

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](mailto:administrator@albanyuu.org).

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

January 2018

## In this issue:

- 1 **Services**
- 2 **Calendar**
- 3 **Sam's Outlook**
- 4 **News**
- 6 **Growing Together**
- 9 **Our Community**
- 11 **Social Justice**
- 13 **Flyers**
- 15 **Contact Us**

## Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

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

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

## 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

**Jan. 7 "Intention Does Not Equal Impact,"** Rev. Sam Trumbore  
UU musician Jason Shelton composed the song titled, "Standing on the Side of Love" (#1014 in the Singing the Journey (teal) hymnbook) in 2004. It has become a favorite for many of us, a theme song for the campaign that bears its name. There are supporters of this campaign who can't stand and sing this song. Do they feel excluded from being on the side of love because they cannot rise and sing? Yes. That certainly wasn't Shelton's ... intention.

**Jan. 14 "No Justice, No Peace,"** Eileen Casey-Campbell

As we honor the legacy of Dr. Martin Luther King Jr. and his commitment to nonviolence, we explore what peace requires of us. Even when we are aware of the cost of violence, it is easy to ignore the cost of peace. What does it mean to be a people of peace, amidst the crisis of injustice? (This service includes a baby dedication as well as a special offering to benefit Black Lives of Unitarian Universalism.)

**Jan. 21 "Collapse of the Enlightenment Era?"** Rev. Sam Trumbore

We are not living in the times predicted by those who created the global order after World War Two. At the end of the Cold War in the 1990s it looked like the peace dividend was about to pay off. At the turn of the millennium, things were looking up. Today the dream of world peace is ebbing with an "America First" attitude in the White House, and the rise of authoritarian governments and intolerant fundamentalist perspectives around the world. Are these signs of the collapse of the Enlightenment ideals that helped to create our religious tradition? What is our response?

**Jan. 28 "Living in Fantasyland,"** Rev. David Weissbard

The craziness of living in today's America seems to have come out of nowhere, but it hasn't. Kurt Andersen has put it in a context that helps us understand (which is not to say accept) what is happening, with his new book: *Fantasyland: How America Went Haywire: a 500 year History*. Actually, by implication, UU's have contributed to the problem and have an obligation to help resolve it.

*Music:* Albany UU choir

# Calendar

## Events happening every Sunday at Albany UU

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

**Exceptions:** No choir rehearsal Jan. 3 and 10.

## 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 January

### 5-Jan Friday

6:00 PM Multi-generational Potluck, host GSC..... Channing

### 7-Jan Sunday

10:00 AM Family Chapel.....Sanctuary  
 11:30 AM ROP Mentor/Youth Meeting..... B1,B2,B6,B7  
 11:45 AM Auction Committee Meeting..... B-3/B-4  
 11:45 AM Forum: Black Lives of Unitarian Universalism  
           Campaign..... Emerson  
 12:30 PM Rite of Passage..... B-8

### 8-Jan Monday

10:00 AM Small Group Ministry-Mon. AM group..... B-5  
 3:00 PM Overflow Shelter Prep.....Kitchen  
 5:30 PM Governance Working Group ..... B-7  
 6:15 PM Religious Education Council Meeting ..... Channing

### 9-Jan Tuesday

6:30 PM Congregational Conversation Team meeting ..... B-8  
 6:30 PM Wellspring ..... B-5

### 11-Jan Thursday

7:00 PM Program Coordinating Council..... B-8

### 12-Jan Friday

6:00 PM Mindfulness Meditation Workshop ..... B-8

### 13-Jan Saturday

8:00 AM Mindfulness Meditation Workshop ..... B-8  
 6:00 PM Circle Dinner -- ..... Offsite

### 14-Jan Sunday

11:45 AM Inclusivity Team ..... B-8  
 11:45 AM Parent support group potluck and meeting... Emerson  
 5:30 PM Walker Book Group..... Channing

### 15-Jan Monday

1:30 PM Meaning Matters - Third Monday Afternoon ..... B-8  
 3:00 PM MLK Interfaith Memorial Service..... Offsite

### 16-Jan Tuesday

5:00 PM Meaning Matters - Third Tuesday Group Stott Lounge

### 18-Jan Thursday

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

### 19-Jan Friday

6:00 PM RE Development ..... Classrooms

### 20-Jan Saturday

9:00 AM RE Development ..... Channing  
 6:00 PM YSOP Chile Cook Off/Brownie Bake Off Fundraiser  
           Channing

### 21-Jan Sunday

11:45 AM SRC Forum hosts Terence Diggery ..... Emerson

### 22-Jan Monday

10:00 AM Small Group Ministry-Mon. AM group ..... B-5  
 3:00 PM Overflow Shelter Prep ..... Kitchen  
 7:00 PM Meaning Matters - Fourth Monday Group ..... B-8

