishments

Ben Abbas announced that his team finished eleventh out of nineteen competing teams in the recent Odyssey of the Mind competition.

Mary Applegate's 27 year old niece was named by Brooklyn Magazine as the 74th most influential person in Brooklyn. Her niece works for The Urban Housing Advocacy Board.

Anniversaries

Dave Stone's sister and her partner celebrated their 25th wedding anniversary in February.

Milestones

Karen Kaufmann thanks the FUUSA committee for their support on the one year anniversary of her mother's death.

Thanks

Carol Lynn Youtz thanks the Caring Network for their help during her recuperation from her leg injury.

Rose and Robin Tell-Drake are most grateful to the Caring Network for the support of food, transportation etc, while baby Hawthorne was in Albany Med's ICU after his birth with respiratory issues. Hawthorne is now 2 months old and doing much better.

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

Morality and Justice 2016

IINYS Annual Legislative Advocacy Day
Monday, May 9, 2016

9:30 am – 3:30 pm
Rm. 120, Legislative Office Building
Empire State Plaza, Albany NY

- ◆ All Green Energy by 2030. Stop Investing in Petroleum
- ◆ Black Lives Matter - Stop Convicting Children as

Adults

- ◆ No Tax Dollars for Religious Schooling

Interfaith Impact of NYS is the Unitarian Universalist State Advocacy Network for New York. The IINYS mission is to partner with UU and likeminded Protestant and Reform Jewish congregations and clergy to bring progressive moral values to the table in the Legislature and Executive Chamber.

The First Unitarian Universalist Society of Albany is an active member of IINYS.

During the annual IINYS advocacy day in the State

Capitol on Monday, May 9th, you can help advocate for the State to stop investing in fossil fuels and go green by 2030. Tell legislators that Black Lives Matter, children under 18 should not be convicted as adults, and Solitary Confinement is torture. And educate representatives and legislative staff on the separation of church and state by opposing tax credits for religious education scholarships.

Doors open at 9:30 a.m., program starts at 10:00. After an introduction to the issues and brief remarks by issue experts, we will break up into small groups, each facilitated by an experienced advocate, and meet with elected representatives, selected committee chairs, committee staff and program and counsel staff.

Registration is free, but please let us know you are coming.

To register, e-mail your name(s) for name badges to

info@interfaithimpactny.org. Please include an e-mail where you would like to receive information on legislative advocacy and the bills we will be working on. If you have questions, you can include them in your e-mail or call Robb Smith at 518-441-3231.

Once a year, let's get together and make our UU values shine in the dark corridors of the Capitol Building!

Blankets and coats....

Thanks for all your contributions to the blanket collection compartment in the coatroom. Please hold all further collections until next October or take them directly to a shelter, etc. Carol Butt can help you with locations to deliver them to. Also, the Social Responsibility Council encourages you to have a garage sale or yard sale and give the proceeds to the Sheridan Prep school playground fund.

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.

Albany UU Annual Meeting

Annual Meeting Sunday, May 15, 2016

- 10:00-11:00 **Service**
- 11:00-11:45 **Coffee Hour**
- 11:30-11:45 Parents take children to assigned rooms for **childcare** and sign them in with caregivers
- 11:45 **Annual Meeting** starts in Emerson Community Hall

Families needing child care should reserve space by calling the office at 463-7135 so that we will be prepared with sufficient caregivers and snacks.

Light snacks (for the adults) will be served in Emerson during the meeting.

Copies of the proposed budget, and any resolutions to be presented at the meeting, may be picked up in the lobby starting May 1. These will also be available at www.AlbanyUU.org.

Absentee ballots are available for those who cannot attend the Annual Meeting; see information on this page.

Read about the candidates here—meet them at Meet & Greet on May 1.

Absentee Ballots

FUUSA's bylaws provide for the use of absentee ballots for elections. They are to be used by members who are unable to attend the annual meeting on May 15, 2015. Request a ballot from the church office. Ballots will be available from Sunday, May 1 to Friday, May 13.

