

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

June 2 "Love Beyond Belief" service at Round Lake, 10:30 a.m.

****No service at FUUSA today.****

Come join UUs from all four local congregations at the Round Lake Auditorium for a celebration of Unitarian Universalism (*details on page 3 and directions in a flyer at the end of this newsletter.*)

June 9 "The Rhythm of Life," Leah Purcell and Rev. Sam Trumbore
A service for people of all ages! We celebrate and honor transitions in our FUUSA family with a child dedication, honoring our Religious Education volunteers, and the Bridging Ceremony for our graduating Seniors.

Upcoming Summer Services (*full schedule at end of newsletter*)

June 16 "Meeting the Shadow," The Rev. Chris J. Antal
Carl Jung once said, "I'd rather be whole than good." Implied is that wholeness requires we live free from self-deception, pursue genuine self-knowledge, and accept ownership for the shadow that too often lurks hidden within our own being. How does this shadow manifest collectively in the wars America wages? What spiritual disciplines enable us to meet the shadow, create peace, and live more integrated and whole lives? *The Rev. Chris J. Antal is a Community Minister for the Church of the Larger Fellowship and recently returned from Afghanistan where he served as a chaplain for the U.S. Army.*

June 23 General Assembly Simulcast

We will watch a live simulcast of the GA Worship Service in Louisville, and join in singing hymns.

June 30 "Greatest Hits: A Daytime Evensong"

The FUUSA choir and friends will present "Greatest Hits" in the format of this Spring's five Evensong services. Lots of music, inspirational prose and verse, and fun.

July 7 "Clothed in Dignity," Joy Perkett

Joy Perkett is Faith Organizer/Campaign Coordinator at the Labor-Religion Coalition of NYS.

July 14 "Maria Mitchell: 19th Century Astronomer, Teacher, and Women's Rights Advocate," Sue Stierer

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

June 2013

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (2nd and 4th Sundays)

Calendar

Events happening every Sunday at FUUSA _____

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Summer Session Religious Education	Classrooms	
11:00 AM	Coffee Hour	Emerson	

Events happening every week in June _____

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	

All other events happening in June _____

- 1-Jun Saturday
 - 9:00 AM RE Council Retreat.....B-8
- 2-Jun Sunday
 - 9:00 AM CRUNNY Service Offsite
- 3-Jun Monday
 - 10:00 AM SGM Patrick..... B-5
 - 5:15 PM Membership Ministry..... B-8
 - 6:30 PM SGM- English..... Stott Lounge
- 4-Jun Tuesday
 - 7:00 PM Wellspring Meeting B-8
- 6-Jun Thursday
 - 5:30 PM Endowment Trust..... Stott Lounge
 - 7:00 PM Sherman Small Group Ministry..... B-7
- 8-Jun Saturday
 - 6:00 PM New Member Potluck..... Channing
- 9-Jun Sunday
 - 11:45 AM Forum Emerson
- 10-Jun Monday
 - 7:00 PM Monday Men..... B-8
- 16-Jun Sunday
 - 11:45 AM Social Responsibility Committee B-7
- 17-Jun Monday
 - 10:00 AM SGM Patrick..... B-5
 - 6:30 PM SGM- English..... Stott Lounge/Joy Library
- 18-Jun Tuesday
 - 6:00 PM Wellspring Meeting B-8
- 19-Jun Wednesday
 - 8:00 AM UUA General Assembly (6/20-23) Offsite
- 20-Jun Thursday
 - 7:00 PM Board Of Trustees Meeting..... B-8
 - 7:00 PM Sherman Small Group Ministry..... B-7

News

Two special Sundays!

Sunday, June 2

A celebration of Unitarian Universalism at the Round Lake Auditorium. This year's Capital Region Unitarian Universalists of New York (CRUUNY) joint service will bring together members and friends from four congregations.

(NOTE: No service or any activities at FUUSA this day.)

“Love Beyond Belief” service, 10:30 a.m.: with guest minister Rev. Dr. Thandeka, at Round Lake Auditorium, (off Exit 11 of the Northway)

Join hundreds of Unitarian Universalists in what promises to be a lively, moving, and song-filled service that is designed for individuals and families.

Parking is limited. PLEASE CAR POOL! Flyer with driving and parking directions is at the end of this issue.

Nursery care is available on site. If you will need nursery care, please notify Leah Purcell (518-463-7135 or dre@albanyuu.org) no later than May 31.

Picnic after the service Bring your own lunch if you wish or get sandwiches and salads on site.

Sunday, June 9

Home at FUUSA for “Religious Education Sunday”, 10:00 a.m.

Come to celebrate in word and song our program for children and youth and all the adult volunteers who serve in it. We'll also hold our bridging ceremony for our high school seniors – so here's a special invitation to all the other senior high youth and to all young adults to stand at each side of the bridge.

After the service you're invited to the Sundae making in Channing Hall. Alternative, quiet seating will be available at the back of Emerson Community Hall. This is a day for everyone in our congregation to celebrate our community, so please mark this as a “red letter” Sunday on your calendar. Afterwards, you might want to head to the Pride Parade in Washington Park.