### 23-Jan Tuesday

6:30 PM Wellspring..... B-5

### 25-Jan Thursday

6:30 PM Finance Committee Meeting ..... B-7  
 6:30 PM Wellspring..... B-5

### 28-Jan Sunday

11:45 AM Congregational Conversation--Creating a  
           Congregational Covenant..... B-8  
 3:00 PM Alyssa Yeager Concert..... Emerson

### 29-Jan Monday

5:30 PM Governance Working Group..... B-7

### 30-Jan Tuesday

7:00 PM Congregational Conversations— Creating a  
           Congregational Covenant..... B-8

## Sam's Outlook

### Good intentions are not enough

*Rev. Sam Trumbore*

Were it only this simple! Just set some good intentions, codify them in an agreement or a policy, pass a law or set up an agency or a program, and enjoy the fruits of those actions. Those of us here in Albany are wise about the good intentions that turn into laws. We know that, not infrequently, when enacted and enforced, these laws can end up doing more harm than good. Legislating morality is fiendishly difficult if not impossible when flawed and imperfect people are involved.

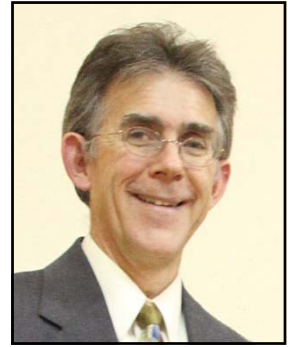
Yes, the road to hell may be paved with good intentions, but that doesn't stop us from having them. I for one am not going to stop advocating for laws designed to help people in need, right social wrongs, and build a more just, peaceful and sustainable world. What I wonder about is how to improve the odds on good results rather than bad in the sausage making process.

I appreciate the start of a new year as a time to consider what I am doing with my life and energy and pondering what intentions might need to change to get a better result. Many of those efforts aren't really changes, just renewed commitment to old changes that have lagged since a year ago. Eating a healthy diet is a perpetual struggle as is getting a sufficient amount of exercise and reading more books that remind me of my neglect as I see them on my shelf. There are video and blogging projects that are not getting my attention either. And there is the commitment to ministry that is all consuming of every good intention I can muster.

So how do I improve the odds that all my good intentions will turn into good results or not? May I suggest that what makes the difference is what happens after each failure.

As I was researching the topic of good intentions gone wrong, I found a lot of examples of government programs that had failed. I read about one jobs program that was funded with 1.6 million dollars to help up to 200 Appalachians retool for programming jobs. At the end of the not very successful program, 17 had found jobs. Each of those jobs effectively cost the tax payers over \$94,000.

What was missing from the article was what was learned by the program about preparing the folks accepted into the program to join the high tech economy. When I read this article I wanted to know more about the students who had some problems. Did they successfully learn to program? For the ones who didn't complete the training, what teaching methods might have helped them be successful? Maybe they contracted with an organization who didn't know how to teach older adults effectively. Were there a lack of jobs that the graduates were now qualified to perform? Did they have high speed internet capability or computers in their homes they could use to work online? And how long were people tracked before they found employment? Maybe the number working doing programming has increased by now.



Measuring the results of good intentions just can't happen once. What really matters is what happens next. The good intender needs to see clearly the results of their actions, make changes and try again. There are many ways to act on one's good intentions, some that will be skillful and effective, others that will be unskillful and ineffective ... or even harmful. And sadly often our actions have no effect at all.

We will not know ahead of time the results of our good intentions. What is far more important than making a mistake acting on one's good intentions that result in something bad, is learning through observing the results of one's actions and then making positive and effective changes. And if those changes don't work, try and try again.

So I suggest as you contemplate making resolutions for January, look back carefully at the good intentions from last year, take stock of the results and the modes of success and failure, then make changes and try again. Few if any of us get it right the first time.

It is persistent action doing what we know is right and good while continually learning from our successes and failures and continuing to make adjustments that makes all the difference.—Rev. Sam

## News

### Support Black Lives of UU—the promise and practice of our faith

Forum on Jan. 7

Special Collection on Jan. 14

We're proud of the record of UU advocacy for civil rights and social justice. Yet 50 years ago, hundreds of Black UUs left our movement over broken promises of UUA support for Black Empowerment. Longstanding perspectives, structures and practices continue to create and sustain barriers to the beloved community that truly reflects our UU values. In 2017, questions about racism in UUA hiring practices led to the resignation of President Peter Morales and congregational teach-ins across the country.

The Promise and Practice of Our Faith Campaign is a concrete way for UUs to break down the barriers of white supremacy culture in our own denomination. The UUA Board of Trustees has 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.

On Sunday, Jan. 14, Albany UU will take up a special collection for the Campaign for BLUU. Find out more about the Promise and Practice of Our Faith Campaign by coming to the Forum on Jan. 7.

