

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.

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: Courage

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

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

November 2013

In this issue:

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

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)

Nov. 3 "Taking a Stand," Rev. Sam Trumbore

Being courageous means taking a stand and claiming an idea, belief, position or a perception of truth. In the most extreme circumstances, taking a stand may endanger one's life. Dangerous as taking a stand might be, it gives life meaning and purpose.

Music: Matt Edwards on piano

Nov. 10 "The Sienna Project," Martin and Caroline Lavanhar

Come learn about the Sienna Project--a living memorial to Sienna Lavanhar--which builds schools for Mayan children in remote Guatemalan villages, many of which have no classrooms at all. Our collection today will provide funds towards building another school. The service will be followed by a free-will offering Guatemalan luncheon in Channing Hall.

Music: FUUSA Choir sings lovely songs in Spanish

Nov. 17 "Shramadana," Rev. Sam Trumbore

Shramadana means "donating work," and forms the foundation of Sarvodaya Shramadana, a 55 year old community organizing institute in Sri Lanka. Come hear why this courageous organization has inspired Rev. Trumbore to travel to Sri Lanka to study them in January.

Music: Guest musician TBA

Nov. 24 "Acts of Generosity," Rev. Sam Trumbore

It is very beneficial for us to reflect on the generosity we have received from others and on the generosity we have offered. These acts are the glue that holds society, and this congregation, together. Rev. Trumbore bakes mini-corn muffins (lactose free & some gluten free) each year as a way for us to eat and give thanks together.

Music: FUUSA Choir



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 November

| | | | | |
|------------|----------|-------------------|---------|--------------------|
| 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 November

- 1-Nov Friday**
6:00 PM Potluck Dinner Channing , 24/25
- 3-Nov Sunday**
8:30 AM Change of Time Breakfast..... Channing
10:00 AM Family Chapel..... Sanctuary
11:00 AM New Member Reception Emerson Alcove
11:45 AM Art & Aesthetics Committee..... Stott Lounge
11:45 AM Social Responsibilities Council..... B-7
- 4-Nov Monday**
8:00 AM Holiday Bazaar Baking Mix Creation Channing
6:15 PM RE Council Meeting..... Channing
- 5-Nov Tuesday**
8:00 AM Election Day/Pie Making..... Channing , Kitchen
- 6-Nov Wednesday**
10:00 AM Griffin-Wellspring Stott Lounge
6:45 PM Wellspring I B-8
- 7-Nov Thursday**
10:30 AM Congregational Conversation on the Fracking Resolution..... B-8
- 9-Nov Saturday**
5:00 PM Circle Dinner..... Offsite
- 10-Nov Sunday**
11:00 AM Coffee Hour & Guatemalan Luncheon .. Channing
11:45 AM Sienna Project Luncheon Kitchen
11:45 AM Green Sanctuary Committee Emerson
5:30 PM Walker Book Club..... Channing
- 11-Nov Monday**
10:00 AM Patrick/Odell SGM..... B-5
5:15 PM Membership Ministry Meeting..... B-8
7:00 PM Monday Men..... B-8
- 12-Nov Tuesday**
1:00 PM Interfaith Impact Meeting Channing
5:15 PM Religious Services Committee..... Stott Lounge
6:30 PM Small Group Ministry--English B-7
7:00 PM UU Christians B-5
7:00 PM Wellspring II..... Stott Lounge
- 14-Nov Thursday**
8:00 AM Holiday Bazaar Set Up Channing
7:00 PM Program Coord. Council Meeting B-8
- 15-Nov Friday**
8:00 AM Holiday Bazaar Set Up Channing , Emerson
1:30 PM Grannies for Peace..... B-8
- 16-Nov Saturday**
9:00 AM Holiday Bazaar..... Channing , Emerson
- 17-Nov Sunday**
11:00 AM Holiday Bazaar..... Channing , Emerson
11:45 AM Forum: Renewable Energy in NY..... B-8
- 18-Nov Monday**
12:00 PM Channing Circle..... Channing
- 19-Nov Tuesday**
7:00 PM Meaning Matters B-8
- 20-Nov Wednesday**
6:00 PM Endowment Trust Stott Lounge
6:45 PM Wellspring I B-8
- 21-Nov Thursday**
7:00 PM Board of Trustees Meeting..... Channing , B-8
- 22-Nov Friday**
5:00 PM FUUSA Parent/Child Get Together..... Channing , 23, 24/25, 26
6:00 PM Mindfulness Meditation Retreat..... B-7, B-8 Emerson Alcove, Emerson , Emerson lobby
- 23-Nov Saturday**
8:00 AM Mindfulness Meditation Retreat..... Whole Building
- 25-Nov Monday**
10:00 AM Patrick/Odell SGM..... B-5
7:00 PM Meaning Matters B-8
- 26-Nov Tuesday**
6:30 PM Small Group Ministry--English..... B-7
7:00 PM Wellspring II Stott Lounge
7:30 PM Union Thanksgiving Service..... Emerson
- 28-Nov Thursday**
8:00 AM Thanksgiving: Office Closed
2:00 PM Thanksgiving Dinner Channing
- 30-Nov Saturday**
8:00 AM Poinsettia storage Emerson lobby

