

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

Sundays at Albany UU

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs on Sundays include Forum (social justice and environmental topics), Family Chapel, social events, and adult education.

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

October 2017

In this issue:

- 1 **Services**
- 2 **Calendar**
- 3 **Sam's Outlook**
- 4 **News**
- 8 **Growing Together**
- 11 **Our Community**
- 13 **Social Justice**
- 14 **Flyers**
- 16 **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

Oct. 1 "Losing Our Heroes," Eileen Casey-Campbell

As we step into the month of Courage, let us begin by exploring our impulse to find courageous hero figures. Why do we so often create heroes in our own image? We yearn to be the heroes of our own stories. We want our heroes to be courageous and unwavering strivers for the Good, but what happens when our heroes fail us?

Music: Albany UU Choir led by Richard Porterfield

Oct. 8 "The Path is There...Put One Foot in Front of the Other," Albany UU Inclusivity Team

Taking responsibility for racism, disrupting white supremacy culture, may be the greatest challenge we face. But we are in it together, saddled with a heritage not of our making. Our next steps, however, are uniquely ours. We may not have created white supremacy, but only we can disrupt it.

Music: Albany UU Choir led by Richard Porterfield, with The Matisse Jazz Project

Oct. 15 "UU White Supremacy TeachIn," Leah Purcell

Our siblings of Black Lives of UU have called us to engage in a second TeachIn on white supremacy. Albany UU is continuing to work to learn about and fight white supremacy culture. This work is difficult but when done in community it can be energizing. We will be joining hundreds of other UU congregations have responded to the call and committed to a second TeachIn this weekend. What I hear from my colleagues of color and read in the resources listed by BLUU, is that an important first strategy in dismantling white supremacy culture is to LISTEN. What better setting to practice listening across differences than in a one of our multigenerational services?

Music: Richard Porterfield with guest vocalist Dr. Kyra Gaunt

Oct. 22 "After 500 Years, is the Reformation Over?" Rev. Sam Trumbore

On October 31, 1517, Martin Luther nailed his 95 Theses to the Wittenberg Church door. Thus began a division in the Catholic Church that tore Europe apart. With the decline of participation in Protestant churches in America and the rise of the "nones," people with no religious

Services, continued on page 4

Sam's Outlook

Keeping Racism Front and Center

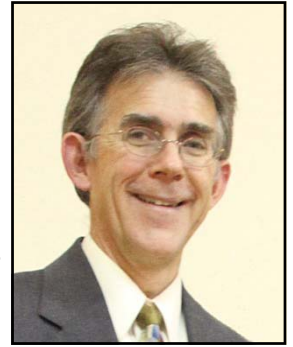
Rev. Sam Trumbore

I hadn't expected Trump to be so dedicated to keeping race on the national agenda. Mostly, white folks want to ignore race and not pay attention to it because it makes them so uncomfortable. Now with Trump stepping into the NFL national anthem controversy, he puts a stick in the hornet's nest. Every weekend during football games this fall, white people will be confronted with the race issue. Who is going to kneel or sit and who will not? And they will have to think about the issue of race even if they reject what they hear. All I can say is, "Thank you for keeping white attention on racism by magnifying the protest by reacting to it."

While Trump's clear lack of impulse control could have very dangerous side effects like starting nuclear war with North Korea, there are positives like this one. He can't help but make racist statements and claims since he can't hide his hatred of those who attempt to expose the flaws in the "beautiful" vision of the 1950's Trump would like to return to in his attempt to make America great (white) again." Trump reminds me of Archie Bunker from the TV show "All in the Family" who also was predictably reactive. And like Archie, there was no going back once he had made a statement even if it was invalidated. Since he can't ever admit to being wrong, Trump's opinions solidify into entrenched policy positions especially if his base shows support.

When Trump impulsively speaks and starts a controversy, things get uncomfortable quickly. The NFL players had to decide whose side they were on. What were they going to do on Sunday? Would they kneel on Sunday's game? Would they stay in the locker room during the anthem? What would they do? The players were aware of the risks seeing what has happened to Colin Kaepernick. After being a star quarterback for the 49ers taking the team to the Super Bowl in the 2012 season, he began not standing for the anthem in 2016 which created a huge controversy. The 49ers let him go and he remains a free agent. Like other athletes who have protested in the past, Kaepernick is likely to pay a very high price for becoming a protest leader.

This year, the fans have become more involved, with some actively boycotting games. As the controversy has spread, it is beginning to take a toll on revenue. And nothing gets American attention like an economic threat. The team owners are right in the middle of a spotlight they would surely prefer to avoid. Trump is demanding the protesters be fired. But many of these players are very popular stars. And the more players who join them in kneeling the bigger this gets. The owners are forced to take a position when I'm sure they would prefer to ignore the whole controversy.



Our theme for October is courage. What Trump is forcing people to do is to think about whether there is active racism happening in our society by looking at police violence as its manifestation. It is hard not to look at the rate of incarceration of people of color and the rate of violence against people of color by police and not see any bias. These statistics are pretty clear and compelling. It is very hard not to see implicit bias in the shooting of unarmed Troy resident Dahmeek McDonald in the middle of August.

The courage part for us is deciding what we want to do about all this. Some of us might want to boycott the NFL this year. There are other reasons besides race to do this given the damage we are discovering football does to the player's brains due to concussions. But since I'm not much of a football watcher anyway, claiming I've given up football watching would be disingenuous.

Let me now challenge every one of us far more significantly. All of us have an opportunity to make a statement when the national anthem is played. All of us can choose to kneel or sit and make a statement by our actions. And by doing so, we will take the risk of offending those around us as we make that statement. If you support the NFL players, you too can make a courageous choice.

