

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

June 2018

In this issue:

- 1 **Services**
- 2 **Calendar**
- 3 **News**
- 7 **Growing Together**
- 9 **Our Community**
- 11 **Social Justice**
- 13 **Flyers**
- 17 **Contact Us**

Sunday Schedule

- 9:00 AM
Mindfulness Meditation
- 9:45 AM
Nursery/Toddler rooms open
- 10:00 AM
Service
Family Chapel
(1st Sunday/mo. Oct.-May)
Religious Education
- 11:00 AM
Coffee Hour
- 11:45 AM
Forum (as scheduled)

Sundays at Albany UU

Please join us on any Sunday for:

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

All are welcome!

Services

June 3 Flower Communion: Life at the Edges, Eileen Casey-Campbell

In Eileen Casey-Campbell's last service at Albany UU, we celebrate our annual flower communion and our recent decision to become a Sanctuary Congregation. We'll also explore the idea of borders drawn across the body of the earth and the tenacity of life. If you are able, please bring a flower or two for our communion ritual.

Music: Richard Porterfield with Tanya Hotalen, *recorder*

June 10 We Are All Connected, RE Celebration and Sundaes Sunday

Through word, song, ritual and an interactive activity, we'll explore how we are connected with those who have come before us, with each other and with those who will surely come after us. We'll honor our RE volunteers, and say good bye to our ministerial intern, Eileen Casey Campbell. Everyone is invited to celebrate Sundaes Sunday after the service in Channing Hall with ice cream and non-dairy treats.

Music: Albany UU Choir

June 17 "On Patriotism," Rev. Chris Antal

What have those who came before us had to say about patriotism? How might we distinguish patriotism from nationalism and reclaim a genuine love for country?

Music: Richard Porterfield, Chris Bystroff (viola)

June 24 "A Moral Voice at the Table—Preachers and Politicians—Albany 2018," Rev. Dick Gilbert

How compelling was the voice of the religious community during the 2018 legislative session in Albany? Should we be fired? And how did the legislators do, morally speaking?

Music: Richard Porterfield, Elaine "Faerie" Silver (guitar and voice)



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: June 6 is last Choir Rehearsal for the summer

NOTE: Most "regular" meetings don't take place in the summer months: check with the group or the office to see if your meeting is taking place!

Regular events and meetings

CHECK the weekly Preview email for changes to date, time and location

Sundays	5:30 PM	Walker Book Group (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 June and July

- 3-Jun Sunday**
 - 11:45 AM Green Sanctuary Meeting Room B-5
 - 11:45 AM Social Responsibilities Council Meeting... Room B-7
- 6-Jun Wednesday**
 - 6:45 PM Practice Group for Nonviolent Communication Channing
 - 7:00 PM Choir Rehearsal Community
- 8-Jun Friday**
 - 7:00 PM Retirement Party for Amy Lent Community
- 9-Jun Saturday**
 - 8:00 AM Change Your Mind Day Whole Building
- 10-Jun Sunday**
 - 11:00 AM Coffee Hour/ Sunday Sundae Channing
 - 11:45 AM Inclusivity Team Room B-8
 - 5:30 PM Walker Book Group Channing
- 11-Jun Monday**
 - 10:00 AM Small Group Ministry-Mon. AM group Room B-5
 - 6:00 PM RE Council Retreat Room B-8
- 12-Jun Tuesday**
 - 5:30 PM Governance Work Group Room B-7
 - 5:30 PM Green Sanctuary: public meeting on Community Choice Aggregation..... Channing
 - 6:30 PM Wellspring Room B-5
- 14-Jun Thursday**
 - 6:30 PM Finance Committee Meeting Room B-7
 - 7:00 PM Program Coordinating Council Room B-8
- 15-Jun Friday**
 - 5:00 PM John Cross Legacy Society Reception Channing
- 16-Jun Saturday**
 - 3:00 PM Manning 50th Anniversary Celebration Channing
- 17-Jun Sunday**
 - 11:45 AM GTS Conversation Leaders Meeting..... Room B-8
 - 11:45 AM Social Responsibilities Council Meeting... Room B-7
- 20-Jun Wednesday**
 - 3:00 PM General Assembly in Kansas City, MO to June 24 Offsite
 - 5:00 PM Rosette auction dinner..... Channing
 - 6:45 PM Practice Group for Nonviolent Communication Community
- 21-Jun Thursday**
 - 5:30 PM Religious Services Committee.....Room B-7
 - 7:00 PM Albany UU Board Meeting Channing
- 22-Jun Friday**
 - 4:00 PM Peter Mayer ConcertCommunity
- 24-Jun Sunday**
 - 11:30 AM SRC Forum "Big Pharma" screening and discussion.....Community
- 25-Jun Monday**
 - 10:00 AM Small Group Ministry-Mon. AM groupRoom B-5
 - 1:00 PM Endowment TrustRoom B-7
- 28-Jun Thursday**
 - 6:30 PM Finance Committee Meeting.....Room B-7
- 2-Jul Monday**
 - 7:00 PM SRC: roundtable and symposium on the immigrant and refugee experience.....Community
- 16-Jul Monday**
 - 1:00 PM Women Against War - Pathway to Peace Room B-5
- 19-Jul Thursday**
 - 7:00 PM Albany UU Board Meeting Channing
- 4-Aug Saturday**
 - 3:45 PM Albany UU Muslim community support for Aref and Hussain..... Channing
 - 5:00 PM Muslim community, CDCAI.....Sanctuary
- 16-Aug Thursday**
 - 7:00 PM Albany UU Board Meeting Channing
- 20-Aug Monday**
 - 1:00 PM Women Against War - Pathway to Peace Room B-5
- 27-Aug Monday**
 - 6:00 PM REC Retreat Channing

News

Annual Meeting election results

Asterisk denotes incumbent continuing in their position.

