

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

September 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

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?

Music: Choir

Sept. 10 "You are Welcome Here," Rev. Sam Trumbore, Eileen Casey-Campbell, Leah Purcell

This will be our traditional homecoming service that inaugurates our fall program. Please remember to bring a sample of water you've saved from your summer travels and experiences to contribute to a common bowl to ritualize the regathering of our community.

Music: Choir

Sept. 17 "Expanding Our Welcome," Rev. Sam Trumbore

Our congregation has a good reputation for being welcoming. Yet there are limits to that welcome that many of us may not recognize. We have made a major commitment in the first line of our mission statement to welcoming everyone. How can we become more effective in our welcome? What will it take from each of us? What will we have to let go? What will we have to cultivate?



Sept. 24 "Don't Be Afraid of the Dark," Rev. Crystal Muldrow

In a time of such turmoil and perceived darkness in our world, it's comforting to know that we do not have to be afraid of the dark. To embrace the darkness in our lives and in our world can lead us to a place of spiritual transformation.

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 weekly Preview email 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)		7:00 PM	Choir Rehearsal (almost weekly)
	11:45 AM	Social Responsibilities Council (3rd)	Thursdays	1:00 PM	All Sides Considered (1st & 3rd)
Mondays	12:00 PM	Channing Circle (3rd)		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 September

4-Sep Monday		18-Sep Monday
6:15 PM RE Council meeting	Channing	10:00 AM Endowment Trust MeetingStott Lounge/Joy Library
5-Sep Tuesday		12:00 PM Channing Circle
6:30 PM OWL Facilitators	B-7	1:30 PM Meaning Matters - Third Monday Afternoon.....
7-Sep Thursday		B-8
6:00 PM Peace Team CDCAI steering committee....	Stott Lounge	19-Sep Tuesday
8-Sep Friday		5:00 PM Meaning Matters - Third Tuesday Group ...
6:00 PM Board Retreat.....	Channing	Stott Lounge
9-Sep Saturday		21-Sep Thursday
8:00 AM Board Retreat.....	Channing	7:00 PM Albany UU Board Meeting.....
9:00 AM RE Development.....	Upstairs Classrooms	Channing
10-Sep Sunday		22-Sep Friday
10:00 AM Multigenerational Homecoming Service	Emerson	6:00 PM Mindfulness Meditation Workshop
11:00 AM Coffee Hour and Homecoming Lunch	Channing	B-8
11:45 AM Forum: Dandelion Geothermal.....	Emerson	6:00 PM RE Council Retreat.....
11:45 AM Inclusivity Team.....	B-8	Channing
5:30 PM Walker Book Club	Channing	23-Sep Saturday
11-Sep Monday		8:00 AM Mindfulness Meditation Workshop
10:00 AM Small Group Ministry-Mon. AM group.....	B-5	B-8
5:30 PM CAAMI Forum: End Prison Abuse! . Channing, Emerson		7:00 PM B. Miller Auction event.....
(childcare in Rm. 26)		Channing
14-Sep Thursday		24-Sep Sunday
7:00 PM Program Coordinating Council.....	B-8	12:00 PM Caring Network.....
15-Sep Friday		B-3/B-4
6:00 PM East of Hudson Potluck.....	Offsite	12:00 PM Senior High Parent, youth, advisors meeting... 23,
6:00 PM REC Retreat.....	Channing	B-8
16-Sep Saturday		25-Sep Monday
9:00 AM RE Development.....	Channing	10:00 AM Small Group Ministry-Mon. AM group
17-Sep Sunday		B-5
11:30 AM Picnic in the Park	Washington Park, rain site 2nd	7:00 PM Meaning Matters - Fourth Monday Group
.....	floor classrooms	B-8
11:45 AM SRC	B-8	26-Sep Tuesday
12:00 PM YSOP Info meeting	B-3/B-4	6:30 PM Finance Committee Meeting
		B-7
		6:30 PM Wellspring.....
		B-5
		27-Sep Wednesday
		6:00 PM Peace Team - CDCAI.....
		Channing
		28-Sep Thursday
		6:30 PM Wellspring.....
		B-5
		7:00 PM Judith Enck Presentation.....
		Channing, Emerson
		29-Sep Friday
		6:00 PM REC Retreat.....
		Channing
		30-Sep Saturday
		9:00 AM REC Retreat.....
		Channing

Sam's Outlook

Charlottesville, White Supremacy and UU

Rev. Sam Trumbore

The convergence of white supremacy groups in Charlottesville, Virginia in August was a very disturbing event that potentially could threaten our system of governance. President Trump's response was even worse as he tried to normalize the protest, the white supremacist participants and blame both sides equally for the violence. That these unrepentant racists are at the core of Trump's base of support is as bad if not worse than the way he panders to them to retain their support.