What will you do? And why?—Rev. Sam

News

An evening of music and fellowship at Albany UU

Friday, Oct. 20 at 7:00 pm

All are invited to this kickoff event for the following day's conference—no need to register: the Friday evening concert, refreshments, and of course the



fellowship are free!

Folksinger Dan Berggren will perform at 7:00 pm. Dan is a tradition-based songsmith who writes with honesty, humor and a strong sense of place. His concerts are engaging as he invites audiences to join in on songs that explore the lives of hard working

"Dan Berggren is the sound of the Adirondacks, as much as the water lapping against the granite shore of the lake or the loon echoing in the sunset or the wind tossing the spruce tops." ~ Bill McKibben, author

folks and the many dimensions of home. Dan is also a professor emeritus of SUNY, founding member of the Unitarian Universalist fellowship in Fredonia, and a current member of the UU Congregation of Sarato-

Flyers in this issue

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

◆ **Shaping Change:** flyer for joint HMUU/NYSCU event at Albany UU

ga Springs.

UUs from across New York State will be in town for the combined Hudson Mohawk UU fall gathering and the NYS Convention of Universalists annual meeting, so there will lots of UUs to chat with over refreshments.

Delegates sought

Saturday, Oct. 21, the New York State Convention of Universalists (NYSCU) will hold its Annual Meeting at Albany UU. Albany UU needs delegates to represent our congregation at the NYSCU annual meeting. Will you be one? Please go to the NYSCU home page (<http://nyscu.org>) to register, and, please let Albany UU President Dick Dana (xxxxxxxxxxxx) know you want to be a delegate.

Concurrently, the fall gathering will include the Hudson Mohawk Unitarian Universalist Congregations. The jointly sponsored conference is Shaping Change: Transforming Our Congregations & Communities. Several events are jointly sponsored. A flyer is attached to this copy of Windows for additional detail.

Services, continued from page 1

affiliation, could the Reformation be finally over? And if so, what will be coming next?

Music: Richard Porterfield, organ: Music of Felix Mendelssohn and J.S. Bach

Oct. 29 "Wheel of Life," Eileen Casey-Campbell and Leah Purcell

At this time of year we note that the hours of sunlight lessen each day, we acknowledge that summer has undeniably passed; we enjoy the fleeting beauty of the changing leaves, and we anticipate the approach of the coldest part of the year. This service is an opportunity for us all to gather together to remember momentous events in our lives of the past year. We'll honor the births and new beginnings, the life transitions and of the loss of loved ones in the previous year. Inspired by love and community, we'll find ways that we can treasure the tender times of our lives without wanting to either push them away or cling to them. Please bring a picture, symbol or a memento of the event or events you want to honor for our tables of remembrance.

Music: Albany UU Choir

Board Notes

Kickoff for the Inclusivity Team

Annika Pfluger, Trustee and Patti Jo Newell, Vice President

Last spring, the Board of Trustees suggested an Inclusivity Team, made up of members of the congregation (new team members are welcome - see contact information below to join!) and tasked the team with designing and implementing a two-pronged approach for addressing white supremacy culture at Albany UU, as well as to plan activities that will facilitate an exploration of white privilege, create opportunities to identify and challenge our assumptions, learn about the cumulative impact on people of color of seemingly small offences (micro-aggressions), and to identify and provide resources for our ongoing education and reflection.

As Rev. Sam mentioned in his sermon on September 17, entitled *Expanding Our Welcome*, "The leaders of Black Lives of UU have challenged us to use the metaphor of swimming in the water of white supremacy... All of us are swimming in the same white supremacy cultural sea." Another way to look at it is "to see racism as a social disease that has infected our minds and culture. It is a social disease we catch from our culture through our family and playmates as children. It is so virulent that almost nobody is able to avoid being infected. None of us chose to catch this racism disease.... Now here is the really good news. If racism is a virus, then it is not who I really am. The virus wants me to be confused about this so I protect the virus and pass it on. But I know better now. That virus cannot destroy the beauty of what it is to be human and the power of love to heal and transform for the good of all. Love is vastly more powerful than the racism virus." Inspiring words. If you missed the sermon on September 17, a full transcript should be available on the Albany UU website.

We might not notice our transgressions as a result of this social disease, but it's still our responsibility to make them right. It will take practice to identify how seemingly ordinary interactions, word choices, and ways of doing things become barriers to inclusion or outright exclude, but we are making it our responsibility to do so.



You may have noticed our monthly insert in the order of service that appeared last June and again in September. These are designed to be "take aways." Please feel free to take them home and follow up on the listed resources. Or better yet, bring the insert to one of your Albany UU committee or group meetings for discussion, much like the Albany UU Humanist group recently did at their monthly meeting.

The team is excited by this prospect to create real and lasting change to Albany UU, and we hope you are too! But we know that the congregational theme of the month will be needed for this endeavor – COURAGE! But most importantly of all, we know that all of us are up to the task and that it will be a practice of love... for ourselves and for others, in this work that will be done imperfectly and will never be complete.

Let's take this journey together, bringing along the following tools:

- ◆ Discipline of an open mind and an open heart.
- ◆ Ability to check our assumptions and resistance.
- ◆ Fortitude to explore our complicity in the marginalization of others.
- ◆ Courage to challenge and be challenged.
- ◆ Willingness to be uncomfortable.
- ◆ Humility to be uncertain, confused, or just wrong.
- ◆ Persistence to look at things a new way.

