

Sundays at Albany UU

Please join us on any Sunday for:

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

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

February 2018

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

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

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(as scheduled)*

Services

Feb. 4 "Order, Disorder, Reorder," Rev. Sam Trumbore

Most people prefer order over disorder, especially when it isn't under our control. Yet life has a way of meddling in our attempts to keep our lives organized. The cycle of change tends to move through three phases, the breakdown of order, a period of disorder and the establishment of a new order. How can we honor each phase of change rather than fight them? Fr. Richard Rohr will have some guidance for us in staying with the process.

Music: Randy Rosette

Feb. 11 "The Joy of Fasting," Rev. Sam Trumbore, Eileen Casey-Campbell

Religious fasting is not about losing weight or health promotion. Christians traditionally look at religious fasting during Lent as a way to replicate Jesus' suffering for 40 days in the desert. Through sacrifice, one renews one's faith and cleanses one's spirit before Easter. This is not how Muslims approach fasting. Their experience of fasting often is joyful. Since UU's aren't asked to fast at a particular time, maybe we're missing something valuable.

Music: Albany UU Choir sings music of Palestrina, "Deep Peace" by Brian Tate, and "What a Wonderful World"

Feb. 18 "Why Did You Doubt?" Rev. Sam Trumbore

Peter doesn't deserve this challenge he gets from Jesus. Shouldn't he get a little credit for his courage to step out on the water and walk toward Jesus (as described in Matthew 14:22-33)? Is doubt a good thing or a bad thing in our spiritual lives?

Music: Richard Porterfield plays music of Chopin and Bartok

Feb. 25 "What Moves Us?" Rev. Sam Trumbore, Eileen Casey-Campbell

What does it take to move us and inspire us? What will capture our imagination and motivate us? What will inspire our generosity and commitment? These are the questions we plan to have some answers for you. Come tell us whether you agree or not!

Music: Albany UU Choir sings music of Billy Joel, Harry Belafonte, and The Beatles

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: No choir rehearsal Jan. 3 and 1

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 February

3-Feb Saturday

8:45 AM Getting to Know UU --..... Room B-7, B-8
 9:30 AM Cultivate Compassion - NVC Workshop Channing

4-Feb Sunday

10:00 AM Family Chapel.....Sanctuary
 11:00 AM Special Congregational Meeting..... Community Hall
 11:30 AM Nominating Committee Stott Lounge
 11:45 AM Green Sanctuary Meeting.....Room B-5
 11:45 AM ROP Mentor/Youth Meeting B1,B2,B6,B7 at 11:30 AM
 12:30 PM Rite of Passage.....Room B-8

5-Feb Monday

6:15 PM RE Council meetingRoom B-8

6-Feb Tuesday

7:00 PM Cultural Climate Change.....Room B-8

7-Feb Wednesday

10:00 AM Projects and Quilts.....Room B-8
 1:30 PM Congregational Conversation--Creating a
 Congregational CovenantRoom B-8

8-Feb Thursday

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

9-Feb Friday

6:00 PM Mindfulness Meditation Workshop Room B-8

10-Feb Saturday

8:00 AM Mindfulness Meditation Workshop Room B-8
 7:00 PM SRC Forum--Korea, with Christine Ahn Channing

11-Feb Sunday

11:45 AM GTS Conversation Leaders Meeting.....Room B-7
 11:45 AM Inclusivity TeamRoom B-8
 5:30 PM Walker Book Group..... Channing

12-Feb Monday

10:00 AM Small Group Ministry-Mon. AM group.....Room B-5
 3:00 PM Overflow Shelter Prep.....Kitchen
 6:15 PM Religious Education Council MeetingRoom B-8

13-Feb Tuesday

11:00 AM Caring Network - Channing
 6:30 PM Wellspring..... Room B-5
 7:00 PM Cultural Climate Change Room B-8
 5:30 PM Religious Services Committee Room B-8
 7:00 PM Albany UU Board Meeting..... Channing

16-Feb Friday

10:00 AM J Thomas/Wellspring..... Room B-5
 7:00 PM Healthy Youth Group Training (youth con).....
 to Sunday AM..... Whole Building

18-Feb Sunday

11:30 AM Nominating Committee..... Stott Lounge
 11:45 AM Social Responsibilities Council Meeting..... Room B-8

19-Feb Monday

1:30 PM Meaning Matters - Third Monday Afternoon Room B-8
 5:30 PM Governance Working Group..... Room B-7

20-Feb Tuesday

5:00 PM Meaning Matters - Third Tuesday Group Stott Lounge
 6:30 PM Finance Committee Meeting Room B-7

22-Feb Thursday

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

23-Feb Friday

5:00 PM Youth Group Prepare Meal Channing

24-Feb Saturday

7:00 PM Annual Wine and Cheese Fundraiser Channing

25-Feb Sunday

11:45 AM Hands Only CPR training Room B-8

26-Feb Monday

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

27-Feb Tuesday

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

Sam's Outlook

Effortless Effort

Rev. Sam Trumbore

I know a lot about how not to meditate correctly having made the same mistakes over and over, again and again, repeatedly and redundantly. I regularly read about the right way to do it. I'll hear my teachers explain it. It will all make complete sense to me. And then I'll sit down and veer off the proven path.