- President.....Dick Dana
- Vice-President.....Patti Jo Newell
- Secretary.....Linda Hunt
- Treasurer.....Reese Satin
- Ass't. Treasurer.....Seth Edelman
- Religious Education Chair.....Jim Hutchins
- Social Responsibilities ChairMatt Lesniak

Board of Trustees

Annika Pfluger*, Lee Newberg*, Nancy Shay*, Molly Daniels*, Meredith Andrews (3 yrs.), Frederick Eames (3 yrs.)

Endowment Trust

Jan McCracken*, John Cooley*, Tom Mercer*, Jeff English (2 yrs), Jon Newell (5 yrs.)

Nominating Committee

Kathy Hodges*, Bob Franklin*, Mary Applegate*, Al DeSalvo*, Sharon Babala (3 yrs.), Pat Bailey (3 yrs.)

Social Responsibilities Council

Carol Butt*, Annie Metzger*, Elena Reynolds*, Jean Poppei *, Ann Von Linden *, Zach Cunningham (1 yr), Michael Braunstein (3 yrs.), Karen Kaufmann (3 yrs.)

Religious Education Council

Amy Jesaitis, Becky Edvalson*, Elizabeth Baldes*, Tracie Tilgner*, Paula Brewer*, Michele Desrosiers*, Sheila Gray*, Liz Halvorsen*, Leah Akins (3 yrs.), Mike Myers (3 yrs.), Ela Kessel (3 yrs.)

Sanctuary Congregation resolution passes

At the annual meeting Albany UU membership approved a Resolution to Become a Sanctuary Congregation. There was some discussion at the meeting about the feasibility of physical sanctuary in the building at 405 Washington Avenue, and about accountability mechanisms including the Social Responsibilities Council, the minister, and the Board of Trustees.

One amendment regarding implementation of the Resolution was proposed from the floor and approved (specifically, that the SRC would report its

Flyers in this issue

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

- ◆ Change Your Mind Day
- ◆ Peter Mayer concert
- ◆ Summer Sundays at Albany UU

Sanctuary activities on a regular basis not only to the Board, but to the congregation at large as well). A second amendment that would have required a congregational vote verifying a working definition of "extreme need" (the phrase used as a criterion of extending physical sanctuary) was voted down.

The Resolution to Become a Sanctuary Congregation, as amended, was passed with no dissenting votes and with three abstentions.

Sound! Lights! Action!

You will hear and see some changes in Community Hall the next time you come to service! The installation of the new sound system is complete, and the new lighting is in place, too. While there is still 'tweaking' to do to the sound system settings and behind the scenes electronics, the new sound is fantastic.

The goal was to improve hearing by the audience—especially under the edge of the balcony—and by the choir, who've been missing a lot of audio for the last ten years. This involves all new microphones, including in front of the choir, and new speakers,

Sundae Sunday

Join us for Sundae Sunday **after the service on June 10** to celebrate our RE Program and volunteers with some ice cream and non-dairy treats. We'll also be celebrating with CAKE the end of Eileen Casey-Campbell's ministerial internship with us as we send her off on the next leg of her journey!

Sign up to help on the sign up sheet in Channing Hall.





Installing stage lights on high!

which you will see if you look around. A new speaker in the upstairs hallway (not installed yet, coming soon!) will improve the listening experience for those who choose to sit up there and watch thru the lobby window. And another device will help those on the stage and at the lectern to hear better, too.

New lighting brings the stage to life, and makes it really easy to see the speaker's face—which helps those who 'read' a face to understand the words being spoken. While they had

the lift here to install the new speakers and lights, the crew from BMI Supply nicely agreed to put new bulbs in the white 'can' fixtures in the ceiling, and did all they could reach from the lift.

If you would like more technical info or would be interested in joining the AV technical team and help us develop the potential of the new system, talk to Al Berzinis or Jon Newell! Others on the AV technical team are Randy Rosette, Chris Jensen, Dave Metz, Sam Trumbore, and Amy Lent. And of course, this was all possible because of the very generous gift Al Berzinis made in memory of his late wife Sue. Thank you, Al!



Lift, heading home at end of the day.