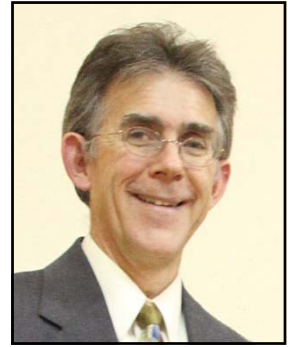
Whether Trump really believes the Nazi rhetoric and thus rejects his Jewish son-in-law or is cynically using the racists as the foundation of his political support, there is no doubt that Trump represents a racial backlash against the Obama presidency. We saw it start with Trump's birther movement that he sustained for years. There was the irrational resistance to everything Obama tried to do grounded in the racist fear that a black man could successfully lead our nation. Thankfully, Obama succeeded in spite of them.

And now his nemesis is in power. A man who is the antithesis of everything Obama stood for.

Seeing active white supremacy on display in Charlottesville can make it very hard for white Unitarian Universalists to see the ways they might be complicit with white supremacy. Many white UU's resisted when our congregations were asked to do a White Supremacy Teach-in this past May. This challenge was made after our Unitarian Universalist Association's hiring decision in March of a white man for a key leadership position that allowed all the leaders in that cohort to remain white. When the hiring decision was challenged, the President of the UUA resigned on April first throwing the top leadership of the UUA into turmoil that stimulated two top male white leaders to resign. And soon after that our beloved Moderator, Jim Key, died of cancer. In one fell swoop, all the top white (and Hispanic) male leaders were gone.

There was a lot of apprehension as we gathered in New Orleans for our yearly annual meeting called

General Assembly at the end of June. I heard concerns that there might be a backlash to many changes that were being made, some initiated by the three interim black co-presidents: a previous President, Bill Sinkford, another a longtime activist for people of color, Leon Spencer, and a new person, a professor from Starr King, Sofia Betancourt. It turned out to be a great and inspiring General Assembly that elected our first woman as President, Susan Frederick-Gray.



Throughout General Assembly there were many, many people of color speaking at the plenary and leading workshops. They all agreed that white supremacy wasn't just represented by those hostile racists we saw on the streets of Charlottesville. All of us live in a culture of white supremacy that both pushes down people of color and pushes up white folks. Whether we like this or not, whether we resist it or not, those society categorizes as white get automatic benefits and those who society does not categorize as white suffer degradation and disadvantage.

And whether white people like it or not, whether black people like it or not, they are part of white supremacy culture and participate in it. Our white forbears created this system for white people's benefit. They enculturated everybody in this system and then died and bequeathed it to whites. It is white folk's challenge to wake up to it, deconstruct it and work collaboratively with all people to replace it with a culture that is egalitarian, fair and just. This is the unfulfilled American dream.

The difference between the White Supremacists who gathered in Charlottesville and the white supremacy culture in our congregation and American society is significant but dangerously parallel. Unaddressed and exposed, white supremacy culture permeates American society. The White Supremacists are disturbed because they see this culture at risk. Many white liberals are very willing to reject it but are unwilling to see how they unconsciously

Sam's Outlook, continued on page 4

News

Homecoming!

Sunday, September 10

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

☞ **Send a couple photos** of your summer for inclusion in the slideshow to photos @albanyuu.org by Sept. 1.

☞ **Plan on lunch after the service!** Everyone is invited to a light lunch in Channing hall right after the service. Please bring a “finger food” (no utensils and no heating up needed!) to share: sandwiches (cut in half), raw veggies, fruit, cheese and crackers, deviled eggs, or other appetizers. Drop off your contribution that morning in the kitchen. This is a nice time to catch up with friends and meet some new people after the summer’s activities. See you then!

Welcome to new staff members!

You’ll be seeing some new faces this fall at Albany UU. Ministerial Intern Eileen Casey-Campbell, Music Director Richard Porterfield and custodian Philmore Bartley all started work here in recent weeks.



Phil Bartley will be working *Phil Bartley*

Flyers in this issue

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

♦ Picnic in the Park

Sundays and Mondays—look for him at coffee hour and say hi!

Hello from our new ministerial intern:

Greetings, friends! As we enter the monthly theme of Welcoming, I am so grateful and honored to be welcomed by you. My heart is light as I begin to inch my way into the community you all have built together.



Eileen Casey-Campbell

My partner, Brian, our child, Rory, and I arrived a couple weeks ago, by way of Rochester, New York. While there, I attended Colgate Rochester Crozer Divinity School and served as Membership Coordinator for First Unitarian Church of Rochester as well. This move is a bit of a homecoming for us; Brian and I were both raised in the Albany area. We are settling in while renovating an old home in West Sand Lake.

