

## 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

September 2016

### In this issue:

- 1 Services
- 2 Calendar
- 3 Sam's Outlook
- 4 News
- 8 Growing Together
- 12 Our Community
- 15 Social Justice
- 18 Flyers
- 20 Contact Us

### 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

Sept. 4 "Moral Movements," Rev. Emily McNeill

Labor Day is more than just the end of summer. It's an important occasion to honor the labor movement's contributions to society and to recommit to work for economic justice. This is work that must engage our deepest moral commitments.

*Music:* Ann Brandon

Sept. 11 "Homecoming Sunday: Returning to the Well," Rev. Sam Trumbore

Even though some of you have been coming all summer, traditionally we celebrate the beginning of our fall season with a special service. As part of the celebration we bring water from our travels or nearby to represent sources of renewal from our summer activities. We'll have a celebratory lunch after the service. Bring your water, real or virtual, and stay to reconnect.

*Music:* Choir

Sept. 18 "The Occupy Movement: 5 Years Later," Rev. Sam Trumbore

Five years ago, on September 17<sup>th</sup>, the first tenters showed up in Zuccotti Park and started a revolution that continues to reverberate today. It was gone by the next spring, but the movement swept around the world. Let us take a moment to reflect on how we, and the world were changed by that amazing occupation of public space.

*Music:* Choir

Sept. 25 "Why the Bible Matters to UU's," Rev. Sam Trumbore

Jews, Muslims and Christians I deal with in the interfaith community sometimes question me about our lack of commitment as a religious tradition to one sacred text. I respond we can draw inspiration from them all. But can we draw inspiration from the Bible if we don't read it? Can we appreciate the great western heritage of literature, art and music that draw inspiration from its stories unless we know it?

*Music:* Buck2Fifty (Matt Edward's New Orleans flavored rhythm & blues band)

**NOTE:** Rev. Trumbore will be attending "The Great Bible Experiment" September 12 here in Albany at the Elks Lodge on Allen Street at 7pm. Please join him if you are interested. A follow-up study class on the Bible led by Rev. Trumbore and Karen Greene starts on October 4<sup>th</sup>. See <http://massbible.org/experiment> for details.



# Calendar

## Events happening every Sunday at Albany UU

9:00 AM Mindfulness Meditation .....Sanctuary  
 10:00 AM Service .....Emerson  
           Family Chapel (1st Sunday/mo. Oct.-May) .....Sanctuary  
           Religious Education ..... Classrooms  
 11:00 AM Coffee Hour.....Channing

**Exceptions:**

## Regular events and meetings

CHECK the newsletter for changes to date, time and location

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

## All other events happening in September

5-Sep Monday	6:15 PM	RE Council meeting .....Channing	23-Sep Friday	6:00 PM	Mindfulness Meditation Retreat.. Emerson, classrooms
6-Sep Tuesday	7:00 PM	Capital Campaign committee ..... Room B-7		6:00 PM	REC Retreat ..... Channing
7-Sep Wednesday	6:00 PM	SRC Event - Standing Up for Racial Justice..Channing	24-Sep Saturday	8:00 AM	Mindfulness Meditation Retreat.. Emerson, classrooms
8-Sep Thursday	7:30 PM	Board - Committee.....Channing		9:00 AM	REC Retreat ..... Channing
10-Sep Saturday	1:00 PM	RE Volunteer Development .....Channing		4:30 PM	Cluster Youth Group Meeting..... Channing
11-Sep Sunday	11:00 AM	Homecoming Lunch ..... Channing Hall	26-Sep Monday	10:00 AM	Small Group Ministry ..... Room B-5
	12:00 PM	Youth Group Meeting..... Room B-8		7:00 PM	Fourth Monday Meaning Matters ..... Room B-8
	5:30 PM	Walker Book Club .....Channing	27-Sep Tuesday	7:00 PM	Capital Campaign committee ..... Room B-7
12-Sep Monday	10:00 AM	Small Group Ministry..... Room B-5	30-Sep Friday	6:00 PM	Multi-generational Potluck hosted by Partner Church..... Channing
	11:00 AM	SRC-TENTATIVE .....Channing			
13-Sep Tuesday	7:00 PM	Capital Campaign committee..... Room B-7			
	7:00 PM	UU Humanist Group..... Room B-8			
15-Sep Thursday	7:00 PM	Albany UU Board Meeting .....Channing			
17-Sep Saturday	2:00 PM	Mark Butt Memorial Service.....Emerson			
18-Sep Sunday	11:30 AM	Congregational Picnic .....Offsite			
	11:45 AM	Rained Out Picnic in the Park ..... Classrooms			
	11:45 AM	Social Responsibilities Meeting ..... Room B-7			
19-Sep Monday	12:00 PM	Channing Circle Lunch .....Channing			
	1:30 PM	Third Monday Afternoon Meaning Matters....Room B-8			
20-Sep Tuesday	7:00 PM	Capital Campaign committee..... Room B-3/B-4			
	7:00 PM	Third Tuesday Meaning Matters .....Stott Lounge			
21-Sep Wednesday	6:30 PM	Wellspring Spiritual Practices ..... Room B-8			
22-Sep Thursday	6:30 PM	Finance Committee Meeting..... Room B-7			

## Sam's Outlook

### E pluribus unum

Rev. Sam Trumbore

I tremble before the first sentence of our mission statement. It says, "We welcome everyone." Everyone is a very wide net of inclusion. That means every gender, ability, size, color, ethnicity, language, age, level of thinking and feeling - everyone!

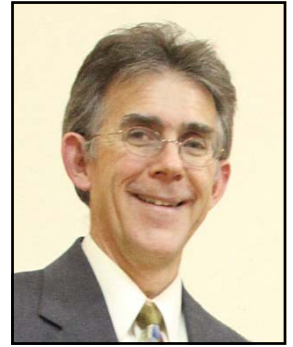
A source of this sentence is one of our core values. We are committed to fulfill our Unitarian Universalist first principle which states that everyone has inherent worth and dignity. There are no people we reject based on a physical attribute or ability. Our door is open if you can't see or hear or walk. Our door is open to people of every background and heritage. Our door is open to three-year-olds who can't sit still and 90 year-olds who can barely move.

This vision of inclusion is quite beautiful and inspiring. Yet, on a day-to-day basis, the challenges of actualizing this sentence are significant and sometimes daunting. How do I (we) serve the unique needs of all these different people? Will they all get along with each other and accept each other's differences (theists and atheists, white and people of color, Republican and Democrat)? How do we actualize the religious vision of *e pluribus unum* at the heart of our mission that is so historically American, out of many, one?

