

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](mailto:administrator@fuusalbany.org).

# WINDOWS

Newsletter of the First Unitarian Universalist Society of Albany

April 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

**Apr. 7 This I Believe**

As Unitarian Universalists, we honor the voices of members of our congregation in their individual search for truth and meaning. This service provides an opportunity to hear the personal reflections on life from FUUSAns Margie Eddy, Rudi Johnson, and Bob Zima. Music: Matt Edwards (piano)

**Apr. 14 Accepting the Green Challenge, The Rev. Sam Trumbore**

Anyone paying even a little bit of attention to the state of our planet will either be alarmed or in denial. The more you know, the more distressed you're likely to be. So why isn't there a bigger response? What might stimulate one? Music: Britany Orlebeke (violin) and Chris Bystroff (viola)

**Apr. 21 We Love Beyond Belief, The Rev. Dr. Thandeka**

"Love beyond belief" is courageous ministry. Discover how our faith as Unitarian Universalists gives us the fortitude, stamina, and spiritual grounding to practice what we preach. Music: Choir with special guests

**Apr. 28 Living Authentically, The Rev. Sam Trumbore**

How easy to "Just go with the flow." "Go along to get along." "Don't rock the boat, don't make waves." Practical? Yes. Safe? Probably. Authentic? Quite likely not. Music: Matt Edwards (piano)



# 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 April

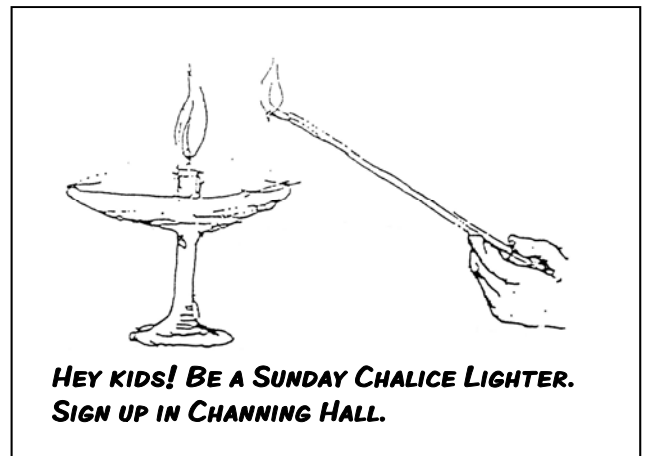
Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8
Wednesdays	10:00 AM	Projects & Quilts	B-8
	7:00 PM	Choir Rehearsal	Emerson

Exceptions:

## All other events happening in April

- 2-Apr Tuesday**
  - 6:30 PM Finance Committee..... B-7
  - 7:00 PM Wellspring Meeting ..... B-8
- 3-Apr Wednesday**
  - 2:00 PM SGM Patka/Manning..... B-8
- 4-Apr Thursday**
  - 7:00 PM Sherman Small Group Ministry..... B-7
- 5-Apr Friday**
  - 6:00 PM Annual Dinner ..... Franklin Terrace
- 7-Apr Sunday**
  - 11:00 AM New Member Recognition ..... Emerson Alcove
  - 11:45 AM Congregational Conversation on Bylaws..... 26
  - 12:00 PM Stewardship Gathering Emerson Alcove, 24/25, B-2, B-3/B-4, B-7
  - 12:30 PM Rite of Passage Meeting..... B-8
- 8-Apr Monday**
  - 10:00 AM SGM Patrick..... B-5
  - 3:00 PM Overflow Shelter Meal Prep..... Kitchen
  - 5:15 PM Membership Meeting ..... B-8
  - 6:30 PM SGM- English..... Joy Library
- 9-Apr Tuesday**
  - 6:00 PM Wellspring Meeting ..... B-8
  - 7:00 PM UU Christians..... B-7
- 11-Apr Thursday**
  - 7:00 PM PCC Meeting ..... B-8
- 12-Apr Friday**
  - 8:30 AM Rite of Passage Trip to Boston ..... Offsite
  - 6:00 PM Parenthood Potluck . Channing Hall, 24/25, 26
- 13-Apr Saturday**
  - 8:30 AM Rite of Passage Trip to Boston ..... Offsite
  - 2:00 PM Memorial Service for Hughes Gemmill Sanctuary
- 14-Apr Sunday**
  - 8:30 AM Rite of Passage Trip to Boston ..... Offsite
  - 11:45 AM Congregational Conversation on Bylaws..... 26
  - 11:45 AM Forum ..... Emerson
  - 5:30 PM Walker Book Club ..... Channing Hall
- 16-Apr Tuesday**
  - 6:00 PM Wellspring Meeting ..... B-8
- 17-Apr Wednesday**
  - 2:00 PM SGM Patka/Manning..... B-8