In order to make daily life at Albany UU more inclusive, we plan to 1) elevate the discussion, introspection, and understanding within our community regarding privilege, generally, and white privilege, specifically, and to 2) evaluate Albany UU policies, ***Board Notes, continued on page 6***

Board Notes, continued from page 5

programming, practices, assumptions, and attitudes, and make recommendations concerning inclusivity, diversity, and potential barriers to participation.

Stay tuned as activities are gearing up and are currently being planned throughout the year to ensure that the values of inclusivity permeate our ministry at Albany UU. They include:

- ◆ Creating an Inclusivity Resource Tool for committees, councils, and staff to use to evaluate their activities and inform their decision-making.
- ◆ Conducting a review of Albany UU’s policies and practices.
- ◆ Congregational Reads using books focusing on inclusivity and/or anti-racism.
- ◆ Expanded communications & messaging in Windows, Thursday Preview, and Orders of Service,

focusing on inclusivity and/or white supremacy culture.

- ◆ Create clearinghouse of information and resources for congregational access.
- ◆ Offering Lifespan Learning courses focusing on inclusivity and/or anti-racism.
- ◆ Enhance Sunday services on an ongoing basis with inclusivity and/or anti-racism messaging.
- ◆ Movie nights and discussions focusing on inclusivity and/or white supremacy culture.

We’re looking forward to seeing you at any of our events and we’re always looking for new team members. We can use your enthusiasm and expertise. The Inclusivity Team meets on the second Sunday of the month in Room B-8 after the service at 11:45am. Feel free to contact us at inclusivity-team-albanyuu@egroups.churchdb.com.

What’s in a name?

By Anne Marie Haber, Member of the Inclusivity Team

Two years ago, it came to my attention that Ralph Waldo Emerson held the public belief that English and German people were superior to all other ethnic groups.

I found this hard to believe, and I was taken aback. Was this possible? Wasn’t he a liberal thinker? Wasn’t he an abolitionist? Wasn’t he a Unitarian?!

I decided to explore a primary source: Ralph Waldo Emerson’s own words. Wanting to put my trust in printed word only, I turned to the library for an old-fashioned, hardcover book. If you’d like to read English Traits for yourself, you can get it from the library or you can explore it here: https://en.wikisource.org/wiki/English_Traits.

In his book of essays, English Traits, Ralph Waldo Emerson suggests that the control of the land and people of India by the people of England is proof of English superiority. He goes on to write, “Race is a controlling influence in the Jew, who, for two millenniums, under every climate, has preserved the same character and employments.”

Yet another section makes this statement:

“On the English face are combined decision and nerve, with the fair complexion, blue eyes, and open and florid aspect. Hence the love of truth, hence the sensibility, the fine perception, and poetic construction. The fair Saxon [Saxony: a majority-Protestant area of Germany] man, with open front, and honest meaning, domestic, affectionate, is not the wood out of which cannibal, or inquisitor, or assassin is made, but he is moulded for law, lawful trade, civility, marriage, the nurture of children, for colleges, churches, charities, and colonies.”

Throughout English Traits, there is promotion of the idea that the [non-Jewish, non-Catholic] Germans have the highest functioning and ability.

One may ask, “Wasn’t this a common belief in his day?” I challenge that question by robustly asserting my own suspicions: it may have been a common belief among the England-English and Saxon people. I highly suspect that Italians, Greeks, Indians, Celts, Arabs, and Africans all had the highest belief in their own ability and potential. Indeed, it may have been that there were people in all of the aforementioned groups that believed in their own superiority over the English and Germans.

Our time presents urgent challenges. Many groups continue to be marginalized: not seen and not heard

as equals in our society. Unarmed African-Americans are being shot by our public servants. People are angry and people are afraid.

Ralph Waldo Emerson was an abolitionist and he opposed slavery on moral grounds. In addition to this, he believed in limitations of black people and others based on their physical characteristics. He wrote about and promoted these beliefs. He did not believe in equality, but rather in a hierarchy of ability based on inherited characteristics. While I don't suggest that we erase Ralph Waldo Emerson from our history, I do think that it might be timely to consider giving the building where we worship a different name.

We know better now, and science rejects the idea that intelligence and ability are guaranteed or limited by our genetic inheritance.

The words we use and the symbols we choose to represent us have deep meaning, even though we often express ourselves automatically and without thinking.

It's just a name, and ... it's JUST a name. It represents us.

What do you think? What's in a name?

Congregational meeting, Sunday, Oct. 1

There will be a special congregational meeting immediately after the service on Sunday, Oct. 1. As most of you know our original 10-year mortgage to build this building has ended, and we need to sign a new mortgage to complete paying off our debt. Here is the text of the resolution to be proposed:

Whereas the first mortgage of \$1,200,000 supporting the construction of Emerson Hall in 2007, with a remaining balance owed of approximately \$145,000, is maturing and a modification of the existing agreement with Berkshire Bank is required to pay off the remaining balance. The Board of Trustees of the First Unitarian Universalist Society of Albany has approved such a mortgage modification agreement and recommends that the congregation also approve this transaction as required by the New York State Office of the Attorney General.

