

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: Connection

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

Dec. 1 "Tis the Season to Be ...," Rev. Tom Chulak & Rev. Sam Trumbore

The holiday season is a very complex emotional and spiritual time for all of us. What can we do to make this time joyful rather than burdensome or heavy. Come let us explore this together.

Music: Matt Edwards and guests play jazz representing the many moods of the holiday season.

Dec. 8 "Encountering Disconnection," Rev. Sam Trumbore

Painful as relationship problems can be, the disconnection from those we love can be even more painful. How do we cope when it comes time for a relationship to end?

Music: The FUUSA choir sings songs about making connections.

Dec. 15 "Cherishing Connection," Rev. Sam Trumbore

How often do we pause to appreciate the people in our lives that we take for granted. Our quality of life is built on an amazing network of relationships that we may not even notice. As a former paperboy, may I point out this is a good season to remember them.

Music: The FUUSA string ensemble makes their debut

Dec. 22 "The Spirit of the Tree," Leah Purcell and Rev. Sam Trumbore

Everyone sees things differently. This Christmas service celebrates the Christmas nativity story from a Unitarian Universalist perspective—one that invites individuals to make meaning of the story and to celebrate the beauty of the season and the warmth of our FUUSA community. Everyone gathers in Emerson Community Hall for this service, though the Nursery and Toddler rooms will be open for our youngest ones.

Music: The FUUSA choir and youth thespians present Joyce Poley's touching playlet "Spirit of the Tree".



WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

December 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)

Continued on page 4

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 December

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 December

1-Dec Sunday

10:00 AM	Family Chapel	Sanctuary
10:30 AM	UU Parent Support	Sanctuary
11:30 AM	Selection of Parts for Christmas Pageant	26
11:45 AM	Social Responsibilities Council	B-7

2-Dec Monday

9:00 AM	Art Show take down	Channing
6:15 PM	RE Council Meeting	Channing
7:00 PM	Publicity Committee	B-8

3-Dec Tuesday

5:00 PM	EVENSONG	Emerson Community
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4-Dec Wednesday

9:00 AM	Art Show take down	Channing
10:00 AM	Griffin-Wellspring	Stott Lounge
6:45 PM	Wellspring I	B-8

5-Dec Thursday

6:30 PM	Finance Committee Meeting	B-8
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6-Dec Friday

9:00 AM	Art Show hanging	Channing
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7-Dec Saturday

8:45 AM	Getting to Know UU	B-7, B-8
10:00 AM	Tree Trimming and Holiday Crafts Workshop	

8-Dec Sunday

11:15 AM	Pageant Meeting	Emerson
11:30 AM	Forum: Transition Troy	B-8
11:45 AM	Auction Committee	B-7
2:00 PM	Art Show Reception	Channing
5:30 PM	Walker Book Club	B-8

9-Dec Monday

10:00 AM	Patrick/Odell SGM	B-5
1:00 PM	Interfaith Impact Meeting	B-8
3:00 PM	Overflow Shelter Meals	Kitchen
5:15 PM	Membership Ministry Meeting	B-8
7:00 PM	Monday Men	B-5

10-Dec Tuesday

6:30 PM	Small Group Ministry--English	B-8
7:00 PM	Lifespan Learning	B-7
7:00 PM	UU Christians	B-5
7:00 PM	Wellspring II	Stott Lounge

12-Dec Thursday

7:00 PM	Program Coord. Council Meeting	B-8
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15-Dec Sunday

11:30 AM	Green Sanctuary Mtg	B-8
11:30 AM	Pageant Meeting & Rehearsal	Emerson

16-Dec Monday

12:00 PM	Channing Circle	Channing
7:00 PM	Meaning Matters	B-8

17-Dec Tuesday

7:00 PM	Meaning Matters	B-5
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18-Dec Wednesday

6:45 PM	Wellspring I	B-8
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19-Dec Thursday

7:00 PM	Board of Trustees Meeting	Channing, B-8
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22-Dec Sunday

1:00 PM	Christmas Caroling	Offsite
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23-Dec Monday

10:00 AM	Patrick/Odell SGM	B-5
3:00 PM	Overflow Shelter Meals	Kitchen

24-Dec Tuesday

6:30 PM	Christmas Eve Candlelight Service	Sanctuary
7:00 PM	Reception	Channing
8:15 PM	Christmas Eve Candlelight Service	Sanctuary

Sam's Outlook

Managing Connectivity

Rev. Sam Trumbore

I'm old enough to remember what life was like before email and fax. When I moved to California in 1977, the only way I could communicate with my family and friends was using the telephone and by sitting down and writing a letter. People felt very, very far away back in Delaware. In those days, I felt isolated and lonely for old friends I hadn't seen or heard from in a long time. My connectivity was slow and sparse.



Contrast that to today when my connectivity is very fast and furious. I have over 840 "friends" on Facebook. Some of these people were kids I went to grade school with. Many are UU ministerial colleagues across the world. A number of them are my wife Philomena's huge extended family. I can virtually visit with old friends at any time by checking out their Facebook time line.

Like many of you, I connect with many people using email. I'm also on Twitter, Pinterest, LinkedIn, Google+, and have tried other emerging social networking sites. I've got 50 meditation buddies who use the same meditation timer (Insight Timer) application for my smart phone. I exchange a couple of supportive messages with them in the morning after my meditation. And then there are the face to face relationships I have within circles of Unitarian Universalism, the Capital Region, of course FUUSA and then Buddhist and meditation connections.