- 18-Apr Thursday**
  - 7:00 PM Board of Trustees Meeting..... B-8
  - 7:00 PM Sherman Small Group Ministry ..... B-7
- 19-Apr Friday**
  - 7:00 PM Green Sanctuary Movie..... Emerson
- 20-Apr Saturday**
  - 8:30 AM Getting to Know UU..... B-7, B-8
- 21-Apr Sunday**
  - 11:45 AM Carning Network..... B-5
  - 11:45 AM Green Sanctuary ..... B-8
- 22-Apr Monday**
  - 10:00 AM SGM Patrick ..... B-5
  - 6:30 PM SGM- English ..... Joy Library
- 26-Apr Friday**
  - 8:00 AM SLD District Assembly..... Offsite
- 27-Apr Saturday**
  - 12:00 AM SLD District Assembly..... Offsite
- 28-Apr Sunday**
  - 11:45 AM SRC Meeting..... B-7
- 30-Apr Tuesday**
  - 7:00 PM Evensong Service ..... Emerson



**Looking Ahead**  
 May 19 Annual Meeting  
 Jun 2 CRUUNY joint service at Round Lake

## News

### Quiet Conversation Corner

In order to offer an option to our usual Coffee Hour hubbub a noble experiment has just been started. Designed for persons who don't appreciate the high decibel level in Channing and/or are uncomfortable standing in a crowd, the tentatively named "Quiet Conversation Corner" takes place at the back of Emerson Hall. Chairs and tables are available for persons wishing to sit and talk along with coffee or tea. There will be crackers/cookies instead of bagels. Everyone is welcome to the "QCC", although children will need to be accompanied by an adult and standing will be discouraged. This option is supported by Channing Circle, the Religious Services Committee and the Program Coordinating Council. Comments and suggestions will be most welcome as this approach to congregational connections evolves.—Mark Yolles

### Still time to sign up: second Sandy relief trip

We are working with Rev. Susan Karlson, Minister of the Unitarian Church of Staten Island to coordinate our second Sandy Relief Trip. (see article in the Spring UU World) The trip will be on April 12, 13, and 14. We will carpool to Staten Island. Here is part of Susan's latest email to me:

"I talked to two site coordinators today about your group coming April 12-14th. We definitely will have service work for your group of 36 to do. So glad you are coming! blessings aplenty, Susan"

Please let me know as soon as possible if you would like to go on the trip. I have commitments from eight volunteers but we need many more. Contact me at xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx—Chuck Manning

### FUUSA Annual Meeting, Sunday, May 19

All members and friends are encouraged to attend this very important meeting. After all, the decisions to be made will impact our wonderful Society going forward!!! But, it's even better to be able to vote on the issues which come before the Society: for example, our budget for the coming year and the election of new leaders. What does it take to be able to vote - first of all you need to be an active member. Just what is an "active member" you may be wondering? The criteria are simple: to be a

member you must indicate your agreement with the purpose of this Society by "signing the book" at least 30 days before the annual meeting - that means you have until April 19 to do so; also, "active" means participation - making a financial pledge and becoming involved. Of course, even if you are an active member you may have a conflict on May 19, and for this reason we have an absentee ballot process. 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.

To help you identify candidates for office, watch for a Candidate Photo Board in Channing Hall along with biography handouts. May 5 and 12 will also be Candidate Sundays, when special buttons will be worn to help you identify members running for elected office.

If you have any questions regarding this process, members of the Nominating Committee would be happy to talk with you. Committee members are: Meredith Andrews, Debbie Brown, Dawn Dana, Dave Metz, Paula Moskowitz, and Linda Way.

### Evensong

**A celebration of faith through music  
Tuesday, April 30 at 7 p.m.**

Please join us again if you've been attending Evensong, or come for a new and hopefully joyful experience of reflection and musical expression. Please also make a note that May 28 will be the last Evensong service in this series. Any feedback about the services would be appreciated, or interest in being involved with organizing and producing these services after May. Contact Reverend Sam or Sue Stierer, who is currently acting as Coordinator.

### Conversations on proposed bylaws changes

At its March 21 meeting, the Board of Trustees approved a set of bylaws changes to be voted on at

our annual congregational meeting in May. These changes are intended to make the bylaws easier to read; to cover important topics not previously addressed, such as conflicts of interest; and to make other changes that clarify or update the bylaws.

To learn more about these changes and to share your comments, the Bylaws Committee invites you to a congregational conversation, to be held on Sunday, April 7 and again on Sunday, April 14 at 11:45 AM. In addition, the proposed bylaws changes will be discussed at the Program Coordinating Council meeting on Thursday, April 11.

Members of the Bylaws Committee are Bob Franklin, Karen Kaufmann, Kevin Purcell (chair), and Peggy Sherman.