Therefore, be it resolved:

That the Congregation approves modifying and extending the existing mortgage with Berkshire Bank,

under the terms and conditions set by Berkshire Bank, as follows:

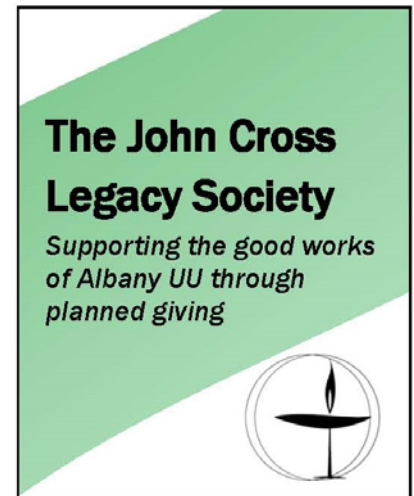
Amount: \$142,431.57

Term: 5 year term/10 year amortization

Interest Rate: Fixed at 4.20% for 5 years

Purpose: Refinance of existing indebtedness owed to Berkshire Bank

Collateral: First Mortgage position on the property located at 405 Washington Ave., Albany, NY



Notes from the Music Director

I am delighted to work with the choir, staff, and congregation at Albany UU. Our choir is thriving with many returning members as well as several new ones, and we look forward to visits by distinguished guest artists representing a variety of traditions. Rev. Roger Mock and the Unity Church Worship Band performed on Sunday, Sept. 24.

Here are some of the musical highlights in the coming weeks. Oct. 8: The Matisse Jazz Project-- Christopher Bakriges, piano; Gwen Laster, violin-- will perform with the Albany UU Choir. Oct. 15: Richard Porterfield, piano, with guest vocalist Dr. Kyra Gaunt. Oct. 22: Richard Porterfield, organ (in the Sanctuary) The Albany UU Choir will also sing on Oct. 1 and 29.—Richard Porterfield

Home Hospitality

Home Hospitality is needed for attendees at the NYSCU annual meeting which will be held at Albany UU in October (see flyer for more info) . If you can host an overnight guest or two, Friday-Saturday, Oct. 20-21, please call the church office (518-463-7135) to let us know.

Albany UU music lovers

Interested in the Albany UU music program? With our new Music Director Rick Porterfield on board we need to re-establish the Music Committee. If you are interested in working with Rick and developing our music program, please contact Kathy Harris at xxxxxxxxxxxx

500 years of Catholics and Protestants: Where are we now?

(Note Rev. Sam’s sermon topic on Nov. 22)

On October 31, 1517, a Catholic monk named Martin Luther nailed a list of 95 complaints about the Catholic church to the door of the cathedral in Wittenberg, Germany. The furor caused by his “95 Theses” led to the Protestant Reformation.

Catholics and Protestants will commemorate the 500th anniversary of that event with a program and ecumenical worship service on **Oct. 22 at 3 p.m. at First Lutheran Church**, 181 Western Avenue, in Albany. Keynote address presented by Fr. Dennis Tamburello, OFM, professor of Religious Studies Siena College.

The program is free and open to the public. Donations of canned and nonperishable food will be accepted for the Emergency Shelter and the Damien Center, both located in the church. Sponsored by Capital Region Ecumenical Organization.

Lost mail...

We are writing this to inform Albany UUs who wrote

checks to LREDA (Liberal Religious Educators Association) on or about June 11-- in honor of Leah Purcell’s tenth year of service to Albany UU-- that **the checks we mailed to LREDA never arrived.**

We recommend you find out if your check has cleared your bank. And if it has not been deposited you can write a replacement check to LREDA and send it directly to them (address below). Please include a note to the LREDA administrator explaining that it is a replacement check for one that was lost in the batch from Albany UU. **IF** the original envelope ever arrives at LREDA the checks will not be deposited.

For those of you who gave cash in the collection plate that day for LREDA, please know that Albany UU is sending another check to replace those donations.

Here is the mailing address and gift information that was in our order of service in June.

LREDA ,Attention: Kari Kopnick, 18685 Main St., Suite 10112, Huntington Beach, CA 92648

Your Gift to LREDA is a Gift to the Future of Unitarian Universalism.

Growing Together

Developing White Racial Literacy

Led by Rev. Sam Trumbore

7pm Tuesday, Oct. 3, 10

Anti-racism trainer Robin DiAngelo presented three inspiring workshops at UUA General Assembly in New Orleans this past June. They were so good and so educational, Rev. Trumbore decided to shape them into a class. He will play recorded selections from each of these workshops with breaks for group discussion and personal response. The last class will draw material from another excellent workshop that described eight things we can do as individuals and as a congregation to deconstruct white supremacy. The goal of the class is to connect our congregation to the cutting edge work happening in other UU congregations. To sign up: See box.

Past sessions can be heard at the Albany UU secure site: Go to <http://members.albanyuu.org/wp/>. Select Member Login on the website menu. Select Secure Site. Type user: fuusan. Type password: Emerson405.

Getting to Know UU: orientation to UUism

Save the date: Saturday, Oct. 7, 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

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

Leah Purcell, Director of Religious Education

What does it mean to be a people of courage?

“Courage doesn’t always roar.” - Mary Anne Radmacher

From Soul Matters: *Courageous people change the world. There are so many examples of that this month. October is LGBTQ history month and reminds us of the many who bravely moved (and continue to move) our world toward greater acceptance and affirmation. The revolutionary prophet of peace, Mohandas Gandhi, was born on October 2. Our Christian friends celebrate Reformation Day and Martin Luther’s courage that changed how we all think about religious authority. We rightly honor such giants. The problem is most of us aren’t that tall. Or are we? Here’s what we have to help each other remember: In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us. Battling evil and bending the arc of the universe toward justice deserves praise, but there’s also the ordinary work of integrity and not allowing yourself to be bent. This needs to be noticed as well. There’s the bravery of embracing your beauty even when it doesn’t fit the air-brushed images surrounding you. There’s the courage of calling out the micro-aggressions that happen almost every day at work. And what about resisting the persistent seduction of status and stuff? The list is long: Turning down that drink one day at a time. Making yourself get out of bed when the depression tells you to stay there. Holding your partner’s hand in public. Make no mistake, there are dozens of ordinary acts of bravery we rise up to everyday!*

Our children need our help as they negotiate some of those same pressures as well as other pressures that are unique to the realms in which they move. Children as young as pre-schoolers can be made to feel they don’t have the right body type, hair, skin, or facial features. These pressures come from their peers and by the media and by adults around them. They see acts of bullying; they have been the object of bullying, or have bullied themselves, either unintentionally or in moments when

they were not acting as their best selves. Children, ‘twens and teens feel pressure to wear the right clothes and have the right things.

