

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

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

March 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)

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

Mar. 3 "Practicing Compassion and Generosity"

Music: Choir

Mar. 10 "Practicing Gratitude and Reverence"

Music: Heldeberg Madrigal Singers with John Metz (piano) and Barbara Metz (cello)

Our values, principles and purposes aren't good for much unless we find ways to live them and integrate them into our daily lives. These two Sundays we'll consider the practice of compassion, generosity, gratitude, and reverence in ways that stimulate our growth and development and positively transform the world for the better.

Mar. 17 "All About Nothing" -Senior High Service

The youth have no idea what they are doing. Prepare to be awed.

Mar. 24 "Life Giving Hope"

Jesus celebrated a Passover Seder right before he was detained by Roman soldiers. He entered Jerusalem as a Jewish Prophet calling his people to return to the heart of their covenant with God. His courage cost him his life. His courage gave birth to a new hope greater than death. *Music:* Choir

Mar. 31 "Out of the Womb of Earth – Renewed Life!"

This family Easter service will celebrate the renewed life and hope that arises from both the Christian resurrection story and Pagan spring fertility rites. May the stories and the metaphors of this holiday bring inspiration, and renewal of the human spirit. *Music:* Choir and Youth Choir



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:

Events happening every week in March

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 March

1-Mar	5:00 PM	Owl Overnight	Whole Building
2-Mar	7:00 PM	Wine & Cheese Tasting	Channing
3-Mar	11:45 AM	Caring Network	B-5
4-Mar	5:15 PM	Membership Meeting	B-8
	5:30 PM	Endowment Trust	Joy Library
	6:15 PM	RE Council	Channing
5-Mar	6:30 PM	Jim Crowe Discussion	Channing
	7:00 PM	Wellspring Meeting	B-8
6-Mar	2:00 PM	SGM Patka/Manning	B-8
7-Mar	7:00 PM	Sherman Small Group Ministry	B-7
8-Mar	5:00 PM	Potluck Multigen Event	Channing
	6:00 PM	Parenthood Potluck 21, 22, 23, 24/25, 26	
9-Mar	8:00 AM	FUUSA Women for a Better World	Channing
	8:45 AM	Getting to Know UU	B-7, B-8
10-Mar	11:30 AM	Skit Rehearsal	B-3/B-4
	11:45 AM	Auction Meeting	B-7
	11:45 AM	Forum	Emerson
	12:00 PM	Stewardship Gathering Potluck	Channing, 24/25, 26
	5:30 PM	Walker Book Club	Channing
11-Mar	10:00 AM	SGM Patrick	B-5
	3:00 PM	Overflow Shelter Meal Prep	Kitchen
	6:30 PM	SGM- English	B-5
12-Mar	5:15 PM	RSC	B-8
	7:00 PM	UU Christians	B-7
15-Mar	12:00 PM	Stewardship Gathering	Channing, 24/25, B-3/B-4, B-7, B-8
	5:30 PM	Stewardship Gatherings	Channing
	6:00 PM	Sr High Rehearsal	Emerson
16-Mar	7:00 PM	Auction	Emerson
17-Mar	10:00 AM	Sr High Service	Emerson
	11:30 AM	Training for Canvassers	21
	11:45 AM	Green Sanctuary	B-8
	12:00 PM	Skit Rehearsal	Emerson
	12:00 PM	Stewardship Gathering	Channing, 24/25, B-2, B-3/B-4, B-7
18-Mar	12:00 PM	Channing Circle	Channing
19-Mar	6:00 PM	Wellspring Meeting	B-8
20-Mar	2:00 PM	SGM Patka/Manning	B-8

21-Mar	7:00 PM	Board of Trustees Meeting	B-8
	7:00 PM	Sherman Small Group Ministry	B-7
22-Mar	5:00 AM	Stewardship Gathering	Channing, 24/25, 26, B-1, B-2
	6:00 PM	Circle Dinner/Seder	Offsite
	6:00 PM	Meditation Retreat	Emerson, B-7, B-8
23-Mar	8:00 AM	Meditation Retreat	Whole Building
24-Mar	12:00 PM	Skit Rehearsal	Emerson
	12:00 PM	Stewardship Gathering	Channing, 24/25, B-3/B-4, B-7, B-8
25-Mar	10:00 AM	SGM Patrick	B-5
	3:00 PM	Overflow Shelter Meal Prep	Kitchen
	6:30 PM	SGM- English	B-5
26-Mar	7:00 PM	CRUUNY Worship Planning	B-7
	7:00 PM	Evensong Service	Emerson
29-Mar	11:00 AM	C. Perkin Wellspring	Joy Library
30-Mar	9:30 AM	Christian Sufi Sesshin	Channing
31-Mar	12:00 PM	Skit Rehearsal	Emerson
	12:00 PM	Stewardship Gathering	Channing, 24/25, B-3/B-4, B-7, B-8

Looking Ahead

Apr. 5	Annual Fellowship Dinner
Apr. 26-27	SLD District Assembly
May 19	Annual Meeting

News

**Evensong - a celebration of faith through music
One Tuesday a month at 7:00 pm: March 26,
April 30, May 28**

The service this month will be the third in a series of five that are being planned so far. Please join us again if you've been coming, or try it out if you've only thought about coming. Also, consider offering any feedback about Evensong to help planners determine if it's something to continue beyond this trial period. And your creative ideas and contributions are always invited! Childcare will be available.