Completed ballots, sealed in an envelope, must be received in the church office on or before 11:00 AM on Friday, May 13.

Officers to be elected

President	Dick Dana
Vice-President	Patti Jo Newell
Secretary	Linda Hunt
Treasurer	Kathy Harris
Ass't. Treasurer	Michaela Pochily
Religious Education Chair*	David Quist
Social Responsibilities Chair*	Jean Poppei

Contested Elections**

Nominating Committee

(3-year terms, 3 to be elected)

Bob Franklin, Michele Desrosiers, Jacqui Williams, Micah Ilowit, Meredith Mercer, Kathy Hodges

(Continuing Nominating Committee members: Molly Daniels, Sandy Stone, Mary Myers)

Uncontested Elections

Board of Trustees

(3-year terms, 3 to be elected)

Annika Pfluger, Lee Newberg,
(1-year term, 1 to be elected)

Ben English

(Continuing Board Trustees: Al Berzinis, Michael Hornsby, Jon Newell)

Religious Education Council

(3-year terms, 5 to be elected)

Jim Hutchins, Elizabeth Baldes, Amy Jesaitis, Tracie Tilgner, Becky Edvalson

(Continuing REC Members: Larry Schell, Tulin Ture, Meredith Andrews, Mark Butt, Pam Clements, Sarah Stanwicks, Neil Rice)

Social Responsibilities Council

(3-year terms, 2 to be elected)

Elena Reynolds, Ann Metzger

(Continuing SRC Members: Karen Kaufmann, Carol Butt, Laura Paris, Matt Lesniak)

Endowment Trust

(5-year term, 1 to be elected)

John Cooley

(Continuing Endowment Trustees: Sharon Babala, Tim Burch, Jan McCracken, Todd Thomas)

*Ex-officio member of Board of Trustees

**The bylaws call for the Nominating Committee to be contested.

Albany UU Annual Meeting: Candidates

Board of Trustees

President: Dick Dana

Since joining FUUSA more than 30 years ago, the Albany UU/FUUSA community has been instrumental in guiding me to, and mentoring me in, positions of leadership and responsibility, for which I will always be grateful. I have had the opportunity and pleasure to serve in many leadership roles, from chair of the Music Committee, my first leadership role in the early 1980s, to co-chair of the Book Sale Committee, and a member of the Board of Trustees for several years in the late 1990s, including two years as vice president in the early 2000s. More recently, I have served as chair of, in chronological order, the Personnel Committee, Albany UU's ARISE Core Team, the Refugee Resettlement Project, and the Stewardship Committee, before being elected vice president three years ago. Other committees I have served on include the Religious Education Council, Dream Catchers (preparing our latest 5-year plan), the Nominating Committee, and several incarnations of the New Building Committee (Emerson Community Hall). Most recently, I was asked a year and a half ago by the Board of Trustees to explore introducing the Growth Through Service program here at Albany UU. Growth Through Service is a unique approach to volunteering that has the potential to greatly aid us in achieving our mission, and to make FUUSA an even more exciting and rewarding community to be a part of. If elected, I look forward to continuing to work with the Board on Growth Through Service as well as many other exciting initiatives that the FUUSA leadership is currently exploring, including changes to our governance structure.



Secretary: Linda Hunt

I meet all of the qualifications to serve and perform the duties of secretary of the Board of Trustees. I have been a member in good standing of this congregation since 1992. My prior volunteer experience shows my ability to act as clerk of the Board of Trustees and to keep a record of the proceedings of the Society and the Board. I have served as co-chair and have taken minutes for the Auction Committee during 2015-16. I took minutes for the Personnel Committee in 2014-2015. I also took minutes for the Reli-

gious Education Council during my service in the 1990's. I have developed and used listening, notetaking and writing skills in my former employment as an attorney, and in my retirement activities, including volunteer mediation. I have the necessary computer skills to arrange for the posting of minutes of the Board and congregational meetings. Based on my organizational skills and records management experience, I am qualified to act successfully to ensure the preservation of historically significant records of the Society.