I'm similar to many people younger than I am who are even more widely connected. At any moment I could reach out to probably virtually touch a 1000 different people. And 100's of people every day are striving to get my eyes on their emails, status updates, and alerts.

It can all be just a little overwhelming. And it only seems to multiply. I remember 15 years ago feeling overwhelmed by just the email I was getting. The idea I could add to that seemed unthinkable. And yet I'm checking (briefly) other social networking sites pretty regularly.

So for many of us, the challenge isn't so much getting

connected as managing the vast networks of connection we already have and making room for new relationships and connections.

One of the valuable lessons I learned from community organizing was to differentiate public and private relationships. We can only sustain a small number of intimate private relationships with a spouse, children, extended family, and close friends. These are the people who can call you up in the middle of the night and you'll willingly take their call. Most of my Facebook "friends" do not fall into this category.

Whereas we can only have a small number of close private friends because of the time it takes to maintain these kinds of personal ties, we can have many, many public friends. Many of the relationships we have with each other at FUUSA fall into this category. We know some of each other's personal story. We're happy to help each other out on a project for the congregation. We might even offer some support to each other. But the level of expectation of personal support from the relationship is limited. Understanding the distinction between public and private relationships can be every helpful to contain the social burden added when widening one's social network.

A useful tool that is essential for managing the huge amount of communication that comes with having a wide network of connection is filtering. I have over 100 email filters that sort my email into different mailboxes. That allows me to follow threads of conversations in sequential emails in that mailbox. I dip in and out of these mailboxes, monitoring discussions using subject lines and key words so I filter out what doesn't interest me or doesn't require my immediate attention.

One of the most important lessons though of electronic communication is when not to use it and pick up the phone. When I feel some strong feelings come up in response to an electronic message and am tempted to respond passionately to it, I now know to stop, take a breath and look for a non-electronic way to respond. Electronic communication can be so easily misunderstood or the emotional tenor so easily misjudged.

Overall, I am much happier being highly connected as long as I take control of moderating how much I do and when I do it. Self-discipline makes the difference.

--Rev. Sam

News

Holiday Bazaar & Craft Fair success!

Thanks to all who helped set up, contributed baked goods and/or hand-crafted items to sell, peeled and cut up apples, made baking mix or soup mix gift bags, worked as sales people on Saturday and Sunday, made soup, worked in the kitchen, served food, cleaned up, contributed books, organized books, came and shopped and ate lunch, bought pies, donated items for Granny's Attic or told a friend to come. We had more people come shop than last year, we had an interesting array of outside vendors and we have grossed about 4% more than last year.

This is a fun event that brought many FUUSAns together as well as made a significant amount of money.

If you haven't shopped yet, it's not too late! We will be selling FUUSA products after the service on Sunday, Dec 8. By the time you have read this, we will also have had the "Post Bazaar Sale on Sunday, Nov. 24.

Look in January's Windows for our final tally of what we made for FUUSA's general fund.

Acolytes needed for Christmas Eve service

It has been our tradition to sing Silent Night with everyone holding a lit candle at the Christmas Eve services. As part of that tradition young people— middle schoolers, high school youth, and young adults— carry the tapers that the people at the end of the pews use to light their candles and pass the flame to

Flyers in this issue

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

- ◆ Holiday Events
- ◆ Holiday Crafts Workshop and Party

the next person. If your child or you--a young adult-- would like to be an acolyte at either the 5:30 or 8:00 Christmas Eve service, please contact Leah Purcell at dre@albanyuu.org or call the office at 463-7135.

Participate in the Christmas Service and Pageant on Sunday, Dec. 22 – The Spirit of the Tree

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

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

Stewardship—Generosity and Gratitude

It is only November 14 and I am working on my announcement for the December newsletter. Ah yes, the season of getting stuff. For me it is also a season of gratitude. As our Stewardship Committee works together we are grateful for the generosity of our FUUSA congregation. Gratitude brings happi-

Services (continued from Page 1)

Dec. 24 Christmas Eve services 6:30 pm and 8:15 pm. (Sanctuary)

The 6:30 PM service will be "family friendly". And be sure to plan some time at the reception between the services!

Music: There will be amazing Christmas music at both services featuring the FUUSA choir with guest conductor Chris Jensen and Ann Brandon on the pipe organ.

Dec. 29 "We Remember," Rev. Sam Trumbore

Some very notable people died during 2013. Linda Way, Sue Stierer and Chris Jensen will remember some of them and celebrate our connections to them with biography, poetry, music, art and pictures.

Music: Beth Harris, FUUSA RE alumna, keyboard technician extraordinaire, and daughter of our own Kathy Harris is our guest pianist for the last Sunday of the year.



ness to the giver and the receiver. We can never be too grateful. One way to do this is to start each day with a THANK YOU. Close your eyes at night saying it again to experience the power of gratitude in your life. As you go through the 86,400 seconds in each day take a few of them to be grateful. If you would like to help us as we experience gratitude for the generosity of our community, come to the Stewardship Meeting on Dec. 9 at 7:00 or contact me.

Chuck Manning, Stewardship Committee Chair
(chuckmanning@hotmail.com, 439-4226)

You are invited

An opening reception for an art exhibit featuring the art works of Margot Bernhardt and Susan Lunow Miller will be held in Channing Hall on Sunday, Dec. 8, from 2:00-4:00 PM. The FUUSA community is warmly invited to attend, meet the artists, and get to know members of FUUSA Art and Aesthetics committee.

