



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 include Forum (social justice and environmental topics), Children's Chapel, social events, and adult education.

All are welcome!

Services

Feb. 3 "Spiritual Deepening In the Second Half Of Life," Dave Munro

For most of us, the "first half" of life is devoted to gaining one's skills, raising a family, disciplining oneself in a myriad of ways in order to fit into the larger society. The "second half" of life can be about restoring one's authentic self- indeed, this is the goal of most major religions. What does Unitarian Universalism have to offer those who undergo this spiritual journey?

Dave Munro, a long-time member and past President of FUUSA, is currently president of the St. Lawrence District, a group of 35 congregations in upstate New York.

Feb. 10 "King Cake Rules!" the Rev. Sam Trumbore

With Matt Edwards' band Buck2Fifty and the FUUSA Choir, we'll celebrate Mardi Gras in Cajun style. Bring your beads and your appetite as we celebrate the tradition of King Cake! Not to be missed!

Feb.17 "Expanding Gender Identity," the Rev. Sam Trumbore

Stuck in the "gender binary" enforcement of male and female as our sexual identity? Today we will consider a far more fluid definition of gender beyond the sex a doctor assigns a baby at birth.

Music: The FUUSA Chamber Ensemble (piano, flute, viola, and cello) plays the music of love - the tango.

Feb. 24 "Exploring Sexual Orientation," the Rev. Sam Trumbore

Gender Identity does not equal sexual orientation. And sexual orientation is wider than many imagine, including asexuality. Thankfully one thing hasn't changed. Love still serves as the bond of any committed relationship. We'll welcome the Albany Gay Men's Chorus to FUUSA. If you have heard this group before, you know that they are not to be missed.



WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

February 2013

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (2nd and 4th Sundays)

Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary
10:00 AM	Service	Emerson
10:00 AM	Children's Chapel (1st Sunday/mo.)	Sanctuary
10:00 AM	Religious Education	Classrooms
11:00 AM	Coffee Hour	Channing, Emerson
11:45 AM	Forum (some Sundays)	Emerson

Exceptions: No Children's Chapel Jan 6; Yes Children's Chapel Jan. 13, 20 and 27.

Events happening every week in February

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

Exceptions:

All other events happening in February

1-Feb Friday	6:00 PM	Potluck Multigen Event	Channing
2-Feb Saturday	5:00 PM	RE Orientation	B-8
3-Feb Sunday	10:00 AM	Orientation for 4th Grade OWL	B-3/B-4
	11:00 AM	New Member Recognition	Emerson
	11:30 AM	Childcare for 4th Grade OWL Orientation..	24/25
	11:30 AM	Lunch prep for 4th Grade OWL Orientation	Kitchen
	11:45 AM	SRC Meeting	B-7
4-Feb Monday	6:00 PM	PHOOLF Followup Dinner, Meeting	Kitchen, B-8
	6:15 PM	RE Council	Channing
5-Feb Tuesday	7:00 PM	Finance Committee	B-7
	7:00 PM	Wellspring Meeting	B-8
6-Feb Wednesday	7:00 PM	Choir	Emerson
7-Feb Thursday	9:00 AM	UU Weekend Program Committee	B-5
	7:00 PM	Small Group Ministry	B-7
8-Feb Friday	6:00 PM	Parent Group ...	Channing, 21, 22, 23, 24/25
9-Feb Saturday	4:00 PM	Albany Youth Sleepover	Whole building
10-Feb Sunday	12:00 AM	Albany Youth Overnight	
	11:45 AM	Forum	Emerson
	5:30 PM	Walker Book Club	Channing
11-Feb Monday	10:00 AM	SGM Patrick	B-5
	3:00 PM	Overflow Shelter Meal Prep	Kitchen
	6:30 PM	SGM- English	B-5
12-Feb Tuesday	5:15 PM	RSC	B-8
	6:00 PM	Nominating Committee	26
	7:00 PM	UU Christians	B-7
13-Feb Wednesday	2:00 PM	SGM Manning/Patka	B-8
	7:00 PM	Choir	Emerson

14-Feb Thursday	7:00 PM	PCC Meeting	B-8
17-Feb Sunday	11:45 AM	Green Sanctuary	B-8
19-Feb Tuesday	6:00 PM	Wellspring Meeting	B-8
21-Feb Thursday	7:00 PM	Board of Trustees Meeting	B-8
	7:00 PM	Small Group Ministry	B-7
22-Feb Friday	11:00 AM	C. Perkin Wellspring	Joy Library
	6:00 PM	HOLD: Mark Hicks CRUUNY event	Emerson
23-Feb Saturday	6:00 PM	Circle Dinner	Offsite
	6:00 PM	HOLD: Mark Hicks CRUUNY event	Emerson
24-Feb Sunday	11:00 AM	Get Connected! Activity Fair	Emerson
	6:00 PM	Circle Dinner	Offsite
25-Feb Monday	10:00 AM	SGM Patrick	B-5
	3:00 PM	Overflow Shelter Meal Prep	Kitchen
	6:30 PM	SGM- English	B-5
26-Feb Tuesday	7:00 PM	CRUUNY Worship Planning	B-7
	7:00 PM	Evensong Service	Emerson
27-Feb Wednesday	2:00 PM	SGM Manning/Patka	B-8

Looking Ahead

Mar.2	Wine and Cheese Tasting
Mar. 16	Auction
Apr. 5	Annual Dinner

News

Evensong Service

Tuesday, Feb. 26 7:00-8:00 pm

Step out of your week and come together with friends and members of FUUSA for this new, contemplative, and refreshing evening service. Please come and enJOY!