Flyers in this issue

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

- ◆ The June 2 service at Round Lake
- ◆ Summer Sundays at FUUSA

Report from the Annual Meeting

The FUUSA Annual Membership Meeting was held on May 19, 2013. I would like to thank all those who participated in our discussions and votes. Dawn Dana and the nominating committee provided an excellent slate of candidates for the various positions. The uncontested slate was elected. I want to thank all of the candidates who ran for contested positions. The results for the contested positions are:

New Board Members: Michele Desrosiers and Erik Eddy

New Nominating Committee Members: Donna Meixner and Laura Churchill

New Endowment Trust Member: Sharon Babala

In other business, the Budget for the 2013-14 fiscal year was passed. There was a lengthy discussion of the proposed by-law changes. The discussion was conducted in a respectful way and alternative views were expressed without rancor. We demonstrated our ability to disagree without being disagreeable. During the discussion a number of changes to the proposed bylaw changes were considered. Some of these changes were adopted by the members at the meeting and others were not. At the end of the discussion, the bylaws as amended were approved. A copy of the revised by-laws will be available on the FUUSA web site.

I would like to thank Kevin Purcell, Peggy Sherman, Bob Franklin, and Karen Kaufmann for their hard work on the by-law revisions. Mike Myers, serving as the parliamentarian, provided the guidance we needed to successfully navigate the potential shoals of the by-law discussion. Dick Dana reminded us of how much time we were using and Paula Brewer made sure we had a quorum. Finally, I would like to acknowledge Donna Meixner's valiant efforts as she worked at keeping up with the ebb and flow of the numerous nuances of the proposed by-law amendments and discussion. –Chuck Manning

Annual Meeting election results

Asterisk denotes incumbent continuing in their position.

President	Peggy Sherman
Vice-President	Dick Dana
Secretary	RoseAnne Fogarty
Treasurer	Sue Berzinis
Ass't. Treasurer	Reese Satin
Religious Education Chair	Tracie Tilgner
Social Responsibilities Chair	Karen Kaufmann

Board of Trustees

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

Endowment Trust

Sharon Babala, Chris Jensen*, Betsey Miller*, Lee Newberg*, Todd Thomas*

Nominating Committee

Debbie Brown*, Laura Churchill, Dave Metz*, Donna Meixner, Paula Moskowitz*, Linda Way*

Social Responsibilities Council

Patty Burch*, Frederick Eames*, Ed Hancock, Jaye Holly, Martha Musser*, Renee Panetta*

Religious Education Council

Cari Abatemarco, Owen Devine*, Brian Frank, Sarah Martin*, Mary Myers*, Annika Pfluger*, Jennifer Quail*, David Quist*, Jan Satin*, John Scaringe, Sandy Stone, Dee Van Riper

Reminder for plant lovers

We are not having a Plant Sale this year due to volunteers being needed elsewhere that weekend—i.e. the CRUUNY service at Round Lake!

How is a summer Sunday at FUUSA different from any other Sunday?

We have a **Service** at 10:00 a.m.—no change there! (You won't see Rev. Sam in the pulpit—he's on summer break!)

The 9:00 a.m. **Meditation** continues (sometimes with Rev. Sam, sometimes with another leader.)

Children of all ages meet for stories and activities (in an air conditioned classroom) and youth are invited to help or to attend services. Childcare for infants and toddlers is provided by our paid staff.

Coffee Hour becomes Iced Tea and Lemonade (served in the Emerson Alcove.)

The **people** you've enjoyed all year are still here (although in smaller numbers as we make our summer trails,) plus it's a time we often get visitors who are on their summer voyages from elsewhere so there are new folks, too.

The summer services are coordinated by Sue Stierer. If you can volunteer to help on a Sunday when you will be here, she'd love to hear from you. She has openings for Greeters and Ushers. You can reach Sue at 518-590-4448 and sstierermendrin@yahoo.com.

Summer Office Hours

From June 17 thru Labor Day weekend (Sept.3 return to regular schedule):
Monday-Thursday 9:00 AM – 1:00 PM

FUUSA fiscal year wrap-up

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 and ends on June 30. The goal is to have all 2012-13 pledges paid in full by June 30. 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 477-2376.) Thank you, Mike Babala, Assistant Treasurer.

Unirondack thanks you!

We "gave away the plate" in March to Unirondack. The following letter to FUUSA came from Dan Gottfried, the camp's executive director:

Thank you for your generous donation of \$873.67, collected at FUUSA's March 18 service. Your donation couldn't have come at a better time. On March 16 we sent out an email asking for donations to help us meet the significant increase in the need for scholarships this year. When Anna Brewer (our Youth Board Representative) emailed us to let us know that FUUSA's March 18 plate would be donated to the Unirondack's Campership Fund, we were thrilled and very touched by the quick response of your congregation. This year there was more demand than at any time in our history, and thanks to your help we will be able to meet that need.

It really can't be said enough just how much coming to Unirondack means to the youth that attend each year. For so many of our campers, their year is defined by the time left until they can return to camp. And for their families, it is extremely trying when there are financial obstacles to that happening. For that reason we make it as painless as possible to get help, but every year we struggle to meet the increasing need.

