

Edited for the Web: Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at administrator@fuusalbany.org.

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

October 2013

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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.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

Sundays at FUUSA

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

Theme: Purpose

Resource: <http://www.albanyuu.org/themes/purpose.pdf>

Oct. 6 "Unifying Purpose," Rev. Sam Trumbore

Organizing people to work together requires common purpose. The honoring of diversity in our congregation makes finding and serving a common purpose more challenging. But when we do find and serve a common purpose, watch out! Don't stand in our way!

Music: The Helderberg Madrigal Singers featuring FUUSA members Dave Metz, Dawn Dana, and Dick Dana.

Oct. 13 "Higher Purpose," Rev. Sam Trumbore

Are there higher purposes for our lives than satisfying our personal needs and desires? Do we create such purposes or do we discover them arising in us as a calling? What is the function of will in following a higher purpose?

Music: Choir

Oct. 20 "Technology," Vee Abbitt

It has become a part of our lives. Some people love it, and some people hate it. How has technology had an effect on you?

Music: Matt Edwards on the piano

Vee Abbitt is a member of the Schenectady congregation, and is a second-year theology student at Meadville-Lombard.

Oct. 27 "The Wheel of Life: The Wind That Never Ceases," Rev. Sam Trumbore

The wind may be still for short periods of calm but soon it begins to move again. As the wind moves, so do the endless cycles of our lives. As part of this service, as you are so moved, please bring a picture or memento of a relative or personal friend who has brought new life into their family, had a significant life passage, or a death in the past year. ALSO bring a favorite colorful leaf to decorate our life passage remembrance centering display.

Music: "Musicpalooza" featuring the youth choir, adult choir, and Matt Edwards with special guests premiering an original song

Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Family Chapel (1st Sunday/mo.)	Sanctuary	
10:00 AM	Religious Education	Classrooms	
11:00 AM	Coffee Hour	Channing	
11:00 AM	Quiet Conversation Corner	Emerson	

Events happening every week in October

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
	7:00 PM	Choir Rehearsal	Emerson	

All other events happening in October

1-Oct Tuesday			14-Oct Monday		
6:30 PM	SGM-English	Stott Lounge/Joy Library	10:00 AM	Patrick/Odell SGM	B-5
7:00 PM	Meaning Matters	B-8	1:00 PM	Interfaith Impact Meeting	B-8
2-Oct Wednesday			5:15 PM	Membership Ministry Meeting	B-8
11:00 AM	Fracking Resolution Language meeting	B-7	7:00 PM	Monday Men	B-8
2:00 PM	Patka-Manning SGM	B-8	15-Oct Tuesday		
6:45 PM	Wellspring I	B-8	6:30 PM	SGM-English	Stott Lounge/Joy Library
3-Oct Thursday			16-Oct Wednesday		
7:00 PM	Public Relations	B-8	2:00 PM	Patka-Manning SGM	B-8
4-Oct Friday			6:45 PM	Wellspring I	B-8
5:30 PM	Pasta Potluck/RE Open House	Channing	17-Oct Thursday		
5-Oct Saturday			7:00 PM	Board of Trustees Meeting	Channing, B-8
8:30 AM	Getting to Know UU	B-7, B-8	18-Oct Friday		
3:00 PM	FUUSA Youth Meeting and Overnight	Whole Building	5:00 PM	UU Weekend at Silver Bay starts	Offsite
7:00 PM	Youth Group Meeting and Overnight	Whole Building	5:00 PM	Guilderland Potluck	Offsite
6-Oct Sunday			21-Oct Monday		
12:00 AM	Youth Group Meeting and Overnight	Whole Building	12:00 PM	Channing Circle	Channing
9:30 AM	Family Chapel	Sanctuary	22-Oct Tuesday		
11:45 AM	Auction Committee	B-8	7:00 PM	Congregational Conversation on the	
11:45 AM	Social Responsibilities Council	B-7		Fracking Resolution	B-8
7-Oct Monday			7:00 PM	Wellspring II	Stott Lounge/Joy Library
7:00 PM	RE Council Meeting	Channing	24-Oct Thursday		
8-Oct Tuesday			6:30 PM	Finance Committee Meeting	B-8
5:15 PM	Religious Services Committee	Stott Lounge/Joy Library	25-Oct Friday		
7:00 PM	Stewardship Committee	B-8	8:00 AM	NYSCU Little Falls NY starts	Offsite
7:00 PM	UU Christians	B-5	26-Oct Saturday		
7:00 PM	Wellspring II	Stott Lounge/Joy Library	2:00 PM	REC Sponsored Halloween Party	
9-Oct Wednesday					Channing and classrooms
5:30 PM	Peace Team meeting	B-8	27-Oct Sunday		
6:00 PM	SRC hosts: Malalai Joya Presentation, WAW, BNPEmer- son		11:30 AM	Green Sanctuary Mtg	B-8
10-Oct Thursday			28-Oct Monday		
7:00 PM	Program Coord. Council Meeting	B-8	10:00 AM	Patrick/Odell SGM	B-5
11-Oct Friday			7:00 PM	Meaning Matters	B-8
6:00 PM	Mindfulness Meditation Retreat	Whole Building	29-Oct Tuesday		
12-Oct Saturday			7:00 PM	Meaning Matters	B-8
8:00 AM	Mindfulness Meditation Retreat	Whole Building	30-Oct	Wednesday	
3:30 PM	FUUSA Youth Meeting and Overnight	Whole Building	1:00 PM	Art Show Set up	Channing
5:00 PM	Circle Dinner	Offsite	2:00 PM	Patka-Manning SGM	B-8
7:00 PM	Youth Group Meeting and Overnight	Whole Building			
13-Oct Sunday					
12:00 AM	Youth Group Meeting and Overnight	Whole Building			
11:30 AM	Forum: Hydrofracking in NY	Emerson			