Childcare will be available.

Let's get connected!

Get Connected Sunday – Feb. 24

FUUSA is full of activity – lots of them are posted on boards in Channing Hall. But there are many other things that go on at FUUSA that you may not know about. Sunday, February 24, is your chance to “Get Connected” and find out what opportunities are available at FUUSA!

Emerson Community Hall will be set up with tables and representatives from the various groups and committees at FUUSA (and the service will be in the Sanctuary.) You can meet folks from Religious Services Committee, Garden Group, book groups, Oriel (FUUSA's own literary publication), and Small Group Ministry to Meditation Group. You can meet people who work on adult education courses, social justice activities, helping others within our FUUSA community, Finance Committee, and Religious Education Council. There are interesting activities for everyone.

Come to Emerson Hall after the service on February 24th and explore the many opportunities available at FUUSA. To make it more fun, there will be a “raffle” to participate in – one for kids and one for adults. Stay tuned for more!--Barb Manning

Committee on Professional Ministry

The Committee on Professional Ministry meets regularly with the minister to provide him with feedback about congregational reaction to Sunday services and other aspects of congregational life. They also serve as his “kitchen cabinet,” helping him think through challenges in the day-to-day management of FUUSA. The current members of the committee – Mary Applegate (chair), Jon Bick, Cate Bohn, Ben English, and Jon Newell – welcome input from other members of the congregation, with both positive feedback and opportunities

Flyers in this issue

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

- ◆Evensong
- ◆Auction 2013 premium item

for improvement regarding sermons, services, pastoral care, and other aspects of the ministry.

Our youth need adult support to attend cons

“Con” is short for conference. Every year about 6 congregations in the St. Lawrence District host a weekend-long con for all the youth of the District. Some of our youth would like to attend cons, but they need adult support – an adult needs to accompany them and be their advisor at the con, and they need transportation. Each con has a theme and workshops and worship services around the theme. Workshops are for fun, education and community building. Cons are a wonderful opportunity for our youth to learn about Unitarian Universalism, to learn how to put on worship services and to see themselves connected to a wider UU world. All the specifics of each con are on the web at the St. Lawrence UU Youth Ministry Face Book page.

In the past, the youth have made arrangements themselves and this seemed to work because there were a few adults (like me) who were willing to be con advisors. Unfortunately, now that I'm your DRE, I can't attend because I have other responsibilities on the weekends. In recent years, the youth scramble to find an adult each time they would like to go to a con.

There are two more cons this year: in Schenectady, NY - March 22-24, 2013 : and in Syracuse, NY - April 12-14, 2013 (as part of District Assembly.)

I would like to host an informational session with adults who are interested in attending these as an advisor to our youth. We also need an adult to organize the arrangements about who is attending and transportation. I invite youth and parents to come too to learn about cons. Youth and adults who have been to cons could share their experiences with the group. Let me know if you're interested and I'll arrange a time to meet.

dre@albanyuu.org or 463-7135)--Leah Purcell

Major event planning for 2013-14

Committee chairs and event planners are requested to send their major event dates and room requests to Stephanie Hayes (shayes@albanyuu.org) by Feb. 4. (See her email to the PCC list for required information, or contact her.) Requests will be collated and brought to the Feb. 14 meeting of the Program Coordinating Council at which time the 2013-14 calendar will be laid out.

Call for Nominations

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 19, 2013:

Position	Term
President	1 year
Vice President	1 year
Secretary	1 year
Treasurer.....	1 year
Assistant Treasurer	1 year
Board of Trustees (2)	3 years
Religious Education Council Chair.....	1 year
Religious Education Council (2)	3 years
Social Responsibilities Council Chair....	1 year
Social Responsibilities Council (2)	3 years
Nominating Committee (2)	3 years
Endowment Trust (1).....	5 years

Requirements for Elected Positions

Any person holding an elected position must be an active member of FUUSA for at least 30 days prior to being elected and must not have a pledge in arrears (2011-12 pledge year or previous). Candidates for the Endowment Trust must be members for at least 3 years.

Nomination Procedure

Society members may contact anyone on the committee to let them know of their interest in the above positions or to suggest someone else you feel would be qualified. Call Dawn Dana, Committee Chair (446-0382), if you have questions. Committee members are: Meredith Andrews, Debbie Brown, Dawn Dana, Dave Metz, Paula Moskowitz,

and Linda Way.