**FUUSA auction
Saturday, March 16, 6:30 PM
Ten Top Reasons YOU Should Come**

1. There are really tasty foods and beverages served!
2. It costs only \$3 if you sign up before going on March 16th.
3. Even if you forget to sign up, it costs only \$5 to walk in.
4. There's FREE BABYSITTING.
5. You can fill up your calendar with lots of fun activities to attend with your friends.
6. The Auction is the single largest annual FUUSA fundraiser making over \$20,000 to help support our community endeavors.
7. Many of your friends will be in attendance.
8. You can buy affordable items to make your life a little easier (ie. housecleaning, computer lessons, take home homemade foods, etc)
9. It's an evening out!! No chores!
10. We would appreciate your patronage and give you hugs and smiles when you arrive!

We are looking forward to seeing you at the "Speed Date-ing" Goods and Services Auction on March 16th at 6:30 pm. A special evening awaits your presence.

Connections...
"Get Connected!" Sunday was a great success.

Flyers in this issue

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

- ◆ Annual Fellowship Dinner
- ◆ "Sonatas, Suites, and a Little Sin(fonia)"

Thanks to all of the people who sat at tables and shared their passions and interests for each group or committee that they represented. Everyone did a great job of making their table inviting and interesting. In particular, I want to thank Paula Moskowitz who helped organize everything, and Steve Moskowitz and Chuck Manning for helping us set up the tables and chairs. Thanks also to all of the people who helped take down the tables and set up the chairs after the event. Without all of these people, this event would not have been a success.

Congratulations to the winners of the adult raffle: Jim Reed, a first-time visitor, won the first prize – two passes to the Mannings' Local Food dinner on August 24th. Deborah Vogel and Sally Knapp each won two free passes to the FUUSA Auction on March 16th.

Congratulations to the winners of the kids' raffle: xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx each won a "Mystery Bag" of goodies.

And lastly, thanks to all who visited various tables and learned a little about what FUUSA has to offer you. We hope this helps you "Get Connected!"-- Barb Manning

Annual fellowship dinner – April 5

We don't need polling guru Nate Silver to tell us why FUUSAns love our Annual Fellowship Dinner! Answers include:

- ◆ It's the best opportunity all year to wine and dine for fun and fellowship!
- ◆ Wouldn't miss the irreverent entertainment – laughter guaranteed!
- ◆ A fantastic opportunity to chat with old friends and meet new ones. "I always come home feeling more connected."
- ◆ Buck2Fifty rules - great live music for dancing and listening!

Watch for your invitation (and see attached flyer) to make your reservation. As usual you can choose

to sit with those you know or we'll assign you to a table with other friendly folks. Either way mark your calendar and join us for a not-to-be-missed evening!

A fiscal note

Thank you to all members and friends who are making contributions in order to meet their pledges for the 2012-13 fiscal year (which began on July 1). Please be advised that the third quarter of the fiscal year ends on March 31—so hopefully you are 3/4 of the way through your contributions. If you have any questions about your pledge or your contributions, you can call Stephanie Hayes at the FUUSA office (463-7135) or myself (at xxxxxxxx.) Thank you, Mike Babala, Assistant Treasurer.

Attention, committee chairs!

Your reports for the 2012-13 Annual Report are due on April 15. If you would like to receive a copy of your committee's report from last year to use as a guide, contact Amy Lent at the FUUSA office (463-7135) or by email (alenti@albanyuu.org).

Are you ready???

On May 19 FUUSA will hold its annual meeting, the time when our operating budget plus candidates for elected office are voted on; and, important congregational issues are discussed. Our Bylaws require that to be eligible to vote, and to run for an open position, you must be an active member of our society. The Nominating Committee articles that appeared in the January and February 2013 issues of *Windows* explain these requirements in greater detail. Note: you can find back issues of *Windows* by going to the FUUSA home page (www.albanyuu.org) and clicking on "Calendar" (from the menu column on the left side of the home page). "FUUSA Newsletters" will appear and you just need to click on it to be taken to the list of all archived issues.

If you are not able to be at FUUSA on May 19 you can still make your preferences for elective offices known by taking advantage of our absentee ballot process. Of course, it's always best to attend the meeting and actively participate in the process, but if you can't be there your voice still counts! Absentee ballots can be obtained by active members from the FUUSA office. Note - to be valid, they must be returned at least forty-eight hours before

the election. Another form which can be obtained from the church office, or from our web site's "file cabinet" (under Table of Contents heading "Church Office"), is a Nominating Petition. Any active member interested in being considered for one of the open positions (see the list in February's *Windows*) can obtain a petition and secure 25 active member signatures. Petitions must be returned by April 5 and may be placed in the Nominating Committee's mailbox in the office.

The Nominating Petitions and Absentee Ballots are tools available to you if you are interested in running for office or will be away on the day of the Annual Meeting. The strength of our Society is dependent on full and knowledgeable participation by as many of its members as possible!

If any of this seems complicated or unclear, members of the Nominating Committee would be happy to answer any of your questions. Committee members are: Meredith Andrews, Debbie Brown, Dawn Dana, Dave Metz, Paula Moskowitz, and Linda Way.

Hughes Gemmill memorial service set

A memorial service for Hughes Gemmill will held on Saturday, April 13 at 2: 00PM, with reception to follow in Channing Hall.

FUUSA creates its own solar energy

What: Thanks to the great work of the Green Sanctuary Committee and the Solar Subcommittee, we now have 112 solar panels totaling 25 kW. This means that we can generate about 40% of our electricity use, or an even larger portion if we all remember to turn off lights when we are not using them.