Vice President: Patti Jo Newell

I am honored to be considered to serve as vice-president on the Board of Trustees. FUUSA has been central to our family for over two decades. I have learned and benefited most while active in the community, and have had the privilege of doing so in a variety of contexts. From co-chair of the erstwhile Social Events Committee to earlier terms as trustee and vice-president of the FUUSA Board and ad hoc committee work such as Welcoming Congregation, Habitat for Humanity, Safe Congregation Policy to regular stints in various Religious Education classes, I've been impressed by the strength and vitality of our community. I am currently enjoying the challenges and rewards of serving as a trustee on the Board of Trustees, chairing the Public Relations Committee, and working with both of those fine groups of people. As someone passionate about the vitality of a congregational polity, if elected to the post of vice-president, I would work to promote policy and program that would best reflect and serve the breadth of experience and need at FUUSA. These are exciting times for us as we continue to expand and grow, and I'd be honored to be a part of the leadership that helps us move in the direction we want to go



Treasurer: Kathy Harris

It is closing in on a year since I was elected Treasurer. The learning curve was steep, believe me! But I think I

have found the right groove. I am honored to be serving Albany UU as the Treasurer and hope to continue in the coming year. Everyone who I work with to do this job is helpful, thoughtful and dedicated to the good work of our congregation. I look forward to an interesting year, hopefully following a very successful canvass



so we can continue our good work, refinance the mortgage on the Emerson addition and compensate our amazing employees fairly. I remain committed to work with the Finance Committee, Endowment Trust and the Board of Trustees to ensure that FUUSA remains a strong and vital community.

Assistant treasurer: Michaela Pochily

I started coming to FUUSA in 2012 or 2013 and I joined in March 2014. I came because there was meditation and I have stayed because I love being a UU. There are so many things to get involved with and so many wonderful people. I am always grateful. I am part of P's and Q's and the Caring Network and Reception Committees. Once a month I am at Meaning Matters and I am also part of Wellspring.



I have a life besides UU. I volunteer at The Egg and the Mohawk Hudson Humane Society. My hobbies are knitting and sewing, gardening and photography and taking care of my house and loving my 5 wonderful kitties. It has been great to have some free time as I retired from the U.S. Postal Service in May of 2011. For 24 years I was a Rural Mail Carrier in Guilderland. I loved the people I served, but it was time to rest.

Trustees

Annika Pfluger

I am a life-long Unitarian Universalist and have been a member of FUUSA for about 4 years. I previously served 3 years on the RE Council, which I enjoyed very much. It was a great way for me to meet other FUUSA members and parents, and integrate into the FUUSA culture. I am looking forward to serving on the Board of Trustees, learning even more about what FUUSA is all about and bringing the unique perspective of a single parent and

relative newcomer to the board. Thank you very much for giving me this opportunity to do so. My son Danny and I moved to Delmar from Boston when he was about 3 years old so that he could grow up near his "east coast" cousins who are about his age. In the meantime and more recently, his grandparents have

moved here too. It's so nice to have more family nearby! My son is now 13 years old and it has been a wonderful experience to watch him grow from childhood to young teenager. He's had such grounding in UU values by attending the RE program Indigo group and 4th grade OWL, and this



summer will be his second Unirondack camp experience. A summer camp that he absolutely loves! He's also an avid cellist and soccer player, an activity that I support by volunteering for his travel soccer club and managing all aspects of running his age division of 45 kids split among 3 teams. I also teach cello lessons a couple of nights per week after work, and nothing has made me happier than helping Danny flourish into a budding young cellist.