I know for most of us, when we give we are hoping it will mean something in some personal way to someone. When you give to Unirondack's camper-ship fund, it works exactly like it should. The donation comes in to us and goes directly out to campers. I hope that gives you and your congregation as much joy as it gives our campers. Again, thanks so much for your thoughtfulness and generosity.

CROP Walk gratitude

Team UU rocked the 2013 CROP Hunger Walk on May 5th! We were 51-strong among more than 600 walkers in the Albany Walk (the largest in upstate New York and #8 in the nation in dollars raised). The Walk is on track to meet its goal of \$100K. Here are a few facts about Team UU:

With 51 walkers, Team UU will likely continue the distinction of being the biggest single congregation/ group in the Albany Walk, as we have been for at least the past 3 years.

Our team included 20 of our fabulous FUUSA youth – special kudos to them!

Seventeen of our Rite of Passage youth and mentors “walked hungry” to drive home the message of hunger in our community.



FUUSA CROP Walkers...

Final pledge data is trickling in, but it looks like Team UU raised about \$4,800 in pledges, plus extra funds TBD under the Feinstein Challenge.



And the Rite of Passage mentees and mentors who did the Walk!

Two FUUSAns again supported the cause by working as Walk Day registration volunteers.

Seven FUUSA families walked, demonstrating how we teach our children compassion by our actions.

More than 50 FUUSAns made pledges to support the Walk team.

Thank you, and bravo to all!

Come one, come all

We are having a painting party!!! We will be painting Channing Hall and two classrooms along with some major touch ups throughout the building. This great event will take place the week of June 17. We need everyone who can pick up a paint brush. To sign up, please contact either Mike Babala at 477-2376 or Stephanie Hayes at the office (463-7135). Lots of fun will be had by all and who knows what surprises may pop up....See you then!!!

Portable Sunday services!

You can listen to the Sunday service at FUUSA—at home! Or anywhere you care to download and take it to.

The two most recent services are available as MP3 files on the FUUSA website. Here is how to access

Go to <http://albanyuu.org/wp/>

In the left column, click on Members Only (password)

Type user: fuusan

Type password: Emerson405

FUUSA Gardens

Now that our gardens are neat and tidy for the new growing season, we just have to keep them that way!!! It only takes two volunteers a week, for only a couple of hours once that week, to ensure the gardens remain at their continuous blooming best! Also, if the summer is anything like the spring, we will need to water as well. To help out with the gardens, just sign by going to *Volunteer Spot* on the FUUSA home page



(www.albanyuu.org). Sign in using your email address and choose Gardening from the "drop down" box. You only have to pick the week(s) you would like to garden, the actual day and time is up to you. Supplies are located in the shed on West Street and the padlock combination along with general instructions are available from Paula Moskowitz. If you would like to be paired with an experienced gardener your first visit, you can let her know that also. Basically summer chores consist of weeding, dead heading, watering, etc. If you have any questions, please contact Paula Moskowitz at 439-6347 or pgmosk@earthlink.net Many hands make it easy to keep the outside of our building looking beautiful! –

Lifespan Learning

Teaching as a Spiritual Practice

Wednesday, June 12, 7:00 to 9:00 PM

Childcare available.

Presented by Leah Purcell and Cate Bohn

- ◆ Creative ways for you to make volunteering with children and youth more meaningful
- ◆ Forming ways to connect to others in our religious education community

For those who have taught Sunday school and those who are interested in teaching in the future.

Sign up in Channing Hall or us this google doc. <http://tinyurl.com/c424bka>

Religious Education for children and youth Summer Session: June 16 – Sept. 1

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Unlike the sequential lessons during the fall and spring terms, each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.

I am working in Summer Session most Sundays.

Want to join me? I need adult volunteers; parents and current or past RE volunteers are eligible. Sign up in Channing Hall or use this google doc <http://tinyurl.com/b8z3d55>. Thank you. --Leah Purcell

Our Religious Education Program for children and youth - *and you*

We are indeed a community that supports families. I am looking for adults who would like to partner with me to keep our excellent Religious Education program going. Can you set aside a few hours and two Sunday mornings each month to be an RE teacher this fall? This commitment would be from September through January. I create teams that include experienced RE teachers and new ones. Parents, you may teach your own child's class or you might want to get a taste of what is in store for your future by teaching older children and those with older children may want to "give back" by working with toddlers or preschoolers. This year about a third of the volunteers were adults who do not have children in the program. What compels these folks to volunteer in RE? Love of children and youth, for sure; and also commitment to FUUSA and to the larger world; and the rewards of personal satisfaction and a sense of well-being. Let me know if you'd like to join a teaching team by contacting me (dre@albanyuu.org or 463-7135) or sign up in Channing Hall. You'll find information about the curricula there and also at my blog <http://albanyuu.org/wp/dre-blog/>.