When: The system went live on Friday, Feb 1.

Where: The solar panels were installed on the roofs of Emerson Hall and the RE Wing. Although they cannot be seen from the ground, photos can be seen on the FUUSA Facebook page.

Why: We installed the solar panels in order to:

Save money: The system did not cost us anything to install, and we expect to save over \$70,000 in electricity expense over the next 20 years.

Reduce environmental impact: Electricity generated by solar panels produces no toxic emissions.

(Most electricity generated by utilities comes from coal, oil, and nuclear.)

Next Steps: The Green Sanctuary Committee will host a forum on Earth Day describing the Solar Project. At that time, we will offer a tour of FUUSA's solar system to those who are interested.

If you want to learn more about solar energy, contact members of the Green Sanctuary Committee, Chris Bystroff, Chairman, bystrc@rpi.edu. Several FUUSA members have solar on their homes.

If you would like a 'solar open house' at your home, please contact Steve Andersen, steve_intj@yahoo.com. This would be an opportunity to share information with friends and family about how solar systems work, how they look, and what they might offer you in terms of cost savings.

UUs gather: Niagara Falls, NY and Louisville, KY
There are two denominational assemblies ahead this spring. We want to send delegates to both. If you are interested in being a delegate, please tell Denominational Affairs chair Don Odell (482-4574, [\[dell31@yahoo.com\]\(mailto:dell31@yahoo.com\)\) or FUUSA President Chuck Manning \(439-4226, \[chuckmanning@hotmail.com\]\(mailto:chuckmanning@hotmail.com\)\). Both events are great opportunities to learn about Unitarian Universalism and participate in the governance of this denomination.](mailto:dro-</p></div><div data-bbox=)

April 26-27, 2013, Ohio-Meadville and St. Lawrence Joint District Assembly 2013, Niagara Falls Convention Center, Niagara Falls, NY. *The theme: Out of Bounds: Moving Beyond Our Boundaries.* Keynote Speaker: Rev. Peter Morales, UUA President. 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.

June 19-23, 2013. UUA General Assembly in Louisville, KY. Registration and housing reservations 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>. Also check the FUUSA denominational bulletin board in Channing Hall. The Board will do its best to make sure that anyone who wants to go will get to go.

Lifespan Learning

Mindfulness Meditation Training March 22-23, 2013

This training, will be led by Rev. Trumbore, on **Friday 6:00pm to 9:00pm**, and **Saturday 8:00am to 3:00pm**. It gives the participants an opportunity to learn Buddhist mindfulness meditation techniques or refresh and deepen their meditation practice. **All are welcome** whatever your level of experience. There will be a **potluck vegetarian lunch on Saturday** and all are encouraged to bring something to share. **Please register** at the Signup Site in Channing Hall or with the office (call 463-7135) if you'd like to participate. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for over 25 years and is past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be one of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and

opens the heart.

Dances of Universal Peace—a 'regular' at FUUSA
The Dances of Universal Peace are simple circle and partner dances that use sacred phrases, chants, music, and movements from many spiritual traditions of the world. The Albany Dance Circle meets monthly here at FUUSA on Saturday evenings at 7 pm (Channing Hall). The dates upcoming are, March 9, April 13, May 11, and June 15.

All are welcome to attend. The dances are led by certified leaders of Dances of Universal Peace North America. No previous experience is necessary. Soft shoes recommended. All are welcome! \$5.

For more information, contact Frank Lombardo (518) 581-0493, frankalombardo@gmail.com; or Farid Gruber (518) 392-9718, farid@taconic.net

Joy Library notes

The two books highlighted here are by Rabbi Dennis S. Ross, who addressed FUUSA Jan 27, on "Religion, Politics and Sex — Then and Today: A Conversation for Polite Company." These books were purchased by "a FUUSAn" and donated to the

Joy Library.

God in Our Relationships: Spirituality Between People from the Teachings of Martin Buber by Rabbi Dennis Ross. Jewish Lights Publishing (2003). [296.7 ROS]

“The I-Thou relationship comes easily and often, over breakfast or at work, in the classroom or at the gym as well as in turning points of life. In the eighty years since Jewish thinker Martin Buber proposed the idea of I-Thou, no one has taken ordinary language to describe this simple spirituality in words, gestures and glances. God in Our Relationships: The Spirituality between People from the Teachings of Martin Buber makes clear the ephemeral and often overlooked encounter of I and Thou. Many people turn into the soul for insights of belief and for faith. God in Our Relationships looks outward, to holy possibilities between people, to the spiritual opportunities in words, gestures and glances. Drawing from the writings and biography of Martin Buber, from his loving edition of Hasidic tales as well as from the Bible and events in my typical day, God in Our Relationships speaks to all faiths about an interpersonal spirituality, that special feeling “in the air” in simple exchanges of words and in heart-to-heart conversation.

