

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.

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

May 2017

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

(1st Sunday/mo. Oct.-May)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

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!

Services

May 7 "Making the Water Visible," Rev. Sam Trumbore

Our congregation will be participating in a nationwide teach-in on white supremacy culture. The organizers want us to learn how to recognize racism. They are using the metaphor that white folks are like fish swimming in water that they don't notice. Using innovative teaching methods that appreciates different learning styles, we'll be putting a little dye in that water to help make it visible.

HOMEWORK: Read/reread "Letter from a Birmingham Jail" [Rev. Dr. M.L. King, Jr.] https://www.africa.upenn.edu/Articles_Gen/Letter_Birmingham.html

Other Teachin preparation resources can be found here: <http://albanyuu.org/teachin-resources/>

Music: Choir

May 14 "Honoring our Foremothers: Margaret Fuller," Rev. Sam Trumbore

Mother's Day is a great time to honor women of significance in our history. Margaret Fuller was a contemporary of Emerson and the nineteenth century American Transcendentalists. She advocated for the rights, education and inclusion of women and their voices. She helped set the stage for the Women's Rights movement and Seneca Falls Convention in 1848.

Music: Choir

May 21 "This I Believe"

As Unitarian Universalists, we honor the voices of members of our congregation in their individual search for truth and meaning. This service provides an opportunity to hear the thoughts and reflections on life from three Albany UUs— Peter Meixner, Jacqui Williams, and Annie Metzger

May 28 "National Bird: the Automation of War," Rev. Sam Trumbore

Increasingly, wars are being fought by machines rather than people. The problem with this automation of war is the devaluing of civilians. Drone warfare is a glimpse of that automated future of war. Is our national bird, our symbol, becoming the drone?

Music: Choir

Calendar

Events happening every Sunday at Albany UU

9:00 AM Mindfulness MeditationSanctuary
 10:00 AM ServiceEmerson
 Family Chapel (1st Sunday/mo. Oct.-May)Sanctuary
 Religious EducationClassrooms
 11:00 AM Coffee Hour.....Channing

Exceptions: NOTE—Choir rehearsal start time has changed to 7:15 PM.

Regular events and meetings

CHECK the newsletter for changes to date, time and location

Sundays 5:30 PM Walker Book Club (2nd)
 11:45 AM Green Sanctuary Committee (1st)
 11:45 AM Social Responsibilities Council (3rd)
 Mondays 12:00 PM Channing Circle (3rd)
 6:15 PM Religious Education Council (1st)
 Tuesdays 10:00 AM Philosophy Group (weekly)
 1:00 PM Bridge (weekly)
 7:00 PM UU Humanists (3rd)

Wednesdays 10:00 AM Projects & Quilts (weekly)
 12:00 PM All Sides Considered (1st & 3rd)
 7:15 PM Choir Rehearsal (weekly)
 Thursdays 7:00 PM Program Coordinating Council (2nd)
 7:00 PM Board of Trustees (3rd)

All other events happening in May

1-May Monday

5:30 PM Membership Committee..... B-8
 6:15 PM RE Council meetingChanning

3-May Wednesday

5:30 PM Congregational Covenant Team..... B-3/B-4
 5:30 PM SRC peace team huddle #4..... Channing Hall
 6:30 PM Wellspring Spiritual Practices B-8

4-May Thursday

5:30 PM SURJ Education & Outreach Group Meeting..... B-3/B-4
 6:00 PM SRC Black Lives Matter Task Force - Film and FoodEmerson

6-May Saturday

8:45 AM Getting to Know UU B-7, B-8

7-May Sunday

11:00 AM Meet the Candidates.....Emerson
 11:45 AM Green Sanctuary Meeting..... B-8
 11:45 AM Parent Support Group 24/25
 12:00 PM CROP Walk Lunch.....Channing

8-May Monday

10:00 AM Small Group Ministry..... B-5

9-May Tuesday

6:30 PM Finance committee..... B-7

11-May Thursday

6:45 PM Practice Group for Nonviolent Communication.Emerson
 7:00 PM Program Coordinating Council..... B-8

12-May Friday

6:30 PM Family HEART Camp Program.....Channing
 7:00 PM Rite of Passage RehearsalEmerson

13-May Saturday

2:00 PM Jan Satin Memorial ServiceEmerson
 6:00 PM Circle DinnerOffsite

14-May Sunday

11:45 AM Men's Group B-6
 5:30 PM Walker Book Club.....Channing

15-May Monday

12:00 PM Channing Circle Lunch Channing
 1:30 PM Third Monday Afternoon Meaning Matters..... B-8

16-May Tuesday

7:00 PM Albany UU Humanists B-8
 7:00 PM Third Tuesday Meaning Matters..... Stott Lounge

17-May Wednesday

6:30 PM Wellspring Spiritual Practices..... B-8

18-May Thursday

5:30 PM Religious Services Committee B-7
 7:00 PM Albany UU Board Meeting..... Channing

19-May Friday

6:00 PM RE Council Retreat..... Channing

20-May Saturday

9:00 AM RE Council Retreat..... Channing
 5:30 PM Cloud Auction Dinner Channing

21-May Sunday

11:00 AM New Member Reception Emerson
 11:45 AM Albany UU Annual Meeting Emerson
 11:45 AM Parent Support Group 24/25, 26
 11:45 AM Service to Service Channing
 11:45 AM Social Responsibilities Meeting..... B-7

22-May Monday

10:00 AM Small Group Ministry B-5
 7:00 PM Fourth Monday Meaning Matters B-8

23-May Tuesday

6:00 PM Showing Up for Racial Justice (SURJ) Emerson

25-May Thursday

6:00 PM SURJ Parent Support Group..... 24/25
 6:45 PM Practice Group for Nonviolent Communication Emerson

28-May Sunday

10:00 AM FOCUS Food Pantry Sunday
 11:45 AM Men's Group..... B-6

Sam's Outlook

Embodying Our Values

Rev. Sam Trumbore

Unitarian Universalism has mined and refined beautiful values from the world's religious, philosophical, ethical and wisdom traditions to be our guiding principles. The inherent worth and dignity of every person is a precious jewel we celebrate. Our commitment to justice, equity and compassion shows the way to actualize that value in human relations. We affirm meeting difference with acceptance and life-long learning with a commitment to spiritual growth for all. That process of growth honors the individual's free and responsible search for truth and meaning. We recognize institutions can be oppressive and power must be carefully managed through the use of the democratic process. On the macro level as well as the micro level we are committed to community with peace, liberty and justice for all. Last but far from least in today's world of threatening climate change is our respect [and I'll add advocacy] for the interdependent web of existence of which we are a part.