At home and in our UU community, parents and caregivers and the rest of us caring adults can give our children and youth a lens to notice where love is missing in their experiences; and an internal moral compass to guide them to act for love and justice.

In our October Family Chapel this month, we’ll be joining more and more Unitarian Universalist congregations by holding a backpack blessing at the beginning of the school and congregational year: On Oct 1, children in Pre-k through sixth grade are invited to bring their school backpack, or sports bag or instrument case to the Sanctuary. I’ll lead a ceremony so that other adults and I can “bless” the children and their bags. The children will also receive a small token (like a special talisman) to clip to their bag as a reminder to strive to be faithful Unitarian Universalists wherever they go and to know that our adult community and their peers support them.

I use the word “bless” to make this moment sacred – special. It lifts up our Unitarian Universalist values in a way set apart from the mundane. Yes, we wish for the children to benefit from this year in school AND we wish for them to head the call to respond morally and ethically -ways in which success cannot be measured.

“The plain fact is that the planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it.”

— David W. Orr, *Ecological Literacy: Educating Our Children for a Sustainable World*

In faithful service,

Leah



it when you register. To sign up: See box. Please indicate if you need childcare.

Sign Up for Meaning Matters

Led by Rev. Sam Trumbore & Eileen Casey-Campbell

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 sign up: See box. Or visit our member web site for registration information (on the left menu under “Ministry” there will be a sub-menu titled “Meaning Matters Sign-up” or go directly there via <http://members.albanyuu.org/wp/meaning-matters-sign-up/>).

Clear, calm and courageous Compassionate and Effective Communication

Oct. 28, 9:30am to 4:30pm at Albany UU

Come learn and practice a peaceful means toward healthy relationships with Philomena Moriarty and Jan McCracken, both long-time members of Albany UU. In this workshop, we will introduce the principles and skills of nonviolent communication by learning to:

- ◆ identify and express personal needs and intentions
- ◆ identify and reflect the needs and intentions of others
- ◆ develop clarity in communication
- ◆ reduce reactivity in ourselves and others

Jan McCracken and Philomena Moriarty have been

facilitating workshops and practice groups in Nonviolent Communication for several years. As a way to promote peaceful relationships, the practice was founded by Marshall Rosenberg in the 1960’s and is still used throughout the world. <https://www.cnvc.org>

Please register by October 22. Sign up in Channing Hall or send an email to registration@albanyuu.org, and include your telephone number. Free will donations to cover the

cost of materials and refreshments will be gladly received.

To maximize your experience in the workshop, and afterward, you might consider reading Marshall Rosenberg’s book, *Nonviolent Communication, A Language of Life*.

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.)

No Halloween Party at Albany UU this year: Use this time to explore Albany!

With so many events competing for the attention of families at Halloween the Religious Education Council decided not to complicate things by hosting a party at Albany UU.

Do you have plans to celebrate Halloween and the Harvest? Instead of (or in addition to) staying in your own neighborhood or going to a farm, you might consider attending an event here in Albany. It might be a nice way to connect with the Albany community – even if you live outside the city. Here are some suggestions to get you started: **Ghosts of Albany Walking Tours** <http://www.albany.com/event/ghosts-of-albany-134954/>; **Capitol Hauntings** special tours of the NYS Capitol, <http://www.albany.com/event/capitol-hauntings-135365/>; **Halloween Spooktacular** at New York State Museum <http://www.albany.com/event/halloween-spooktacular-at-nysm-40359/>; **Halloween Party** at Washington Park Lake House; Albany **Lantern Parade** in Washington Park.

RE sponsored potluck postponed

The RE Council-sponsored potluck will be on Dec 4. Join us the first Friday of December for food, fellowship and fun--and kick off the start of the holiday season with your UU family.

Our Community

Silver Bay beckons

There is still time to make UU Weekend at Silver Bay the highlight of your fall season! This retreat conjures up images of stimulating workshops, family togetherness, music floating over the mountains, cozy conversations by the fireplace, the sights and smells of fall, nature walks and hikes and silent auction skirmishes.

Up-and-coming comedian, Anthony Terrible, (who has opened for Lewis Black, Kathy Griffin, and Gilbert Gottfried) will perform Friday evening, followed by the movie *Top Hat*. Another new event will be a series of mealtime kid's 3-minute talent spots in lieu of the traditional Saturday-night talent show for all ages.

Yes, that perennial favorite.... The Silent Auction, a hotly contested event for young and old! Put aside your gently used items and bring them with you. Favorite items include small electronics, collectibles, nice serving dishes, books, jewelry, and artwork. And don't forget the kids! Children's items are some of the most sought-after auction articles.

Join in on all the fun! Sign up at the UU weekend table or fill out the registration form and send it with a deposit to Linda Way. (Her contact information is on the form.) And please consider volunteering for one or more of many different roles, including assisting Silver Bay staff with kids' programs for all age levels.

2017 Get Connected Activity Fair

Sunday, Oct. 22

Albany UU is full of activity – lots of them are posted on bulletin boards in Channing Hall and listed in the Order of Service. But there are many other activities that go on that you may not be aware of. Sunday, October 22, is your chance to “Get Connected”; find out about the MANY opportunities at Albany UU and how you can benefit from getting involved!