Online giving now available

We are pleased to announce the introduction of an electronic option for making one-time or recurring contributions to FUUSA. Contributions can now be debited automatically from your checking or savings account or processed using your credit or debit card. Our new electronic giving program offers convenience for you and much-needed donation consistency for our congregation.

If you are currently giving on a weekly basis, you will no longer need to write out 52 checks a year or remember to bring it to church with you! And, when travel, illness or other circumstances prevent you from attending services, this program will allow your regular offerings to continue on an uninterrupted basis.

A "Frequently Asked Questions" flyer is available from the church office, as is an authorization form for those who don't use the internet or prefer the office to set up their transaction.

Board notes

Social Justice Representation on the Board of Trustees

Karen Kaufmann, Ex Officio

Chair, Social Responsibilities Council

When I was elected Chair of the Social Responsibilities Council, I was automatically bestowed the additional honor and responsibility of participating in FUUSA governance as an ex officio member of the Board of Trustees. This is a requirement established in the By-laws, and it certainly makes sense, to help ensure representation of our fundamental social justice values in decisionmaking by the Board. But what's also really valuable is the insight into Society operations provided to the SRC Chair, that can provide an important perspective as I guide decisions and activities of the SRC.

For myself, having never before served on a governing board, and still maintaining a starry-eyed view of my recently found spiritual home, service on the Board has been an interesting journey and awakening. I have come to accept what everyone else already knew: that FUUSA's Board, like those of all organizations with a mission of any kind, must constantly be concerned with the bottom line of financial viability that will enable us to pursue our mission. Although it was something I hadn't wanted to think about, I have accepted the truth that we can't hope to support our members' spiritual journeys nor reach out to those in need if we can't make ends meet. So while I strive to provide the social justice perspective in Board decisions, at the same time, when SRC considers new projects and initiatives, I can help assess how they will fit in with operations and finances of FUUSA as a whole.

I would encourage FUUSA members to attend Board meetings to gain insight into what it takes to keep our marvelous institution running. We generally meet on the third Thursday of each month at 6:30.


In peace and service,

Karen



evensong
A Celebration of Faith through Music

Tuesday, Dec. 3, 7pm
**Celebrate movement
 in song, words and dance**



Please join us for EVENSONG and bring a friend.

UUSC holiday cards available

Choose compassionate consumption and shop for justice--Unitarian Universalist Service Committee holiday cards. Please stop by the SRC table on Sundays after the service to purchase a pack of UUSC holiday cards. A package of 10 or 12 cards is \$10. And don't delay. When they are gone, they're gone! Thank you from Don Odell, your UUSC local rep.

Year-end giving: stock transfer deadline is Dec. 15

Some FUUSAns transfer stock or mutual funds to FUUSA for their pledge or a gift to the Endowment Trust because such transfers can have significant tax benefits over cash contributions. In order for you to garner these benefits in the current tax year, we need to receive your contribution by year's end. Since these transactions often take some time to complete, we're advising that such transfers be made by Dec. 15.

The form needed for these transactions can be found at www.albanyuu.org, click on Church Office and File Cabinet. Paper copies are in a binder labeled *Financial Forms* which is kept above the mailboxes in the Work Room. The process is simple. If you find that you need help, just ask Amy Lent.-- Reese Satin, Assistant Treasurer

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.

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.

If you have questions contact Steve Moskowitz, Finance Committee chair, at smosk@earthlink.net or 439-6347.

We Give Away the Plate

Each year FUUSA designates an average of six Sundays as Give-Away-the-Plate Sunday. The majority of these are sponsored by the Social Responsibilities Council. Others are sponsored by Rev. Sam, by the FUUSA youth, and by authorization of the Board of Trustees. To date for this congregational year, we've had two Give-Away-the-Plate Sundays, with donations totaling \$3,579. In October, we raised \$1,012 for Grassroot Givers, and in November we raised \$2,567 for the Sienna Project. In addition, we recently accepted your donations

for UUSC's work in the Philippines for typhoon relief (separate from the collection plate) and that effort raised \$1,789 to be forwarded to UUSC. We know many of you made online donations which are not included in the

Give-Away-the-Plate At-a-Glance	
Church Year	Total
2012/2013	\$9,927.87
2011/2012	\$9,787.36
2010/2011	\$12,166.41

total. Many thanks for your generosity FUUSA!

Thank you from Grassroot Givers:

Dear FUUSA Congregation:

Thank you so much for your generous support of Grassroot Givers. We appreciate your contribution from the "Give Away the Plate". It will go a long way toward helping us achieve our mission!

—Roberta & Mary

Welcoming a Guest at Your Table

Each year at this time, friends and families in our congregation participate in Guest at Your Table--a decades-long UU tradition. By bringing home the Guest at Your Table information leaflet and form, families and individuals learn about how the Unitarian Universalist Service Committee puts our shared values into action in the United States and around the world. Through a potent combination of advocacy, education, and partnerships with grassroots hu-

Religious Exploration

Service and Guest at Your Table

Leah Purcell, Director of Religious Education

Each year we invite people in our congregation to take home a Guest at Your Table box to collect money. The Guest at Your Table program is run by the Unitarian Universalist Service Committee. More info about Guest at Your Table is in another article in the newsletter. Spoiler alert: in order to be green, the UUSC isn't sending more boxes, so we're encouraging families to put out a jar on their table.