These are beautiful values but they cannot become actualized in the world without people to advocate and fight for them. That's the 'embodying' part. We are the ones these values have been waiting for to become a lived reality in our congregations. We are the ones who can champion these values in the world and bring them to life. The rich and powerful, the empires that dominate the world, the systems of oppression that put one over another, often do not operate on these values nor advocate for them. In these values are an egalitarian humanitarian vision that resists the domination of the strong and powerful against the weak and vulnerable.

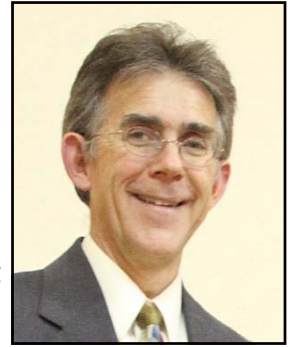
We often lift up individuals as exemplars of embodying values. Abraham Lincoln and George Washington, Archbishop Desmond Tutu and Nelson Mandela, Martin Luther King and Harriet Tubman, Susan B. Anthony and Elizabeth Cady Stanton, Channing, Emerson and Parker, these are all towering individuals who faced overwhelming opposition yet advanced their core values to make their voices heard. Good and admirable as they were and are, what goes missing in each case are the many, many peo-

ple who stood behind them and with them, even died for them, so their values could be heard and gain acceptance.

The reality is, for me to stand by myself on the street corner holding a sign has very limited impact – even if it goes viral on Youtube. My individual letter to the editor, comment on a blog, or blogging for that matter, by itself, while exerting useful influence, is only effective as an extension of a larger effort. As was drilled into my brain when I studied community organizing, there are two kinds of power: money ... and people. If we want to move our values beyond our own brains, we'll need other people. And that means creating and supporting groups that become organized institutions.

For us that means individual congregations, regional structures, the Unitarian Universalist Association (UUA), and UU related organizations like the UU Service Committee, UU Ministers Association, Liberal Religious Educators Association, UU Musicians Network, Black Lives of UU, Diverse Revolutionary UU Ministers, UU Christians, Buddhists, Pagans, UU's for Social justice and the environment and International UU organizations among others. We like to organize! Each of these organizations puts our core values to work in different ways adding values that are compatible with our principles. For our size, UU's have been very effective at promoting our values in our congregations and the world.

But there is a big problem. Having individual bodies can work against the collective effort to lift up those shared values. Each of our bodies needs food, clothing, healthcare, safety and shelter. We live in a society that doesn't value all bodies equally or all identities equally. If they don't come from a respected family or background, aren't abled, don't speak English, don't have a pale pinkish white complexion, don't work in high tech or professions, aren't tall and thin, aren't gender conforming, don't have a Masters or PhD, have physical deformities



Outlook, continued on page 5

News

Annual Meeting

Sunday, May 21, 2017

Be prepared to vote! Please see the slate of candidates presented by the Nominating Committee for this year's election for leadership roles located in the Annual Meeting section at the end of this newsletter.

Take some time to read the biographies of the candidates, and to speak to the candidates at our **Meet the Candidate receptions** after service on Sundays, **May 7 and 14** in Channing Hall.

If you are not able to attend the Annual Meeting on May 21, members can vote by absentee ballot. See instructions in Annual Meeting section of this newsletter.

Jan Satin memorial service

A memorial service will be held on **Saturday, May 13**, 2:00 PM in Emerson Community Hall, followed by a reception in Channing Hall. Contributions of finger foods for the reception are welcomed. We do have parking in the UAlbany Hawley Lot for this event.

Albany UU supports the Declaration of Conscience

The Unitarian Universalist Association and the Unitarian Universalist Service Committee have called on individuals and congregations to sign a Declaration of Conscience that affirms our core UU and American values and commits to translating them into action. The Board of Trustees recently voted to add our congregation's name to the list of those supporting the Declaration, which is printed below.

The Declaration resonates with our Unitarian Universalist Principles and the ideals expressed in our Albany UU mission. More than 11,000 people have already signed on. Have you? Go to uua.org/declaration to make a public commitment to resisting hate and bigotry with our UU values.

Declaration of Conscience

At this extraordinary time in our nation's history, we are called to affirm our profound commitment to the fundamental principles of justice, equity and compassion, to truth and core values of American society.

Flyers in this issue

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

- ♦ Green Sanctuary DO MORE pledge
- ♦ A Taste of Family Heart Camp

In the face of looming threats to immigrants, Muslims, people of color, and the LGBTQ community and the rise of hate speech, harassment and hate crimes, we affirm our belief in the inherent worth and dignity of every person.

In opposition to any steps to undermine the right of every citizen to vote or to turn back advances in access to health care and reproductive rights, we affirm our commitment to justice and compassion in human relations.

And against actions to weaken or eliminate initiatives to address the threat of climate change – actions that would threaten not only our country but the entire planet – we affirm our unyielding commitment to protect the interdependent web of all existence.

We will oppose any and all unjust government actions to deport, register, discriminate, or despoil.

As people of conscience, we declare our commitment to translate our values into action as we stand on the side of love with the most vulnerable among us.

We welcome and invite all to join in this commitment for justice.

The time is now.

Electing the next leader of the Unitarian Universalist Association

The resignation of Peter Morales has highlighted the important office of President of the Unitarian Universalist Association. While serving a single 6 year term as chief executive officer, the President serves as the UUA's public face to the world.