Emerson Community Hall will be set up with tables and representatives from these various groups, ranging from Religious Services, Gardening, Choir, Inclusivity, Flower Committee, Interfaith Impact and Lifespan Learning, along with social and justice activities. You can also learn about opportunities to

help others, while deepening your personal connections within our Albany UU community.

There is a volunteer opportunity to match every interest. Come to Emerson Community Hall after the service on October 22 and find your perfect match!

For committees, programs and affinity groups who want to participate, please contact Paula (xxxxxxxxxxxx) or Barb (xxxxxxxxxxxx) or, NO LATER than Monday, October 9, and we will get you signed up. To make the whole experience more fun, there will be a “raffle” to participate in – one for kids and one for adults. Stay tuned for more! --Barb Manning & Paula Moskowitz, Co-chairs

Bridge group

Tuesdays, 1:00-3:00 pm

About three decades ago Mim Rider and Marge Collins started a bridge group at Albany UU: party bridge, “bridge for fun” for all skill levels, a social event for that game. If you like to play bridge, or want to learn to play bridge, come join us! All are welcome.

All Sides Considered will NOT meet on 5 Oct. See you on 19 Oct.

Circle Dinners

Circle Dinners are “coordinated potluck” dinners shared by 6 - 9 Albany UU newcomers and old timers, friends and acquaintances of all ages, single or with partners. Our objective is to strengthen our Albany UU family by getting to know each other better while sharing conversation and delicious food in a relaxed atmosphere. We welcome everyone and want everyone to feel comfortable.

Food allergies, dietary restrictions, and other specific personal needs, such as transportation requirements, are regularly accommodated. Those who want to include their children are encouraged to consider hosting a family Circle Dinner.

Please mark your calendars now with the Circle Dinners that are already scheduled: Friday, Nov. 10, 2017; Saturday, Jan. 13, 2018; Saturday, Mar. 3, 2018; and Saturday, May 12, 2018.

How it works John and Peggy Sherman will be facilitating Circle Dinners following retirement of Albany UU's long-standing Circle Dinner facilitator extraordinaire, Martha Musser. To participate, sign up

using the signup forms posted on the bulletin board in Channing Hall. Deadlines for signing up for each dinner will be publicized in Windows and the weekly announcements. If you have questions contact John at xxxxxxxxxxxxxxxxxxxxxxxx.

John will notify hosts and guests by email (or phone) of their assignments. Each host will then coordinate their dinner by contacting their guests with directions to the host's home, an announcement of any specific dietary restrictions, and requests for what is needed for the meal.

Feeling crafty?

Calling all folks who would like to make wood, metal, fabric, yarn and other crafted items at home for the December 3rd Holiday Bazaar. Please contact Si-grin Newell at xxxxxxxxxxxxxxxxxxxxxxxx if you have any questions.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, October 8, 2017 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 October, we will discuss Pulitzer Prize and National Book Award winners, *The Underground Railroad* by Colson Whitehead. The New York Times August 2016 review of this novel states in part: "It touches on the historical novel and the slave story, but what it does with those genres is striking and imaginative. Like its predecessors, it is carefully built and stunningly daring; it is also, both in expected and unexpected ways, dense, substantial and important."

Our November book, to be decided.

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

Albany UU Humanists Tuesday, Oct. 17, 7:00 pm


The Albany UU Humanists meet on the third Tuesday of the month at Albany UU. This is a call for all humanists, atheists, agnostics, religious humanists, secular humanists, spiritual humanists and free

**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 Albany UU office at 518-463-7135, or one of them personally. They are: Chuck Manning, Phil Rich, Randy Rosette, Sandy Stone, Lisa Barron, Donna Meixner, Dee Van Riper, Eileen Casey-Campbell.

thinkers to gather together and share our stories and journeys; and to explore various aspects of UU Humanism. The best way to keep up with the conversation is to be present at the meetings.

Also, a good way to keep up with the discussion and future planning is to join the Albany UU Humanists eGroup conversations. To sign up go to members.albanyuu.org, Member Logins, ChurchDB. Login, or retrieve your password if you are a new user, click  Groups, and add your name to the Albany UU Humanists. Or you may contact Don Odell (xxxxxxxxxxxxxxxxxxxxx), or the church office for assistance.

For further information on Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://humanists.org>. There you will find the UU Humanist blog, feature articles and commentary, and some related Facebook groups. There is also the American Humanist Association's website at <http://americanhumanist.org>.

Collegiate a cappella concert and potluck supper Friday, Nov. 3

Potluck at 6:00 pm, concert at 7:15 pm

Mark your calendars for a reprise of the really wonderful collegiate A Cappella concert sponsored by the Albany UU Choir. If you were one of the dozens of people who were there last year, you will remember what a fun evening that was!

The pot luck will start at 6:00 in Channing Hall.

Please plan on bringing a dish to pass – if possible, make a little extra since we are expecting 50 – 60 college students to join us for dinner. If you can't bring food, plan on contributing \$3.00 per person to help cover the cost of drinks.

The concert will start at 7:15 in Emerson Hall. Ad-

Social Justice

From the Green Sanctuary Committee

In the last month, we've been reminded of nature's power in a big way. In late August, the magnificence of a total eclipse of the Sun brought the nation together at a time of such divisiveness. For brief moments, we put aside our differences and reveled in the beauty of it all.

Watched by millions, the eclipse's Path of Totality right through the country's mid-section was a time of awe and reverence for something truly greater than ourselves. To see it through NASA's cameras 250 miles outside of the atmosphere was much like the famous "Earth Rising" photo taken by Apollo astronauts in 1969.