At this time of year, we and our children and youth are all asked to donate money, so here's an opportunity to talk to your child about why and how we give. You can explain to your child that there are many ways to help people; our first Principle reminds us to say with conviction, "Not only am I important, but everyone else is important too." We donate mittens and blankets to people who don't have homes because it is a way to meet immediate needs that are obvious to us. And I our first, second and sixth Principles call us to listen and connect with other people. And that's why it's important to support Guest at Your Table - the UUSC partners with people to work with them in areas that they have already identified that they need for themselves.

One way to make giving meaningful is to have children and youth earn money to give. First Unitarian of Rochester has a great idea; they started a "Chores for Change" campaign. It's just what you might suspect - families sit down together and list chores that are beyond what's usually expected and how much money each one is worth. When a Chore for Change is completed, money goes into the Guest at Your Table jar.

Looking for an easy way to remind your child or youth (or yourself) of the 7 Principles? Here's a google doc of the Animal Principles we use in Sunday school: <http://tinyurl.com/lajt45c>

In joyful service,

Leah

man rights leaders, UUSC promotes workers' rights, rebuilds sustainable communities, advances civil liberties, and heals people affected by disasters.

Through the *Stories of Hope* booklet, we connect with leaders throughout the world who are working hard for human rights in partnership with UUSC. The Stories of Hope are at http://www.uusc.org/files/2013-2014_Stories-of-Hope-Booklet.pdf. Hard copies will be available at FUUSA soon.

In each household, the Guest at Your Table materials are placed in a prominent spot where the household gathers. The UUSC is working to be "greener" this year. So instead of using boxes, as we have in past years, we have made an informational flyer and form that can go in a jar or mug. Forms are available at FUUSA or at <http://albanyuu.org/gayt-2013.pdf>. When family and friends gather to enjoy their blessings, they can reflect on the contributions of these "guests" to the movement for universal human rights - and share generously. Each week, we can choose

a different story to read, bringing our guests to life and helping celebrate our own rights.

Sharing our blessings through Guest at Your Table ensures that UUSC's human rights work continues. Please consider making a contribution that meets member benefit levels (\$40 or more). Since UUSC is an independent organization that receives no funding from any government or denomination, your support and membership are vitally important.

If you prefer, you can make your contribution directly online at uusc.org/givetoguest. --Leah Purcell, DRE and Don Odell, UUSC Local Representative

The RE Mitten Tree

The Religious Education program sponsors an opportunity for children, youth and adults to be generous in our local community. Dec. 1-15 you can decorate the Mitten Tree in Emerson Hall with new hats, gloves, and mittens for children and adults. On Dec. 7 I'll tell the Mitten Tree story in the service and I'll

invite the children who have donations that day to come forward and decorate the tree with them. You can bring donations through Dec. 15. After the service on the 15th I'll take the donations to the Marillac Shelter, which offers an emergency housing program for homeless families in the Capital Region. You can learn more about the Marillac Homeless Family Program at http://www.st-cath.org/SCCC_Published/homeless.htm. —Leah Purcell

Growing Together

Sunday School Dec. 29

We'll have a celebration for all ages for Sunday school on Dec. 29 – Looking back on the year past and forward to the year ahead – with food, crafts and games. Geared for pre-school through 5th graders, older children and youth may come to join in and help out or they may attend the service with their families.

We'll gather in room 24/25 and room 26 upstairs from 10:00 to 11:20.

UU Christians

The UU Christians group is looking at the parables through which Jesus often taught. We look for understanding his message, and its possible relevance to us today as individual UUs. On Dec. 10 at 7pm the subject will be The Parable of the Sower as told in Matthew 13:3-23, Mark 4: 3-25, and Luke 8:5-18. Lively discussion is almost guaranteed.

Parent Group Meeting after Family Chapel Dec. 1 with Leah Purcell

Communicating with Compassion – how to talk with your children and youth to get their needs – and yours- met.

It's so valuable to meet face to face with other parents and caretakers. We can offer support and tips both on line and in person. So I'd like parents and caretakers opportunities **to learn and practice skills** that they can use living intentionally as Unitarian Universalists. Some of you may be familiar with Non-Violet Communication or Compassionate Communication. I have two great resources to use to help you learn those techniques: the time honored book *How to Talk So Your Kids Will Listen and Lis-*

Office Administrator position: applications being accepted

Read the job description at http://albanyuu.org/wp/pdf/FUUSA_Office_Administrator_position2013.11.pdf. Please share promptly with friends who may be looking for a new position! Interviews will take place in early December.

ten So Your Kids Will Talk and also one recommended by other UU religious educators *Connecting Across Differences- Finding Common Ground With Anyone, Anywhere, Anytime*. Parents and caretakers of all ages of children and youth are invited. Let's get started! We'll meet from about 10:30 to 11:15 in the Sanctuary.

Joy Library notes

Did you know fracking is exempt from the Safe Drinking Water Act, the Clean Air Act, and the Clean Water Act? The Energy Policy Act of 2005, crafted by Dick Cheney in closed-door meetings with oil-and-gas executives, allows companies to pump millions of gallons of fluid containing toxic chemicals into the ground, right next to our aquifers. "A Colossal Fracking Mess, The dirty truth behind the new natural gas" by Christopher Bateman . *Vanity Fair*. <http://www.vanityfair.com/business/features/2010/06/fracking-in-pennsylvania-201006>

In early 2014, we FUUSAns will vote on a resolution opposing the current practice of fracking and supporting the widespread adoption of renewable energy. Read the draft resolution at http://albanyuu.org/wp/pdf/Fracking_Resolution_DRAFT_2013-10-5.pdf

The following books on FRACKING are shelved with the NEW BOOKS in the Joy Library.