Eileen Casey-Campbell: Internship ending

I have learned so many lessons about ministry in my time with you, but the hardest one, I'm learning right now. My last service in the pulpit is June 3, and we will celebrate the end of my internship on June 10, after the Sunday service. I'm finding out that being a



minister, in so many ways, is about knowing how to hold people while you're with them and let go of them when it's time. This letting go is a tough one. I have come to care deeply about this congregation in the short ten months I've been here. You are a people who take care of one another,

make space for other's differences, and work hard toward building the world you know is possible. I will be forever grateful for how this community has shaped me.—Eileen Casey-Campbell

Staff changes at Albany UU

There are several changes coming up in the Religious Education program. Leah Purcell's **Director of Religious Education** position has a new look. She'll continue to run our Sunday school program and also focus more on an aspect that has been in her job description for several years—supporting parents and caretakers in their role as their children's primary religious educators. Leah will enhance the work she does now to curate and promote resources for parents and caretakers to use at home following up on the Sunday school sessions and parent support group meetings, family spiritual practices, and reading lists. At Leah's request, her position will become ¾ time instead of full time.

We are hiring an **RE Assistant**, who will be supervised by Leah, to take over routine administrative and clerical tasks of the RE program and provide support for the DRE, teachers and other volunteers of the RE program. This is a 10-month position (August – May) 10-15 hours per week including one Sunday morning a month; flexible hours negotiated with the DRE; \$15/hr; to be posted the last week of May.

The approved 2018-19 budget includes a **Lead**

Register for 2018-19 RE now

That's right: avoid the rush and crush of fall and sign your children up for our Religious Education program now. You can register on line at <http://members.albanyuu.org/wp/re-registration-form/> or pick up a paper copy at the RE office on Sundays.

events presented in conjunction with Opera Saratoga's new production of Menotti's *The Consul*, an opera about the struggle for freedom against oppression, and the maddening nature of unrelenting bureaucracy.

Notes from the Music Director

As we move into summer, the Albany UU choir gives its final performance of the 2017 – 18 season with an old favorite ("The Glory of Love"), a recent Broadway song ("Our Children" from *Ragtime*), and the premiere of a setting by our own Chris Bystroff of words by the Senegalese environmentalist Baba Dioum ("What We Have Taught"); all this on June 10.

Chris joins me the following Sunday (June 17) to play music for viola and piano by the English composer and violist Frank Bridge; on June 3 I have the pleasure of accompanying Tanya Hotalen in recorder music of the French and Italian Baroque.

On June 24 we welcome as guest artist the Rev. "Faerie" Elaine Silver; how perfect is that for Midsummer Day?

Sundays in July, you'll find me at the Steinway playing Joplin rags, jazz standards, light classics of keyboard literature, and accompanying the congregation in favorite hymns.

Safe travels to those who are away! –Rick Porterfield

Celebrating and thanking Amy Lent for 16 years of service

We are sad to see Amy leave us as Church Administrator and she will be dearly missed in that capacity. All friends and members of Albany UU are invited to **Amy's retirement party** in Community Hall on **Friday, June 8** from 7:00 - 10:00.

While we hope you will simply come, we are also looking for help with decorating, bartending, set-up

Youth Advisor position. The Youth Advisor will work with Leah and senior youth to continue to develop the senior youth program according to the UUA's guidelines "Six Pillars of Balanced Youth Ministry." The position is 10 hours a week and the pay is \$15/hr. Leah is forming a hiring committee for this position which will include several stakeholders including youth, parents/caretakers of youth, current youth advisors, and the RE Council. We anticipate posting this position in the last week of May, with a possible start date of Sept. 4.

We started advertising this week for a new Administrative Assistant, to replace Tammy Hathaway who is moving up to **Church Administrator** on July 1. The **Administrative Assistant** position is 20 hours per week, and the pay is \$15-\$16 per hour. The Administrative Assistant has responsibility in the areas of building use and rentals, communications and general clerical support. S/he is the face of Albany UU for callers and visitors.

You can find descriptions of these jobs (as they become available) at www.members.albanyuu.org, right on the home page.

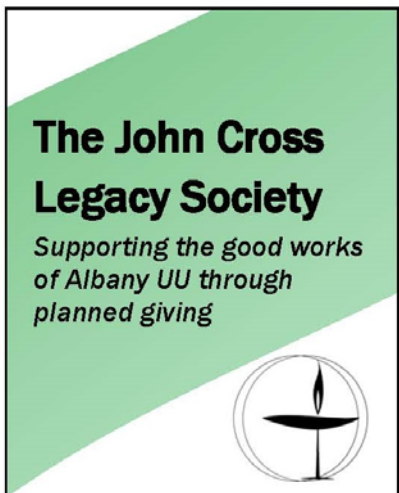
Community roundtable on the immigrant and refugee experience

Monday, July 2, 7:00 PM, Community Hall

This program is a joint project of our Social Responsibilities Council and Opera Saratoga. The panel will feature a diverse group of individuals who have relocated to the Capital Region from different countries, who are willing to share their experiences. The discussion will shed light on the difference between the experience of immigrants versus refugees, and will also explore both sides of the issues surrounding

Sanctuary Cities. Admission is free.

The forum will be moderated by Seth Leech, a partner with Whiteman Osterman & Hanna, whose primary practice area is immigration law, including family-based immigration and asylum. This discussion is one of a number of



Board Notes

Latest update from the Governance Working Group (GWG)

Molly Daniels, Trustee

Currently, the members of GWG are Sam Trumbore, Peggy Sherman, and Molly Daniels, and we are in the process of adding an additional member.)