I have already been in awe of the spirit of welcoming

Sam’s Outlook, continued from page 3

participate in, benefit from and thus perpetuate white supremacy culture. I learned a lot about this at General Assembly and will be bringing what I learned back to share with our congregation.

My commitment is to wake up and stop unconsciously participating in, benefiting from and thus perpetuating white supremacy culture. This isn’t easy as that culture will fight back and resist any such attempt. The first line of our congregation’s mission is: We welcome everyone. To make that real we must all commit to becoming conscious of

our complicity with white supremacy culture, stop colluding with it and actively resist it.

One excellent way to do that is to do it together, honoring each other’s commitment, kindly identifying each other’s mistakes, and supporting each other’s courage to make amends and move on. This is work that may take generations to accomplish. But we’ll get there, and the company on that road will be a balm to the spirit. For in mutual love and care, we’ll enjoy a freedom from division and experience a foretaste of the world of peace and justice we dream about creating.—Rev. Sam

and community cohesion in this congregation. I loved meeting many of you this past week, and I'm looking forward to our time together this year. -- Eileen Casey-Campbell

And here's a bit about our new music director:

Dr. Richard Porterfield is a Visiting Assistant Professor at UAlbany, where he teaches courses in music theory and analysis, ear-training, musicianship, and the philosophy and biology of music. His 2014 CUNY dissertation combines historical and theoretical research to propose a theory and method of analysis for the tonal structure of modal melody in Gregorian chant. Before coming to UAlbany, he taught at Columbia, NYU, and elsewhere in New York City.



Rick Porterfield

Rick is a founding member of the vocal ensemble Lionheart, with which he has performed concerts at Carnegie Hall, The Metropolitan Museum of Art, the National Cathedral, and throughout North America and Europe; he can be heard with Lionheart in recordings on the Sony, Nimbus, Koch, and Cantaloupe labels. He has played organ and conducted choirs and orchestras in Episcopal, Lutheran, and Roman Catholic churches, and has performed and recorded as vocal soloist and chorister for Voices of Ascension, the Gregg Smith Singers, and for various concert choirs, churches, and synagogues. Most recently, he was Associate Choirmaster at Saint Ignatius of Antioch Episcopal Church in Manhattan.

Rick has composed and directed his own music for the Classic Stage Company, Target Margin Theater Laboratory, churches, and dance companies; he has also worked as a playwright, actor, director, and performance artist at The Public Theater and other venues. Rick and his wife Jean live in Albany; their son Siegfried is a student at the Rochester Institute of Technology.

Guests in our Pulpit

Sept. 3 **Dan Berggren**, known as an Adirondack

folksinger, is also a professor emeritus of SUNY, founding member of the Unitarian Universalist fellowship in Fredonia, and a current member of the UU Congregation of Saratoga Springs.

Sept. 24 **Rev. Crystal Muldrow** has been an ordained

Unity minister for 11 years. She moved to Albany January of 2016 when she became Unity Church in Albany's Sr. Minister. In addition, Rev. Crystal is an ordained Zen nun in both the Korean and Vietnamese lineages of Zen Buddhism. (Rev. Trumbore will be exchanging pulpits with Rev. Muldrow this Sunday.)

GA 2017: the Future of our Faith

Our ten-member Albany UU delegation was not sure what to expect from the 2017 General Assembly of the Unitarian Universalist Association, held in June in New Orleans. It had been a turbulent spring for the UUA, with questions about racism in hiring practices leading to the resignation of President Peter Morales and the appointment of three interim co-presidents.

Our GA experience turned out to be eye-opening, moving, inspirational and unifying. We saw the leadership of our Association seeking to address the culture of white supremacy that has long been part of our denomination (as well as most institutions in our society). Rev. Sofia Betancourt, one of the interim co-presidents, explained that this "is not about whether an individual person considers themselves a white supremacist. It's about how we're all influenced by the everyday messages we receive in our culture, by decisions that we make without even really thinking about it." Multicultural educator Robin DiAngelo told us plainly that all white people benefit from racism, regardless of their intentions; not to act against racism is to support racism.

After our GA experience, we believe that this is a moment in history for Unitarian Universalism, a time that calls on all of us to join in creating change. UUs

**The John Cross
Legacy Society**

*Supporting the good works
of Albany UU through
planned giving*



have been at the forefront of so many social justice issues, and our congregations have shown that we can transform ourselves and society. We supported women and the LGBTQ communities in claiming their rightful places in our denomination, through thoughtful efforts over a period of years. UUs invested resources and time in education, reflection, outreach and action to enable these changes.