The process of electing the next UUA President began in 2016 with the announcement of candidates:

Rev. Susan Frederick-Gray, lead minister at the UU Congregation of Phoenix;

Rev. Alison Miller, senior minister of the Morristown NJ Unitarian Fellowship; and

Sam's Outlook, continued from page 3

or psychiatric disabilities, frequently they are devalued and get less, often much less than they need for good quality of life. The systems of oppression that have developed to justify that inequality are worse than the disparity between people. All this works to undermine our collective ability as participants in an institution to uphold values that are countercultural to the reality we live in. Some of us are benefiting from the inequality and others suffer. Fear of loss or being disadvantaged by institutional leaders locks in the systems of oppression and undermines the institution's ability to live up to its values.

To tolerate the disconnection between our common values and the inequality that undermines them, those who are advantaged, assume their privilege as a natural part of their identity. It becomes invisible to them as their birthright. And because the advantaged have adopted it into their identity, to question it becomes a personal threat against them.

Our values are good. Our bodies, whatever their size, shape or color, are good too. The leaders who advocate for our values are good people too for the most part. The hiring decision at the UUA and the resignation of UUA leaders has alerted us to the big

problem functioning in our association. In a sense, there is no surprise here. We live in a society with many people deeply committed to a racist, sexist, homophobic, ableist status quo. There is no surprise that it should show up in the actions of our institutions and our members.

The problem is not seeing it and then not striving vigorously to interrupt it and dismantle it. Learning to see it and dis-identify with it is what we'll be doing May 7th. That is what leaders inside and outside of our association at all levels will be doing before we go to General Assembly this year in New Orleans. Interrupting it and dismantling it will be a high priority of whomever is elected the new President of the UUA.

The details and personalities of the current UUA controversy are very messy. I'm not interested in the process of pointing fingers and blaming or fixing. I doubt we can build an institution that will be immune from the cultural malaise all around us and in us. Right now, what we can do is work with the institutional tools at hand to relentlessly focus on our core values, make the needed adjustments, work collaboratively together, and do it willing to have our bodies be uncomfortable, very uncomfortable at times, for the good of the realization of our values in us and in the world. —Rev. Sam

Rev. Jeanne Pupke, minister of the First UU Church of Richmond VA.

You can learn more about the candidates through online links at <http://www.uua.org/uuagovernance/elections/president>

Congregational delegates will vote for the next president in June, at the annual General Assembly. Our Board of Trustees appoints 8 delegates who will represent Albany UU by voting in this election. To lead the UUA until the election, the Board of Trustees of the UUA has appointed three co-equal interim presidents: the Rev. Sofía Betancourt, the Rev. William G. Sinkford, and Leon Spencer.—Peggy Sherman for the UU Connections Team

CROP Walk and family values Sunday, May 7

Our Albany UU community lives true family values by teaching our children compassion and empathy

for those in need. Family participation in activities like the CROP Hunger Walk is a great way to reinforce a message of caring. CROP Walks raise dollars to support hunger relief programs, both locally and around the world. On a more symbolic level “we walk because they walk” – in solidarity with those who must walk daily to feed and care for their families.

The Albany CROP Hunger Walk is coming up on Sunday, May 7. It starts and ends at First Lutheran Church near Albany UU. There's a lunch in Channing Hall after the service, but before the Walk. The regular Walk route is about 3 miles, but there's a one-mile option, and the loop can always be shortened to accommodate the capabilities of your family. We encourage all families to sign up for our CROP Walk team (Team UU). See Dawn Dana at the coffee hour CROP Walk table, or call Dawn for more information (xxxxxxx). Go Team UU!

Board notes

Keep it up!

Kathy Harris, Treasurer

As I complete my second year as the Albany UU Treasurer, I am often reminded of the fantastic financial commitment we, the members and friends of Albany UU, make to this congregation – along with the considerable time and talent that makes Albany UU the vibrant community it is. According to the monthly Treasurer's Report (available in the office if you are interested), last year's pledges and their fulfillment are coming in ahead of schedule. Your support is also evident in our FUN/D raisers (Auction, Bazaar and Wine and Cheese events), which provide significant support to our operations.

Some of you have been following the drama of restructuring the debt we incurred ten years ago when we built the Emerson wing. We have just finalized the restructure. In 2007 we owed \$1,765,000 to our Endowment Trust and to Berk-

shire Bank. Thanks to ten years of mortgage payments, the Looking Forward Campaign and diligent stewardship of existing savings, we have now reduced our original debt by over 50%, only \$142,000 in a formal mortgage with an outside bank. Ten Albany UU members have loaned funds to the congregation at an interest level lower than what we are paying to the commercial bank – but a bit higher than most people can get in a current savings account. And we do owe the Endowment Trust additional money.

Final retiring of this debt will still take many years. But Albany UU is in a good financial position to get there. And the programs and activities our congregation participates in are continuing to attract new members and friends. Keep up your commitment of time, talent and treasure! Albany UU is worth it!



Growing Together

Getting to Know UU: orientation to UUism Saturday, May 6, 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.)

it when you register.

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

Spring Calendar of RE Last session of both 4th grade and 8th grade OWL will be April 30

May 7 is the teach in on learning about the culture of white supremacy and racism. Children in Pre-k through 5th grade will attend Family Chapel. The story will be Amazing Grace. The Neighboring Faiths group is going to the Grafton Peace Pagoda; the group will meet at Albany UU at 10:00 and return around noon. The 8th grade group and the senior high groups will each have a session to learn more about the messages they receive about race and supremacy.

May 14, 21 and 29

Pre-k through 5th grade groups will have some combined groupings for special programming on the theme of "Embodiment" – for kids we can say embodiment means acting the way you feel or acting on things that are important to you.