### FUUSA gardens--waking up???

I know it is still chilly outside and frost often visits us at night, but I am thinking of spring and playing in the garden. If you are like me, you can't wait to get outside and play in the dirt. The Gardening Committee, affectionately known as the "dirty fingernail" group, is responsible for the "continuation of bloom" in the gardens surrounding our buildings: Heron, Peace Pole, Memorial, and West Street. Of course, our first spring task is to clean up the gardens and get rid of winter debris so the plants can thrive. Clean up day, in past years, has ranged anywhere from May 2 - May 16, depending on how early it warms up. With enough volunteers this task can be completed in just a couple of hours. If you would like to help with this "one shot" task, please let me know (xxxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxx) and I will notify you when we are ready to select a date. If you participated in the past, or signed up to help at Get Connected Sunday, then I probably already have your email address and you will be hearing from me : )

During the summer months we try to schedule two volunteers a week to spend an hour or two tidying up and deadheading our many plants. You will be able to sign up for summer garden maintenance via "Volunteer Spot" on the FUUSA home page ([www.albanyuu.org](http://www.albanyuu.org)). No volunteer commitment is too small! --Paula Moskowitz

### A hanging in Emerson

Almost from the dedication of Emerson Community Hall there have been discussions concerning the

possibility and advisability of having one or more hangings in the center above the stage. Some said that the space needs a focal point. Others wanted more color. Still others thought that the space was exactly right just as it was designed and built. The Art and Aesthetics Committee put up a trial hanging for a couple of weeks to see what the reaction might be. They also thought about commissioning a tapestry to be made fashioned after one of Dan Sekellick's paintings but there were no funds available.

A long-term compromise solution that was envisioned included acquiring a number of hangings over time and using them in rotation, where one of the options in the rotation would be no hanging at all. This would include developing a means of raising and lowering hangings easily, perhaps using the same technology that operates the shades on the corner beacon window and the two high windows above the stage. Our own Ps & Qs started making a hanging some time ago as their contribution to the project.

The hanging that has recently been installed in Emerson came to FUUSA as a gift from Dave Metz's brother John and his wife Barbara who have presented several concerts in Emerson over the past four years. The hanging is wool and was made by Barbara's mother, Louise Piranian. Louise dyed the yarn and wove the hanging by hand. Barb's father, George, a well-known mathematician, contributed by calculating how much yarn of each color would be needed to weave the intended design. It hung in the Piranian house in Michigan for perhaps twenty years. When the family downsized following George's death, there was no space suitable for the hanging, so it went to Barbara. John and Barbara offered it to their UU church in New London, CT, but they did not have a suitable space either. They immediately thought of Emerson, in particular the south wall above the stage. This is a permanent gift to FUUSA from them.

### Hughes Gemmill memorial service

The family of Hughes Gemmill invites friends to attend his memorial service on Saturday, April 13 at 2 PM and to meet Hughes and Eva's three generations of progeny at the reception to follow in Channing Hall.

### FUUSA 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 ended 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.

### UUSC holidays results:

**Guest at Your Table**—Twelve of us donated \$725.50 to the Unitarian Universalist Service Committee's 2012 Guest at Your Table. Thank you to all who contributed, and also to those of you who contributed directly to the UUS and whose donations are not included in this tally.

**Holiday cards**— We purchased \$360 worth of holiday cards in the 2012. Thank you.

Thank you to all who contributed, particularly those who contributed at the \$100 or more level, which were matched by the Veatch Program of the Shelter Rock Unitarian Universalist Congregation.

-Don Odell, FUUSA UUSC local representative

### Newcomer orientation

**Saturday, April 20, 8:45 a.m. to noon.**

We invite you to meet with others who are new to the congregation at our next "Getting to Know UU" session.

Learn about Unitarian Universalism and our congregation, and ask all the questions you've been collecting. It's a fun morning of conversation and fellowship, coffee and snacks.

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

### St. Lawrence District Annual Assembly April 26-27, in Niagara Falls, NY

Interested in going and being a delegate? Please let FUUSA President Chuck Manning (439-4226, chuckmanning@hotmail.com) or Denominational Affairs

Chair Don Odell (482-4574, drodell31@yahoo.com) know as soon as possible. Go to the St. Lawrence District web site to register: <http://www.sld.uua.org/conggrowth/districtassembly.html>.

### UUA General Assembly

**June 19-23, in Louisville, KY**

Interested in going and being a delegate? Please let FUUSA President Chuck Manning (xxxxxxxxxxxxxxxxxxxx) or Denominational Affairs Chair Don Odell (xxxxxxxxxxxx) know as soon as possible. Go to the UUA web site to for details and to register: <http://www.uua.org/ga/index.shtml>. The Board will do its best to make sure that anyone who wants to go will get to go.

### Eau de Toilette

For some time there have been complaints from members and renters alike that there was an odious odor in the basement of Emerson. The source of this has finally been found and, we think, fixed. It turns out that the toilet in the handicap stall of the Ladies Room in the basement had somehow been shifted from its original position. This caused a breach of the wax seal that is designed to prevent spillage and/or back drafts of sewer gas. How that happened is a mystery since these things are generally designed not to move. To make a long story short, the toilet was removed recently and the wax seal replaced. So far, so good. If anyone notices such a malodor, please notify me or the staff. Thanks. Dave Metz xxxxxxxxxx.