In spite of our good intentions, our denomination's efforts to overcome racism have been less successful. Almost 50 years ago, hundreds of Black UUs left our movement over broken promises of UUA support for Black Empowerment. In New Orleans, our leaders called on us to devote our energy and resources to dismantling systems of white supremacy in our Unitarian Universalist denomination. If we are to succeed, we need to turn the lens of conscious anti-racism on our own congregations, and our own lives, to understand how longstanding perspectives, structures and practices create and sustain barriers to the beloved community.

This is an historic opportunity for Unitarian Universalism to overcome the inequities of the past and become truly multicultural and welcoming to all. Just last fall, the Board of Trustees of the UUA committed to raise and provide \$5.3 million in funding for the Black Lives of Unitarian Universalist Organizing Collective or BLUU, to support Black UUs and expand their role and visibility. Two-thirds of our UU congregations, including Albany UU, participated in a White Supremacy Teach-In this spring. In June, the UUA Board appointed a Commission on Institutional Change to analyze structural racism within the UUA. The Rev. Susan Frederick-Gray, our new President of the UUA, stood against hate and white supremacy with other religious leaders in Charlottesville.

We came home buoyed by the energy and goodwill

of the gathering, believing that we stand at an inflection point for Unitarian Universalism and our nation. Rev. Cheryl Walker told us in the Service of the Living Tradition, "The times we live in right now are ripe with the potential for great transformational seeds to be planted." As our interim co-presidents put it, we are "setting the table for the future of our faith." Look for opportunities from the Inclusivity Team to join in this work at Albany UU!

If you want to better understand recent events in the UUA, you can find summaries on the UU World website (<http://www.uuworld.org/departments/uu-news>) or in your UU World magazine, or please talk with one of us.

Albany UU participants in 2017 GA: Tom Chulak, Dick Dana, Kathy Harris, Jean Poppei, Leah Purcell, Matt Schultz, John Sherman, Peggy Sherman, Sam Trumbore, Jacqui Williams

Hold the Date:

**Joint HUUU/NYSCU event at Albany UU
Friday night and Saturday morning & afternoon
October 20-21, 2017**

This joint event will bring together our Hudson Mohawk UU (HUUU) Cluster of congregations (Saratoga Springs, Glens Falls, Schenectady, Albany and Kingston) with the New York State Convention of Universalists (NYSCU) Annual Meeting. Friday night we'll be entertained by the fabulous folk musician Dan Berggren (who will be doing our service September 3). Saturday morning's keynote speaker will be retired UU minister from Rochester, New York, the Rev. Dr. Richard S. Gilbert delivering a talk titled, "Climate? Change?" In the afternoon there will be eight different workshops after a delicious lunch. Watch for registration information available at the NYSCU web site <http://nyscu.org/>

Growing Together

Developing White Racial Literacy

Led by Rev. Sam Trumbore

7pm Tuesday, Sept. 19, 26, Oct. 3, 10

Anti-racism trainer Robin DiAngelo presented three inspiring workshops at UUA General Assembly in New Orleans this past June. They were so good and so educational, Rev. Trumbore decided to shape

Three ways to sign up for a class or event:

—Send an email to Registration@AlbanyUU.org

—Sign up at the Sign Up Site in Channing Hall

—Call the church office, 463-7135

If childcare is offered, please let us know you need it when you register. (Include names and ages of children.)

Religious Exploration

Leah Purcell, Director of Religious Education

What does it mean to be welcoming?

From Soul Matters:

Let's be honest: When it comes to new experiences or skills, we're not that great at being a people of welcome. We like our ruts. We're comforted by what we know. We drift toward what we're already good at. Yes, there is safety in the status quo. And yet all that safety comes at a cost. Ruts may be comfortable, but they are also constricting. The status quo may be safe, but it's also stale and stifling. So this month let's welcome in the fresh air of something new: a new skill, new experience or new side of yourself. And a month's worth of effort is the perfect amount of time to take on this challenge, since it turns out that 30 days is how long it takes for new habits to form.

Children have their own styles and habits of welcoming. Like adults, some are outgoing among circles of friends and family, and even strangers. Trust comes naturally when they see how adults generally warm up to an enthusiastic greeting. Other children are shy and turn away from a friendly face. You've seen little children turn to bury their faces in the legs, laps or shoulders of their caretakers or parents; some teens lower their heads and mumble "hello" to elders they don't know well. Being welcoming is a skill you can work on with your child.

For shy children, I love the Red Grammar song "Say Hi". It came about to help children reach out to those around them in safe ways. Here's the link to the song and Red putting it in context. https://www.youtube.com/watch?v=yzG_mkKUQ4c Looking someone in the eye and simply saying "hi" is one way to welcome.