Nominations of candidates for any elected position may be made by presenting the Nominating Committee with a nominating petition signed by 25 active members of the Society. Petition forms can be found in the church office or in the “File Cabinet” on the FUUSA website. The deadline for such petitions is April 5. Petitions may be placed in the Nominating Committee’s mailbox in the office.

Calling FUUSA families and everyone Annual Auction, Saturday March 16

“**Speed Date-ing**”: One fun-filled evening to fill up your 2013-14 calendars with exciting events to attend – or host!

Don't miss FUUSA's biggest fundraiser of the year! Lots of ways to participate - attend the auction, with fabulous food and beverages AND free babysitting!! It's easy to bid on any item, fixed price or live! Or create an item of your own to offer - any activity that your family enjoys together would be a big hit for another activity-starved group of FUUSAns! Here are some never-before-offered ideas, or come up with your own that reflects your family's personality—

- ◆ provide a weekly bouquet of wildflowers during the month of July (and/or August?)
- ◆ have a huge car wash at your house (for 5 – 8 – 10 cars?)
- ◆ offer a picnic at The Crossings playground (for 2 - 3 -4 families?)
- ◆ guided nature experience with snacks at Five Rivers (or Thacher Park or Peebles Island)
- ◆ offer a backyard campfire complete with s'mores and ghost stories
- ◆ donate a backyard Easter Egg Hunt, complete with a visit from the Easter Bunny
- ◆ offer a home visit from carolers (your family) and Santa Claus (you set the # of households you will visit in one evening)

Join the fun!!! Right now, your offerings can be submitted by:

Copy and paste this link directly into your browser and enter your exciting item online: <http://>

www.tfaforms.com/269998 Or

Go to the FUUSA website <http://albanyuu.org/> to submit online or access a printable form

Contact Randy or Chris for any questions at rosette_jensen@juno.com or 783-2637.

Save the Date: June 19-23, 2013 UUA General Assembly in Louisville, KY

Registration and housing reservations for General Assembly open on March 1. (The best housing goes fast!) Keep track of the latest developments about this GA at <http://www.uua.org/ga/index.shtml>.

FUUSAn Jacqui Williams is on the GA Planning Committee and reported to the SRC that the theme will be covenanting. DRE Leah Purcell will be honored at this GA. There will be a multiplicity of programs for delegates and participants of all ages and families. Stewardship will include implementation of the recently passed ethical eating Statement of Conscience. If you are interesting in going, let Chuck Manning know. The Board will do its best to make sure that anyone who wants to go will get to go. It is also an election year for UUA offices. -Don Odell

(xxxxxxx), Denominational Affairs chair.

District Assembly 2013: Save the date
Plan now to go to Ohio-Meadville and St. Lawrence Joint District Assembly which will be held April 26-27, 2013, at the Niagara Falls Convention Center, Niagara Falls, NY.

The theme: Out of Bounds: Moving Beyond Our Boundaries. Keynote Speaker: Rev. Peter Morales, UUA President. Gould Lecturer: Rev. Douglas Taylor. Details are online at <http://www.sld.uua.org/conggrowth/districtassembly.html>. Program posted on FUUSA bulletin board in Channing Hall. Registration can be online or with paper registration form. Let FUUSA President Chuck Manning, or Denominational Affairs chair Don Odell (xxxxxxx) know if you want to go, and if you want to be a delegate.

CROP Walk – Save the Date!

The CROP Hunger Walk is coming up on Sunday, May 5. Mark it on your calendar, and plan to participate in this fun activity for a great cause. More details and walker recruitment coming soon.

Lifespan Learning

Living our religious values—together

I'm excited to let you know that I'll be a presenter at General Assembly in Louisville, KY this June. The workshop is entitled **The Journey to Commitment: Faith Development in Action.** *Faith development is embodied when UU's of all ages live out their religious values in their lives, communities and the world. Come hear congregations of all sizes share their experiences developing "moral agents" who act in the service of diversity, justice and compassion supported by the UUA "Tapestry of Faith" resources.*

We have been using many Tapestry of Faith curricula in our Sunday school program the past three years. Tapestry of Faith is also a philosophy. In keeping with our 6th Principle, these curricula consistently use anti-racist, anti-oppressive, multi-cultural lenses through which to view the content and activities of the sessions. The emphasis is community, interdependence and relationship. One of the "threads" of Tapestry of Faith is helping children

to live our Unitarian Universalist values. Another is developing moral agency – the ability and vision to making the world a better place. We can see this work happening and some of its outcomes in the classrooms and also in interactions in Children's Chapel and the Message for All Ages in the service, but...

...I've been looking at how we can use the tools of the Tapestry of Faith curricula in other events at FUUSA to help people of all ages develop their faith or personal philosophy through social justice projects. I gave families resources (to learn about social justice issues and reflect on their experiences) for a couple of projects: the FOCUS Backpack packing this summer and the Simple Day of Giving this fall. I tried to organize a family-friendly program to go along with the 30 Days of Love program last spring. But these efforts have fallen short. Perhaps timing was the problem or getting the word out in time. Or perhaps I needed more help gauging the interests and availabilities of families in particular.