Lee Newberg

I am a computational biologist research scientist on weekdays and a spouse, parent times four, math geek, and pacifist 24/7. I am a Universalist who believes that the surest route to resolving a conflict is truly listening to the other side. Since moving to Albany in 1999, I have served on our Finance Committee, our Social Responsibilities Council, our Religious Education Council, and most recently on our Endowment Trust Board, including several years as the chairperson. I have enjoyed this spiritual journey, which has introduced me to good people, provided me with good cheer, taught me valuable life lessons, and challenged my parking-space hunting skills. I have taught Sunday school almost every year, including several years as a facilitator of the middle-school Our Whole Lives (OWL) program. Between Sunday school and raising four children, I have learned much wisdom and much foolishness. I have a weakness for linguistics jokes; compare and contrast the headline "Cell phone charged with bat-



tery" with "Trump campaign manager charged with battery". I hope to take my wisdom and my foolishness to our board meetings these next few years. I aim to help our congregation thrive, by being foolish enough to trust in the good will of others and by being wise enough to know that this is the surest route to success.

PLEASE SEE page 23 for Ben English's bio.

Religious Education Council

Chair: David Quist

We've been members of FUUSA for about four years now, and were attending for several years prior to that. My wife, Britany Orlebeke, and I have two children, Bethany (a seventh grader) and Benjamin (a fifth grader), both of whom have experience with the RE program. My wife and I volunteered in the Toddler Room several years ago, and she continues to volunteer with RE. Our children have gained much from their participation in RE. FUUSA continues to impress me with its vitality, its open, welcoming character, and its tolerant tradition of fostering personal spiritual and ethical exploration. Raised in a progressive Protestant tradition, I have always felt we have much to learn from each other as individuals, and from other faiths. I am glad that my children are having the opportunity to benefit from this community, and am pleased to be offered the opportunity to serve with RE committee again, after a year off following a prior three year term.



RE Council members

Amy Jesaitis

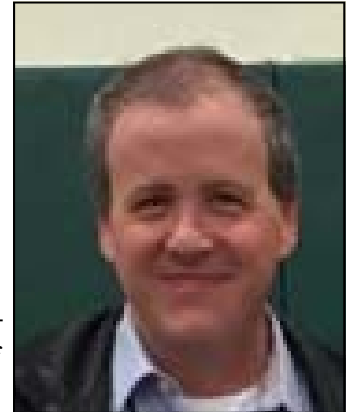
Amy Jesaitis and her daughter Laurel Stix have been attending Albany UU since 2006. After being a friend for many years, Amy recently became a member. Amy has taught the RE classes from kindergarten through sixth grade and found the experience a great way to get to know young



members of the congregation and their families. It is her positive experience teaching in the RE program that encouraged Amy to serve on the RE Council. Outside of Albany UU, Amy's interests include, but are not limited to, bicycling, gardening, dancing, reading and trying to keep up with her daughter!

Jim Hutchins

I have been a member of FUUSA for over 15 years. My spouse, Laura Churchill, and I have 3 children: Alex (age 23), Zoe (age 20), and Charlotte (age 16). Alex and Zoe attended FUUSA's RE Program and Charlotte is currently a member of the Youth Program. I have always appreciated the Religious Education Program and how it has helped my children develop into ethical, compassionate and open people. I have taught RE myself each semester since we joined FUUSA. Inspired in part by my experiences with teaching RE, 9 years ago I became a middle school science teacher. As a beneficiary of and long-time participant in FUUSA's RE Program, I would welcome the opportunity to serve on the Religious Education Council.



Elizabeth Baldes

My family and I began attending FUUSA around 2011 but didn't officially join until 2014. My daughters were 2 and 4 when we first started coming and the RE program was a big draw for us, I became involved very quickly and never really stopped. So far I've been a teaching team member in the Red, Orange, Yellow and Green Groups and worked with some of the great people currently on the RE Council. I'm looking forward to the opportunity to learn more about FUUSA RE and am glad to contribute to a program that has benefited my children so directly.



Becky Edvalson

Becky Edvalson and her family, John, Lucy (9), Levi (7) & Noah (5) began attending FUUSA in July 2014. They decided to formally sign the book about 6 months later.