As a rabbi, I talk about God. As a social worker, I focus on interpersonal communication. In God in Our Relationships, I weave together two decades of religious and social life to describe the holiness of the I-Thou relationship -- what it is, when it arrives, why it must end, what of it endures and why it is so

important.” Rabbi Dennis Ross. (Amazon 2/20/13)

All Politics Is Religious: Speaking Faith to the Media, Policy Makers and Community by Rabbi Dennis Ross. Skylight Paths Pub (2012), [201.72 ROS]

“ Faith grows when we speak of it in the public square and live out its vision for a better world. Here s how. Religious forces are turning to schools, health care, media, the economy and more with the agenda of establishing one faith perspective and its restrictions as the rule for everybody. But the times call for a reinvigorated expression of a variety of religious outlooks, and that means more than talk of good faith, strong feelings and the facts. It relies on a working understanding of why we speak, who we speak to, what to say, how to say it and where. All Politics Is Religious provides ideas and strategies for a clear, forceful, positive, effective and renewed religious expression that is all too often overlooked and under-represented. It identifies the religious themes in our great debates immigration, the needs of children and families, church-state separation and reproductive rights, including abortion and presents new language and methods for communication. In a voice that is warm, conversational and, at times, playful, it avoids attacking or ridiculing those who disagree. It steers away from the all-too-familiar political jargon left, right, liberal, conservative, socialist and instead relies on historical examples, current events and personal stories to illustrate the best ways to communicate the positive role faith can play in personal and public life.” (Amazon 2/20/13)

Our Community

Welcome, new members!

Josh Shea and Megan

Vrooman Josh is the lead developer for a large marketing firm in Albany and Meg is an assistant director for a local daycare Center. Josh and Meg enjoy spending time with their 3 children, their tiny dog and their fluctuating number of hamsters.

When not working, both enjoy reading, watching documen-



taries on anything from religion to politics, or randomly bursting into song from popular Broadway musicals. Meg loves singing and playing piano, and you'll find them spending summer days hanging out at local restaurant patios entertaining the waitstaff.

Both Josh and Meg come from a background in Christianity, but are seeking answers to questions that have eluded them in these traditional lifestyles. FUUSA offers clarity and freedom that they haven't found elsewhere.

Alyssa Colton Alyssa came to Albany in 1995 to attend the graduate program in writing at the University at Albany. She has taught at area institutions and is currently building a freelance business.



Alyssa grew up in Syracuse, New York, the daughter of two educators. While her family celebrated Christian holidays, she was encouraged to explore other traditions and ideas. As a college student, Alyssa was drawn

to feminist spirituality and also started to meditate. She realized then that her lifelong love of nature was also an integral part of her spiritual journey. Alyssa sees FUUSA as a vital community for herself and her children to explore and learn about religious traditions as well as social justice.

Maria Mena Before finally becoming a *bona fide* UU in 1999, Maria and her husband Cesar Luongo had crossed paths with UUs on a number of occasions, but it wasn't until a career switch for Cesar brought them from San Francisco to North Florida that Maria found the UU Church of Tallahassee in her search for "kindred spirits". At UUCT Maria organized the yearly rummage sale and was also a member of the Committee on the Ministry.

In 2008, Cesar and Maria moved to the south of France, where they worked for an international project. Last June they moved back to the US, this time to Albany, where Cesar was offered a new job. They plan to remain here until retirement (but one never knows...) Maria and Cesar have been married 27 years; they have two children, Francisco and Julia (pronounced "Hoolia") who live in California and Colorado, respectively.



Maria was born in San Francisco but grew up in El Salvador; Cesar is from Uruguay.

**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.

Maria is a former children's librarian now working as a document officer for a pharmaceutical company. She enjoys reading (of course), traveling, hiking, cooking and eating good food. She is delighted to be able to be a member of a UU fellowship once more.

Monica Miller Monica Miller moved to Albany last year from South Carolina where she was involved in the Membership Committee at the Unitarian Universalist Congregation of Columbia.



Initially drawn to UU by the community of smart, nice and friendly people, she's also attracted to FUUSA's focus on spiritual development. Monica's background is in communications and non-profit management. She lived and worked in Europe, South America and Africa and in Wyoming, Minnesota, Colorado and South Carolina before moving to Albany with her three dogs and too many books.

She's interested in getting to know the Capital Region--but admits to being hampered by a deplorable sense of direction and a fear of bridges.

Beth Babb Beth grew up in Rochester, NY, and moved to Albany for college, where she earned bachelor's in 1988 and a master's in 1990 at

SUNY.... After college, she says “ I got a job in my career right away, but it was not to be my path, apparently. In 1992, I gave birth to a son, who had a stroke at birth that left him badly disabled. In 1995, I was diagnosed with metastatic brain cancer and nearly died. That horrible event left with me with quite a few problems, but I still managed to work again. I worked for Empire Blue Cross for 11 years, but then, in 2003, I was hit by a car. This did spinal nerve damage that, when added to my severe hearing loss, rheumatoid arthritis, and balance problems, was the straw that broke this camel's back. I applied for and received federal disability. After all this trauma, you'd expect me to be a bitter, angry person, but that's not me at all. My basic nature is a cheerful, eager one and that hasn't been changed. I live my life with a simple philosophy: don't hurt any living thing unless you have to. I apply this idea to people, animals, insects, any living thing. I love life with all its beauties and complexities and find a personal proof of God in Nature.”

CommUUnity Potluck

Guilderland Plus, that welcoming group of 'potluckers', cordially invites everybody, regardless of place of residence, to our potluck dinner on Saturday, March 9, at 6 p.m. Our hostess will be Ann Lapinski, at xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx. Please call Ann for reservations and directions.

Bring a friend to the March 8 potluck

Come to the Friday, March 8th Potluck and bring a friend from your neighborhood, work or extended family! Your guest does not need to bring a dish to pass – but think of what s/he would like and bring something to amaze all of us

March 8th's monthly Pot Luck is sponsored by the FUUSA Board of Trustees – come see who we are and ask us what we do!

As often happens there is a FUUSA Parent's Pot luck at the same time so there will be plenty of good food and many good people to talk with.

