

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

March 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)*

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

Mar. 4 "All of Us Slobs and Strangers," Rev. Jo VonRue

What if God was one of us? In these uncertain times it is important for us to consider God... God as a stranger, God as a slob, God as a tree or spirit. What image do you see when you hear the word God? Many of us are wounded from past religious experiences, so let's talk about a new way to reclaim this word God.

Rev. VonRue is a newly minted UU minister serving at First Parish in Concord, MA. When she is not in Boston, she enjoys sharing a life in PA with her husband Isaac, their two dogs Sam and Derby and their snake Teddy. She is an avid competitive equestrian, and musician.

Music: Jeff Wasbes (guitarist and vocalist)

Mar. 11 "#YouToo: Overcoming Toxic Masculinity," Eileen Casey-Campbell

In the wake of the #metoo movement, we may find ourselves spotting violent expressions of masculinity in Hollywood, in politics, in the workplace, and even in our schools and homes. Let's unpack what is meant by "toxic" masculinity and look for paths to healing from the harm misogyny causes to people of all gender expressions.

Music: Helderberg Madrigal Singers

Mar. 18 "A More Perfect Union," Rev. Sam Trumbore

Ten years ago, candidate for President Barack Obama gave a powerful and transformative speech by this name on race in America. Let us pause and return to its vision at a time when we have a President going the other way. We need to remember his words and to keep that vision alive.

Music: Joseph Bruchac (author, musician, and storyteller)

Mar. 25 "Our Voices, Awakened," Dr. Glen Thomas Rideout, 10:30 AM in Rensselaer

This is the annual joint service of the five Hudson Mohawk UU congregations, held this year at the Doane Stuart School in Rensselaer. Details on page 4, and flyer at end of the newsletter.

***** No service at Albany UU today! *****

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	6:15 PM	Religious Education Council (1st)		7:00 PM	Program Coordinating Council (2nd)
Tuesdays	10:00 AM	Philosophy Group (weekly)		7:00 PM	Board of Trustees (3rd)
	1:00 PM	Bridge (weekly)			
	7:00 PM	UU Humanists (3rd)			

All other events happening in March

- 2-Mar Friday**
6:00 PM Multi-generational Potluck, host REC Channing Hall
- 3-Mar Saturday**
6:00 PM 7th/8th grade OWL sessionRoom B-7
6:00 PM Circle DinnerOffsite
- 4-Mar Sunday**
11:30 AM ROP Mentor/Youth Meeting..... B1,B2,B6,B7
11:45 AM Endowment Trust Meeting..... Room B-3/B-4
11:45 AM Green Sanctuary Meeting.....Room B-5
12:30 PM Rite of PassageRoom B-8
- 5-Mar Monday**
6:15 PM RE Council meeting Channing Hall
- 7-Mar Wednesday**
5:30 PM Intro to Islam ClassRoom B-8
6:45 PM Practice—Nonviolent CommunicationChanning Hall
- 8-Mar Thursday**
7:00 PM Program Coordinating Council..... Room B-8
- 9-Mar Friday**
6:00 PM Mindfulness Meditation Workshop..... Room B-8
- 10-Mar Saturday**
8:00 AM Mindfulness Meditation Workshop..... Room B-8
- 11-Mar Sunday**
11:00 AM New Member ReceptionCommunity Hall
11:45 AM Inclusivity TeamRoom B-8
11:45 AM Parent support group potluck/meetingCommunity Hall
5:30 PM Walker Book Group Channing Hall
- 12-Mar Monday**
10:00 AM Small Group Ministry-Mon. AM group..... Room B-5
3:00 PM Overflow Shelter Prep..... Kitchen
5:30 PM Governance Working GroupRoom B-7
6:15 PM Religious Education Council Meeting Channing Hall
- 13-Mar Tuesday**
6:30 PM WellspringRoom B-5
- 14-Mar Wednesday**
5:30 PM Intro to Islam ClassRoom B-8
- 15-Mar Thursday**
5:30 PM Religious Services CommitteeRoom B-7
- 17-Mar Saturday**
6:00 PM Albany UU Annual Auction Community Hall,
- 18-Mar Sunday**
11:45 AM Social Responsibilities Council Meeting..... Room B-8
- 19-Mar Monday**
1:30 PM Meaning Matters - Third Monday AfternoonRoom B-8
- 20-Mar Tuesday**
5:00 PM Meaning Matters - Third Tuesday Group Stott Lounge
- 21-Mar Wednesday**
11:00 AM "13th" Channing Hall
5:30 PM Intro to Islam Class Room B-8
6:45 PM Practice Nonviolent Communication Channing Hall
- 22-Mar Thursday**
6:30 PM Finance Committee Meeting Room B-7
- 23-Mar Friday**
10:00 AM Wellspring/Thomas..... Room B-5
6:00 PM East of Hudson Potluck Offsite
- 24-Mar Saturday**
9:30 AM HUUU Vocal Community with Glen Thomas
Rideout..... Channing Community
- 25-Mar Sunday**
6:00 PM Albany UU Annual Auction (snow date) ... Community
- 26-Mar Monday**
10:30 AM HUUU Joint Service at Doane Stuart..... Offsite
- 26-Mar Monday**
10:00 AM Small Group Ministry-Mon. AM group Room B-5
3:00 PM Overflow Shelter PrepKitchen
7:00 PM Meaning Matters - Fourth Monday Group .. Room B-8
- 27-Mar Tuesday**
6:30 PM Wellspring Room B-5
- 31-Mar Saturday**
8:00 AM Mark Hart Meditation WorkshopRoom B-8, Sanctuary