### Fight hunger in our community

The CROP in CROP Hunger Walk stands for "Communities Responding to Overcome Poverty." Will you join our community in raising funds to alleviate hunger at home and around the world? Come together with your fellow FUUSAns and hundreds of your Capital Region neighbors in the CROP Hunger Walk on Sunday, May 5. We're also looking for people to work on registration on Walk Day, so there's a way to help even if you don't want to walk. See Dawn Dana at coffee hours starting on April 7 to sign up to walk, help, or pledge your support.

### Rite of Passage Service, Sunday, May 12

Yes, it's Mother's Day, but I hope you'll make attending the Sunday service part of your day. The Rite of Passage program is offered to 9<sup>th</sup> and 10<sup>th</sup> graders.

This program helps youth to explore their own beliefs and values and to understand what it means to embrace Unitarian Universalism as an adult. "RoP" is separate from the Youth Group program and youth and mentors must apply to participate. The youth and mentors meet regularly through the year and attend monthly meetings with Rev. Sam and me. The youth/mentor pairs also participate in a service project together. In April the group takes a trip to Boston to visit UU offices and historical sites.

The service is a celebration of the program and gives the congregation an opportunity to learn what these youth value and where they are on their Unitarian Universalist path. Afterwards, you could have lunch at one of the many restaurants in our neighborhood and also go to the Tulip Festival in Washington Park. [http://www.albanyevents.org/events/event\\_detail.cfm?ID=2](http://www.albanyevents.org/events/event_detail.cfm?ID=2)—Leah Purcell

## Lifespan Learning

Joy Library notes

**The Better Angels of Our Nature: Why Violence Has Declined by Steven Pinker. Viking. 2012**

ON ORDER to be cataloged at [ 302 PIN] Expected by March 31, 2013.

*"...The perception that humane values seem in some sense favored by the universe is not just the fruit of occult awareness, gained by studying the entrails of birds or the rolling of bones. The moral arc, its bend toward justice, is conclusion hard to deny precisely because of the exhaustive evidence Pinker*

*himself has amassed.*

*"The late Rev. Dr. Forrest Church taught that "God is not God's name... God is our name for that which is greater than all." Pinker looks deeply into a great deal of that which is greater than all. He can be said to have looked into the nature of God, or better, "God." Whether one is an ethical skeptic or one for whom the grain of the universe runs congruent with humane values or someone somewhere in between, what Pinker sees there is both consoling and inspiring. The Better Angels of Our Nature deserves widespread attention." Rev. Dr. John H. Weston, UU World Spring, 2013. 53-54.*

## Our Community

Parent Group

FUUSA Parent Group will meet on Friday, April 12 at FUUSA. We begin at 6PM with a potluck dinner, please bring a dish to pass and a beverage. From 7 to 8:30PM is our parent discussion, which will be an open forum of topics suggested by parents. Child-care is provided. Please contact Paula Brewer (xxxxxxx) for more information.

CommUnity Potluck

Please join the **Guilderland Plus** potluck dinner group at Linda Hunt's and Larry Gambino's home, on **Friday, April 26**, at 6 p.m. Their home is at 34 Governor Circle, Albany, NY 12208. Please call at xxxxxxxxxx to make reservation, directions, and to talk about the potluck dish to bring.

Circle Dinner on Saturday, May 4

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.

This is the last Circle Dinner of the church year, but we have scheduled six dinners for next year, beginning on October 12.

If you would like to attend, you can complete the sign-up form in Channing Hall or email Martha at xxxxxxxx. 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, April 21.

About Us

On Sunday, April 21, at 2 PM, at the Colonie Library, FUUSA member **Richard Maturro** will be reading from *Janey*, the central novel in his Tri-City Trilogy. Reception and book signing to follow. For more information: [www.richardmaturro.com](http://www.richardmaturro.com).

### Channing Circle meets Monday, April 15 at noon

Channing Circle is a brown bag lunch group that meets the third Monday of each month. Membership is open ended. New participants are always welcome!!

After lunch (with settings, coffee, tea or cocoa supplied and with dessert provided by one or more volunteers) there usually is a discussion or program. In April we may try out a new way to get to know each other--with an Edward R. Murrow type of interview of one or more member(s) by volunteer interviewers from the group. Check the Windows Preview the week before for final details. Save the date--4/15--if not already circled on your calendar!

### Calendar changes

Two events which were on the Major Events planning calendar for this year will not be taking place. The spring **Rummage Sale** has been cancelled due to a dearth of volunteers. And the **Plant Sale** scheduled for the first weekend in June has been cancelled as many of the volunteers who work on the plant sale also work on the joint CRUUNY service which is planned for the same weekend.