Many credit the photo as one of the things that triggered the modern environmental movement since it drove home the point that, as far as we know, the Earth is our only home, so we need to take care of it. Since then, a lot of progress has made in cleaning our air and water as well as reducing our CO2 footprint with the Paris Climate agreement the crowning achievement.

But the Trump Administration threatens to undo everything we've accomplished. Not only has Trump pulled out of the Paris Climate Agreement, his administration is dismantling every regulation, policy and program related to the environment almost daily, says Judith Enck, former EPA Regional administrator who spoke at the Albany Unitarian Universalist community on September 28 at the invitation of the Green Sanctuary Committee. Follow Judith Enck on twitter @Enckj

As the Trump Administration "assaults" the environment, nature sent a series of messages to us loud and clear.

Three unprecedented hurricanes, Harvey, Maria and Irma, dumped biblical amounts of rain in Hou-

ston and blew unfathomable winds above 170 mph on the interior of Puerto Rico and Florida. Their Path of Destruction left thousands homeless and cost billions in damage. Climate experts warn that these 100-year storms will happen with increasing frequency and intensity.

Like the eclipse and its Path of Totality, much of nature is out of our control, but plenty is within our grasp. According to experts, the climate change occurring now is due to our environmental practices and, therefore, can be mitigated by our habits. But time is running out. We are almost past the point of no return in reversing climate change.

Increasingly we are faced with a pressing decision: either we accept the Path of Destruction from short-sighted roll backs in environmental policy, or the Path of Totality with full-intent in addressing climate change and coming together for something that is greater than ourselves.

The Green Sanctuary Committee was honored to host noted environmentalist Enck as keynote speaker to launch our new season. The committee is now forming its agenda for the upcoming and there are many ways to get involved, so please reach out to us.-- Tim Kane

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Solar for the other 75 percent

Wondering how you can take advantage of solar power to reduce your impact on the environment while also saving on your electric bills? Until recently, rooftop solar was the only option, available just to those who own their home and have an unshaded roof well-oriented to the sun. It's estimated that only 25 percent of New York residents can take advantage of rooftop solar. But now solar power is available to anyone who pays an electric bill: community solar customers buy panels in a remotely located solar array and each month receive credit on their electric bill for the kilowatt hours generated by their panels. Solarize Albany has helped to plan two community solar arrays, to be started by dates

yet to be determined, while Hudson Solar has panels available in a solar array that will be in operation before the end of the year. For more information, contact David Musser and/or pick up a community solar handout at the Green Sanctuary table in Channing. -David Musser

Geothermal, too

Green Sanctuary had a forum in September about geothermal residential heating systems. Geothermal heating involves pipes underground bringing 50-55degree temperatures into a residence via a heat pump so that the home owner pays only for heat or air conditioning above that temperature: the homeowner pays for heating or cooling up from 50 degrees instead of from 30 degrees, or down from 80. New geothermal heating systems are less expensive than previously, so now a homeowner can

put as little as \$20,000 down or contract to pay \$150 per month for 20 years. As one UU attendee said, the \$150 per month for 20 years is less than what she is paying without the system now. GSC does not recommend one company over another; so, if you are interested, you still must do your homework.

Recently, GSC has talked a lot about purchasing solar panels or signing up for community solar. If you have questions about LEASING SOLAR PANELS feel free to call our own Russ Myer at xxxxxxxxxxxxxxxxxxxxxx. His UU family loves their rental. Thanks, Russ. -Betsy Wright

Still functioning incandescent light bulbs can be taken to the Habitat for Humanity ReStore on Fuller Road. -Carol Butt

Shaping Change



Transforming Our Congregations & Communities

Fall Gathering sponsored by the
Hudson Mohawk Unitarian Universalist Congregations
and **NY State Convention of Universalists**

Join us in Albany on Saturday, October 21, to learn and share **new skills and strategies for strengthening and transforming our congregations & communities.**

Rev. Dick Gilbert will offer the keynote presentation "Ruminations on the Meaning of Change."

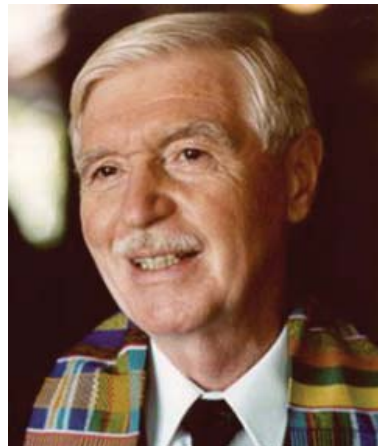
Plus your choice of 8 afternoon workshops, including:

- ▶ What is the role of UUs in Social Change?
- ▶ The Death (and Rebirth?) of Sunday School.
- ▶ How to "decenter whiteness" to make worship more welcoming to all.
- ▶ Finding & embracing our role in the heart of community.
- ▶ Getting Real: Power, Culture & Race.
- ▶ Social Justice Roundtable: Sharing questions & successes.

Cost: \$25 per person to pre-register. \$30 at the door.

See over for a detailed schedule & workshop descriptions.

REGISTER ONLINE NOW at: uuso.org/nyscu-registration-form/
or call the Albany UU office for a paper registration form.



**Saturday,
October 21, 2017**

9:00 am - 3:30 pm

**Albany Unitarian
Universalist**

405 Washington Ave.
Albany, NY 12206

(518) 463-7135

PLUS

Fri. evening, Oct. 20
7:00 - 8:30 pm

Fellowship & Entertainment featuring
Dan Berggren.



Hudson Mohawk Unitarian Universalists

ALBANY • GLENS FALLS • KINGSTON • SARATOGA SPRINGS • SCHENECTADY

HudsonMohawkUU.org



Basic Schedule & Logistics

Location: All events held at Albany Unitarian Universalist, 405 Washington Ave., Albany NY 12206. **Cost** is \$25 pre-registered or \$30 at the door. **Childcare** is available. Please indicate on the registration form if you need childcare.

Housing: Marriott Towne Place Suites Downtown, 22 Holland Ave., Albany. 518-860-1500 Rate is \$109/night if reserved by Oct. 1. Mention NYSCU or OCTR for the group rate. Home hospitality is available for \$40/night. Contact the Albany UU office at office@albanyuu.org or 518-463-7135.

Friday, Oct. 20: Evening Entertainment

7:00 to 8:30 pm Join us for refreshments, fellowship, and folk musician Dan Berggren. See www.berggrenfolk.com

Saturday, Oct. 21:

- 8:00 Continental breakfast & registration
- 9:00 Opening worship
- 9:15 Keynote presentation, followed by Q and A
- 10:30 Break
- 10:50 NYSCU Business Meeting / HUUU Gathering
- 11:45 Lunch (vegetarian choices provided)
- 12:45 First workshop session
- 1:45 Break
- 2:00 Second workshop session
- 3:00 - 3:15 Closing worship

Descriptions of Saturday Sessions

Keynote: "Ruminations on the Meaning of Change"

"We were made for times like this." The ancient Greek Heraclitus of Ephesus sent a message to the ages when he said the only constant is change. Earth's changing climate is a natural demonstration of this cosmic truth. Both Barack Obama and Donald Trump ran on a "change" platform, with drastically different outcomes. Democracy as a philosophy is based on the possibility of change. Unitarian Universalism as a faith is grounded in the idea that religious growth is a lifetime endeavor. What does change mean to us and how do we deal with it in 2017? *After 44 years in UU ministry, Rev. Dick Gilbert is currently president of Interfaith Impact of NY, and is the author of the Building Your Own Theology adult RE series.*

Workshops — Session 1:

"This is What Democracy Looks Like: What Is the Role of UUs in Social Change?"

Using Interfaith Impact of NYS as a case study, Rev. Dick Gilbert leads a discussion of why and how UU congregations should be involved in changing society. Participants are urged to explore their own congregations' strategies for building the Beloved Community.

REGISTER ONLINE at:

uuso.org/nyscu-registration-form/

← Thank you to UU Oneonta for help collecting conference registrations & fees.

"Connecting Roots and Wings: Universalism in the Eastern United States and Canada"

When and how did Universalism rise and spread on the Eastern seaboard? What were the cultural trends then and now? Might there be connections to the rise in Universalist identification among many current Unitarian Universalists? *Joyce Gilbert, past president of NYSCU and 5th generation NY Universalist; Rev. Carol S. Haag, Murray Grove Stewardship Chair*

"A New Kind of Cathedral"

In *Memories, Dreams & Reflections*, C.G. Jung wrote of a religious crisis that culminated in a bizarre vision of God atop the magnificent cathedral in Basel. This event had an enormous impact on Jung and his relationship with his father, a stern Lutheran minister. Their dialogue illustrates the ways that dogma can create a barrier to religious experience. *Margaret Maguire Davis is a member of UU Oneonta, a past Treasurer of NYSCU, and a former Trustee of the CG Jung Foundation.*

"The Death (and Rebirth?) of Sunday School"

Some suggest that the Sunday school model of religious education died in UUism more than a decade ago. What RE models and strategies can address our current culture and demographics? Join *DRE Leah Purcell and Rev. Sam Trumbore of UU Albany, who have explored this topic with UU RE professionals and have also explored the Think Orange model.*

Workshops — Session 2:

"Getting Real: Power, Culture, and Race"

An exploration of the ways unarticulated, unexplored, often unseen cultural differences trip up our work for racial justice. When we don't know that we don't know, we are particularly vulnerable to making mistakes, hurting each other, and being bewildered about what happened to all our good intentions. *Rev. Evin Carvill-Ziemer is Congregational Life Staff for the Central East Region of the UUA*

"FAITH+WORKS: Finding and Embracing Our Role in the Heart of the Community"

Asset Based Community Development (ABCD), community listening, and First UU of Essex's shift to an outward facing Urban Ministry (The HUUB) in a changing faith climate and what it has meant to make the pivot to this type of ministry over the past few years. *Charles Wirene is Managing Director of The HUUB from First UU of Essex County, Orange, NJ; Greg Giacobe is the church administrator and board secretary*

"Welcoming Worship"

UUs are called to draw the circle of welcome ever wider. But how welcoming is our worship to people of color? Let's examine the presumptions of sameness our very Protestant worship makes and how to decenter whiteness in the precious hour we spend together each week. *Rev. Kimberley Debus is a community minister based in the Capital Region, inspiring congregations to create artful and art-full worship, congregational life, and public witness.*

"Gathering on Social Justice: Justice Leaders Roundtable"

An opportunity for justice leaders to connect and collaborate. Let's talk about how we work for climate justice, immigrant rights, black lives matter, LGBT justice, or other issues. Do you have an initiative that you'd like other congregations to participate in? Do you have a success story to share? Is there a perplexing justice question you'd like to discuss with others who might have faced something similar?

Contact Us

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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) Albany UU 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

Websites

General: www.AlbanyUU.org

Resources: www.members.AlbanyUU.org

Building use

To **reserve a room** for an Albany UU activity, contact Administrative Assistant Tammy Hathaway (518.463.7135 or office@albanyuu.org).

To **rent hall or classroom space** for a personal or non-Albany UU activity, contact Church Administrator Amy Lent (518.463.7135 or admin@albanyuu.org).

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

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

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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