

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

June 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)

Services

June 4 "This is Our America; this is Albany UU," Senior High Service

We'll celebrate of the inter connectedness of the whole congregation by honoring our Religious Education volunteers. And the senior high youth have a call for us all to enact our UU values beyond the walls of our congregation. At the end we'll all form a bridge for our annual Bridging Ceremony to recognize the transition of those leaving our senior high group to young adulthood. Afterwards, everyone is invited to celebrate Sundae Sunday in Channing Hall with ice cream and non-dairy treats.

June 11 "Cross-pollination," Rev. Sam Trumbore

Flowers exist to support the process of pollination which is another name for plant sex. Nature could have developed along the path of amoebas that divide to reproduce but it didn't. It has gone to great lengths to encourage the mixing of genes. Nature appears to be biased toward cultivating diversity!

PLEASE BRING SEVERAL FLOWERS to share for this service as part of our Flower Communion.

June 18 "Searching for Self in an Age of Selfies,"-Rabbi Norman Mendel

In focusing on the superficial exterior, are we losing the ability to find ourselves within?

Music: Elena Karpoff

June 25 "Talking the Walk: Why Do We Do What We Do?"--Rev. Dick Gilbert

We are often admonished to "walk our talk," to live out our values. However, we seldom are urged to be able to "talk our walk," to tease out the theological rationale for what we do. "Practice what you preach and preach what you practice."

Music: Ann Brandon

Read about the guests in our pulpit on page 6.

Calendar

Events happening every Sunday at Albany UU

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

Exceptions:

Regular events and meetings

CHECK the newsletter for changes to date, time and location

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

All other events happening in June

1-Jun Thursday			12-Jun Monday		
5:00 PM	Lifespan Learning Committee Meeting	B-7	10:00 AM	Small Group Ministry	B-5
5:30 PM	SURJ Education & Outreach Group Meeting	B-3/B-4	6:00 PM	REC Retreat with New Members	Channing
2-Jun Friday			14-Jun Wednesday		
6:00 PM	REC Retreat	B-8	12:00 PM	All Sides Considered	B-7
3-Jun Saturday			15-Jun Thursday		
12:00 PM	Change Your Mind Day	Whole Building	5:30 PM	Religious Services Committee	B-7
4-Jun Sunday			7:00 PM	Albany UU Board Meeting	Channing
11:45 AM	Green Sanctuary Meeting	B-8	17-Jun Saturday		
11:45 AM	Social Responsibilities Meeting	B-7	10:00 AM	Wellness Workshop	B-8
12:00 PM	Congregational Covenant Team Meeting	B-3/B-4	18-Jun Sunday		
5-Jun Monday			11:45 AM	Social Responsibilities Meeting	B-7
7:00 PM	General Assembly 2017 Delegates Meeting		19-Jun Monday		
6-Jun Tuesday			12:00 PM	Channing Circle Lunch	Channing
5:15 PM	Membership Committee	B-8	20-Jun Tuesday		
7-Jun Wednesday			7:00 PM	Albany UU Humanists	B-8
6:30 PM	Wellspring Session & Dinner	Channing	21-Jun Wednesday		
6:30 PM	Wellspring Spiritual Practices	B-8	To 6/25	UUA General Assembly - New Orleans	Offsite
8-Jun Thursday			5:00 PM	Auction Celebration Debrief Meeting	Channing
6:30 PM	Finance committee	B-7	6:30 PM	Wellspring Spiritual Practices	B-8
6:45 PM	Practice Group for Nonviolent Communication	Emerson	22-Jun Thursday		
9-Jun Friday			6:45 PM	Practice Group for Nonviolent Communication	Emerson
5:00 PM	Endowment Trust	Emerson	24-Jun Saturday		
6:00 PM	REC Retreat (tentative)	B-8	8:00 PM	Ware Lecture viewing	Emerson
10-Jun Saturday			26-Jun Monday		
9:00 AM	Lifespan Learning - Living for Today ...Tomorrows	B-8	10:00 AM	Small Group Ministry	B-5
11-Jun Sunday			28-Jun Wednesday		
11:00 AM	Coffee Hour	Channing	6:00 PM	Peace Team - CDCAI	Channing
11:45 AM	Inclusivity Team	B-8			
11:45 AM	Men's Group	B-6			
5:30 PM	Satin Auction Picnic	Offsite			
5:30 PM	Walker Book Club	Channing			

Sam's Outlook

The joy of meditation

Rev. Sam Trumbore

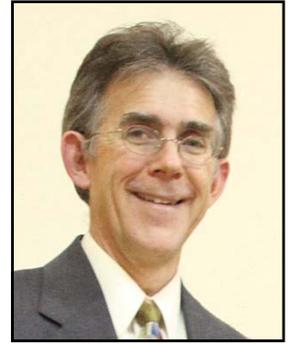
Many of us don't look at people sitting motionless on cushions with their legs crossed meditating and associate that scene with joy and happiness. We've been conditioned by daily exposure to advertising to associate joy with a fizzy soft drink, a delicious looking alcoholic beverage in a glass with a long stem, a slim model wearing glamorous clothes, a tropical beach gently caressed by clear blue water bordered by a shady grove of palm trees, a brand new sports car with the top down cruising along California's route 1 toward San Francisco and a penthouse apartment that looks out over New York's Central Park at sunset. These are the paths to joy and happiness we crave, not being bored watching the breath come in and out.

I remember bringing an optimistic but grim attitude to my first week long meditation retreat over thirty years ago. I knew I'd be expected to sit very still for up to an hour at a time, then alternate that with very slow walking meditation from early in the morning until late at night. I was ready for meditation boot camp. I knew my body would ache, my knees and back would be sore and my mind would want to run away. But I hoped that if I could survive the first few days, then maybe I'd get some joy out of it. Sort of like the enjoyment I might get when I stop hitting my head against the wall.

I did hit a different sort of wall at my second meditation retreat about a year later. I had been pushing myself very, very hard to excel at meditation. After about five days I was exhausted and in agony. There was a painful knot in my shoulder I just couldn't make go away no matter how hard I tried to relax. I finally gave up and let the knot win. Defeated, I returned to the basics of the meditation practice and started all over again. And a few minutes later, it changed and let go. And in that moment I suddenly realized the goal of meditation practice. And then I tasted an exquisite kind of joy that has deeply changed me.

Many people build their lives around serial experiences of pleasure. We look forward to attending the next game, the next concert, the next date, the next

trip. These are the moments we prepare for hoping that we'll experience exuberant joy as our team wins, the stimulation of the concert washes through us and transports us, bodies touch releasing intense flows of intoxicating hormones, and exotic food delights our taste buds. All these experiences have to be arranged so the intense stimulation comes from the outside of our bodies to generate feelings of joy and pleasure inside our bodies.



The joy and pleasure I experience at a meditation retreat can be a little different. As I am sitting quietly watching my breath or walking slowly feeling the soles of my feet, I notice things that spontaneously bring me joy and pleasure. I notice a feeling of warmth as sunlight touches my skin; a cool breeze that strokes my arm; the bright color of a flower on a table in a vase delights my eye; the sound of gurgling water in a stream or the wind softly rustling leaves in a stand of trees soothes my ear. Simple foods can be ecstatically pleasurable as I taste them with undivided attention – even oatmeal! Ordinary, daily experiences become extraordinarily enjoyable. The only difference from normal life is the level of peace in my mind and of continuous attention to each moment.

Spending a few days quieting the mind and body and developing greater moment to moment attention cultivates a quality of consciousness that is commonly referred to as mindfulness. It is a very familiar kind of consciousness for most of us that arises when we have self-awareness or self-knowing. I feel my fingertips and I know that what I am doing in that moment is experiencing sensation in my fingers. This is a different experience from tapping my fingers on the table absent mindedly while being distracted thinking about dinner plans or organizing a to-do list. We go in and out of this self-knowing experience. At a meditation retreat, the goal is to develop a continuous experience of this self-knowing which can bring big shifts in our experience. The mind becomes much clearer, more present, and more responsive to what is

Sam's Outlook, continued on page 5

News

Annual Meeting election results

Asterisk denotes incumbent continuing in their position.

- 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

Al Berzinis*, Jon Newell*, Annika Pfluger*, Lee Newberg*, Nancy Shay, Molly Daniels

Endowment Trust

Sharon Babala*, Tim Burch*, Jan McCracken*, John Cooley*, Tom Mercer

Nominating Committee

Meredith Mercer*, Kathy Hodges*, Bob Franklin*, Mary Applegate (3 yrs.), Al DeSalvo (3 yrs.), Mike Myers (1 yr)

Social Responsibilities Council

Carol Butt*, Laura Paris*, Annie Metzger*, Elena Reynolds*, Jean Poppei (3 yrs.), Ann Von Linden (3 yrs.), Zach Cunningham (1 yr)

Religious Education Council

Larry Schell*, Sarah Stanwicks*, Amy Jesaitis,

Flyers in this issue

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

- ◆ “Do More” Pledge Analysis
- ◆ Summer Sundays 2017
- ◆ Wellness workshop

Becky Edvalson*, Elizabeth Baldes*, Tracie Tilgner*, Paula Brewer, Michele Desrosiers, Sheila Gray, Liz Halvorsen

CROP Walk success

Kudos to our hardy Team UU CROP Hunger Walkers, who braved rain and chill on May 7 to vote with their feet for a better world. Our team had 24 walkers, and another member of our congregation helped with Walk Day registration. Thank you to the many congregants who supported the effort with their pledges. Team UU raised more than \$4,800. Bravo to one and all!

An invitation

The Congregational Covenant Team - Dick Dana chair, Brian Frank, Jan McCracken, Zack Metzger, Patti Jo Newell, Leah Purcell, Kelly Smith, Jacqui Williams, and Sam Trumbore – invite all of you to join us on a journey. We're excited to be your guides on this journey of discovery, and are looking forward to connecting with as many of you as possible. What is it that we are trying to discov-

Sam's Outlook, continued from page 3

happening in each moment.

When we are attentive to the interface between our minds and bodies and the world and let go of trying to control, add to or remove from that interaction but just sit still and watch it, gaps appear between our desires, aversions and distractions. In those gaps, there are unanticipated and unexpected moments of peace that have a sense of joy and heart opening that spontaneously arise. Suddenly there is the experience of joy and peace without being cultivated, planned or plotted out.

Knowing that the joy and peace I seek isn't someplace else to be sought out and collected but right here under my nose and available in any moment

has been deeply liberating. It has progressively freed me from thinking there are some external or internal conditions that need to be satisfied for me to be happy. There can even be joy in the grip of great pain and discomfort.

The conditioning of our minds stands in the way of this liberating experience of joy. The belief that satisfying desire, avoiding discomfort and distracting the mind from the present will bring enduring joy is a delusional error perpetuated by our culture to enslave us and future generations. The path to liberation is already right here, right now and instantly available.

We just need to change our minds and begin knowing it.—Rev. Sam

Board notes

What's this about multicultural inclusivity and eternal vigilance?

Lee Newberg, Trustee

I will first quickly review the May 7 White Supremacy Teach In for those who may have missed it, then I will suggest a concrete step that, especially, white people can take to make a difference here and now.

The Teach In included three white speakers, including me, who spoke of memories of overt and near-overt acts of racism against people of color that we had witnessed in our personal lives. The chairs in the Emerson Community Hall were arranged specially and we the congregation discussed in small groups our own firsthand experiences, our disgust that society is still racist, and similar topics. All in all, I thought it was a good moment for learning / reminding myself about the culture of white supremacy that surrounds us moment to moment.

However, recognizing that there are problems is only Step 1. I see much more work in front of me. The hardest part for me is figuring out what is required of me to be a full part of the solution. Especially if you are a white person, you may be facing a similar question. I have been asking myself questions like "If I hire the best qualified applicant regardless of race, am I achieving fairness?" "If I have put out public notice of available resources, have I done my duty in being fair?" I have been seeking answers by listening, reading, and thinking. The answer that I have come to is that these seemingly colorblind approaches are too often part of the problem rather than part of the solution.

"Why isn't a level playing field good enough?" I

hear some of you ask. For me, the answer is that rules that are not explicitly discriminatory in words or intent are not good enough if they are still discriminatory in outcome. Here is a concrete example. Our congregation lets some outside groups have reduced-price or free use of our building, if it is approved by an appropriate committee such as the Board of Trustees. A group with knowledge of this process applied for and received approval. It was a group of predominantly white people. That was almost the end of the story except that the Board thought to ask the question of whether this was discriminatory. We observed that there was a quite similar group, predominantly people of color, that had not made a similar request. At the time, we did not know if they were unaware of the process, thought that they would not be approved, or merely didn't need the space. We could have left it there, but instead we agreed that one of us would take on the task of seeking out the group, providing information, and soliciting an application. By taking these steps we were striving to not merely avoid discrimination in intent and words, but also to avoid discrimination in outcome.

The questions that I find myself asking frequently may be of use to you too. With each action that I do in service for Albany UU, in my position at work, or in my private activities, am I striving to avoid discrimination in outcome? As I begin this effort, it is slow going, but I am hopeful that it will become more natural with time. It requires eternal vigilance, but I think it is well worth the effort. Will you please join me?



er? Among other things: who we are as a community, how we want to be together as a community, what we want to accomplish together, and how we might go about accomplishing our goals.

We, the Team, are the conduit through which a covenant will be written. But this document belongs to the congregation as a whole and is intended to reflect our collective identity and aspirations. Does this sound challenging? That's why we need your help. Please join us on this journey. We are all ea-

ger to talk covenant with anyone who is interested. Corner one of us in coffee hour, or give us a call. More details about how to get involved are to follow. Stay tuned!

New art show

Take a look at the new art show in Channing Hall: photographs by Arlen Westbrook, Bob Franklin, Peter Meixner and Dave Stone.

Spring flowers and beautification

If you arrived at Albany UU on Sunday morning May 14th and wondered where all the beautiful flower beds came from, you can thank your “Beautification Committee” for their wonderful handiwork. Donna Meixner, Gardening committee chair and Paula Moskowitz, outgoing chair, and many generous volunteers were busy weeding and mulching the flower beds and generally making our Albany UU home gorgeous. Numerous volunteers labored in recent weeks past to make our Albany UU gardens look gorgeous. We thank all the happy people who contributed their time to make it happen. And--it’s also important to acknowledge other members and friends who regularly contribute to our appearance by picking up trash on the block and in the small neighboring park. We thank you, UUs!



Calling all people of color!

Diverse Revolutionary Unitarian Universalist Multicultural Ministries (DRUUMM) is hosting their annual gathering in Lanoka Harbor, New Jersey at Murray Grove Retreat and Renewal Center from October 21-22. Join people of color across the country for worship, fellowship, conversation, and community. More details on programming and scholarships to come in June! Contact Ronnie Boyd for any questions at ashleyveronicaboyd@gmail.com.

Shiny floors

As many know, the floors in Emerson and Channing have recently been screened and refinished. As part of this process, the black stains on the boards towards the rear of the center aisle in Emerson were replaced. They were caused by a very small and slow leak in one of the pipes that are part of the radiant heating system for Emerson. Removing one of the boards allowed the very small staple hole in the plumbing to generate momentary chaos among the crew, but was soon patched.

FLOOR CARE Here are some things we all can do to help keep the floors looking good for as long as possible.

- ◆ NEVER drag chairs in either space across the floor. Many of the scratches on the floor come from this practice. What’s worse, I have seen folks push a stack of five chairs across the floor in Emerson, quite oblivious to the obvious scars they are creating.
- ◆ Before using any of the metal folding chairs, usually in Channing, check that each chair has a glide on the bottom of each leg. If a chair does not have a glide, please put a note on the chair and set it aside. We will purchase replacement glides.
- ◆ If water or another liquid is spilled on the floor, make sure it is cleaned up as soon as possible.

All plants and vases that are on either floor MUST have waterproof plastic or glazed pottery under the

Guests in our pulpit

June 18: After serving congregations here and abroad for the past 50 years, **Rabbi Norman Mendel** will be coming out of retirement (that lasted all of three years.) In July, he takes a part-time position as Congregational Rabbi of Temple Beth El in Glens Falls, NY. He has always focused on the importance of interfaith dialog and has taught Judaism, World Religions, Biomedical Ethics and Social/Political Philosophy at universities and colleges across the US. After living in California for the past 20 years, he and his wife Heather now call Clifton Park home.

June 25: Rev. Dick Gilbert has been a Unitarian Universalist minister since 1961, retiring in 2005. He has published books on faith development, social justice and meditations, including *In the Holy Quiet* and *Thanks Be for These*. Dick has served congregations in Cleveland, Ithaca, Golden, CO and Rochester, NY. He lives with his wife Joyce in Rochester where they enjoy time with their three grandchildren.



RE Celebration Sunday, June 4th

A Celebration of Religious Education for Children and Youth

We'll honor our RE volunteers
And we'll have the "Bridging Ceremony" for our senior high youth transitioning to young adulthood



Join us for Sundae Sunday

after the service
in Channing Hall
Ice Cream, Sherbet, Fresh Fruit

plant. We had a recent incident where a plant with a cracked saucer was left on the floor near the handi-cap lift. That stained several floor planks and caused curving of some planks as well. —Dave Metz

Pledge year alert!

As our church fiscal year (2016-17) winds to a close (June 30, to be exact) this is a good time to remind everyone to write on your checks which pledge year

you are contributing to. Some folks have already started paying on their 2017-18 pledge, some still are on 2016-17. Please, please write 'Pledge' and the fiscal year you're paying toward on the memo line.

Year-end pledge statements will be coming out soon, check your email to find out what your balance is! (Or, log on to your record in ChurchDB and find your balance instantaneously.)

Growing Together

**Change Your Mind Day:
Expanding and Awakening the Mind and Body
Saturday, June 3, 1:00-6:00pm**

Admission: Free will donation

Organizing Mindfulness invites you to come sample and explore mindfulness, meditation and contemplative practices! Co-sponsors include: Albany KTC (Tibetan Buddhist Meditation Center), Albany Peace Project, Kingfisher Sangha, Oneself Labyrinth, Shambhala Meditation Center of Albany, Solid Ground Center for a Balanced Life. Presenters will include: Bethany Gonyea, Rev. Crystal Muldrow, Jae Way & Connie Barber, Judi England, Karen Beetle, Lama Zopa, Lenore Flynn, Mason McDermott, Oded Ben-Ami, Sam Trumbore, Steve Flynn, Tamara Geveci, and Victor Anderson

Organizing Mindfulness supports individuals, groups and organizations that use mindfulness based tech-

niques for expanding and awakening the mind and body. You'll find them on Facebook <https://www.facebook.com/OrganizingMindfulness/> and their web site is www.organizingmindfulness.org. (Rev. Trumbore is an organizer of this event that is in affinity with the mission of our congregation to support individual growth and development)

All Sides Considered--a date change

No meeting on June 7! New date added: join us on Wednesday June 14, at noon.

Summer Meet Ups at Washington Park

Join families and other adults from Albany UU to picnic and play in Washington Park after the service (around 11:30). The first Meet Up, June 25, is hosted by Elizabeth Baldes. Bring your own lunch, chairs, blankets and your favorite lawn games. We'll meet near the playground. Other dates for other Meet Ups are July 9 and Aug 13. Sponsored by the REC. You just come or check respond to the Facebook event and see who else is coming too. <https://tinyurl.com/m2lrlx2>

Religious Exploration

Leah Purcell, Director of Religious Education

The Theme for June is “Joy”

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

— Thich Nhat Hanh

The average child laughs 400 times a day. The average adult: 18.

- Anonymous, reported to be an urban myth, but no matter, really; the point is that children laugh way more than adults do.

From Soul Matters

There have been many religious perspectives that begin with the idea that this world is broken, a place of misery and pain, toil and struggle. Joy is reserved for a time far off and found in a heaven granted to those who earn it. And yet there are others – Unitarians Universalist included – that just don't see it this way. They look out, and like the God of Genesis, their response is “behold, it is good!” Heaven, as our UU forbearers argued, is right here on earth.

And as Thich Nhat Hanh suggests, sometimes it takes a change of heart to see joy and take pleasure in the joy around us. Just smile. As we often say to the children and youth in our RE program “just try”. Our RE program strives to provide experience-centered religious education so “trying” is what it's all about.

The Sunday morning experience for children and youth can be beyond what words can express here. But a glimpse of it came in the responses I got from children to the question “What makes you feel at home at Albany UU?” Besides drawings of chalices, rainbows, people holding hands, hearts, flowers and the word “welcome” I also received these written responses

...being with all my friends.

...the music; the love and care; the peace; the UU family.

...that everyone's just nice and you feel safe to express your feelings.

The adults that volunteer with the children can ex-

perience joy in helping a young child learn to share; in helping a youth to find their voice; in supporting a family to bring something of the Sunday morning experience to their daily lives. I call these volunteers “guides” rather than “teachers” because adults don't need to have all the answers; curiosity; a love of learning and devotion to fostering UU-ism are the key qualities of our guides. You can hear their enthusiasm in their responses about why they volunteer.



Volunteering in RE is a great way to give back while doing something totally different than weekday work. The kids always make me smile (if not laugh outright), challenge me, and help me grow. The parents are tremendously appreciative, and Leah keeps us all organized! - Mary Fellows

Teaching RE has been one of the most powerful experiences in my adult life because I get a chance to touch children's lives in way unlike any other teaching experience in that your role is to teach morality, love, compassion, empathy, open-mindedness, sexual awareness.... Their generation has the power to change the world for the better; in my opinion there is no better way to spend your time! - Leah Akins

I really appreciated the opportunity to get to know some of the youth. When given the time and space they really share some incredible thoughts and ideas! We also get to play some really fun games! - Geoff Abbas

It's hard to pick a favorite thing about teaching in our RE program. There are so many joys! The curriculum is brilliant and easy to follow. I learn so much from the lessons, I don't fret when I miss the adult service. Leah is a dream to work with – how lucky we are to have her guidance, creativity and stamina. And then the best part is the children who bring their authentic selves to us, and it's really fun. The parents are pretty cool, too! - Jan McCracken

I'm just 2 years into this RE volunteer thing, but I think I've gotten as much, if not more, out of it as the kids I've worked with. Getting ready for the lesson
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Religious Exploration, continued from page 8

makes me think about why we are UU, what I think it's important for the kids to think about and why, and how those thoughts may affect our actions in the future. That's useful stuff for keeping my own life in perspective. And then in every session, something just goes really well in class and I know volunteering was a good idea. – Eileen Roepe

If you're interested in being a guide on this adventure we call RE or "Religious Exploration", let me

know. Send me an email at dre@albanyuu.org Now is the time that I form the RE teams for the fall. More about the curricula we'll be using for each group <https://tinyurl.com/kxqdk2>; the RE calendar <https://tinyurl.com/k9ogrhe>; and expectations of the volunteers <https://tinyurl.com/k8uwg4h> are at my blog at <http://members.albanyuu.org/wp/dre-blog/>

In joyful service,

Leah

Register your child in RE now.

Save the rush in the fall and help me plan groups.

Now is the time to register your child for RE for 2017-18. You can register on line <https://tinyurl.com/mx5yrcc> or pick up a form at the RE office.

**Sunday Morning Summer Session for Children and Youth
June 18 through August 27**

- ◆ Children in Pre-K through 5th grade meet upstairs in air-conditioned classrooms
- ◆ Infants and toddlers are cared for by staff in the Nursery – also air conditioned

- ◆ Youth in grade 6 and older are invited to join their families for the service or help with the younger children.
- ◆ Come as many Sundays as your family would like. No registration required.
- ◆ Volunteers are needed to help out or lead an activity. Do you have a talent to share?

Contact Leah at dre@albanyuu.org

**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.

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.)

Our Community

Welcome, new members!

Tanya and Tom Hotalen Tanya grew up near Reading, Pa. on a farm, and was active in 4H clothing and foods clubs. She has both Bachelors and Masters degrees in Home Economics Education. She retrained at age 40 as an RN, to work in a nursing home, then in an office of a GP. Her interests include knitting, crocheting, gardening, playing re-

order, singing, and fitness activities including walking, swimming, biking, and pilates. Tanya enjoys travelling, plays, and musical events. She and Tom have one son who is married and living in Niverville. When Tanya and Tom married, they moved to Columbia County, NY. where they lived for 48 years. After retiring, they downsized and moved to a senior apartment complex at The Spinney, Pondview near Schodack. Tanya has an older sister who was a member of the Schenectady UU before she moved to Broadalbin, and her parents

joined the UU community in Reading after she left home.

While they were living in Philmont, NY, Tanya and Tom attended the Reformed Dutch Church in Claverack, NY.

A Pennsylvania native, Tom has been a New Yorker for the past 50 years. Married 48+ years, he and Tanya's most common interest is music – they love concerts and voice participation. They diverge, however, on the topic of opera. He's a retired high school mathematics teacher. His faith journey has been an often-UU experience – Catholic to Protestant to UU. He says "watch out for my bad puns!"

Amie Jamieson and Rick Piet Amie grew up near Hartford, Connecticut. She Rick, came to Albany last fall for her new job at an energy company in the area and to be closer to family. Before moving to Albany, they had spent 3 hot years in South Florida and 11 years in Portland, Oregon before that. She's



thrilled to be back where there are seasons and where she can escape to the mountains. Amie was brought up in the Congregational Church, and sought out FUUSA in part because she had

been missing the connections and community she felt when she was young. Getting involved with FUUSA has been a highlight of Amie's time in Albany, and she feels fortunate to be part of the FUUSA community. Amie enjoys hiking, running, exploring the Capital Region, and spending time with Rick and their cats.

Rick grew up in the suburbs of Chicago and has lived in Philadelphia, north Florida, south Florida, Washington DC, and Portland, OR. Rick and his wife, Amie—and their cats—moved to Albany in September, and he's grateful to have found such a welcoming community at FUUSA. Rick went to college at St. Lawrence University in way upstate NY. He didn't know it then, but it was at St. Lawrence that he began his UU journey. It's where he developed a reverence for nature and an understanding of the world's interdependent web. Being back up-

state near the Adirondacks feels like a homecoming for him. He enjoys cold weather and strong cups of tea, and he loves music, especially Christmas music.

Meghan Marohn is a native, and a lover, of upstate



New York, a teacher, a writer, and someone who wants to continue to explore, in a community, the questions of meaning, spirit, and empathy. Meghan says "thank you for welcoming me into your community."

Ken and Liz Halvorsen and their 3 kids –

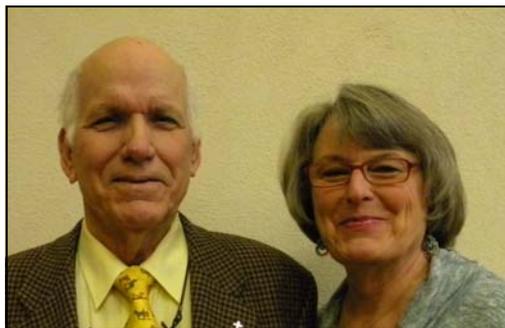
xxxxxxxxxxxxxxxxxxxx- moved to the Albany area from Massachusetts in 2013. They previously attended a UU church in Framingham, and found a similar experience at Albany UU where they are particularly drawn to the vibrant religious education program for their

kids. In professional life, Ken is a Research Scientist at University of Albany and Liz is a 7th-12th grade school counselor in Duanes-



burg. They both enjoy traveling, spending time with their family, going to the beach, and watching movies. Ken is an avid skier and Liz enjoys teaching pilates.

Kathy Lloyd and Don Holmes feel very fortunate to have found AlbanyUU. They never thought a libertarian (he) and a lapsed Catholic (she) could attend a congregation together!



Kathy has lived in Albany for about 15 years and now considers it home. As an Army brat who moved

around a lot, it feels good to her to be grounded in such a great community. Don lives and practices law in Washington D.C. and on the Eastern Shore of Maryland, and is a road warrior riding the train every other week to Albany.

The two of them met 40 years ago in Washington, DC, but the karma wasn't right. Four and a half years ago, Don decided to look Kathy up, and the rest is history. They feel very lucky to have rediscovered each other and truly believe that life is just a question of timing.

They look forward to getting to know everyone better and continuing on their journey of discovery.

Calling UUs who live East of the Hudson River!

Join us **June 2**, 2017 for an East-of-Hudson Potluck in North Greenbush. Email Jean Poppei at poppej@sage.edu if you're coming. We'll start around 5:30pm.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on **Sunday, June 11**, 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.

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. A 2014 New York Times Book Review states in part: "And now comes Zephyr Teachout, a professor at Fordham University Law School and a candidate in this year's Democratic primary for governor of New York. Her entry into the field, "Corruption in America," includes plenty of the juicy stories that make the genre so much fun to read. ... You have probably heard pundits say we are living in an age of 'legalized bribery'; "Corruption in America" is the book that makes their case in careful detail."

Our longer summer book, which we will discuss in September, is Alexander Hamilton by Ron Chernow.

Contact Linda Hunt at xxxxxxxxxxxxxxxxx for fur-

ther information or questions.

Farewell, Kathy Bawel

Departing Interim Music Director Kathy Bawel can be reached at:
xxxxxxxxxxxxxxxxxx

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.

"June is bustin' out all over!"

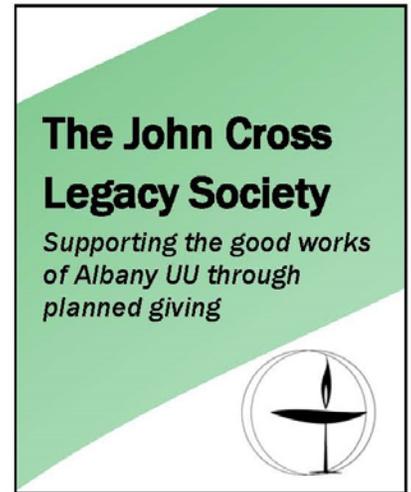
Channing Circle heading our way June 19

Speaking of musicals, some of our very own musicians will be joining us this month to share their experiences and expertise in the realm of music! **Dick Dana and Dave Metz** from Helderberg Madrigal Singers and Albany UU Choir along with the famous **Kathy Harris** of Albany Pro Musica (and our choir) will join us to talk about what it was like for them growing up, participating in music groups and having music be a significant part of their life!

Come join in the fun and community-gathering that is Channing Circle Monday, June 19 at noon! Bring your sandwich and we'll provide dessert, coffee, and tea. Susan Standfast will tempt us with some pleasurable dessert. If you're at or beyond a certain age and just want a little fun, come join the Circle!

Albany UU Humanists

The Albany UU Humanists next meets 7 PM on Tues., June 20 in Room B-8 at Albany UU, the third Tuesday of the month. We do not plan to meet in July and August, but anticipate resuming meetings on the third Tuesdays of the month starting in Sep-



tember.

At our May meeting, we spent time reviewing some thoughts on atheism referred to in "Powerful Quotes on Atheism." (If you would like a pdf of this handout, please contact Don Odell (contact info below). Conversations on the various aspects of Humanism will continue at the June meeting .

If you a secular humanist, atheist, agnostic, spiritual humanist, or other defined (or undefined) humanist,



please join us to 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 list (details below to join). Or look for announcements in the weekly Previews. Please come.

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

To join the Albany UU Humanists conversations, add your name to the group in the ChurchDB on the Albany UU website (member.albanyuu.org) Groups, Other, and Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact Don Odell (xxxxxxxxxxxxxxxxxxxx) to be added to the egroup.

Joys and Caring Corner _____

Social Justice

Social Responsibilities Council

As June 30th nears, the end of the church year, I would like to take this opportunity to express my gratitude for the opportunity to serve as Chair of SRC for the last three years. I was so lucky to have a wonderfully dedicated group of Council members, both those elected and those appointed by the Council. I am also grateful for the mentoring provided by former Chair, Karen Kaufmann, as she eased

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



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

The Caring Network is looking for someone (or more than one) to write this column, and the Network also needs a new Coordinator. To find out more about either job, contact Eileen Hoffman at 813-0109.

me into the role of Chair three years ago. I hope I can be equally helpful to Matt Lesniak as he takes over as Chair this summer. Finally, the social justice work we do at First UU Society of Albany goes far beyond the suggestions offered and the work we at the Council do. It is an honor to be associated with a caring and social action minded congregation who recognize that so much of this work needs to be done in community—whether it's our own AlbanyUU community (the Sheridan Prep playground!) or in joint action with other religious groups and social justice organizations. I think I may have begun

my tenure, with these words from Dorothy Day which were a favorite of my mother's, Anne Lowther Eisenberg, who has always been an inspiration to me in my social justice work, as currently my daughter, Rev. Amanda Poppei, is. The words remain appropriate today: —Jean Poppei

Commitment

People say, what is the sense of our small effort.

They cannot see that we must lay one brick at a time, take one step at a time.

A pebble cast into a pond causes ripples that spread in all directions.

Each one of our thoughts, words and deeds is like that.

No one has a right to sit down and feel hopeless.

There's too much work to do.

public school with a large number of students from low income families. Sheridan Prep's students are LOVING the new playground that Albany UU helped to build last year. The school's leaders and teachers remain grateful to all who contributed to that amazing project. Meanwhile, our other efforts at Sheridan Prep continue. Several Albany UUs volunteer to tutor children and/or help in classrooms on a regular basis, which is gratifying and fun for us and seems to benefit the children. Plans for next year will be drawn up soon, and we expect there will be many different kinds of service opportunities for Albany UUs, including working with students and making enhancements to the playground and school grounds. If you'd like to be involved in any way, we invite you watch for news about Sheridan Prep in the usual Albany UU publications, and, for a more inside scoop, to join our new and growing Sheridan Prep Volunteers E-group. Just send your request to join the group to Tammy Hathaway at office@albanyuu.org. Once you are a member, you will receive messages sent to the entire group, and can send messages yourself to Sheridan-Prep-Volunteers@egroups.churchdb.com.

“Do More” Pledge Analysis:

The Green Sanctuary Committee would like to thank the 57 households that filled out and turned in their copies of the Do More Pledge. We decided to share with the congregation a tabulation of the overall response to provide a general sense of what was important to them by way of what they committed to do.

Roughly half expressed support for GSC activities listed on the front page of the pledge, and we will add those interested to the email list to receive periodic updates on GSC activities. When it came to the specific actions listed on back page of the pledge, 11 wrote in all they already were doing so we split out their percentages separately from the will-do future commitments. We plan to hold a follow-up activity in the fall to check in on what new commitments had been put into practice.— Al Berzinis, for the Green Sanctuary Committee

(see next page for table)



Green Sanctuary Committee recycling
Leah Purcell and Betsy Wright stand with some of the recycled toys collected in April. At least two huge garbage bags worth of new, used, and broken toys will be recycled by terracycle.com except for the clean teddy bears that were separated and donated to local refugee families at their request.

Sheridan Prep update and invitation
Albany UU has established a strong partnership with the Sheridan Preparatory Academy, a neighborhood

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Total of 57 survey responses

Front page of survey	Will do	
I will sign up for e-mails from the Green Sanctuary Committee	53%	
I will attend at least one Green Sanctuary meeting	39%	
I will sign petition proposed by the Green Sanctuary Committee	63%	
I will get involved with a Green Sanctuary activity	35%	
I will donate to an environmental organization of my choice	63%	
I will attend at least one march	53%	
I will participate in at least one lobby day	21%	
	11	46
Back page of survey	Already doing	Will do
Compost my family’s food scraps	91%	52%
Use water more efficiently	36%	35%
Change to LED light bulbs	73%	67%
Cut down on meat	100%	70%
Plant tree or towards planting a tree or bush	27%	52%
Install solar panels, heat pump, solar water heater	45%	13%
Join a community solar organization for source of electricity	9%	17%
Lower home thermostat in winter and raise it in summer	100%	50%
Use fans instead of air conditioning	73%	63%
Hang up clean, damp laundry instead of using the dryer	73%	43%
Use reusable bags when shopping	91%	67%
Car pool, walk, use a bus, bicycle instead of driving	73%	43%
Unplug appliances and electronics when not in use	36%	46%
Make at least one monthly phone call advocating for environment	18%	20%
Plant a butterfly garden	27%	15%
Keep bees	0%	7%
Insulate your home	64%	24%
Drive only at the speed limit	36%	37%
Talk about climate	73%	72%
Talk about population	45%	57%
Talk about renewable energy	64%	59%
Cast your vote based on the environment	64%	72%
Write a letter to the editor	0%	20%
Read a book about a green issue and share it with a friend	9%	39%
Write your legislator, senator, congress or city councilperson	27%	48%

Enjoy Living for Today and Many Tomorrows



Do you desire to enjoy every day to the fullest for today and the rest of your life? Learn how your lifestyle can enable you to do so.

Research shows exercise, stress management, and a healthy diet can help you live a healthy, fulfilling life today and for many years to come.

Experience this one-day workshop on Saturday June 17th, 10AM to 4PM at the First Unitarian Universalist Society of Albany, 405 Washington Ave. Sliding scale fee of \$20 to \$60. Bring your own lunch.

Dr. Bruce McEwen is a retired biochemist and a certified yoga instructor teaching yoga for the past 20 years. *For more information on the workshop content, please contact him at bvmcewen45@gmail.com*

To register, email Registration@AlbanyUU.org, or call the First Unitarian Universalist Society of Albany church office, 463-7135, or sign up at the Sign up Site in Channing Hall, at the church.

*If in need of childcare to attend, please request it when you register.
Please include the names and ages of the children.*

Summer Sundays

at Albany UU

June-September 2017

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward

June

June 18 "Searching for Self in an Age of Selfies," Rabbi Norman Mendel

In focusing on the superficial exterior, are we losing the ability to find ourselves within?

Rabbi Norman Mendel has always focused on the importance of inter-faith dialog and has taught Judaism, World Religions, Biomedical Ethics and Social/Political Philosophy at universities and colleges across the US.

Music: Elena Karpoff

June 25 "Talking the Walk: Why Do We Do What We Do?" Rev. Dick Gilbert

We are often admonished to "walk our talk," to live out our values. However, we seldom are urged to be able to "talk our walk," to tease out the theological rationale for what we do. "Practice what you preach and preach what you practice."

*Rev. Dick Gilbert, retired UU minister, has published books on faith development, social justice and meditations, including *In the Holy Quiet* and *Thanks Be for These*.*

Music: Ann Brandon

July

July 2 "Music- The Universal Language," Chris Jensen and Randy Rosette

We will explore how music transcends language and cultural differences, allowing us to connect as one people.

To Chris Jensen and Randy Rosette, music is an integral part of their

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 18– Aug. 27

Children in Pre-K through 5th grade meet upstairs in air-conditioned classrooms

Infants and toddlers are cared for by staff in the Nursery – also air conditioned

Youth in grade 6 and older are invited to join their families for the service or help with the younger children.

Come as many Sundays as your family would like. No registration required.

Volunteers are needed to help out or lead an activity. Do you have a talent to share?

Contact Leah at dre@albanyuu.org



The summer services are coordinated by Randy Rosette.

If you can volunteer to help on a Sunday when you will be here, we'd love to hear from you. There are openings for Greeters and Ushers. You can sign up by calling the office (463-7135) or at our resource page: www.Members.AlbanyUU.org

Services continued on reverse

Summer Sundays

at Albany UU

June-September 2017

life and a shared passion.

Music: Elena Karpoff

July 9 “The Upside-down Intelligence of Plants,” Sigrin Newell

The interdependent web may be more interdependent and more awe-inspiring than we ever imagined. Scientists are finding that plants can learn, can remember, can count and can even recognize and help their kin.

One of Sigrin Newell's favorite activities is giving sermons, mostly about environmental and natural history topics.

Music: Randy Rosette

July 16 “Faithful Non-Conformity: Biblical Wisdom for the Living of These Days,” Rev. Alexandra Lusak

Alexandra Lusak

Focusing on the 12th chapter of the Letter to the Romans and how its content can energize people of faith as we seek to live with courage, integrity, and hope.

The Rev. Alexandra Lusak is a Teaching Elder member of Albany Presbytery.

Music: Ann Brandon

July 23 “You Are the Salt of the Earth,” Diane Cameron

Human life is not possible without sodium chloride, and salt is the only mineral found in every cell of the human body, so salt is a biological necessity. Decency and kindness are also necessities, hence we admire “the salt of the earth.”

Diane Cameron is a writer/teacher/coach and a Times Union columnist.

Music: Sean Obach

July 30 “The Power of Yes,” David Roth

This morning David will speak and sing about what happens when you say “yes” when a “no” seemed to make more sense at the time.

David Roth's songs have found their way to Carnegie Hall, Chicken Soup for the Soul books, Peter, Paul and Mary CD's... His service will stir the gamut of your emotions, from hilarity to poignancy and much more.

Music: Ann Brandon

August

Aug. 6 “The Art of Meaning,” Rev. Kimberley Debus

Art has power to move us and change our lives. We'll examine the ways art helps us make sense of our lives, our communities, and all of creation

Rev. Kimberley Debus has just moved back to the Capital Region to launch an entrepreneurial ministry in the arts and worship.

Music: Al DeSalvo

Aug. 13 Wellspring

This service will highlight the learning that took place this year by ten participating members of Wellspring Spiritual Practices. Come and enjoy a sampling of what inspired them to grow in their spirituality as UUs.

Music: Randy Rosette

Aug. 20 “Defending Democracy,” Rev. Tom Chulak

Throughout our history as Unitarian Universalists we have affirmed and defended democracy. In fact some have called us a democratic faith. In light of the current assault on democratic values and practices, Tom will challenge us to be true to our religion.

Rev. Tom Chulak is a retired UU Minister, and owner, with his wife Nicole Furnee, of the Chatham Bookstore.

Music: Al DeSalvo

Aug. 27 “Moral Pain and Spiritual Struggle,” Rev. Chris Antal

Recent research on moral emotions and spiritual struggles is a resource for our own journey.

Rev. Antal was ordained by Albany UU in 2011. Since then, he served a tour as an Army chaplain in Afghanistan, earned a doctorate from Hartford Seminary, and established chapter 177 of Veterans for Peace.

Music: Alyssa Yeager

September

Sept. 3 “The Soul of the Worker,” Dan Berggren

Using songs and stories, Dan Berggren asks: What nourishes us? How can our work feed us and others in spiritual ways? Whether it's called pursuing a career, earning a living, doing a job, or answering a call, what is at the heart of work?

Dan Berggren is an Adirondack folksinger, a professor emeritus of SUNY, and a UU from Saratoga Springs.

Contact Us

Board of Trustees 2016-2017

email: board@albanyuu.org

Executive Committee

Dick Dana, President
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Linda Hunt, Secretary

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Michele Desrosiers
Ben English
Lee Newberg
Jon Newell
Annika Pfluger

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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