The RE Council and I have heard from families that

they would like to have opportunities to do social justice work together. I'd like to help families benefit from the Tapestry of Faith program to not only participate in social justice events together, but also to help them develop their faith together. I welcome your input as I consider next steps for that. What projects are families interested in? What time frames (both of the year and of the week) work for you to spend time on this? I'd like to share resources with you and find ways for everyone to share reflections. How would you like to communicate? Please email me at dre@albanyuu.org or call me at the office 518-463-7135 or my cell phone. I'd love to hear from you. --Leah Purcell

Our Community

RE Volunteer Breakfast:

Sunday, Feb 10, 9:00 to 9:45 in room 24/25

For all those who have volunteered on teaching teams this year (Fall 2012 and Spring 2013). Child-care provided (with food) in room 26.

- ◆ Come for coffee, and healthy and yummy things to eat.
- ◆ Hang out with fellow awesome people.
- ◆ Share what inspired you to volunteer.
- ◆ Let me know what you'd like more of as a volunteer in the program.

Please let me know if you're coming so I can plan for food.--Leah Purcell

Chili on a chilly night!

Feb. 1 at 6 p.m. the Chili Potluck begins at FUUSA in Channing Hall; sponsored by the Social Responsibility Council. Sign up sheets are on the Channing Hall Sign-up Bulletin Board.

Do you have a great chili recipe you would like to share? Or a salad or dessert? We would love to have it for the table. But if after a long day at work and you do not have time to make anything--PLEASE FEEL FREE to come on in and for \$3.00 join us as we dine!

After we feast there will be a movie called, The Line and guest speakers Rev. Deb Jameson and Beth Glassanos from Focus Food Pantry. Any ques-

**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.

tions? See Patty Burch or Renee Panetta

Welcome, new members!

Paul Cotrupi and Lisa Penpraze

Paul Cotrupi is a native of Burnt Hills, father of three, 1987 graduate of SUNY Brockport, works as a job coach for people with disabilities, employed by Living Resources. Paul is an avid reader. His other interests include studying Buddhism and Eastern philosophy, painting, exercising, golf, tennis, archery, and spending time with his family.

Lisa Penpraze was born in Brooklyn, grew up in Breezy Point, NY and Long Island. She is the mother of xxxxxxxx, 1989 graduate of SUNY Albany and 1998 graduate of Albany Law School. She recently left private practice and now works for the U.S. Department of Justice. She is a life-long music fan and did a stint as a D.J. on WCDB (SUNY Albany radio station). Her other interests include hiking, photog-

raphy, poetry, and cooking.



Reed English

I am proud to be a UU and can honestly

say everything I needed with which to think I learned in UU Sunday School (and from my parents!)

I first came to this congregation at the age of seven years. Ten years later I knew far more than anyone here, thank you, and set out for a life of adventure. I went to the school of Hardknocks and traveled the country by thumb.

By thirty I was ready to settle down. Marriage brought along my son Garland who I raised on my own. He saw my life and multiplied it by a hundred.



He fell to his death rock climbing in Hawaii, 3 weeks shy of his 29th birthday.

My return is threefold. A friendship within the church, my son's death, and the joy of finding and sharing a greater purpose to my life that is ever expanding.

Occupation wise I've been a machinist, welder, mechanic, musician, real estate developer, landlord, and bus driver. I presently drive for the Capital District Transit Authority and live in North Greenbush.

Elizabeth Berberian

Elizabeth Louise Berberian is delighted and honored to become a member of this community, marking her first time as a member of an organized religious group. Over the past several years, her life has been greatly enriched as she has gotten to know members of the congregation and participated in numerous FUUSA-sponsored activities.

Elizabeth originally hails from the Boston area, which accounts for her lifelong passion for the Boston Red Sox and her sense of



eternal optimism in the face of adversity. She grew up in northern NJ and developed a lifelong love of NYC and its many cultural attractions, including museums and musicals.

Elizabeth attended Wittenberg University, obtained a master's degree in public health from the University of Michigan and has enjoyed a 31 year varied career in this field, primarily with NYSD Department of Health.

She looks forward to becoming more actively involved with FUUSA and being able to more fully to pursue her passions; these include visiting with friends and family, ballroom dancing, historical and architectural tours, traveling (especially to national parks and the Northwest), volunteering, hiking, and day trips.

Kayla Autery

Kayla works as a Risk Analyst for Berkshire Bank and lives in Rensselaer with her boyfriend Adam. She loves reading, drawing or doodling rather, dancing to loud music and spending time with friends and family. Since she began coming to FUUSA in March, she's joined the choir, the Green Sanctuary Committee, and the Wellspring program. As busy as this makes her, it's only helped FUUSA become a home away from home.



Astrid Pettersen and Neil Rice

Astrid is a 1st generation Scandinavian-American. (Her name, pronounced Ah-strid, is common in the land of her ancestors.) She has lived with Neil in this area for about 19 years (and their daughter Anita, for the past 15), in a 200-plus year old house on the Helderberg Escarpment. Her family has been attending FUUSA on and off for the past few years, and she is happy to be making the decision to more fully join this community.