The End of Country Seamus McGraw, Random House, 2012. [622..336 MCG]

McGraw recounts how fracking has turned his mother's quiet rural community in Pennsylvania inside out. A compelling memoir with a kooky yet genuine cast of characters attached to the land, even as it's being blasted apart a mile beneath their feet, personal but surprisingly universal. A wonderful memoir that you can't put down. <http://brynmawr.patch.com/>

Workshop Rotation is coming in January!

For the month of January, the children in pre-school through 5th grade — the Red, Orange, Yellow, Green, and Indigo groups will be having Workshop Rotation for Sunday school. This is a special time of the year when we “suspend” the regular curricula to engage children in different ways and offer adults in the congregation an opportunity to share a special skill they have. This year, since we have a wide range of ages and classrooms both upstairs and in the basement, the Religious Education Council and I are working to tailor Workshop Rotation to our needs and spaces.

This year the theme is the stewardship of water.

Here’s how it will look.

Each Sunday in January, there will be a Family Chapel in the Sanctuary from 10:00 to 10:30. I’ll tell a children’s story related to stewardship of water. It will be the same story, but told in a different way each week.

After Family Chapel, the upstairs groups (Red, Orange, and Yellow) will go upstairs for their workshops. We’ll have 4 groups by dividing the Orange group in to two groups – Kindergarteners and First Graders and we will create 4 rooms for the groups by pulling the curtain in room 24/25. We’ll have 4 workshop presenters, one in each room. Each week the groups will participate in one of the 4 workshops - a different one each week. Four groups, four weeks, four workshops - that’s why it’s called Workshop Rotation! We’ll create a schedule of the rotation of workshops so parents, children and teachers know where to go each week. I am working with the Green Sanctuary to plan a music workshop. Other workshops could be movement (like yoga or nia), art, drama, cooking, games or other activities that help children connect with the theme that clean water is important. Each of the groups will have one of the regular teachers will go with their children to the workshops each week to assist the workshop presenters.

After Family Chapel the Green and Indigo Groups will meet downstairs for a project related to stewardship of water. The Green Sanctuary is working with REC members and me to create a 4-week project that has some learning, some hands on work and some reflection time on being Unitarian Universalist stewards and specific ways to address the question “If clean water is abundant where I live, what difference does it make if I conserve it?” Each week 2 of the regular Sunday school teachers will also attend to assist the workshop presenters.

Workshop Rotation ends at the regular Sunday school time – 11:20

Children and youth in grades 6-12 will have their regular Sunday school program from 10:00 to 11:20.

We need workshop presenters for the upstairs group. If you’d like to lead a workshop for the upstairs children or if you’d like work on the project for the downstairs children please contact one of the REC Workshop Rotation Committee members – Sandy Stone (dsalbany@nycap.rr.com), Owen Devine (omdevine@yahoo.com), Tracie Tilgner (tracietilgner@verizon.net), Jan Satin (jsatin@copper.net) or Leah Purcell (dre@albanyuu.org).



groups/liz-rosenbaums-blog/p/bp--the-end-of-country-by-seamus-mcgraw-a-great-fracking-read

Under the Surface: Fracking, Fortunes, and the Fate of the Marcellus Shale. Tom Wilber, Cornell University Press, 2012. [662.333 WIL] A faultlessly edited book, scholarly in its attention to detail, enthralling like a page-turning thriller. Facts are presented accurately, interesting for activists on both sides and anyone living in the vicinity of a gas pad or thinking of signing a lease with a shale-gas company. *Geoscientist* (August 2013) <http://www.amazon.com/Under-Surface-Fracking-Fortunes-Marcellus/dp/0801450160>

Shale Gas: The Promise and the Peril Vikram Rao, RTI Press, 2012. [622.334 RAO] Shale gas has the potential to transform the U.S. energy-based economy by hydraulic fracturing, a technique that has come under heavy scrutiny for its potential to cause environmental damage. Rao claims he addresses the issues in a balanced fashion. *Amazon*. http://www.amazon.com/Shale-Gas-Vikram-Rao-Ph/dp/1934831107/ref=sr_1_1?s=books&ie=UTF8&qid=1384649945&sr=1-1&keywords=shale+gas+the+promise+and+the+peril

Fracking Pennsylvania: Flirting with Disaster by Walter M. Brasch., Greeley & Stone, 2012. [622..332 BRA]. Politicians want gas companies to come to their states because they promise well-paying jobs and lower costs of natural gas. Brasch investigates the claims and looks at the money trail between industry and the politicians' campaign receipts. Combining scientific evidence and interviews with those affected, he concludes that errors made

by the natural gas industry as well as the process itself have caused significant public health and environmental problems that also affect agriculture, wildlife, and livestock. *Amazon*. http://www.amazon.com/dp/0942991168/ref=rdr_ext_tmb

Snake Oil: How Fracking's False Promise of Plenty Imperils Our Future by Richard Heinberg. Post Carbon Institute, 2013. [622.331 HEI]. "Those who think fracked gas is a panacea for our energy future would do well to read this cautionary account--it has an undeniable whiff of reality about it". -- Bill McKibben, founder of 350.org and author of *Oil and Honey: The Education of an Unlikely Activist*. <http://www.amazon.com/Snake-Oil-Frackings-Promise-Imperils/dp/0976751097>

