

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

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

Mid-summer 2013

In this issue:

- 1 Services
- 2 Calendar
- 3 News
- 5 Lifespan Learning
- 6 Our Community
- 8 Social Justice
- 9 Columns
- 13 Contact Us
- 14 Flyers

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

All are welcome!

Services

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? *Music: Ann Brandon*

Vee Abbitt is a UU seminarian.

Aug. 11 "GA Reflections"

Reflections and a recap of their Louisville General Assembly experiences by some of FUUSA's GA attendees. *Music: Julie Lomoe*

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. *Music: Chris Bystroff*

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. *Music: Al DeSalvo*

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.

Going to miss a Sunday? You can listen to the FUUSA Sunday service at home or on your mobile device. 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.

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 August _____

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 August _____

7-Aug	Wednesday	2:00 PM	Patka-Manning SGM.....	B-8
10-Aug	Saturday	10:00 AM	GA Service Rehearsal	Emerson
12-Aug	Monday	5:15 PM	Membership Meeting	B-8
		7:00 PM	Monday Men	B-8
15-Aug	Thursday	6:00 PM	Board of Trustees Meeting.....	B-8
21-Aug	Wednesday	2:00 PM	Patka-Manning SGM.....	B-8
4-Sep	Wednesday	2:00 PM	Patka-Manning SGM.....	B-8
6-Sep	Friday	5:30 PM	Board Retreat.....	Channing, B-8
7-Sep	Saturday	8:00 AM	Board Retreat.....	Channing, B-8
8-Sep	Sunday		Homecoming Sunday	
9-Sep	Monday	5:15 PM	Membership Ministry Meeting	B-8
		7:00 PM	Monday Men	B-8
10-Sep	Tuesday	7:00 PM	Wellspring Meeting	B-8
12-Sep	Thursday	7:00 PM	Program Coord. Council Meeting.....	B-8
14-Sep	Saturday	9:00 AM	New RE Volunteer Orientation.....	Channing
15-Sep	Sunday	11:00 AM	FUUSA Picnic	Offsite
18-Sep	Wednesday	2:00 PM	Patka-Manning SGM.....	B-8
19-Sep	Thursday	7:00 PM	Board of Trustees Meeting.....	
27-Sep	Friday	6:00 PM	New Member Potluck.....	Channing

News

How to describe General Assembly?

It's a whirlwind combination of business meetings, social justice organizing, educational workshops, spiritual experiences, and networking with more than 3,000 Unitarian Universalists. Eleven representatives of FUUSA traveled to Louisville, Kentucky to participate in General Assembly from June 19 to 23.

We were inspired by Eboo Patel, Wendell Berry, Bill Schulz, and dozens of other “prophetic voices” from within our denomination and beyond. We rallied for clean energy on the banks of the Ohio River.

We adopted a Statement of Conscience on [Immigration as a Moral Issue](#), as well as “actions of immediate witness” to explore divestment from the fossil fuel industry, to condemn the racist mistreatment of young people of color by police, and to support an amendment to the U.S. constitution to eliminate corporate personhood.

We re-elected Peter Morales as President of the UUA and elected Jim Key as Moderator for 4 year terms, along with many other elections—including that of Jacqui Williams as a member of the committee charged with seeking future candidates for UUA president.

We engaged in a “tweet chat” about how to make General Assembly better, more open, and more reflective of who we are as UUs.

Come to the worship service on Sunday, August 11 to hear more about the meaning that we found at General Assembly! And please consider participating in next year's GA, June 25 to 29, in Providence, Rhode Island.--Peggy Sherman

Big thank you to all the volunteers!!

I just wanted to give a big shout out to all the volunteers who have painted, and done work around the building this summer. A huge **Thank You** to Mike Babala who has organized the work parties to do the different projects. So, **Thank You**, Jack Heinsohn, Reed English, Steve Moskowitz, Dave Stone, Dave Metz, Patsy Patrick, Maria Joyner, Jon & Sigrin Newell, Jan & Reese Satin. Without you all, volunteering this summer, we wouldn't have gotten so much accomplished!! We painted

Flyers in this issue

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

- ◆ Sunday School Program—Fall 2013
- ◆ Major Events Calendar

the lower half of Channing Hall, major touchups in Emerson Community Hall, the Sanctuary, and all the hallways. We are still painting 2 classrooms. We are also in the process of replacing the lighting in the downstairs hallway.—Steff Hayes

Homecoming

Sunday, September 8

◆ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the re-gathering of our community.