"We have an extraordinary opportunity to live the most deeply universalist aspect of our theology and to begin to overcome the limitations of our history." — Rev. Susan Frederick-Gray, President, Unitarian Universalist Association

### Congregational Conversations on creating a Congregational Covenant

For the last 15 months, at the direction of the Board of Trustees, the Congregational Covenant Planning Team and its successor the Congregational Covenant Team (CCT) have been working behind the scenes to craft a process for creating this congregation's first ever congregational covenant. The Team is "going live," starting this month, with a series of three congregational conversations. All members of our community will have the opportunity to come and voice their preferences as to what they would like to

### Flyers in this issue

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

♦ **Potluck and Green Sanctuary program**

♦ **Alyssa Yeager folk rock concert**

see in our congregational covenant.

Please take the time to attend one of our three conversations:

♦ Sunday, Jan. 28, 11:45-1:15 PM

♦ Tuesday, Jan. 30, 7:00-8:30 PM

♦ Wednesday, Feb. 7, 1:30-3:00 PM

For those of you for whom a congregational covenant is a new concept, you might well be asking yourself "why do we need a covenant?" After studying this issue at some length, the CCT has identified several reasons for us as a congregation to create a covenant for ourselves.



First, we anticipate that the process of creating a covenant will help us all to better define who we are as a congregation and what it is that draws us together into community. This not only helps us understand better our own motivations for being part of this community. It also is a great help for outsiders and newcomers to our community to understand

what it is that motivates us as a community, so they can determine if this is a community they would like to be a part of.

Second, we anticipate that a well-crafted covenant will help us to achieve our hopes and dreams as a community in a number of ways. By defining who we are and why we come together, in other words, what we aspire to, it will clarify what we need to do together to achieve our goals. By defining how we are to be together, in other words how we want to treat each other, we will be better able to support each other in the work necessary to achieve the beloved community here in our back yard, and to make a better world for future generations. We anticipate that a covenant that truly reflects who we are and what we aspire to will give us all better focus, and the motivation to provide each other the mutual sup-



## Board Notes

### Serving as Secretary on the Albany UU Board

*Linda Hunt, Secretary*

Have you ever thought fleetingly about serving as secretary on Albany UU's Board of Trustees, but then dismissed that thought because you felt the job would be too daunting? To my surprise, I found a way to get my feet wet and serve on the Board without being swept away. I informed the Nominating Committee that I was interested in serving as Secretary, which is one of the four officers on Albany UU's Board of Trustees.

Qualifications to serve as secretary include being at least 18 years old, having signed the membership book at least 30 days before holding office, demonstrated participation in Albany UU activities and a pledge that is up-to-date. The secretary is elected for a one year term starting on July 1 following the annual meeting when they were elected. The secretary may, but is not required to, serve up to three years in that position. The secretary also participates in monthly Executive Committee meetings. I listen actively and take comprehensive notes during Board and annual meetings that include relevant viewpoints offered in response to items on each agenda. I record motions presented and the outcome of votes taken and final decisions made. Notes taken by the secretary need not be perfect because our parliamentary procedure provides for their review and either approval or corrections/additions at the next month's Board meeting. Albany UU's 2016 Bylaws provide a formal description of the duties of secretary.

My experience as secretary for the last 18 months

has been exciting, fulfilling and has helped me to grow as a leader and as a member of the Albany UU community. Exciting initiatives including the building of the playground at Sheridan Preparatory Academy, introduction of Albany UU's new website, approving the contract for our 2017-18 ministerial intern, Eileen Casey-Campbell, and establishment of a Looking Forward Campaign that significantly reduced the size and term of the mortgage on Emerson Community Hall have all occurred during my term as secretary. The Board's establishment of an Inclusivity Team, focusing on institutional racism and other forms of oppression; the establishment of a Congregational Covenant Team to gather input from the congregation toward creating a congregational covenant; and the Board's study of the purpose of governance in ministry and its establishment of a Governance Work Group for Albany UU have enhanced my personal fulfillment. I have enjoyed planning for and participating in celebrations for Leah Purcell's 10th anniversary as Director of Religious Education, and for Amy Lent's 15th year anniversary as our Church Administrator. I have participated in and recorded the Board's decisions related to celebrations of the 150th anniversary of Albany UU and the 10th anniversary of Emerson Hall.

Beginning in 2018, look forward to approved Board minutes being posted on a bulletin board in Channing Hall and on the secure portion of our website.



port that we all need to make our best mark here in this world.

So come with your questions, thoughts, ideas, or just an open mind to one of our congregational conversations and help to create our congregation's first congregational covenant. If you can't make any of the three conversations, please feel free to talk with any of us on the team with your questions, thoughts or ideas. The team members are Brian Frank, Jan McCracken, Zack Metzger, Patti Jo Newell, Leah Purcell, Kelly Smith, Jacqui Williams, and Rev. Sam Trumbore.