Leah's got blog

I'm starting a blog at our website <http://albanyuu.org/wp/dre-blog/> as another way to share information with you about the Religious Education program, multigenerational events and items of interest to RE volunteers and families. Soon you'll find there the descriptions of the curricula for Sunday school, the RE calendar, names and photos of the RE Council members, descriptions of upcoming Family Chapels and links to UU events at the Cluster (local), District, Regional and National levels, as well as my musings about Religious Exploration and UU Family Life. What other information would you like to find there? RE volunteers, would it be helpful to have your schedule for the semester at the blog? Parents, would you like me to get photos and bios of your children's teachers? What else? Let me know.--Leah Purcell

Your input on Workshop Rotation 2013 – *The Rebirth of the Sun*

Parents of First through Fifth Graders (the Yellow, Green/Blue, Indigo and Violet Groups) - The RE Council would like to get your input about our Workshop Rotation this past January, so we can plan for next year. Please go to my blog for a copy of the survey <http://albanyuu.org/wp/dre-blog>. Download it, fill it out and return it to the RE Office. Or watch for a link to Survey Monkey in your email. Printed copies will also be available at the RE office in this month.

Violet Class' Fair Trade Chocolate project

During the Sunday, May 5 coffee hour the Violet Class (5th-6th grade) conducted a fair trade chocolate taste test for nearly 50 participants, and got 24 of them to sign pledges to purchase only fair trade chocolate during the month of May. An impromptu collection resulted in donations from some of the participants. Pending approval from the Board of Trustees, the class has requested, by a vote of the class in its last session on May 19, that the money so raised go the Green America, an advocacy group whose efforts resulted in Hershey signing an agreement to support fair labor practices and sustainable farming techniques which include reducing the use of child labor. Hershey gave a deadline of 2020 and Green America is urging them to accelerate the timeline. The class also appreciated the input from Jacqui C. Williams in helping them better understand the use of child labor on terms that become slavery for these children.

In discussion with the class, they had a number of comments, a few of which are included here:

- ◆ I did something to help end slavery.
- ◆ I learned that cocoa is harvested by child slave labor.
- ◆ We educated FUUSA about the truth of chocolate.
- ◆ People realized what fair-trade chocolate tastes like vs. [non-fair trade chocolate]



And, a note from the teaching team let by Jim Hutchins and Don Odell, and assisted by Shuang Liu, Amy Jesaitis and Renee Panetta. This was the creation of the class. We provided guidance

and suggestions, and scrambled a bit to keep up, and wish there had been more time to do some preparation. And, a special thanks to Jacqui C. Williams for providing much help and background in the final class. To Ann Kearny for helping the class with Fair Trade logistics and ideas. And to the Social Responsibilities Council for some financial assistance. And to DRE Leah Purcell for helping with so much of the logistics and providing valuable guidance throughout the project.

Joy Library notes

On order--look for it in the NEW book section:

Fighting for Common Ground: How We Can Fix the Stalemate in Congress by Olympia Snowe, 2013. "*Olympia Snowe has left the Senate, but thank goodness, she has not left the fight. After decades of leadership as a force for moderation and common sense in Washington, she now raises a banner as a common citizen in this well-argued, compelling account of what's gone wrong in politics – and what can be done. It is especially refreshing to hear the perspective of an admired, moderate Republican who has always put country first.*" David Gergen, Director of the Harvard Kennedy School's Center for Public Leadership. Amazon.com Accessed 5/20/13.

Our Community

Calling all new members!

On Saturday, June 8, 2013, the Membership Ministry will host a New Member potluck at FUUSA. All people who joined the congregation between June, 2012 and June, 2013 are invited to attend. Also invited are New Member Guides and Board members. This is a chance to get together and meet everyone who joined this year. Children are welcome! There will be a signup in Channing where you can say what you would like to bring or you can email Barb Manning at barbaracmanning@hotmail.com or call her at 439-4226.

About Us

Charles Semowich will be playing a carillon concert on June 14 at noon at Albany City Hall. The program will include popular, classical, patriotic and other pieces. It is free and can be heard at various locations near Albany City Hall. Printed programs will be available in front of City Hall.

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. Friday night entertainment is Towne Meeting, a lively group that hail from Plattsburgh. A Talent/No Talent Show on Saturday night and lots of daytime workshops, children's activities and plenty of time for contemplation among nature. Rev David Weissbard will lead the service on Sunday morning; and, Professor Sheldon Solomon



One of these chairs is reserved for you! Come try it out—UU Weekend is Oct. 18-20.

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! Signups for the weekend have begun 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, www.albanyuu.org, under "Calendar" or direct link, http://albanyuu.org/wp/?page_id=502. "Like" UU Weekend on Facebook and stay tuned in for program updates and deadlines.

Walker Book Club

Join the Walker Book Club for the next book discussion on Sunday, June 9, 2013, in Channing Hall at 5:30 PM. Participants greatly expand their reading horizons and develop a deeper sense of community and connections with other FUUSAns. 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. Be green and bring your own dishes etc., or use those at FUUSA and help with the dishwasher and cleanup.

On June 9, 2013, we will follow our tradition by discussing three short stories instead of a book. They are: *The Bear Came Over the Mountain*, *Dear Life* and *Corrie* by Alice Munro.

Contact David or Martha Musser if you didn't get print copies of the short stories at the April meeting.

We will read *The Greater Journey* by David McCullough over the summer.