Becky is the Community Partnership Coordinator for Lexikeet where she seeks to bridge language gaps with technology. Becky loves the kind and loving spirit of Unitarian Universalism and is excited to contribute to that spirit as part of RE Council.



Tracie Tilgner

Thank you for considering me for a position on RE Council. I have worked with children for much of my adult life. I hold a BA in Education from Russell Sage College and have completed many hours of graduate work in Educational Theory and Practice at SUNY Albany.

After graduating, I was a lead daycare teacher in a pre-k classroom for several years, and then taught high school foreign language until the birth of my first daughter, Samantha. I now home school both Sammie and my younger daughter, Chloe, in our home in Delmar. My husband, Mark, and I first came to FUUSA about nine years ago.

After a year of attending services, I enrolled my children in RE and began volunteering as a teacher. I loved it so much that I have been doing so ever since!

I have served as a member of the RE Council for the past six years, and am certified as an OWL facilitator for both the K-1 and 4-6 curricula. I look forward to continuing to work with Leah and the RE Council to ensure that all our children are able to explore what it means to be a Unitarian Universalist in a warm and nurturing environment.



Social Responsibilities Council

Chair: Jean Poppei

I grew up as a second-generation UU, attending churches in Staten Island (NY) and Harrisburg (PA). My husband, Bob,(we met at Oberlin College) and I were married by a

Unitarian minister in Port Washington, NY but for the next 18 years, I practiced UUism on my own, not feeling the need for a congregation. When our daughter, Amanda, then 9, asked to go to church with a schoolmate – it turned out to be FUUSA. I officially joined the congregation back in the mid 90s. At FUUSA I served as Convener for the Safe Congregation Task Force, and currently serve on the Safe Congregation Response Team. As part of my service to FUUSA, I very much enjoy my frequent role as Sunday usher, which provides not only a team opportunity but also a chance to personally greet people as they enter Emerson or the Sanctuary.



I have served as Chair of SRC for almost two years now, and it has been an honor to serve with so many dedicated people. I have attended three GAs—Phoenix, Providence, and Portland—and am looking forward to Columbus and the many ideas and inspiration I will bring back to SRC. I am a Professor Emerita in Psychology from The Sage Colleges and also a part-time therapist, licensed in both psychology and social work.

SRC Council

Ann Metzger

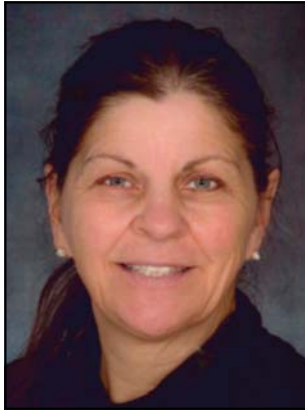
I have been a member of FUUSA since 2013. Joining the Social Responsibilities Council will be my first foray into serious volunteering with FUUSA, and I am excited for the opportunity. My husband Zack and I have a diverse organic farm in Brunswick, and we are committed to community-building and environmental responsibility. I am eager to expand these two foci into my life with FUUSA. I am particularly interested in working with the Green Sanctuary Committee, and working on projects to forward the causes of Environmental, Economic, and Racial Justice.



Elena Reynolds

Since the '80s Elena Reynolds has been a peace and justice activist; employed to help/teach/empower children and their families; and a UU (Oneonta, Austin, Albany).

She thrice facilitated OWL’s sex education and supports Planned Parenthood (as an organization and a sentiment). Elena teaches preschoolers; reads avidly; volunteers at The Egg; and has a teenager at home. Among other issues, Elena is interested advancing racial justice without abusing white, middle-class privilege. Shout-out to Elena’s young adult children and FUUSA RE grads: Keenan recently installed his 10,000th solar panel. Jessalyn, living in Oakland, is a childbirth educator and doula.