Neighboring Faiths (6th/7th grade) will have regular

Religious Exploration

Leah Purcell, Director of Religious Education

The theme for May is Embodiment

"Hearing about [others'] first, big question got me wondering about my own. What is the question that I asked as a little girl and have never stopped asking? How has asking that question defined, even if unconsciously, the choices I've made, the things I've created, the legacy I will leave behind?" - Courtney Martin

In our Parent Support Group recently we've been talking about the legacy we want to leave behind in our children. More than anything parents want to leave a legacy that their children will embody the values they hold dear. However it's hard in the minutia of day to day living to focus on legacy. We just want things to run smoothly. And so we create rules. And we neglect to cultivate relationships.

We know that children are keen observers and pay more attention to what we do than what we say. From "Think Orange, Imagine the Impact When Church and Family Collide" *Most parents buy into the myth that what is most important is to pass down the reasons for the rules. If they simply explain why they have the rule it will result in a different response and behavior from their children right?*

Truthfully though, I don't recall a time when I gave such a wonderful explanation of the rules that my children agreed and said in unison, "Oh, now we understand, Father! You have explained it so well, we will do exactly what you say." The problem with reasons is that you can debate them."

But while it's hard for anyone to argue with actions, it's also hard for us adults trust that if we align our actions to the values we want our children to embody, that they too will come to embody those values.

In their book, "Respectful Parents; Respectful Kids" Sura Hart and Victoria Kindle Hodson, give this advice, *"Your thoughts about your children will determine how you see them and how you treat them... If you ...see your children as capable of handling life, you will convey your confidence, treat them with respect, and give lots of opportunities to*

make decisions for themselves."

Here are some questions for you to consider as a parent or caretaker as you create a legacy within your children:

When you envision your children now, what qualities do they have that you admire or appreciate?

What's a quality that you'd want them to have that they don't yet? – some quality that children of their age are likely to have. What would they be doing that embodies that quality?

I invite you to think about what you could be doing that tells your child you have confidence that they could do those things. How can you embody those qualities? For example, if you want your child to be self-sufficient, what would you be doing now to show them you have confidence that they can take care of themselves? If you want your child to be grateful for what they have, how can you show them you know they can cultivate gratitude?

As we approach the teach in on May 7 on addressing the culture of white supremacy, I ask you to consider what it would look like for your child to uphold our first principle - that every person has dignity and worth. What can you do to show them you have confidence that they will not only treat other people with respect, but that they also have the qualities of curiosity, humility, and open heartedness that will help them learn more about the world we all live in and face the challenges it will take to make the world more just?

In faithful service,
Leah



sessions

8th graders will be invited to some or all of the senior high sessions – stay tuned for details on that.

June 4 RE Sunday with the celebration of our RE volunteers and bridging ceremony for youth leaving our program. It's also Sundae Sunday. Ice cream and non-dairy treats will be served in Channing Hall.

June 11 Multigenerational service with the Flower Ceremony

June 18 First day of summer session

Makerspace in Summer Session

Summer is a time for us to explore and have some fun with special, one-time events. Makerspaces are workshops that adults create to give kids hands on experiences in the world, and opportunities to put their values into action.



I'm inviting adults and high school youth in our congregation to share a skill they have with the children one Sunday this summer. It could be bike repair,

Three ways to sign up for a class or event:

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- 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.)

how to write a letter; how to save money/balance a check book; gardening; cooking; spiritual practices like yoga or nia; how to design flyers and posters, learning through using Legos or other skills. Contact Leah Purcell at dre@albanyuu.org if you have a skill share of if you need help figuring out a skill you could share.

Have you heard about Family HEART Camp at Unirondack?

Come experience a **Taste of Family HEART Camp on May 12 from 6:30 - 9:00pm**. Dinner, games, and information will be presented in ways that simulate a day at Camp.

RSVP requested so that we can best plan for dinner and activities.

To sign up, see box. Also contact Jan McCracken or Leah Purcell for more information.

Family HEART Camp is for all ages and grounded in principles of Nonviolent Communication. With all the bells and whistles of a full camp experience, compassionate community is built in fun and creative ways. For many, it's a family vacation unlike any other. Come and consider if it might meet your needs!

Living for today and many tomorrows Wellness Workshop

Do you desire to enjoy every day to the fullest now and for the rest of your life? Come and learn how your lifestyle can enable you to do so. Research is showing how exercise, stress management and a healthy diet can help you to live a quality life today and for many years to come.

Experience this one-day workshop on **Saturday, June 17**, 10 AM to 4 PM. Sliding scale fee of \$20 to \$60; bring your own lunch. Dr. Bruce McEwen, workshop presenter, is a retired biochemist and a certified yoga instructor teaching yoga for the past 20 years. To sign up, see box.

Register for 2017-18 RE now

That's right; avoid some of the rush and crush of fall and sign your children up for our Religious

Education program now. You can register on line at <http://members.albanyuu.org/wp/pdf/reregistrationcurrent.pdf> or pick up a paper copy at the RE office on Sunday mornings.



Our Community

New art show in Channing Hall

The art show currently in Channing Hall is entitled "Make A Bid". Suggested prices are on the artists' lists, but bidders can go lower or, if feeling especially generous, higher! All proceeds from sales go to Albany UU.

Lisa Barron and Terry Way have decided to reduce their home inventories in preparation for future downsizing, so please take things that appeal to you off their hands.

Lisa works in oil and pastel and has exhibited for the last 40 years in local shows. Her specialties are landscape and portraits, and she is currently working on a series of endangered species in larger works.

The price of inclusivity is eternal vigilance

Albany UU has an inclusivity team! If you have ideas on how to make our congregation more multiculturally inclusive or if you want to be a part of the process in any capacity, please contact one of the team chairpeople, Annika Pfluger xxxxxxxx and Patti Jo Newell xxxxxxxx.