Thanks in advance for your contribution to creating a covenant.--Dick Dana, chair, Congregational Covenant Team

### A "note"worthy start to the New Year

Join us on Sunday, Jan. 28, at 3:00 pm at Albany UU for a fun, musical afternoon of folk rock with Alyssa Yeager on guitar and vocals. She will play your favorite tunes from the 60s and 70s plus originals. The concert will be family friendly and include light refreshments. Suggested donation is \$10 and all proceeds will go to Albany UU. Please contact

Randy at xxxxxxxxxxxxxxxx if you have any questions.

## Guest at Your Table

Each year about this time of year, the Religious Education program promotes Guest at Your Table as a way for families to learn about the work of the Unitarian Universalist Service Committee to advance human rights around the globe. One of the messages on the boxes is "Spread Hope". You can see the chains of connection to spread hope the children made on the bulletin boards in the RE Hallways.



Families and others can learn more about the program by reading the Stories of Hope, available at the UUSC website or in printed booklets available at the RE Office window on Sunday mornings. More boxes and envelopes are available there too.

Contributions of any amount qualify for membership. Contributions of \$125 or more are eligible to be matched dollar-for-dollar by the UU Congregation of Shelter Rock in Manhasset, NY. Please bring your boxes or checks to the RE Office Window by January 22. For more info contact Leah Purcell [dre@albanyuu.org](mailto:dre@albanyuu.org)

## Budget Requests due Sunday, Jan. 14, 2018

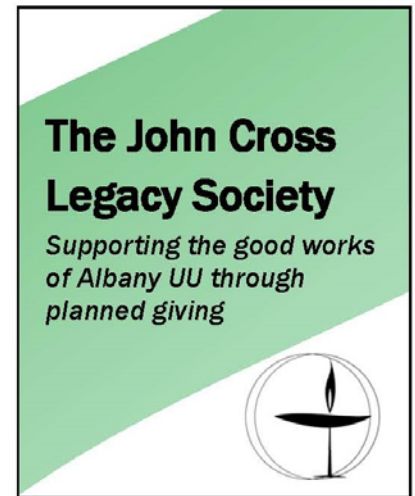
Yes, it's time once again to figure out how much money your program, committee or group will need in the next fiscal year that starts on July 1, 2018 and

ends on June 30, 2019. While it may seem far away, planning with a group takes more time than you think.

The budget form for submission can be found on the [members.albanyu.org](http://members.albanyu.org) web site, in the left column, under the Church Office tab, in the File Cabinet. The form is below the Financial heading. If necessary, the office can supply you with a printed form.

The Finance Committee and the Board use the completed form to help determine how much money will be needed to support your group's planned activities for next year. Combining all the submissions allows us to set a realistic annual canvass goal. If no form is submitted, it will be assumed that your group does not need any funds from the operating budget.

The form is self-guiding, however, if you have questions or need an alternate method of communication, please contact Steve Moskowitz at xxxxxxxxxxxxxxxx. Regular mail and email submissions are welcomed. Submit your electronic budget request to [smosk@earthlink.net](mailto:smosk@earthlink.net) or on paper to the Finance Committee mailbox.



## Growing Together

### New books in the Joy Library

*Putting God Second: How To Save Religion from Itself*, by Rabbi Donniel Hartman (2016), call# 200.19 HAR. Examines, mainly through the lens of Jewish tradition, how monotheistic religion has led to moral failure, and how this failure can be corrected within a life of faith.

*Faith Ed. Teaching About Religion in an Age of Intolerance*, by Linda K. Wertheimer (2015), call# 379.2 WER. Accounts of controversial attempts to teach about world religions in public schools in various parts of the United States.

*Same Family, Different Colors: Confronting Colorism*

*in America's Diverse Families*, by Lori L. Tharps (2016), call# 305.8 THA. Explores the phenomenon of color bias among African Americans, Latinos, Asian Americans, and mixed race Americans.

*The Good Death: An Exploration of Dying in America*, by Ann Neumann (2016), call# 304.6 NEU. Close looks at hospice care, medical care of the terminally ill, and the movements for and against aid in dying.