After the meal there will be three (3) options:

1) an informal discussion of practical residential use of solar energy with FUUSAns already using photovoltaic panels;

2) games, brought by you and your friends;

3) a discussion for parents on getting children interested in music, dance and the arts facilitated by Elisa Grimm of the Parent Potluck group.

Child care will be available for those making a reservation.

20th Anniversary—UU Weekend at Silver Bay!!!!

Not only is Oct. 18 - 20, 2013 the **20th time** UU's and friends will gather in friendship and community at the Silver Bay resort on beautiful Lake George, BUT if you sign up by June 9, you will receive a 20% discount, making the 20th Anniversary Weekend **less expensive** than last year's!!! In addition, those who are attending UU Weekend for the first time receive an **additional** 10% discount!! At a time when almost everything is going up in price, the UU Weekend Committee is thrilled to offer everyone, newcomers to this family-friendly, activity-rich event and "old timers" as well an opportunity to come together at rock bottom prices. (After June 9, prices will go up 20%.)



The UU Weekend Committee is busy planning a three day event that will truly be worthy of a 20th Anniversary celebration, and welcomes your participation and suggestions. Along with hikes, discussions, hands on workshops, movement classes and a special children's program, there is lots of room for your ideas and your energy. If you do have suggestions, please share them with Andrea Ricard (xxxxxxxxxxxxxxxxxxxxxxxx) or talk to someone about them at the UU Weekend table in Channing Hall.

Participating in the UU Weekend is a wonderful way to deepen your connection to our and other UU communities. Signups begin Sunday March 31 - before and after the service, plus registration forms and general information are available on the FUUSA web site, under "Upcoming FUUSA Events", or via the link from the "Calendar" listing in the Table of Contents on the left side of the home page.

Join us for Silver Bay 20/20!- UU Weekend Committee

About Us

Livingston Press has just published *Janey*, the completion and central novel in FUUSA member **Richard Maturro's** Tri-City Trilogy: Three novels set in the neighboring upstate New York cities of Albany, Schenectady, and Troy; Three women who share an aversion to all things feminine, especially motherhood; Three unexpected detours to the place where myth and reality collide. For more information, go to www.richardmaturro.com.

Women For A Better World

Breakfast potluck, Mar. 9, 9:00 am

Join us for a breakfast potluck sponsored by *Women For A Better World* one Saturday, March 9th from 9:00 am to 11:00 am in Channing Hall. 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.

On March 9, we will have two guest speakers. Ra-hiem Jones, the Program director, or another representative, will talk about Albany Ceasefire SNUG, a violence intervention program implemented by Trinity Alliance of Albany in 2010 which utilizes a public health approach to reduce shootings and killings in communities disproportionately affected.

Our second speaker will be Bhawin Suchak who will discuss *THE THROWAWAYS*, a film in progress, that tells the story of homeless filmmaker and activist Ira McKinley, documenting his quest to shed light on the struggle of people living on the margins of society and to challenge a system that oppresses them. *THE THROWAWAYS* isn't just an illumination of marginalized people at their weakest moments, it is a call to action, the story of directly engaging in the struggle for economic and social justice.

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 at xxxxxxxxxxxxxxxxxxxxxxxx or Elizabeth at xxxxxxxxxxxxxxxx. There will also be a sign up on the Channing bulletin board.

CROP Walk and family values

Our FUUSA community lives true family values by

teaching our children compassion and empathy for those in need. Family participation in activities like the CROP Hunger Walk is a great way to reinforce a message of caring. CROP Walks raise dollars to support hunger relief programs, both locally and around the world. On a more symbolic level "we walk because they walk" – in solidarity with those who must walk daily to feed and care for their families.

The Albany CROP Hunger Walk is coming up on Sunday, May 5. It starts and ends near FUUSA. There's a lunch at FUUSA after the service, but before the Walk. The regular Walk route is about 4 miles, but there's a one-mile option, and the loop can always be shortened to accommodate the capabilities of your family. We encourage all families to sign up for FUUSA's CROP Walk team (Team UU). There will be a Walk table at coffee hours starting in early April, and information can be obtained at any time by contacting Dawn Dana (446-0382). Go Team UU!

Circle Dinner on Friday, March 22

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.

Since this dinner occurs just before Passover, it would be wonderful if someone was willing to host a Seder. Please let me know if you would like to do this.

If you would like to attend a Circle Dinner, you can complete the sign-up form in Channing Hall or email Martha at xxxxxxxxxxxxxxxxxxxxxxxx In your email, please specify 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, March 10.

Save this date (the last Circle Dinner this church year): Saturday, May 4

Walker Book Club

Join the Walker Book Club for the next book discussion on Sunday, March 10, 2013. We gather in Channing Hall at 5:30 PM. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

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 March 10 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. According to one review, “The Great Disruption offers a stark and unflinching look at the challenge humanity faces-yet also a deeply optimistic message.

On April 14, 2013, we will discuss “In the Garden of Beasts: Love, Terror and an American Family in Hitler’s Berlin” by Erik Larson.

Contact Linda Hunt at xxxxxxxxxxxxxxxxxxxx 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 _____

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

Social Responsibilities Council

February was a busy month for SRC! We started out the month with hosting a chili potluck dinner and showing the movie, [The Line](#). It was a powerful documentary telling the story of four adults and how they had to cross the line and live in poverty because of the domestic policies in the U.S. After showing the movie, we were introduced to Beth Glassanos and Lorraine Houk from the Focus Food Pantry. Beth led a Q and A about the Supplemental Nutrition and Assistance Program a.k.a. SNAP and how difficult it is to live on \$31.50 /week/person. Do you think you could do it? If you are interested in taking up the challenge, please view the Focus Churches of Albany website for details on how to 'take the challenge'.