The challenge of our welcoming everyone is less **who** they are than **how** they are. Frequently people confuse the two by projecting the how onto the who. If you are blind, I might expect that you are dependent and cannot take care of yourself. If you are six years old, I might expect you should know better than to run in the halls. If you are Latinx, you like hot food or if you are Black, you like gospel or jazz. We all carry many layers of stereotypes and assumptions around in our heads that interfere with meeting people as who they are rather than how we expect them to be.

Wide as our welcome strives to be we don't accept **every behavior**. We will not permit people to bring personal firearms into our Sanctuary. We will not tolerate violent behavior or sexual harassment. We exert great effort to make sure our children are safe

on our property. We do not permit people who want to abuse children to teach our religious education classes or have contact with them. I (we) strive to dismantle institutional systems and processes and confront attitudes and behaviors that might make people of color uncomfortable in our congregations. (So far, progress on eliminating exclusive behavior does not match our aspirations ... but our commitment continues to grow and move in this direction. Tackling a deeply entrenched problem like racism requires persistence, willingness to be uncomfortable, and a vision for the long haul, for a benefit future generations will enjoy more fully.)



One powerful way to both offer a wide welcome and set strong behavioral boundaries is by creating a congregational covenant. Covenant is a hallowed Unitarian and Universalist tradition that goes back to the first Pilgrims. Covenants are promises by members to each other about how they will work with and behave toward each other. You'll read these [words describing covenant on the UUA web site](#):

Covenant is the silk that joins Unitarian Universalist (UU) congregations, communities, and individuals together in a web of interconnection. The practice of promising to walk together is the precious core of our creedless faith.

Covenant can commit us to more than behavioral promises. It can set goals for us like a commitment to build a Beloved Community, to be a source of wisdom and compassion in the world, to speak and to act with courage against injustice, to seek truth in love.

Covenants are ours to create. The Unitarian Universalist Association can suggest processes and content but any covenant we might want to make with each other is up to our congregation as each one is autonomous of the others and our parent organization, the UUA.

Why do this? Because making public promises to

**Sam's Outlook, continued on page 4**

## News

### Homecoming!

**Sunday, September 11**

☛ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the regathering of our community.

☛ **Send a couple photos** of your summer for inclusion in the slideshow to photos @albanyuu.org by **Wednesday, Sept. 7.**

☛ **Plan on lunch after the service!** Everyone is invited to a light lunch in Channing hall right after the service. This is a nice time to catch up with friends and meet some new people after the summer's activities.

Please bring a "finger food" (no utensils and no heating up needed!) to share. Some ideas for contributions: Sandwiches (cut in half), cheese and crackers, raw veggies, hummus, fresh fruit, deviled eggs, chips and salsa, pretzels, cookies. Drinks will be provided. Drop off your contribution that morning in the kitchen.

See you then! Any questions, please contact Barb Manning (439-4226, [barbaracmanning@hotmail.com](mailto:barbaracmanning@hotmail.com)) or Jan Satin (767-3509, [janetsatin@verizon.net](mailto:janetsatin@verizon.net)).

### Playground build day at Sheridan Prep

I am happy to report that we are preparing to order playground equipment for Sheridan Preparatory Academy (SPA) and have scheduled the Community Build Day for Saturday, October 8. The Build Day and ribbon cutting will culminate a very successful partnership between SPA staff and UU members to design a new play area and raise the necessary funds. We have raised almost \$46,000 for the playground and need an additional \$2,000 to create a beautiful playground for SPA.

How can you help? Albany UU members and friends have already been extraordinarily generous, donating over \$12,000. The playground committee, staff and students at Sheridan deeply appreciate your generosity. If you have not had a chance to donate or would like to make a second donation, it

### Flyers in this issue

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

- ◆ Picnic in the Park
- ◆ Lifespan Learning: What do you want to learn?

would be greatly appreciated. Please make your check to Albany UU and write Sheridan playground in the memo line.

Further, we need volunteers on Build Day for different jobs. Volunteers are needed to install the play equipment. A representative of our vendor will supervise the installation and ensure that the play equipment is safe to use. Staff from the Albany school district will have prepared the site. If you can help with the installation, please contact Chuck Manning ([chuckmanning@hotmail.com](mailto:chuckmanning@hotmail.com)).

We will serve snacks and lunch and will need volunteers to provide and serve food. We have requested food donations from several sources, but if we need additional food, contribution from UUs would be welcome.

We are required to have a first aid station. If you are a doctor, nurse, or EMT and could volunteer to take a turn at the first aid station, your help would be greatly appreciated.

Finally, some volunteers may bring children, so we will need child care. If you would like to volunteer for any job except installation, please contact Martha Musser ([mussermartha@gmail.com](mailto:mussermartha@gmail.com)).

In raising these funds, we have received significant support from a number of organizations. Most recently, we received a \$1,000 grant from Whitney

### ***Sam's Outlook, continued from page 3***

each other deepens our relationship, strengthens our commitment to each other, and gives us a path to resolve conflict based on our shared agreements. Good covenants support the health, well-being and vitality of a congregation.

And that deeper sense of commitment to each other allows us to take more risks as we strive to bring our mission to life, especially that hard first sentence, "We welcome everyone."—Rev. Sam

## Board notes

*Dick Dana, President*

### The commitment deepens

When we built Emerson Community Hall nine years ago, it was an optimistic move on our part, no surprise as we are by and large an optimistic religion: no end times, no hellfire and brimstone in the after-life, no sinners in the hands of an angry god for us. We look to, and actively work towards, a better life for all here on this earth.

One of our thoughts when we built Emerson was that it would allow us to grow in numbers. And we have grown modestly, though not dramatically. This growth contrasts markedly with the national trends among all mainline Protestant and some other religions which are experiencing a dramatic shrinking of their membership. In that light, our modest gains look pretty good.

Are we thriving as a congregation? You bet. And why is that? One word in my estimation: commitment. People care strongly about this institution and are willing to step up and work to make it stronger.

Over the past two years Albany UU leaders have spent many hours plotting out the various scenarios leading up to the refinancing of the remaining three quarters of a million dollars we owe Berkshire Bank on our Emerson mortgage: next March we must re-finance our mortgage, at an interest rate and a term as yet undetermined. How will this affect our budget? What adjustments will we need to make to cover a possible rise in the interest rate? Last May, the congregation authorized the borrowing of up to \$170,000 from the Endowment Trust to try and reduce any impact on our future budgets the refinancing might have.

Soon after that congregational vote, and perhaps as a result, a grass roots effort formed among Albany UU leaders to try and eliminate the need for refinancing our mortgage by retiring our debt altogether, or, at the very least, retiring enough of it so we would not have to borrow from the Endowment Trust. This ambitious plan has netted over \$75,000 in donations before the campaign even started. Even more exciting, Barb and Chuck Manning have pledged a ten percent match; and a second, anonymous donor has since pledged an additional 5 percent match for eve-

ry dollar in pursuit of our \$600,000 goal. I call that commitment.