We also have the two UUA Common Read books for 2017-18: *Daring Democracy: Igniting Power, Meaning and Connection for the America We Want*, call# 320.973 LAP, and *Centering: Navigating Race, Authenticity, and Power in Ministry*, call# 262.14 CEN. For more about those two books, see <https://>

## Religious Exploration

Leah Purcell, Director of Religious Education

### To be a people of intention

As we enter the new year, it's we consider making resolutions. And in RE we have special programming for children in Pre-k through 6th grade

From Soul Matters and my colleague Katie Covie:

*Goals and resolutions "push us out" into future possibilities. To set intentions, we listen to our inner voice which tells us who we truly are, and so the first session offers components for accessing our inner voice.*

*In addition, I was reminded that the reason so many of our resolutions fall by the wayside about January 10th is that once we fail, we lose our future possibilities. With intentions, failure is expected and a part of life. Intentions are part of who we truly are, and so when we make a mistake, we return to who we truly are and try again. Only the enlightened Buddha is perfect, says one source, so get over making mistakes.*

*Other religions have rituals for acknowledging mistakes and asking for forgiveness, such as the Catholic practice of Confession and Reconciliation, and the Jewish Days of Atonement. What do we UU's have to reconcile when we make mistakes?*

Acknowledging mistakes, making amends, striving to re-connect and starting again are important parts of our work in dismantling white supremacy. We all have been raised in a white supremacy culture and we couldn't help that, but we can work to be more aware of how our actions, however conscious or unconscious are shaped by our upbringing.

In recent years, we have special programming in RE for children in pre-k through 6th grade for the month of January. We have used different RE models like Workshop Rotation and UU Jam which have combined the upstairs groups and the downstairs groups, much like we do for UU's in Action Sundays. Special programming in January is a chance for children to focus on one story and explore it through different activities and in mixed age groups. In the past, with help from congregants with special talents, we have incorporated movement, music, science, art, drama and Lego work-

shops over the course of the month.

This year, I'd like to focus on how to talk about race and use a 2-week curriculum called "Black People Matter", which was developed by my colleague, Beryl Aschenberg. She explains - *Racism is enculturated. Many of our children see it in their lives, especially here in Milwaukee, [or Albany?] but don't have a name for it or a sense of how it plays out. White parents and other adults often choose not to talk about race with our children because it makes us uncomfortable, or we aren't quite sure that we won't somehow "do it wrong". But racism dehumanizes all of us. As a faith community, we have an obligation to create a safe space where people of all ages can have these conversations. We want our young people to recognize that racism is an issue, even when they themselves might identify as 'color blind.' In this program, we begin by defining racism, and helping young people to identify not only the terrible cost to people of color, but also to our entire society. Our goal is to empower our young people to become confident in talking about race and race relations, and knowledgeable about it so they feel ready to stand up to racism when they hear it with their friends, with their families, and in their community. We are choosing to call this program "Black People Matter" rather than "Black Lives Matter" in deference to the specificity of that movement, and a desire not to misappropriate it for our own use. This program just begins to scratch the surface of a viable introduction to the cause of anti-racism, but we believe it is a good beginning.*

I'm reaching out in particular to members of our Inclusion Team to help present a month long "Black People Matter" program that will also include Family Chapel Jan. 7 and a UU's in Action session on Jan. 14. This curriculum is geared for especially for white parents/caretakers with white children. Parents with children of color generally talk about race when their children are young. And I'm finding out that Albany UU parents/caretakers of all backgrounds have different competencies and levels of comfort in talking to their children about race. So, I'll be looking at how

**Religious Exploration, continued on page 8**





## Religious Exploration, continued from page 7

to be inclusive of all our parents/caretakers and children.

Parents and caretakers, more information about this special programming for January will be in my weekly email newsletters this month, including materials to support you taking about race with your children.

In faith, Leah

[www.uua.org/books/read](http://www.uua.org/books/read).

Other books recently added: *Worship That Works: Theory and Practice for Unitarian Universalists*, by Wayne Arnason & Kathleen Rolenz (2d edition, 2017), call# 264 ARN; *Interfaith Leadership: A Primer*, by Eboo Patel (2016), call# 201.5 PAT; *Pagan and Earth-Centered Voices in Unitarian Universalism* (2017), call# 289.132 PAG; *Humanist Voices in Unitarian Universalism* (2017), call# 289.132 HUM; *Testimony: The Transformative Power of Unitarian Universalism* (2018), call# 289.132 TES; *Love Beyond God: Meditations*, by Adam Lawrence Dyer (2016), call# 242 DYE; and *To Wake, to Rise: Meditations on Justice and Resilience* (2017), call# 261.8 TO.—Melanie and Paul Axel-Lute, Joy Library co-chairs

## Cultivating Compassion

### A workshop for learning effective and empathic communication

Feb. 3, 9:30am to 4:30pm at Albany UU

In this one-day training, we will explore ways to create peaceful relationships with self and others by learning and practicing how to:

- ♦ identify and express personal needs and intentions
- ♦ clarify and understand the needs and intentions of others
- ♦ reduce reactivity in self and others

Philomena Moriarty, LCSW, has been facilitating workshops and practice groups for several years using the principles and practices of Nonviolent Communication. She freely offers this intro-

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

Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email [listeners@albanyuu.org](mailto:listeners@albanyuu.org), contact Reverend Sam Trumbore, the 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.



ductory workshop to anyone seeking a peaceful means for existing in a chaotic world.