◆ **Send a couple photos** of your summer for inclusion in the slideshow to shayes@albanyuu.org by Aug. 26.

◆ **Plan on lunch after the service!** Everyone is invited to a light lunch in Channing hall right after the service. Sandwiches and beverages will be provided. Please bring a “finger food” to share such as raw veggies, fruit, cheese and crackers, deviled eggs, or other appetizers. Drop off your contribution that morning in the kitchen. This is a nice time to catch up with friends and meet some new people after the summer's activities. See you then!

Teaching Sunday School: “From You I Receive, to You I Give”

How would you like to have your heart filled on Sunday morning? One way is by joining a team that works with FUUSA's youngest. We need caring adults to be with our Toddlers so their parents can enjoy the service. Also the Pre-School children will be doing *UU Play* – which will be just what it sounds like—sharing a story in circle time and then helping the children play and practice compassion.

The **First graders** will be doing one of our favorite Tapestry of Faith Curricula: Creating Home <http://www.uua.org/re/tapestry/children/creatinghome/index.shtml>.

I'm very excited about the new curriculum we're using for **Second Grade**. The name says it all:

Signs of Our Faith – Being UU Everyday <http://www.uua.org/re/tapestry/children/signs/index.shtml>

Do you have an interested in fostering the imperative of social justice in children? This year the **Third grade** will be doing the curriculum *Sing to the Power* <http://www.uua.org/re/tapestry/children/sing/index.shtml>

Are you ready to help our **Fifth graders** “go deeper” in working out ways to make meaning of our lives? Consider joining this teaching team for Windows and Mirrors

<http://www.uua.org/re/tapestry/children/windows/index.shtml>

Sign up now for one of our most popular curricula – Neighboring Faiths. The **Sixth and Seventh graders** will learn about different faiths and visit their places of worship – and so will you if you join this teaching team.

Now is the time that I recruit teaching teams. Each team needs four teachers. Teachers can expect to volunteer twice a month – once to lead the session and another time to assist someone else. Assistants are welcome additions to the teams too. I hold an **orientation for first time RE volunteers** on Saturday, Sept 14 at from 9:00 to 11:00 am. In the month of September I meet with each team individually, to see how things are going for the group and to coach, support, cheer and thank the volunteers. Contact me at dre@albanyuu.org or 463-7135.-- Leah Purcell

Seen any new faces?

We’ve had a steady stream of newcomers at Sunday services this summer, and can expect to see even more visitors in August and September as folks new to the area seek a church.

You can help more folks find Unitarian Universalism by being on the lookout for new people in your neighborhood and other places you go. Suggest “FUUSA” to them just as you’d recommend a good doctor or dentist you know. Pick up an extra newsletter to share with a neighbor, or jot down www.albanyuu.org.

You could also offer to meet them at church and introduce them to others. Let them know why this UU community is important to you.

And don’t forget, any time you see a new face in the service or at coffee hour, go up and introduce yourself.

Message to all Committee Chairs

The first Program Coordinating Council (PCC) meeting of this church year is at 7 PM, Thursday, Sept. 12. I am encouraging EVERY committee chair to put this meeting on her or his calendar. We have a number of important issues to address. Though the issues we are addressing may not directly affect your committee, committee chairs are leaders in our congregation and, as per the FUUSA bylaws, are members of PCC.

While the Board of Trustees works on the policy level, the PCC coordinates the lay ministry of the Society and makes recommendations to the Board and on some delegated matters. Please consider joining us for the September meeting. Details of the agenda will follow in the September Windows.

See you in September. -Dick Dana, VP

Garden thanks

Many, many thanks to the hard working volunteers who faced extremely difficult conditions during June and July--between the heat and weeks of heavy of rain--to maintain the gardens around FUUSA!!!! We still need to keep our gardens looking their best in August and through Sept. If you haven't had a chance to help out yet, there's still time, and if you have already been in to garden, you can come again!