Most children, even shy children, are naturally empathetic. They want everyone to feel at home in their groups on Sunday morning. But how can they help with that?

One activity from our Tapestry of Faith Program suggests role playing with the children. To really welcome someone, you need to be open to who they are - their whole selves -without making assumptions. Ask your child to think about how a visiting child might be different from them. Maybe a

new child is really missing their parents, or maybe they have a different way of speaking or even speak a different language. Maybe they have trouble using scissors. Maybe even an older child can't read the chalice lighting words. What could they do to make each of these people feel welcome?



Sometimes we think of some people as having special needs. But we all have special needs at some time or other. Babies need to be cared for. Some people need hearing aids as they grow older or become unsteady on their feet. Anyone can find themselves needing crutches or a wheelchair for at least a while. Many of us have been new here and didn't know what to do on a Sunday morning or where to go.

As I learned in my experience working with Junior High youth this summer at Star Island, some people of color feel uncomfortable in mainly white communities. How can we all create a community that welcomes everyone? Here's where the adults come in. And it happens through persistent, ongoing work. And it generally comes in small steps. We can make our spaces show inclusivity; read stories where the main character is a person of color, whether the plot of the story is about race or not – because so very often, children are exposed to images and stories, including many good and valuable stories, where white is the norm and that is not named. There are lots of reading lists out there focused on race and identity for children, youth, and families. Lee and has many links <https://www.leeandlow.com/educators/a-more-diverse-reading-> There is also a list for book list for children in 3rd-6th grade and other material for children, youth and adults with the TeachIn resources at the Black Lives of UU website <http://www.blacklivesuu.com/teachin/> We can look for music and movies with UU values done by artists from many backgrounds – for example, this video I love from Sanctuaries DC, "Love Reaches Out" <https://www.youtube.com/watch?v=OvIPa28cVfA>

When we welcome new people, we keep learning. Parker Palmer, a leader in spirituality and social change, has said that when we welcome the stranger, we hear new messages and learn new

Religious Exploration, continued on page 8

them into a class. He will play recorded selections from each of these workshops with breaks for group discussion and personal response. The last class will draw material from another excellent workshop that described eight things we can do as individuals and as a congregation to deconstruct white supremacy. The goal of the class is to connect our congregation to the cutting edge work happening in other UU congregations. To sign up: See box

Getting to Know UU: orientation to UUism Save the date: Saturday, Oct. 7, 8:45 AM-noon

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

Religious Exploration, continued from page 7

possibilities. Our natural tendency is to fear the other, but generally we don't need to feel afraid and when we overcome some of our fears, we feel more at home in the world. So the welcoming is a spiritual practice that benefits each of us.

From Marge Piercy's poem, *The Low Road*

It goes on one at a time,
it starts when you care
to act, it starts when you do
it again and they said no,
it starts when you say We
and know who you mean, and each
day you mean one more.

—Leah Purcell

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

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

Sign Up for Meaning Matters Led and Coordinated by Rev. Sam Trumbore & Eileen Casey-Campbell

A great way to get connected through a small group at Albany UU is through Meaning Matters. Meaning Matters focuses on sharing personal experiences, questions and insights centered on the theme of the month. The groups use a packet of material distributed by email in the beginning of the month. It in-

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cludes links to articles, videos, books and movies on the theme that can be used in preparation for the meeting. The meetings are directed toward exploring the theme as a source for seeking truth and deeper meaning and facilitates connections between group members.

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

Mindfulness Meditation Workshop Schedule led by Rev. Sam Trumbore

Sept. 22-23, Nov. 10-11, 2017

Jan. 12-13, Feb. 9-10, March 9-10, 2018

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

Rev. Trumbore has practiced Buddhist Vipassana or insight meditation for over 30 years and is Past President of the Unitarian Universalist Buddhist Fellowship. This meditation technique is one of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind, opens the heart and can improve one's physical and mental health.

Are you interested in joining the 2017-18 Wellspring group?

Wellspring: Sources is a 10-month program of distinctly Unitarian Universalist spiritual development. This year's program will begin on Sept. 26 and meet every month until June on the second and fourth Tuesday. To join, please complete the "Intention to Participate" which can be accessed by a link in your weekly Preview email or contact the church office for more information.

Starting Here: development session for RE Guides (Teachers)

In our Religious Education program we want to provide our children and youth with opportunities to feel at home here, to make sense of their world and learn ways to respond with love, even in tough situations. Where do we start? We start here and we start with ourselves and what we can do starting now. In this development session, I'll



help the RE volunteers to develop competencies in multiculturalism and skills to help children and youth to develop race consciousness. Acknowledging that developing these skills is an ongoing life and spiritual practice, we'll also learn from the wisdom the participants bring. And we'll also learn some

nuts and bolts like communications and procedures and learn skills to create effective and peaceful sessions on Sunday mornings.