Nominating Committee

Kathy Hodges

Kathy Hodges has been around FUUSA since 1982 when a friend told her about UUs! She came to visit, liked what she heard and stayed! Early on, a member invited her to become a mentor/advisor with the Senior High Young Adults’ Group which she did and stayed for about 5 years. She learned a lot! Subsequently to those responsibilities, she served on the Board of Trustees for a 3 year stint during the time Fuusa enjoyed the ministerial services of 3 varied interim ministers during the ‘80s.



After the Board terms, Kathy became involved with FUUSA’s Membership Committee has enjoyed the many opportunities to get to know members and friends of FUUSA and to assist them in finding their place of connecting, belonging and contributing within the FUUSA community. Over several years, she served as chairperson helping to organize the various activities and responsibilities of welcoming, orienting, and involving new members along with the many able committee members serving on the Membership Committee. It has been and remains a real passion!

In conclusion, Kathy served a stint on the Nominating Committee several years ago and found it most enjoyable and interesting and would be happy to work in that capacity again if needed.

Michele Desrosiers

I joined Albany UU in 2000, and have raised 3 children in this congregation. During my 16 year membership I have served our congregation in the following capacities: Religious Education Council 2002 – 2005, RE Council Chair 2005-2007, Personnel Committee 2010 – 2013 and as a member of the Board of Trustees from 2013 – 2016. I am running for a seat on the Nominating Committee because my prior service – especially now as a departing member of the Board of Trustees, has underscored the “make or break” difference lay leadership plays in living out our mission and moving the congregation toward its goals. As a member of the Nominating Committee, I hope to identify and connect talented members of our congregation with opportunities for leadership that will ensure we continue to thrive and grow.



Jacqui C. Williams

Jacqui has thirty years of experience creating and conducting trainings to rape crisis programs, k-12 schools, colleges, community groups, health care professionals, mental health providers, law enforcement, prosecutors, and related professionals. After fifteen years in retail management, she worked in the field of ending sexual violence since 1991 as the Warren County Rape Crisis Coordinator, Policy and Education Director of the NYS Coalition Against Sexual Assault, and Director of Outreach and Training for the NYS DCJS Office of Sex Offender Management through 2009. Ms. Williams has identified and advocated for dismantling various forms of oppression in her professional work, in a volunteer capacity as a Beyond Categorical Thinking facilitator for the Unitarian Universalist Association since 2001, and Principal of JC3Consulting since 2010.



Jacqui learned of Unitarian Universalism from a work colleague and became a member of the Glens Falls congregation in 1995. There she served as a Youth Advisor,

participated in Adult Learning groups, and on Committees ending as Board President. After her first General Assembly in 1998 she became active in Diverse Unitarian Universalist Multicultural Ministries, (DRUUMM), serving in various capacities, ending with Co-President and recipient of the Rev. Melvin Hoover Community Award in 2013. After moving to Albany, Jacqui joined the Congregation of the Larger Fellowship (CLF), became a member of FUUSA, joined the Social Responsibilities Council, mentored a ministerial intern and co-facilitated the adult learning curriculum Building the World We Dream About, participated in book discussions on the New Jim Crow, organized the 2010 Stand Against Racism program, and facilitated a discussion series on the 2016 Congregational Read, Just Mercy. Jacqui was the Co-Chair of the St. Lawrence District anti-racism and anti-oppression work team, Catalyst, 2007 – 2012, member of the UUA Commission on Appraisal 2006-2011, Gathered Here Task Force 2010-2011, General Assembly Planning Committee 2010-2013 and presently serves on the Presidential Search Committee through 2018.

Her community work has included work with adolescent girls, advocacy for improvement of education and quality of life issues in Albany, particularly the South End where she lives, Capital Area Against Mass Incarceration and Black Lives Matter Upstate. Originally from Detroit, Michigan Jacqui lives in the City of Albany with a very talkative cat named Mia and enjoys playing in the dirt to see what grows in her various garden beds.

Micah Ilowit

My wife and I have been members of FUUSA since Fall of 2014. Prior to coming to FUUSA, we had been attending a Buddhist center north of Troy. While this provided a certain amount of spiritual fulfillment, once we were expecting a child we realized a need for a stronger community in addition to the spiritual needs we sought at the Buddhist center. My work schedule (evenings and weekends) has kept me from being as involved in the FUUSA community as I would like, but I hope to become more involved in whatever way I can. This community has already given us so much in the short time we have been involved and I hope to find ways to



give back.

Bob Franklin

Our Society is expanding our horizons. We are undertaking some new and exciting challenges for growth and have set a number of ambitious goals in the next few years which could have an exciting effect on our presence in Albany and the Capital District. One way of growing is to expand our volunteer and leadership opportunities, especially for those who have not previously had leadership responsibilities. As a member of the Nominating Committee, I would welcome the opportunity to offer leadership roles to some of our newer members, as well as utilizing the talents of our more long-term FUUSANs, to help guide our Society as we approach each new challenge. I have been a member of FUUSA since 1988, and would be



Pleased to serve as a member of the Nominating Committee, if elected. I previously served on this committee, have served two terms on the Board of Trustees, served on and was chair of the Membership Committee and was a member of the RE Council. My wife Carolyn and I taught in the pre- K class for a number of years. Currently, I am a member of the Annual Fellowship Dinner and the Silver Bay Weekend Committees, and am involved with the design and function of the FUUSA website.

Meredith Mercer

I have been a member of FUUSA since 1980 and have been involved in many activities and committees over the years. In the past I served on the Nominating Committee and am looking forward to serving again if elected. I believe it is important to reach many age levels and tap into various forms of involvement of the many people who volunteer at FUUSA. My husband, Tom, and I were married at FUUSA and our daughter, Margot, participated in RE until she went to college. I taught various age levels of



RE classes. I served on the RE council for several years and was elected chair of REC for two terms and as such was also a member of the Board of Trustees. In addition I was elected to the Board of Trustees for one or two additional terms. I was a mentor for the Rite of Passage Program three times. I have been very involved in the Social Events Committee, Earth Spirits, and Women Together. Over the past 20 years I have been an integral part of organizing the UU Weekend at Silver Bay. Most recently I have volunteered for short term volunteer jobs for the Annual Dinner Committee, the Holiday Bazaar and several solstice celebrations.

Endowment Trust

John Cooley

I am neither an accountant nor a financial manager by profession. I am currently serving as Vice President of both the Columbia County Council on the Arts and The Friends Board of the Chatham Public Library. I have been deeply involved with fund raising and grant writing activities for both organizations, assuring that their demands on capital not endanger their invested funds and cash reserves. I also oversee the financial management and investment strategy for three Cooley family investment portfolios.



Trustees, cont. from page 19

Ben English

Ben is now in his second year on the board. Each year has been the result of being called upon to substitute for other board members unable to complete their terms. The experience has impressed on him the responsibility to maintain FUUSA as a beacon and resource to all who share our values, and he would be pleased to carry on for another year.



Ben began his association with FUUSA in 1956 at the age of 12, receiving a fine introduction to liberal religious thought in RE.

As young man he was far from Albany and any religious activity, but when he returned to the Capital District in 1982, he revived his connection here. He has served on the Partner Church Committee, the Canvas, Sam Trumbore's Worship Cabinet, the Committee on the Professional Ministry, the Personnel Committee, and has led a Small Group Ministry. He is committed to the role FUUSA plays in making our region a better place to live, work and encounter life in the fullest dimension.



Contact Us

Board of Trustees 2015-2016

email: board@albanyuu.org

Executive Committee

Peg Sherman, President
Dick Dana, Vice President
Kathy Harris, Treasurer
RoseAnne Fogarty, Secretary

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Al Berzinis
Michele Desrosiers
Ben English
Michael Hornsby
Jon Newell
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Ex-officio Members

Sam Trumbore, Minister
Tracie Tilgner, Chair Religious Education Council
Jean Poppei, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

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

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