In particular, we would like our surroundings to look great for our homecoming service in Sept. To sign up, just go to the FUUSA home page (www.albanyuu.org) and click on "summer gardening opportunities". Thanks again, Paula Moskowitz, Chair, Dirty Fingernail Group (questions-contact Paula at xxxxxxxxxxxxxxxxxxxxxx or xxxxxxxxxxxxxxxxxxxxxx)

CROP Walk Addendum

When I wrote up the CROP Hunger Walk report for the June Windows, I forgot to include one small but significant event in FUUSA’s Walk preparation. On the last Sunday before the Walk, as I stood at the CROP Walk table signing up walkers and taking pledges, a small girl shyly approached the table.

After I'd greeted her, and prompted by her Dad, she took out a bulging change purse, and dumped the contents of MANY coins onto the table. It was the offering from the Children's Chapel that day, proudly presented by this child to support the CROP Walk. I was so touched and delighted, and thanked her profusely. What a blessing to be part of such a giving and generous community! —Dawn Dana



The combined choirs gave us rainbow of song at the Capital Region UU service on June 2 at the Round Lake Auditorium!

Lifespan Learning

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 September 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- 8:00 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 I offered this past

spring is being offered again, for all RE volunteers of the CRUUNY Cluster on Saturday, Sept. 10 from about 10:00 am to 3:00. Stay tuned for exact times and location.

I'm working with Melissa MacKinnon, the DRE from the Schenectady congregation, to expand this offering to create a workshop for all the RE volunteers of the four local congregations. We'll explore ways to make volunteering with children and youth a part of your spiritual and personal development. And you'll have an opportunity to connect to others in our religious education community at FUUSA and meet your colleagues from the other congregations. If you have taught Sunday school in the past or if you are interested in teaching in the future, this workshop is for you.—Leah Purcell

Thinking about Sunday school?

—Fall Sunday school program is at the end of this issue

—RE 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.

Joy Library Notes

"Buddha Books" in the Joy Library

"This book was both a delightful read and an eye-opener. If you've ever wondered what it would be like to actually use Buddhist practices to deepen or broaden Christian or Humanist practices, this book is for you. Each chapter is a short essay by a different person who has done just that, mostly Unitarian Universalist ministers of the last half century." *Richard H. Burkhart. Customer review of **Buddhist Voices in Unitarian Universalism** on Amazon. 7/28/13*

In September, Joy Library will have two copies of ***Buddhist Voices in Unitarian Universalism*** edited by Wayne Arnason and Sam Trumbore. Until then, if you'd like to refresh your understanding of Buddhism, Joy Library has more than 30 books about the Buddha and Buddhist teachings. Most can be found under 294.3 and its variations. Three which are recommended in ***Buddhist Voices in Unitarian Universalism*** are:

Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice by Shunryu Suzuki [294.3 SUZ] "In the forty years since its original publication, ***Zen Mind, Beginner's Mind*** has become one of the great modern Zen classics, much beloved, much reread, and much recommended as

the best first book to read on Zen. Suzuki Roshi presents the basics—from the details of posture and breathing in zazen to the perception of nonduality—in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page. It's a book to come back to time and time again as an inspiration to practice...." *AMAZON 7/26/13*

The Miracle of Mindfulness by Thich Nhat Hanh [294.3 NHA] "This is not a book about Buddhism. It draws very heavily on the path to enlightenment that the Buddha taught as his fourth Noble Truth, but this book is first and foremost about mindful living. In that sense, it is completely accessible to the Christian, Jewish, agnostic or anyone else who recognizes the power of meditation in achieving a degree of personal enlightenment. Thich Nhat Hanh has written extensively on the relationship between the principles taught by the Buddha and Jesus, and he is ever mindful of the needs of his Christian/Western audience as well as that of his Buddhist audience. Regardless of your religious orientation, you will find this little book to be an effective guide to living mindfully, completely and with joy." *AMAZON 7/26/13*

Buddhism without Beliefs: A Contemporary Guide to Awakening by Stephen Batchelor [294.34 BAT] "In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment." *AMAZON 7/26/13--Sally Knapp*

Our Community

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. Also invited are New Member Guides and Board members. This is a chance to get together and meet everyone

who joined this past year. The Membership Ministry Committee will provide meat and beverages. Watch for an invitation in early September and RSVP to Barb Manning (xxxxxxx) as to what you would like to bring or you can email Barb Manning xxxxxxxxxxxxxxxxxxxx You can also call the church office and leave a message there (463-7135) with Stephanie or Amy.