Contact Linda Hunt at <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

Illness

Karen DeWillers' daughter is slowly recovering from sleep apnea surgery. And **Karen** will have surgery on her eyelids related to her myasthenia gravis.

Arden Dockter is recovering from his collapsed lung.

Raymond Blanchard is doing well with his new pacemaker.

Tracy Tilgner reports that her father is recovering at St. Mary's hospital after having a heart attack.

Lori-Beyer Teal's daughter is recovering nicely after having her tonsils and adenoids out.

David MacLeod will have outpatient surgery at the end of May. David also relates that his divorce from his 19 year marriage is now final.

Reunions

Julie Lomoe is looking forward to her 50th reunion from Harvard/Radcliffe. While signing up for her reunion, Julie discovered that her first husband died in 2012. She remembers and recognizes him as a good person.

Travels

Beth Babb reports that her friend Scott has provided her with a free trip to Austria and Germany. Beth is looking forward to seeing her sister who lives in Austria.

Deaths

Lori-Beyer Teal's sister-in-law died April 15 after suffering injuries related to a car accident. She left behind 9- and 11- year old children and her husband.

Lori-Beyer Teal's father died May 3 of kidney failure. Please keep Lori and her family in your

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.

thoughts.

Dick Patrick died recently while in hospice care. Please keep Patsy and her family in your thoughts.

Marriage

Sharon Babala was honored to attend **Lisa Moskowitz'** marriage to Tyler Hoerz on May 18th. Paula and Steve Moskowitz are Lisa's proud parents!

Birthdays

Dave and Sandy Stone have two grandchildren celebrating birthdays in May. Lucas turned 7 and Jonas turned 11.

Graduations

Virginia Reed will be attending the Crane School of Music in Potsdam this fall! Well done!

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

Shelter meals much appreciated!

The Overflow Homeless Shelter at the Lutheran Church has closed until next November. A HEARTY THANKS to all those who helped prepare a meal or more during the season! When Patty Burch and I

attended the "thank you" dinner given by the staff, we again heard from the volunteer coordinator that we prepare some of the yummiest and most nutritious meals! We'll begin again next November and look forward to your help!

Thanks again everyone!--Barb Cooley and Patty Burch

Two Row Wampum Renewal events (SRC is a co-sponsor of the Two Row)

As a reminder, the Two Row Wampum Renewal Campaign is (has been) a year long education/advocacy campaign celebrating a 400 year old treaty between the Haudenosaunee (Iroquois) and the Dutch with a focus on living in peace and protecting the earth. The campaign will culminate in a 'paddle down the Hudson' from Rensselaer to NYC beginning on July 28 (the OnRust will sail in parallel with canoes/kayaks with a formal presentation in NYC There are several local activities leading up to it here in the Capital Region....

June 5, 6:00-8:30 PM at Bush Memorial Auditorium, Russell Sage Campus in Troy - Oren Lyons will dis-

cuss the **Doctrine of Discovery as it Relates to the Two Row Wampum**. Free and open to the public.

June 15 10:00 - 3:00 at Kanatsiohareke in Fonda, A Day with Tom Porter. \$25 includes luncheon and continental breakfast. Tom will speak on **Iroquois Spirituality**

July 27, 10:00- 5:00 at the Sage Campus in Troy is the '**Two Row Wampum Renewal Campaign Send-Off Celebration Festival**'. It is Free and open to the public. Day will include Native and Dutch vendors/exhibits/performances/presentations, tours of the OnRust Ship, children's activities etc.

Info on all of this can be found at www.HonorTheTwoRow.org.

Columns

Sam's Outlook

Musing on September 2013

The week after our Annual Meeting and before Memorial Day is **a blissful moment of relief** as candidates are selected, the budget passes and, this year, the bylaw changes are approved. We have put in place our plans for the coming year. Thankfully, no blood stains on the Emerson floor and general satisfaction with the meeting, though there is always griping at any bylaws meeting with perfecting amendments. My thanks to everyone who did attend the three congregational conversations to carefully consider each bylaw change and perfect them. What everyone at the meeting didn't see was **just how much effort happened before hand** and how many of those changes were well discussed and massaged and tweaked before we unanimously voted to approve them. My deep thanks to the hard work of the Bylaws Task Group that reviewed and made those changes. Some very important changes were made that will protect the future of our congregation when there are disagreements about how things should be done.

Sadly, that relief lasts just about 24 hours. **Planning for next fall** commences for me almost immediately. Some thoughts about what I'd like to do on Sunday morning and for programs has already been floating through my mind. **Mark Hicks' Beloved Conversations** program, is ready to go for the fall.

I strongly encourage people to consider taking this eight session class. Michael Hornsby and Melissa Ramirez have done a fine job facilitating the successful CRUUNY trial run of the curriculum and look forward to doing it again. The fall will also have another opportunity to participate in **Wellspring**, a year long UU spiritual deepening program that originally came to us from the Rochester Unitarian Church. Another program from Rochester Unitarian I'll be offering is called "**Soul Matters**." It is a once-a-month program similar to our **Small Group Ministry** program (also continuing in the fall), but more content oriented.