Movie viewing continued on Feb. 16, when SRC sponsored a sneak preview screening of the movie [The Throwaways](#). Directed and produced by Ira McKinley and Bhawin Suchak, it tells of Ira's struggle to bring positive changes to his community in inner-city Albany. There were 78 people in attendance and we were able to collect (free will offering) \$560.55 to support further distribution of the film. The audience in attendance were from FUUSA, neighbors and college students from Siena College and SUNY Albany.

After the movie-viewing Saturday night, 3 youth and 2 adults (sponsored by SRC) boarded the bus at midnight for the Climate Change Rally in Washington, DC. They attended a service at All Souls Church in DC and marched with UUs from all over the country.

On Sunday, Feb. 17, the SRC and FUUSA community welcomed Scott Kellogg from the Radix Ecological Sustainability Center of Albany. The Center is a unique not-for-profit educational organization in inner-city Albany that brings educational programs to the children on greenhouse food production, aquaculture and renewable energy. Through the Give Away the Plate program, we collected through checks and cash \$545.00.

As you can see the collective generosity of FUUSA showed throughout the month of February!

On Sunday, Feb. 24, 50 soup mix bags to be distributed to guests of FOCUS Interfaith Food Pantry were made during the Get Connected Fair. Many of our members of all ages joined in this fun project, which we hope to repeat monthly.

Now for March: save the date for the Third Annual Pancake Fundraiser at the Delmar Reformed Church. It (the breakfast will be held on Saturday March 16, 2013 from 8a.m. - 11a.m. Tickets for the event are \$8, and children under 5 are free. FOCUS is welcoming donations of any raffle items the member and affiliate churches are willing to contrib-

ute. Please contact Renee Panetta or Patty Burch for tickets or to donate a raffle. All proceeds from this breakfast will be going to the Focus Food Pantry and their service to the underserved in Albany.

Thank you for all your support in the many aspects of the SRC!

SRC sponsors youth to attend DC climate rally
Five FUUSAns, including three of our youth (xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx), were fortunate to be able to attend the largest climate rally in US history on February 17th in Washington, DC. SRC voted to sponsor the bus tickets for the three youth, Sandy Steubing sponsored another, and Barb Cooley and Chris Bystroff helped with expenses.

The rally was organized by Sierra Club and 350.org and focused on appealing to President Obama to withhold approval of the Keystone XL pipeline which is proposed to carry tar sands oil from Canada through America's heartland to refineries on the Gulf of Mexico, mostly for export. Tar sands oil produces more carbon in its extraction, refinement and use than regular crude, and climate experts have called potential approval of the pipeline a "tipping point" in efforts to alleviate climate change.

We got on the bus at 12:30 AM (or "Zero Dark Thirty") Sunday and reached Washington in time to attend service at All Souls Unitarian, where we were joined by dozens of visiting UUs from all over the country at a service led by the dynamic Rev. Susan Newman. With our Standing on the Side of Love caps and signs (too cold for t-shirts), we joined the other "yellow people" at the rally site and, as part of a huge crowd estimated at 40,000, heard inspiring speeches by climate guru Bill McKibben, environmental justice activist Van Jones, Native Canadian and American leaders, and U.S. Sen. Sheldon Whitehouse, among others. The march to the White House filled many, many blocks and included many of the most committed and imaginative activists working to get our important message across. Johanna Panetta sent the following inspired message to SRC after returning from our trip. We will publish messages from the other two youth attendees in next month's Windows.

Letter to all SRC members:

The last SRC meeting, held on the 3rd, was the first I had ever been to. It was very interesting, and then we started talking about the Washington DC climate rally. That caught my ear. I had never gone to a rally before, and I loved Washington and hadn't been there in years. This was perfect for me.

About 2 weeks later, I was on a prepaid trip to DC on a tour bus with friends and friendly strangers. We traveled on the bus 7 hours to get there, arriving at about 7:45. The people on the bus splintered off into smaller groups, to explore the city since we had some time before the rally which started at about 12n. My group, which included Ms. Karen Kaufmann, Ms. Alifair Skebe, Ava xxxxxxxxxxxxxxxxxxxx attended a service at All Souls UU church, and walked to the rally with the members from there.

We could hear the cheering and music from a block away. I have never heard that many people all yelling at the top of their lungs at once, and I probably never will again. 50,000 people were there that day. There were motivational speakers, and a member of Senate, and leaders from indigenous Canadian tribes. And when they came up on stage, and when they said something important, and when they left the stage, there were cheers and whoops and whistles, a deafening surge of noise. It was absolutely incredible to be a part of something like that.

After the march we gathered at the original meeting place. There was more motivational speaking, and there was dancing music, and an original estimate of 40,000 people was announced.

The rally was my first, and I believe that it was perhaps the best one to start with. I have heard that it was the biggest rally in the history of the US, and although I am not sure of this; it could be entirely possible. The day was cold and sunny and windy and amazing.

Marching in a group that big, there is power. Power to change the world for the better. And as we chanted, we were unstoppable, and while there are this many people that cared, another world is possible.