Please register by January 29. Sign up in Channing Hall or send an email to [registration@albanyuu.org](mailto:registration@albanyuu.org), that includes your name, telephone number, and any inquiries you may have. Free will donations to cover the cost of materials and refreshments will be warmly received. For more information, contact the Albany UU office at 518-463-7135, or Jan McCracken at xxxxxxxxxx

Participants will enhance their experience in the workshop, and afterward, by reading Marshal Rosenberg's book, *Nonviolent Communication, A Language of Life*. For more information about the practice of NVC, go to <https://www.cnvc.org>.

## Mindfulness Meditation Workshop

led by Rev. Sam Trumbore

January 12-13, 2018

A great way to start the New Year is with a little silence, making room for awareness to stimulate in-

sight. This meditation training and practice workshop 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 tech-

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

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

—Sign up at the Sign Up Site in Channing Hall

—Call the church office, 463-7135

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



niques 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.

Please see box to register. (A voluntary donation can be offered at the end.) If you can't make this one, here are the next opportunities for this workshop: Feb. 9-10, Mar. 9-10 Mark your calendars NOW!

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

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

—**Sign up** at the Sign Up Site in Channing Hall

—**Call** the church office, 463-7135

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

## From the Intern

### The promise of sanctuary

*Eileen Casey-Campbell, Intern Minister*

We have just spent a season in hope and joy, telling the same story we tell every year during the darkest days of winter. All through December we told (and sang, and enacted) the story of Jesus' birth. We spoke of how this humble newborn was born to poor, unmarried parents, in the filth of a borrowed barn, far from a land they called their own. It strikes me, as we experience a wave of nationalist and anti-immigrant fervor, that this story is one of strangers seeking refuge in a strange land. It is, at its core, a tale of a simple family searching for a safe place for their child to be born. My hope is that, this year, we might imagine ourselves in the place of the innkeeper, who saw the humanity in those travelers and offered sanctuary to a family in need.

As a congregation, we find ourselves in a crisis moment in history. The threat of deportation and criminalization of immigrants in our community, which has been ramping up for years, is now even more heightened in the current political climate. We are faced with a call to live into our principles of the worth and dignity of every human being and the building of a just, compassionate, and equitable world.

Hundreds of churches across the United States have resolved to declare themselves part of the Sanctuary Movement of congregations. They sit in peaceful opposition to the violence of deportation and the indignity of xenophobia. They offer their cooperation in a variety of ways--including transportation, material support, and occasionally safe refuge--in solidarity with immigrant communities.

Over these coming months, we will have the opportunity to discuss and decide whether we should join this movement of justice-seeking people. To begin, the Social Responsibilities Committee will host an educational forum on January 21st at noon, with guest speaker Terry Diggory, a member of a Sanctuary Church in Saratoga Springs.

I hope, as we carefully consider how to answer the call of love in this crisis, that we can remember the joy with which we told the Christmas story, a story of the promise of sanctuary to strangers. We may find too, that in opening our door to the stranger, holiness enters in.



## Our Community

### Walker Book Group

Sunday, Jan. 14 at 5:30 pm

Join the Walker Book Group for a potluck and book discussion in Channing Hall. Newcomers are always welcome.

Bring a dish to share for our welcoming supper, which is followed by a lively discussion of the book

of the month. Participants frequently bring their own tableware and a small contribution to cover beverages.

The January, 2018 book is *History of Wolves* by Emily Fridlund. A review by The Los Angeles Times states, "The chilly power of *History of Wolves* packs a wallop that's hard to shake off . . . an elegant, troubling debut, both immersed in the natural world but equally concerned with issues of power, family, faith and the gap between understanding something

and being able to act on the knowledge.”

February's book is *The Fortunes* by Peter Ho Davies. Contact Linda Hunt at [Lshunt@nycap.rr.com](mailto:Lshunt@nycap.rr.com) for further information or questions.

### Circle Dinner

The next Circle Dinner will be held on Saturday, Jan. 13! In November, more than 40 UUs gathered at five different locations to enjoy sharing a meal and getting to know each other better. Sign up now to join in the fun. You can fill in one of the sign up sheets posted in Channing Hall or sign up online using this link:

<http://members.albanyuu.org/wp/circle-dinner-sign-up/>

The deadline for signing up is Jan. 3, 2018. For more information about Circle Dinners, go to <http://albanyuu.org/events/circle-dinners/>

### Calling UUs who live East of the Hudson River!

Join us **Friday, Jan. 19 at 6:00 PM** for an East-of-Hudson Potluck at the home of Kristen and Geoff Abbas (in Wynantskill.) To RSVP contact Kristen: xxxxxxxxxxxxxxxxxxxx.