Astrid worked as a computer programmer at Syracuse University for about 10 years, then at LaSalle School in Albany coordinating their challenge course program, and has been a special education teaching assistant with Capital Region BOCES for the past five years. The school schedule is wonderful, and allows her to be available for their teenage daughter.

Astrid enjoys outdoor activities, especially bicycling, cross-country skiing and canoe camping. She also likes reading and playing with words.

Neil was born in Elmira, N.Y., and joined the Air Force after graduating high school. Life's lessons began in earnest, as he lost a brother to suicide, and his dad 6 months later while he served in Texas, Taiwan, and England. The world proved intriguing, but the military did not. To make sense of things, he went to college in Idaho and studied psychology and Spanish. Finding himself a capable student, he explored an exchange program that allowed him to study in New Mexico, then California, and to experience a taste of Mexico and a sojourn to Guatemala. After graduation he returned to Elmira, and took a job as a NYS Correction Officer, and later, as a NYS Trooper. That childhood dream didn't prove to be what he thought it would be. With a graduate degree in Spanish, and a loving new wife, Astrid, he tried teaching Spanish, then using Span-



ish to work with families, and later working with people with mental illness. With a couple other stops along the way, he finds comfort and joy in his wife, Astrid, and his daughter, Anita. He is privileged to spend his work days among 3rd graders, helping them find a path to feeling happy, confident, and loved in this amazing world.

Janet Smith

Janet Smith arrived in the Capital Region four years ago with her teenage daughter Natalie Cross from Columbia County and Tarrytown, NY. Jan is a freelance marketing consultant and writer. She came to UU in September after realizing that she'd been so



busy building her business and being a single mom that she'd lost sight of nurturing her own inner growth, and was sorely in need of community and friendship. She finds our congregation to be like a welcoming home after a long, lonely journey and is grateful to all who've extended their

hand.

Parenthood Potluck Friday Feb. 8

We'll meet at 6 PM for our potluck meal followed by a discussion from 7 to 8:30. Elisa Grimm has graciously volunteered to facilitate a discussion on getting children interested in music, dance and the arts. Childcare will be provided. If you have any questions feel free to contact me by email or at xxxxxxxx. Looking forward to seeing you there!--Paula Brewer

Circle Dinners Saturday, Feb. 23 and Sunday, Feb. 24

Circle Dinners are potlucks held in the homes of FUUSA members and friends. These dinners provide an excellent opportunity to socialize in small groups of six to nine people. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a multi-generational dinner.

If you would like to attend, you can complete the sign-up form in Channing Hall or email Martha at xxxxxxxxxx. In your email, please specify Saturday or Sunday night and the number of adults and children who will attend. Also indicate if you are willing

to host or need a ride. If you are *not* bringing children, indicate if you would like to attend a multi-generational dinner.

The deadline for signing up is Sunday, Feb.10.

Save these dates: Friday, March 22 and Saturday, May 4.

Channing Circle greets, eats, meets and celebrates on Feb. 18

Channing Circle will have its monthly brown bag luncheon and sharing discussion on Presidents Day, Monday, February 18th. All retired members (and anyone else interested) are invited to meet friends and fellow FUUSAns at noon. Tea and coffee, settings, and desserts are provided. All you have to do is bring yourself - and something to eat.

p.s."CC" meets monthly on third Mondays .

Walker Book Club

Join the Walker Book Club for the next book discussion on Sunday, February 10, 2013. We gather in Channing Hall at 5:30 PM.

The discussion is preceded by a welcoming potluck supper, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share and a small contribution to cover beverages. Use dishes etc. at FUUSA and help with the dishwasher or be green and bring your own.

On Feb. 10, we will discuss "Open City: A Novel," by Teju Cole. This fictional, free-flowing narrative describes the Nigerian protagonist's frequent walks through New York City and his encounters with various people.

On March 10, 2013, we will discuss "The Great Disruption: Why the Climate Crisis Will Bring On the End of Shopping and the Birth of a New World" by Paul Gilding.

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

Joys and Caring Corner _____

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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

The **SOCIAL RESPONSIBILITIES COUNCIL** is the organ of social justice work at FUUSA, the means by which we implement our intention, as we say in our chalice lighting, “to respond morally and ethically to a troubled world.” SRC is established in FUUSA’s bylaws to “guide and coordinate education and action in the realm of social issues of moral and ethical significance.” In fulfillment of this mandate, SRC engages in a variety of activities to heighten awareness of social justice issues in our congregation and to promote justice and equity in our neighboring community and beyond.

If you believe in our social justice mandate, please consider joining in the activities of SRC. In addition to the exciting activities described elsewhere in this newsletter, here are some of the goings-on that SRC is involved in:

Volunteering to provide reading assistance at the Sheridan Preparatory Academy, a public elementary school within a few blocks of FUUSA that serves an underprivileged student community.

Organizing donations of needed supplies as well as one or more work parties to assist those affected by Superstorm Sandy.