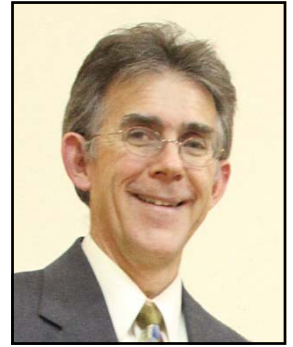
What makes the mindfulness meditation I do so difficult is not trying to do something while meditating. That's the effortless part. Often I will sit down to meditate and remember a particularly enjoyable meditation period. Almost unconsciously, I'll decide to try to have a meditation period just like that one happen again.

Not that that approach is necessarily a problem. Goal oriented meditation can be useful to train the mind. Doing something like watching the breath carefully come in and out deepens one's ability to concentrate. Whether that actually happens for the novice however depends on internal and external conditions. Someone flushing the toilet or turning on the TV or a fire engine zooming by can easily disturb the quietness of the beginning meditator's mind. Training one's ability to concentrate, to hold the mind focused on one object, has many benefits. Good concentration helps reading a book, cooking a meal, or solving a puzzle.

The mindfulness meditation I practice has a different goal. It is not about doing anything. There isn't a goal. For many of us, this is a very unfamiliar way to experience life. We are doing, doing, doing until our head hits the pillow at night. Even when we are relaxing we are focused on watching something, or reading something or talking to someone. Something constantly occupies our attention at all times.

Mindfulness meditation is a very different experience of consciousness. It is about attending to what is arising in the present moment spontaneously. Attending to the flow of moment to moment experience is very difficult because we get drawn in to the content of personal experience and start engaging with it. Remembering an empty container in the refrigerator can cause a meditator distress worrying about remembering to replace it. A strange sensation in the stomach can trigger a review of everything we've

eaten in the last two days and concern about whether the pain might increase. The sound of one's name spoken in a harsh and critical way is a very enticing object to follow rather than noticing the moment fully, then letting it go and attending to the next moment.



The purpose for this moment to moment attention is to see directly how our minds work at the process level without being hijacked by the content of our experiences. The meditation practice is training our minds in a way of being in the world that can greatly reduce our experience of suffering, misery, unhappiness and dissatisfaction.

That relief doesn't happen right away for most people. We are unaccustomed to this kind of effortless effort. But it isn't just zoning out and falling asleep either. This kind of meditation practice takes very steady persistence. Every time the meditator notices that the mind has wandered is a moment of mindfulness. When we are lost in thought, we don't know we are lost in thought. Only when we notice that lostness does this quality of consciousness called mindfulness reappear.

Over time, through persistent repetition of noticing the mind wandering and bringing it back, much like training a puppy to use newspaper to relieve his excretion needs, eventually the mind gets better and better at tracking the flow of the present moment. And that is when we have moments of sustained wakefulness.

Thankfully, even the novice can experience bright moments of tracking the flow of the present moment. And the quality of consciousness one experiences with even a short period of mindfulness is very beneficial. Even a short moment of mindfulness can give us a taste of the release from discontentment.

My wish for all of us is to have a taste of this inner peace that can change our lives for the better.--
Rev. Sam

News

Last chance

Wednesday, Feb. 7, 1:30-3:00 PM

Join us for this last of three Congregational Conversations on creating a Congregational Covenant.

All members of our community are invited to come and voice their preferences as to what they would like to see in our **congregational covenant**. What is a congregational covenant? Why do we need one? Come find out. Light refreshments will be served.

If you couldn't make any of the three conversations, please feel free to talk with any of us on the team. The team members are Brian Frank, Jan McCracken, Zack Metzger, Patti Jo Newell, Leah Purcell, Kelly Smith, Jacqui Williams, and Rev. Sam Trumbore.

Special Congregational Meeting called

Sunday, Feb. 4, 11:00 AM

The Board of Trustees has called for a Special Congregational Meeting for the purpose of approving "expenditure of up to \$35,000 in designated funds gifted in memory of Sue Berzinis for the purchase of new lighting and audio systems for the Community Hall."