Choose either Saturday, Sept. 9 or Saturday, Sept. 16. Both from 9:00 am – noon. You need only come to one! Contact Leah at dre@albanyuu.org if you are interested in attending and if you need childcare.

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Our Community

We're all invited...

After the service on "Homecoming Sunday" (Sept. 10), please join us in Channing Hall for a light lunch. Everyone should bring a food item to contribute to the lunch that can be eaten with our hands--no utensils and no heating up. We Albany UUs are a hungry bunch, so try to bring some contribution to the meal!

Some ideas for contributions: Sandwiches (cut in half), cheese and crackers, raw veggies, hummus,

fresh fruit, deviled eggs, chips and salsa, pretzels, cookies. Drinks will be provided. Any questions, please contact Barb Manning (439-4226, barbarac-manning@hotmail.com).

Calling UUs who live East of the Hudson River!

Join us **Friday, Sept. 15** for an East-of-Hudson Potluck at the home of Sharon and Mike Babala (10 Budd Lane, East Greenbush.) To RSVP contact Sharon at 518-312-8973 or sharonbabala@gmail.com.

Channing Circle welcomes you back!

Here's hoping everyone enjoyed their summer months and is refreshed and ready for the fall season! We'll be gathering together on Sept. 18 at noon to share lunch and to re-connect with one another.

No speakers planned for this event BUT you will be the speaker this time! Come with a brief story about something interesting or exciting that happened on your travels or conversations this summer! We're excited to hear what you've been up to. Perhaps it wasn't fun but a marker of another change in life- all good stuff to be sharing with each other! Kathy Hodges' father will be in town and we may get him to join the party and share a story or two. After being around for 105 years or so, maybe HE'LL share a story. Come contribute and enjoy each other! September 18th is the date and 12:00 Noon is the time. Bring your sandwich and we'll provide dessert and coffee and tea. Look forward to seeing all of you! Kathy Hodges

Save the Date –

Multigenerational Pasta Potluck

**Sponsored by the Religious Education Council
Friday, Oct. 6 , 6:00 PM in Channing Hall**

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

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

Albany UU Humanists first monthly meeting of 2017-18 church year

The Albany UU Humanists will meet on Tuesday, Sept. 19. This is a call for all humanists, atheists, agnostics, religious humanists, secular humanists and free thinkers to gather together and share our stories and journeys; and to explore various aspects of UU Humanism. The best way to keep up with the conversation is to be present at the meetings.

Also, a good way to keep up with the discussion and future planning is to join the Albany UU Humanists eGroup conversations. To sign up go to members.albanyuu.org, Member Logins, ChurchDB. Login, or retrieve your password if you are a new user,

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



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albany-uu.org, contact Reverend Sam Trumbore, the Albany UU office at 518-463-7135, or one of them personally. They are: Chuck Manning, Phil Rich, Randy Rosette, Sandy Stone, Lisa Barron, Donna Meixner, Dee Van Riper, Eileen Casey-Campbell.

click Groups, and add your name to the Albany UU Humanists. Or you may contact Don Odell (odell.don@gmail.com, (518) 482-4574), or the church office for assistance.

For further information on Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://huumanists.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>.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, Sept. 10, 2017 at 5:30 pm in Channing Hall. Newcomers are always welcome.

We start with a welcoming shared supper which is followed by a lively discussion of the book of the month. Bring your favorite dish to share and a small contribution to cover beverages.

In September, we will discuss Alexander Hamilton by Ron Chernow. In his April 25, 2004 New York Times book review, David Brooks says of this extensive biography that "nobody has captured Hamilton himself as fully and as beautifully as Chernow." Brooks says that Hamilton is "the most progressive, and is the most neglected, of the founding fathers." Read this account of the life and death of Alexander Hamilton and share your thoughts regarding his relevance to the politics of today.

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

Social Justice

"The Trump Assault on the Environment, and What You Can Do About It"

The Green Sanctuary Committee is sponsoring this lecture by local environmental leader and former Regional Administrator of the Environmental Protection Agency. **Judith Enck** on **Thursday, Sept. 28** at 7pm in Emerson Hall. This event is free.

Community solar could be for you!

Wondering how you can take advantage of solar power to reduce your impact on the environment while also saving on your electric bills?

Until recently, rooftop solar was the only option, available only to those who own their home and have an unshaded roof well-oriented to sun.

But now solar power is available to anyone who pays an electric bill: community solar customers buy panels in a remotely located solar array and each month receive credit on their electric bill for the kilowatt hours generated by their panels. Albany Solarize has organized two community solar offerings, to be started by dates yet to be determined, while Hudson Solar will finish building its first array in September.

For more information, contact David Musser (musser@cs.rpi.edu) or catch him at the GSC table in Channing Hall after any of the September services.

Green Sanctuary notes

Back from vacation, still elated by the Total Eclipse, now it is time for you to DO MORE once again. As for something GSC pledged to you, here is the list of self-initiated actions people wrote on their pledge forms:

- ♦ Grow more on my own: plant a garden; make a raised garden bed
- ♦ Participate in a CSA
- ♦ Work on a community forum on climate change
- ♦ Canvas my neighborhood re planting trees
- ♦ Look into a tankless water heater
- ♦ Draft a letter on green issues to local religious communities

- ♦ Install a door over attic stairs
- ♦ Shop locally
- ♦ Donate to Habitat and Historic Albany
- ♦ Insulate with Low-E windows, investigate a high efficiency boiler
- ♦ Use front load washer
- ♦ Pick up loose litter
- ♦ Start a recycling station at work
- ♦ Share, freeze and can garden produce
- ♦ Manage our forest with a harvesting project to encourage younger growth
- ♦ Attend Rens. Co. recycling day
- ♦ Purchase a hybrid car
- ♦ Commute by bicycle
- ♦ Reject chemical treatment of lawn
- ♦ Pay for carbon offset when traveling
- ♦ Vote against Trump; write letters to legislatures who do NOT support green issues
- ♦ Keep doing the little things that add up
- ♦ Get a NYSERDA home evaluation
- ♦ Support (other people's) participation in environmental movement
- ♦ Replace inefficient room heaters with more efficient ones
- ♦ Buy electricity from company that uses renewable sources
- ♦ Use cloth or plastic bags at store
- ♦ Work with town, county officials to preserve open space and slow development.

As you see, we UUs came up with a lot of different ideas.

As we come back together, let us talk more about what we can do and what we are doing. Green Sanctuary has already heard about some pledges that are completed. For example, someone has purchased an electric car (yay!) and someone is canvassing her neighborhood to encourage her neighbors to plant trees now, since fall is an ideal time to get those transplanted roots in the ground.

As you complete a pledge, please let us know what you have done, and give us permission to announce the completion in Windows, with or without your name. Contact Betsy at bettyeliza@gmail.com.

Please don't forget to put your recycling in the bins in the coatroom. The Green Sanctuary is still collecting personal products not otherwise recyclable in a single stream collection, Brita filters, hearing aid batteries, corks, cardboard egg cartons, cell phones and some batteries. Usable blankets, coats and jackets still can be donated and will be distributed appropriately. We do not recycle regular batteries such as AA, AAA etc., but some Ace Hardware stores collect them. Clothes that are clean but no longer usable may be used as rags, or put into a bag, marked as rags, and placed in clothing collection boxes. Green Sanctuary will no longer be collecting Bausch and Lomb contact lens boxes and wrapping, but we will start collecting aluminum can flip tabs. (The Ronald McDonald House collects them.)

Raise your voice for End of Life Choice

Death with Dignity Albany's Fall Programs –

SAVE THE DATES. Two informative programs will be held at the Colonie Library on Albany-Shaker Road from 12:15 to 1:45. On September 12, Graceful Exits: Living Well Until the End will feature small group, facilitated discussions about death with dignity and end of life concerns to provide a supportive place to talk about difficult topics. On October 24, attorney Margaret Vella will give a presentation on Legal Planning for Your Final Years.

State Update. The New York State Legislature did not take action on the Medical Aid in Dying Act during its 2016-17 session but significant progress was made. Legislators received over 2,700 letters supporting the bill and the number of sponsors increased from 15 to 29. Organizations supporting the bill now include, among others, the New York Civil Liberties Union, the New York Public Health Association, the Statewide Senior Action Council, the New York Society for Ethical Culture, and the New York State Academy of Family Physicians. Significantly, the Medical Society of the State of New York decided to survey its members to determine what its position should be. Request for Action: If you are a member of a professional associa-

tion that represents healthcare providers or other stakeholders and would like to join efforts to pass the Medical Aid in Dying Act, please contact Amanda Cavanaugh at NY@compassionandchoices.org.