As we come to the close of the church year, the GWG continues to work on its newest charge from the Board of Trustees to develop a plan for implementation of the governance vision. The report found in the 2017-2018 Annual Report is a great source for more background on our activities starting last fall when the GWG received its initial charge to consider what changes might be made to Albany UU's governance structure through the April Board of Trustees meeting, where the vision and proposal was affirmed and GWG was charged with developing a plan for implementation. (Read the plan in the 2017-18 Annual Report, at members.albanyuu.org, in Office, File Cabinet.)

The GWG plans to continue to meet with committees to seek feedback and to hold congregational conversations to share the vision and seek feedback. In the meantime, GWG has discussed with Dick Dana, President; Patti Jo Newell, Vice President and Chair of the Program Coordinating Council (PCC); the Chair of REC, Jim Hutchins; the Chair of SRC, Matt Lesniak; and Barb Manning a proposal to pilot the Program Team model (the Operational/Ministry side of the proposal) starting this next church year. By piloting this, it would allow us to work through how this structure might work, seeking input from elected leaders and from other important leaders within the congregation. This piloting does not require any bylaw changes as we would be using an existing structure. We are looking forward to this piloting opportunity!

Once GWG has collected feedback from the above sources, an implementation plan will be presented to the Board of Trustees. Once this plan is approved, the Board of Trustees may charge GWG to begin drafting new policies and bylaws changes that will ultimately be considered at a congregational meeting.

Governance Vision Statement affirmed 4/19/18 by the Board

Through democratic process, the congregation of the First Unitarian Universalist Society of Albany chooses a Board of Trustees as its governing body and a minister as its spiritual, programmatic and administrative leader.

Through its long-term planning and fiduciary responsibility, the Board ensures that the congregation will fulfill its mission far into the future. Through its policy-making, the Board establishes a clear governance structure so that Board members, minister, staff and volunteer leaders understand where decisions are made and where accountability rests.

The Board communicates frequently with the congregation, encouraging broad input and diverse voices on issues, explaining how its decisions and directions support the mission of the church, and bringing major decisions to congregational vote.

The minister serves as Chief of Staff and on the Program Team, which also includes appointed lay leaders. The Program Team leads staff and volunteers in setting annual goals, planning programs and carrying out the work of the congregation to achieve its mission. Staff and volunteer leaders understand their roles and responsibilities. With guidance, they are empowered to carry out their responsibilities in creative ways and respond quickly to opportunities and choices. At the same time, each volunteer or staff leader works in collaboration with others to align his or her programs with others in a coherent congregational program.

There is a strong sense of partnership and shared mission and vision among the Board, minister, Program Team, and staff and volunteer leaders. Volunteers and staff take pride in and enjoy their work.

We look forward to sharing with you and hearing your feedback!



and clean-up, and contributions of savory appetizers —food without forks, please.

If you would like to donate money toward a gift, we will gladly accept cash or checks at the party, or let Tammy Hathaway in the office know of your intention.

If you plan to come, please RSVP! You can either sign up in Channing Hall or by email to Tammy at office@albanyuu.org. For more info, feel free

to contact any of the organizers: Tammy Hathaway, Meredith Mercer, Jan McCracken, Bobbi Place.



Growing Together

Come! Learn! Grow! Together! Join a Wellspring group this fall

Wellspring at Albany UU provides a safe space for you to explore the sacred within; to understand how we UU's got to be who we are; to read, think and talk about life's big questions; and to reflect upon what we are called to do in the world. There are five



interconnected components: commitment to a daily spiritual practice, monthly spiritual direction (self-reflection with a guide), small group meetings, readings; audio; video material, and putting our faith into action. Coming

closer to your own purpose and meaning can enhance your UU faith community in countless ways. Wellspring participants express that their experience gives them deeper acceptance and understanding of the many paths that UU's take on their personal and spiritual journeys. This awareness contributes to sustaining the living mosaic of beliefs and practices that hold us together as a community.

Sharon Babala and Jan McCracken are coordinating two Wellspring groups next year. **Sources** is the group to join if you are new to Wellspring and **Deep Questions** will be offered for those who have more Wellspring experience.

For more information, contact the church office or Jan at jmccrack@nycpap.rr.com or Sharon at sharonbabala@gmail.com. Either Jan or Sharon would love to have a conversation with you to explore your interest!

Summer Session of RE

Rather than offering programming for children in the summer, we are offering child care for children ages 7 and younger. One room for infants and toddlers, the other for the 3 to 7-year olds. Children ages 8 and up and youth attend the service with their families.

RE Calendar for Summer

June 3 – Multigenerational Flower Communion Service

June 10 – Multigenerational RE Celebration Sunday and Sundae Sunday (ice cream, fruit and no-dairy treats served at Coffee Hour) and we'll honor our RE volunteers

The Nursery/Toddler Room is open each week from 9:45 to 11:20.

June 17 - Summer Session starts

Childcare for infants through 7-year-olds in the nursery and in room 24/25;

Children ages 8 and up and youth attend the service with their families.