The meeting will be held on Sunday, Feb. 4 immediately after the service.

Going to Kansas City

Would you like to represent Albany UU at the 2018 General Assembly in Kansas City, Missouri, June 20-24? Thousands of UUs from congregations across the country will meet to worship, witness, learn, connect, and make policy through democratic process.

The theme of this year's gathering is "All Are Called."



The call to witness and act for justice in our society and in the world is clear. So, too, is the call to examine our structures and practices, dismantling and transforming those which fail to recognize the full humanity of all people and to honor the interdependent web of life.... Who

Flyers in this issue

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

- ◆ Fundamentals of Healthy Youth Groups
- ◆ Game Night
- ◆ Auction donor form

and how are we called to be at this time, individually and collectively?

Youth, young adults and families can participate, and Albany UU will pay the registration fee for members who serve as delegates. This year, thanks to an Endowment Trust grant, travel stipends are available for young adults and emerging congregational leaders. Let the Board of Trustees know that you are interested by completing a quick form available online or in the office! Registration for GA and GA housing opens March 1.--Peggy Sherman for the UU Connections Team

Last call:

HUUGs donations needed by Sunday morning Feb. 4

We'll be sending out HUUGs (Hearty UU Greetings and Goodies) to our fledgling young adults. Collection box is in the workroom. Please donate items such as packets of soup, noodles, dried fruit, tea, coffee, hot chocolate, candy, gum, microwave popcorn, granola bars; jerky, local newspapers lip balm, a note with your good wishes.

Quilt raffle winner!

On January 7, P's & Q's raffled off the queen-size hand-quilted quilt. The winner is Betsy Wright. P's & Q's raised \$305 for the City of Albany Public School, Sheridan Prep Academy. We spent two years making this quilt which was hand-pieced and hand-quilted. The people who worked on this quilt were Abby Sugarman, Fran Berg, Jan Satin, Janet Hunter, Joan Byalin, Joan Ekengren, Michaela Pochily, Virginia Hammer and Barb Manning. Thanks to everyone who bought raffle tickets and helped contribute money to Sheridan Prep.—Barb Manning

Limited Access Agreement amended

The Board of Trustees and Religious Education

Board Notes

Sound! Lights! Action!

Al Berzinis, Trustee

As a member of the Board of Trustees I became involved last year in planning for the celebration this coming April to mark the 10th anniversary of the completion of our wonderful Community Hall. The planning discussions included looking to the future and potential enhancements to improve the usage of this space. One opportunity that was identified is that the current sound system does not provide amplification for presenters and performers that can be easily mixed and heard evenly throughout the Hall. A second opportunity is to augment the main lighting in the ceiling to evenly light the faces of presenters and choir to support lip-reading by the hearing impaired, and also improve the quality of video recording and streaming of the worship services. After considering these opportunities I proposed and won support from the Board to lead a small project team to specify and install improvements to the sound and lighting systems in the Community Hall.

The A-V Technical Team (Al Berzinis, Jon Newell, Randy Rosette, Chris Jensen, Dave Metz, Sam Trumbore and Amy Lent) has worked since last summer to secure two competitive project proposals from reputable sound and lighting companies. We have selected the proposal from BMI Cor-

poration, which is significantly cheaper than that of the competitor yet well suited to our needs. Some key features of the proposal: a new audio system using two tall, thin speaker arrays wall-mounted on either side of the main platform; new wireless and wired microphones for presenters and the choir which are mixed digitally with other sources using tablet-based control; and an array of high-efficiency LED lights installed on each side of the Hall to wash the stage in white light supplemented by lights focused at the pulpit/podium.



The projected cost of roughly \$27,000 will be paid out of the \$50,000 gift I made to Albany UU in memory of my wife Sue who passed away in 2016. Our By-Laws stipulate that capital expenditures of this magnitude require approval by a special Congregational meeting, which has been scheduled immediately following the service on February 4th. Once this project is underway we will look for opportunities to use the remaining funds for additional A-V enhancements to the Hall. If you have ideas or would like to help us operate and get the most out of these new systems we'd love to have you join the team.

Council have approved the proposed amendment to the Limited Access Agreement (LAA) for Threasa Pasquale, which was recently included in the Order of Service for general review and comment. After observing that Threasa has meticulously abided by the existing LAA, her covenant partners petitioned the Board of Trustees to amend the LAA to permit her more latitude to participate in adult congregational activities in the common spaces on the first floor. This is the only substantive change. Threasa will continue to be proscribed from entering other areas of the building without a covenant partner to accompany her, and from initiating or accepting contact with children or youth. We're confident the amended agreement will continue to maintain an acceptable level of safety and wellbeing for those who are most vulnerable in our congregation, while devising a way to be more welcoming to individuals

with troubled backgrounds who are seeking a religious home.