Sam's Outlook

Living with Purpose

Rev. Sam Trumbore

I grew up surrounded by people driven by inner purpose. Barbara wanted to be an excellent flute player so she practiced, tried out for the orchestra at Newark High and got picked as first chair. My friend Nick with a beautiful baritone voice auditioned to be one of our high school madrigals. Matt had a dramatic flair that he took to the stage for lead roles in our high school plays. Steve loved to play football and became a first string offensive lineman. All of these friends found an inner drive that they translated into a purpose.



How well I remember taking a class on numerical methods as a freshman at the University of Delaware. As part of that class, I wrote my first BASIC program on a 300 BAUD DECwriter terminal connected to a Digital PDP-8E computer. That experience of typing a line of text, hitting return and having the computer respond deeply excited me. It felt like there was something alive on the other end talking to me! Young people today take the enormous power of an iPhone or an iPad for granted. For me back then, my passion for these amazing machines formed a strong purpose in me to understand how they worked and explore what they could be programmed to do. This purpose drove the next ten years of my life.

But before that purpose had run its course, a new and unexpected purpose started shaping me as I finished my electrical engineering and computer science degree at UC Berkeley. This new life purpose drove me to open my heart and develop my capacity for insight and wisdom. Instead of being concerned primarily with my interests and needs, now I was driven toward developing virtue and serving ethical principles. My religious life began to dominate my personal life.

Religion has long served as a dominant purpose to organize individual and communal life. In traditional societies, one's religious life completely structures one's personal life. Observant Jews are con-

stantly reminded of their relationship with God by offering prayers throughout the day, following rules of behavior and consumption. Muslims surrender to God, don't eat pork, and pray five times a day. Christians strive to love God and love their neighbors. Buddhists vow to save all beings and abstain from killing, lying, stealing, sexual misconduct and the use of intoxicants. If you claim a religious tradition, it claims you too.

Unitarian Universalism isn't quite like that. We take responsibility for our own search for truth and meaning. We support each other in that search, but we may not find the same truth and meaning. We strive to appreciate what others find but do not feel bound to another person's moral code of conduct. We are not all vegetarians, vegans or carnivores. We do not all agree on the same child rearing practices or philosophies of education.

What we do have are shared purposes and principles within our association of congregation. The goal of world community with peace, liberty and justice for all is a purpose most of us share. Respect for the interdependent web is a looser purpose that does prod us toward serving the whole rather than just ourselves. Honoring the inherent worth and dignity of every person, maybe even every being, is a noble purpose that could organize one's whole existence.

Purpose points toward the Spirit of Life itself. On a deep level, the sources of unique expressions of purpose are mysterious and amazing. The purpose that drives someone to keep going, even in agonizing pain, to run a marathon for the first time is a marvel to me. The scientists and engineers that train their minds for years and years to master their field impress me. Watching the graceful movements of a gifted dancer, listening to the ethereal sounds riding on airwaves from a virtuoso's instrument, gawking at the stunning reproduction of light on glass in oil on canvass, fill me with awe and wonder.