Silver Bay A Family Affair

"We wouldn't miss Silver Bay! Stunning location, historic buildings, helpful professional staff, so much good food. I especially love meeting new friends, finding some solitude, exploring the grounds, kayaking with my daughter. The music and the Saturday night social/silent auction are lots of fun too! I've found the programs for children creative and engaging - Spy Training, Campfire Cooking, Making a Gnome House are some recent highlights, according to our 8-year-old daughter, Julia. She really looks forward to Silver Bay - this will be her 5th year in a row." —*Vanessa Cayford, Matt Lesniak and Julia Lesniak*

Register by May 29th for the UU Weekend at Silver Bay on October 13-15, 2017 to lock in **the 2015 rates. First-timers will receive an additional 10% discount!** Stop by the UU Weekend table during coffee hour to check out the latest schedule of workshops and activities, get more information, and fill out a registration form.

Would you like to serve as a Pastoral Care Associate?

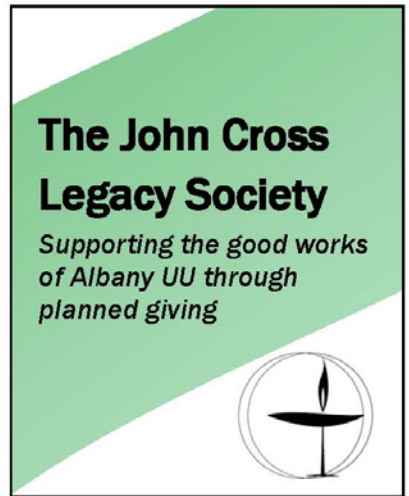
Positions will be opening up this September on our Pastoral Care Associate team. Pastoral Care Associates assist Rev. Sam to expand the pastoral care offered to our members and friends. The PCAs practice active listening offering emotional support. They are on duty every Sunday to respond to needs for pastoral support. If you are interested in applying for consideration for this position, please contact the office or Rev. Sam to get an application.

Albany UU Humanists

The Albany UU Humanists next meets 7 PM on Tues., May 16 in Room B-8 at Albany UU, the third Tuesday of the month. At our April meeting, we had a free flow and active discussion about things of concern at Albany UU and the role Humanists have in the congregation. The conversation continues in subsequent meetings. Are you a secular humanist, atheist, agnostic, spiritual humanist, or other defined humanist, please join us and share your perspective and hear from others. The best way to keep up with the discussion and future planning is to join the Albany UU Humanists egroup site (details below to join), and in the weekly Previews. Please come.

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

Also, please join the Albany UU Humanists conversations on the Albany UU website (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 (xxxxxxx) to be added to the egroup.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, May 14, 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.

Our May classic is a 1929 novel, A High Wind in Jamaica, by Welsh writer Richard Hughes. The Guardian describes this book as “one of those rare novels that works on more than one level and can appeal to all ages. It changes as we change, and its theme is change itself.”

We will finish the church year in June with a timely nonfiction book, Corruption in America: From Benjamin Franklin's Snuff Box to Citizens United, by Zephyr Teachout.

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

Staff Evaluations

Each year Rev. Trumbore and our Church Administrator, Amy Lent, conduct reviews of each staff member we supervise. As part of that process, we solicit congregational input to include. We especially appreciate stories of how our staff has served you well this year. Our staff really appreciate the positive feedback. We are also interested in hearing about any significant problems you might be having with a staff member. If needed, these comments can be treated confidentially.

Please contact Rev. Trumbore, Amy Lent, or members of the Personnel Committee (Linda Hunt, Ben English, Jacqui Williams, or Bobbi Place) with your comments.

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.)

**Need to talk?
FUUSA Pastoral Care
Associates are here
to listen!**



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albany-uu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Dave Munro, Chuck Manning, Phil Rich, Jan Satin, Randy Rosette, Sandy Stone, and Lisa Barron.

Social Justice

Social Responsibilities Council recommends this link for a calendar of peace and justice issues:

<http://www.bethlehemforpeace.org/nonBNPevents.htm>

Also, there are a number of important lobby days coming up:

- ♦ Interfaith Impact of NY: Monday, May 1
- ♦ Compassionate Choices: Tuesday, May 9
- ♦ Unite for Parole and Prison Justice: Wednesday, May 10

There are advocacy training days ahead of the lobby days—check out their websites.

Raise Your Voice for End of Life Choice

Contact your lawmakers. The Medical Aid in Dying Act (S.3151/A.2383) would give New Yorkers the option to make end-of-life healthcare decisions that are right for them in the final stages of a terminal illness. You can encourage your lawmakers to support this bill by contacting them by phone, email, letter, postcard or a visit. You can find your Assembly Member at <http://nyassembly.gov/members/search/> and your Senator at <https://www.nysenate.gov/find-my-senator>.

May 4: Workshop on communicating effectively with legislators at 12:15-2:00 at the Colonie Town

Library. Learn effective strategies for “making a difference” with legislators, through presentations, role playing and a conversation with a SURPRISE GUEST. This workshop is co-sponsored by Death with Dignity Albany and Compassion and Choices New York.

May 9: Lobby Day with Compassion And Choices New York from 10:30-4:00 at the New York State Capitol. Meet on the third floor of the Legislative Office Building, on the Senate side. This is the most important event of the year for supporting end of life choice, so please join us! Come early to find parking, or car pool or take public transportation. Register in advance at NYevents@compassionandchoices.org to be scheduled for visits to lawmakers.

June 13: Voluntarily Stopping Eating And Drinking (vSED): an end of life option, Part 1 of “Legal Options at End of Life” Series, from 12:15-2:00 at the Colonie Library. Death with Dignity Albany presents Judith Schwarz, RN, PhD, Clinical Director of End of Life Choices New York, who will discuss details, implications, and responsibilities of VSED, including advanced care directives.

July 10: Providing comfort at end of life through hospice and palliative care, Part 2 of “Legal Options at End of Life” Series, from 12:15-2:00 at the Colonie Library. — a panel exploring hospice and palliative care for terminally ill patients.

Albany UU Annual Meeting

Annual Meeting Sunday, May 21, 2017

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

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

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

Copies of the proposed budget, and any resolutions to be presented at the meeting, may be picked up in the lobby starting May 7. These will also be available at www.Members.AlbanyUU.org.

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

Read about the candidates here—And meet them in person at the Candidate Receptions after service on Sundays, May 7 and 14 in Channing Hall.