Federal Update. In July, the House Appropriations Committee approved an amendment from Rep. Andy Harris (R-MD) that would repeal Washington, D.C.'s Death with Dignity Act, which passed in the city council in October by an overwhelming 11-2 vote. Compassion and Choices is working with its allies in Congress to strip the amendment from any final appropriations bill, and is asking all supporters of medical aid in dying to contact their elected officials in Washington to urge them to oppose this amendment. Request for Action: You can easily help out by clicking on this link, where your message will be automatically forwarded to your federal lawmakers: https://www.compassionandchoices.org/federal-legislative-action-center/tell-congress-dont-repeal-d-c-s-death-with-dignity-act/?s_src=20170731_em_aa_f1_i_xx_xx_DC2017_xx_0_I2.--Nancy Willie-Schiff

On the Peace Team front

Occasions to meditate on issues of peace, justice, reconciliation: Columbus Day, Election Day, Veterans Day, Armistice Day, Thanksgiving.

In August we were reminded of Hiroshima and Nagasaki. On August 2, AlbanyUU hosted **Peace Walkers and Water protectors** who made the principled and spiritual walk from New Jersey to the Grafton Peace Pagoda. Some walked the whole way, over 100 miles, others walked for part. For each walking was a spiritual practice, a prayer. Consider visiting the Pagoda is a lovely place to visit and the best mountain season is approaching.

Peace Vigil happens each Monday, 5 - 6 PM, at the Four Corners, intersection of Kenwood and Delaware avenues in Delmar. For over ten years committed activists have posted themselves outside the pizza shop holding signs for peace issues. Drive by, stop by any Monday.

On August 4, the Albany UU SRC hosted a dinner following the **13th anniversary march** to commemorate the arrests of Yassin Aref and Mohammed Hossian in an FBI sting operation. The children of these men are much older now, life moving on.

Albany UU and SRC are joining many faith communities in 5th Annual North Star Interfaith Peace Walk, Sunday, Sept. 24, from 2:00-4:00. A walking loop will start and end at the Moses Statue in Washington Park. Faith leaders will be invited to speak on issues of peace, not specific political issues. Please bring signs /banners with names of participating organizations. Friendly dogs are welcome.

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

No one can do everything that needs doing, but anyone can do something. Call a candidate, write a letter, get to know someone "different", join the Peace Team.

Silence is golden the saying goes, but silence can also be deadly. Silence in the face of great wrong is complicity. Such silence can eat at the soul, eat at self esteem.

On Sunday, Aug. 27, Rev Chris Antal spoke to us of moral injury--many people suffer guilt about what

they did and did not do when confronted with a moral crisis. We have seen in film the anguish of the drone pilot who launch a missile and watch in real time as small green figures on their computer screen stop moving.

We watch the evening news helplessly as refugees from Syria and other places try to find a safe place for themselves and their families. The why and how this is happening is usually left out of the broadcast, do we want to know? Are we being "good Germans"?

There might be nuclear war before this passage gets to print. US missile silos are on a 15 minute launch readiness, time will tell. But, why? And this is not the most serious threat to peace, Climate Change is producing drought, starvation and migration of people the results in global conflict and ultimately mega-deaths. The greatest and most certain threat to peace here in the USA and to the world. This threat can be and is being addressed, millions of Americans have been energized. Indivisible, Move-On and other groups are educating and organizing. People have souls, compassion, and love. Corporations do not have these, only bottom lines, and people are raising their voices. --Ed Hancock, Peace Team

These just in...

Home Hospitality

Home Hospitality is needed for attendees at the NYSCU annual meeting which will be held at Albany UU in October (see page 6 for more info) . If you can host an overnight guest or two, Friday-Saturday, Oct. 20-21, please call the church office (518-463-7135) to let us know

Orientation for Leaders

Sunday, Oct. 1, 11:45 AM

Persons in elected positions, committee chairs, anyone interested in lay leadership at Albany UU is invited to this "less-than-one-hour" training. To sign up, please call the office at 518-463-7135.

Albany UU music lovers

Interested in the Albany UU music program? With our new Music Director Rick Porterfield on board we need to re-establish the Music Committee. If you are interested in working with Rick and developing our music program, please contact Kathy Harris at 518-512-5655.



Picnic

in the Park

sponsored by the Religious Education Council

Who: Everyone is invited

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

When: Sept 17 -starting around 11:30 until around 2:00

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

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



No sign ups required.
Hope to see you there!

Contact Us

Board of Trustees 2017-2018

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Ministerial Intern

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Administrative Assistant

Tammy Hathaway, office@albanyuu.org

Custodians

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) Albany UU has permission to use the University at Albany's Hawley Parking Lot on Robin Street at Washington Avenue.

Office hours

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

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

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 Administrative Assistant Tammy Hathaway (518.463.7135 or office@albanyuu.org).

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

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Editor: Amy Lent

Send submissions for all publications to:
Windows@AlbanyUU.org or to the church office.

Publication deadlines

Preview email: 9:00 a.m. Wednesdays

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

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

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