The Unitarian Universalist Association has its yearly meeting, called General Assembly, at the end of June. This year it will be in Louisville, Kentucky. Including trainings before and after the UU ministers meetings and the UUA program will put me down there for eight days. One of the exciting parts of this trip will be to see **the first copies of the book, *Buddhist Voices in Unitarian Universalism***, a Skinner House collection of essays edited by the Rev. Wayne Arnason and myself. I'll be ordering a box or two of the books so you'll have your chance to get your autographed, first edition from me when I get back.

One plan for 2014 I've been discussing with different groups for next year is taking **a three month sabbatical** broken into two parts. (My goal is to be minimally disruptive to the important congregational development work we started this past year.) From January through June of 2006, I took six months of

renewal time, spending two weeks at a Buddhist meditation retreat, visiting Thailand for three weeks and visiting five thriving UU congregations looking for ideas that we could use here. That was seven years ago and I'm thinking it is the right time to take three months with two areas of focus.

The first, to be taken between the middle of January through the middle of February, is a **30 day silent meditation retreat**. This retreat time is probably the most renewing thing I know to do for both my spirit, my mind and my body. I'm hoping to return with fresh inspiration for services and programming for our congregation.

The second activity I'd like to do after Easter, April 20, is **visit my sister who lives and works in Jenna, Germany**. The university there turns out also to be an important center of idealist philosophy (with professors like Fichte, Hegel, Schiller and Schelling) and of early romanticism. In 1794, the poets Goethe and Schiller met at the university and established a long lasting friendship. I'd also like to **visit our Szokefalva Unitarian Partner Church in Transylvania** while on that side of the Atlantic, and finish the trip in Ireland visiting Philomena's many relatives there (probably meeting her there).

But before all this, we've got **our joint Capital Region Unitarian Universalists of the Capital Region service** June 2 with Thandeka. From what I've heard about the planning process for this service, it will be another high energy, stimulating service well worth the trip up to Round Lake Auditorium. Look forward to seeing you there!—Rev. Sam

Chuck's Chat

Thank You All !!

In my final column I wanted to thank you all for allowing me to serve as your president for the last three years. It has been a privilege to serve this beloved congregation. What we all do here together is amazing and wonderful. Each of you plays a part in the greater whole that is FUUSA. One thought I had was to list all of the folks who have helped me over the past three years but I realized my space is limited. Instead, I decided to thank you all, for doing it all, happily and cheerfully (most of the time).

- ◆ Serving coffee, ushering, and greeting on Sunday morning

- ◆ Providing Sunday music by singing in the choir or playing an instrument
- ◆ Being an announcer or service leader
- ◆ Sharing your beliefs in the "This I Believe Service"
- ◆ Serving on the Social Responsibility Council or the Religious Education Council
- ◆ Participating in Program Coordinating Council meetings
- ◆ Serving on the Board, serving as vice-president, secretary, and treasurer
- ◆ Picking up the litter around the building
- ◆ Gardening and Landscaping
- ◆ Serving on the Finance Committee, the Committee on Professional Ministry, the Personnel Committee, Membership Committee, Stewardship Committee, Nominating Committee
- ◆ Organizing Potlucks
- ◆ Running the Auction, the Wine and Cheese Tasting, Holiday Bazaar, Rummage Sale, and the Plant Sale
- ◆ Facilitating the Wellspring Program
- ◆ Participating in Small Group Ministry and Men's groups
- ◆ Teaching in the Religious Education Program
- ◆ Organizing and attending Channing Circle
- ◆ Making and keeping a financial commitment
- ◆ Painting and fixing the building
- ◆ Washing dishes, shoveling the walk, and sweeping the floor
- ◆ Re-arranging the chairs in Emerson and Channing
- ◆ Organizing and leading the Evensong Services
- ◆ Providing Pastoral Care
- ◆ Caring as part of the Caring Network
- ◆ Caring for the needs of other members
- ◆ Preparing meals for the homeless shelter, working with the FOCUS food pantry, walking in the CROP walk, going on Sandy Service Trips
- ◆ Writing letters to elected officials, attending city council meetings, and advocating with the State

legislature

- ◆ Participating and attending memorial services and weddings
- ◆ Giving rides to church
- ◆ Attending Services
- ◆ Serving on the Partner Church Committee, Public Relations Committee, Receptions Committee, Safe Congregation Team, and Bylaws Committee
- ◆ Selling fair trade merchandize
- ◆ Attending the Annual Meeting
- ◆ Working on the Arts & Aesthetics Committee, the Building & Grounds Committee, the Building Use Committee, the Religious Services Committee, Denominational Affairs Committee, Flower Committee, History and Archives Committee, and Joy Library
- ◆ Organizing and working on the Annual Dinner and the Change of Time Breakfast

This is not an exhaustive list of what we all do together. I am sure I have left something out. What matters is that we are all crucial to the success of FUUSA. Each of us contributes in our own way and I will continue to do what I can to maintain a vital and religious community. As I have said before (modified somewhat this time):

"I was only one; but still I was one. I could not do everything; but still, with all of your help we could do something. And because we could not do everything, we should not refuse to do the something that we can do."

THANK YOU ALL AGAIN FOR ALL YOU DO!!