July 1 Leah will be presenting the service on the theme of Blessing.

Summer session runs through Sept. 2.

New books in the Joy Library

We Wear the Mask: 15 True Stories of Passing in America / Coeditors: Brando Skyhorse & Lisa Page (Beacon Press 2017) Includes pieces about passing as someone of different race, ethnicity, class, sexual orientation, religion.

What We're Fighting for Now Is Each Other: Dispatches from the Front Lines of Climate Justice

Religious Exploration

Leah Purcell, Director of Religious Education

What does it mean to be a people of blessing?

It's often assumed that blessings come directly from God or through a priest, minister or rabbi from God. But our Soul Matters theme challenges us to think of blessing in other ways.

From my colleague, Katie Covey:

We UU's are a people of blessing because of our belief that each of us is able to bless and each of us is worthy to receive blessings.

This lens brought the whole month into focus.

Viewed through the lens of blessing, the Flower Communion becomes a UU Service of Blessing. We bless the flowers with our awareness. We bless each other with our simple message of diversity. We bless and heal each other and the world. This is the beauty of thematic ministry, the new angles which give our rituals life. There are several elements for the Flower Communion which I had never heard of. I hope some of the elements are new to you, too, as we steep ourselves in this uniquely UU ritual of blessing.

The lens of "Blessing" gave me a way to cover the celebration of Ramadan. The Muslims call the imperative to fast, a "blessing," and give thanks for the extra time to concentrate on helping the needy and studying the Quran. They understand that hardship can liberate us into blessing.

The lens of "Blessing" gave me a way of recognizing the fight for racial justice and covering Juneteenth. It

is hard, important work AND ALSO a blessing and joy to celebrate the rainbow of skin tones we are. It is a blessing and joy to celebrate the final reading emancipating the enslaved Africans in Texas. What a blessing that we can support the celebration of Juneteenth.



I'll be extending the theme of blessing when I lead the service on July 1st. I wondered "How can we as Unitarian Universalist evoke the power of offering blessings in ways that honor our religious tradition?" This service will be much like my service on May 27 – with a full sermon to engage the hearts and minds of adults – but divided into small chunks in the service and with more music and interaction than traditional services, but not with the pageantry of our multigenerational services, to make it more accessible to children and youth.

In case you missed it, the title is "You can do it! - The Potential Power of Blessings"

Rabbi Lawrence Kushner offers "The one who offers a blessing is like a coach whispering to an athlete before a competition, "You can do it!" More than encouragement, positive spin, or sincere wish, the words of blessing literally bring forth and make real an otherwise unrealizable force. In this way, blessing is not supplication but symbiosis."

In joyful service,

Leah

/ by Wen Stephenson (Beacon Press 2016) Tells the stories of various climate-justice organizers and activists.

Joseph Priestley and English Unitarianism in America / by J.D. Bowers (Pennsylvania State University Press 2007)

Faith and Resistance in the Age of Trump, edited by Miguel A. De La Torre (Orbis 2017) Twenty-five essays, from various religious perspectives, on various aspects of the Trump election and its consequences.

Peace Week-Summer program for kids

When? August 13-17 (half days)

Where? Friends Meeting House, Madison Ave., 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. For more information contact Jan McCracken (representing Albany UU on Peace Week steering committee) jmccrack@nycap.rr.com or 518-275-8709

Register for 2018-19 RE now

That's right: avoid the rush and crush of fall and sign your children up for our Religious Education program now. You can register on line at <http://members.albanyuu.org/wp/re-registration-form/> or pick up a paper copy at the RE office on Sundays.

Our Community

Summer at Albany UU

The last Sunday of the regular service year is June 10; our summer services start June 17 and continue through September 2.

How is a summer Sunday at Albany UU different from other Sundays?

--The 9:00 am Meditation continues.

--We have Service at 10:00 am. Summer services are coordinated by Randy Rosette, with a delightful list of guests in the pulpit.

--Rather than offering programming for children this summer, we are offering child care for children ages 7 and younger. One room will be for infants and toddlers, the other for ages 3 to 7. Children and youth ages 8 and up attend the service with their families.

--Coffee Hour becomes Iced Tea and Lemonade (in Community Alcove.)

--The people you've enjoyed all year are still here, plus it's a time we often have visitors who are on their summer voyages from elsewhere.

--Contributions of flowers from your garden for the service are welcome!

--If you can volunteer to help on a Sunday, we have openings for Greeters and Ushers. You can sign up here anytime! Or you can call the office, 518-463-7135, or sign up at members.albanyuu.org under Volunteer Opportunities.

Albany UU Humanists next meet in September

The Albany UU Humanists will not meet in June. We will resume our meetings in September, planning to meet on the third Tuesday of the month at Albany UU.

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.



UU Outing at Thacher State Park

Saturday, June 16, 2018

Potluck Picnic at Noon, followed by Hike



Come celebrate the transition of spring into summer!

Meet at the Hopfield Picnic area at noon for picnic. UUs from the Schenectady, Albany, Saratoga Springs, Glens Falls, and Kingston congregations are all invited.