The Frackers: The Outrageous Inside Story of the New Billionaire Wildcatters Gregory Zuckerman. Penguin/ Portfolio 2013. [622.335 ZUC] Things looked grim for American energy in 2006, but Aubrey McClendon, Harold Hamm, Mark Papa, and other wildcatters were determined to tap massive deposits of oil and gas that Exxon, Chevron, and other giants had dismissed as a waste of time. Activists argue that the same methods that are creating so much new energy are also harming our water supply and threatening environmental chaos. *The Frackers* tells the story of the angry opposition unleashed by this revolution and explores just how dangerous fracking really is. http://www.amazon.com/Frackers-Outrageous-Inside-Billionaire-Wildcatters/dp/1591846455/ref=sr_1_1?s=books&ie=UTF8&qid=1384652828&sr=1-1&keywords=frackers

Our Community

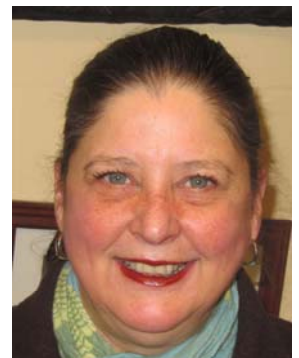
Welcome, new members!

Zahara Moore has been coming to FUUSA for 21 years...So she isn't really new here! She is the mother of a cute, smart 2 year old named xxxxxxx and she's also in college working to become a PA. Zahara enjoys spending time with family and friends, exercising, doing yoga, and learning more about ancient Egypt. In growing up at FUUSA, she



has always been proud of being a UU. She values that Unitarian Universalism accepts everyone for all their differences and helps them become better versions of themselves.

Marilyn Salinger was born and raised in Albany. She has spent most of her life living and working in New York City and New Jersey, where she had the privilege of raising her beautiful son, Dashiel Gray Salinger. She has returned to Albany, where her siblings reside, after experiencing a job loss.



She is seeking ways to be of service and has recently trained to be a hospice volunteer and hopes to provide mentorship to children at Sheridan Prep.

Marilyn is happy that her spiritual journey has led her to the FUUSA congregation, and she thanks you all for warmly receiving her.

Jim Reed and Tom Levanduski Jim was brought up a Catholic and enjoyed the sense of community but as his beliefs changed over the years he found the Unitarian Universalists more compatible with his evolving views and they also offered a welcoming, nurturing community.

Jim is a huge movie fan and keeps up with all the big Hollywood releases and smaller independent and foreign films also. He loves to do runs and walks for charity from the CROP walk to the Santa Speedo sprint on Lark Street in December.

He believes the secret to a good life is to try to treat everyone with kindness and respect equally and to have a sense of humor about life...and yourself.



Tom is a questioner, a recovering Catholic, 30 year veteran of Transcendental Meditation, and friend of Ram Dass and Tim Leary. He graduated from Cornell with a Bachelors in Biology and enlisted in the Army as a medic to avoid the draft and stayed for 28 years, retiring as a Master Sergeant after serving in Desert Storm. Tom earned a Masters Degree in Counseling from SUNY Brockport and worked as a counselor for New York State in various places, from which he retired in 2003 after 30 years service.

Tom's connection with Unitarians began with Karl Volk and Joe Norton. He bicycled with Karl and his UU friends from Bremen, Germany to Prague, and again in Switzerland the next year. He moved to Guilderland in 2005 and while skiing with Joe, was invited to play bridge at the group that meets here

Tuesday afternoons. What a great fit, bridge instead of bingo. He says he lost most of the sight in his left eye, but continues to ski and bicycle.

Jill Peckenpaugh has been active at FUUSA for several years; she previously belonged to UU congregations in Boston, Massachusetts and Westport, Connecticut. She has taught various RE classes, including the OWL (Our Whole Lives) curriculum at the Junior High and Elementary levels. Jill is the Director at the U.S. Committee for Refugees and Immigrants



(USCRI), a non-profit organization that welcomes refugees from Burma, Iraq, Bhutan and various African countries, providing individuals and families with homes and helping them to find jobs. Jill's favorite activities include cooking, hiking, speaking Italian, and playing cribbage. She enjoys participating in the Dances for Universal Peace held once a month at FUUSA, and encourages others to come try them too!

Jocelyn Adams attended FUSA as a child and young adult and has returned recently. She is married to Michael and mom to Jack, age 5 and Daisy, 8 months. Jocelyn works for the New York State of Health as a Privacy Analyst. In 2009, she was on Jeopardy and Alex Trebek is exactly as unfriendly as he appears on TV.



Julie and Glen Reynolds and daughters xxxxx and xxxxx live in Voorheesville. Raised Catholic, Julie discovered UUism while living in Spartanburg, SC, known to many as the "buckle" of the bible belt. A busy mom for the past 8+ years, Julie works for two local nonprofits. She enjoys creating in the kitchen, reading, traveling, camping, politics and spending time with her family.

Glen is a former German teacher, and is now studying Occupational Therapy at Maria College. Glen was raised in the Methodist Church. His journey to-

ward UUism began when moving to Spartanburg, SC in 2007. When not studying, Glen's interests include Buddhism, traveling, politics, canoeing, swimming and running.

Mary Fellows is a native of South Dakota who comes to us excited to join a community where she can be supported and support others in seeking meaning and in making a positive difference in the world.



After living in Indiana, Illinois, Ohio, and Michigan, Mary moved to Albany to work for Upper Hudson Library System, with librarians who serve kids, teens, and families in our public libraries.