The Spirit of Life is not a neutral, chaotic process seeking rest. It has purpose and that purpose is imbued with meaning. Our challenge is to recognize its energy in us and find purposeful ways to bring it to life.--Rev. Sam

News

Endowment Trust: grants for FUUSA projects

Our Endowment Trust makes grants each calendar year to boost new ideas and projects, to cover unanticipated expenses, and similar. Based upon the asset level of the trust, we have up to approximately \$2,000 available for the remainder of 2013 and the trustees welcome your proposals. Want to submit a proposal or ask questions? Please ask trustees Lee Newberg, Chris Jensen, Todd Thomas, Sharon Babala, or Betsey Miller.

New (to FUUSA) china

Emerson Community Hall and Channing Hall are frequently rented by various departments of the University at Albany, and any meals served at these events have been provided by their contracted caterer, Chartwell. This summer the catering contract was awarded to Sodexo, replacing Chartwell, and Sodexo decided to get new china. Most of the Chartwell staff simply changed employers, so our working relationship with them has not changed. They suggested that the old china be donated to FUUSA. We now have received enough new dinner plates, salad plates, cups and saucers, plus wine and water glasses, to serve about 240, including the specialized carts to transport and store them. This great gift brings with it a need for storage space (which the Building and Grounds committee is working on) and also enabled us to make a gift of the old dishes to the Equinox Domestic Violence Shelter.

Join us for a special service and luncheon

On Sunday, Nov. 10 Martin and Caroline Lavanhar will be in the pulpit to talk about their beloved Sienna Project which assists through funds and labor in building schools in Mayan communities in Guatemala. The Lavanhars, who are longtime Unitarian Universalists, and parents of Marlin Lavanhar, UU minister in Tulsa, have been doing this work for ten years, and recently it was designated a UU College of Social Justice project.

The luncheon after the service will offer typical Guatemalan fare for a freewill offering. Please sign up at the Sign Up Site in Channing Hall, or with Eileen Hoffman during coffee hour on Sundays, Oct. 20-Nov. 3, so we will know how much food to prepare. (There will also be regular coffee hour fare this day.)

Flyers in this issue

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

- ◆ Halloween Party and Food Drive

Contact Eileen (ehoffman@gmail.com) if you have questions or would like to help.

Maybe there really is a “Devil in the Details”

The Religious Services Committee, Sam, Matt, and our Lead Ushers are working on how best to seat late arrivals with the least disruption to our Sunday services. We have considered various “early entry” possibilities to avoid the sometimes large number of those who gather in the hallway waiting to enter Emerson at the first hymn. No solution will be perfect – but everyone can help. How? Recognize that many folks already seated are focused on the Call to Celebration and the Prelude; leave space near the aisles and in the back rows; help ushers identify empty places; and most of all...

STRIVE TO ARRIVE BY 9:45!!

“Legacy, Tears, and Shivers”

This may be the theme of our Stewardship Campaign for this year. If you are interested in working with me, please come to our first Stewardship Committee meeting on October 8 at 7:00 in Room B-8. If you would like to help, but can't make the meeting let me know. Chuck Manning (xxxxxxxxxxxxx)

Calling all FUUSA artists!

Congregational art show in November

We hope you can help us celebrate the creative spirit of our community. If you paint, draw, collage, or photograph and have framed work ready to hang, we want to exhibit it in Channing Hall from Oct. 30 to Dec. 3.

If you choose, it can be sold, or displayed as “not for sale”. During the Holiday Bazaar it will set the stage for our famous café. Please let Arlene Gilbert know if you can participate by calling hers at xxxxxxxxxxxxx

Are you ready?

It's the beginning of the 'church year' and you are glad to be at home in this church community. You

feel like it's time to really make it yours. Are you ready to become a member of FUUSA? Find out by letting us know you're interested: call either Kathy Hodges, chair of the Newcomer Welcoming Committee (xxxxxxx) or Amy Lent, Church Administrator, (at the church office, 463-7135.)

Membership is open to all. There is no test of faith or belief requirement to join our community, only general agreement with the purpose of our organization. The expectations of membership are: Participation on Sunday morning; Involvement in and helping with

our activities; Financial support of the congregation. Each expectation is flexible depending on your ability to participate. You will meet with Rev. Sam to explore your journey and your expectations of membership. And you'll also meet with representatives of the Membership Committee (to learn about ways to get involved in the FUUSA community,) and of the Stewardship Committee (to learn about pledging and make your first pledge.)

One officially becomes a member by signing the membership book in the minister's office. And then

Board notes

Words matter!