What to bring:

- Your family (dogs must be leashed)
- Picnic ware
- A potluck dish to share
- Footwear for hiking
- Water bottle
- Insect repellent.
- Cash for parking fee (\$6 per car per day. It pays to carpool!)

Rain plan: Meet at the Hopfield picnic area and then caravan to an unoccupied picnic pavilion. After the picnic we'll enjoy the excellent displays at the new Visitor Center, or hike if it's not too wet.

Sponsored by the UU Schenectady Green Sanctuary Team.

If questions, contact Nancy Peterson at gs.unss06@gmail.com or via her cell #, 518-588-7505.

You are invited!

When? Saturday, June 16, from 3:00– 5:00 PM

Where? In Channing Hall at Albany UU

Chuck and Barb Manning are celebrating their



50th anniversary in June with a reception at Albany UU and you're invited. We want you to help us celebrate by joining us for beverages and appetizers. Yes, we still have the old wedding album and it will be there. Enjoy the "styles" of 1968! We are looking forward to seeing you!

To make sure that we have enough food and drink,

please RSVP to Barb at

BarbaraCManning@hotmail.com or 518-439-4226.

PLEASE – no gifts except your presence! We just want to share our milestone with friends. If you feel compelled to be generous, feel free to make a contribution to the Endowment Trust or to Sheridan Prep (make check out to Albany UU, put ET or SP and Mannings on the memo line.)

bers.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.



Walker Book Group

Join the Walker Book Group for a potluck and book discussion on Sunday, June 10, 2018 at 5:30 pm in Channing Hall. Newcomers are always welcome.

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

In June, we will discuss three short stories from Annie Proulx's *Fine Just the Way It Is: Wyoming Stories*. They are: Them Old Cowboy Songs, Swamp Mischief and Testimony of the Donkey.

Our summer book, which we will discuss in September, is *Moonglow* by Michael Chabon. The author describes the book in A November 20, 2016 review in the New Yorker as his "first faux-memoir novel," in which Chabon, as narrator, describes the life of his maternal grandfather. The New Yorker review states in part: "It is difficult to discern what is autobiographical and what is not in *Moonglow*. In the novel's preface, Chabon writes, "I have stuck to facts except where facts refused to conform with memory, narrative purpose, or the truth as I prefer to understand it."

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

Silver Anniversary at Silver Bay

Comradery, colorful fall scenery, campfires, and culinary pleasures await you at a coveted setting on Lake George. Please join us at the UU Weekend at Silver Bay on Lake George from October 12-14, 2018.

Dr. William Schulz, former director of both Amnesty International and UUSC, will be this year's featured Jeanne Blank Memorial speaker. Schulz has traveled the globe in pursuit of a world free from human rights violations. "William Schulz... has done more than anyone in the American hu-

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

We anticipate updates in the coming months on our egroup list. To join the email list go to mem-

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

man rights movement to make human rights issues known in the United States." The New York Review of Books, 2002

Enjoy music? The Albany-based Morris Code band is returning by popular demand! Our Saturday evening entertainment will feature an intergenerational dance with the Tamarack Band <http://www.tamarack-band.com>. Tamarack brings the joyous touch of traditional fiddle tunes, reels, lively jigs, and smooth waltzes.

Workshops and activities to date include a physics-based workshop on The Inner Workings of the Universe, Painting/Sketching Tai Chi, Star Island Bead Making, Introduction to Meditation, Meet the World-Wide Goddess, Drumming, Photography Social Media - Facebook, Twitter, and Instagram, and several hikes.

Want to sleep in? Don't want to be on a workshop schedule? Here are a few of the activities you can enjoy on your own time table: archery, canoeing, fitness center, kayaking, labyrinth walks and self-guided trails, board games and puzzles, horseshoes,

shuffleboard and tennis.

Reverend Kimberley Debus, who recently served as minister at First Universalist Church of Southold, New York, will lead the Sunday worship service. She is currently building a community ministry of the arts in the Capital Region.

Discounted rates are still available! Register by Sept. 23 to receive the 2016 rate. Children under 6 are free with substantial discounts for older children and youth. AND, first-time visitors to Silver Bay receive an additional 10% discount! Access the registration form at: http://members.albanyuu.org/wp/pdf/Reg_form_2018-3-10.pdf

Remember – the cost is all-inclusive – meals are provided at Silver Bay's NEW dining hall... from Saturday morning through Sunday lunch. Want to upgrade your lodging? Sign up for a new premium room above the dining hall! First-timers will receive an additional 10% discount!

Social Justice

SRC Forum : "Big Pharma" screening and discussion

June 24, 11:30 AM in Community Hall

We will show the movie "Big Pharma". Third in a series (in previous years we have shown "The Health Care Movie" and "Fixit"), "Big Pharma" focuses on the pharmaceutical industry and associated problems of cost and access. The movie is about 52 minutes long and will be followed by a Q & A and discussion period, with Dr. David Ray and others from CDAUH. Light refreshments will be available. This will be a joint presentation by SRC and CDAUH - the Capital District Alliance for Universal Healthcare (CDAUH).

Sheridan Prep needs you!

Have you been looking for an opportunity to help Sheridan Preparatory Academy? Sheridan staff are requesting volunteers for two events in June.