So have we bitten off more than we can chew? Other members of the congregation feel we have only begun to chow down on exciting ideas for the future. Three months ago the Board made a commitment to pursue hiring a ministerial intern in the fall of 2017. At the time, we had only one third of the \$18,000 needed to support an intern for a year. Without any fund-raising at all, funds have been committed for another third of those monies, by people who feel an intern is a good investment in our future. Ever since our intern Chris Antal left six years ago, each year we have been putting a small amount into a dedicated fund for our next intern. If we increase that annual contribution towards an intern by a significant, though manageable, amount in our 2017-18 budget, we will have the money in hand for an intern.

In memory of his wife Sue, Al Berzinis has contributed funds to hire an architect to examine the options for improving the workings of the kitchen and pantry, an area left unfinished in many people's minds when we built Emerson and made significant improvements to the rest of the buildings. This is yet another example of commitment to the future of this institution on the part of our members. You will learn more about this effort in October.

Starting a year or two after the great recession of 2008, Albany UU has been having difficulty meeting its annual stewardship campaign goal. Throughout these lean years we have remained optimistic, knowing that we will bounce back, and last year seems to have been that year. We met our goal and did it in record time. Was this a result of growing the number of members? Not the case. It was the result of our members increasing their level of financial commitment. This happened in no small part due to the steady, persistent, and creative efforts of Chuck Manning and his Stewardship Committee. But it wouldn't have happened if members did not have the confidence in this institution, in its health, its promise, its vibrancy, and its relevance to our lives and the future of the Capital District community.





*Nearly 100 people marched on Aug. 4 from Masjid As-Salam to Albany UU for a community dinner hosted by the Peace Team of SRC. The annual march commemorates the imprisonment of Albany Muslims Imam Yassin M. Aref and Mohammed M. Hossain following an FBI sting operation.*

Young Health. We also received a \$15,000 Let's Play Construction Grant from KaBOOM!, a not-for-profit organization that collects money from corporations and makes grants for playgrounds for disadvantaged children. The Dr Pepper Snapple Group is the sponsor of our grant. We received grants from the Junior League of Albany, the FUUSA Endowment Trust, the Albany Fund for Education, Stewart's Shops, Regeneron, and Price Chopper's Golub Foundation. I am very proud that our religious education classes raised \$140 and SPA students raised \$200 selling lemonade.

The needs of Sheridan's students go beyond a new playground. You can help by volunteering your services weekly or just occasionally for field trips and special events. There are a number of teachers who are asking for classroom volunteers. If you are interested, contact Lois Griffin ([griffinocce@gmail.com](mailto:griffinocce@gmail.com)) or Martha Musser ([mussermartha@gmail.com](mailto:mussermartha@gmail.com)). You can also help the school by collecting the Box Tops for Education that appear on packaging for Kleenex, Betty Crocker, Cheerios and many other products. The school can redeem these box tops for 10 cents each. Please leave your box tops in the box on the Social Responsibilities Council table in Channing Hall.

Thanks to everyone who contributed to the playground project. This project proves that by working together as a congregation, we can accomplish

great things and make a meaningful contribution to the community!—Martha Musser

### **From the Religious Services Committee**

Every once in a while we will hear from a person who has experienced a severe reaction to a fragrance worn by someone seated near them in Emerson Community Hall. As we anticipate the beginning of the fall Sunday service schedule, we ask everyone to be sensitive to fellow congregants and use restraint when applying perfumes, colognes, after shave, etc. It will be appreciated by those who experience an acute sensitivity to fragrances.

### **Looking Forward – Promises We Keep**

*The campaign to raise funds to reduce the amount we need to borrow from the Endowment Trust, or from a bank, to refinance the loans taken to construct Emerson Community Hall.*

The *Looking Forward* campaign is not just about a building and our remaining debt: It's about our values and our legacy. It's about sustained commitment to our mission and our capacity to carry it forward. Every generation has an obligation to the future. We have all benefitted from the vision and sacrifices of those who have gone before us.

The addition of the Emerson Hall building has proven to be a vital space for our members. It's also a valued resource for the wider community. It was

built with generous donations by the membership and friends in a capital campaign conducted in 2004, together with major loans from the Endowment Trust and from a commercial bank. The bank loan is now due to be renegotiated. Since the original development campaign, many people have joined our congregation. The approaching debt restructuring provides an opportunity for newer members, who could not participate in the original capital campaign, to help enhance our Society's future. It is also an opportunity for those who did support the 2004 campaign to further enhance the future prospects of Albany UU.

The Board of Trustees established this campaign in response to issues and ideas raised at the Annual Meeting in May. Members voiced concerns at that meeting about taking on additional debt rather than discharging it. In response, Jon Newell and a supporting cast have developed this campaign.

We stand at the cusp of a new world – one in need of the moral and spiritual foundation which Unitarian Universalism offers. Our actions now will determine whether UUs in Albany prosper or begin to wane. Enrollments across all denominations are declining. Our congregation is challenged to be innovative, creative, and flexible to counter that trend. Now it's time to leave the next generation with less indebtedness and a larger endowment.

You will be receiving further details regarding your participation in the next few weeks.

## A letter from Matt Edwards

Dear FUUSA Family,

It is with great sadness that I must let you know that in October I will be moving on from FUUSA after fifteen glorious years. I have found myself pretty over-extended over the past couple of years so I am taking a position in Bennington that will allow me to be closer to home. I will cherish my time with you all. I can think of no congregation more supportive of the arts. I have truly enjoyed playing for you and collaborating musically with so many fine and spirited musicians. I also appreciate all of the kind words and graceful constructive comments I have received after services. I am grateful for the growth that you have supported in me and I am even more proud of how our congregation has grown into a group that could truly be called a joyful, singing church (oops, I

mean fellowship). When you are seeking a new music director, please let him/her know that there is no finer place to be. It will be a wonderful job.

With gratitude,

Matt Edwards

## Save the Date!

**Saturday, Oct. 22, 9:00-3:30 at Albany UU**

The UU congregations of the **Hudson-Mohawk Cluster** (Albany, Glens Falls, Kingston, Saratoga Springs and Schenectady) will gather on Saturday, October 22 to learn together and from each other new skills and strategies for strengthening congregations into the future. Starting with a keynote on "Religion in the Future" by Rev. Joan Van Becel-eare, the day will feature workshops on key strategic components of congregational life, along with time to gather with those who share your interest and commitments. Child care with activities will be provided. Your donation of \$20 (family rate capped at \$30) will cover lunch and materials. (See Dick Dana if you need scholarship funds to attend.) Register with the Albany UU office by October 15. More details on the workshops to follow.

## Memorial Services

A memorial service for **Mark Butt** will be held at 2:00 PM on Saturday, Sept. 17 in Emerson Community Hall, followed by a reception in Channing Hall.