### Save the Date

**13th Annual Guided Wine and Cheese Tasting**  
Saturday, Feb. 24, 7:00 PM

Your dedicated team of UU Wineaux is betting that we will finally have a snowy winter and that a trip to the Southern Hemisphere might be a good idea for the end of February. So, this year we will be guiding you through pairings that feature the wines of Argentina and Chile. Tickets will go on sale at the end of January.

### Caring Network

**If you need the services** of the Caring Network, **or to offer your services**, please call or text 518-512-9854 or send an email to [caringnetwork@albanyuu.org](mailto:caringnetwork@albanyuu.org)

**To submit your personal Joys and Sorrows** for sharing with the church community: write on a yellow card in the service or online at [members.albanyuu.org](http://members.albanyuu.org) (under Ministry, select Joys and Sorrows).

**Caring Network Coordinator:** Todd Thomas

## Chili cook off

## Brownie bake off

## Game Night

**SATURDAY, JAN. 20**

Starting at 5:00. We'll play games until 9:00.

**Fundraiser for the senior high service trip to NYC in March**

**Sign up in Channing hall, on Face Book or email [registration@albanyuu.org](mailto:registration@albanyuu.org)**

- Bring chili or brownies from your favorite recipe
- There will be winners in many categories
- Cost: \$10 for Adults \$5 for Children under 12
- If you can't bring food, contribute to the tip jar that night

**BRING YOUR FAVORITE BOARD GAME to play after dinner**

**IT'S A WIN/WIN/WIN**

**Thanks for supporting our youth**

### Albany UU Humanists meet

Tuesday, Jan. 16, 7:00 PM

The Albany UU Humanists normally meet on the third Tuesday of the month at Albany UU.

We will be discussing topics applicable to Humanism, with possible topics being discussed at our December meeting (which had not happened at time of the deadline for articles). We welcome all, particularly those with any interest in agnosticism, atheism, religions humanism, spiritual humanism, secular humanism, or you name yours.

To sign up go to [members.albanyuu.org](http://members.albanyuu.org), ChurchDB Member Login. Log in, or create a password if you are a new user, click Groups, and add your name to the Albany UU Humanists. Or you may contact Don Odell (xxxxxxxxxxxxxx), or the church office for assistance.



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

the American Humanist Association's website at <http://americanhumanist.org>.

## ***Social Justice***

### **Raise Your Voice for End of Life Choice Progress in 2017 and how you can help in 2018**

The Medical Aid in Dying Act, introduced in the State legislature in 2017, would give mentally competent, terminally ill New Yorkers the right to ask their physician for medication that could be taken to achieve a peaceful death, and has multiple safeguards to prevent abuse. Medical aid in dying is legal in six states (CA, CO, MT, OR, WA, VT) and DC. It expands end of life choice in a way consistent with a UUA General Assembly Right to Die resolution adopted in 1988.

With support from volunteers like many of you and the efforts of Compassion and Choices New York, discussion about and support for this bill increased in 2017. More than 61,000 New Yorkers have come forth as supporters, including those with terminal illnesses, those whose loved ones experienced unnecessarily painful deaths, and those who want the comfort of knowing they will have choices at the end of life if they ever need them. The number of lawmakers sponsoring the bill rose from 15 to 31. The American Public Health Association and the NYS Academy of Family Physicians both decided to support the bill, while the Hospice and Palliative Care Association of New York State, the Medical Society of the State of the New York, and the American Medical Association agreed to re-examine their positions. The American Association of Suicidology, a national medical research group, took the position that "legal physician assisted deaths should not be considered to be cases of suicide." The New York State League of Women Voters is studying the issue and has asked local leagues to report by February 2018 on whether they support the legalization of medical aid in dying. Representatives from twelve UU congregations in New York have joined a NY UUs for Medical Aid in Dying Network.

The coming year will see continuing efforts to get the bill passed into law. Here are some ways you can help.

**JOIN THE ALBANY UU TASK FORCE ON END OF LIFE CHOICE.** Sign up for the Albany UU Task Force e-group to get the latest, most detailed news about the campaign for Medical Aid in Dying and opportunities for education and advocacy. For assistance, contact, Thayer Heath, Dave Munro and/or Nancy Willie-Schiff.

**CONSIDER LOCAL RESOLUTIONS.** Join Death with Dignity Albany on January 8, from 12:15-2:00 at the Colonie Library, to learn about passing city, town and county resolutions in support of the Medical Aid in Dying Act.

**BE AT THE 2018 CAMPAIGN KICK-OFF.** Come to the State Capitol on January 9, from 10:30-2:30, for a Compassion and Choices NY kick-off event and help to distribute information about the Medical Aid in Dying Act to all 213 State lawmakers. Meet at 10:30 in the Dunkin Donuts on the first floor of the Capitol, near the Washington Avenue entrance.