On **Thursday, June 7 from 3 to 5 pm**, Sheridan will host an ice cream social for the Sheridan community—staff, students, and families. The goal is to intro-

duce students and parents to the teachers in each child's next grade and to the services provided at Sheridan. Representatives of Whitney Young Health and the Asthma Coalition will be present to meet with families. Volunteers are needed to serve ice cream, man the raffles, and help set up and clean up. If you are not available at that time, please think about donating re-usable bags for families to collect handouts.

On **Friday, June 8 from 3 to 5 pm**, Sheridan's new community coordinator, Abigail Gomes, will hold a spa afternoon for teachers and staff. The end of the school year is stressful for teachers and staff and Abigail plans to provide relaxing activities. She had hoped to recruit volunteers from local masseuse and beauty schools, but she has not been successful. She has recruited a friend who will lead yoga, but she needs volunteers with other skills, such as manicuring, that would fit into the spa afternoon theme.

If you wish to volunteer for any of these activities, please contact Martha Musser by phone (518-434-2246) or email (mussermartha@gmail.com).

FOCUS Churches needs some help!

We still have great need for volunteers for the July FOCUS Food Pantry Overhaul. It is imperative that we accomplish these renovations during the summer months when there is a lull in Breakfast Club activity. In order to avoid future code violations, certain updates must be made to the food pantry within the next few months.

Read about this and other volunteer opportunities at FOCUS. Please contact Belinda for more information or to sign up now for any of these: belindaq@focuschurches.net or 518-443-0460

JUNE Gardening in a Bucket With Kids: Volunteers sought for this fun community project for youth scheduled for weekdays throughout the month of June.

JULY FOCUS Food Pantry Overhaul /Rehab Storage Room: July may seem far off but we need to firm up a team well in advance of this project. If you think you can commit to helping us with this very important task, please let us know now. The project will span 10 days but if you can only commit to certain days and not all 10 that's OK. Many hands make light work so please join the team! This project includes clearing out and renovation the FOCUS Breakfast Program storage room located in Westminster Church. Over the course of 10 days this team will empty out all supplies and equipment, clean the room, repair walls and floors, paint, and

reorganize the supplies on new shelving. We need one volunteer to be Project Manager and a total of 7-10 volunteers to tag team over the course of the 10 days to carry out the tasks. This is a great project to help build a fellowship amongst our FOCUS member churches and provide a much needed improvement to the FOCUS Breakfast program. Sandwiches and snacks will be provided. Let's do together what we can't do alone!

NOVEMBER Two Cooks for Wednesday Winter Breakfast starting the first week in November. Hours are 6:00-9:30 am.

Thank you for your support!

Call to service

After many years, Thayer Heath will be leaving her position at the Social Responsibility (SRC) table. As you know, she has been selling Fair Trade items after the Sunday service at the table. She also provides a welcoming presence to newcomers as well as valuable information on various subjects. Thayer always believed that the table is an easy first step at coffee hour into the UU beloved community.

The SRC and Green Sanctuary Committee are hoping to find someone to fill Thayer's place. Are you that person? Please contact Matt Lesniak at mattle-sniak@tuanota.de or call the church office at 518-463-7135.

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.

CHANGE YOUR MIND DAY

exploring & experiencing the mind & body



PRESENTED BY:

Organizing Mindfulness

PARTICIPATING ORGS:

Albany Karma Thegsum Chöling (KTC)

Albany UU

Brahmakumaris World Spiritual Org.

Global Peaceful Cities

Kingfisher Sangha

Holistic Youth Project

Shambala, Albany & Troy

Unity Church of Albany

SAMPLE TOPICS:

Breathwork

Buddhism 101

Chi-Gong

Come Home to Yourself

HeartMath

Managing Your Mind

Meditation Practice Q and A

Shamanism-Karma-Mindfulness

Yoga

SATURDAY, JUNE 9, 1-6 PM

First Unitarian Universalist Society of Albany
405 Washington Avenue



**Come sample and explore mindfulness,
meditation & contemplative practices!**

www.organizingmindfulness.org

ADMISSION: Dana/Voluntary Contributions
INFO, CONTACT:

Karen Beetle, (518) 424-7516

Sam Trumbore, (518) 366-4532

IN CONCERT

Peter Mayer

Friday,
June 22

7:30 pm

Minnesota-based singer/songwriter Peter Mayer has been a full time performer for over 20 years, touring the U.S. regularly.

His songs delve into the human journey, science and spirituality, with some good humor along the way. He has 10 albums to his credit.

Author of the ecological hymn ***Blue Boat Home*** and the sacred science song ***Holy Now***

tickets: \$20 at door

1st Unitarian Universalist Society of Albany

405 Washington Ave, Albany, NY (518) 463-7135

Summer Sundays

at Albany UU

June-September 2018

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Community Hall, refreshments afterward

June

June 17 "On Patriotism," Rev. Chris Antal

What have those who came before us had to say about patriotism? How might we distinguish patriotism from nationalism and reclaim a genuine love for country?