Peggy Sherman, President

Twenty years ago, our congregation adopted a [mission statement](#). You may be more familiar with the essence of this statement that we recite as we light our chalice every Sunday. Although these words have served us well for many years, after reflecting on them during our fall retreat, your Board of Trustees thinks it is time to take a fresh look. At our September meeting, we voted to begin a discussion of our congregation's mission and purpose, in order to consider presenting a revised mission statement for approval at a future congregational meeting.



Words matter in this congregation! We want our words to be clear, powerful and inspiring. Think of "Building Up, Reaching Out!" Our catchphrase for our successful campaign to build Emerson Community Hall captured the excitement, potential and dreams of our expansion project. And as we look around Emerson on a Sunday morning, or check out the busy schedule of community events at FUUSA, we can see that many of those dreams have become reality.

But is it time for us to expand our thinking about our congregation's mission and purpose? In Louisville last June for General Assembly, I participated in a workshop called "Loving the Hell Out of the World." You can see me there in the most recent issue of the [UU World](#)! One of the workshop leaders told the story of a drill bit company whose executives devoted several days to revising their mission statement. They presented the CEO with the result: "The Zenith Drill-bit Company makes the very best drill-bits in the whole world!" According to the story, the new CEO stopped them and said, "No. No, we make the best holes."

A simple but powerful change. Our workshop leader made the point that it is all too easy to focus on the drill bits in our congregations (like our programs, committees, and policies), and lose sight of the real impact that we want to make in this world.

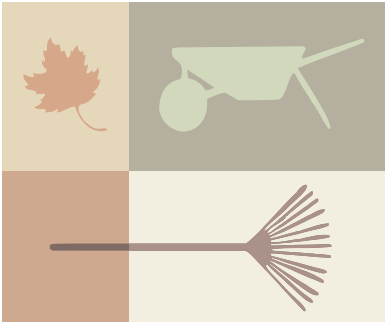
Last year, the Rev. Dr. Thandeka told us that the purpose of religion is to change people's hearts. What words would you use to describe the purpose that brings our congregation together? Why do we worship together, make music together, and sit in silent meditation together? Why do we write letters to legislators, read to young children at Sheridan Academy, and wear yellow "Standing on the Side of Love" t-shirts to witness against gun violence? Why do we welcome guests, bring meals to those who need a helping hand, and share with each other the joys and sorrows of our lives?

I hope you will participate in this discussion about our beloved community. The Board plans to appoint a working group to facilitate and lead this conversation about our identity and purpose. If you are interested or have questions, please talk with me, another member of the Board, or Reverend Sam.—Peggy

we will welcome you to the congregation during the Sunday service on the next New Member Sunday, Nov. 3.

Fall Gardening

If you'd like to help with the fall task of cleaning up our gardens for winter, keep an eye on the Order of Service for the date and time. Last year we "put our gardens to bed" in mid-October.



If you'd like to receive an email with the fall clean up date, let Paula Moskowitz know. Thanks again to those that kept our property in such good shape over the summer!

Paula Moskowitz, Chair, Dirty Fingernail Group
(questions- contact Paula at xxxxxxxxxxxxxxx)

NYCSU: register now

The 2013 Annual Meeting of the New York Convention of Universalists (NYSCU) will be held Friday evening and Saturday, Oct. 25–26 at St. Paul's Universalist Church, Little Falls, NY. Registration can be done online (<http://www.nyscu.org>). Forms are also available in the FUUSA lobby. Keynote Speaker: Christine Hart, Policy Associate, Policy & Government Affairs, Women Thrive Worldwide. And the speaker will be educating participants about Women Thrive Worldwide (<http://womenthrive.org>) which is a leading nonprofit organization bringing the voice of women around the world directly to decision-makers in Washington, D.C.

This is also a great chance to meet UUs from New York State, including those from Metro NY, which does not happen with St. Lawrence District events.

And FUUSA can send eight delegates, and should be represented at this meeting. Contact Denominational Affairs liaison Don Odell and let him know if you would like to be a delegate (xxxxxxxxxxxxx) and for further information.

Growing Together

Interested in exploring one historical source of UU inspiration?

Join the UU Christians on the first Tuesday of each month as we look at the teachings of Jesus and their part in our personal UU journeys of discovery. On October 6 at 7pm, we will be talking about the ideas in the Parable of the Pharisee and the Tax Collector in Luke, chapter 18, verses 9-14.