Sam's Outlook

In Praise of Homeostasis

Rev. Sam Trumbore

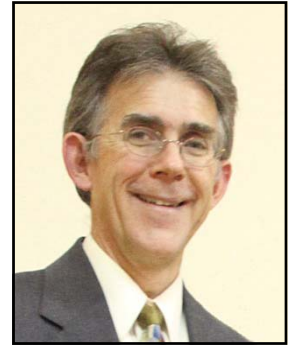
Life could not exist without homeostasis. Homeostasis is the intricate balancing act that regulates all the chemical and biological processes in our bodies. If blood sugar gets too high or too low, insulin production changes to bring it back to normal. Complex systems in the brain stem regulate the oxygen and carbon dioxide levels in the blood stream. The blood plasma pH is very carefully controlled. If the oxygen content gets too low, the kidneys tell the bone marrow to make more red blood cells. The parathyroid keeps a close rein on the calcium level in the blood. The hypothalamus monitors the fluid level in our bodies, waking up the kidneys or reducing saliva in the mouth to alert us to the need for more liquid. These are just a few of the many different systems working in different time scales to keep all bodily systems in the normal range.

This regulatory process is broken down into three parts. First there are the receptors that measure what is going on and send signals to a control center. Each control center, the second step of which there are many, takes all the measurements it is getting and decides if and when to make a change. If there is a need for a change it lets the third part know that some change needs to be made usually meaning a chemical or biological process needs to start up, speed up, slow down or stop.

If only all the systems outside our bodies could be so efficiently regulated. We only have a limited ability to regulate our body temperature without putting on or taking off a sweater for example. For some of us at a certain age this process requires a lot of external regulation taking one off and on again multiple times an hour as the regulation process breaks down. Our response to hunger often goes overboard as we eat way more than we need to maintain the body's homeostasis. And then there is the process of consuming what our body doesn't need, and may in fact interfere with homeostasis, like vodka and whiskey, Lucky Strikes, Twinkies and recreational mind altering substances (fill in your favorite one here).

I imagine many of us feel like our homeostasis is a little out of whack. Balancing work and family responsibilities often has us not getting enough sleep

(a critical homeostasis component) eating erratically driving between school and the doctor and practice schedules. Children and parents and siblings can be a constant source of emotional stress that can wreck the day and tempt us to indulge in mind altering substances including ice cream and chocolate cake.



I wonder if learning about how homeostasis works might be of some help. Our bodies are quite wise about these processes without even asking us. And if I had to manually manipulate all these regulatory systems, I'd go nuts! Just regulating blood sugar for diabetics is an amazingly complicated process greatly helped today with technology, blood testing equipment and insulin pumps.

First, we need to pay attention to the signals our bodies detectors are sending us. Just noticing what is going on inside our bodies and receiving the messages is a huge step. How often do we ignore the message we are full if there are a few mouthfuls left on our plate. I know I do. I've heard that it is possible to detect when we are five bites from being full. I wonder if it is the gap between when hunger ends and the sensation of fullness begins.

Next we need to pay attention to the signals our body is sending us and decide what to do about them. If we are noticing we're tired during the day, maybe we aren't getting enough sleep. Maybe we need to decide to go to bed earlier. If we are winded climbing stairs, maybe we need to see a doctor and get a checkup. Or we might need to do a little more exercise to strengthen our leg muscles and cardiovascular system. Sometimes we confuse hunger and thirst. Maybe having a water bottle at our desks might curb our appetite. Rather than reject the messenger, we need to decide to respond to it.

Finally make a change and notice the result of that change. Our amazing minds are very creative in coming up with ways to self-regulate. Sometimes small changes can have big positive results to bring our lives into better balance. Usually starting

Sam's Outlook, continued on page 4

News

Singing Our Faith To Life!

10th annual Hudson-Mohawk UU celebration March 24-25

Come explore a different approach to worship, community and connection with UUs from across the Capital Region and Hudson Valley. Dr. Glen Thomas Rideout, Director of Worship and Music at the First UU Congregation of Ann Arbor, Michigan - along with our region's ministers, and our singers and musicians - will lead us in a new way of using music and of blending our voices together to bring our UU faith to life.

You don't have to read music - or be an adult! - to join us for our free SATURDAY WORKSHOP at Albany UU to dig in deep and awaken our voices. All are welcome!

Our SUNDAY WORSHIP will be a joyous celebration at Doane Stuart School - the service will be welcoming and engaging for all ages.

This weekend will be a unique opportunity to explore and learn from a gifted UU leader. Please join us for either or both of these events. **Find more information in the flyer.**

- ◆ We are seeking volunteers to assist with greeting, technical needs, and coffee hour. Please contact our liaison, Kathy Harris at 518-727-9251 or harr70@nycap.rr.com .
- ◆ Childcare available.
- ◆ Please bring finger foods to add to the fabulous spread at coffee hour as we break bread with UUs from all these other congregations!
- ◆ The Doane Stuart School is handicapped accessible and has a beautiful Interfaith Chapel. The school is very easy to find at 199 Washington Ave, Rensselaer. It is only 3 blocks from exit 7 of Route

Flyers in this issue

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

- ◆ "Over the Rainbow" Auction—March 17
- ◆ HUUU workshop and service—March 24-25
- ◆ Seaway Spring Gathering—April 13-14

I-90, immediately off the eastern end of the Patriot Island Bridge.