Thank you so much for sponsoring me, and letting me be a part of this life-altering, world-changing event.—xxxxxxxxxxxxxxxx

Columns

Sam's Outlook

Not Throwing People Away

I am an invisible man. I am a man of substance, of flesh and bone, fiber and liquids; and I might even be said to possess a mind. I am invisible, understand, simply because people refuse to see me.
From "Invisible Man" by Ralph Ellison

I was able to attend the preview screening here of [THE THROWAWAYS](#) that tells the story of homeless filmmaker and activist Ira McKinley. The movie documents his quest to shed light on the struggle of people living on the margins of society. It challenges the system that oppresses them.

As a youth and young adult, McKinley got caught up in the cycle of addiction and selling drugs, and served time in prison. After serving his time and thus atoning for his crime against society, now he carries the label "felon." That label makes it very hard to get a job and rejoin society. A man of African descent has an even harder time. Out of that frustration, and the good fortune to connect with a video camera as a way to channel that frustration, the movie was born. McKinley pulls the curtain back for viewers and exposes how the current economic crisis is having a devastating effect on those who have become throwaways, invisible to most, discarded by a system that has failed them. The promotion goes on:

But THE THROWAWAYS isn't just an illumination of marginalized people at their weakest moments, it is a call to action, it is the story of directly engaging in the struggle for economic and social justice. McKinley is not satisfied with simply exposing injustice, but pushes further, fighting for real changes seeking true transformation of his community in the South End of Albany, NY.

It is well known in "the hood" that when the white man sneezes, the black man gets pneumonia. Watching the suffering portrayed in the movie and reflecting on many people, particularly older workers, being out of work for very long stretches of time after the last recession started, has me concerned about the future of employment, particularly people without graduate degrees and professional creden-

tials.

Automation of the work place continues at a furious pace. Computers keep getting smarter replacing human workers. Yes, new jobs are being created, but of a different sort than the older manufacturing jobs. Factories need fewer and fewer workers. Warehouses need fewer and fewer workers. More and more people are forced to create their own jobs and work for themselves. Some are well suited to this form of work, but many others are not. One needs a special skill set to create and run a business.

Now that the middle class is feeling the pinch of the growing divide between rich and poor, I'm hoping there will be more empathy for the marginalized in our society. I hope that people will recognize the social problem we've never encountered before, a deficit of jobs for a whole class of people in society. The jobs disappearing and never coming back as the gulf between the haves and have nots widens.

This will require a new approach toward wealth distribution as it concentrates in fewer and fewer hands. Either the government will need to extract it from the wealthy and redistribute it to provide people with enough income to keep the economy functioning, or, the wealthy will have to find creative ways to redistribute their own wealth in the service of social well-being. After all, no business person can generate income without customers who can pay for what they wish to consume.

There is tremendous value that so many people can offer the world that isn't economically viable. So much music, so much theater, so much art, so much writing and poetry, so much volunteer work, so much healing and trauma work, so much education, so much ... Unitarian Universalism.

As you consider what you will be giving this year, I hope you will think about the value our congregation offers to its members and friends, to the children in our religious education program, and to the larger orbit of communities and programs we support. When you offer support to this congregation, you support a larger vision of a human centered world that honors the inherent worth and value in every person. When you offer support to this congregation, you support a vision of personal growth and development that encourages us to bring the truth we find

inside and in relationship with each other outside to positively transform the world. When you offer support to this congregation, you are supporting a vision of a welcoming community that finds unity while affirming our diversity.

I've increased my pledge 10% this year and I hope you'll consider doing the same.—Rev. Sam

Chuck's Chat

Decision Time

In February of this year Barb and I received our last payment for the sale of our businesses. We have been living on these payments for the last 11 years (and putting some into savings as well). At my annual physical, my doctor told me that I could easily live another 20 years and after that it is a crap shoot. That means we have to figure out how to make sure our resources last for at least that long. But we will be in the much more shaky position, living off investment income and social security. We do not know exactly what our income will be this year. So it is time to re-assess our charitable and political contributions. Over the past 11 years we have been fortunate to be able to give away 15% to 25% of our income. About 5% of that went to FUUSA.

This year we are going to have to cut back somewhere. Reducing the political contributions will be easy because there are very few critical elections this year. After that it will become more difficult. Our primary support has gone to FUUSA and Upper Hudson Planned Parenthood, but we have made donations to many other local arts organizations as well as local, state and national advocacy groups.

As we were weighing what to do, we asked ourselves – “Why do we give away any money at all ?” We looked at what motivated us to give. The root of our giving is in our Unitarian Universalist faith. A number of years ago I read How Much Do We Deserve? – An Inquiry In Distributive Justice by Rev. Richard Gilbert. He was the long time minister at the First Unitarian Church of Rochester. The book deals primarily with the inequality of the distribution of wealth as a country, but the principles discussed can easily be applied to individuals as well. Our approach to giving has been guided by this and

other UU reading, coupled with our UU principles especially:

- ◆ “The inherent worth and dignity of every person.”
- ◆ “Justice, equity and compassion in human relations.”
- ◆ “The goal of world community with peace, liberty, and justice for all.”
- ◆ “Respect for the interdependent web of all existence of which we are a part.”

Since our UU faith has been the basis of our giving, it is logical and reasonable as we are re-assessing our contributions, that priority continue to be given to FUUSA. Our beloved community is critical to our life. Without it we would not be who we are and our children would not be who they are. What could be more important than that? What we have gained from being members of FUUSA is “priceless”.