For more information, contact Sue Stierer at xxxxxxxxx

Mindfulness Meditation Training led by Rev. Trumbore October 11-12

This training, 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 or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There will be a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please register with the office (call

463-7135) if you'd like to participate. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for almost 30 years and is Past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be 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 and opens the heart.

Joy Library notes

Welcome to the Charles R. Joy Library in Stott Lounge (second floor next to the elevator). The Library was named for Charles Joy (1885-1978) a Unitarian minister and former member of FUUSA, known for his work with the Unitarian Service Committee (USC) during WWII and for commissioning the design of a symbol for the Committee. The flaming chalice was adopted as USC's official seal April, 1941. <http://www25-temp.uua.org/uuhs/duub/articles/charlesrhindjoy.html>

Mission The Library supports the mission of the First Unitarian Universalist Society of Albany, and

Religious Exploration

The art of Unitarian Universalist parenting

Leah Purcell, Director of Religious Education

When Rev. Peter Morales came to visit FUUSA a few years ago, he said of supporting UU parents he wished we had come up with the Lowes slogan first - "You can do it; we can help!"

You may be asking yourself what it means to parent as a Unitarian Universalist. Is that a thing? How can I get support if I don't know what it is I'm supposed to be doing?

Like many human endeavors, making a point of parenting in a particular way is usually very a simple idea, but often very difficult to do—at least at first. To me it means letting your child know that you are Unitarian Universalists and sharing your values with them. Simple, yes? Easy—maybe not so much.

You might feel awkward talking about your religion explicitly with your children for several reasons.

Maybe you don't know what to talk about. You might be wondering "What am I doing that shows my child that I'm living out my values?" You also might feel like you don't have all the answers to questions your child might ask. You might have a desperate pause when your child asks things like "What happens to us when we die?" Maybe you're kind of stuck on your own faith journey.

Happily there are things to help you jump start/revive/continue your efforts to foster your Unitarian Universalist values in your children—and to do it in compassionate and fun ways.

I've started posting resources on my blog—books on the topic (*Tending the Flame, the Art of Unitarian Universalist Parenting*, for example) and table blessings you could use. I also have started pinning more on my Pinterest boards – including "Parenting Young Children": "Parenting 'Tweens and Teens", "What it means to be human" and "UU Youth Group" And there are lots of other great Pinterest boards on UUism from my colleagues.

It's also helpful to have opportunities for FUUSA parents with the same age children to gather. We certainly saw this when the Indigo Group formed a parent group among themselves when their children were in the 4th grade OWL program.

- ◆ We're also looking at using the time after Family Chapel (10:30 to 11:20) for parents to meet in the Sanctuary for focused discussions on UU parenting.
- ◆ I have resources for programs for UU parents like "Parents as Resident Theologians"; "Parents as Social Justice Educators"; "Parents as Spiritual Guides"; and "Being a Unitarian Universalist Parent". These are programs with 6 sessions, each lasting 90 minutes.
- ◆ I've also held 8-week sessions of a family small group ministry called "Evensong" (not to be confused with the music oriented worship service FUUSA holds).
- ◆ And we've had support groups for 'tweens and parents of Rite of Passage participants.

I hope you'll consider these options and let me know what might work for you. Now is the time for us to make these plans for the year.

From Michelle Richard's book, *Tending the Flame*: "The time families spend together is precious...Using some of our valuable family time to bond through spiritual practice and celebrate what it means to be a Unitarian Universalist can help us make the most of it."—Leah



selectively collects and facilitates access to information resources on: Unitarian Universalism and other spiritual traditions; social and ethical issues, philosophy, theology, Bible study with a liberal religious perspective, and other issues of interest to our congregation. The library also holds non-circulating collections of art books and antiquarian books on Unitarian Universalist history.

We try to acquire titles about current UU concerns, for example: *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander; *The Death of Josseline: Immigration Stories from the Arizona Borderlands* by Margaret Regan; *Cooler Smarter: Practical Steps for Low-Carbon Living* by the Union of Concerned Scientists .

New printed catalogs will help you find books in the Joy Library. Use the 2013 printed catalogs kept in notebooks on the desk at front of the Library to search by author or title.

The FUUSA **Charles R. Joy Library, Author / Title Catalog, Sept. 21, 2013**, covers 1345 cataloged books in the Joy Library as of Sept. 2013. Our 2009 printed catalog had only 1,000 cataloged titles.

The FUUSA **Charles R. Joy Library, Catalog of Books Related to Unitarian Universalism, Sept. 21, 2013** covers 163 cataloged books in the Joy Library, which contain at least one instance of the words “Unitarian” or “Universalism”, or variants thereof. Unitarian Universalism is found under two different call numbers. In recent time they stopped putting “Unitarian” under “288” and started using 289, usually 289.1. Thus there are are two shelf



sections about UU subjects. The printed catalog shows more titles than those two call numbers. Books often address multiple subjects but occupy only one space on the shelf. Books have one call number, but are retrievable in the online catalog using many keywords. *Bud-*

dhist Voices in Unitarian Universalism is classified under 289.1 and sits with the Unitarian Universalist books. You won't find it on the shelf with the Buddhist books though it might be of interest there, too. Use the online catalog to search the words/subjects. “Buddhist|Buddhism” retrieves either term or both. Notice the | (pipe) character between the search terms for “OR” See <http://www.librarything.com/wiki/index.php/Search>

An entry from the catalog includes: **Dewey/Melvil** [call no.]: 289.1 ARN ; **Author:** Arnason, Wayne B. [note that the co-editor(s), e.g., Sam Trumbore, is not shown]; **Title:** *Buddhist Voices in Unitarian Universalism*; **Publication:** Skinner House Books; **Date:** 2013; **Subject:** [no subjects had been assigned]

Online catalog for directions to search it, go to <http://albanyuu.org/wp/> Select “ABOUT US” ; Choose “Joy Library” from the drop-down menu; click on “Easier search instructions”. —Sally Knapp

Our Community

UU Weekend

Time is running out—have you made your plans for the weekend of Oct. 18 – 20??? Rooms with private baths are still available. Registrations after September 22 pay a higher rate. Full payments for all registrants are due October 1 and checks should be made out to UU Weekend. Payments received after October 1 have a \$10 per person surcharge, regardless of when the reservation was made.

UU Weekend is the first weekend after Columbus

Day, when fall is blooming with reds and oranges, especially gorgeous when reflected off the water of Lake George. It's usually cool—a welcome relief from the memory of a hot summer—autumn in its full glory. The summertime crowds are gone and peace and calm is returning to the Adirondacks. It's also the weekend that area UU's and their friends head to the Silver Bay Resort on Lake George for a cooperative, family friendly weekend.

“Like” UU Weekend on Facebook and find out more about program updates and to see our video. Registration forms along with information on the weekend and the resort can be found on the FUUSA web site

Multigenerational

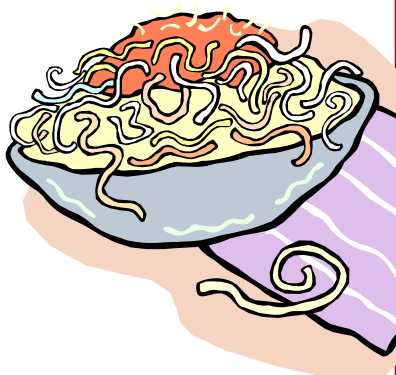
PASTA POTLUCK

Sponsored by the Religious Education Council

Friday, Oct. 4,

6:00 PM in Channing Hall

Enjoy a good meal and good company. And for those interested, the after dinner presentation will be about the Our Whole Lives Program, (OWL) - specifically about the OWL program for Kindergarten and First Graders.



Sign up at the Sign Up Site in Channing Hall.

at http://albanyuu.org/wp/?page_id=502. Also, note the opportunity on the registration form to volunteer to help make this cooperative weekend a huge success!

If you have questions about the weekend, look for a UU Weekend volunteer in Channing Hall before and after the service starting in September.

Hope to see you at UU Weekend! - UU Weekend Committee

Calling all peelers!

On Tuesday, Nov. 5 (Election Day), Jan Satin will lead a group of volunteers in peeling and cutting up apples for the Holiday Bazaar apple pies. If you want to have a fun morning with a group of friendly people, come to Channing Hall at 9am on the 5th and if you have a favorite peeler or knife, bring that with you! Any questions, call Jan Satin (xxxxxxx).



Walker Book Club

Join the Walker Book Club for a potluck and discussion on Sunday, Oct. 13, at 5:30 in Channing Hall. This informal group offers participants the opportunity to search for UU truth and meaning by reading and discussing a wide-range of fiction and nonfiction books chosen by group consensus. Members greatly expand their reading horizons and develop a deeper sense of community and connections with other FUUSAns.

The book must be available in paperback, either through libraries or at low cost and the person who suggests the book must have read it recently. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

We start with a welcoming shared supper which is followed by cleanup and a lively discussion of the book of the month. Bring your favorite dish to share and a small contribution to cover beverages. Be green and bring your own dishes etc., or use dish-ware at FUUSA and help with the dishwasher.

On Oct.13, we will discuss *The Burgess Boys: A Novel* by Elizabeth Strout.

On Nov. 10, we will discuss *The Roundhouse* by Louise Erdrich.

Contact Linda Hunt at xxxxxxxxxx with any questions about the group or if you want to have your name added to the Walker Book Club email list.

Channing Circle, Oct. 21

Channing Circle's next meeting is Monday, Oct. 21 at noon. All are welcome for the event as Ann Brandon has offered to present the 6 proposed amendments to be voted on November 5th, Election Day. Bring your lunch: coffee and tea will be available along with desserts from Barbara Sekellick and Marion Tischler. The program will start between 12:45 and 1 pm if you can't come for lunch. Mark your calendar for Monday, Nov. 18 for another interesting program. Look forward to seeing you. —Thayer Heath

Holiday Bazaar—many ways to participate!

FUUSA's annual Holiday Bazaar & Craft Fair will be held Saturday, Nov. 16 and Sunday, Nov. 17. We are looking for volunteers to help make things to sell, set up the day before, bake, and work the days of

the event. There will be outside vendors, tables with FUUSA-made and donated items, a bake sale, and a café serving lunch and snacks. If you are interested in purchasing a space to sell your hand-made items or just want to donate something that you have made for us to sell at the event, or help out in any of the areas mentioned above, please contact Jan Satin (767-3509) or Barb Manning (xxxxxxxxxxxxxxxxxxxx).

**6 to 9 at 6:09: Circle Dinners
November 9 Circle Dinner**

The second Circle dinner of the church year will be held Saturday, November 9. Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with fellow FUUSAns. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a multi-generational dinner.

To sign up for the November dinner, you may email Martha Musser at xxxxxxxxxxxx or complete the form on the sign-up board in Channing. The deadline for signing up is Sunday, October 27. If you have questions, please contact Martha at xxxxxxxxxxxxxxxxxxxxxxxx

Save these dates for future dinners: Saturday, Dec.7; Saturday, Feb.1; Saturday, Mar. 22; Friday and Saturday, May 16 and 17.

Little known facts about FUUSA

The original blueprints for the Sanctuary (constructed in 1924) called for the steeple to have a weathervane and a clock. Eva Gemmill says money was so tight at that time our forebears probably had to find ways to reduce costs.

Send us your fascinating FUUSA trivia for inclusion in this space: alent@albanyuu.org

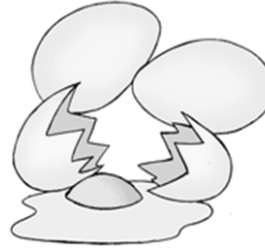
Joys and Caring Corner _____

**George Kleinberger Memorial
Change-of-Time Breakfast:**

Sunday, November 3, 2013

1st seating at 8:30am

2nd seating at 9am



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Price: \$5.00 Adult; \$3.00 Children 5-12; Children under age 5 will be at no charge. If possible, please sign up in advance (but as always, you can also pay at the door).

Sign up in Channing Hall during coffee hour any Sunday in October. Volunteers are still needed to host the sign-up table .

To sign up to attend, volunteer for this event (or with any questions) , please e-mail Renee Panetta at panetta4@nycap.rr.com or call (518) 869-3074.



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



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albanyuu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Jon Newell, Phil Rich, Sharon Babala, Jan Satin, Randy Rosette, Jerry Deighan, Bruce Rodgers and Sandy Stone.

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

You can make a difference at Sheridan Prep

Last year, the Social Responsibilities Council initiated a project to make a difference in the lives of students attending Sheridan Preparatory Academy, a kindergarten through fifth grade school a few blocks from FUUSA where many children come from low-income families. Last school year, ten FUUSAs volunteered in the classroom. This year we hope to expand the number volunteering in the classroom and we are investigating ways of assisting these children outside the classroom.

The children are very eager for the individual attention that volunteers can give in the classroom. Each class has children with a range of skills, including some who are not yet proficient in English. In parts of the day, teachers work with small groups of students on a particular skill.

Volunteers are needed to help engage the remaining

students in learning activities. We urge you to consider volunteering, as the experience is both fun and rewarding. Your time commitment can be as little as one hour weekly.