Save the date!

Hudson Mohawk UU Cluster Weekend

March 24-25, 2018

Join us for a song-filled weekend with Dr. Glen Thomas Rideout, Director of Worship at the Unitarian Universalist Congregation of Ann Arbor, MI. On Saturday, join us at the Albany congregation for a day of making community, building faith, and creating music together with Dr. Rideout. On Sunday morning, join us for a joyous worship celebration at Doane Stuart School in Rensselaer.

To learn more about Dr. Rideout, visit the Ann Arbor website (www.uuaa.org). Further details about the weekend's events will be shared in mid-February.

We look forward to being together!

“Seaway Gathering” in Syracuse, NY April 13-14

This is open to all UU's but with a special invitation to those congregations of the former St Lawrence District. Friday night is the annual Gould Lecture followed by a coffee house and possible other entertainment. Saturday our keynote speaker is Central East Region's Regional Lead Rev. Megan Foley. We will have opening and closing worship, youth bridging, workshops, break out groups, and child-care. More info soon!

Inclusivity Insights

Patti Jo Newell

For white people undertaking the task of confronting racism around and within them, denial, discomfort, and confusion are typically among the first things confronted. One needs to learn to deal with those experiences, but it is important not to wallow in them. To do so is to miss another truth of embarking on this journey: that meaning, excitement and opportunity attend this process as well. In fact, the depth of our humanity – a depth undiscovered in living and thinking in default mode – that is revealed through the commitment to confront white supremacy culture offers joy, connection and a more faithful rendering of our principles. And that is cause for celebration.

This work at Albany UU thus far is gratifying. The

Growing Together

Diving into our White Culture to Surface Racial Justice: an Experiential Conference

Saturday, Feb. 24, 9 a.m. – 4 p.m.

Unitarian Universalist Church of Buffalo, Buffalo, NY

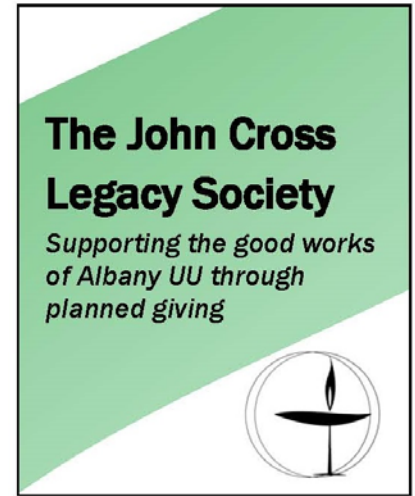
“Racial justice is a spiritual practice. Experience this in a day of stories, dialogue, activities, and song so that we can transform ourselves, our congregations, and the world. Kenny Wiley will guide us through what it means to create authentic diverse community.”

Kenny Wiley is a third generation Unitarian Universalist, a member of the Black Lives of UU Organizing Collective, a UU World senior editor and program director for congregational engagement at the

conversation and energy generated by our anti-racism efforts and introspection on white privilege have reached a kind of critical threshold. Not that we're done, of course. Rather, we're stronger as a congregation to further our commitment to become a more truly welcoming and inclusive community. And we're strong enough to enjoy this journey together...to even have some fun.

Discovering the resilience of racist thinking will remain disturbing: to be reminded, once again, how the racist brine in which we've all been dipped continues to inform our thinking. But that discovery is also an invitation to live more fully in the moment. To notice and interrupt white privilege. To be truly present to one another, to our community, and to our principles. And for that, I am deeply grateful. In that, I find inspiration. So...let's round the next corner.

The Inclusivity Team meets on second Sundays from 11:45 a.m. – 1:30 p.m. All are welcome to join us.



Interfaith Alliance of Colorado. His writing has appeared in the Boston Globe, the Houston Chronicle, and Skyd Magazine.

Those interested should register on their own, but email patti.jo.newell@gmail.com to let us know of your intent so carpooling can be coordinated.

Cost: Sliding scale of \$25 -35-45-55-\$65

Registration deadline is Feb. 21.

<https://uua.wufoo.com/forms/zybwo3r0t7ntaq/>

Getting to Know UU: orientation to UUism Save the date: Saturday, Feb. 3, 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

Religious Exploration

Leah Purcell, Director of Religious Education

Love, Patience and Perseverance

From my colleague Katie Covie, RE Resource Coordinator, Soul Matters Sharing Circle

A Little Greek for Valentine's Day

Indulge in a reflection I Corinthians, the most famous verse on love in the Bible for Valentine's Day.

Look up the most famous verse on love in the New Testament. I Corinthians 13:4

Love is patient, love is kind.
 It does not envy, it does not boast,
 it is not proud.
 It is not rude, it is not self-seeking,
 it is not easily angered,
 it keeps no record of wrongs.
 Love does not delight in evil
 but rejoices with the truth.
 It always protects, always trusts,
 always hopes, always perseveres.
 Love never fails.

You have probably heard the expression before: They "have a short fuse". When that is spoken about someone, it means that it doesn't take much to get them upset. Say a word, and they get angry. Do something, and they quickly get offended. We say they "have a short fuse." Well, the Bible tells us in I Corinthians that love is the opposite of that. Love has a "macro thumia"; it has a "long fuse", if you will! In fact, that wouldn't be a bad translation of this phrase: "love has a long fuse." It is not easily angered or upset.

Now we need to remember that in Biblical Greek, this is a verb: "makrothumei." We have translated it in English as if it were an adjective: "love is patient", because we don't really have a verbal form of "patient." But just remember, in Greek, this is a verb: we might translate it something like, "love long-fuses". The King



James' "Love suffers long" is actually one of the better translations of this verse.



And it "suffers long" and is "long-fused" towards people. In studying this word this past week, I was struck by how similar this word "patience" is in meaning to "perseverance." They have some similar qualities. But "patience", "makrothumia", is almost always used regarding people, not just circumstances. You can persevere through circumstances, but you are patient with people – because you love them. Love is patient.

So when we get to the root of "being patient", we see that it involves a commitment of all one's life/ essence, emotions, will, and thoughts. This is the kind of gut-wrenching, life-giving "patience" that God does to all people, and that we must, therefore, show one another. Love, it would seem, does nothing half-heartedly.

May we experience and create that life sustaining, persevering, Love.

Here are some resources for your families on the theme of Perseverance from Katie Covie:

Slow and Steady

12 Books that Teach Kids About Perseverance

<https://selfsufficientkids.com/childrens-books-perseverance/>

Perseverance and Grit

<http://www.parenttoolkit.com/social-and-emotional-development/news/resilience-and-perserverance/perseverance-and-grit-can-be-taught>

What is perseverance for kids?

<https://talkingtreebooks.com/definition/what-is-perseverance.html>

Does Teaching Kids to "Get Gritty" Help Them Get Ahead?

<https://www.npr.org/sections/ed/2014/03/17/290089998/does-teaching-kids-to-get-gritty-help-them-get-ahead>

In faith, Leah

a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the Albany UU community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

Childcare is available: please let us know you need it when you register. To sign up: See box. Please indicate if you need childcare.

Mindfulness Meditation Workshop led by Rev. Sam Trumbore February 9-10

A great way to start the New Year is with a little silence, making room for awareness to stimulate insight. 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 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. If you can't make this one, here are the next opportunities for this workshop: March 9-10) 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, mental and emotional health.

Cultural Climate Change

Reflections on Rabbi Jonathan Sacks' presentation & Alasdair MacIntyre's philosophy
Led by Rev. Sam Trumbore
Tuesdays, Feb. 6 and 13, 7:00 pm to 8:30pm

**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.

This is a follow-up class to Rev. Trumbore's Jan. 21 service inspired by a lecture delivered by Rabbi Jonathan Sacks at the 2017 Chautauqua Institute. Rev. Trumbore will show the video of the lecture with

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.)

pauses to discuss the ideas as presented. Alasdair MacIntyre was featured as an important influence of Sacks's critique so some time will be spent with his philosophy as well. As time permits, the class will dive into contemporary ethicists and their responses to Sacks and MacIntyre's concerns.

See: http://members.albanyuu.org/wp/sermontexts/collapse_of_the_enlightenment_era.pdf for the sermon and a link to the YouTube video of Rabbi Sacks talk.

Children's Peace Week day camp coming this summer!

From August 13 -17, a Children's Peace Week camp will be held at the Albany Friends Meeting-house, 727 Madison Avenue in Albany. There are **job openings for paid positions** of Director, teachers, and stipends for internships for young adults. For more information, please contact Jan McCracken (Albany UU) or Anita Stanley from Friends Meeting House at 518-441-7722.

We at Albany UU are supporting this activity through

a donation of \$500 from the Nigel Wright Peace Fund, representation by Jan McCracken on the Peace Week steering committee, and hopefully some of you UUs who may want to volunteer.

All children entering grades two through eight are invited to attend the camp, which will take place each day from 8:30 - 12:30. Children will explore pathways to peace and peace-making, through non-competitive games, cooperative activities, arts and crafts, music, dance and interactive presenta-



tions. There will be daily trips to the park, an extended day for making and delivering food for

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needy families, scavenger hunts, and a final day of celebration. Cost is \$50 per child, with scholarships available on the basis of need and for families with several children attending. No child will be turned away for inability to provide payment.

comedian from South Africa and host of The Daily Show, Trevor Noah.

Contact Linda Hunt at Ishunt@nycap.rr.com for further information or questions.

Circle Dinner

Saturday, Mar. 3, 6:00 PM

The next Circle Dinner will be held on Saturday, March 3! 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 Feb. 18, 2018.

For more information about Circle Dinners, go to <http://albanyuu.org/events/circle-dinners/>

13th Annual Guided Wine and Cheese Tasting

Saturday, Feb. 24, 7:00PM

Your dedicated team of UU Wineaux are preparing to take you on a trip to the Southern Hemisphere and guide you through pairings that feature the wines of Argentina and Chile. Tickets will go on sale during coffee hour beginning January 28th. Prices are \$30 per person for members and \$40 per person for non-members.

Albany UU Humanists

Tuesday, Feb. 20, 7:00 PM.

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

Our Community

Walker Book Group

Join the Walker Book Group for a potluck and book discussion on Sunday, February 11 at 5:30 pm 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 February book is "The Fortunes," by Peter Ho Davies. Listen to WAMC's program, The Book Show #1539, <http://wamc.org/programs/book-show#main-content> for Joe Donahue's interview of acclaimed writers Peter Ho Davies and Madeleine Thien, who share their stories of Chinese heritage and the human experience.

March's book is "Born a Crime," by award winning

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

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 (under Ministry, select Joys and Sorrows).

Caring Network Coordinator: Todd Thomas

We discuss topics applicable to Humanism. Under consideration for February are Rev. Sam's recent sermon, "Collapse of the Enlightenment Era," and some discussion around "faitheism" (refer to the book by Chris Stedman, (Faitheist (<http://faitheistbook.com/about>), the Executive Director and Coordinator of Humanist Life for the Yale Humanist Community).

We welcome all, particularly those with any interest in agnosticism, atheism, religions humanism, spiritual humanism, secular humanism, or you name yours.



To join the email list go to 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 (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://humanists.org>. There you will find the UU Humanist blog, feature articles and commentary, and some related Facebook groups. There is also the American Humanist Association's website at <http://americanhumanist.org>.

Over the Rainbow Auction 2018-- Your Pot o' Gold Awaits



Save the Date!!!!

Mark your calendars NOW! The Over the Rainbow Albany UU auction IS COMING!! The auction, our largest annual FUNd-raiser, will be held on the evening of Saturday, March 17.

What would enhance your life? Dinners and tickets and hikes, OH MY! You can also bid on items like a sailboat ride, a pot of soup, decluttering assistance, a group bicycle ride or kayaking, a weekend away, or child care. These are just some of the types of great items that will be available for you to buy.

Parents: Make this a night out! Free child care will be offered for auction attendees.

Of course, in addition to bidders, we also need donors. Let your imagination soar over the rainbow!! Want to host a brunch or dinner? Make a pie? Donate the use of your vacation home? What about a games night? We welcome all kinds of donations! Please fill out the donation form included in this publication by March 5 and put it in the auction box in the lobby.

It's time to follow the yellow brick road to find your pot of gold!!! Whether you are able to offer an item, attend the auction, and/or bid on fixed price items, the Auction Committee looks forward to your participation in supporting the mission of our UU community. For more information, please feel free to contact Randy Rosette at rosette_jensen@juno.com or 518-783-2637.

Social Justice

SRC Presents a Forum Saturday, Feb. 10, 7:00 PM Defusing the US-North Korea Conflict: Building on the Olympic Truce

Christine Ahn, International Coordinator, Women Cross the DMZ, will speak. Ms. Ahn organized the 2015 Women's March across the Korean DMZ, including Nobel Peace Laureates, women from North and South Korea and peace activists from across the world - including Medea Benjamin and Ann Wright from the US. Participants



continue to advocate with global policy makers for a peaceful settlement. Christine organized and led a women's peace delegation to the recent Forum of Foreign Ministers from 20 Countries in Vancouver, Canada. Christine's story at: <https://www.womencrossdmz.org/christine-ahn/>

Sheridan Preparatory Academy

Part of Albany UU's mission is to make a difference in the City of Albany. Six and a half years ago we decided that one way we could do that would be to help the local public school that is only three blocks from our building, the Sheridan Preparatory Academy. Sheridan Prep is a public school – not a charter – with preschool to 5th grade classes serving about

450 students. Because of its high poverty rate, the school serves free breakfast and lunch to all its students. For 15% of the students English is their second language.

We began working at the school, and it now sees Albany UU as one of its important community partners. The work we do there is based on what its principal and teachers say they need. Initially, the principal said that they could use volunteers to help in the classrooms, build a new playground, and help with funding for field trips. We responded with enthusiasm. First, with help from all of you, we raised \$50,000 and worked with a committee of school folks to get the playground built. This year, we are funding school field trips with \$2,500 from our annual operating budget. And, for years, many Albany UUs have been volunteering at the school.

Albany UU volunteers offer one on one coaching at various grade levels and also work with small groups of students as requested by the classroom teacher. Commitments range from one to two hours per week to nine or ten hours per week. All of the students at the school need the love and support that a little extra attention can bring. When Albany UU volunteers are in the classrooms, students want to work with us.

I have been working with the 5th grade since we started. The work is rewarding, exhausting, challenging, gratifying, fulfilling, and educational. I want to share one story with you today that illustrates why I volunteer. I was helping a student with his multiplication. After some time, he began to understand how to do multiplication problems and he became better at his multiplication facts. I make up certificates for students who pass tests on various math skills and I made one for him saying he was a multiplication math whiz student. It was signed by the teacher. He thought that was great. He said he was going to take it home and show his mother so she would not call him stupid anymore.

We would love to have more volunteers helping at the school, in the classroom during the school day, or in other capacities. If you are interested please go to <http://albanyschools.org/volunteering/index.html> and fill out the volunteer application form. Let Chuck Manning or Martha Musser know that you filled out the form because sometimes it is neces-

sary to follow-up with the district. Thanks for your help.--Chuck Manning

Raise your voice for End of Life Choice

Advocacy for legalizing medical aid in dying for New Yorkers is going to be intense during the 2018 legislative session. In addition to the usual forms of advocacy, this year's campaign will rely on social media, which elected officials are using more than ever, for better or worse. Compassion and Choices New York, which is leading the medical aid in dying campaign in New York, urges all supporters to make their presence known on social media by taking the following actions this month.

Join Facebook. "Follow," "like" and "share" Compassion and Choices campaign updates from <https://www.facebook.com/compassionandchoicesnewyork>.

Set up a Twitter account for yourself at www.twitter.com. Follow @CompnChoicesNY.

If you need help to get on Facebook or Twitter, or would be willing to mentor someone who needs help, please contact Nancy Willie-Schiff.

Save the date to walk with the world!

Save the date for the Albany CROP Hunger Walk on Sunday, May 6. Plan to join the Albany UU Walk team, or pledge to support our walkers. More information is forthcoming, and Walk tabling at coffee hour begins in April. In the meantime, contact Dawn Dana with any questions.

Solar for the Other 75 Percent

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

Until recently, rooftop solar was the only option, available 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 through what's called community-distributed solar.

Under this state sponsored program, customers buy panels in a remotely located solar array and each month receive credit on their electric bill for the kilowatt hours generated by their panels. Solarize Albany has helped to organize two community-solar of-

ferings but a date has not set for the launch while Hudson Solar finished building its first panel array in September.

During the past few years, Albany UU members have begun taking advantage of rooftop solar panels to reduce their impact on the environment while also saving on their electric bills. But rooftop solar faces several obstacles, starting with the fact that some roofs are shaded or not well-oriented to the sun. And if you rent an apartment or own a condominium unit, it's unlikely you even have the right to use your unit's roof. It is estimated that only about 25 percent of New York State residents can take advantage of rooftop solar.

The concept is simple. An array of solar panels large enough to serve many residential or commercial customers is ground-mounted on land acquired or leased for the purpose of energy generation and is connected into the electric grid. Together with its wiring, inverters, and other equipment, such an installation is often called a solar farm.

Each customer buys into the farm either in terms of a number of panels or of watts of power, and each month receives the corresponding portion of the energy produced by the whole farm. For example, a customer might own 10 panels out of a total of 500, and if the whole array produces 20,000 kWh (kilowatt hours) in a month, the customer's utility bill that

month receives a credit for 1/50th (or 2 percent) of 20,000 kWh, or 400 kWh. If this is less than actually used in the month, the difference is charged to the customer at the utility's current rate.

If it is more than actually used, the customer pays nothing (except the fixed base charge, currently \$17) and the surplus credits carry over from month to month as net metering. Ideally, a household's share of the solar farm is sized to produce enough total credits each year to match its entire electricity usage, but no more. Over the past few months, several community solar projects have emerged. Regionally, there are two who are teaming up with non-profit organization. They are:

- Hope Methodist Church and High Peaks Solar
- Helderberg Community Energy and Monolith Solar.

These projects were organized in response to a request for proposal by Solarize Albany, but they are waiting to get more people signed up and there doesn't appear to be a target date for beginning construction on either. But the third project by Hudson Solar, is already being built in Columbia county and is slated to be completed by the end of September. Hudson's farm isn't fully subscribed yet either, but its approach seems to be "if you build it, they will come."

For more information, contact David Musser (musser@cs.rpi.edu). --Tim Kane, Green Sanctuary

Going to miss a Sunday?

You can listen to the entire Albany UU Sunday service at home or on your mobile device. The two most recent services are available as MP3 files on the Albany UU website. Here is how to access:

Go to <http://members.albanyuu.org/wp/>. Select Member Login on the website menu. Select Secure Site. Type user: fuusan. Type password: Emerson405.

Our sermon archive (select Ministry/Sermon Archives on the website menu) has pdf files of sermon texts (when available) and audio files of sermons. You can also request the office put a service on CD for you.

Fundamentals of Healthy Youth Groups

Feb. 16-18

Our high school youth need your support



This training presents core issues, philosophies, and skills needed to advise and empower youth. This training is designed for:

- adults working with Unitarian Universalist (UU) youth in the capacity of youth advisors—new and seasoned
- youth who want to be leaders in their youth groups or in district leadership.

Adult volunteers needed:

- **Awake Chaperons:** Adults volunteer in teams of two adults and one youth from the Youth/Adult Committee to check on sleeping areas and monitor an Awake Room. The shifts are midnight to 3:30 and 3:30 to 7:00am (wee hours of the morning) Sat, Feb 17 and Sun, Feb 18.
- Help with food prep for Saturday meals; Expected attendance 20-30

Contact Leah Purcell at dre@albanyuu.org if you can help or if you have questions.

Multigenerational Dinner and



Fri, March 2nd

TAKING THE 'BORED" OUT OF BOARD GAMES



Bring your favorite game and bring a friend!

This is a **potluck OR pay** event, meaning you can

- 1.) sign up to bring food for the potluck **OR**
- 2.) sign up to just come and pay at the door: \$3 per adult, \$2 per child under 12, \$10 family max per family.

Sign-up sheets are in Channing Hall or email registration@albanyuu.org

- Dinner starts at 5:30 PM;
- Games will be played from around 6:00 to 8:00 PM; toddler-friendly activities too
- Come to either or both



Over the Rainbow Auction 2018-- Your Pot o' Gold Awaits

Saturday, March 17 at 6:15 pm

- Use the form below and turn it in to the Albany UU auction box ASAP. Submission of paper forms appreciated by March 5 if possible.
- **More than one donation?** Please use separate form (copy is ok).
- **Inspirations:** cooking delights, family picnic or pool party, weekend at your cabin, golf lessons, computer lessons, yard work, baby or pet sitting, homemade greeting cards, theme party, **anything you enjoy and are willing to share with others.**
- **Culinary events:** For Gourmet Dinners, competitive bidding prevails. For the others, you can choose traditional bidding or set a fixed price with winners chosen through a random drawing.
- **Place in the Albany UU Auction box in Lobby or Channing Hall, or in church office.**
- **OR Enter your donation online** at the Albany UU website <http://members.albanyuu.org/wp/> and look for the Auction link
- **Questions? Call Randy Rosette or Chris Jensen at 783-2637 or email rosette_jensen@juno.com**

**Place in the Albany UU Auction Box in Channing Hall/Lobby, or in church office.
Questions? Call Randy Rosette or Chris Jensen at 783-2637 or e-mail rosette_jensen@juno.com**

Event Date: Saturday, March 17, 2018 at 6:15 pm

Your Name: _____ **Phone:** _____

An enticing but realistic description of the donated item or service:

If an event, indicate-- Date: _____ **Time:** _____ **Maximum # of people:** _____

Estimated value: \$ _____ **Minimum bid: \$** _____

For meals, Check type of meal *and* Circle whether fixed price or bidding:

___ Breakfast/Brunch	Fixed price or bidding
___ Picnic/Lunch	Fixed price or bidding
___ Simple Supper	Fixed price or bidding
___ Gourmet	(no fixed price option)

The Auction Committee may use its discretion to maximize Albany UU benefit and fairness to bidders. If you do not specify a minimum bid, the Committee will assign one. If you want to impose a maximum bid, please contact Randy Rosette.

Contact Us

Board of Trustees 2017-2018

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First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

Websites

General: www.AlbanyUU.org

Resources: www.members.AlbanyUU.org

Building use

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

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

Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

Religious Education Council, 1st Monday

Social Responsibilities Council, 3rd Sunday

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

Editor: Amy Lent

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

Publication deadlines

Preview email: 9:00 a.m. Wednesdays

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

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

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