So what did we decide to do this year for our Financial Commitment during the Stewardship Campaign? We decided that we could not lower our support for FUUSA. Our community is too important in our lives. This means that we will be increasing our financial commitment to FUUSA this year by 10 %. We believe this is our Fair Share and we encourage you to do the same, if your financial circumstances make that possible. It is what our faith calls us to do. —Chuck

Religious Exploration

How do our children know we are Unitarian Universalists?

One of the songs we sang when I was a little girl growing up in a Presbyterian church was “And They Will Know we are Christians By Our Love.” I found it very reassuring and empowering. It gave me a sense of who I was.

How do our children and youth at FUUSA know that they are Unitarian Universalists? And how can we instill in them a sense of comfort and joy in their religious identity?

When I was a RE volunteer years ago, I remember when Ann D’Attilio, the DRE at the time, came into the classrooms to visit with the children. She showed the children and adults a hand motion to

say and show that we are *Unitarian* (holding up one hand to show the shape of a “U”), *Universalists*, (holding up the other hand in the shape of a “U”). Many adults used (and some continue to use) “Unitarian” as a short hand to refer to our religion and as a result, so did the children. We realized that the children didn’t know the name of our society or if they did, that they didn’t know what “Foosa” meant. So we talked about that too. Soon after that we began using the chalice lighting that we still use today for the younger children. “We light this chalice to celebrate Unitarian Universalism. This is the church of the open mind. This is the church of the loving heart. This is the church of the helping hands. Here we make friends and work for peace.”

Understanding how to talk about and identify ourselves is an ongoing process for adults as well as children and youth. The lighting of the chalice, now a nearly universal “tradition” in our congregations, was not such a widely practiced ritual until relatively recently. And you may recall that Rev. Bill Sinkford, most recent Past-President of the UUA, got us all talking about a language of reverence so that we could better identify ourselves as religious people. We have begun to talk about what it means to be religious in a liberal tradition.

This is why I often give a brief reflection after the Message for All Ages on what the story means to us Unitarian Universalists. I want the children to be aware that we are a religion, and that their religion can give them a handle on how to be in the world. I would like our liberal thinking to help them answer the big questions of life.

Last year the Religious Education Council read parts of the book *Full Circle: Fifteen Ways to Grow Lifelong UU’s*. This book was written by a religious educator and lifelong UU herself. She surveyed other lifelong UU’s to find common thread in their commitment to our religion. Whether it is the congregation’s stated goal to raise lifelong UU’s or not, the suggestions given are valuable ways to make the experiences of children and youth in our congregation engaging and meaningful. Included in these are

- ◆Recognize RE is an important portal to institutional involvement. Adolescent experiences provided the foundation for a lifelong commitment to Unitarian Universalism.

- ◆Offer opportunities for people of all ages to live out their UU values
- ◆Ritualize holiday events and celebratory activities
- ◆Offer engaging Sunday school
- ◆Sweep youth into immersion experiences

You might be thinking now about how all of us are already striving to meet those suggestions. For example much of the curricula that our program has used in recent years has been from the Tapestry of Faith program. The focus of this program is to provide experiences; and content is secondary to that. One of the “threads” of this tapestry is to provide experiences that nurture Unitarian Universalist identity. In the classes, the children and adults talk about what it means to be a UU and how our Principles and Sources guide us. The SRC has been sweeping youth into experiences like working in NJ to help those affected by Hurricane Sandy and attending the Climate Rally in DC recently. The SRC is also sponsoring Souper Sunday, a social justice project for people of all ages. We at FUUSA certainly love the celebrations of our community. And there are other suggestions from Full Circle that the RE program strives to fulfill like supporting families and RE volunteers.

Of course, there are ways that we can continue to improve what we do to encourage our children and youth to choose Unitarian Universalism as their faith. We all can consider and talk about how Unitarian Universalism informs us in our faith development and our service to others. And we can remember to say the names of both of our traditions when we talk among ourselves and in the larger community. We are *Unitarian Universalists*.

—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

You're invited

to FUUSA's Annual

Fellowship Dinner

Friday, April 5, 2013
at Franklin Terrace
126 Campbell Avenue, Troy NY

6:00 p.m.

Cocktails and hors d'oeuvres (cash bar):

7:00 p.m.

Dinner

And then...

Entertainment as can be provided only by the FUUSA Players

Followed by ... Dancing to the smooth rhythms of Matt Edwards and Buck2Fifty

Choice of Entree:

- ☞ Sliced Roast Beef
- ☞ Medallions of Chicken Francaise
- ☞ Salmon en Crouete
- ☞ Eggplant Rollatini

\$30.00 per person

RSVP with payment by March 31, 2012

Persons needing transportation may call the church office at 463-7135.

Send your RSVP to the FUUSA office!

(Call the office at 463-7135 if you don't get the invitation in the mail the week of March 4.)

FREE childcare at Franklin Terrace, coordinated by FUUSA parent Cari-Angela Abatemarco. This will enable parents of young children to enjoy the fellowship and the dinner, while knowing that their children are nearby. RSVP for childcare on the reverse of your dinner RSVP.

John and Barbara Metz

“Sonatas, Suites, and a Little Sin(fonia)”

Sunday, March 10, 2013, 3:00 p.m.



**Unexpected Treats – Fresh Masterpieces for Harpsichord
and Baroque Cello**

\$12.00 Adults/\$8.00 Students

**First Unitarian Universalist Society of Albany
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405 Washington Avenue, Albany, NY**

*".. for sheer musical excellence, his duets with his wife surpass anything I had
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(Bisbee Arizona Herald/Review)

"Metz is devoted to the music and his performances sound fluent and eloquent."

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(American Record Guide, 1992)

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