Sam's Outlook

The Courage ... To Be Wrong

Rev. Sam Trumbore

I didn't discover the courage to be wrong until I was married.

Oh, I'm sure I was wrong lots of times before that. My parents corrected me many times. My sister pointed out my wrongness without timidity. But I fought off being wrong rather aggressively. After all, I had my father as a model. He was fond of saying, "When have I ever been wrong?" His lack of humility was compounded by his evasiveness. My sister and I would carefully watch for his mistakes so we'd be armed. Then we would attack him after he asked that question and itemize the times he was wrong. He would then artfully manipulate our evidence to obfuscate the facts. This could make for some heated arguments with my mother irritatedly telling us to stop it.



Living with housemates in college also presented me with opportunities to be corrected for being wrong. I've been fortunate to live with people that I got along with fairly well so we didn't get into the right/wrong struggle too much. Or maybe I was compliant enough not to get into too many arguments with them.

The first time I had to deal seriously with being wrong was with a former partner I lived with before entering seminary. She was clear that I was wrong about the way I *didn't* express my feelings. Because I loved her and wanted to please her, I agreed she was right and I was wrong. I strived to be who she wanted me to be, going to different therapeutic groups trying to fix myself. I asked her to marry me several times and when our third engagement period ended without getting to the altar, I suggested we separate. I didn't have a problem expressing those feelings.

Intimate relationships can amplify differences. And the closer people get to each other, the more intense those differences can be. The closer we are, the more vulnerable we are. That vulnerability can also make those differences that much harder to deal with. "How can you say you love me and still leave dirty

dishes on the counter!"

One of the joys of marrying Philomena was discovering that the way I expressed my emotions wasn't a problem for her. This was a great learning for me, discovering a new constellation of issues in our relationship very different from my previous ones.

But, at times, I was still wrong in Philomena's eyes.

What has made the most difference when this happens, is cultivating courage. In the face of her disapproval and in the certainty or uncertainty of my own position, sensing the danger to the well-being of our relationship, I take a breath and strive to be present to what is happening. If I feel discouraged, shamed, or threatened, I strive to stay put and not attack or run away. I also resist the urge to defend myself. For me, courage requires examining the flood of chemicals being pumped out by the amygdala, honoring their primitive intention to protect my body from harm, and allowing them to calm down before acting.

Amygdala driven conversations tend to end badly. But courageously pausing until I am able to remember my love and care for my partner before continuing the conversation can make a world of difference. The solution to most relationship conflicts will not be found in establishing who is right or who is wrong. It will be found in comprehending what each party is feeling, then examining what unmet universal human needs are driving those feelings in that moment. Once we both understand the needs that motivate our feelings and actions, we can, with care for each others needs, explore ways to resolve the conflict.

When my focus moves away from being right or wrong but toward respect, caring and the desire to understand, a foundation for trust and mutual commitment can be built and reinforced. That takes courage. The courage to look at one's own reactivity and the sources of it. The courage to attend to the hormonal soup sloshing around in the brain stimulating that reactivity and to question its impulsive conclusions. The courage to put aside temporarily one's truth claims to better comprehend the other and their claims.