We expect to begin work in the classrooms in mid-October, but you can start volunteering at any time during the school year. If you wish to volunteer in the classroom, the first step is submitting an application authorizing a background check. Here is the link to the district volunteer page, where the application can be downloaded:

<http://www.albanyschools.org/district/atoz/volunteering.html>. Also please let Martha Musser at mussermartha@gmail.com or Lois Griffin at griffinocnee@gmail.com know that you wish to volunteer so we can assist the school in organizing volunteers.

Focus Food Pantry news

Back-to-Packin': This was the 2nd year that FUUSA hosted the FOCUS backpack program. It was a

GREAT success: 255 backpacks were assembled for grades Pre-K through high school by a team of dedicated volunteers. They worked throughout the summer collecting the necessary school supplies and assembly was done during the week of August 26; sorting, filling and handing out the backpacks.

Soup's on!!! The soup-bag-making project will return! Please come by the table on Oct. 27 in Channing Hall and help make soup by putting the measured ingredients into a bag. The bags will then be labeled and given out to the clients of the Focus Food Pantry. This is a great multi-generational activity as anyone from 2 to 102 can make a soup-bag!

Please contact Patty Burch or Renee Panetta for any additional questions regarding FOCUS programs and projects at FUUSA.

Peace Team

On the world stage, the US did not go to war against the Syrian government. Across the nation, people made phone calls and sent emails to congress asking that diplomacy rather than rockets be used to deal with the crisis and diplomacy has prevailed so far. The humanitarian suffering still goes on there and in too many places around the world. Here at home, suffering through direct violence and through neglect still too common and pains our souls. Peace has been on many minds and pro-peace people have been on their feet, at the Kateri peace conference, at the North Star Peace walk in Albany, resistance to war continues.

But peace is more than the absence of war. Peace is safety at home and on the streets, a sense of

peace of mind, the feeling of security. Tragically the news has carried more stories of mentally ill people killing others and being killed, guns helped make the killings happen. Better access to health care and more effective gun control might have prevented these tragedies. Some people are motivated to enter the military because they have no money for college, no health insurance for themselves or their family. As a consequence their lives may be tragically altered by exposure to intense violence and injury. Stories from veterans participating in the Soldiers Heart series at FUUSA made this personally clear.

These upcoming events at FUUSA directly relate to PEACE.

- ◆ On Sept. 28 at FUUSA at 7:30 will be shown the film **The Health Care Movie**, comparing the systems of the US and Canada.
- ◆ On Oct. 3, a one act play "**Mercy Killers**" will present the struggle of an uninsured couple to deal with cancer and the American health care system shown Free at 7 pm, brought to Steamer 10, though a collaboration of FUUSAs and single payer advocates.
- ◆ On Oct. 9, **Malalia Joya**, author of *An Afghan Woman Among Warlords* will present her work and story in Emerson.

Persons concerned about Peace and Peace of Mind are invited to a Peace Team planning meeting on October 9 in room 8, at 5:30. See you there, Ed Hancock



Contact Us

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email: board@albanyuu.org

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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

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) FUUSA has permission to use the University at Albany's downtown campus parking lots: the Hawley Lot on Robin Street at Washington Avenue and the Thurlow Terrace Lot on Western Avenue.

Office hours

September-June: Monday-Friday, 9:00-3:30

July-August: Monday–Thursday 9:00-12:00

Website

www.albanyuu.org

Building use

To **reserve a room** for a FUUSA activity, contact Church Administrator Amy Lent (463-7135 or administrator@albanyuu.org).

To **rent classroom space** for a personal or non-FUUSA activity, contact Church Administrator Amy Lent (463-7135 or administrator@albanyuu.org).

To **rent one of the large halls** or plan for an event that will use both halls and classrooms for a personal or non-FUUSA activity, contact Rental Agent Lynne Lekakis (427-7386 or kaneandlekakis@gmail.com)

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

FUUSA 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

Bringing Unitarian Universalist Values to Halloween!

TRICK OR TREAT

For Food Pantry Donations

Then Celebrate with a

Multigenerational Party at FUUSA!

Saturday October 26th, 2:00 - 4:00

Games, Food, Craft-making, and Fun for All Ages!

The Religious Education Council is sponsoring a Halloween Party to support a food drive for a local food pantry.

We invite families to "Trick or treat" in their neighborhoods for items to help families in recovering from the recent floods and come with the donations for a traditional Halloween party in the afternoon at FUUSA. The donations will be honored during the service the next day.

Flyers will be distributed through RE classes to help you alert your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited!

For more info contact Tracie Tilgner
tracietilgner@verizon.net



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