Mary lives in Delmar with her fun and funny husband Gary. She enjoys traveling, kayaking, hiking, reading, making music, and being “the book aunt” to her three nieces.

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 opportunity 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!

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.)

Walker Book Club, Dec. 8

Join the Walker Book Club for a potluck and discussion on Sunday, Dec. 8, at 5:30 in Channing Hall. Newcomers are always welcome!

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 dishware at FUUSA and help with the dishwasher.

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



SOLSTICE CELEBRATION

4:00pm, Saturday, Dec.21

Emerson Community Hall

Let us celebrate the Winter Solstice! With story, music and drumming, we will wake the slumbering sun. Children, youth and adults are invited as we honor our Sixth Source of Unitarian Universalism: which invites us to celebrate the sacred circle of life and calls us to live in harmony with the rhythms of nature. Bring a percussion instrument and/or a noise maker. And also bring a light refreshment to share, if you like, for the celebration afterwards.

Blum.

The first book of the new year, on Jan. 12, 2014, is The Twelve Tribes of Hattie by Ayana Mathis. This novel chronicles the life of 15-year-old Hattie Shepherd who leaves Georgia in 1923 to settle in Philadelphia to make a better life for herself and her succeeding children.

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

Channing Circle: sign up for holiday dinner

Channing Circle is a gathering of retired FUUSAns who meet monthly to share lunch, followed by a program that members initiate. All who are free on weekdays are welcome to join us!

Upcoming events are:

On Dec. 16 we will have the holiday dinner at Ristorante Paradiso and people are requested to bring a gift to exchange, no more than \$2 or \$3. Contact Thayer Heath at thayer1923@gmail.com or 878-1533 to reserve your place! The deadline for reservations is Tuesday, Dec. 10.

On Jan. 20 we will share our favorite poetry and on Feb. 17, one of our own members will be interviewed on their interesting life. We look forward to seeing you. --Thayer

Auction meeting

The auction committee will meet after service on Sunday, December 8 at 11:45 AM in room B-7. All are welcome.

Potluck and sing-along, Jan. 10

Mark your calendar to start 2014 with music!

Friday, January 10, 6:00 p.m. Emerson Hall

Join the FUUSA Choir for a Pot Luck Supper followed by a Sing-a-Long Evening. Sign-up sheets will be available Dec. 8

About Us

Charles Semowich will be at Barnes and Noble, Colonie Center, on Dec. 20 from 4 pm to 8 pm to sign his book, "Rensselaer (Images of America)" Arcada Press.

The Helderberg Madrigal Singers have two local performances in December and all are invited. We'll perform a free concert (entitled *Instruments of Peace and Joy*) in the Music at Noon series at Troy Music Hall on Tuesday, Dec. 10. We'll also present Christmas selections at the Holiday Open House at Ten Broeck Mansion on Saturday, Dec. 21. Check out the Mansion web site regarding schedule and cost. **Dawn or Dick Dana or Dave Metz** can answer any questions about the performances.

Women For A Better World: brunch Jan. 11

Please join us a breakfast potluck sponsored by FUUSA Women For A Better World on Saturday, Jan. 11, 2014 from 9:30 am to 11:00 am in Channing Hall. The featured speaker is Jill Peckenpaugh, a FUUSA member and Director of the Albany Field Office of the U.S. Committee for Refugees and Immigrants.

Our purpose is to build a social giving community,

which empowers impoverished people through supporting existing health, educational or economic programs. We learn about development programs and contribute what is personally affordable to local, national or global causes.

We'd love to have you join us for this event. If you are interested in attending and bringing a breakfast item to share, please contact Nichola xxxxxxxxx or Elizabeth at xxxxxxxxxxxx. There will also be a sign up sheet in Channing Hall. Hope to see you there!!!!

Joys and Caring Corner _____

Accomplishments

x

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

Undie Sunday

I'll make this 'brief'...or should I say 'short'?

Beginning on Sunday, Dec. 1 and throughout the month of December we will collect clean, packaged, never-before-worn underwear for women, men and children! (This idea came from the Burches' former UU congregation in Palo Alto, Ca.) Since the underserved in Albany come in every shape and size, the idea is to buy underwear in any size--it will be used!

We can all wrap our heads around the idea of purchasing 'gently used' clothes—but, really... underwear? EVERYONE wants their very own, fresh from the wrapper.

So with that said, I hope you will take advantage of the sales in the stores and buy the size and style YOU like to wear--briefs, boxers, under pants, bras-sieres.

There will be a box near the SRC table in Channing for you to drop off the very needed purchases! The collected underwear will then be delivered to Grass-root Givers, who have the means to distribute the underwear.

If going shopping to buy underwear doesn't fit into your schedule, donations will be accepted and Patty Burch will go shopping for you, she'll even bring the receipts to FUUSA.

Questions? Thoughts? Contact Patty Burch at xxxxxxxxxxxx

Help them stay warm!

Donations of blankets, jackets, quilts, sleeping bags, and other warm items for the homeless shelter are needed. Please put them in the container in the coatroom.