Calling all congregants! Help us rename our Community Hall!

We are now accepting submissions of name suggestions for the Albany UU Community Hall. It is our desire to make this process as inclusive as possible so that ALL congregants including the youth and children at Albany UU feel invested in the process. Over the past several years, there have been many discussions at Albany UU regarding multicultural events and how we can foster long term roots to our community, lasting into adulthood among our youth and children. It is our hope that by taking a multigenerational approach to the renaming process, with significant input from the youth and religious education classes, we will do our part to help water those roots.

All congregants of any age may submit a suggestion to the Renaming Team. All submissions should consist of a suggested name as well as a brief write up (one to three sentences) as to why you believe your suggestion would be the perfect choice for the hall and also in consideration of the guidelines below.

Please consider how your suggestion embodies our shared UU values, whether it has future staying power, and how it relates to our Seven Principles:

- The inherent worth and dignity of every person.

Continued on page 6.

Sam's Outlook, continued from page 3

and stopping activities can have big impact.

The hardest part of establishing homeostasis is remaining reality based. So much of what we sense may not conform to how we want to see ourselves and the world around us. But it is very hard to stay in balance if we don't pay careful attention to what is

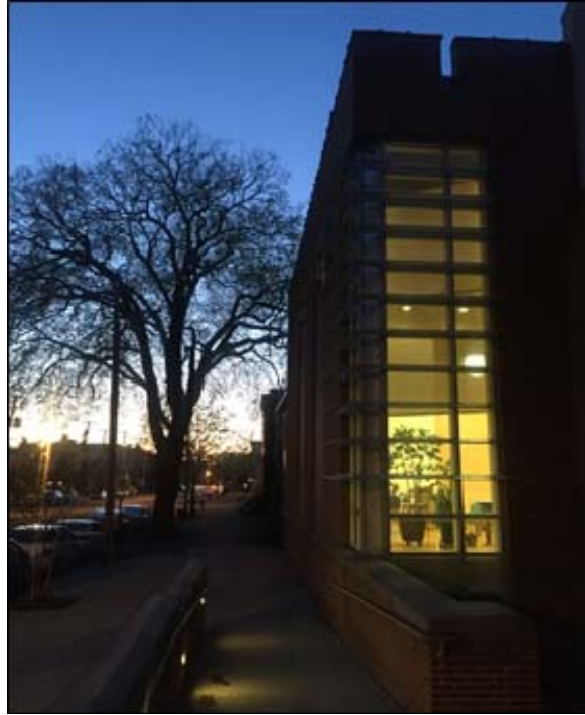
going on, don't decide to do something based on what is known and don't develop and use tools to self-regulate.

What is at stake is our quality of life and its effect on those around us to help them stay in balance.—Rev. Sam

Do Your Part To Keep Our Beacon Bright!

Our stewardship campaign is a cornerstone community event. Its success is essential to keep our congregation healthy and growing. It is the way that we support our staff and infrastructure so that we can provide the services and outreach we value. So we can be the congregation we aspire to be.

We are fortunate to have a strong foundation. We are the beneficiaries of a 175-year-old legacy, one in which we care for each other, together. We nurture our children and youth, together. We make a difference in the lives of those in need, together. We take a stand against injustice, together. And, together, we must ensure that our dynamic congregation continues to flourish, that our Beacon will burn brightly for another 175 years.



enrich our congregation and express our commitment to the future of UU ministry.

The stewardship campaign started the last Sunday in February, and will continue through March. We will staff stewardship tables at the rear of Community Hall and in Channing Hall throughout that time. If you haven't already received your Stewardship Packet, you can pick it up at the stewardship table, as well as ask any questions you may have. You are also welcome to return your completed pledge there. If you prefer, you can bring your completed pledge to the services on March 11th or 18th when we will have a special offertory to collect them.

Online pledging will also be available.

To ensure we reach our revenue goal, please consider raising your pledge. We thank you.

Budget Highlights:

Our campaign goal is to increase overall pledge revenue by 10%.

This increase will strengthen our financial security and programmatic capacity, and provide new support for initiatives to enhance our beloved congregation:

Our Inclusivity and Anti-racism Work – We're already working as a congregation to become more truly welcoming. Including the Inclusivity Team in the budget makes that work a part of our institutional framework – key to the success of such a change effort.

A Part-time Youth Advisor – Creating this position will ensure the programming for our youth is meaningful and well rounded, encouraging both roots and wings.

Ministerial Intern Fund – Increasing our annual contribution to our Ministerial Intern Fund will enable us to hire an intern biennially. Ministerial interns

2018 Stewardship Campaign: NEW THIS YEAR

One More Commitment:

Please commit to returning your pledge form by 4/1/18. It's simple, really. When we know the outcome of the campaign, we can finalize a budget and realistically plan for the next congregational year. And we can thank our hard-working volunteers and wish them well in their next volunteer endeavor.