**SAVE THE DATE.** Lobby Day for Medical Aid in Dying at the State Capitol will be May 1, 2018.

### **Green Sanctuary notes**

During the 1980s, ANSWERS incinerator plant on Sheridan Avenue in Albany was the focal point of long battle between its owners and environmental groups. Built in the 1960s, the facility was a major polluter through its emissions as a waste-to-energy plant burning garbage shipped from neighboring communities.

Rising smoke from its stacks could be seen from miles around on any given day. Studies showed a high-level of toxics emitted beyond federal standards. In 1994, then Governor Mario Cuomo shut it down mainly due to its pollution and its effect on the climate, but also its location in a low-income area.

Now more than two decades later, another plan has been proposed by the New York Power Authority with similar concerns. NYPA wants to fire-up a 16 Megawatt FRACKED GAS power plant at the same location.

Together with an adjacent steam plant that burns

gas, NYPA's fossil fuel "microgrid" would deliver power and heat through a steam tunnel to the Empire State Plaza and Capitol building, half a mile away. For over a century, that steam tunnel has been an instrument of energy segregation, separating people who reap the benefits of energy from those who suffer from the pollution it creates, an environment injustice.

Late last year, the Green Sanctuary Committee (GSC), voted to make the issue its number 1 priority for 2018 and join with SHARE (Sheridan Hollow Alliance for Renewable Energy), an independent group that Albany UU has endorsed by vote of the Board of Trustees. Their concerns are as follows:

NYPA's project would perpetuate environmental injustice, exposing the community of Sheridan Hollow to pollution from both the new power plant and existing steam plant for years to come.

Heating systems are responsible for about a third of New York's carbon footprint. So by locking the Empire State Plaza into fossil fuel combustion for both heat and power far into the future, the project would kill any chance for the state capital to meet its share of the state's ambitious 80% greenhouse gas reduction goal.

The project is a long-term investment in fracked gas

infrastructure at a time when New York needs to rapidly transition away from fossil fuels to avoid climate catastrophe.

SHARE and GSC believe they are better options:

There are far more efficient ways to heat and cool buildings in the 21st century that don't require burning fossil fuels for steam. The inherently inefficient, antiquated steam system at the Empire State Plaza can be replaced with modern GEOTHERMAL technology that uses ground, water, or air-source heat pumps to extract thermal energy from the earth without combustion.

The Empire State Plaza does not need a microgrid that generates almost all of its electricity from fracked gas burned in downtown Albany. During normal operation, the Plaza can continue to

receive most of its electricity from the outside MACRO-grid, which does not rely exclusively on fossil fuels.

During a rare emergency that causes the external grid to go down, the Plaza can receive "microgrid" power from a combination of on-site backup generators with enhanced emission control, battery backup, and intelligent load-shedding.

During the the year there will be periodic updates in Windows on the campaign's progress.—Tim Kane





# **The Climate Crisis**

**Fri, Jan. 5, 2018**

**6PM dinner  
7PM slide show  
Channing Hall**

Please bring a dish or pay \$3 per person/\$10 per family.

# **And Its Solutions**

**Potluck**  
**with Climate Reality Leader, Meghan Marohn**

Childcare available with pre-registration.

463-7135





**Live at Albany UU**  
**Sunday, January 28, 3:00 PM**



**An afternoon of folk rock**  
**with Alyssa Yeager**

featuring your favorite 60s+ 70s Songs plus Alyssa's originals

*Suggested donation \$10*

Light Refreshments

**Location: 405 Washington Ave, Albany NY**

*All Proceeds go to Albany UU*

Questions: Contact Randy at [rosette\\_jensen@juno.com](mailto:rosette_jensen@juno.com)

## Contact Us

### Board of Trustees 2017-2018

#### Officers

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

#### Trustees

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

#### Ex-officio Members

Sam Trumbore, Minister  
Jim Hutchins, Chair, Religious Education Council  
Matt Lesniak, 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

#### Music Director

Dr. Richard Porterfield,  
music.director@albanyuu.org

#### Ministerial Intern

Eileen Casey-Campbell,  
eoconnorcasey@gmail.com

#### Administrative Assistant

Tammy Hathaway, office@albanyuu.org

#### Custodians

Cameron Holloway  
Izzy Wright

### First Unitarian Universalist Society of Albany

**Phone:** 518.463.7135

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

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

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

#### Office hours

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

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

#### Websites

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

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

#### Building use

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

#### Regular meeting days

*Check current calendar for time and location*

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

Religious Education Council, 1st Monday

Social Responsibilities Council, 3rd Sunday

**Windows** is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

*Editor:* Amy Lent

*Send submissions for all publications to:*  
[Windows@AlbanyUU.org](mailto: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

**First Unitarian Universalist Society of Albany**

405 Washington Avenue

Albany, NY 12206

518-463-7135

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