Meals for the homeless shelter

The sign-up sheet is now up in Channing for November, December and January. Please sign up if you would like to help cook on the 2nd, 4th or 5th Monday afternoon from 3:45 till 6:30. You need only to cook; Patty Burch or Barb Cooley will do the planning and shopping (unless that interests you.) We also appreciate desserts and/or salads made at home and delivered to FUUSA on Sunday or Mon-

**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.

day of those weeks (labeled for shelter). The food will be delivered to the Overflow Shelter at First Lutheran Church nearby. Twenty-five of Albany's homeless will enjoy a warm meal cooked by FUUSAns. Thanks for the support of so many of you already! If you would like more information, please contact Patty (xxxxxxxxxxxx) or Barb (xxxxxxxxxxxx) --Barb and Patty

Green Sanctuary updates

Public events on fracking will be put on hold until after the holidays but you can read the draft resolution here: http://albanyuu.org/wp/pdf/Fracking_Resolution_DRAFT_2013-10-5.pdf. However, the Green Sanctuary is never idle :)

New at the SRC table

Did you miss the composting exhibit and the rain barrel? Do you have questions about green issues? Are you ready for Fair Trade Coffee and handmade Guatemalan objects? Do you want to purchase those special UU holiday cards? Make sure you check out the SRC table each Sunday.

Starting up new at the Green Sanctuary Committee end of the table are a magazine exchange and a recycle bin for not-otherwise-recyclable beauty products and brita filters. Beauty products include toothbrushes and toothpaste containers but not nail polish or pressurized cans. And, if you have a special interest or hobby that falls into the SRC / GSC purview, contact Betsy Wright (xxxxxxxxxxxxxxxx) or any other member of SRC/GSC for your chance to

do a special show and tell at the table.

Focus Food Pantry

FUUSA is being well represented at the Food Pantry by our dedicated members.

The Hot Breakfast Program started on the week of Nov. 5. It runs on Tuesdays, Wednesdays and Thursdays, until mid-April 2014. There are FUUSAs who cook, serve the actual hot plates of food, and most importantly make the coffee!

On the Saturdays (last one of the month) FUUSA helps with the packing of the food for the clients.

On the Advisory Board to the Food Pantry, both Renee Panetta and Patty Burch attend the meetings and try to fill the shelves with the wanted food items and personal care products that the clients can use.

In December the Pantry creates 'Holiday Bags' with more of the fun food to help the clients celebrate the December holidays. What is needed is cans of spaghetti/pasta sauce (glass jars can be cumbersome and they break) and cake mixes. Feel free to bring

in any flavor you would like to buy, the clients especially like the 'Funfetti' flavor.

In the late winter, there will be a dinner and movie fundraiser: Comfort Food for Cabin Fever. We hope to have the date and venue confirmed by the next issue of Windows.

If you would like to help or have any questions feel free to talk with either Patty Burch or Renee Panetta!

Solar "Look & Feel"—First Sundays until May

The Green Sanctuary Committee will share information about solar energy in Channing Hall during coffee hour the first Sunday of each month from January to May, starting Jan 5. Information such as 'how does solar work', 'what does solar look like', and 'how much does solar cost' will be covered. There will be a small solar panel on display, and a list of area solar vendors will be available. For more information contact Steve Andersen, xxxxxxxxxxxxxxxx



Contact Us

Board of Trustees 2013-2014

email: board@albanyuu.org

Executive Committee

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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



December 2013

Holiday Events

at FUUSA

The RE Mitten Tree

Emerson Community Hall

From Dec. 1-15 you can decorate the Mitten Tree in Emerson Hall with new hats, gloves, and mittens for children and adults. You can also put new, unwrapped toys under the tree. All will be donated to the Marillac shelter, which offers an emergency housing program for homeless families in the Capital Region.



Come, trim the Christmas tree!

Holiday crafts workshop and party

Saturday, Dec. 7, 10:00 AM-12:00 noon
Channing Hall

Food—Fun—Holiday Music—Wreath Making!

Your favorite holiday crafts – gingerbread houses, origami boxes – and new ones: A great opportunity for children to make presents.

Sign up in Channing Hall. Walk-ins are also welcome! Freewill donation for craft supplies; Sponsored by the Religious Education Council



Christmas Eve Candlelight Services

Tuesday, Dec. 24, 6:30 and 8:15 PM
Sanctuary

Be sure to plan some time at the reception between the services!

Solstice Celebration

Saturday, Dec. 21, 4:00 PM
Emerson Community Hall

Let us celebrate the Winter Solstice! With story, music and drumming, we will wake the slumbering sun. Children, youth and adults are invited as we honor our Sixth Source of Unitarian Universalism: which invites us to celebrate the sacred circle of life and calls us to live in harmony with the rhythms of nature. Bring a percussion instrument and/or a noise maker. And also bring a light refreshment to share, if you like, for the celebration afterwards.

“The Spirit of the Tree”

Sunday, Dec. 22, 10:00 AM
Emerson Community Hall

Everyone sees things differently. This Christmas service celebrates the Christmas nativity story from a Unitarian Universalist perspective—one that invites individuals to make meaning of the story and to celebrate the beauty of the season and the warmth of our FUUSA community. This service includes a Christmas pageant enacted by the children.

Christmas Caroling

Sunday, Dec. 22

We will be visiting FUUSAns at their homes and group residences to sing! Meet at 1:00 PM in the FUUSA lobby to get maps and arrange carpooling. All are welcome.



Religious Education Council Sponsored









Holiday Crafts Workshop and Tree Trimming Party

Saturday, December 7

10:00 am to 12:00 noon

Sign up in Channing Hall to attend and to help

Walk-ins are also welcome! - Freewill donation

-  Food
-  Fun
-  Holiday Music
-  Your holiday favorite crafts – gingerbread houses, origami boxes – and new ones!
-  A great opportunity for children to make presents
-  **WREATH MAKING**



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