UU Bucks:

Turn your pledge in by April 1st and your name will be entered into a drawing at the Annual Fellowship Dinner (you do not need to be present to win). First prize is \$100 UU Bucks, second and third prizes are \$50 UU Bucks, redeemable at any Albany UU event before April 1, 2019.

Board Notes

Update on possible governance changes at Albany UU

Nancy Shay, Trustee

In September the Board appointed a Governance Working Group (Sam Trumbore, Peggy Sherman, Molly Daniels and me) and gave us a charge to “Work with the Dan Hotchkiss model of governance, adapt it to our congregation’s needs and aspirations and propose to the Board changes to Albany UU’s governance structure.” We have been meeting since October at least twice a month to come up with a plan for those changes.

Two terms are important to clarify in our process: Governance and Ministry. They are important because we were tasked with clarifying each in our congregation

Governance: This includes the board and oversight of the congregation. Governance overlaps with Ministry concerning big decisions but the day to day functioning of the Congregation stays more with the Ministry

Ministry: This includes staff management and congregational programming and administration as well as direct advocacy and social justice education work. This is the implementation of our mission, vision and strategic planning.

In the new structure, we propose that the Ministry side of the congregation deal with the weekly workings of the congregation without having to check with the Board about details.



Through this new structure we hope to have fewer meetings and give people more time to get out and do something and make a difference.

The Governance side will then be able to spend more time looking at the future and setting goals for the growth of our congregation.

By the time this goes to press, we will have met with the Religious Education Council, the Program Coordinating Council and the Social Responsibilities Council to get their input.

In the coming months we will be meeting with more committees, having congregational conversations, and will keep the congregation up to date on our progress. Eventually these ideas will be brought before the congregation for approval.

Please contact any of us on the Governance Working Group (Sam Trumbore, Peggy Sherman, Molly Daniels or me) with your questions, suggestions. We welcome your input.

-Justice, equity and compassion in human relations.

-Acceptance of one another and encouragement to spiritual growth in our congregations.

-A free and responsible search for truth and meaning.

-The right of conscience and the use of the democratic process within our congregations and in society at large.

-The goal of world community with peace, liberty, and justice for all.

-Respect for the interdependent web of all existence of which we are a part.

Suggestions may be submitted online at <http://bit.ly/2o9kB74>, via email to renaming@albanyuu.org

[@albanyuu.org](http://albanyuu.org), or via paper copy by placing it in the marked envelope on the Inclusivity Team bulletin board in Channing Hall. **Submissions will close on Sunday, March 11.** The Renaming Team will collate the suggestions and select the top three submissions, after which, the youth and children in RE classes will be given the opportunity to vote and choose the name for the hall. We believe that this will give everyone in the congregation a chance to be truly invested in the process, and give our youth and children true ownership and deep roots to their congregation.

Any questions, please send email to any of the Renaming Team members: Annika Pfluger (annikafam@gmail.com), Kathy Harris (harr70@nycap.rr.com), or Jon Newell (newelj@rpi.edu).

Amy Lent to retire

After sixteen years of service as our Church Administrator, Amy Lent has decided it is time to retire. She will end her paid employment with Albany UU on June 29. Rev. Trumbore, the Personnel Committee and the Albany UU Board of Trustees are grateful for Amy's years of faithful service to our congregation. They wish her well and earnestly hope she will be willing to volunteer some of her talents in the not too distant future. "It has been a pleasure working for this community that I love," said Amy. "And while I am sure to do some volunteering eventually, this first summer will be all about the lake and paddling on it!"

A retirement party for Amy is in the works for her in June. Tammy Hathaway and Meredith Mercer will be coordinating this event. Stay tuned for details.

Tammy currently works part-time as our Administrative Assistant. She has agreed to move into the Church Administrator job on July 1. Because Tammy worked for the UU Congregation in Bismarck, North Dakota as their Church Administrator, Rev. Trumbore and the Personnel Committee decided to offer her the job. She loves working for our congregation and is excited to step into this new role.

You can't spell church without J-O-Y: 2018 Seaway Spring Gathering

The "event formerly known as District Assembly" has a new name and but has kept the elements that most of you enjoyed! Join UUs from across New York for a day of worshipping, learning and connecting at First UU Society of Syracuse, Friday, April 13 and Saturday, Apr. 14. See flyer for details.

Growing Together

Intro to Islam

Wednesdays March 7, 14, and 21, 5:30 - 6:45 pm

This class is offered to anyone hoping to build a greater understanding of our Muslim siblings and the way Muslim and Unitarian Universalist practices may even overlap. Eileen Casey-Campbell, whose area of scholarship before seminary was in Islamic Theology, will lead the class. We'll gather over three consecutive Wednesdays to discuss the story of Muhammad, fundamental beliefs and ethical principles in Islam. See box to sign up.

Follow the Yellow Brick Road on March 17 to the Over the Rainbow Auction!

Ten Top Reasons YOU Should Come:

1. Fill your stomach with tasty tidbits and beverages to "oil" up your thirst!
2. It costs only \$5 if you sign up and prepay.
3. Be "courageous" and come. Who knows? You might win one of four great door prizes.
4. There's **FREE BABYSITTING** for your little "monkeys".
5. You can fill your calendar with a chockful of fun activities and events.
6. Dream Big--The Auction is the single annual Albany UU FUNdraiser making over \$20,000 to support our community.
7. Many of your fellow "witches and wizards" will be there.
8. You can buy *affordable* items to make your life a little easier (ie. handmade cards, sewing lessons, take home homemade foods) or more fun (dinners out, entertainment tickets or happenings, hike, musical occasions).
9. You can dress comfy. Leave your "Ruby Red Shoes in Kansas". Just come and have a great time.
10. We will appreciate your patronage and share "There's no place like Albany UU" greetings and smiles when you arrive!