The peace we seek in the world requires us to have the courage to nurture and to develop peace in our hearts, minds and spirits.

--Rev. Sam

News

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, so we will know how much food to prepare. (There will also be regular coffee hour fare this day.) Contact Eileen (ehoffman@gmail.com) if you have questions or would like to help.

Stewardship--Legacy

I hope to have a short column on Stewardship once a month informing you about what we are doing and maybe inspiring you a little bit as well. One of the themes we have been discussing for this year's Stewardship Campaign is Legacy. As I said last Sunday, supporting FUUSA provides an opportunity to build a legacy for each of us, as illustrated by the Chinese Proverb:

- "If you are planning for the year, grow rice.*
- If you are planning for the decades, grow trees.*
- If you are planning for the centuries, grow people."*

At our best, FUUSA helps people grow. If you would

Flyers in this issue

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

- ◆ Holiday Craft Sale and Bazaar

like to help us build our legacy at FUUSA, come to our next Stewardship Committee meeting on Nov. 5 at 7:00. All are welcome. Chuck Manning, Chair, Stewardship Committee

Union Thanksgiving Service

7:30 pm, Tuesday, November 26

in Emerson Community Hall

Please join us for this annual Thanksgiving service held jointly by Congregation Beth Emeth, Trinity United Methodist Church, Westminster Presbyterian Church and FUUSA.

Each year these four congregations gather for a joint Thanksgiving service.

Trinity, Westminster and FUSA (only one U in those days) all had fires that burned our buildings at different times at the beginning of the 20th century. While they were being repaired, we all worshiped at Congregation Beth Emeth's building. When our buildings were rebuilt, we began the tradition of having this joint service.



Kathy Sheehan will speak at Union Thanksgiving.

One custom we have for this service is to bring non-perishable canned and dry goods that can be used by FOCUS Food Pantry as our joint Thanksgiving offertory. Donations to the pantry will also be accepted.

Note from the Assistant Treasurer

Fiscal year 1/3 complete

Despite all of the wonderful pledges for this year, contributions are running behind expectations. By the end of October, 1/3 of the fiscal year will have passed, a third of the costs of running FUUSA will have been paid, so we should have received 1/3 of our pledges. Please check to see if you've fallen behind. A detailed accounting will be sent to each

evensong

A Celebration of Faith through Music

October 29 • December 3
Tuesdays, 7pm



Please join us for EVENSONG and bring a friend.

of you next month, but there is no need to wait.

Thanks. --Reese Satin, Assistant Treasurer

P.S. For those who are still making payments on last year's pledge, thank you, and keep them coming!

The path to membership

Are you wondering about Unitarian Universalism and its role in your life? Or are you thinking about becoming a member of FUUSA and want to understand the process better?

We recommend that all newcomers to Unitarian Universalism, as well as those who are already UU but are new to FUUSA, attend a newcomer orientation. This Saturday morning session will give you an op-

portunity to learn about Unitarian Universalism and FUUSA, as well as to meet Rev. Trumbore and the Membership Committee.

The first "**Getting to Know UU**" session for this year is scheduled for **Saturday, Dec. 7** from 8:45 a.m. to noon. We'll start with coffee and snacks and getting to know each other. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

Board notes

Dreamcatchers. Where are we today?

Michele Desrosiers, Trustee

Do you remember 2008? You may recall that FUUSA convened a Strategic Planning Committee – also known as the “Dream Catchers” – to engage the congregation in conversations about our future and to draft a plan to help us identify our goals and dream together about the religious community we want to build.

Five short years later, the Board is revisiting the plan. Our goals are to validate the plan's relevance, assess our progress and ensure we continue to be aligned with its stated goals as we move through the coming church year. The plan itself is comprehensive, but you may remember the goals:

- ◆ Build community and connection
- ◆ Foster theological and philosophical diversity
- ◆ Engage in social justice initiatives consistent with our UU values
- ◆ Serve as a beacon of liberal religion in our community

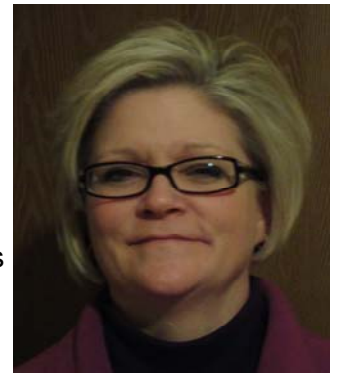
The Board has identified four teams that will each evaluate one section of the plan and its related goals to develop recommendations and actions and we can undertake to ensure we remain on course. And, of course, we want to hear from you! Here's how you can participate:

First, read the Strategic Plan! You can find a copy at www.albanyuu.org (Click Church Office/File Cabinet, find it in Governance section).