### What are you doing October 18 – 20?

#### Going to UU Weekend at Silver Bay of course!

Planning is well underway to ensure that our 20th Annual opportunity to gather in friendship and community at the Silver Bay resort on beautiful Lake George is our best ever. For example, storytellers are encouraged to participate in sharing narratives around the bonfire on Friday and Saturday evenings; Rev David Weissbard will lead the service on Sunday morning; and, Professor Sheldon Solomon of Skidmore College will present the Jeanne Blank lecture. Professor Solomon is widely respected for his publications and ongoing studies of the functions of self-esteem and the effects of the uniquely human awareness of death on thoughts, feelings, and behavior.



In celebration of our 20th year, a 20% discount on the cost of the weekend is available to all those who sign up by June 9. In addition, newcomers to UU Weekend are eligible for an additional 10% discount!

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](mailto: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.

Signups for the weekend begin Sunday, March 31--before and after the service. Registration forms and general information about the resort and the weekend are also available on the FUUSA web site, on the Home Page, under "Upcoming FUUSA Events" ([www.albanyuu.org](http://www.albanyuu.org)). **Join us for Silver Bay 20/20!**- UU Weekend Committee

### Walker Book Club

Join the Walker Book Club for the next book discussion on **Sunday, April 14, 2013**. We gather in Channing Hall at 5:30 PM.

This informal group offers participants the opportunity to search for UU truth and meaning by reading and discussing a wide-range of fiction and nonfiction books. 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. 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 April 14 we will discuss In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin, by Erik Larson.

On May 12 we will discuss Cry, the Beloved Country, by South African author Alan Paton. This classic, written in 1948, is a social protest against the structures of the society that passed and institutionalized apartheid later the same year the book was pub-

lished.

Contact Linda Hunt at [lshunt@nycap.rr.com](mailto:lshunt@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**\_\_\_\_\_



***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 Green Sanctuary Committee celebrated this month, with the rest of FUUSA, the installation of the 28kW solar array on the roof of the building. Thanks to Steve A, David M, Chuck M and all of the people who did so much research and attended so many meetings to make this happen. This month GSC sponsored a forum on Native Plants by our own Sigrin N. In next month's forum, April 21, Steve and David will tell the whole story of the solar installation.

There will be lots of activities around Earth Day this year, starting with a movie "No Impact Man" that will screen Friday, April 19 at 7:30 PM in Emerson Hall. On Saturday, April 20, some of us will be starting an urban garden with the West Hill Improvement Corp. Sign up to help. If you are a cyclist, join us on Monday, April 22, Earth Day at 12 noon in Lafayette Park for a Earth Day Bike Parade. The GSC always welcomes new members. Contact Chris (xxxxxxx) for more information.

### Teens reflect on attending DC climate rally

Three of our youth – Johanna xxxxxxx, Anita xxxxxxx and Ava xxxxxx – were sponsored by SRC to attend the largest climate rally in US history on Feb. 17 in Washington, DC. As reported in last month's *Windows*, it was an epic day, including attending service at All Souls Unitarian with dozens of other visiting UUs and later joining with 40,000 other demonstrators *against* the Keystone pipeline and *for* constructive action on climate change. Last month we published Johanna's inspired message to SRC and here are the reflections of our other youth attendees:

I felt that I really was helping to do a part in being against the KXL pipeline when I was at the rally. Being there made me feel like my voice could be heard because yes, I'm just one individual, but many individuals equal huge numbers. Being a part of 40,000 people all wanting their voices to be heard really inspired me. When the general population wants to be heard, they are indeed heard by im-

portant figures like the president and his representatives. I felt that, when we were in such a close distance to the White House, that we were really making a difference, because people can't ignore a large group of people coming so close to such an important building in the U.S. Although I am only one voice, many voices equals a big outcome. No matter the President's final verdict on the pipeline, I know that we, as a people, have been heard.--Anita xxxxxxx

I am very happy that the SRC gave me the opportunity to go to the climate rally. It means a lot to me that I was able to gain the experience, as it taught me some life valuable lessons. It showed me how much people care, and how people care so much that they will organize something like the Climate rally. It also was such a privilege to see so many people, who did not know each other, work together, and share their one thing in common; their decision against the Keystone pipe line. It also felt very empowering to rally, and show my opinion, which might not have been heard without all the help from the other people at the rally.

Thank you so much, --Ava xxxxxxx

### Green Sanctuary to show "No Impact Man" Friday, April 19 at 7:30PM

Kick off your Earth Day Weekend with a 2009 Sundance award winning movie at FUUSA. No Impact Man is a documentary about a family that forgoes any activity which will affect the environment. They even give up electricity. This movie is a playful, engaging look at their challenges and relationships during the year in which they experimented with this lifestyle. A thoughtful and entertaining way to start your Earth Day weekend.

### Let's keep Souper Sunday going!

Involved in a committee or council? Want to make a difference for others? Then please consider signing up for a "Souper Sunday" rotation! The last Sunday of the month has always been FOCUS Sunday for

plate collection during the service. As you have probably noticed, our congregation has recently started making soup bags for the pantry as well. We are hoping to do this throughout all but the summer months....so, we need your help!! There are easy-to-follow directions as well the recipe for the pantry guests to follow. It's fun, intergenerational and easy to do....Please contact Renee Panetta or Patty Burch to get onto the "Souper Sunday" calendar!