A monthly intergenerational event to prepare healthy soup mix bags to be distributed through local feeding programs

Support of homeless shelters through meal preparations and overnight volunteer assistance

Staffing the FOCUS food pantry and breakfast program and advocating for food stamp and nutrition program support in our state legislature

Supporting the Two Row Wampum commemoration in 2013 of the treaties between European settlers and the native peoples of New York, including a flotilla from Albany down the Hudson to the UN and kickoff event at the Corning Preserve

Supporting implementation of the new Congregational Study Action Issue adopted by UUA, which is the multifaceted issue of Reproductive Justice.

Please consider joining our group that is dedicated to fulfilling a fundamental mission of our congregation. We generally meet the first Sunday of the month. Our next meeting is Sunday February 3rd, at 11:45, right after coffee hour. If you would like more information about SRC activities, please visit our table in Channing during coffee hour or contact Karen Kaufmann at xxxxxxxx

Volunteering at Sheridan Prep Academy:

Peggy Slocum says she feels it is one of the most significant things she has ever done, that she may be making a difference in a person's life.

How would you feel volunteering? For more information talk with Lois Griffin xxxxxxxx

Give Away the Plate, Sunday Feb. 17 Radix Ecological Sustainability Center

The Radix Ecological Sustainability Center is a really unique not-for-profit educational organization sited in the inner city of Albany (Grand Street) and dedicated to promoting ecological literacy and environmental stewardship through educational programs based around demonstrations of sustainable technologies. The Center maintains an amazing variety of projects including bioremediation of contaminated soil; greenhouse food production heated by renewable energy; composting; and aquaculture,

among many others.

Our donations are tax deductible and will be used to maintain the demonstration projects that will be visited by school groups to help neighborhood children learn about urban environmental sustainability, as well as the general public.

Green Sanctuary Forum

David Harrison from the Habitat for Humanity ReStore

February 10, 2013 at 11:45 AM

Dave Harrison from Habitat for Humanity will be speaking on their ReStore which is a 10,000 square foot resale store located in Albany's North End.

All items in the store are donated by local residents and businesses, and sales directly support our local chapter's mission of building affordable housing for hard-working families in the Capital Region.

The beauty of the ReStore is that it is a win for all involved. The store's sales support affordable housing. Donated items are re-purposed and kept out of the landfill. Homeowners free up space in their homes and receive a tax deduction. Contractors avoid carting and dumping fees. And customers can purchase valuable items at deep discounts.

Come join us as we hear about the good work that ReStore is doing especially as it contributes to the motto: Reduce, Reuse, Recycle.

Action!!!!!!The New Jim Crow

Tuesday, March 5, 6:30-8:30 PM

In 2011, about 40 FUUSAs read Michelle Alexander's *The New Jim Crow*. Perhaps you were one of those readers or perhaps you have intended to read this expose about drug laws and mass incarceration of people of African descent in the USA.

The UUA has designated this book a community read for the 2012/2013 church year. Since FUUSA is ahead of that schedule, SRC would like to make 2013 a year of COMMUNITY ACTION, working toward lessening the impact of mass incarceration on the capital region and New York State. SRC is planning a quick review and/or new reading of this revealing and disturbing book before taking action. With that in mind, concerned readers from 2011 and new readers who would like to purchase this book or borrow it from the FUUSA library, will prepare for a

discussion based on the UUA reading guide, March 5 at 6:30 PM. At the very least, please read/reread the introduction! If you need a book, please contact Lois Griffin or Barb Cooley.

One of our actions will involve supporting a bill (already written) called the S.A.F.E. Parole Act. The Safe and Fair Evaluations of parole bill states that the NYS parole Board must base their release decisions on who the parole applicant is today, not on what they did in the past. (Those numbers were S5374 and A7939 but it is a new year.) To learn the details of this bill and other potential actions, please attend the meeting on Sunday Feb. 24 at NOON. Please sign up on the board in Channing.

A green agenda

The Green Sanctuary Committee is setting a green agenda for 2013! Watch for the installation of a 28kW solar array on the roof of Emerson and the RE building in the next few weeks. A big applause to Steve A, Dave M and Chuck M and the Board of Trustees for pulling this off.

In RE this month, members of the committee helped children learn to reduce, reuse and recycle by making tote bags from old T-shirts. Thanks to all who gave up their shirts for this! And to Kayla for organizing, and to Carol, Martha, Renee, Chris F and Mike H for keeping the kids safe with scissors.

At the Jan. 13 forum we hosted speakers from the Two Row Wampum Treaty Renewal Campaign. Contact Chris B if you are interested in participating in the flotilla of canoes and kayaks down the Hudson this summer. Honor native treaties and protect the Earth. Visit honorthetworo.org. At our Feb. 10 forum we will hear about Habitat for Humanity and their efforts to reuse building materials through the Re-Store. Join us!