Next, let us know what you think. You can email your comments to Peggy Sherman, Congregation President at msherman@nycap.rr.com or contact a board member to discuss your views.

Once we have gathered the information, we will report back to you on our findings and plans. The Board has only just begun conversation on theological and philosophical diversity – so now is the time to engage! We look forward to hearing from you.

In peace and service,
Michele



Childcare is available: please let us know you need it when you register. You can sign up Channing Hall (at the Sign Up Site), or you can call Amy Lent at the church office, 463-7135.

Are you ready to join?

Membership is open to all. To become a member of FUUSA you will start by signing an Intent to Join. 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 we will welcome you to the congregation during the Sunday service on the next **New Member Sunday, Jan 5.**

If you are interested in becoming a member the Intent to Join form can be found at the Welcome Table in the lobby and at www.albanyuu.org in the Church Office/File Cabinet. Or you can call either Kathy Hodges, chair of the Newcomer Welcoming Committee (355-5018) or Amy Lent, Church Administrator, (at the church office, 463-7135.)

SAFETY FIRST for All

Parents and Caretakers of Children and Youth: Remember that you are responsible for the behavior, location and safety of your child or youth at FUUSA during the time when they are not in Sunday school.

To parents of children in the Red, Orange Yellow, Green and Indigo groups—keep your child with you until the end of the Message for All Ages in the service or the end of Family Chapel.

That means do not bring or send your child to their classroom before that. The teachers use that time to either attend the service, too, or to prepare for class. Even if the teachers have their own children with them in the classroom as they prepare, if you drop off or send your child, then that can take away from their teaching experience—and from everyone's enjoyable experience in the classroom that day.

Please make sure your child does not run in Coffee Hour or other places in the building on Sunday mornings. It is unsafe and sometimes frightening especially for those who are unsteady on their feet.

To all FUUSAns - Let us all acknowledge that in our multigenerational religious community, which is supported mainly by volunteers, each of us has a part in supporting the needs of others so that we may all enjoy the benefits of the community.



Growing Together

Participate in the Christmas Service and Pageant on Sunday, Dec. 22

Families of children and youth who would like to play a part in our pageant please save these dates:

Sunday, Dec. 1 from 11:30 to 12:00 – selection of major parts of the pageant and costume selection – in room 26

Sunday, Dec. 15 from 11:30 to 12:30 – rehearsal in Emerson Community Hall

The major parts require memorization of some lines - most parts do not. Organized by Leah Purcell

Mindfulness Meditation Training

Nov. 22-23

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

Religious Exploration

Full Week Faith

Leah Purcell, Director of Religious Education



My training on the Philosophy of Unitarian Universalist Religious Education dovetailed nicely with a presentation from the Fahs Collective on Full Week Faith--both at the fall conference of LREDA (Liberal Religious Educators Association, pronounced LeRAYda.)

“Faith” can be a sticky word. As a UU religious educator my understanding is that faith is very personal and is not focused on the creeds of other people. Our fourth Principle urges us to pursue the free and responsible search for truth and meaning and our fifth Principle calls us to work toward the goal of world community with peace, liberty, and justice for all. We might consider faith as having three aspects: the cognitive (one’s thoughts and beliefs); the affective (the things one feels in one’s heart) and the behavioral (what one is compelled to put one’s life on the line for). Faith development theorist, James Fowler, talked of faith as a verb – “a process of wrestling meaning from life and testing it through action and subjecting it again and again to the scrutiny of our minds, to the leap of our hearts, to the reality of action.” I think Fowler’s thoughts are a pretty good way of thinking of how UU’s do faith development. You can also think of the term UU faith development to mean one’s personal and philosophical growth and development as a participant within a UU community.