Picnic in the Park

Sponsored by the Religious Education Council

Who: Everyone is invited

What: Bring your own picnic lunch, including drinks

When: After Sunday school on Sept. 15 (starting around 11:30 until around 2:00)



Where: The playground at Washington Park

Why: for fun and fellowship among families, youth and adults

No sign ups required. Hope to see you there!

UU Weekend

This year, the weekend of October 18-20 marks our 20th anniversary UU Weekend at Silver Bay. Gather with us in the beautiful Adirondacks to enjoy a weekend filled with **FUN, FRIENDS, FOLIAGE**, and



FELLOW-SHIP. Like UU Weekend on Facebook and find out more about program updates and to see our video. Registration information and a draft schedule of workshops and children's activities are posted on the FUUSA website

also, www.albanyuu.org. If you have specific questions, you can use the Facebook UU Weekend page. We hope to see you there!

About Us

◆ Three FUUSAs have art works in a show called Whimsicality at the Albany Center Gallery through Aug. 16: **Michael Chernoff, Molly Purcell and Quinn Guarino.**

◆ **Rev. Chris Antal** will conduct a retreat called "Being Peace: Spiritual Disciplines for Sustaining Social Action" at the Aug. 16-17 Kateri Tekakwitha Interfaith Peace Conference titled "The Moral Imperative of Activism". (Info at www.kateripeaceconference.org.)

Walker Book Club

Join the Walker book club for the first potluck and book discussion of the 2013-2014 FUUSA year on Sunday, September 8, 2013 in Channing Hall at 5:30 PM. There is still time to read the non-fiction summer 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. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

Contact Linda Hunt at xxxxxxxxxxxxxxxxxxxx with any questions about the group or if you want to have your name added to the Walker Book Club mailing list.

Save the Date: Friday, Oct 4

Multigenerational Pasta Pot Luck Dinner—Sponsored by the Religious Education Council

Dinner for all; program for those who would like—"Welcome to the RE program."

Summer Office Hours

From June 17 thru Labor Day weekend (Sept.3 return to regular schedule):

Monday-Thursday 9:00 AM – 1:00 PM

Joys and Caring Corner _____

Illness

Arden Dockter is recuperating after having surgery. He is looking forward to getting back to his normal routines which includes swimming.

Al DeSalvo reports that **Susan Thompson** is hospitalized with an autoimmune liver ailment. He hopes she will be coming home soon and he is very thankful for the support he has received from our FUUSA community. Cards sent to their home would be appreciated.

Nancy Bell had pneumonia earlier this summer. She is now home and welcomes cards.

Sightings

Priscilla Crago wrote to share her joy at seeing **Jack and Dorothy Bellick** who were back in town for two weeks recently. The Bellicks got to visit with many of their FUUSA friends, and a group celebrat-

ed Jack's birthday at a restaurant.

Deaths

Jacqui Williams reports that **Joan D. Henderson**, member of UUC Glens Falls, died last weekend. She was a close friend of 25 years; introduced to UU through service auction white water rafting trip.

Bill Peruzzi, a former FUUSAn , reports that **June Hall** has died. Bill is a member of the Bradenton, Florida UU Congregation.

Joys

Peter Gardine shares two joys: his 50th reunion at Amherst College, and Amherst won NCAA Div. 3 men's basketball championship.

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.)

**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.

Social Justice

You can make a difference at Sheridan Prep

Last year, SRC 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.

Ten FUUSAns volunteered at Sheridan Prep last year. The children are very eager for the individual attention that volunteers can give. 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, 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 xxxxxxx or Lois Griffin at xxxxxx know that you wish to volunteer so we can assist the school in organizing volunteers.

UU College of Social Justice

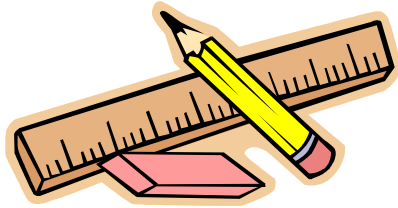
The UU College of Social Justice is excited to announce several new programs for this fall. These programs spotlight some of the UU justice movement's greatest work and draw on programs of UUSC and the UUA.



- ◆ **Justice for Women and Marginalized Communities in India**
Learn more and register at uucsj.org/india
- ◆ **Food for Thought: An Exploration of Eating and Worker Organizing**
Learn more and register at uucsj.org/food
- ◆ **BorderLinks: Immigration Justice**
Learn more and register at uucsj.org/borderlinks

School Supplies for the Focus Food Pantry

Again this year FUUSA is the collection and distribution site for the FOCUS on Schools project, which is run by the FOCUS Interfaith Food Pantry. Now through August, FOCUS will be working to get school supplies to the children who use the Food Pantry. That way, those families' food money can continue to buy them food.



Needed supplies:

- 12" rulers
- #2 pencils-sharpened
- Pens: black or blue ink
- College ruled notebooks
- College ruled paper
- Pocket folders
- Colored pencils
- Crayons-24 count
- Pencil pouches (soft-sided)
- 3 ring binder (1" and 1-1/2") width
- Pink erasers

Drop off for the school supplies is at FUUSA, from **Aug.1-Aug. 22**, Monday – Thursday, 9am-12noon.

If you would like to be part of the school supplies effort, and shopping is not your idea of a good time, you can make a contribution the Focus Churches of Albany, please put "school supplies" on the memo line and mail your contribution to: Focus Churches of Albany, 275 State Street, Albany, NY 12210.



Help pack the backpacks at FUUSA:

Putting the backpacks together starts on Monday Aug. 26, and it will run through Friday Aug. 30. The times for creating the backpacks will be determined by volunteer coordinator Becca Leet. IT IS IMPERATIVE that anyone who wants to volunteer contact Becca at beccal@focuschurches.net

Thank you in advance for your support and See you in September!--Patty Burch and Renee Panetta

Service opportunity for families

FOCUS back-to-school backpacks: donations and packing



There are two ways for you and your family can participate:

- ◆ Donate school supplies for children—see list of needed supplies to the left.
- ◆ Help pack items into backpacks—see sign up instructions above.

You can make this project an opportunity for you and your family to build your faith. Talk with your children about why you are doing this service project. For more info about FOCUS go to <http://www.focuschurches.net/index.php>. Becca also recommends that you visit the Hunger Action Network website, www.hungeractionnys.org, for more information on hunger and poverty in NY. I suggest that you read through this material and present the topics that are appropriate for your aged children. And give our children an opportunity to reflect on their experience afterwards. What do you think worked best about this project? What was frustrating? Did your view of the world change in any way? What did you learn? What will you remember about this experience? How do you think your actions changed the world (even if in small ways)?—Leah Purcell

Columns

Religious Exploration _____

Can we talk?

I've had a couple of amazing experiences this summer; General Assembly in Louisville and Lifespan

Religious Education Week at Star Island. At both, a common theme emerged: *"How do we help families have explicit conversations about their UU values?"*

I learned about strengthening the home/church connection and giving families ways to create an explicitly UU home. I'm excited about offering resources for you to use at home besides the content of each Sun-

day school session - like the Story for All Ages in the service with follow up questions; table graces; spiritual practices and inspirational readings and family friendly service projects at FUUSA.

Some of my colleagues have a practice of having a conversation with each family every year. I'd like to hear what's going on in your lives. What you'd like to receive from our RE program? What are your hopes and what kinds of commitments you can make? How are you doing on your own spiritual journey? I know most of you are really busy and want to make the most of what FUUSA can offer.

Can we talk? Perhaps we could have coffee sometime or a phone conversation. My schedule gets busy in August too, so I won't be able to have a conversation with each family before September, but I can certainly talk to parents and caretakers who are relatively new to FUUSA, as well as to the families of middle school youth and high school youth about what the RE program offers for teens. And I'd love to hear from anyone who has questions for me. Do you have suggestions for RE volunteers you'd like to see working with your child's group? Are you excited (or do you have questions) about Family Chapel?

Would you like a parent support group with the parents in your child's group? Are you interested in programming for parents or for families outside Sunday morning?

So be thinking about what the FUUSA/home connection might look like for you. And let's talk soon.—
In joyful service,

Leah

Unfinished 'business' from our Annual Meeting last May!

The meeting agenda was so full we skipped two important items: outgoing President Chuck Manning's words, and outgoing Vice President Peggy Sherman's tribute to Chuck. They are printed here for your reading pleasure.

Chuck's undelivered Annual Meeting remarks

One of the main reasons I have enjoyed my three years as President is because it gave me the opportunity to work with terrific, creative, and committed members of our community. A number of them will be leaving their positions this year and I would like to

recognize each of them individually. Could you please stand, as I read your name and remain standing until we have a chance to acknowledge all of you.

Donna Meixner served as Secretary for the three years that I was President. In spite of her professed dislike of writing she has done an excellent job of preparing the minutes of our meetings. But she has been much more, during our Board meetings when she looked up from her keyboard and offered her opinions, I could count on them being reasonable, compassionate, and creative. She also was an indispensable member of the Executive Committee and the Stewardship Committee.

Peggy Sherman is not really leaving the Board but she is leaving her position of Vice-President to become President. I am sure she will do an excellent job. I know this because she proved it in her role as Vice-President and as a member of the Personnel Committee. Peggy is so well organized, I could always count on her to have the documents we needed for reference at our Board meetings. She also understands the need for the Board to focus on policy not minutia.

Moving on to the Board of Trustees, two members' terms will be expiring. Dick Dana will also not be leaving the Board but will be taking over as Vice-President. After watching the energy and dedication he demonstrated during the last two Stewardship Campaigns, I am sure that he will be an excellent Vice-President.

Becky Myer's term also expired. Becky provided an invaluable service to the Board. At our first meeting she offered to be our "mission checker". Whenever our work strayed from FUUSA's mission, she would bring us back to why we were all here.

Paula Brewer was the RE Council Chair, she will also be leaving the Board as she steps down from that position. Paula has been excellent at bringing the RE perspective to the Board meetings. She also was willing to offer an alternative opinion and ask challenging questions during our discussions.

I also wanted to recognize Committee Chairs that will be leaving at the end of this year.

Mark Butt has served as chair of Personnel while we have gone through some challenging times trying to replace Dave Stone. Mark's steady and patient lead-

ership has been wonderful (to quote one of his favorite words).

Sharon Babala has served as chair of Caring Network for at least four years (maybe longer). Her compassionate, calm, and understanding nature has brought comfort to many of our members. She has led a group of other caring individuals who provide a vital service in our congregation.

Dave Metz has worn many hats in his tremendous service to our congregation. This next year he will be relinquishing one of them, as he steps down as Building Use Committee Chair. That committee dealt with a number of thorny building use issues and prepared new building use policies under his leadership.

Dawn Dana will be leaving as Nominating Committee Chair. For me, Dawn has defined what competence means. She always knew what to do and then went ahead and did it. You can't ask for more than that from a volunteer.

All of these folks as well as those that are continuing to serve in leadership positions deserve our thanks and appreciation.

Finally, I want to thank our terrific staff for the support their service to our congregation. Rev. Sam has continued to provide effective and creative ministerial leadership. Leah, as a credentialed Religious Educator, has enriched our RE program as well as offer a bit more theater to our Sunday Services. Speaking of Sunday Services, Matt's music simply gets better and better. Amy has been growing into her new position as director of Member Service and Communication. Her institutional knowledge bailed me out a number of times. I admire Stephanie's work ethic and her commitment to getting the job done. Hadiya has brought a cheery face to Sunday morning and is there to help out.

As I reflect on the accomplishments of our congregation over the past year, I am amazed at the energy we have and how much we have done together. Much of this is described in the annual written report. We have 6 Standing Committees, 3 Councils, 23 Committees and Sub-Committees, and 10 activity/support groups. These various groups create our beloved community. Please take some time to read the annual report to get a sense of the amazing activities that we do. I want to thank all of the volun-

teers who make all of this happen.

What I wanted to conclude with during my President's Report is where I hope we can go from here. We will be led by a great team on the Board under Peggy Sherman's leadership.

Quoting from Peter Morales, President of the UUA :

"Our dreams, our visions of what we seek to become, are the true foundation of our faith. Our dreams and our commitment to make them come true are what bind us together. Our faith is not about a fixed set of beliefs... The essence of our faith is faithfulness to one another, faithfulness to what we hold sacred in life and faithfulness to our shared dreams."

I believe our shared dream is to build on the strong foundation we have so that we are ready to serve:

- ◆ When a person loses a job – we can provide them with support
- ◆ When a family loses a loved one – we can provide them comfort
- ◆ When someone feels they need to find something larger than themselves - we can help them in their search
- ◆ When a someone feels threatened – we can provide them a safe place
- ◆ When a City School needs love – we can give it
- ◆ When someone is hungry – we can help feed them
- ◆ When someone is lonely – we can provide them with a community

This is what we have done for 171 years. When we all work together it is what we can continue to do: *As we dare to dream ambitious, yet possible dreams. And commit ourselves to making our dreams come true.'*

Tribute to Chuck Manning

Let's acknowledge Chuck Manning's tremendous service as President of our Society for the past three years. Chuck has devoted an enormous amount of time and energy to this position. Here are just a few themes of his leadership:

Chuck believes in **putting our values into action**. For example, he worked closely with the Green

Sanctuary Committee on all the details that resulted in the installation of solar panels on our roof.

Chuck supports **learning and innovating**. He sought out good ideas to bring to FUUSA. He encouraged others to join him at General Assembly and the UU Leadership Training Institute. He promoted our successful application to be a Threshold Congregation.

Chuck **focuses on the future**. He looked out for and encouraged future leaders. He supported youth participation in all aspects of FUUSA, inviting a youth representative to join the Board and advocating for congregational support for youth attending last year's Justice GA.

He focused on the financial future of our society as well, working closely with our Stewardship chairs, supporting innovative approaches to our annual

campaign and keeping a close watch on all our fundraising activities. We are very fortunate that he has agreed to chair the Stewardship Committee for next year.

Chuck **brings out the best in others**. He leads by example, volunteering for everything from ushering on Sunday mornings to organizing Sandy relief trips.

As board members, we appreciated Chuck's calm and thoughtful way of chairing our meetings, as well as the wise and often personal words that he shared with us at the opening and closing of each meeting. Chuck has a way of supporting professional staff, lay leaders and volunteers -- without directing them. He asks the questions that cause us to reflect and strive to do better.

We are the beneficiaries of Chuck's leadership over these last three years. Thank you, Chuck!

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

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

First Unitarian Universalist Society of Albany
Sunday School Program--Fall 2013

Fall Semester is September 15 through January 26

Group	Curricula Description
Toddlers (Red Group)	Fun!
Pre-School (Orange Group)	UU Play A story based program based on UU themes, with reflection time and coaching on cooperative play
Kindergarten/First Grade (Yellow Group)	Creating Home http://www.uua.org/re/tapestry/children/creatinghome/index.shtml This program speaks of home as a place of belonging and explores the roles each of us play in the homes where we live. The program introduces the concept of a "faith home" — our congregation — which shares some characteristics with a family home. Like a family home, a faith home offers its members certain joys, protections, and responsibilities.
Second Grade (Green Group)	Signs of Our Faith—Being UU Everyday http://www.uua.org/re/tapestry/children/signs/index.shtml This Tapestry of Faith curriculum guides children to do their best to live faithful lives every day. It presents fourteen traits or values that most Unitarian Universalist love, including the quest for knowledge, reverence for life, supporting one another on our faith journeys, and public witness.
Third/Fourth Grades (Blue Group)	Sing to the Power http://www.uua.org/re/tapestry/children/sing/index.shtml Sing to the Power affirms our Unitarian Universalist heritage of confronting "powers and structures of evil with justice, compassion, and the transforming power of love." Participants experience their own power, and understand how it can help them to be leaders.
Fifth Grade (Indigo Group)	Windows and Mirrors http://www.uua.org/re/tapestry/children/windows/index.shtml The metaphor of windows and mirrors represents the dynamic relationship among our awareness of self, our perceptions of others, and others' perceptions of us.
Sixth and Seventh Grades	Neighboring Faiths This group will first create among themselves a religious community and then learn about and visit other places of worship
Eighth and Ninth Grades	Heeding the Call: Qualities Of A Justice Maker http://www.uua.org/re/tapestry/youth/call/index.shtml - a social justice curriculum. Workshops on empathy, courage, abundance, joy, and other qualities ask participants to recognize how these standards can be tools for justice. Additionally, the program includes more concrete tools, such as suggestions on how to be a good ally and tips on the language of conflict resolution. This group will also have supplemental sessions on UU history and polity.
Senior High Group	The Senior High group for high schoolers has some long standing traditions – organizing a service project, designing and presenting a Sunday morning worship service, as well as informal discussions. In March they will be hosting a social con (3-day conference for learning, socializing, group building and worship for UU youth in our District and Eastern Canada)

FUUSA Major Events 2013-14

(Ver. 8, August, 2013)

Date.....Events

SEPT

- 8 "Homecoming" Sunday
- 9 Religious Ed. Council Meeting
- 9 Membership Ministry Meeting
- 12..... