



WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

September 2013

In this issue:

- 1 **Services**
- 2 **Calendar**
- 3 **Sam's Outlook**
- 4 **News**
- 7 **Growing Together**
- 10 **Our Community**
- 12 **Social Justice**
- 15 **Contact Us**
- 16 **Flyers**

Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

Sundays at FUUSA

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs on Sundays include Forum (social justice and environmental topics), Family Chapel, social events, and adult education.

All are welcome!

Services

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 65th birthday) I will reflect on the challenge of being ourselves at any age. *Music:* Ann Brandon

The Rev. Tom Chulak is former District Executive of the St. Lawrence District of the UUA.

Sept. 8 "Carrying Water Home," Rev. Sam Trumbore

This is our multigenerational homecoming celebration that begins our fall season. We come back together bringing water from our summer travels and activities to join together in a common bowl. This year we'll have a special component of the service to heighten our appreciation of the preciousness of water around the world.

Music: The adult and the junior choirs will be singing songs to welcome you back home from your summer adventures.

Sept. 15 "Welcoming All Free Seekers," Rev. Sam Trumbore

We say in our chalice lighting words each Sunday: "Welcoming all free seekers of truth and meaning." Who are "free seekers?" What kind of hospitality can visitors and veteran members expect? Who might be excluded?

Music: Matt plays piano music on our beautiful Steinway piano that will set you free.

Sept. 22 "Morning Song"

The FUUSA choir and other musicians and readers from our congregation present a "morning" version of our mostly music Evensong service. The theme for this service is "home".

Sept. 29 "Liberating Habits," Rev. Sam Trumbore

Bad habits are the bane of human existence. "I know I shouldn't ... but I can't help myself." Brain research is revealing ways to help liberate us by showing us how to transform bad habits into good ones.

Music: Matt and other guest musicians bring you liberating jazz

Calendar

Events happening every Sunday at FUUSA _____

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Family Chapel (1st Sunday/mo.)	Sanctuary	
10:00 AM	Religious Education	Classrooms	
11:00 AM	Coffee Hour	Channing	
11:00 AM	Quiet Conversation Corner	Emerson	

Events happening every week in September _____

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

All other events happening in September _____

- | | |
|--|--|
| <p>4-Sep Wednesday
2:00 PM Patka-Manning SGM B-8</p> <p>6-Sep Friday
5:30 PM Board Retreat Channing Hall, B-8</p> <p>7-Sep Saturday
8:00 AM Board Retreat Channing Hall, B-8</p> <p>8-Sep Sunday
11:30 AM Youth Group Leadership Meeting..... B-8</p> <p>9-Sep Monday
1:00 PM Interfaith Impact Meeting B-8
5:00 PM Religious Ed Council Meeting Channing Hall
5:15 PM Membership Ministry Meeting B-8
7:00 PM Monday Men B-8</p> <p>10-Sep Tuesday
5:15 PM Religious Services Committee Meeting 26
6:30 PM Wellspring II B-7
7:00 PM Wellspring Meeting B-8</p> <p>12-Sep Thursday
7:00 PM Program Coord. Council Meeting B-8</p> <p>14-Sep Saturday
10:00 AM New RE Volunteer Orientation..... Channing Hall</p> <p>15-Sep Sunday
11:00 AM FUUSA Picnic Offsite
12:00 PM FUUSA Picnic - (in case of rain)
..... Kitchen , 21, 22, 23, 24/25, 26</p> <p>16-Sep Monday
12:00 PM Channing Circle Channing Hall</p> <p>18-Sep Wednesday
2:00 PM Patka-Manning SGM B-8
5:30 PM Endowment Trust Meeting Joy Library</p> <p>19-Sep Thursday
7:00 PM Board of Trustees Meeting Channing Hall</p> <p>22-Sep Sunday
11:30 AM Orientation for Families of Senior High Youth
..... Emerson Alcove</p> <p>24-Sep Tuesday
6:30 PM Fracking Resolution Language meeting B-8
6:30 PM Wellspring II B-7</p> <p>27-Sep Friday
6:00 PM New Member Potluck..... Channing Hall</p> | <p>30-Sep Monday
7:00 PM Meaning Matters..... B-8</p> |
|--|--|

Looking Ahead

Oct. 4	Pasta Potluck
Oct. 5	Getting to Know UU (newcomer orientation)
Oct. 12	Circle Dinner
Oct. 18-20	UU Weekend at Silver Bay
Oct. 25-26	NYSCU (Little Falls)
Oct. 26	Halloween Party

Sam's Outlook

A warm welcome home

Rev. Sam Trumbore

The separation between summer and the second Sunday of September as our “homecoming Sunday” is fast eroding. This summer, as in previous years, we have had summer services that are not led by me (though initially organized by the Religious Services Committee with my help). I attended many of them after leading the mindfulness meditation at 9am. The services this summer have been very good and well attended.



Those attending included many visitors, sometimes as many as five or six. Sue Stierer, our Summer Services Coordinator, has done an excellent job making sure everything goes smoothly. Please offer her your appreciation when you see her for a job well done.

I've been working on several projects for our congregation this summer. The first two I'll mention have to do with electronic communication. Your staff has realized how important social media is becoming as a way to keep our membership informed about the many activities that happen here AND as a way of reaching out to potential newcomers.

Whether it's using Facebook, Twitter, Pinterest, Tumblr, RSS readers, email, our web site, or some new media, we know many people have a variety of ways they want to keep in touch with our congregation. Our staff recognizes we have to adapt our transmissions of information to meet how our members want to communicate. Amy Lent and Stephanie Hayes in the office, Leah Purcell, our Director of Religious Education, Matt Edwards, our Music Director, and I have lots of events and information to share with you. We want to send it to everyone in a way that is convenient for you and fits with your way of consuming information.

Stephanie, Leah and I have been working on blogs for this purpose that are linked to our congregational web site, <http://albanyuu.org>. This content will also show up in other more familiar places like our

newsletter *Windows* or on the Thursday email *Preview*.

Another project I'm working on is putting short videos on our web site. The biggest barrier to visiting any congregation is discomfort with walking through the front door for the first time. A visitor can have that virtual experience by watching a video, meet people like Amy, Matt, Leah, and myself, see where to park, learn where the front door actually is, see what an actual service looks like and learn how to find the bathrooms. When visitors do come, they will arrive with a greater degree of familiarity, comfort and receptivity.

This summer I worked with five other UU ministers to select themes for the month. We've picked themes at least two of us will both use in the next nine months. We'll be sharing resources and ideas for Sunday services. We're experimenting with collaboration to accomplish more together (particularly research) while at the same time spending less time in service preparation, increasing the quality of what we do, and freeing up more time for our other responsibilities. By collaborating we'll do more with less.

The one new program I'm starting this fall is called “Meaning Matters.” This is a once-a-month small group meeting modeled on the Soul Matters program developed at the First Unitarian Church of Rochester, New York. The format will resemble our Small Group Ministry program with the exception that the topic of conversation will be the theme for the month mentioned earlier. In the beginning of the month, participants will receive a two-four page briefing on the topic including quotes, links to readings, sermons and videos, books and movies, to consider (as much or as little as the participant wishes) as preparation. The meetings will happen towards the end of the month. While this program will be open to all FUUSA members, I'll be actively encouraging newer members to join as a way to get connected.

In all these different ways, your FUUSA staff and I are striving to make our congregation an even more hospitable place. Our welcome, as we say in our chalice lighting, to all free seekers of truth and meaning, is generous and adaptive. We are here to serve each person's individual growth and development as they seek truth and meaning. Let us know how we can serve you better.—Rev. Sam

News

Welcome Home! Sunday, September 8

- ◆ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the re-gathering of our community.
- ◆ **Plan on lunch after the service!** Join us for a light lunch in Channing Hall after the Homecoming service. Sandwiches, coffee, and other beverages will be served. If you'd like to contribute to the light lunch, please bring fruit, vegetables, cookies or other kid-friendly finger foods to share.

Music!

Junior Choir: All RE students in grades 2-8 are encouraged to sing for our Homecoming Sunday Service (Sept. 8). Singers are asked to meet at 9:30 in Emerson Hall so Matt can teach them an easy and fun song.

Adult Choir: Matt Edwards, our music director, invites all singers from high school students to seasoned citizens to join the FUUSA choir. We rehearse Wednesdays at 7:00 pm in Emerson Hall. Our first rehearsal is Sept. 4. For more info contact Matt at musicdirector@albanyuu.org.

Flyers in this issue

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

- ◆ Teaching As A Spiritual Practice
- ◆ Picnic in the Park
- ◆ New Member Potluck

Calling all New Members—save the date!

On Friday, Sept. 27, the Membership Ministry will host a New Member potluck at FUUSA. All people who joined the congregation between September, 2012 and June, 2013 are invited to attend. See the flyer at the end of this newsletter for details.

Fall Gardening

Now that it's September, our gardening season begins winding down. We still have lots of plants in bloom though and for at least a few more weeks there will be chores to be done such as weeding and deadheading--we do want our surrounding property to look neat and welcoming! Please consider volunteering to help maintain our gardens through September and early October.

Coming soon - information on the fall garden cleanup. A notice will appear in the Order of Service once we've decided on a day and time for the cleanup; last year we "put our gardens to bed" in mid-October.

Board notes

A few words from your Board of Trustees

Peggy Sherman, President

Your officers and Board of Trustees are busy planning for the 2013-14 church year. And one of our goals is to encourage lots of two-way communication with you, the members who have given us the responsibility of leadership.

This year, you'll hear different perspectives from members of the Board in this column. Look for us on Sundays, wearing green buttons with our names, and tell us what you think! You are welcome as a visitor at our meetings, which are the third Thursday of each month (check the calendar for specifics). If you want to recommend a topic to the board for discussion, please contact me or another member of the Board's Executive Committee by the previous week.

At our August organizational meeting, we welcomed new members Michele Desrosiers, Erik Eddy, RoseAnne Fogarty (secretary), and Tracie Tilgner (chair of Religious Education Council). Dick Dana and I have stepped into new roles as vice president and president. Our continuing members are Sue Berzini (treasurer), Anna Brewer (youth representative), Al DeSalvo, Bob Franklin, Kathy Harris, Karen Kaufmann (chair of Social Responsibilities Council), and Mark Yolles. Rev. Sam is an ex officio board member, and Leah Purcell and Amy Lent round out our participants. Coming soon: our photos will grace a bulletin board in Channing to make it even easier to reach out.



Thanks again to those that battled heat and rain to keep our grounds in shape over the summer!

Paula Moskowitz, Chair, Dirty Fingernail Group (questions- contact Paula at pgmosk@earthlink.net or 439-6347)

Message for all Committee Chairs

The first Program Coordinating Council (PCC) meeting of this church year is at 7 PM, Thursday, Sept. 12. First on the agenda: Amy Lent will give us a primer on how to get things done at FUUSA: working effectively with the FUUSA office, planning an event, reserving rooms and equipment, creating and distributing publicity for your committee/event. Second, we will be addressing the coffee hour crisis that's been slowly brewing (sorry about that) for several years. And we have potential unsung hero awards to discuss.

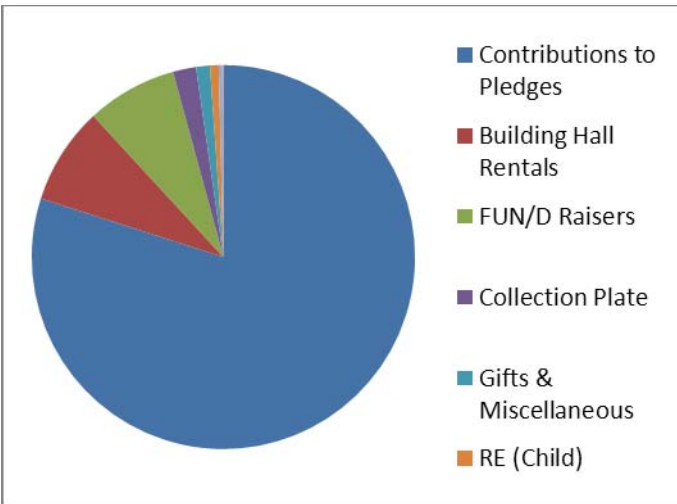
Hope to see you all on the 12th. -Dick Dana, VP

Notes from your Treasurer

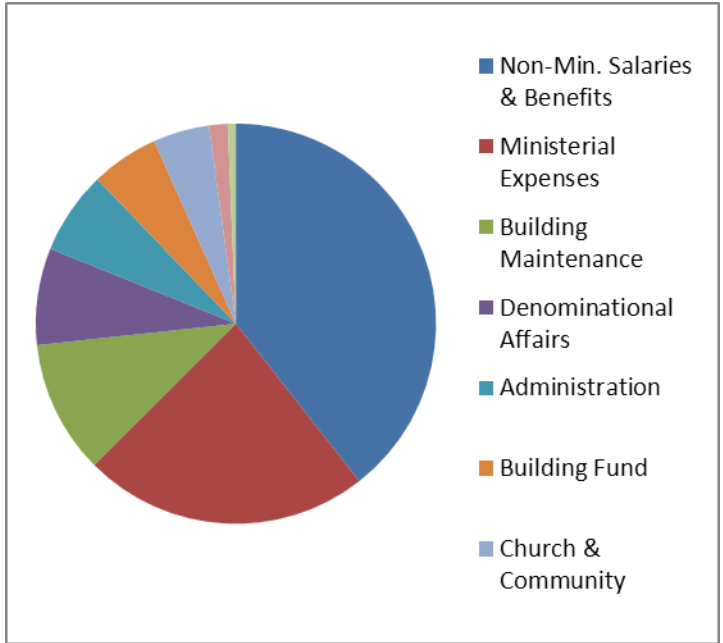
Sue Berzinis

Thank you for all your contributions to FUUSA. We finished our last fiscal year with contribution income \$6,400 greater than we had budgeted! Rental income of ~\$38,000 continues to be a significant portion of our income, which helps offset the cost of our mortgage. FUN/D Raisers also contribute an important amount to support the programs and activities of FUUSA. If you had fallen behind on last year's pledge, we'd still appreciate the balance due. The following graphs illustrate our last fiscal year.

While the Building Fund pays the mortgage, each year we are contributing an increasing amount of dollars from the Operating accounts. At the present



time our mortgage payment is ~\$82,000/year, with an outstanding balance of \$978,609.



We have met our pledge goals for the coming year. Thank you! Your continuing support is vital to our FUUSA congregation and community.

Bicycles at FUUSA

In keeping with our desire to be 'green', more FUUSAns are traveling to church via bicycle. To encourage this, in 2010 FUUSA installed a CDTA provided Bike Rack at an installation cost to FUUSA of approximately \$3,000. At that time the Building Use committee established a policy that no longer permitted bicycles to be brought into the building. Given common sense and adequate locking devices provided by bike riders, the rack provides security against theft. Since then, the number of bike users has increased significantly, and the bike rack has served its purpose well. FUUSA staff and members alike now regularly bike to church, sometimes even in marginally acceptable weather.

There are several reasons for prohibiting bikes in the building. Depending on the weather and condition of the bike, significant mud, dirt, leaking oil, etc., can be brought in with the bike. Other than the coatroom, there is no reasonable place to put them. We have recently installed new flooring in the coatroom and kick stands could potentially damage the floor. Further, bike storage there is inherently at odds with hanging up and retrieving coats, umbrellas, etc., in cool or rainy weather. Multiple bikes in

the coatroom pose a potentially dangerous tripping hazard, especially for some of our older members.

Based on a recommendation from Sandy Steubing, we have repaired the light overlooking the bike rack. This should increase security as well as make the rack easier to use at night.

In summary, we encourage biking to FUUSA, but please leave your bike outside, secure in the bike rack. If you have further concerns about properly securing your bike, check out the web site http://www.sfbike.org/?theft_locking including the links to Hal at the bottom of the page.

The path to membership

Are you wondering about Unitarian Universalism and its role in your life? Or are you thinking about becoming a member of FUUSA and want to understand the process better? We recommend that all newcomers to Unitarian Universalism, as well as those who are already UU but are new to FUUSA, attend a newcomer orientation. This Saturday morning session will give you an opportunity to learn about Unitarian Universalism and FUUSA, as well as to meet Rev. Trumbore and the Membership Committee.

The first “**Getting to Know UU**” session for this year is scheduled for **Saturday, Oct. 5**, from 8:45 a.m. to noon. We’ll start with coffee and snacks and getting to know each other. You’ll learn about Unitarian Universalism and about our congregation, and you’ll get a chance to ask all the questions you’ve been collecting. We’ll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it’s a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

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

Are you ready to join? Membership is open to all. To become a member of FUUSA you will start by signing an Intent to Join. There is no test of faith or belief requirement to join our community, only general agreement with the purpose of our organization. The expectations of membership are: Participation on Sunday morning; Involvement in and helping with our activities; Financial support of the congregation.

Each expectation is flexible depending on your ability to participate. You will meet with Rev. Sam to explore your journey and your expectations of membership. And you’ll also meet with representatives of the Membership Committee (to learn about ways to get involved in the FUUSA community,) and of the Stewardship Committee (to learn about pledging and make your first pledge.)

One officially becomes a member by signing the membership book in the minister’s office. And then we will welcome you to the congregation during the Sunday service on the next **New Member Sunday, Nov. 3.**

If you are interested in becoming a member the Intent to Join form can be found at the Welcome Table in the lobby and at www.albanyuu.org in the Church Office/File Cabinet. Or you can call either Kathy Hodges, chair of the Newcomer Welcoming Committee (355-5018) or Amy Lent, Church Administrator, (at the church office, 463-7135.) Mark your calendar:

Evensong organizing meeting 6 pm, Wednesday, Sept. 25

After a successful introduction of Evensong services last winter and spring, a planning session will convene at 6 pm, Wednesday, Sept. 25, in the back of Emerson Community Hall to consider plans for this coming year. If you would like to be involved as a planner or performer, you are encouraged to attend the “Morning Song” service on Sunday, Sept. 22, and then come to this evening meeting that will be led by our Music Director, Matt Edwards.

NYSCU will be Oct. 25-26

The 2013 Annual Meeting of the New York Convention of Universalists (NYSCU) will be held Friday evening and Saturday, Oct. 25–26 at St. Paul’s Universalist Church, Little Falls, NY. Keynote Speaker: Christine Hart, Policy Associate, Policy & Government Affairs, Women Thrive Worldwide. Women Thrive Worldwide (<http://womenthrive.org>) is a leading nonprofit organization bringing the voice of women around the world directly to decision-makers in Washington, D.C.

This is also a great chance to meet UUs from elsewhere in New York State, including those from Metro NY District, which does not happen with St. Lawrence District events. **FUUSA can send eight dele-**

gates, and should be represented at this meeting. Contact Denominational Affairs liaison Don

Odell (482-4574, drodell31@yahoo.com) for further information, and if you would like to be a delegate.

Growing Together

Meaning Matters:

A small group growth and development program

Up to nine participants and a facilitator will meet monthly, in covenant, to offer each other support for their individual growth and development. At the beginning of the month, participants will receive a short briefing on the congregational theme for the month. The briefing will include resources such as

quotes, books and movies, writing exercises and spiritual practices, questions and links to readings, sermons and videos. As much or as little as the participant wishes, these resources, along with the Sunday services, are offered as preparation for the meeting toward the end of the month. A sample briefing may be found here: <http://www.albanyuu.org/themes/sample.pdf>. These groups are designed to offer each participant individual support for growth and development as they seek truth and meaning.

Religious Exploration

Our Whole Lives, the OWL program, for young children

Leah Purcell, Director of Religious Education

The Our Whole Lives Program, (OWL) is a positive, comprehensive and age-appropriate education program that promotes sexual wellbeing. Two questions naturally arise when discussing sexuality education for young children: "Why are we talking about sexuality with children at this young age?" and "Why are we proposing educating about human sexuality in a religious setting?"



Sexuality is about so more than just sex; it's a lifelong process to learn about relationships and about ways to promote our physical, emotional and spiritual development. Children learn about sexuality every day—from the day they are born. They learn from the ways parents express their love and affection. They also learn from family events and community events, and from movies, television, and friends. It's easiest to start talking with young children—they absorb information like sponges. Children need information to start learning about their family and religious values. It takes years to understand and integrate this kind of information.

If you're a parent, you know what a blessing and challenge it can be to share your values with your children. Many parents are especially unsure of how to go about talking to their young children about sexuality. Our FUUSA leadership supports partnering with parents to help them in their role as their children's primary religious educators. And so the Religious Education Council is considering offering the OWL program for the Orange Group—the Kindergarten and first graders—in the spring of 2014. The topics this 8-week program covers are "Our Wonderful Bodies", "Families and Feelings", "Babies and Families" and "Celebrations!"

This fall the RE Council and I are working to inform the families and the rest of the congregation about options for the materials that will be used in the program and how the topics are to be covered. Then we'll ask the parents what they think about the program. OWL for young children will be topic of the after dinner presentation of the Multigenerational Potluck on the first Friday of October—Oct 4. In the meantime, you can find more info about OWL at my blog. (*Find Leah's blog at albanyuu.org, click on Blogs in the menu.*)

Tracie Tilgner, the RE Council Chair, will be one of the folks leading the presentation on Oct. 4 because I and several REC members will be at a training session for OWL facilitators of Kindergarten and first grade children that weekend. Tracie received the training last fall and came back inspired to proclaim "OUR BODIES ARE AMAZING!" May we all be inspired to embrace this positive and life affirming message of the Our Whole Lives program.

For more information, contact Rev. Trumbore (minister@albanyuu.org or cell 518-366-4532) or to sign-up, contact the office at registration@albanyuu.org or 518-463-7135.

Understanding Senior High Group

The Senior High Group has a different format than the rest of Sunday school and it gets input from many groups.

The advisors and Leah Purcell are offering an orientation for parents and their teen children about Senior High Group.

- ◆What is the Senior High Group all about?
- ◆What is the role of parents in supporting the Senior High Group?
- ◆How can parents communicate with the youth advisors?
- ◆How can parents get support in raising teens?

Come find out on **Sunday, Sept. 22**, from noon to 1:30 pm in Emerson Hall. Light fare for lunch provided. Parents and their high school aged children are invited. Childcare for younger children will be provided.

There will be opportunities for adults and youth to talk together and opportunities for parents, advisors and Leah to talk among themselves while youth and other advisors talk among themselves. All 9th through 12th graders welcome.

Have you heard about Wellspring?

Over the past three years, about 20 members and friends of FUUSA have participated in the Wellspring spiritual deepening program. Wellspring provides a safe space for participants to explore the sacred within; to understand how we UU's got to be who we are; to read, think and talk about life's big questions; and to reflect upon what we are called to do in the world. There are five interconnected components: commitment to a daily spiritual practice, monthly spiritual direction (self-reflection with a guide), small group meetings, reading about the theological and historical foundations of our faith, and putting our faith into action.

Wellspring will once again be offered this coming year, co-facilitated by Dave Munro and Cathy Perkins. Participants will meet twice a month from Sep-

tember through next June. We invite you to an information session to learn more and to help you decide whether Wellspring is a commitment you want to make. Please join us from **7:00– 9:00 pm on Tuesday, Sept. 10, in Room B-8**. Dave, Cathy and several other Wellspring graduates will be there. Bring your questions, and your open hearts. We look forward to seeing you there.

“Teaching as a Spiritual Practice”

The workshop that Cate Bohn and Leah Purcell offered this past spring is being offered again, for all RE volunteers of the CRUUNY Cluster on Saturday, Sept. 7 from 10:00 am to 3:00, lunch provided. See flyer at the end of this newsletter.

Sunday school begins Sept. 15!

—Religious Education registration is easier than ever

Now you can fill out your RE Registration form (for Sunday School for children and youth) on your computer. Go to this link http://albanyuu.org/wp/pdf/RE_registration--Fall_2013.pdf

Has your contact info remained the same as last year? If not, have you updated your info in ChurchDB? If your contact info in ChurchDB is up to date, there is no need to write it on the RE registration form.

If you need staff to update your contact info in ChurchDB, enter it on the RE form and we'll take care of that for you.

Print your completed form and bring it with you to register on Sundays, Sept. 15 through Sept. 29, or fill one out when you're here to register. Or simply send a completed copy to FUUSA with a check for the fees and mail it to FUUSA; 405 Washington Ave, Albany, 12206.

—Read about the Fall Sunday school program at http://albanyuu.org/wp/pdf/Sunday_School_Program_Fall_2013.pdf

“We're Better Together: Exploring the Promise of our Potential”

This 2013 Leadership Day for the St. Lawrence District will be held Saturday, Sept. 28 at May Memorial UU Society, Syracuse, and is open to anyone involved in congregational life.

Kathy McGowan, Congregational Life Consultant for

the Southern Region, will be the keynote speaker. There will also be a choice of five workshops, and then a case study in group strategizing in the afternoon.

For details and registration see: <http://cerquua.org/cegevents/490-sldleader.html>

Joy Library Notes

Buddhist Voices in Unitarian Universalism Wayne Arnason and Sam Trumbore, editors. Skinner House. 2013. [289.1 ARN] Look for it in the NEW book section.

Buddhist Voices in Unitarian Universalism is a gathering of essays by Unitarian Universalists who have adopted aspects of Buddhism and by Buddhists who have assimilated elements of Unitarian-Universalism. UU's have always accepted meaningful inspiration from other traditions. It was news to me that Unitarian Universalists had helped Buddhism adapt to the New World and that some Buddhists had found a spiritual home in Unitarian Universalism.

"Not unlike Unitarian Universalism, Buddhism is not so much a religion as a spiritual way of life. It does not require a particular set of beliefs and allows people to explore and discover everything for themselves." (From the foreword by Lama Surya Das).

The book has four sections: History and Context; Encounters and Journeys; Reflections; Divergence and Influence. It concludes with a Glossary of words in Sanskrit, Pali, Chinese and Japanese in common usage among Western Buddhists, and a list of suggested reading .

The first chapter, "Buddhism 101" by Sam Trumbore is helpful in understanding basic Buddhist ideas and concepts. I especially liked: "The Buddha focused like a laser beam on one problem and one problem only, that of human dissatisfaction, suffering, misery, and unhappiness – what he called *dukkha*. On the eternal questions of the nature of divinity, immortality, and ultimate reality, the Buddha remained mostly silent. He recognized that getting answers to these speculative questions one way or another wouldn't address or help people solve the *dukkha* problem."

"A Brief History of Unitarian Universalist Buddhism" is a fascinating account beginning in 1778. One of many, the most amazing story is that of Nakahama

Manjiro, a young Japanese boy, steeped in Buddhist tradition, who with four other Japanese fishermen in 1841, were stranded on a tiny island in the Pacific. Rescued by a whaling ship from New Bedford, Massachusetts, he went with the ship back to Massachusetts, where he joined the Fairhaven Unitarian Church. About ten years later, he returned to Japan bringing a knowledge of western sciences, mathematics and naval techniques, as well as ideals of democracy, individualism, social equality and liberal Christianity. Like seeds blown by the wind or carried across oceans by birds to take root in the soil of distant lands, ideas can travel by unlikely messengers.

I was interested in how two ways of life, two traditions might come together within the same mind. I read the essays looking to see just how this melding, blending, merging, fusing, relating, knitting together (I struggled for the right word) occurred and how the relationship of the two was perceived and described by very different individual minds. I was not disappointed.

There is more than I can begin to describe. A few samples follow:

Catherine Senghas: "As a human being, I have three interdependent aspects of my nature that I struggle to understand: my religion, my spiritual practice, and my theology. I am a Unitarian Universalist in my religion; I am a Zen Buddhist in my spiritual practice; and I connect best to the school of process thought, a metaphysical sense of ongoing creation, in my theology."

Alex Holt: "... There's one other lesson to be learned from my twin faiths of Buddhism and Unitarian Universalism. The former has historically focused more on individual awakening and less on the healing of the world. The latter has for many years gazed outward, to bring sanity and wholeness to the world beyond our skin. Each tradition has its strengths and weaknesses.

Sam Trumbore: " The parallels ... between [Channing's] self-culture and Buddhism are striking. Channing's valuing of the development of concentration and "penetrating observation" are similar to the Buddha's valuing of concentration and mindfulness." He cautions those who identify with both traditions to resist "the temptation to limit our understanding to one or the other." He wrote: "Life is much clearer

when seen through multiple lenses.”

Thandeka looks to the future and concludes her essay with the following: “Those of us who have personal Buddhist practices should strive evermore to enhance our own Unitarian Universalist faith rather than to replace it. And we should also strive to enhance our congregational life through new, collective Unitarian Universalist liturgical strategies for our

Sunday services. When we do both together, we dance.”

There is much to recommend about this book. It is thought-provoking and just plain interesting. The Joy Library will have two copies to loan. If you are interested in purchasing a copy, speak to Rev.

Trumbore. He expected to have some copies for sale. --Sally Knapp

Our Community

6 to 9 at 6:09: Circle Dinners Schedule for Fall and Spring

Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with fellow FUUSAns. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a multi-generational dinner. Last year over 100 FUUSAns participated in one or more dinners. We hope to increase participation this year.

For this church year, we have scheduled dinners in six months. The dates are listed below. In May, participants will have a choice of Friday or Saturday night. This choice is designed to avoid scheduling conflicts and allow more people to participate. Please save these dates on your calendar.

To sign up for the October dinner you may email Martha Musser at mussermartha@gmail.com or complete the form that will appear in the order of service in September. The deadline for signing up is Sunday, September 29.

Sign-up directions for later dinners will appear in future Windows and the Order of Service. If you have questions, please contact Martha at mussermartha@gmail.com or 434-2246.

Save these dates:

Saturday, Oct. 12

Saturday, Nov. 9

Saturday, Dec. 7

Saturday, Feb. 1

Saturday, Mar. 22

Friday and Saturday, May 16 and 17

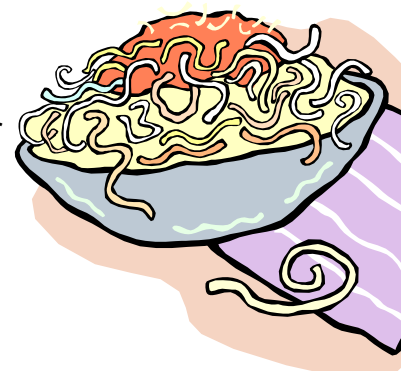
Multigenerational

PASTA POTLUCK

Sponsored by the Religious Education Council
Friday, Oct. 4,

6:00 PM in Channing Hall

Enjoy a good meal and good company. And for those interested, the after dinner presentation will be about the Our Whole Lives Program, (OWL) - specifically about the OWL program for Kindergarten and First Graders.



Sign up at the Sign Up Site in Channing Hall.

Channing Circle revives

Channing Circle (CC) will revive once again at its usual time and place--noon the third Monday of the month (Sept. 16) in Channing Hall for a brown bag luncheon, socializing and a sharing of a significant reports from the media. CC is open to any friends or members of FUUSA who are retired and/or able to attend. There will be a brief business meeting.

Channing Circle is you. Are you CC? New folks are especially invited to attend. Coffee, tea, place settings, and dessert will be provided. See you

there? (Help us set a record for those attending our first meeting of the year!)

Little known facts about FUUSA

Harvey Milk was a student at the State Teachers College (now known as UAlbany) across Washington Ave. from FUUSA and lived for two years at 413 and 415 Washington--two buildings we later purchased and demolished for our expansion projects.

Send us your fascinating FUUSA trivia for inclusion in this space: alent@albanyuu.org

UU Weekend at Silver Bay

Time is running out - have you made your plans for the weekend of Oct. 18 – 20??? That's the first weekend after Columbus Day, when fall is blooming with reds and oranges, especially gorgeous when reflected off the water of Lake George. It's usually cool--a welcome relief from the memory of a hot summer-- autumn in its full glory. The summertime crowds are gone and peace and calm is returning to the Adirondacks. It's also the weekend that area UU's and their friends head to the Silver Bay Resort on Lake George for a cooperative, family- friendly weekend.



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.

“Like” UU Weekend on Facebook and find out more about program updates and to see our video. Registration forms along with information on the weekend and the resort can be found on the FUUSA web site at http://albanyuu.org/wp/?page_id=502. Also, note the opportunity on the registration form to volunteer to help make this cooperative weekend a huge success!

If you have questions about the weekend, look for a UU Weekend volunteer in Channing Hall before and after the service starting in September. Hope to see you at UU Weekend! - UU Weekend Committee

**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.

Walker Book Club

Join the Walker Book Club for the first potluck and discussion of 2013-2014 on Sunday, Sept, 8 at 5:30 in Channing Hall. This informal group, which has existed for over 20 years and is named in memory of a treasured, deceased FUUSAn, offers participants the opportunity to search for UU truth and meaning by reading and discussing a wide-range of fiction and nonfiction books chosen by group consensus. Members greatly expand their reading horizons and develop a deeper sense of community and connections with other FUUSAns. The book must be available in paperback, either through libraries or at low cost and the person who suggests the book must have read it recently. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

We start with a welcoming shared supper which is followed by a lively discussion of the book of the month. Bring your favorite dish to share and a small contribution to cover beverages. Be green and bring your own dishes etc., or use dishware at FUUSA and help with the dishwasher.

On Sept. 8, we will discuss the non-fiction book ‘The Greater Journey: Americans in Paris’ by David McCullough. The book profiles a generation of famous American artists, writers and doctors whose travels to Paris between 1830 and the beginning of the 20th century contributed to their renowned contributions to America.

Join us to select books under consideration for Octo-

ber and November: *The Burgess Boys: A Novel* by Elizabeth Strout and *The Roundhouse* by Louise Erdrich.

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

Joys and Caring Corner _____

Illness

Susan Patti is home recovering from surgery she had in mid August.

Laura Cayford is having cataract surgery on Sept. 1. Phone calls and cards would be welcome.

Janet Smith is home and recovering for 6 weeks after having injured her back in Massachusetts. She welcomes visits from those who know her and food!

Irene Saulsbery is having some health concerns that she is dealing with. She would appreciate phone calls from those who know her.

Rodger Fink is now home after two hospitalizations in St. Peter's this summer: the first for a total hip replacement in June, the second to repair a leg fracture below the hip replacement after a fall. He is now recovering at home.

Kathleen Hodges was visiting her father after he had surgery this summer for a broken hip.

Deaths

Jan and Reese Satin's 21 year old granddaughter from Seattle died of a drug overdose in August. There will be a memorial service for her in September.

Eva Gemmill's brother George Herbert died Aug. 17 in hospice care in Louisville, KY. His family was with him.

Peter and Thelma Gerdine mourn the death at 84 of Jane Huntley, "teacher, human being, character extraordinaire!"

Appreciation

Al DeSalvo and Susan Thompson thank "our wonderful FUUSA family for caring, visits, and help in so many ways" and ask us to keep Susan in your thoughts as they "move to the next stage of this difficult journey."

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

A busy season for the Social Responsibilities Council

Karen Kaufmann, Chair

Summer is often viewed as "down time" at FUUSA, but the past couple of months have seen a number of important events sponsored by SRC that have connected our congregation with different vibrant elements of our community and raised our profile on social justice issues.

At our June 16 meeting, SRC voted to undertake a partnership with Ira McKinley to promote screenings of his courageous and enlightening documentary film *The Throwaways*. The film provides a compelling personal context to the issue of mass incarceration of young men of color, which we have explored through the UUA Common Read, *The New Jim Crow* by Dr. Michele Alexander, who appears in the

film and has enthusiastically praised it.

As a cooperative effort to promote Ira's film and also promote FUUSA's involvement in the issue of mass incarceration that devastates inner-city communities including Albany, SRC sponsored FUUSA's first-ever table display at African American Family Day on August 3 at the Empire State Plaza, a joyous annual event that draws thousands of Albany residents. We invested SRC funds in a full-size canopy that hopefully will be useful for future FUUSA displays at public events, as well as an eye-catching laminated poster headed "DEAR GOVERNOR CUOMO," inviting people to our table to sign a petition to the Governor demanding the appointment of a commission to study the issue of mass incarceration in New York State. We co-tabled with Ira and were able to engage many people in discussion about mass incarceration, and also distributed information on UUA resources around the issue as well as information about FUUSA.

Since the initial screening sponsored by SRC back in February, the film has been substantially re-edited and has also garnered attention from prominent film and TV producers. Given the continued need to promote it and raise funds for its distribution, SRC voted to again donate the use of Emerson for a screening on August 22. This event was well attended, the film was enthusiastically received, and much-needed funds were raised through voluntary donations.

At the August event came the surprise news that, through the support of legendary filmmaker Sam Pollard, Ira's film will be submitted to the Sundance Film Festival! In addition, FUUSA's steadfast support of this project has earned us an acknowledgment in the film's credits!

SRC also voted some time ago to formally co-sponsor the Two Row Wampum project, a commemoration of the 400-year-old treaty between New York's Dutch settlers and its Native peoples. This ambitious project culminated in an historic 13-day journey of Native and allied paddlers down the Hudson River from Albany to Manhattan, to the United Nations for a formal commemoration ceremony to coincide with International Indigenous People's Day.

For photos and videos of this remarkable event, go to <http://honorthetworow.org/>

Donna Doran and I didn't paddle, but we served on the Capital Region planning committee, as did Melissa McKinnon, the newly-credentialed Director of Religious Education at our sister Schenectady congregation. We planned and attended numerous publicity and fundraising events, including the successful SRC-sponsored event in Emerson on July 17, which featured a screening and discussion of Professor Lori Quigley's documentary *Unseen Tears* about the notorious "Indian schools" in New York, and raised several hundred dollars through donations, a silent auction and t-shirt and book sales.

Our planning efforts culminated in the daylong kick-off event at the Russell Sage campus in Troy on July 27. Many hundreds of visitors, including a number of FUUSAns, came to enjoy a variety of Native and Dutch entertainment and exhibits and moving speakers. I was so proud to see SRC and FUUSA listed on the banner honoring sponsors of the event! The actual launch of the commemorative paddle on Sunday morning was a very moving culmination of our volunteer efforts.

FUUSA also co-sponsored the National Neighborhood Night Out on August 6 for the Washington Square and Central Avenue neighborhoods, donating the beverages for the event. Robin Street between Central and Bradford was closed to traffic and a slew of neighborhood kids filled the street, playing games, jumping rope, doing chalk art and enjoying pizza and popcorn. Leah led the street-tic-tac-toe, and Sam and Deborah Vogel facilitated high-stakes jumprope, while Deborah's daughter Delaney providing awesome face-painting. I tabled with some FUUSA literature and was able to interest a few participants in the institution behind the steeple that was visible from the street.

On July 20, FUUSA was honored as "Organization of the Year" by In Our Own Voices – a wonderful organization that provides support to LGBTQ people of color – at their annual fundraiser, a posh event at the ballroom at 11 North Pearl Street. About ten FUUSAns attended and shared the pride as Sam accepted the award with remarks about FUUSA's history as a beacon of nondiscrimination.

On September 14, FUUSA will participate in the annual Sheridan Block Party, which seeks "to promote a sense of community (in the Sheridan Hollow-Arbor Hill area) and to provide adults, children, and families with actionable, self-betterment resources." We hope we can contribute to this goal by distributing children's books to our neighbors at no cost. Volunteers and book donations are needed! If you can help, contact Chuck Manning at chuckmanning@hotmail.com

Children's book donations, volunteers wanted

We are looking for volunteers to help and book donations for a FUUSA table at the **10th Annual Community Block Party** scheduled for **Saturday, Sept. 14**, from 11am to 3pm on the 100 block of Sheridan Avenue in Albany, NY. The goal of this annual enrichment event is to promote a sense of community (in the under-served Sheridan Hollow-Arbor Hill area) and to provide adults, children, and families with actionable, self-betterment resources. We need your help to make this year's event even more impactful!

People of all ages and backgrounds are drawn to this event, offering "**Free Food, Fun & inFo**". This event is all free, open to the public and broadly promoted. We expect in excess of 1,000 participants.

We would like to offer free children's books for all ages and other items that meet the goals of the event. If you would like to help, contact Chuck Manning at chuckmanning@hotmail.com. If you have children's books in good condition to donate, let Chuck know.

Green Sanctuary Committee report

The Green Sanctuary Committee (GSC) is committed to promoting green issues at FUUSA, including sustainability, environmental stewardship, renewable energy, local food, and generally being good citizens of the planet. Two years ago we focused on making FUUSA more "green" by transitioning to the use of recycled paper, and then last year we installed a rooftop solar array. Not to mention dozens of activities, including forums, potlucks, films etc. We are proud of these accomplishments, but we're not done. This year we are going to reach out and make a difference at the state level. We are going to study the issue of hydrofracking in New York.

"Fracking" is the practice of drilling for shale gas by fracturing the shale using intense hydrostatic pressure. The natural gas that is released burns more cleanly than coal, but is the process of extraction itself so clean? We'll see. Sandy Steubing will present both sides, and you can decide, at a forum on October 13. Then, on November 1, the GSC will sponsor a potluck dinner with guest fracking expert Jake Hays From Physicians, Scientists and Engineers for Healthy Energy. We are hoping that the discussion will lead to a resolution by the congregation to address this controversial issue. If so, then it will happen this fall. Stay tuned!

The GSC is continuing its activities, including recycling of batteries, cell phones, corks, and ink jet cartridges. Contact Carol Butt for information on recycling. Also, we will be holding a full schedule of monthly forums, in Room B-8 unless otherwise specified, usually on the 2nd Sunday of the month.

New members always welcome! We meet on the 3rd Sunday of each month in Room B-8.

Save the dates!

Sept. 15 GSC meeting, Rm. B-8, 11:45

Oct. 13 Forum:, Sandy Steubing: Hydrofracking in New York, 11:45

Oct. 27 GSC meeting. Rm. B-8 11:45

Nov. 1 Potluck dinner and Fracking discussion,

Channing Hall, 6 pm-9 pm

Nov. 10 Forum: Anne Marie Haber: Keeping chickens, 11:45

Nov. 17 GSC meeting. Rm. B-8 11:45-12:45

Dec. 8 Forum, Liz Pohlman: Transition Troy. 11:45

Dec. 15 GSC meeting, Rm. B-8 11:45

The Green Sanctuary Committee members are: Chris Bystroff, Chair; Sandy Steubing, Vice-chair; Betsy Wright, Social Responsibilities Liaison; Jessica Semon, Recording Secretary; Carol Butt, Recycling Czar

You can make a difference at Sheridan Prep

Last year, the Social Responsibilities Council initiated a project to make a difference in the lives of students attending Sheridan Preparatory Academy, a kindergarten through fifth grade school a few blocks from FUUSA where many children come from low-income families. Last school year, ten FUUSAns volunteered in the classroom. This year we hope to expand the number volunteering in the classroom and we are investigating ways of assisting these children outside the classroom.

The children are very eager for the individual attention that volunteers can give in the classroom. Each class has children with a range of skills, including some who are not yet proficient in English. In parts of the day, teachers work with small groups of students on a particular skill.

Volunteers are needed to help engage the remaining students in learning activities. We urge you to consider volunteering, as the experience is both fun and rewarding. Your time commitment can be as little as one hour weekly.

If you wish to volunteer in the classroom, the first step is submitting an application authorizing a background check. Here is the link to the district volunteer page, where the application can be downloaded:

<http://www.albanyschools.org/district/atoz/volunteering.html>. Also please let Martha Musser at mussermartha@gmail.com or Lois Griffin at griffinocnee@gmail.com know that you wish to volunteer so we can assist the school in organizing volunteers.

Contact Us

Board of Trustees 2013-2014

email: board@albanyuu.org

Executive Committee

Peg Sherman, President
Dick Dana, Vice President
Sue Berzinis, Treasurer
RoseAnne Fogarty, Secretary

Trustees

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

Ex-officio Members

Sam Trumbore, Minister
Tracie Tilgner, Chair Religious Education
Council
Karen Kaufmann, Chair Social Responsibilities
Council

Elected Officer (not on Board of Trustees)

Reese Satin, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Office Administrator

Stephanie Hayes, shayes@albanyuu.org

Rental Agent

Lynne Lekakis, kaneandlekakis@gmail.com

Custodian

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

Website

www.albanyuu.org

Building use

To **reserve a room** for a FUUSA activity, contact 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.

Editor: Amy Lent

Send submissions for all publications to:
Windows@albanyuu.org or to the church office.

Publication deadlines

FUUSA Preview email: 9:00 a.m. Wednesdays

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

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

Teaching as a Spiritual Practice



*Ways to make your time
volunteering with children and
youth deeply meaningful to you*

*Ways to support your connec-
tions with other teachers*

*An opportunity to strengthen ties
between our congregations and
to grow Unitarian Universalism*

*All those who have taught Sunday school- and those interested in teaching in the
future - are welcome for this time to pause, connect and be renewed.*

Saturday, Sept. 7

10:00 am to 3:00 pm – lunch provided

*This Workshop for the four CRUUNY Congregations will be held at the
Unitarian Universalist Congregation of Saratoga Springs
624 N Broadway, Saratoga Springs, NY 12866*

Childcare:

Money is available for you to pay your babysitter at your home
Let Melissa or Leah know if you'd like childcare provided onsite

Presenters:



Melissa MacKinnon is a
Credentialed Religious
Educator and serves the
Unitarian Universalist
Society of Schenectady



Leah Purcell is a Creden-
tialed Religious Educator
and serves the First Unitari-
an Universalist Society of
Albany

To register, request childcare onsite or for more info -

Contact Leah at dre@albanyuu.org or Melissa at Melissa.dre@gmail.com.

Picnic in the Park



sponsored by the Religious Education Council

Who: Everyone is invited

What: Bring your own picnic lunch, including drinks

When: Sept 15 -starting around 11:30 until around 2:00

Where: The playground at Washington Park

Why: For fun and friendship among FUUSA families, youth and adults



If it's rainy that day, we'll "picnic" in the upstairs classrooms.

No sign ups required.

Hope to see you there!

Please join us for a
New Member Potluck

Friday, September 27, 2013 at 6:00pm

In Channing Hall at FUUSA



We invite you--all who have become FUUSA members in the past year—to join us for food, conversation and fun! Members of the Board of Trustees, Membership Ministry and some of the New Member Guides will be on hand, too.

Bring a dish to share (appetizer, salad, vegetable, or dessert). Turkey and ham will be provided, as well as a vegetarian option. Children are welcome to come, too!

RSVP Please let Barb Manning know whether or not you can come and what you will bring (barbaracmanning@hotmail.com or 518-439-4226) by Wednesday, Sept. 25. Or you can sign up in Channing Hall at the Sign Up Site.

We look forward to seeing you on Sept 27th !

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.albanyuu.org