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

*Contributions of finger foods for the receptions are welcomed.*

## NYSCU to meet in Utica

**October 21-22**

Join the New York State Convention of Universalists as a delegate of Albany UU for their Annual Meeting at the Unitarian Universalist Church of Utica, NY on Friday evening, and at the Unitarian Church of Barneveld, NY on Saturday. We want delegates representing Albany UU. Let Albany UU President Dick Dana, or Denominational Affairs liaison Don Odell (482-4574, [drodell31@Yahoo.com](mailto:drodell31@Yahoo.com)) know if you are interested. Your registration fee will be covered by Albany UU, and NYSCU also provides some trans-

portation expenses.

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

As more details regarding registration, lodging, etc. are released, they will be posted in the Weekly Preview. You may also go to the NYSCU web site (<http://nyscu.org>) for the most current information. - Don Odell, Denominational Affairs liaison

### Partner Church visit news

Our visitors from the Unitarian Church in Szökefalva, Romania, will arrive on Thursday, Sept. 29 for a 12 day visit, departing on Oct. 11. A potluck dinner is scheduled for Friday evening, September 30, in Channing Hall to introduce them to our congregation. All are welcome, but please sign up so we know how many folks will be there and what they you are bringing.

The Partner Church Committee is developing plans for their visit here in Albany. We will need some assistance from the congregation in making this a successful and memorable visit for both the guests and our congregation.

We will need help with the following:

- ◆ Transportation to and from locations both in the capital district and elsewhere as the schedule develops.
- ◆ Additional offers of dinner, lunches, etc. at homes of other members of the Partner Church committee and others in the congregation.
- ◆ Hosts (hostesses) for some of the trips we may schedule. This may or may not include transportation.

Please let Dave Metz (330-6389) know as soon as possible if you will be willing to assist in any way, and what days you would not be available. We hope to have an agenda pretty well filled out before they get here, subject to change once they are here. We are in the process of finding out what their interests are.

## Growing Together

### Getting to Know UU: orientation to UUism Saturday, Oct. 1, 8:45 AM-noon

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

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

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

**The Great Bible Experiment ... In Albany  
Monday, Sept. 12, 7:00pm  
Elks Lodge #49 25 S. Allen St., Albany, NY**

**Moderator:** Dr. Peter Bedford, Director of Religious Studies, Union College

**Co-sponsored** by Christ's Church Albany

Some think of sacred, holy words—words of truth, comfort, and inspiration. Some think of words indicating confusion, question, and doubt. Others think of words of exclusion, bigotry, and restrictive laws. And a growing number of people prefer not to think about it at all.

This series of town-hall style discussions about the Bible is traveling to four cities that surveys claim are the least “Bible-minded” in America. Presented by

**Three ways to sign up for a class or event:**

—**Send an email** to [Registration@AlbanyUU.org](mailto: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

### What Does It Mean To Be A Community of Covenant?

Rev. Gretchen Haley writes in *Soul Matters*

*“Covenant is one of those words that can initially sound kind of stuffy, academic and out-of-date. But when you unpack its meaning and its practices, covenant holds a whole vision for how to live in this complicated, beautiful and broken world. It is a vision that says we are most human when we bind ourselves in relationship. But not just any relationship – relationships of trust, mutual accountability and continual return.*

*This is not what our culture teaches us. Our culture teaches us that what it means to be human is to be an individual – self-defined, self-determined, separate even. But our UU covenantal theology affirms that being human comes down to the commitments we make to and with each other – the relationships we keep. We become human through our promises to and with each other.”*

To me, to become human in the context of covenant means to be empowered and protected; to clarify values and find true happiness; and to demonstrate love and to receive love; and to make commitments and promise to keep them. Promises are difficult to keep however. Covenants give us a way to make commitments, repair them when they get broken, and renew the commitment.

Every year, in each of our Sunday school groups, the volunteer guides (teachers) and the children form a covenant together. The guides hold the bottom line on safety, but each person in the group gets to say what they need to be in Sunday school; and the ways the group will meet everyone’s needs is negotiated. Our Sunday school covenants are more than a set of rules. For example, I found this covenant from an upstairs group last year: “Be nice; No hitting or pinching; Listen and take turns; Remind each other of the rules; Give the person time to calm down; Ask the person if they want a hug”. Within this covenant is an understanding that the promises will be broken. I imagine creating this covenant required that the children and then adults allowed themselves to be vulnerable -they expressed their needs

and acknowledged that no one is perfect. But I also see hopefulness and energy in this covenant in its list of some ways to practice compassion.

*What about the parents’ and caretakers’ roles?*

*What covenants do they enter into when their children become part of the Sunday school community?*



This year I’m asking parents and caretakers to share info with me and the volunteers that we can use to know each child, and learn how they learn best, what their needs are and what parents and caregivers hope their children will get out of our program. I’m also developing a set of specific visions for our program a set of visions for our parents and caretakers and our procedures that I’ll share with families. My goal is for us all to work together to create fun, safe, and positive experiences on Sunday morning. Visions for the parents include that they

feel that Albany UU’s RE program provides a quality experience for their children that is relevant to what their children encounter in the larger world

feel secure that the RE program, the staff and the congregation supports them as parents in their role as their children’s primary religious educator

be actively engaged in the RE community by connecting with other families, the minister, and the DRE and by volunteering to support the RE program and activities.

This is new territory for us. I’ve talked to families informally about what they can commit to and what their needs and hopes are. But now I’m looking to partner with parents and caretakers as well as the adult volunteers and the children and youth to create fun, safe, and positive experiences on Sunday morning. This how we form covenants in our religious community. I look forward to talking to you more about how we can work to meet everyone’s needs.

In faithful service, Leah

the Massachusetts Bible Society, we will have real talk about this book that is both the bestselling book in the world and the most challenged.

**Panelists:**

- ◆ Tom Krattenmaker, Yale Humanist Community, USA Today
- ◆ Rev. Anne Robertson, Executive Director, Massachusetts Bible Society
- ◆ Fr. Warren Savage, Catholic Chaplain, Westfield State and Amherst College

*A follow-up six week study class on the Bible led by Rev. Trumbore and Karen Greene starts on October 4th at 7pm.*

See <http://massbible.org/experiment> for details.

**UU Wellspring Spiritual Practices**

Wellspring Spiritual Practices is open to anyone who has taken the Wellspring Sources program. The Spiritual Practices group meets on the 1st and 3rd Wednesdays of the month from 6:30-8:30 pm. Please contact co-facilitators, Jan McCracken or Sharon Babala to join.

**Mindfulness Meditation Workshops**

**2016-17 Schedule:** Sept. 23-24, Nov. 18-19, Jan. 13-14, Feb. 17-18, Apr. 28-29

These meditation training and practice workshops will be led by Rev. Trumbore, on Friday 6:00pm to 9:00pm, and Saturday 8:00am to 3:00pm. It gives the participants an opportunity to learn Buddhist mindfulness meditation techniques and/or refresh and deepen their meditation practice. All are welcome from first timers to experts. There will be a vegan potluck lunch on Saturday and all are encouraged to bring something to share. (A voluntary donation can be offered at the end.) Mark your calendars NOW!