We look forward to seeing you at the "Over the Rainbow- Your Pot O' Gold Awaits" Goods and Services Auction on **March 17 at 6:15 pm**. A special, rip-snorting night awaits your presence. Don't wait! Sign up in Channing Hall on Sundays, March 4 and 11, or contact Randy or Chris at rosette_jensen@juno.com or 518-783-2637 to reserve your place.

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, 518-463-7135

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

Religious Exploration

Leah Purcell, Director of Religious Education

A Song for All Ages

Read below about Rabbi Nathan and his “Statement of Purpose” I wonder what your “Statement of Purpose” might be? I’m not asking you to add more to your list of things to do, but perhaps this could be a task for your personal reflection time, even if that time is a few moments in the shower. And I wouldn’t ask you to add more tasks to your life to create a statement of purpose; but you could consider what you value and what your priorities are and how those things keep you in balance. You might share your Statement of Purpose with your family. They might help you remember to keep things in balance when they see you teetering. Maybe they’ll be inspired to create their own “Statement of Purpose.”

From Soul Matters

From You I Receive STLT #402

This simple song, about the balance of giving and receiving, is one of our most sung tunes as Unitarian Universalists. It is so simple, we don’t think of the song as having a composer

Several folks think it is an anonymous song, author unknown, but it is not. It was written by 2 brothers who are Jewish rabbis, Nathan and Joseph Segal and there is a sad story as well as an uplifting story behind it.

“First, the heartbreak: the Segal brothers are rabbis – singing rabbis, in fact – who trace their lineage as singing rabbis back 12 generations. They performed a spiritual and often humorous show for decades, until a car accident in Jamaica in 1988 left Joseph critically injured; eight years after the accident, it was news that he would join his brother Nathan at the congregation Nathan served. Since then, it appears Nathan has continued his work as a spiritual leader, healer, and musician – sadly, nothing on his website says anything about Joseph other than providing MP3s of the songs they recorded together. In fact, along with those recordings, there is just one video of them together from a concert they did in Woodstock in the late 1960s.

But it was from watching a clip from that where I learned we aren’t singing the song correctly. Listening to the MP3 reveals the same. Now I suspect the hymnal commission didn’t have benefit of these recordings at the time and learned the song by rote, but it’s interesting that not only do we have a different

version, but apparently Nathan himself sang it differently over time, based on a later solo recording.” from “Notes from the Far Fringe” Rev. Kimberly Debus <http://farfringe.com/stlt402-from-you-i-receive/>

Listen to Rabbi Nathan and Rabbi Joseph singing:

<https://www.youtube.com/watch?v=DPHL3Vnt9Y> (about minute 2:00)



And here is the uplifting part of the story. Rabbi Nathan is a joyous man, with a large vision of what he is here to do in his life. Nathan Segal is a 21st century Renaissance man... His interests are as eclectic as his personality, from biblical studies and ancient history to space travel, science and technology. Here is what he says about himself:

His Statement of Purpose:

To serve my Creator. To entertain, inspire, heal, enliven and enlighten, to be an instrument of prayer and praise, song, celebration, healing, consolation, and transformation.

I want to live in a ‘spiritual neighborhood’. A place where caring and sharing, loving and holiness bless each day. I want to have more ‘fun’ and play more and dance and sing and delight in this most awesome garden of our Creator’s Creation. All that we have is given unto us by Grace. Let us embrace and give thanks. I want to hear more laughter, joy-us song, giggles, prayer and praise. Not just on Sabbath and holy days. But every day. I want to hold the babies, play and cavort with the children, passion with my peers and compassion with my elders. I want to give and receive more healing touch and affection. I want to help tend the gardens that bring forth the food, that nurture our humanity in awareness of Divinity. I want to share more silent spaces with myself and others...

Listening..Caring..Loving..Sharing. Away from a medicated society...embracing a meditative extended family. Away from fear based encounter. Towards loving communion. Far away from scarcity mentality...living in infinite abundance and holy love. Yes yes. We are blessed. Blessed. Communion – come union together. <http://natan.net/community>

Perhaps the accident to his brother made him realize that life is a gift. For whatever reason, Rabbi Nathan is an open-hearted person, and we are thankful he gave us his song.

In faith, Leah

Update on Peace Week Summer program for kids in and near Albany

When? August 13-17 (half days)

Where? Friends Meeting House on Madison Ave. in Albany

Who? Children entering 2nd - 8th grades

Why? To help children explore pathways to peace and peacemaking through games, arts, crafts, and lots of creative interactivity.

Cost? \$50/per child; maximum \$100/family; camperships available so that no child is turned away for lack of funds

Seeking: volunteers to help at the Camp

Job and community service opportunities are also available for teachers, young adult interns and teenage pre-interns.

For more information contact Jan McCracken (representing Albany UU on Peace Week steering committee)

jmccrack@nycap.rr.com

518-275-8709

Mindfulness Meditation Workshop

March 9-10, 2018

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

**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.



something to share. To register see box. A voluntary donation can be offered at the end. If you can't make this one, the next opportunity for this workshop is March 9-10. Mark your calendars NOW!

Rev. Trumbore has practiced Buddhist Vipassana or

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

—**Call** the church office, 518-463-7135

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

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.

Inclusivity Insights: A hidden piece of American history

Karen Kaufmann, Inclusivity Team

Along the white person's journey of confronting racism come occasional flashes of understanding of the reality and impact of institutional racism and white privilege. I experienced one of these when I learned the truth about the GI Bill. It turns out that that supposed paragon of equal opportunity legislation -- credited with bringing middle class prosperity to so many Americans -- was in fact just another broken

The John Cross Legacy Society

Supporting the good works of Albany UU through planned giving



promise to African-Americans. While the program as written was explicitly race-neutral, its implementation was left to locally-appointed officials who in many cases made sure that its benefits were largely reserved for white veterans. VA counselors steered black veterans away from college and into vocational training for menial jobs. In the South, black veterans' only choices were segregated black colleges that did not even have space for them. As for home loans, the VA was only a guarantor, not a lender, so black veterans were still subject to the racist policies of banks, not to mention the redlining of residential communities. Instead of promoting prosperity for all Americans, the GI Bill, overlaid as it was on local de facto and de jure racist policies, actually entrenched the disparity in economic opportunity between the races in the US. Black veterans and their descendants were denied their fair share of the multigenerational, transforming impact of home ownership and economic security that the GI Bill conferred on white veterans and their children and grandchildren, including me.

My own father fled the Nazis for New York with more or less the clothes on his back. After serving during the war, the GI Bill provided him a college education that led to a professional career that enabled him to provide me a comfortable middle class upbringing. So I always thought the GI Bill was a great thing, and learning this hidden piece of American history hit home and helped me understand what white privilege really

means. Institutional racism continually operates to perpetuate economic inequality between the races, and has denied to my peers of color this and countless other benefits I have inherited because I am white.

Meaning Makers

Did you know that there is a continental program for 18-24 year old UUs called Meaning Makers? This program is in its second year and the organizers are making some big changes for the third cohort, shortening the program and giving it some specific focus



areas for a deep dive into questions of faith. Are you a young adult recently “bridged” from RE? I hope you’ll consider Meaning Makers. You can even sign up <https://uua.wufoo.com/forms/rcimcx31amx7ze/> right now! Rolling admissions are being taken until the program fills or until April 1st.

“13th”

A film screening hosted by the Inclusivity Team Wednesday, March 21, Channing Hall, 11:00 AM

You’re invited to join members of the Inclusivity Team for a screening of the documentary “13th”, directed by Ava DuVernay, director of “Selma”. This award-winning film explores the intersection of race, justice, and mass incarceration in the United States.

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, 518-463-7135

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

The criminalization of African Americans and the exponential growth of the U.S. prison system are discussed by scholars, activists and politicians.

The film runs for 100 minutes, to be followed by a discussion led by Anne Marie Haber and Patti Jo

Newell. Participants are welcome to bring their own “brown bag” lunch.

Youth are traveling to NYC this month

March 23 and 24 we’ll meet a group of youth from the UU congregation in Binghamton to the Youth Service Opportunities Project (www.ysop.org) in New York City where we will participate in a YSOP Workcamp.

We will:

Participate in discussions with people who work with the homeless population

Prepare and share meals with homeless people who sleep in shelters nearby

Spend the night on the floor of the Friends Meeting House in NYC (living simply sleeping bags, no showers, simple meals, etc.)

Participate in several reflective activities to process our experiences and we'll write up something about our experiences for the April edition of Windows.

We are grateful for the support we're getting from the congregation. Be thinking of us March 23 and 24 as we live out our UU values learning and serving.

Our Community

East of Hudson Potluck Friday, March 23, 6:00 PM

Calling all UUs who live east of the river! Come join other 'easties' for a potluck dinner at the home of Peter and Debbie Brown in Castleton. RSVP to Debbie at mdbrown@nycap.rr.com or cell 518-441-8579 (voice or text.)

Two notes from the Religious Services Committees

Joys and Some Concerns: The Religious Services Committee has discussed the applause that often occurs during expressions of Joys & Sorrows in our Sunday services. Although we understand the sentiment that provokes this response, we believe that applause during the ritual is often disruptive – and the outcome is sometimes inadvertently hurtful. We'd like to discourage applause during Joys & Sorrows, and encourage congregants to instead seek out Joys & Sorrows participants in coffee hour to express your support.

Fragrances: Every once in a while we will hear from a person who has experienced a severe reaction to a fragrance worn by someone seated near them in Community Hall. As we anticipate the winter phase of the Sunday service schedule, we ask everyone to be sensitive to fellow congregants and use restraint

when applying perfumes, colognes, after shave, etc. It will be appreciated by those who experience an acute sensitivity to fragrances.

Notes from the Music Director

We look forward to making music with new friends and old friends this month.



On **March 4** we welcome as guest artist the guitarist and vocalist Jeff Wasbes. Jeff is a virtuoso in the Bluegrass tradition and a member of the band Blind Crow, which recently celebrated its first recording with a sold-out concert at Caffe Lena in Saratoga Springs. Get ready for some fast fingerpicking!

On **March 11** the Albany UU Choir will be joined by the Helderberg Madrigal Singers in music of the European Renaissance, of the American Sacred Harp tradition, and of Buddhist tradition via Brian Tate's beloved setting of the Sanskrit text "Gate gate."

On **March 18** our guest artist is author, musician, and storyteller Joseph Bruchac, who will share music of the Abenaki tradition on cedar flute and Native-American percussion.

And on **March 25**, members of our choir will participate in the combined choir under the direction of Dr. Glenn Thomas Rideout at the annual Hudson-Mohawk UU gathering at the Doane Stuart School.

An exciting month of music! —Richard Porterfield

Fellowship Dinner, April 6

The Annual Fellowship Dinner will be held on **Friday, April 6** at the Franklin Terrace in Troy. Come join us for an evening of fun, food, fellowship, and frivolity. There will be a cocktail hour and hors d'oeuvres, dinner, a few short (we hope) speeches, a musical skit where we poke fun at ourselves, followed by dancing.

Watch your email—or your order of service—for your invitation! Or pick one up in Channing Hall at

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

coffee hour. You can send in your RSVP by US Mail, or drop it off at the sign up table. And if you can't quite figure it out, you can always call the Albany UU office (518-463-7135) to make your reservation! RSVPs and payments must be received by Monday, Apr. 2.

Walker Book Group

Sunday, March 11, 5:30 pm, Channing Hall

Join the Walker Book Group for a potluck and book discussion-- 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 March book is "Born a Crime: Stories from a South African Childhood," by award winning comedian from South Africa and host of The Daily Show, Trevor Noah. "Powerful prose . . . told through stories and vignettes that are sharply observed, deftly conveyed and consistently candid. Growing organically from them is an affecting investigation of identity, ethnicity, language, masculinity, nationality and, most of all, humanity—all issues that the election of Donald Trump in the United States shows are foremost in minds and hearts everywhere..." —Mail & Guardian (South Africa)

April's book will be decided by consensus at the March gathering.

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

Albany UU Humanists next meet on Tuesday, March 20 at 7 PM.

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

We discuss topics applicable to Humanism. At press time, we are continuing discussions around Rev. Sam's recent sermon, "Collapse of the Enlightenment Era" which has brought about some interesting conversations. We may discuss "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 agnostic humanism, atheist humanism, 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://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>.

General Assembly 2018

The call of our Unitarian Universalist faith has a place for each of us. All Are Called to join us this June 20 - 24 in Kansas City to build courageous, collective leadership with tools, skills and connections.

Housing Reservations open at 10 a.m. EST on March 1. Room rates start at \$136 + tax.

Registration opens March 1. Rates Increase May 1.

Your invitation to General Assembly: Would you like to represent Albany UU at the 2018 General Assembly in Kansas City? 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 in the office!



UUA GENERAL ASSEMBLY

Social Justice

Focus Food Pantry Collection- Dec. 2017

As usual when it comes to helping the hungry, Albany UU steps up to the plate!

If you remember back in December, 2017 on two consecutive Sundays I was collecting boxes of microwaveable popcorn and rolls of aluminum foil for the Holiday Gift Bags that the Focus Food Pantry was creating for their clients.

Many of you did your own shopping and then there were many who gave cash for me to go shopping (\$178.00). It was fun going shopping with other people's money!

Between the two (2) Sundays we collected: 45 rolls of Aluminum Foil, 204 packets of popcorn and 58-1 pound cans of coffee. The coffee request was made to me after I made the first delivery to the Pantry.

So with those numbers we should be very proud of our work in helping the underserved in Albany. It

was GREATLY appreciated! Thank you , Thank you, Thank you!--Patty Burch

Green Sanctuary Committee Earth Day clean up

On Saturday, April 21, Albany UU will be working with Parks & Trails New York at the Corning Preserve to clean up the trails and beautiful spaces



along the Hudson River. Start time and additional details to be announced in the April Windows and Previews. Access to the Preserve is easy via Colonie Street to a large parking lot. Trash bags and rubber gloves will be provided. Bring rakes and trash grabbers. This is a great

family activity and a way to celebrate Spring!

Please plan on joining us in this important and fun Albany UU and family event!--Kathy Harris

Renewal from Within: A Day of Meditation with Mark Hart

Late addition!

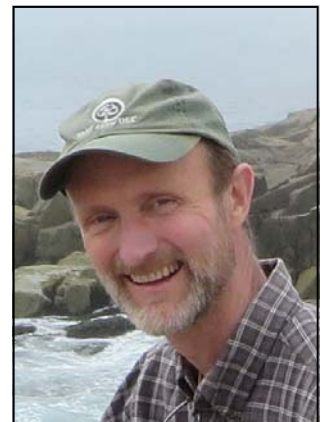
Saturday, March 31, 9:00-5:00

Set aside this Saturday in early spring to drop into presence, invite joy, and treat with kindness those sore spots in yourself you might encounter. The retreat devotes a day to communal silence, meditation, and mindfulness with instruction and dialogue to promote renewal at this turning of the season.

Lunch: Main dish provided; bring something to share and/or your own food.

Cost: \$20 plus teacher donation. See box to register.

Mark Hart has practiced insight meditation since 1981, primarily studying with teachers from Insight Meditation Society in Barre, MA. Since 2000 he has also studied nondual awareness with Tsoknyi Rimpoché, Mingur Rimpoché, Adyashanti, and recently Jeannie Zandi. He has taught meditation for since 1985 and is the founder and guiding teacher of the Bodhisara Dharma Community. He is also a member of the teaching council at Insight Pioneer Valley in Easthampton. He holds a Masters degree in counseling and a Ph.D. in theology, has a private practice of psychotherapy in Amherst, is an adjunct religious advisor at Amherst College, and has been a lecturer on Buddhism at Smith College. His work reflects his experience as a parent, therapist, scholar and one who has lived with chronic illness. He is also a poet, and his book, *Boy Singing to Cattle*, won the 2011 Pearl Poetry Prize and is available from Mark or from Pearl Editions or Amazon.



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Over the Rainbow Auction *Your Pot o' Gold Awaits*

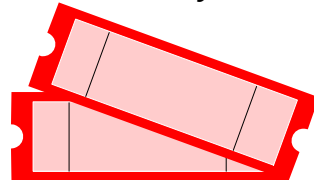
DATE: Saturday, March 17, 2018

TIME: Doors open at 6:15 pm. Fixed bidding closes at 6:45 pm.
Live bidding starts at 7 pm.

PLACE: Albany UU, Community Hall

PRICE: \$5 if you reserve and pay ahead, or \$7 at the door
Free childcare will be available the night of the auction!

Bid on a wide variety of contributions given by the Albany UU community, while munching on tasty treats and enjoying the company of friends. Due to our donors' generosity and imagination, there are items of interest and *affordability* for everyone.



For more information: Contact Randy Rosette or/Chris Jensen at:
rosette_jensen@juno.com or call 783-2637

Please consider donating an item.

If you would like to donate an item for the Auction, go to the Albany UU website at <http://members.albanyuu.org/wp/> and look for the link to the donation form. You can also pick up a hard copy of the form in the lobby (or Channing Hall on Sundays).

Sign up to attend the Over the Rainbow Auction 2018 *at the discounted prepaid rate of \$5 on February 18th and 25th, March 4th and 11th in Channing Hall.*

10th Annual Hudson Mohawk Unitarian Universalists Weekend



with Dr. Glen Thomas Rideout

Director of Worship & Music,
First Unitarian Universalist
Congregation of Ann Arbor, MI

Also Featuring

The Ministers, Choir,
and Musicians of the
Hudson-Mohawk Cluster

Singing our Faith to Life!

WORKSHOP: Awakening Our Voices

Saturday, March 24 9:00am - 1:00pm

First Unitarian Universalist Society of Albany

405 Washington Ave., Albany

WORSHIP: Our Voices, Awakened

Sunday, March 25 10:30 - 11:45am

Doane Stuart School

199 Washington Ave., Rensselaer

Come explore a different approach to worship, community and connection with UUs from across the Capital Region and Hudson Valley. Dr. Glen Thomas Rideout, along with our region's ministers and our singers and musicians, will lead us in a new way of using music and of blending our voices together to bring our UU faith to life.

You don't have to read music – or be an adult! – to join us for our free SATURDAY WORKSHOP at the UU Society of Albany to dig in deep and awaken our voices. All are welcome! Our SUNDAY WORSHIP will be a joyous celebration at Doane Stuart School.

This weekend will be a unique opportunity to explore and learn from a gifted UU leader. Please join us for either or both of these events.



Central East
Region



You Can't Spell Church without J - O - Y

2018 Seaway Spring Gathering

Come join UUs from across New York for a day of worshipping, learning and connecting!

Friday, April 13

7:00 Gould Lecture with Sheila Schuh
8:30-11:00 Reception & "UUs Got Talent"

Saturday, April 14

8:00 Registration
9:00 Banner Parade and Opening Worship
9:30 Keynote with Rev. Megan Foley
10:45 Workshop Session 1
12:00 Lunch with Affinity Groups
1:15 Meet Your Neighboring Congregations
2:00 Open Space Conversations
3:00 Workshop Session 2
4:30 Closing Worship and Youth Bridging
5:00 Safe Travels

Registration: <https://tinyurl.com/UUSeaway18>

First UU Society of Syracuse
109 Waring Rd
Syracuse, NY 13224

Friday Night Gould Discourse

UU Sniffing Salts

with Sheila Schuh

Ours is now a unique position of discomfort and challenge that serves as a pore to deepening the embodiment of our faith.

If we are not going to "sleep through the revolution," we must find agents to activate our Principles most consciously. From an ancient aching call from our land, to our modern societal ache for the Beloved Community-*Wake, now, our senses and hear the earth call. Wake, now, our vision of ministry clear.*



Saturday Morning Keynote

You Can't Spell Church without J-O-Y

with Rev. Megan Foley



Unitarian Universalism is a faith that promises love, connection and justice for all sorts of people in all sorts of ways. Each of us gets the opportunity to

practice this good news faith regularly. Then why does UU congregational life often feel so, well, exhausting? Why do our leaders regularly wonder if what they do matters? Why does it sometimes feel like church is a deep hole we'll never finish digging out of? Let's take some time to reflect on our true callings as religious leaders, and think about how to bring joy back into the good news we're offering the world.

Contact Us

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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

First Unitarian Universalist Society of Albany

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