—Chuck

Religious Exploration

Children's Chapel becomes Family Chapel—and an opportunity for parent support groups

How have the children described their time in Children's Chapel? Their thoughts are captured in the Chalice Lighting we use in Children's Chapel: "This is where we gather for learning and for fun; for helping and sharing. We welcome everyone here and honor the light in each of us." The first Sunday of the month, the elementary aged children gathered

with me and some of the teachers in the Sanctuary for a service that is geared for children. It includes many elements of the regular service, including ones which happen after the children usually leave the regular service - like Joys and Sorrows and an Offering. We sing hymns and other songs, accompanied on the piano by one of FUUSA's pianists, often using sign language. We have done chants. My "sermon" is usually a story with opportunities for children to share their ideas or participate in other ways. We have "Called the Directions". We have learned about our Unitarian Universalist history, and traditions from world religions. We have acted out the animals which remind us of the Principles. We talk about ways to understand the world we live in and considered ways to treat others with kindness.

And each month the pre-school and Kindergarten children have gathered together in one of their rooms for their own Children's Chapel. They sing songs, hear a story, have a version of sharing their joys and sorrows and other activities. And that has worked out pretty well, but getting to have a time in the Sanctuary is pretty special.

The RE Council and I have decided to have the pre-school and Kindergarten children join the rest of the children in the Sanctuary for our once a month service. It may seem like a bit of a stretch to find topics that have meaning for a wide age range. But, on the other hand, I'm pretty successful in making the "Story for All Ages" in the regular service accessible to everyone. Of course though, having more and younger children in the Sanctuary with me means that I'll need more adults to attend to them. Parents and caretakers have been great at helping the children understand what's going on and at eliciting responses from them to share with everyone. So we'll have the parents and caregivers of the younger children (pre-k through 3rd grade) attend with their children. (Older children often feel a sense of independence and ownership in Children's Chapel, so they will be able to attend on their own, if they like.)

So we'll be changing from Children's Chapel to *Family Chapel*. Most Sundays, families go to the regular service and the children stay through the Story for All Ages. Starting in October, on the first Sunday of the month, they will go to the Sanctuary for Family Chapel.

What about parents and caregivers who are single or who come to FUUSA without their partners, and have volunteered for other duties on Sunday morning? If that describes you, don't worry; just bring your child to the Sanctuary and the other adults and I will make sure that your child finds a place to sit with a friend and their parents or with one of the teachers.

What will the adults get out of Family Chapel? I often hear from adults who attend now is that not only do they enjoy attending a more relaxed service with their child or children, but that it's a nice opportunity for them (the adults) to reflect on something that helps their own personal development. They learn things about Unitarian Universalism that they wouldn't otherwise. And it's no accident that there is something for adults too – I intentionally gear elements of the service and material to them too. After all, most of the parents have been Unitarian Universalists only as long as their children have; it's a chance for me to offer them some "UU 101".

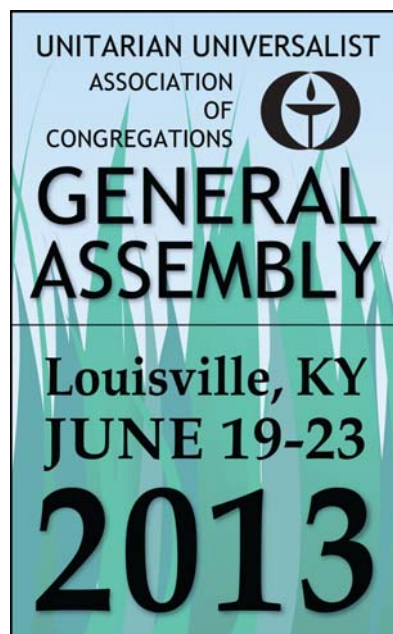
What about when Family Chapel is over that Sunday morning? In the past, adults have joined the regular service, already in progress. But I'd like to offer an-

other option. Rev. Sam and I think that it might be a great benefit for parents and caregivers to use the Sanctuary after Family Chapel for their own meeting. As Rev Sam mentioned in his sermon recently, forming relationships is key to how we practice Unitarian Universalism. I know families often have hectic schedules, but most are here regularly on Sunday mornings. This once-a-month meeting could be a topic-based discussion on child rearing, or it could be an opportunity for parents to share their successes and struggles in raising Unitarian Universalist children in a caring group. I could provide the group with materials and also come to the group to facilitate once I have checked on the classrooms. Also, parents might volunteer to facilitate.

Of course, parents and caregivers are welcome to go to the regular service after Family Chapel if they like. However, if you would like to consider participating in a parent group or helping to facilitate occasionally interests you, let me know. I could meet with potential facilitators over the summer.

In joyful service,
Leah

*Hope to see you
at G.A.!*



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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

Capital Region
Unitarian
Universalists
of New York



Love
Beyond
Belief

A Celebration of Unitarian Universalism

Sunday, June 2, 2013

10:30am

Round Lake Auditorium

featuring

Thandeka

Please join us after the service for a
Picnic on the Auditorium Grounds

Nursery Care Available Onsite

Join us after the service for Lunch on the Auditorium grounds!

Featuring sandwiches (meat and vegetarian), salads, and delicious desserts.