This can be our time. Join us!

**Interfaith Impact of New York State** needs you to participate in its **Legislative Education & Advocacy Day on Monday, April 29**, 10 AM-3 PM in the Room 211 of the Legislative Office Building. We will be focusing on Women's Equality Act, Campaign Finance Reform, and Transgender Rights. FUUSA has a history of being a member of IINYS, and sup-

porting it.

With the NYS Senate controlled by a coalition of Republicans and Independent Democrats, and Governor Cuomo solidly behind our major issues, our unique progressive religious voice counts more than ever. We can help move legislation this session! Register now to be part of history in the making on Monday, April 29th.

Now is the time! Make your progressive religious voice heard. Registration is free. Flyer and registration forms are available on the FUUSA SRC bulletin board, and will be available at the SRC table on Sunday mornings. Also the registration form is found on the Interfaith Impact of New York State web site: <http://www.interfaithimpactnys.org> under What's New. For further information, please contact Don Odell (xxxxxxxx) or Robb Smith (xxxxxxxxxxxxxxxxxxxx).

## Columns

### Sam's Outlook

#### A microaggression observed

I probably wouldn't have noticed the "microaggression" if I hadn't just attended the Unitarian Universalist Allies for Racial Equity Annual Meeting in Rockford, Illinois and just had the third session of Mark Hicks "Beloved Conversations" facilitator's training Monday evening on "microaggressions." A Microaggression is an act or communication to someone, particularly someone who is part of a marginalized group, that they experience as a slight, insult, invalidation or indignity. That everyday, marginalizing communication acts to express prejudice, bias and discrimination.

Derald Wing Sue writes in the book *Microaggressions in Everyday Life*:

The power of microaggressions lies in their invisibility to the perpetrator, who is unaware that he or she has engaged in a behavior that threatens and demeans the recipient of such a communication...the greatest harm to people of color, women and LGBTs does not come from [overt] perpetrators. It is not the White supremacists, the Ku Klux Klan members or Skinheads, ... but instead well-intentioned people, who are strongly

motivated by egalitarian values, believe in their own morality, and experience themselves as fair-minded and decent people who would never consciously discriminate.

That description ... would be me in this particular situation. I was organizing a meeting, looking for a time when several people could meet. Many of us lead very busy lives with lots of commitments. Trying to find a time to meet can be very unpleasant because of this, with lots of emails back and forth. I finally got just about everyone together on one date and time. One more person to go. This person was someone I hadn't yet reached out to in the date setting process. My intention had been to call and ask if this date would work. That isn't what came out of my mouth. Wanting agreement to the date, I said, "We've set this time and date for the meeting, can you come?" I encountered resistance to the date and time as it was short notice. Rather than asking for a better date and time, I said, "Well, could you come for some of the meeting? Or if you can't come, can I relay what you would have said if you were there?"

This didn't seem like a big deal ... until I reflected on the unspoken, unintended message I was sending. By saying we'd already set the meeting date, I'd marginalized the participation of this person. I further marginalized the individual by minimizing partic-

ipation, almost saying, “It isn't important whether you attend or not.” That wasn't the intentional message I wanted to send. It was the unintended, invisible (to me) message I was sending. I felt it at the time because I heard hesitancy and resistance in the response. I didn't pay attention to those feelings, however, and got a reluctant agreement to attend.

And, the person in question is a person of color.

The next morning, it hit me. What I had done? As I sat quietly in meditation, I realized I'd been a perpetrator of a microaggression. Immediately I felt shame and guilt. Here I am striving to be an ally for people of color. I felt remorse for my behavior and regret for shifting my discomfort onto another person's shoulders.

Then I reflected on the experience of the person who has been the target of a microaggression. She (or he) has already experienced unpleasant feelings. She may be conflicted about having those feelings toward her minister even though normally having positive and appreciative feelings. Most importantly for me in this moment of self-judgment, she may be very relieved and open to be approached by me to resolve this situation, receive my apology, make my conscious intentions clear, and make amends.

We all are carriers of toxic relationship patterns that get acted out usually when we are under stress and not operating out of our best selves. When we see those behaviors, part of the shame and guilt come from identifying with those patterns as “mine.” The path to freedom is to dis-identify with the pattern and renounce it. A great way to do that is to recognize it clearly, apologize for it, assert one's positive values that were transgressed and work to undo any harm it has caused. In this situation, I don't want to be disrespectful to anyone, nor do I want to manipulate others to fit into my agenda.

Microaggressions are just that, little. But add them up on a daily basis and they turn into a very big deal. My hope is that if we make a conscious commitment to make a habit of addressing them as we become aware of them, they will be much less of a big deal. Think of addressing them as a way of practicing kindness toward each other. We may not be able to eliminate all of them, but by making a

habit of addressing them, they will lose their power. It can be one micro way to take one more burden of oppression away from those who have been historically marginalized.