At the conference, Karen Ballavance, fellow at the Fahs Collaboratory at Meadville Lombard Theological Seminary, stated what most of already knew, that people are busy and Sunday morning programming is not a high priority for families and other adults. Sadly membership and RE registration is down in many UU congregations. FUUSA is holding steady, but like many DRE’s I’m hearing that people want more things outside of Sunday morning. Karen proposes Full Week Faith. “This proposal asks us to carry forward the best of our current RE programming and to let go of those pieces that are unsustainable or no longer serving our families well. It invites religious professionals to reimagine roles and responsibilities and shared ministries. It dares our congregants to put the *Living* into Living Tradition by supporting one another to *live* as Unitarian Universalists seven days a week, intentionally and interactively, and not just on Sunday morning.”

What might Full Week Faith look like? To extend the Sunday morning experience, I send an email each week to the parents and caretakers in each class to let them know what’s going on in the classroom. We’re using Tapestry of Faith curriculum in most of our classes and so I send them a link to the “Bringing It Home” page for each session each week. I’ve started to give a synopsis of the Message for All Ages to families with some questions parents and caretakers could use as conversation starters in the car ride home. I’m going to lead a parent support group after Family Chapel on the first Sunday of each month to support families living intentionally as UU’s in their daily lives. I have a page on my blog called “Creating an Explicitly UU Home; You can do it; we can help!” to which I’m adding good reads for families, table blessings, ideas for other rituals. At FUUSA we already have some activities for families and others throughout the week which support participants to live as UU’s. These come to my mind: Evensong, Small Group Ministries, Wellspring, Meaning Matters, monthly potlucks and the new CommUUnity Group (a rebranding of the Parent Group with a focus on families) and occasional RE sponsored events like the Halloween Party and Holiday Crafts Workshop and Tree Trimming. Youth overnights and cons require multigenerational support. The multigenerational soup bag making and the change of time breakfast fall could be faith formation too.

All that is fantastic! What else can we do? How about a multigenerational nature walk - with a time to gather beforehand for a blessing and a time to gather afterwards to share what we saw, felt and thought about on the walk? I could invite parents and caretakers to write reviews of their favorite children’s books that support UU values and put them on my blog. We could have a mid-week evening gathering with a meal first and then homework help given to the school age children and story time for younger children; youth, elders and the minister could be with the children while the parents have a support group. I suggest that we add a time for reflection to all our multigenerational events to encourage *living* our Living Tradition. This could be a blessing or opening reading or a moment to reflect on those who have gone before us or those whom we are serving.

I am excited and inspired to reimagine our roles and what we are doing to promote living intentionally as Unitarian Universalists. What inspires you and what would you like? I invite you to join the conversation at my blog or at our Face Book group. In joyful service, Leah

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.

Family Chapel for November 3

The theme of the worship services this month is *Courage*. In Family Chapel we'll be exploring the qualities of a social justice maker as Unitarian Universalists. I adapted the story *Ruby Bridges, Surrounded by Love* from the Tapestry of Faith curriculum "Love Surrounds Us." This curriculum is designed for Kindergarten and first graders, so I've adapted it so it's appropriate for preschoolers too. Here's the link to it. <http://tinyurl.com/ljpfk2u>. You may know this true story about Ruby Bridges, the six-year-old African American girl who became the first to integrate a previously all-white school in Louisiana in 1960. After the story, instead of discussing events in history or in our own lives, I'll explore with the children what qualities Ruby had and what qualities they themselves might have to fight injustice. The story also talks about Ruby's parents, so I'll also invite the parents and caretakers to reflect on and share what qualities they have that might help them support their children to be agents to fight injustice.

Key things to remember about Family Chapel:

We start at 10:00 in the Sanctuary.

Parents and caregivers of children in pre-k through 3rd grade attend with their children instead of attending the first part of the regular service. If you have other Sunday morning responsibilities, make arrangements with an adult friend to take your young child to Family Chapel with them. Or if need be, just bring your child to the Sanctuary and the other adults there will make sure that your child finds a place to sit with one of their friends and their parent or with one of their teachers.

Fourth and fifth graders often feel a sense of ownership in their Chapel so if they can direct their own behavior, they can come on their own, if they like.

Parents of older children and other adults are wel-

come to attend Family Chapel.

Do not send your child to their classroom until Family Chapel is over. We welcome late comers into the Sanctuary, or you may wait in Channing Hall.

We end around 10:25. Then children go their classes. Parents are welcome to walk with their children to their room. Then parents may join the regular service, already in progress. Or they may arrange to use that time for the monthly parent support group meeting in the Sanctuary.

Parent Group meeting after Family Chapel, November 3 with Leah Purcell **Finding Peace in Modern Life - especially as a busy UU parent**

The topic of our next parent support group (after Family Chapel on Nov. 3) is something that can guide our discussions for the year. How one finds peace is a simple, but difficult task--perhaps made more complicated by being a Unitarian Universalist because so much of what we are surrounded by is not in keeping with our UU values. In her essay *Making Sure There's a There* Judith Frediani, recently the UUA Director of Lifespan Faith Development, says "Let's accept busyness as a given and, in a paradigm shift, see it as a well-disguised gift--an opportunity to identify the essential purpose of a religious community... Together making meaning of life and living a life of meaning constitute the there that we must make sure is there." I'd like to partner with parents and caretakers to help them develop spiritually and live in ways that honor their values. We'll start our parent group meeting with a reading. Then I'll give you some ideas for developing an easy, doable spiritual practice and other resources. And I'll invite participants to share their experiences. We'll meet from about 10:30 to 11:15 in the Sanctuary.



Our Community

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).

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 (xxxxxx) or Barb Manning (xxxxxxxxxxxxxxxxxxxxxxxxxxxx).

A FUUSA Thanksgiving Feast!

**Thursday, November 28, starting at 2:00pm
Channing Hall**

Not leaving town to spend Thanksgiving with extended family? Tired of cooking all that food and not being appreciated enough by your family? Why not join your minister, Sam Trumbore, and his family at FUUSA for Thanksgiving this year!

On Thanksgiving Day, we will gather at 2:00pm for appetizers and conversation, serving dinner at 3:00pm. Rev. Trumbore will be providing turkey and some of his favorite recipes. You can help bring the rest. Call the office (463-7135) to let us know you are coming and select an item to bring. Please also bring musical instruments for singing and games for kids after dinner to increase our family fun.

Walker Book Club

Join the Walker Book Club for a potluck and discussion on Sunday, Nov. 10, 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. 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 Nov.10, we will discuss a novel, The Roundhouse, by Native American Author, Louise Erdrich.

On Dec. 8, we will discuss The Poisoner's Handbook: Murder and the Birth of Forensic Medicine in Jazz Age New York by Deborah Blum.

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.

CommUUnity Group (aka FUUSA Parent Group)

Please join us on Friday, November 22, at 6PM for "CommUUnity Group". This monthly Friday Potluck dinner welcomes FUUSA families, and any other interested FUUSAns to join in on an evening of sharing food, fun & fellowship. You can use the opportunity of the potluck to participate in a discussion group in a private room on the topic of choice; or can stay casual and either join in a board game in the sitting area or just enjoy unstructured small group conversations at the dining tables. After the dinner hour, paid child supervision will be made available for parents who wish to bring their children upstairs to one of the classrooms for play in a designated classroom. Our agenda is one of fellowship!

For the potluck, please bring a dish to pass and a beverage. Paid childcare will be provided. Contact Paula Brewer for more information.

6 to 9 at 6:09: Circle Dinners

December 7 Circle Dinner

The third Circle dinner of the church year will be held Saturday, Dec.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 re-

strictions. We encourage families with young children to attend or host a multi-generational dinner.

To sign up for the December dinner, you may email Martha Musser at xxxxxxxxxxxxxxxx or complete the form on the sign-up board in Channing. The deadline for signing up is Sunday, November 24. If you have questions, please contact Martha at xxxxxxxxxxxxxxxx or xxxxxxxxxxxxxxxx.

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

Budget Requests due Sunday, Jan. 12, 2014

Yes, it's time once again to figure out how much money your program, committee or group will need in the next fiscal year that starts on July 1, 2014 and ends on June 30, 2015. While it may seem far away, this year once seemed distant also.

The budget form for submission can be found on the FUUSA web site, in the left column, under the Church Office tab, in the File Cabinet. The form is below the Financial heading. If necessary, the office can supply you with a printed form.

The Finance Committee and the Board use the completed form to help determine what your group's planned activities are for next year and how much money will be needed to support your endeavors. If no form is submitted it will be assumed that the group does not need any funds. Regular mail and email submissions are welcomed.

The form is self-guiding, however, if you have questions or need an alternate method of communication, please contact Steve Moskowitz, Finance Committee chair, at xxxxxxxxxxxxxxxx.

Joys and Caring Corner_____

Change-of-Time Breakfast:

Sunday, Nov. 3, 2013

1st seating at 8:30am

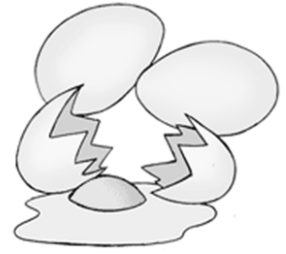
2nd seating at 9am

Price: \$5.00 Adult; \$3.00

Children 5-12; Children un-

der age 5 will be at no

charge.



© Steve Moskowitz, Inc.
www.fuusa.com

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 (xxxxxxxxxxxxxxxxxxxxx.)

Social Justice

UUSC upcoming activities

Unitarian Universalist Service Committee (UUSC) **holiday cards** will be available in the latter half of November into early December in Channing Hall during coffee hour. Thayer Heath and others will be tabling this activity.

The UUSC **Guest at Your Table** campaign will also be continued as a holiday tradition. The UUSC is doing things differently this year, and details are not in place at press time. So look for updates on the FUUSA Facebook page, Weekly Previews and Sunday announcements among other channels of communication in the coming days and weeks.

And if you have not joined UUA President Peter Morales and UUSC President Bill Schultz in signing the UUSC **federal minimum wage petition** go www.uusc.org and do it now.

Questions? Contact Don Odell (xxxxxxxxxxxxxxxxxxxxxx) FUUSA'S UUSC local coordinator.

Green Sanctuary news

A very special potluck presentation will happen on Friday, Nov. 1 in preparation for the vote on fracking resolution. Read the draft resolution at http://albanyuu.org/wp/pdf/Fracking_Resolution_DRAFT_2013-10-5.pdf



**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.

Jake Hays from Physicians, Scientists, and Engineers for Healthy Energy will speak after the potluck about the Environmental and Public Health Dimensions of Shale Gas Development.

In addition to the potluck the Green Sanctuary will hold the second of three Congregational Conversations about the fracking resolution on Nov. 7 at 11AM in room B8.

Last, but not least, we will host Dr. Richard Perez from UAlbany to speak about renewable energy at our Forum on Nov. 17. This is an exciting time to be a part of the Green Sanctuary. Everyone is welcome at our monthly meeting on Nov. 10 after coffee hour.

Contact Us

Board of Trustees 2013-2014

email: board@albanyuu.org

Executive Committee

Peg Sherman, President
Dick Dana, Vice President
Sue Berzinis, Treasurer
RoseAnne Fogarty, Secretary

Trustees

Al DeSalvo
Michele Desrosiers
Eric Eddy
Bob Franklin
Katharine Harris
Mark Yolles

Ex-officio Members

Sam Trumbore, Minister
Tracie Tilgner, Chair Religious Education
Council
Karen Kaufmann, Chair Social Responsibilities
Council

Elected Officer (not on Board of Trustees)

Reese Satin, 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

Matt Edwards, mge01@yahoo.com

Rental Agent

Lynne Lekakis, kaneandlekakis@gmail.com

Custodian

Hadiya Wilborn, Cameron Holloway

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

Holiday Craft Sale & Bazaar



Saturday, Nov. 16, 9:00am - 4:00pm

Sunday, Nov. 17, 11:00am - 3:00pm

Quality handcrafted items from many vendors
plus holiday pies and home-made edibles

Serving lunch both days

First Unitarian Universalist Society of Albany

405 Washington Ave. (at Robin St.), Albany NY

Free parking at UAlbany's Hawley lot across
street

www.albanyuu.org

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.albanyuu.org