Children and Child Care

The service is multigenerational, involving people of all ages. We will also provide nursery care for our newborn to pre-K congregants at the Village Hall, about 50 yards from the Auditorium (“V” on the map). **If you will need nursery care, please notify your congregation’s Director of Religious Education no later than May 31.**

Breakfast Before the Service?

Unfortunately, there are only two restaurants in Round Lake, and neither is open for breakfast. We recommend you stop on the way in Clifton Park or Malta.

Parking is Easy! Just follow the signs.

The Round Lake Auditorium is located a half mile off Northway Exit 11, at 2 Wesley Avenue. The main parking areas will be at the **Ball Field** (Pasquarell Recreation Park) and **Mulligan’s Restaurant!** If you park at the Ball Field, we hope you will walk to the Auditorium. (about 600 yards with a hill part of the way). There also will be a shuttle bus running from the Ball Field and Mulligans starting at 8:45. Accessible/Handicapped parking will be at the Trail, with some additional spots near the Auditorium. There will be attendants to help you park and find the Auditorium from all locations.



Summer Sundays

at FUUSA

June-July-August 2013

MEDITATION 9:00 a.m.

SERVICE 10:00 a.m.



June 16 "Meeting the Shadow," The Rev. Chris Antal

Carl Jung once said, "I'd rather be whole than good." Implied is that wholeness requires we live free from self-deception, pursue genuine self-knowledge, and accept ownership for the shadow that too often lurks hidden within our own being. How does this shadow manifest collectively in the wars America wages? What spiritual disciplines enable us to meet the shadow, create peace, and live more integrated and whole lives? *The Rev. Chris J. Antal is a Community Minister for the Church of the Larger Fellowship and recently returned from Afghanistan where he served as a chaplain for the U.S. Army.*

June 23 General Assembly Simulcast

We will watch a live simulcast of the General Assembly Worship Service, and join in singing hymns.

June 30 "Greatest Hits: A Daytime Evensong"

The FUUSA choir and friends will present "Summertime" in the format of this Spring's five Evensong services. Lots of music, inspirational prose and verse, and fun.

Continued on reverse

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 16 – Sept. 1

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Unlike the sequential lessons during the fall and spring terms, each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.



I am working in Summer Session most Sundays. Want to join me? I need adult volunteers; parents and current or past RE volunteers are eligible. Sign up in Channing Hall or use this google doc <http://tinyurl.com/b8z3d55>. Thank you. --Leah Purcell

Summer Sundays, continued

June-July-August 2013



July 7 "Clothed in Dignity," Joy Perkett

Joy Perkett is Faith Organizer/Campaign Coordinator at the Labor-Religion Coalition of NYS.

July 14 "Maria Mitchell: 19th Century Astronomer, Teacher, and Women's Rights Advocate," Sue Stierer

After discovering a comet at age 30, Maria Mitchell went on to be the first professional woman astronomer, Professor of Astronomy and Director of the Observatory at Vassar College, and a co-founder of the American Association for the Advancement of Women. Come meet her!

July 21 "The Wellspring Experience"

Wellspring is a spiritual deepening program that has been offered at FUUSA for three years. Participants from this year's class will share their insights and provide a sampling of their Wellspring experience.

July 28 "I'm a Believer!" The Rev. Amanda Poppei

Unitarian Universalism is creedless: there's nothing you "have to" believe in order to be a member of our faith. So are we non-believers? What does that even mean—to believe nothing? Amanda will make a case that liberal religionists of all stripes believe quite a lot...in fact, that they might even have faith. *The Rev. Amanda Poppei is Senior Leader of the Washington Ethical Society.*

The summer services are coordinated by Sue Stierer. If you can volunteer to help on a Sunday when you will be here, she'd love to hear from you. She has openings for Greeters and Ushers. You can reach Sue at 518-590-4448 and [sstierermendrin@yahoo.com](mailto:ss-tierermendrin@yahoo.com).



Aug. 4 "Fun," Vee Abbitt

Everyone should have it, and we could all probably use more of it. What is the role of fun in your life? *Vee Abbitt is a UU seminarian.*

Aug. 11 "General Assembly Reflections"

Reflections and a recap of their Louisville General Assembly experiences by some of FUUSA's GA attendees.

Aug. 18 "Musical Truth and The Impossible Sadness of The Human Condition," Chris Bystroff

In music we feel truth in harmony, happiness in the resolution of dissonance. But the future of our species looms dark and sad, like a dissonance that is too loud, too impossibly noisy to resolve. Force yourself to listen mindfully to the loudest and noisiest of all dissonances, and from mindful listening a resolution will come, and with the resolution of the greatest dissonance will come the greatest happiness.

Aug. 25 "The Spirit of Practical Yawning," Lou Rehder

Some notes and ideas on states of mind, including yawning, and on states of body, including Spirituality.



Sept. 1 "Inside Out" The Rev. Tom Chulak

To live a full life and to be true to our Unitarian Universalism we need to come primarily from the inside out, not the outside in. We need to begin with who we are not what others think we should be. On this Sunday (which happens to be my 65 birthday) I will reflect on the challenge of being ourselves at any age.

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