Coming up in March: a "Powerdown Tournament." Chip in \$3 or more by Feb 24, and then compete to reduce your domestic power consumption by the most during the March 2013 billing cycle. Just show your 2012 and 2013 National Grid bills and whoever's consumption dropped by the most wins the pot! It's a win-win competition, since we all save energy and money in the process. The winner will be announced at our Earth Day service. Watch for the Powerdown poster in Channing Hall.

The Green Sanctuary Committee meets the third Sunday of the month at 11:45 in room B-8. New members are always welcome!

Columns

Sam's Outlook

Not Getting Left Behind

Through the courtesy of President Obama's special call-forwarding service for the military, I received a call from US Army Reserve Chaplain Lieutenant Chris Antal from Kandahar, Afghanistan in the middle of January. We hadn't communicated since I sent him the stones we put words on during the Veteran's Day service in November. He sounded like he was in the next room! He told me he was grateful to receive those stones and a Guatemalan stole I included as a gift right before Christmas.

We talked about what it is like to be over there. He is disappointed he must mostly stay on the base and has little opportunity for contact with Afghans except for the ones who are working with the military. Thankfully, his unit is a communications unit. They are relatively safe from any combat activity. But Chris is busy leading a Unitarian Universalist congregation he created on base that has fourteen people involved. (see picture below) He also leads a Zen meditation group.



Chris hadn't called only to chat. He had a concern to share with me and our congregation. The Afghans who have worked closely with coalition forces over there are at significant risk of retaliation by the Taliban because of their collaboration. If the new Afghan army cannot create security in the country, these people and their families could be killed. And even if they do maintain some security, the risks are very high.

In 2009, Congress passed a law reserving 7500 immigration visas per year for these people as a reward for their service. As of December, only 32 had been awarded.

Chris told me the story of one specific individual named Mohammad. He has a wife and four children. Before the occupation, he was a pharmacist. As he was well educated and spoke good English, the US Army recruited him as an interpreter. He willingly assisted us, even interpreting in visible ways such as television broadcasts that made his name and face well known.

With the election of President Obama and his declared intention to withdraw our troops from Afghanistan, Mohammad began the application process for a visa. This is an arduous process for which many in this country have no appreciation unless they have immigrated. He had to travel by bus with his wife and four children twice during the last four years to the US Embassy in Pakistan carrying many official documents. If the bus had been stopped and searched by the Taliban, he would have surely been killed

along with his family. This fellow has been through every kind of security check and has letters of recommendation from generals on down. After spending over \$20,000 in the process of making this application and risking his life on a regular basis for the US Army, he was denied.

Chris recorded an interview with this fellow about his story that moved me to want to share it with you. Mohammed wishes to come to Buffalo and settle, I assume because he has personal connections there. Chris is organizing a letter writing campaign to help him get his case reopened. You can learn more about his case here: <http://www.trumbore.org/Mohammad>

Looking at all this information and talking to Chris, stimulated my concern about the future of people like of Mohammad. We might be able to make a difference for Mohammad with a little effort ... but what about the others? A letter to President Obama on their behalf might make a difference if he gets enough of them.

We invaded Afghanistan with coalition forces. We've spent over eleven years there. We owe those who have loyally worked with us and saved our lives a chance to save theirs. Let's make sure they get a fair chance at immigration, including Mohammad.—Rev. Sam

Chuck's Chat

CRUUNY Sandy Relief Service Trip

Watching the news coverage of tropical storm Sandy, I felt a deep-seated urge to help. I reacted emotionally to the stories I saw. What I have learned as a member of this congregation for nearly 40 years gave me the courage to act on this emotion.

I remembered this quote:

“Love is the spirit of this church,
And service is its law.

This is our great covenant:
To dwell together in peace,
To seek the truth in love,
And to help one another.”

The Sandy Relief Service Trip, the first weekend of the New Year, brought this statement to life. 36 UUs from four congregations gathered at the Mur-

ray Grove Camp and Conference Center near the Jersey Shore. We ranged in age from 16 to 88. Each of us knew someone in the group but none of us knew everyone. We shared a commitment to provide support to the storm victims by doing physical work and by letting them know that they were not alone.

We met homeowners. They told us their stories. One 91 year old woman said she had lived in her house for 40 years and had never had this happen before. She had 3 feet of water on her first floor. So in one morning we deconstructed the bottom four feet of the first floor of her house. Removing buckled wood floors, cutting out the lower portion of sheet rock walls, and carrying the debris to the street. Cooperation was amazing. Some of us ripped, some pulled nails, some swept and some put stuff in plastic bags and carried it to the street. Working together we finished in about three hours. As a cooperative team everyone helped and no one got hurt.

At another location we helped a younger woman whose house had been moved 40 feet off its foundation. The house was more or less intact. It was the first day the owner had seen her house since the storm. She had only owned the house for four years and was in a state of shock. Some of us spent time being present, listening to her story, and giving her a hug. Others went up to the second floor and helped move out some furniture. She worked at the house all day, while we cleared debris in the area around the house and carried it to the street.

At a third house we were going to only move some furniture. There had been two feet of water in the house. The owner, a 59 year old man, asked if we could do something about the walls. Using our previous experience we attacked the house walls and were done quickly. We took our picture with the owner in front of the house. He thanked us many times. After we finished and were getting into our cars, he came over and thanked us again.