## Chuck's Chat

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### Stuff and Time

I am sitting in a house that is no longer a home thinking about the inter-dependent web of life. Barb and I have nearly finished cleaning out her parents' house. We had a “moving” sale yesterday. A bunch of stuff was sold. Once we take out the trash, there will be nothing here that is left of their life. Except the house which they built together from 1954 to 1956.

As we were cleaning out their home, we found stuff that they had forgotten about. It was like a historic review of Jim and Dot's life together. We found letters that they had written to each other in the 1940's. He had gone into the Air Force at 18, right after graduating from high school in 1944. Jim went to navigator school and flew on B-17s. By the time he got to England, the war in Europe was over. After a few flights over France, he came home. She took the train and visited him in North Dakota. Soon they got married in Binghamton. Then they spent 10 days in a hotel in Atlantic City, courtesy of the US Government. Jim was re-assigned to Houston, TX. In 1945 he was discharged. They started out on a drive to Binghamton, in a 1936 Chevrolet, with bad tires. No job was waiting, Dot was pregnant (with Barb), and they got a flat tire the second day out. Luckily, Jim was wearing his uniform and they found a generous mechanic at a garage who gave them four new tires. They moved in with Jim's parents.

Jim got a job at Universal Instruments in Binghamton. We found a 16" X 20" picture of the shop floor with him standing at a punch press. He worked there for 40 years moving from the factory floor to an office job.

The blue prints for the house were on a shelf in the closet. The paper was brittle -- Residence Plan #1139 from the Home Building Plan Service in Portland, OR. Building the house became a high priority after Barb's sister was born. With help from friends and family, construction began, but it was not going fast enough. In 1955 the family of four moved into a small camping trailer on the property. Heat was pro-

vided by a kerosene heater and they had an out-house. After a winter in the trailer, they moved into their partially completed home in 1956. Jim put down a section of wood floor in the living room so they could have a Christmas Tree for their first Christmas in their new home. We found some decorations in a box from that first tree.

Once they were in the house, the hard times were over. Dot started working at Prudential and they entered the Middle Class. We sorted through old photos that started in black and white, progressed through Polaroid and finally were in color. Barb's third sister was born and the family took trips to Long Island each summer to visit cousins on Long Island. The kids grew up, left home, went to college, got married and had kids.

Jim and Dot started trailer camping and toured the United States – lots of pictures with camping groups having a good time in beautiful places. Those camping experiences were a big part of their later lives together. There were more pictures from their 2 to 3 month stays in a “park” model trailer in Florida. They told us many of their camping and Florida stories, but we did not save the pictures.

Right after Thanksgiving last year, Barb, her sisters and I helped them move into a new apartment in Vestal. At the “moving sale”, we sold a lot of stuff, but none of it defined who they are. We tried to take as much of the “meaningful” stuff as we could comfortably fit into their new place. Family pictures are on the wall, the 1940's letters are in a box in the closet, and they have their same bedroom furniture. The apartment is still not home, but we hope it can be sometime. Without their love, their struggles, and their successes, Barb and I would not be here together. That's one way of looking at the interdependent web of life. —Chuck

## Religious Exploration

### Opportunities for Senior High Youth this spring and summer and why it matters to you

Seven of our youth recently attended the District “Con” at the Schenectady congregation. That was the highest number of youth attending an event outside FUUSA in several years. Cons are weekend events hosted by youth groups at their church build-

ings for youth and include workshops, worship and activities for UU youth from all over upstate NY to get to know each other. There were about 75 people at the Schenectady con. I've heard from the Schenectady advisors that our youth are starting to get to know other youth. And there is a particular bond forming between the youth groups of the Albany and Schenectady congregations.

Participating in UU sponsored events beyond FUUSA can be a powerful and wonderful experience for youth to strengthen their religious identity. Most of us at FUUSA found Unitarian Universalism as adults and so we are here by our own choice. Youth were born into or brought to our congregation. For them, experiencing the wider UU world is their avenue to build up their knowledge of and commitment to Unitarian Universalism.

Our Rite of Passage program (which we offer to 9<sup>th</sup> and 10<sup>th</sup> grade students) offers the participants a glimpse of the wider UU world when we take our trip to Boston. They learn more about how Unitarians and Unitarian Universalists are a part of US history. And they experience how Unitarian Universalists impact the nation and the world when we visit the offices of the UUSC and the UUA. But one of the most exciting things for the youth is meeting other groups of UU youths who are visiting Boston at the same time.

I am working on communicating with parents about upcoming opportunities for youth from our District, our Region and our Unitarian Universalist Association. But I think it's important for the entire congregation to be aware of these events, because other adults might be able to lend support. For example, the youth are invited to District Assembly this month and they might need rides from FUUSAns who are planning to attend. The same is true for adults attending UULTI - the Goldmine program for youth will be held at the same time and place. And the Board has already identified funds in our budget to help offset travel costs for youth and their chaperones attending GA.

Below are upcoming events and their links. Yes, I know it's a lot. But take a look and if you're interested, but don't know where to start, connect with me. I can help you find a good fit.

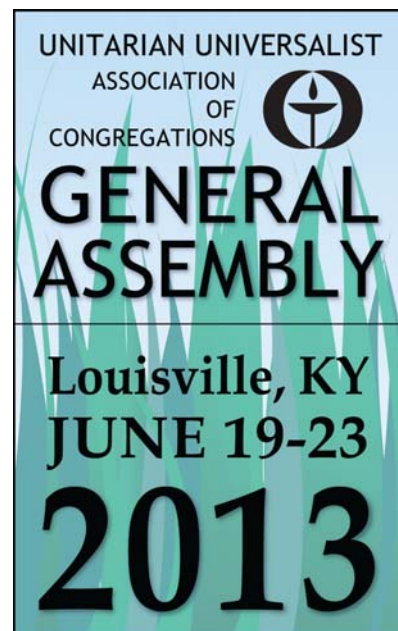
In joy and service,

Leah

- ◆ We already have some youth working on attending the **UU United Nations Office Intergenerational Spring Seminar** April 2 – 4 on Sex, Love, and Violence: Sexual Orientation and Gender Identity in a Globalized World <http://salsa.democracyinaction.org/o/1272/images/Spring%20Seminar%202013%20as%20of%201-7-13.pdf>
- ◆ The **next con** is April 12-14 in Syracuse. <http://www.sld.uua.org/REpages/UUnicon0413.pdf>  
To keep track of upcoming Cons you can check the YAC calendar page: <http://www.sld-yruu.org/calendar.html>
- ◆ Also April 12 – 14 is the second **Sandy relief trip**. We are working with Rev. Susan Karlson, Minister of the Unitarian Church of Staten Island to coordinate our second Sandy Relief Trip. We will carpool to Staten Island. Youth went on the first trip and were deeply impressed Please let Chuck Manning know as soon as possible if you would like to go xxxxxxxxxxxxxxxxxxxx.
- ◆ **District Assembly** in Niagara Falls, NY - April 26-27, 2013 Early bird registration for youth closes March 29. Youth **MUST** be registered by April 15 if you want to stay overnight at the Niagara Falls church. All youth must have a sponsor. <http://www.sld.uua.org/conggrowth/districtassembly.html>
- ◆ Application Forms are available for those seeking to attend **General Assembly** as delegates, youth, and/or youth sponsors (chaperones) from FUUSA. Please submit your completed form to the church office by March 22, 2013. [http://albanyuu.org/wp/pdf/application\\_form\\_FUUSAs\\_2013\\_GA\\_participation.pdf](http://albanyuu.org/wp/pdf/application_form_FUUSAs_2013_GA_participation.pdf)  
The Unitarian Universalist Association (UUA) Office of Youth and Young Adult Ministries has created new funding opportunities and processes to make it easier and more economically accessible than ever for youth and young adults at attend General Assembly (GA) 2013 in Louisville, KY. <http://www.uua.org/re/youth/events/gacaucus/56024.shtml>
- ◆ **Goldmine Youth Leadership School** <http://www.youtube.com/watch?v=mfhE-upLD9Q&feature=youtu.be> July 31-August 4 in

Canandaigua (the same time and place as UULTI for adults) [www.cerguua.org/programs/goldmine](http://www.cerguua.org/programs/goldmine)

- ◆ Building on the success of their summer 2012 youth training. **National Youth Justice Training** is a transformative three-week experience for high-school-aged youth, sponsored by the UU College of Social Justice. It will be held in Boston, Mass., June 30–July 21, 2013. The program will include interactive social justice education and real-world internships, grounded in Unitarian Universalist values and practices. Apply online. They are accepting applications now through April 15. <http://uucsj.org/programs/youth-justice-training/>
- ◆ This summer, the **UU College of Social Justice**, a partnership between the UUA and the UU Service Committee, is excited to offer **THREE** opportunities for youth of high school age to get involved in justice work grounded in Unitarian Universalist values and practices. <http://www.uucsj.org/youth-programs-for-summer-2013>



## Contact Us

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email: [board@albanyuu.org](mailto:board@albanyuu.org)

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## Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

## First Unitarian Universalist Society of Albany

**Phone:** 518.463.7135

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

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

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

### Office hours

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

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

### Website

[www.albanyuu.org](http://www.albanyuu.org)

### Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or [administrator@albanyuu.org](mailto: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](mailto: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](mailto:kaneandlekakis@gmail.com))

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[Windows@albanyuu.org](mailto:Windows@albanyuu.org) or to the church office.

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*Order of Service:* 9:00 a.m. Thursdays

*Windows:* 9:00 a.m. 3rd Friday of the month

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