Absentee Ballots

Albany UU's bylaws provide for the use of absentee ballots for elections. They are to be used by members who are unable to attend the annual meeting on May 21, 2017. Request a ballot from the church office. Ballots will be available from Sunday, May 7 to Friday, May 19.

Completed ballots, sealed in an envelope, must be received in the church office on or before 11:00 AM on Friday, May 19.

Contested Elections**

Nominating Committee

(3 to be elected for 2 3-year terms, 1 1-year term,)

Mary Applegate, Al DeSalvo, Mike Myers, John Sherman, Dee Van Riper

(Continuing Nominating Committee members: Kathy Hodges, Meredith Mercer, Bob Franklin)

Uncontested Elections

Officers to be elected (1-year terms)

President	Dick Dana
Vice-President	Patti Jo Newell
Secretary	Linda Hunt
Treasurer	Kathy Harris
Ass't. Treasurer	Michaela Pochily
Religious Education Chair*	Jim Hutchins
Social Responsibilities Chair*	Matt Lesniak

Board of Trustees

(2 to be elected for 3-year terms)

Molly Daniels, Nancy Shay

(Continuing Board Trustees: Al Berzinis, Lee Newberg, Jon Newell, Annika Pfluger)

Endowment Trust

(1 to be elected for 5-year term)

Tom Mercer

(Continuing Endowment Trustees: John Cooley, Tim Burch, Jan McCracken, Sharon Babala)

Religious Education Council

(3-year terms, 4 to be elected)

Paula Brewer, Michele Desrosiers, Sheila Gray, Liz Halvorsen

(Continuing REC Members: Tracie Tilgner, Sarah Stanwicks, Larry Schell, Amy Jesaitis, Elizabeth Baldes, Becky Edvalson)

Social Responsibilities Council

(2 to be elected for 3-year terms)

Jean Poppei, Ann Von Linden

(1 to be elected for 1-year term)

Zach Cunningham

(Continuing SRC Members: Laura Paris, Annie Metzger, Elena Reynolds, Carol Butt)

*Ex-officio member of Board of Trustees

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

Albany UU Annual Meeting: Candidates

Officers

President: Dick Dana

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



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

Secretary: Linda Hunt

I meet all of the qualifications to serve and perform the duties of secretary of the Board of Trustees. I have been a member in good standing of this congregation since 1992. My prior volunteer experience shows my ability to act as clerk of the Board of Trustees and to keep a record of the proceedings of the Society and the Board. I have served as co-chair and have taken minutes for the Auction Committee during 2015-16. I took minutes for the Personnel Committee in 2014-2015. I also took minutes for the Religious Education Council during my service in the 1990's. I have developed and used listening, notetaking and writing skills in my former employment as an attorney, and in my retirement activities, including volunteer mediation. I have the necessary computer skills to arrange for the posting of minutes of the Board and congregational meetings. Based on my organizational skills and records management experience, I am qualified to act successfully to ensure the preservation of historically significant records of the Society.



Vice President: Patti Jo Newell

I am honored to be considered to serve as vice-president on the Board of Trustees. Albany UU has been central to our family for over two decades. I have learned and benefited



Treasurer: Kathy Harris

It is closing in on a year since I was elected Treasurer.

The learning curve was steep, believe me! But I think I



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

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

Assistant treasurer: Michaela Pochily

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



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

Trustees

Molly Daniels

While I grew up UU and attended different congregations depending on where I lived, I have been a member of Albany UU for 15 years. My children attend the RE program and are 11 and 14 years old. I have held a variety of

leadership positions within the church including RE Council Member, RE Council Chair, Personnel Committee and now Nominating Committee. I have taught RE classes and was a Youth Advisor for the Senior High group for a number of years. When I was the RE Chair, I attended the Board meetings and really enjoyed learning more about polity and supporting the smooth functioning of the congregation.



It is important to me to be actively involved in the congregation and contributing to our livelihood. Serving on the Board would allow me to continue my commitment of active participation and supporting our mission and vision.

Nancy Shay

I grew up in Olympia, Washington, but have lived in New England for over 45 years. There was never a decision to move east. It just happened in the 60's and 70's because of a series of events. My two grown children, Linn and Sam, live in El Cerrito, California and Melbourne, Australia. They both learned to love traveling partly because of all the trips they made as children to the Pacific Northwest to see my family.

My career was as a Speech-Language Pathologist and I worked almost exclusively with preschoolers, toddlers and infants for over 35 years. Recently retired, I have many positive memories of my work.

I moved to Delmar in August 2016 from Bennington, Vermont, where I was an active member of the UUFB for many years. Those years included being on the Board, Chair of the Worship Committee, and other responsibilities. My move here was made because I married my long time partner, Frank Kuwik, in June 2016 and he had a home that would nicely accommodate both of us.

My interests include outdoor activities like hiking, bicycling, skiing, camping, backpacking. I also love to read, cook, listen to music and travel. My most recent trip was to Vietnam with my son, Sam. My optimistic attitude



about life may be partially caused by growing up in rainy Olympia, Washington.

Religious Education Council Chair

Jim Hutchins

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



Religious Education Council members

Paula Brewer

I came to Albany UU when I first moved to Albany in 1992. My attendance and activity in the church increased after the birth of my daughter in 1996, Anna. Since that time I have been active in the religious education program as a teacher and serving on the Religious Education Council as a member and then as Chair. Currently, I am a senior high (aka UUth group) advisor, the Chair of Lifespan Learning Committee and the childcare coordinator for Albany UU events requiring childcare. I look forward to participating on the Religious Education Council again, as I believe that having a strong RE program is vital to the health and future of Albany UU.



Liz Halvorsen

Elizabeth (Liz) Halvorsen lives in the Glenmont area with her husband and 3 children who are all part of the RE pro-

gram. Liz works as a Jr/Sr High School Counselor in Duanesburg, where she helps tweens and teens deal with their academic and personal problems.

Our interest in Albany UU and the RE program stems from the desire to provide our children with a social awareness and moral compass that is often taught in Sunday school, but without the strict dogma of most churches. We hope to educate our children about different religions and allow them to make their own choices about faith.



Michele Desrosiers

I joined Albany UU in 2000, and have raised 3 children in this congregation. During my 16 year membership I have served our congregation in the following capacities: Religious Education Council 2002 – 2005, RE Council Chair 2005–2007, Personnel Committee 2010 – 2013 and as a member of the Board of Trustees from 2013 – 2016. My prior service – especially now as a departing member of the Board of Trustees—has underscored the “make or break” difference lay leadership plays in living out our mission and moving the congregation toward its goals.



Sheila Gray

I grew up in the 70's in Grand Rapids, Michigan in a neighborhood with lots of kids, games and always someone to play with you. I loved that community and I love the supportive, fun community we provide to our UU youth. My children attended UU Religious Education and I have assisted in the classroom and with the Rite of Passage program. I look forward to participating behind the scenes with the RE committee to see our program grow.



Social Responsibilities Council Chair

Matt Lesniak

I am a long-time Albany resident and a relatively new member of Albany UU, having joined last year with my partner Vanessa Cayford. I served on the board of the Homeless Action Committee (HAC), an advocacy and service organization focusing on harm reduction for people in Albany. Vanessa and I met while working with HAC in an overflow shelter and on the outreach van. We would like to instill in our daughter, Julia, the privilege and dignity of helping others.



The Albany UU community is incredibly gifted and the SRC has an important role to play in helping it make positive change in the world. I hope to forward that spirit and that work by serving as chair of the SRC.

Social Responsibilities Council

Jean Poppei

I grew up as a second-generation UU, attending churches in Staten Island (NY) and Harrisburg (PA). My husband, Bob, (we met at Oberlin College) and I were married by a Unitarian minister in Port Washington, NY but for the next 18 years, I practiced UUism on my own, not feeling the need for a congregation. When our daughter, Amanda, then 9, asked to go to church with a schoolmate – it turned out to be Albany UU. I officially joined the congregation back in the mid 90s. At Albany UU I served as Convener for the Safe Congregation Task Force, and currently serve on the Safe Congregation Response Team. As part of my service to Albany UU, I very much enjoy my frequent role as Sunday usher, which provides not only a team opportunity but also a chance to personally greet people as they enter Emerson or the Sanctuary. I have served as Chair of SRC for almost two years now, and it has been an honor to serve with so many dedicated people. I have attended three GAs—Phoenix, Providence, and Portland—and am looking forward to Columbus and



the many ideas and inspiration I will bring back to SRC. I am a Professor Emerita in Psychology from The Sage Colleges and also a part-time therapist, licensed in both psychology and social work.

Ann Von Linden

I have been a member of Albany UU for about 15 years. My children attended RE when they were younger and still enjoy going to Silver Bay. I am very interested in social justice work. I am currently active in Capital District Showing Up for Racial Justice and Capital Area Against Mass Incarceration. I am also concerned about other issues of social justice including immigration, LGBTQ issues, women's issues and the environment. I believe I can be an asset to the Social Responsibilities Committee and am honored to have been asked to join this committee.



Zach Cunningham

Zach and his partner Kelly Smith joined Albany UU in early 2017, and they have been attending since they moved to Albany in 2015. This is Zach's first venture into service at Albany UU, and he looks forward to giving back to a community that has welcomed him so warmly. Zach has spent most of his adult life fighting for social and economic justice as a teacher, a universal healthcare advocate, and a labor organizer. He currently works as an educator with a statewide union based in Albany.

On the Social Responsibilities Council, Zach is excited to work on projects that advance environmental sustainability and promote racial justice. He also hopes to continue providing meaningful direct service opportunities in the area for Albany UU members. In his free time, Zach enjoys playing music, reading, and exploring the natural beauty in our region.



Nominating Committee

John Sherman

I chose Unitarian Universalism as my religion in the late 1970s because of its respect for all individuals and different faith or no faith traditions. Peggy and I have been active at Albany UU since coming to Albany in 1984. Over the years I have served on the Religious Education Council, the Committee on Professional Ministry, Membership Committee, Stewardship Committee, and Personnel Committee.



I am very excited by the prospect of serving on the Nominating Committee because the Committee can play a crucial role in sustaining our religious community by identifying and involving potential leaders within the ranks of our newest members. I believe that my long experience greeting newcomers to our congregation will be helpful in accomplishing that mission.

Al De Salvo

For the 30 years I have been a member of the First Unitarian Universalist Society of Albany, I have seen the importance of how encouraging deep participation and developing leadership among our congregants strengthens and grows our beloved community. If elected to a position on the Nominating committee, I will advocate for encouraging participation and leadership especially among the newer members of our religious community.



I have viewed my involvement in Albany UU as a gift that has helped me grow and has allowed me to help others in many different ways within our congregation. I was President of Albany UU during the development, planning, design and funding of our Emerson Hall/religious education expansion. I was Vice President of the congregation twice; served two terms of the Board of Trustees, and was a member and then Chair of the Endowment Trust. I have also been active on a number of committees over the years among the ones I can remember include: Forum, Ministerial, Auction, Membership, Rummage Sale, Habitat for

Humanity project, and Fellowship Dinner (part of the “actors” group). I have also worked on the Change –of– Time Breakfast and was co-founder of the Wine and Cheese Tasting Event, now in its 11th year.

Over the last couple of years I have been a frequent head usher, coffee host, welcome table staffer and greeter.

In my retirement I have had the time to invest in or expand my larger community volunteer activities: Habitat for Humanity, Historic Albany Foundation, Albany Roundtable, and Albany Symphony orchestra’s Water Music Project (ask me about it!) I was also appointed by Mayor Sheehan in February 2014 to chair the Albany Planning Board.

I will be pleased to continue to serve our congregation as a member of the Nominating Committee and to assist in seeking interest, identifying talent and developing leadership to keep our community dynamic and vibrant.

Mike Myers

Mike has been member of Albany UU for about eight years, attending regularly with his wife Anne and children Katie and Alex. He is inspired by Albany UU’s commitment to social justice and particularly enjoys the music at services. Mike has volunteered as an RE teacher for several years and worked on the committee that updated our mission statement. He’s interested in the nominating committee as a different way of contributing to the work of Albany UU and because the time commitment seems about right given competing work and family obligations.



Mary Applegate

I have been a Unitarian Universalist since 1976 and a member of Albany UU since 2000. For most of my time here, I have served on the Membership Committee, including chairing it for several years. I taught the preschool group in RE for a few years and served for several years each as a member of the Readiness Leadership Team, the Committee on Professional Ministry, and the Stewardship Committee.



To be as strong and vibrant as possible, Albany UU needs the creativity and involvement of all its members. To elicit and support that kind of engagement, we need first-rate leadership at all levels, from committees and councils to the board of trustees and congregational officers.

One of the contributions I would bring to the Nominating Committee is familiarity with a broad array of congregation members, from parents of my RE class to fellow committee members to UU work colleagues and neighbors. In addition, from serving on several regional and national organizations' boards, I have learned what kinds of traits are most helpful and most potentially harmful to an organization – an important perspective in any nomination process.

Dee Van Riper

I've been an Albany UU member for 4 years, but my affiliation goes back many years prior to formally joining. I taught RE for 5 years when my daughter was enrolled, and have served on RE council for 3 years. I was one of the organizers of the Monday Men's group in which I still participate. I was also briefly leader of the Parent's group. Prior to attending Albany UU, I participated in three other UU congregations over the course of 8 years.



The Nominating Committee is vested with the obligation of recruiting candidates to fulfill leadership roles in the

church. These candidates should reflect the vision of the congregation and be capable of leading us through the challenges sure to come our way. The nominating committee needs familiarity with church members as well as the requirements of the different positions. I look forward to the process of learning of the skills and interests present in our congregation in pursuing the future leadership of our society. I bring to this process my experiences working on committees of community and church organizations as well as work-related groups as a faculty member at Albany Medical College.

Endowment Trust

Tom Mercer

I volunteered to work on the "Looking Forward" campaign this past year because I wanted to help preserve the Endowment Trust -- and this successful fundraising effort offset additional borrowing from the ET to refinance the Albany UU mortgage. I am now offering to serve as a trustee of the endowment. I have been a member of Albany UU since 1981 serving in various capacities including: Board of Trustees, Ministerial Search, RE Teacher and Mentor, Religious Services Committee, Life Long Learning Committee, and as a Well Spring facilitator. I will take my responsibilities as a trustee of the Endowment seriously and dedicate the time and energy the position requires.



Contact Us

Board of Trustees 2016-2017

email: board@albanyuu.org

Executive Committee

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

Trustees

Al Berzinis
Michele Desrosiers
Ben English
Lee Newberg
Jon Newell
Annika Pfluger

Ex-officio Members

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

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Administrative Assistant

Tammy Hathaway, office@albanyuu.org

Custodians

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

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

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

And by appointment

Websites

General: www.AlbanyUU.org

Resources: 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).

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).

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

GREEN SANCTUARY -- MY **DO MORE** PLEDGE

I, _____, (telephone number or e-mail address _____) am concerned about the environment and want to **DO MORE** than I am currently doing in the upcoming year. I therefore pledge to do the following:

(Check all that apply. Please check here ☐ if you do not want a committee member to contact you. You can sign the pledge anonymously. Once you have signed the pledge, please carry through from June 1, 2017 to June 1, 2018. Let GSC know what you are doing or have done if you like. A copy of this pledge will be at the SRC table through the month of April.)

In the Albany UU community,

- ☐ I will sign up for e-mails from the Green Sanctuary Committee
- ☐ I will attend at least one Green Sanctuary meeting
- ☐ I will sign at least one petition proposed by the Green Sanctuary Committee
- ☐ I will get involved with a Green Sanctuary activity

In the wider community,

- ☐ I will donate to an environmental organization of my choice
- ☐ I will attend at least one march
- ☐ I will participate in at least one lobby day

On my own,

I will initiate the following actions on my own. (See reverse for possible actions.)

-- REVERSE SIDE --

I will initiate the following actions on my own:

- ☐ Compost my family's food scraps either at Albany UU or in my backyard
- ☐ Use a rain barrel and/or use water more efficiently
- ☐ Change to LED light bulbs
- ☐ Cut down on meat or have a day without meat
- ☐ Plant at least one tree or donate pennies throughout the year towards planting a tree or bush
- ☐ Install solar panels, heat pump, solar water heater for electric power
- ☐ Join a community solar organization for source of electricity
- ☐ Lower home thermostat in winter and raise it in summer
- ☐ Use fans instead of air conditioning
- ☐ Hang up clean, damp laundry instead of using the dryer
- ☐ Use reusable bags when shopping
- ☐ Car pool, walk, use a bus, bicycle when possible, instead of driving
- ☐ Unplug appliances and electronics when not in use, including computer
- ☐ Make at least one phone call a month advocating for the environment at the state or national level
- ☐ Plant a butterfly garden
- ☐ Keep bees
- ☐ Insulate your home
- ☐ Drive only at the speed limit
- ☐ Talk about climate
- ☐ Talk about population
- ☐ Talk about renewable energy
- ☐ Cast your vote based on the environment
- ☐ Write a letter to the editor
- ☐ Read a book about a green issue and share it with a friend
- ☐ Write a letter to your legislator, senator, congressperson or city councilperson.

A taste of Family **HEART** Camp

Dinner! Information! Games! Connection!

Come one, come all to a Festival of Fun on **Friday May 12**
Sample what Family HEART Camp at Unirondack has to offer.



May 12, 6:30 - 9:00 pm

Albany UU at 405 Washington Ave.

Sign up in Channing Hall or by email to registration@albanyuu.org
(Include in subject line A Taste of FHC; then # of reservations and phone number)

For more information contact Jan McCracken 518-275-8709

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