Saturday night back at Murray Grove, we reflected on our day. We all now knew everyone in the group. We had shared an experience of living our faith in a very real way. Showing our love beyond belief, I thought of another my favorite UU quotes,

slightly modified:

“We were only a few
But still we were here
We could not do everything,
But still we could do something.
And because we could not do everything
We did not refuse to do the something that we could
do.”
We are already planning for our next trip. Although
the details are not certain, save the weekend of April
13 and 14 if you are interested. —Chuck

Religious Exploration _____

Taking a Pause

As part of the workshop “Practicing the Heart of Our Liberal Faith” given by Thandeka at FUUSA last week, we were given an assignment- to take a pause and see what that felt like. Perhaps that doesn’t seem like much of a challenge, but among the 30 of us who attended, I heard folks wondering about how it could be done; we finished the first session at 9:30 in the evening and we were starting again at 9:30 the next morning. Yet, many of us managed to find an opportunity in that time to pause and to think about what we were thinking about and our relationship to what was going on for us at that moment. And many were able to find deep meaning in practicing, reflecting and sharing our experiences of that one, brief pause.

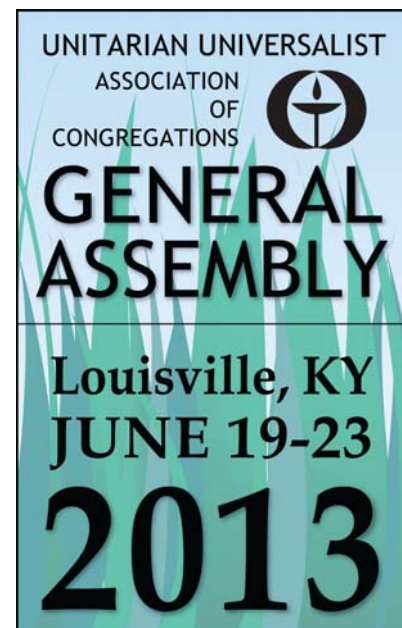
In our RE program, there are some intentional pauses each week – lighting the chalice, check-in or joys and sorrows, gathering for snack and pausing to express gratitude. At the beginning of Children’s Chapel we pause to become conscious of our breathing. The curricula in the Tapestry of Faith program give guidance for the RE volunteers to pause individually and reflect about how they are feeling about the session that week.

But what I have heard from RE volunteers recently and in the past is that they feel isolated. They are looking for ways to connect not only with the children and youth, but with each other. But people have tight schedules and we are spread out geographically, so it’s not easy to gather for meetings. How can we work within those challenges to build a community among the RE volunteers?

The RE Council and I want to ask those who attended Thandeka’s workshop as potential to help us help the RE volunteers. Perhaps there is an opportunity for the RE volunteers to gather together to develop the act of pausing as a spiritual practice. One idea the REC had was to ask someone to gather the RE volunteers together each week to pause and take a breath. Perhaps there could be 3 gathering places – one outside the new basement classrooms for the OWL facilitators and senior high advisors; one in the hallway of the old basement classrooms; and one in the hallway upstairs. It would be moment for the volunteers to ground themselves before the children and youth come to the rooms. Certainly there would be logistics to work out and I’m sure there are other ways to help the RE volunteers pause and reflect as a spiritual practice if they would like. I look forward to hearing your thoughts, whether you participated in the workshop or are a RE volunteer, or have other resources to support the volunteers in developing a nurturing community.

Perhaps you’ve heard me say that November is one of my favorite months. It is second only to February. I appreciate the times that are the lulls between the flurry of the winter holidays and the beginning or end of the traditional church year. I love the bleak and stark landscapes of November and February because they call me to turn inward. Now is a good time for us to pause - as individuals and together.

—In joy and service, Leah



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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

Parking: Parking is available on the street. On Sundays (and for some special events) FUUSA has permission to use the University at Albany's downtown campus parking lots: the Hawley Lot on Robin Street at Washington Avenue and the Thurlow Terrace Lot on Western Avenue.

Office hours

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

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

Website

www.albanyuu.org

Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or administrator@albanyuu.org).

To **rent classroom space** for a personal or non-FUUSA activity, contact Office Administrator Stephanie Hayes (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.

Editors: Amy Lent, Jaye Holly

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

EVENSONG

A Celebration of Faith through Music

Last Tuesdays of the month from 7 to 8 pm

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MARCH 26 • APRIL 30 • MAY 28**

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****How to Place Your Bid:** (minimum of \$500 for this premium offering)

- 1. Attend the Speed Date-ing Auction on March 16** at 6:30pm at FUUSA
OR
- 2. If you cannot attend,** e-mail your Best Offer to: rosette_jensen@juno.com by March 13 at the latest. The winner will be notified at/after the auction.

For more details about this special item, feel free to contact the donors: Randy Rosette or Chris Jensen 783-2637 or e-mail rosette_jensen@juno.com



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