To register, please see box. Rev. Trumbore has practiced Buddhist Vipassana or insight meditation for over 30 years and is Past President of the Unitarian Universalist Buddhist Fellowship. This meditation technique is one of the best for Unitarian Universalists. It helps people train their minds to strengthen

concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind, opens the heart and can improve one's physical health.

**Development Session for RE Volunteers —and maybe for you, too?**

"Good teaching is an act of hospitality toward the young, and the hospitality is always an act that benefits the host even more than the guest." - Parker Palmer from *The Courage to Teach*.

On Sat, Sept 10 from 1:00 - 4:00 Leah Purcell is offering "Good Hospitality" a development session for guides (teachers) in our Sunday morning program for children and youth.

It takes many people in the congregation, parents and other caring adults, to volunteer at some point in time in order for our Sunday morning program to run.

If you can answer "yes" to any of these questions, then this session on Sept 10 is for you!

- ◆ I'm not sure if I have the skills to guide children and youth and I want to learn those skills.

**Three ways to sign up for a class or event:**

- Send an email to [Registration@AlbanyUU.org](mailto: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.)

- ◆ I want to support our children, youth and families in becoming UU's and help them to grow spiritually and philosophically.

- ◆ I'm not ready to volunteer in Sunday morning Religious Exploration this fall, but in the near future

I will be.

- ◆ I have volunteered serve as a guide (teacher or assistant) this fall.

This session will focus on techniques of classroom management AND ways to cultivate your "inner landscape" so that you can guide children using your own integrity and identity as well as good technique. To reserve your place, contact Leah at [dre@albanyuu.org](mailto:dre@albanyuu.org) or 463-7135. Childcare will be offered upon request by Sept 1.

**Sign Up for Meaning Matters**

Led and Coordinated by Rev. Sam Trumbore

A great way to get connected through a small group

at Albany UU is through Meaning Matters. Meaning Matters focuses on sharing personal experiences, questions and insights centered on the theme of the month. The groups use a packet of material distributed by email in the beginning of the month. It includes links to articles, videos, books and movies on the theme that can be used in preparation for the meeting. The meetings are directed toward exploring the theme as a source for seeking truth and deeper meaning and facilitates connections between group members. Meaning Matters is open to everyone.

To register, please see box or go to [members.albanyuu.org](http://members.albanyuu.org) (click Small Group Sign-up). Questions: Rev. Trumbore ([minister@albanyuu.org](mailto:minister@albanyuu.org))

### Three ways to sign up for a class or event:

—Send an email to [Registration@AlbanyUU.org](mailto: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.)

## Active Hope: Turning Toward A Brighter Future A Workshop with Joyce Reeves

**Saturday, Oct. 8, 9:00-4:30 at UUC Catskills  
(Kingston)**

\$65.00 (Scholarships available, contact Rev. Erica for details at [ebaron@uuma.org](mailto:ebaron@uuma.org), or 617-558-0301.)

Early Bird Registration: \$55.00 to register by September 25

Our Earth and all of her inhabitants are in trouble. We know it, we feel it, but what can we do about it? How will we respond? There are no easy answers, but there are some things we can all do.

We will gather together to connect with our love for our Earth, our despair over her condition, our passion for justice, and our longing for community. Inspired by Joanna Macy and The Work that Reconnects, we will use guided exercises, personal sharing, and meditation to listen to our hearts, support intention, and empower action.

To register visit: <https://sites.google.com/site/uucckingston/active-hope-workshop>

Add your heart and voice and hands to the global movement to create a sustainable future for all living beings. *The UU Congregation of the Catskills is located at 320 Sawkill Road, Kingston, NY 12401.*

## Notes from Joy Library

Joy Library now has The Common Read for 2016-2017!

"THE THIRD RECONSTRUCTION: MORAL MONDAYS, FUSION POLITICS, AND THE RISE OF A NEW JUSTICE MOVEMENT, by The Rev. Dr. William Barber II and Jonathan Wilson-Hartgrove (Beacon, 2016), [323.119 BAR] has been chosen as the 2016-17 Unitarian Universalist Common Read. Unitarian Universalists were electrified at General Assembly 2016 by Rev. Barber's call for building and sustaining a movement for justice for all people. The Common Read selection committee believes that this is a moment for Unitarian Universalists to answer that call. The Third Reconstruction offers helpful, practical guidance for engaging with justice movements born in response to local experiences of larger injustices. Drawing on the prophetic traditions of the Jewish and Christian scriptures, while making room for other sources of truth, the book challenges us to ground our justice work in moral dissent, even when there is no reasonable expectation of political success, and to do the hard work of coalition building in a society that is fractured and polarized." (From Unitarian Universalist "Common Read" <http://www.uua.org/re/adults/read>)

*On order and coming soon:*

GUNS DON'T KILL PEOPLE, PEOPLE KILL PEOPLE: AND OTHER MYTHS ABOUT GUN CONTROL by Dennis A. Henigan. "Henigan effectively disarms the gun lobby's arguments, fighting back with equal doses of common sense and uncommon insight. . . .

A must-read for every American who longs to bring sanity to our nation's gun laws." -Arianna Huffington  
<https://mail.google.com/mail/u/0/#inbox/156c2043432bc09c>

*And:*

FROM #BLACKLIVESMATTER TO BLACK LIBERATION by Keeanga-Yamahtta Taylor "Keeanga-Yamahtta Taylor's searching examination of the social, political and economic dimensions of the prevailing racial order offers important context for understanding the necessity of the emerging movement for black liberation."-Michelle Alexander, author of THE NEW JIM CROW.

## Our Community

### Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, Sept. 11, 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 September, we will discuss The Master: A Novel by Colm Toibin. Based on letters between author Henry James and his brother, Toibin sheds light on the inner life and unsuccessful relationships of Henry James, who leaves America in the late 19<sup>th</sup> century to live among other intellectual and privileged writers and artists in Europe.

October's non-fiction book is Being Mortal: Medicine and What Matters in the End by Atul Gawande. In its review, the New York Times describes this work as "a personal meditation on how we can better live with age-related frailty, serious illness and approaching death," as well as "a call for a change in the philosophy of health care."

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



*GB5 will play at the FUN Dance for all ages on Oct. 1.*

### FUN Dance

**Saturday, Oct. 1**

Emerson Community Hall, Albany UU

Doors open at 6:30 PM

Band plays 7:00-10:00 PM

"When we move our bodies our hearts open, our faces smile, and our brain stays healthy"--quote

**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](mailto: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.

from very unknown dancer

Rock and roll dance fun for all ages to the music of GB5—a local band (with some UUs on board) that plays a good mix of music from the 60's to the 90's to get you up and moving!

Snacks and non-alcoholic beverages are included for all. Wine and beer will be served for those (of legal age!) who so choose. As a family-friendly event, procedures will be in place to safeguard the young.

Free admission for anyone under the age of 18 (children must be accompanied by an adult!) Adult tickets based on consuming alcohol or not: \$5--without alcohol; \$10--with alcohol.

Bring a friend! We're inviting the other UU congregations in the Hudson Mohawk cluster—let's make some rockin' connections!

Questions: Sharon Babala, 518-477-2376 or [sharonbabala@gmail.com](mailto:sharonbabala@gmail.com)

Volunteering: We have a few roles that need to be filled during the dance, none of which will prevent you from having fun. Please inquire if you'd care to help. And, then after the dance, we'll have the familiar community ritual of putting the chairs back in Emerson in preparation for the Sunday service—and many hands are invited to participate!

Sign up: at Coffee Hour Sept. 18 and 25, or by email to [registration@albanyuu.org](mailto:registration@albanyuu.org). Walk-ins most welcome—sign ups just help us know how much snack to have on hand!

## Join the Albany UU Choir!

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

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

## 6 to 9 at 6:09: Circle Dinner

### Saturday, Oct. 8

Please plan on joining us for the first circle dinner of the church year. The dinners provide Albany UUs and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquainted with fellow UUs. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. The next circle dinner will be Saturday, October 8. Please join us.

To sign up for an October dinner, you can email Martha Musser at [mussermartha@gmail.com](mailto:mussermartha@gmail.com) or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, September 25.* Assignments will be announced after that date. If you have questions, please contact Martha at 518-434-2246 or by email.

**Save these dates for future circle dinners:** Friday, Nov. 11; Saturday, Dec. 3; Saturday, Jan. 21; Friday, Mar. 10; Saturday, May 13

## Fall Gardening

Our gardens have enjoyed a wonderful summer full of sun but not much rain. Many thanks to those who weeded, deadheaded, etc. You have done a fabulous job of maintaining our gardens during a challenging summer. Volunteers are still needed to keep them looking tidy as we approach fall. Also, usually in mid-October, we schedule the fall task of cleaning and putting our gardens to bed for winter. Especially

needed to help with the fall cleanup is a rake or two in good working order (I.E., one that isn't missing many of its teeth). If you have one you want to donate let one of us know!

If you'd like to be contacted regarding the fall clean up date and you do not already receive gardening emails, let Paula Moskowitz know.

Paula Moskowitz ([pgmosk@earthlink.net](mailto:pgmosk@earthlink.net) or 439-6347) and Ilene Kane ([Ilenek12@gmail.com](mailto:Ilenek12@gmail.com) or 253-4780).

## Looking to beat the end of summer blues?!

Here's a sure cure...**the UU Weekend at Silver Bay from October 14-16, 2016.** This relaxing retreat conjures up images of stimulating workshops, goofy plays, family togetherness, music floating over the mountains, cozy conversations by the fireplace, the sights and smells of fall, and silent auction skirmishes. Plus amazing views of Lake George, recently named "the most beautiful lake in America."

Here is a reminder of a few confirmed workshops and activities to whet your appetite. New workshops include Dances of Universal Peace, Breathing and its Relationship to Healing,

Self-Empathy and Self Compassion, and Shamanic Journey. Popular workshops from previous years include Star Island Beads, a Chair Yoga, Yoga, Drawing or Painting; and Photography as well as a full schedule of children's activities.

And for your listening pleasure: two fabulous folk musicians, Steve Gillette and Cindy Mangsen of Compass Rose Music, will provide one evening's entertainment!

Trying to predict the outcome of 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 it's time to get ready for the Silent Auction, a hotly contested event for young and old! As you start your fall clean-up, 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.) **First-time attendees will receive a 10% discount!!!** Can't come for the whole weekend? Consider coming for part of the weekend at a reduced cost.

We look forward to seeing you there!

### Channing Circle gathers again, Sept. 19

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

We hope you'll put Sept. 19<sup>th</sup> on **your** schedule to join with friends or come for the first time and make new friends. Thayer Heath will be leading the conversation of the day and Jean Bolgatz will be bringing delicious dessert. (Kathy Hodges will be in Florida celebrating her dad's 104<sup>th</sup> birthday.)

Topics on the list for this coming year include "Favorite Poetry" and "Share a Trip or Trek"! So, save September 19<sup>th</sup> on your calendar and join the group! Bring your own sandwich and come join see what's happening.--Kathy Hodges and Thayer Heath

### Save the Date

#### Multigenerational Pasta Potluck

Sponsored by the Religious Education Council

**Friday, Oct. 7, 5:30PM in Channing Hall**

Enjoy a good meal and company at the first of our congregation's monthly pot luck dinners. This one has a pasta theme!



And for those interested, the after dinner program is a presentation on Sunday school programs, including an introduction to the Our Whole Lives Program.

### Albany UU Humanists

The Albany UU Humanists next meets 7 PM on Sept. 20 at in Room B-8 at Albany UU, the **third** Tuesday of the month (instead of the second Tuesday). Our conversation continues as to what constitutes Humanism in Unitarian Universalism and at Albany UU. We also anticipate discussing a Free-

thought Congregation, a program of the UU Humanists that we might recommend at Albany UU.



For further information on Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://huhumanists.org>. There you will find the

UU Humanist blog, and some related Facebook groups. There is also the American Humanist Association's website at <http://americanhumanist.org>.

Also, please feel free to join the Albany UU Humanists conversations on the Albany UU website ([member.albanyuu.org](http://member.albanyuu.org)) by clicking Groups and add your name to the Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact Don Odell ([odell.don@gmail.com](mailto:odell.don@gmail.com), 482-4574) to be added to the egroup.

The UU Humanists is sending an open letter to the Unitarian Universalist Association On Renewed Relations with the Boy Scouts of America and would like support of Unitarian Universalists nation wide. It notes:

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

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

### Unirondack's Annual Dinner, Sept. 17

Tickets are now on sale for Camp Unirondack's first ever annual dinner. Join Unirondack in celebrating its 50th year of incorporation. Camp Unirondack has made an impact on thousands of children's lives over the past 65 years of the camp's existence. All proceeds from the dinner will go to the campership fund that provides scholarships for any campers who can't afford the full tuition for time at camp. The dinner will be held at Treviso by Mallozzi's, 57 Washington Avenue Extension, Albany, NY 12205 at 6pm on September 17th, 2016.

Buy tickets at <http://www.unirondack.org/donate/annual-dinner-2016/>

## Joys and Caring Corner \_\_\_\_\_

### *Transition*

**Kathy Macri** is happy to announce that she has changed her name to **Kathy Kelly**.

### *Joy*

**Cassie Artale's** daughter, Betsy Hamm, was married to Josh Moffatt in Washington, DC on July 22. The marriage was performed by **Amanda Poppei**.

### *Sorrow*

**Laura Paris'** older brother Graham Wolcott passed away on July 13 in Ohio. She and her brother William were with him.

***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

### Meet the Social Responsibilities Council

Fall is coming up and—in case you hadn't noticed—there's plenty in the world that still needs repair and rebuilding. That's where AlbanyUU's Social Responsibilities Council (SRC) comes in! We help to shape, direct, and lead Albany UU's work in the wider world, through interfaith partnerships and grassroots organizing support, and active participation in social justice events and advocacy.

SRC is especially excited this year that our playground partnership with Sheridan Preparatory Academy is finally coming to fruition in early October, when we'll have the Build Day! Watch for announcements. We are still collecting donations of funds as we're hoping to add a smaller kindergarten playground to the site.

Over the summer, AlbanyUU (spearheaded by recent past SRC member Ed Hancock) hosted a Middle Eastern dinner at the conclusion of a march commemorating the 12th anniversary of the FBI sting operation arrests in Albany of Yassin Aref and Mohammed Hossain, sponsored by the Muslim Solidarity Committee and Project SALAM. A picture of nearly 100 Muslims and non-Muslims in front of AlbanyUU is slated to be included in a forthcoming issue of Washington Report for MidEast Affairs! There have been other occasions for social justice where UUs have gathered, with and without signs and banners, and often wearing our yellow Standing On the Side of Love shirts. Rev. Sam Trumbore plans to continue offering his White Privilege class this fall and on Sept. 7, SRC will be hosting the second meeting of the newly created Capital Region Standing Up for Social Justice (SURJ), a group for white allies; then on September 12th, a Monday, please join us at 11 at the Capitol for the Moral Revival Na-

tional Day of Action in Albany. "On September 12, people of faith and moral courage will gather at state capitols in 25 states to deliver the 'Higher Ground Moral Declaration', which calls on governors, senators, state legislators, and candidates for office to move away from extremist politics and policies that benefit the few and move toward policies and laws that are just and fair and guarantee a better life for the majority of the people." [www.moralrevival.org/moraldeclaration/](http://www.moralrevival.org/moraldeclaration/) Finally, Sept. 25-27, in Syracuse, NY there will be the Faith for a Fair NY Conference and we understand that there are scholarships available for those who might like to attend: <http://www.labor-religion.org/register-now-faith-for-a-fair-ny-2016-conference-sept-25-27/#.V8BFBDXcAyY>

The Social Responsibilities Council is composed of seven elected members and, at the beginning of the church year, up to five SRC appointed members are added; these are the voting members of SRC. Voting members must be members of AlbanyUU but anyone can attend our meetings, which are generally held on the third Sunday of the month (unless there's a conflict when it's rescheduled), starting at 11:45a and finishing by 1:30p. Members take turns providing snacks for our Sunday meetings. The meeting is announced in the weekly Preview and the Order of Service. In addition to our member listserv, we have a general SCR listserv where social justice announcements are sent out. In addition, we have a Facebook group, FUUSA SRC Issues, which all are welcome to join—just request to join the group and we'll approve you. A brochure about SRC is available in our main lobby, and we host and staff the Fair Trade Table during coffee hour each week. This year's elected members are: Carol Butt, Karen Kaufmann, Matt Lesniak, Annie Metzger, Laura Paris, Jean Poppei (Chair), and Elena Reynolds. Within SRC are taskforces such as Black Lives Matter, the Peace Team, Focus Food Pantry, etc.

## Raise your voice for end of life choice

Thanks in part to your petition signatures, letters, and visits to legislators, the **Medical Aid in Dying Act**, a single bill combining two previous versions, was introduced in the NYS Assembly and Senate in May 2016, and passed the Assembly Health Committee. It would give mentally capable, terminally ill New Yorkers the right to request a prescription for a peaceful death, and has safeguards for patients, physicians and health care facilities. The bill will be introduced again in the legislative session that starts in January, with a newly elected legislature, so your support and advocacy continue to be important. To learn about end of life issues and advocate for expanding choices for New Yorkers, please save these dates.

**Sundays** in Channing Hall at the SRC Table: Join our *Ask Your Doctor* campaign to expand the list of New York physicians who have endorsed medical aid in dying.

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

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

**Sept. 29:** Local clergy discuss *Views of End of Life Options from Different Faith Perspectives*.

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

**Dec. 7:** David Pratt, MD, describes *Hospice and Palliative Care*, their missions, services, and best uses.

Please let us know if you'd like to join our efforts, and, of course, we'd be glad to receive your questions and comments--*Thayer Heath and Nancy Willie-Schiff*

## Green Sanctuary

The Green Sanctuary Committee will meet the first Sunday of each month after service at 11:45-12:45 downstairs in one of the meeting rooms, starting Oct 2. All are welcome.

This year we will be focusing on educating the congregation on climate change and on green legislation at the state level (taking advantage of our loca-

tion in the state's capital!). We will be setting up forums, potlucks and screenings of films throughout the year.

Please join us and help to Save the Planet (and all of its occupants!). Contact Chris Bystroff if you want to get on the mailing list ([bystrc@rpi.edu](mailto:bystrc@rpi.edu)).

## Black Lives Matter Taskforce meeting Sunday, Sept. 25 at 11:45.

If you follow the news at all there has been a lot going on relating to Black Lives Matter movement, excessive black deaths at the hands of police, the targeted killing of police in Dallas and Baton Rouge; the on video killings of Philandro Castile in Minneapolis and the killing of Alton Sterling while pinned to the ground. There are signs bearing the words "Blue Lives Matter" and "All Lives Matter" suggesting opposition to the concept that there be any special concern for Black Lives. There are publicly stated opinions that the Black Lives Movement is to blame for the deaths of police and is a terror inciting organization. The black sheriff near Chicago has been particularly outspoken in this regard. The Chief of Police in Chicago takes a much more nuanced approach to the issue.

Locally the Albany District Attorney—who opposed appointing a special prosecutor in the case of Dontay Ivy—had no trouble asking for a special prosecutor in a case against the son of the sheriff of Albany County. Soares just did it and an outside prosecutor handled the case. The DA of Rensselaer County had no trouble by passing the Governor's executive order regarding officer involved deaths and in days presented the case regarding a Rensselaer officer who killed an unarmed man to a grand jury and the DA failed to convince the jury than any wrongdoing had occurred.

In July, an overflow crowd of "white" people showed up at the Social Justice Center for an organizing meeting of the group known as SURJ, Showing Up for Racial Justice. [www.facebook.com/CDSURJ](http://www.facebook.com/CDSURJ)

Parole reform will be the topic August 31 at the Social Justice Center, 7 pm.

Next CAAMI, Coalition Against Mass Incarceration meets Sept 13, second Tuesday of the month. AlbanyUUs often attend.



Consider attending the next BLM task force meeting with your list of things that need doing and a list of what you can do to save the life of the next Eric Garner, Dontay Ivy or Tamir Rice, the next black son, daughter, father, mother.-- Ed Hancock

### On the Peace Team front

Occasions to meditate on issues of peace, justice, reconciliation: Columbus day, Election day, Veterans Day, Armistice day, Thanksgiving, Pearl Harbor day and a few weeks ago, Hiroshima and Nagasaki.

**Peace Vigil** each Monday, 5 - 6 PM at the Four Corners, intersection of Kenwood and Delaware Aves. in Delmar. Stay for a few minutes or an hour. Let's stand together for peace. Trudy, Bethlehem Neighbors for Peace (518) 466-1192 for further information.

On August 4, the Nigel Wright Peace Bequest provided over 100 community members, AlbanyUUs, with a dinner and film following the 12 anniversary march to commemorate the arrests of Yassin Aref and Mohammed Hossain in an FBI sting operation. Nigel Wright was a long time member of FUUSA and Albany UU Peace Team member dedicated to social justice for all.

**4th Annual North Star Interfaith Peace Walk**, Sunday Sept. 25 from 2:00-4:00 Walking Loop will start and end at RISSE located at the Corner of Morris and West Lawrence in the Pine Hills Neighborhood of Albany

This is an Interfaith Peace Walk and the mission of this year's walk will be to "lift up " our local immigrant communities. It is not a walk to protest various current political situations. Please join us to publicly welcome all of our local immigrant/refugee communities. Please bring signs /banners with names of participating organizations. Friendly dogs are welcome

In support of our Muslim neighbors, several AlbanyUUs have been attending regular meetings organized to confront and oppose Islamophobia: **Capital District Coalition Against Islamophobia:** <https://m.facebook.com/CapitalDistrictCoalition/>. Next meeting TBA.

No one can do everything that needs doing, but anyone can do something. Call a candidate, write a letter, get to know someone "different", **join Nigel's Peace Team** – to meet Oct. 9, Sunday, 11:45.--Ed Hancock

Bishop Edward Sharfenberger will be the main speaker at an interfaith service marking the **World Day of Prayer for the Care of Creation** on Thursday, Sept. 1 at 7 p.m., at the Cathedral of the Immaculate Conception Albany. Other participants include representatives of the Buddhist, Jewish, Hindu, Muslim, Sikh faiths, as well as other Christians. For more information, contact Deacon Walter Ayres, Director of Catholic Charities Commission on Peace and Justice at 528-453-6995

### Going to miss a Sunday?

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

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

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

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

# Picnic

# in the Park

*sponsored by the Religious Education Council*

**Who:** Everyone is invited

**What:** Bring your own picnic lunch, including drinks. Also bring games!

**When:** Sept 18 -starting around 11:30 until around 2:00

**Where:** The playground at Washington Park; If it's rainy that day, we'll "picnic" in the upstairs classrooms.

**Why:** For fun and friendship among Albany UU families, youth; adults



No sign ups required.  
Hope to see you there!

## What do you want to learn?

The Albany UU Lifespan Learning Committee wants your input. We provide adults in our congregation with learning opportunities that promote our collective search for truth and meaning and help us identify as Unitarian Universalists. To succeed, we need to know what kinds of learning opportunities might motivate you to attend a class, workshop, or presentation.

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On the list below, for each topic area, please circle the word that indicates the likelihood that you would attend such an event. Then let us know if there is any subtopic in the area that excites you.

Topic Area	Would you attend?			Any related topics that excite you?
Unitarian Universalism — principles, history, structure, or future	Probably	Maybe	No	
Varieties and beliefs of world religions	Probably	Maybe	No	
Personal growth and development/ spiritual practices	Probably	Maybe	No	
Secular ethical systems – morality without god	Probably	Maybe	No	
Contemporary ethical issues – racism, poverty, gender, death and dying	Probably	Maybe	No	
Life transitions and challenges – growing up, growing out, growing old	Probably	Maybe	No	
Skills and tools for effecting change and compassionate communication	Probably	Maybe	No	
Support Groups – organized around a specific problem or situation	Probably	Maybe	No	

Please describe a learning opportunity you would definitely attend if it were offered:

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Circle times that are best for you to attend learning opportunities			
<b>Weekdays:</b>	Mornings	Afternoons	Evenings
<b>Saturday:</b>	Mornings	Afternoons	Evenings
<b>Sunday:</b>	Mornings	Afternoons	Evenings

Your name (optional) \_\_\_\_\_ If you would you like the Committee to contact you regarding your responses, please enter your contact info:

\_\_\_\_\_ **Thank you for participating**

*Lifespan Learning Committee: Mary Applegate, Paula Brewer, Jan McCracken, Dave Munro, Don Odell, Reese Satin*

**Please return survey to Lifespan Learning Committee or Albany UU office.**



## Contact Us

### Board of Trustees 2016-2017

email: [board@albanyuu.org](mailto:board@albanyuu.org)

#### Executive Committee

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

#### Trustees

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

#### Elected Officer (not on Board of Trustees)

Michaela Pochily, Assistant Treasurer

### Staff

#### Minister

Rev. Sam Trumbore, [strumbore@uumin.org](mailto:strumbore@uumin.org)

#### Church Administrator

Amy Lent, [alent@albanyuu.org](mailto:alent@albanyuu.org)

#### Director of Religious Education

Leah Purcell, [dre@albanyuu.org](mailto:dre@albanyuu.org)

#### Music Director

Matt Edwards, [mge01@yahoo.com](mailto:mge01@yahoo.com)

#### Administrative Assistant

Tammy Hathaway, [office@albanyuu.org](mailto:office@albanyuu.org)

#### Custodians

Hadiya Wilborn, Cameron Holloway

### Regular meeting days

Check current calendar for time and location

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

### First Unitarian Universalist Society of Albany

**Phone:** 518.463.7135

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

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

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

#### Office hours

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

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

And by appointment

#### Websites

*General:* [www.AlbanyUU.org](http://www.AlbanyUU.org)

*Resources:* [www.members.AlbanyUU.org](http://www.members.AlbanyUU.org)

#### Building use

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

To **rent hall or classroom space** for a personal or non-Albany UU activity, contact Church Administrator Amy Lent (463-7135 or [administrator@albanyuu.org](mailto: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](mailto:Windows@AlbanyUU.org) or to the church office.

#### Publication deadlines

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

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

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

**First Unitarian Universalist Society of Albany**

405 Washington Avenue

Albany, NY 12206

518-463-7135

[www.AlbanyUU.org](http://www.AlbanyUU.org)