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

Music: Richard Porterfield, Chris Bystroff (viola)

June 24 "A Moral Voice at the Table- Preachers and Politicians- Albany 2018," Rev. Dick Gilbert

How compelling was the voice of the religious community during the 2018 legislative session in Albany? Should we be fired? And how did the legislators do, morally speaking?

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

Music: Richard Porterfield, Elaine "Faerie" Silver (guitar and voice)

Summer Session for children and youth, 10:00 a.m., June 17– Sept. 2

Childcare for infants through 7-year-olds in the nursery and in room 24/25;

Children ages 8 and up and youth attend the service with their families.

No registration required.



July

July 21 "You can do it!—The Potential of Blessings," Leah Purcell

More than encouragement, positive spin, or sincere wish, the words of blessing literally bring forth and make real an otherwise unrealizable force. In this way, blessing is not supplication but symbiosis. How can we as Unitarian Universalists evoke the power of offering blessings in ways that honor our religious tradition?

Leah has served as Director of Religious Education at Albany UU since 2007. She received her RE credentialing through the UUA in 2011 at the Credentialed level.

Music: Richard Porterfield

July 8 "Kindness is Everything," Rev. Beth Dana

On lawn signs, church banners, and social media memes we've seen the statement "Kindness is Everything." What does it mean? As we explore this topic, and the practice of kindness, we will ask ourselves, "Is it better to be right, or kind?"

Rev. Beth Dana grew up at Albany UU, and now serves as Minister of Congregational Life at First Unitarian Church of Dallas, Texas.

Music: Richard Porterfield

Services continued on reverse

The summer services are coordinated by Randy Rosette.

If you can volunteer to help on a Sunday when you will be here, we'd love to hear from you. There are openings for Greeters and Ushers. You can sign up by calling the office (518-463-7135) or at our resource page:

www.Members.AlbanyUU.org

Summer Sundays

at Albany UU

June-September 2018

July 15 “Do we prepare our children for the world or the world for our children? The answer is yes.” Heather Mendel

Judaism demands we make the world better by our being in it. Jewish mysticism (Kabbalah) provides a map for those willing to take up the challenge. Are you ready?

Heather Mendel is a South African-born mystic, artist, author and speaker. She offers workshops and seminars on contemporary Kabbalah and consciousness. She is the author of five books and artist-creator of 4 oracle decks.

Music: Richard Porterfield

July 22 “Installing the Good,” Rev. Tom Chulak

Many of us, including myself, have messages that tell us we are not good enough. These messages have come from many places and sources. It is time to say 'basta' and install the good. This service will explore the theological, societal and psychological roots of the not good enough plague and how Unitarian Universalism responds.

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

Music: Richard Porterfield

July 29 “Courage for the Resistance...and the Relationships ,” Rev. Amanda Poppei

Many of us are engaged in social justice work, or political action, seeking to change the recent direction of our country. How do we maintain hope and build up our bravery for that work? And, at the same time, how do we stay true to our Unitarian Universalist principles, which honor the worth of every person?

Rev. Amanda Poppei is a Unitarian Universalist minister as well as a certified Ethical Culture Leader, and has a strong background in interfaith work.

Music: Richard Porterfield

August

Aug. 5 *To be determined!*

Aug. 12 “Transmogrified,” Rev. Kimberley Debus

Sometimes, when our ideas, beliefs, and perspectives seem stuck, it's helpful to take them apart, mix them up, and see what comes out. Let's see what happens when we do this with our principles.

Rev. Kimberley Debus works as a community minister; she inspires congregations to more artful and art-filled worship, congregational life, and public witness.

Music: Randy Rosette

Aug. 19 “What kind of person is a prophet?” Joe Paparone

The prophetic tradition, transformation, justice, and Sanctuary.

Joe Paparone earned a Master of Arts in Global Leadership from Fuller Theological Seminary. Joe volunteers with New Sanctuary for Immigrants, ICE-Free Capital District, and Capital Area Against Mass Incarceration.

Music: Al DeSalvo

Aug. 26 “At Summer’s End,” Rev. Lynn Ashley

Reflections on meanderings of the first summer in a decade that begins with very few plans.

Rev. Lynn Ashley is a longtime friend of Albany UU where she was ordained. Recently retired, she lives in Voorheesville with her husband and their cat.

Music: Ann Brandon

September

Sept. 2 “A Dark Night of the Soul—In Which You Take an Exquisite Risk,” Diane Cameron

A new year begins at Labor Day, and we look around our lives and ask, “What comes next?” and “What should go?”, and we welcome the inevitable invitation to take a risk.

Diane is passionate about advocacy for people living in poverty and for family caregivers. She is a director at Unity House in Troy and is also a spiritual coach and retreat leader.

Music: Randy Rosette

Contact Us

Board of Trustees 2017-2018

Officers

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

Trustees

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

Ex-officio Members

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

Elected Officer (not on Board of Trustees)

Michaela Pochily, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

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

Ministerial Intern

Eileen Casey-Campbell,
 eoconnorcasey@gmail.com

Administrative Assistant

Tammy Hathaway, office@albanyuu.org

Custodians

Cameron Holloway
 Izzy Wright

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

Websites

General: www.AlbanyUU.org

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

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.AlbanyUU.org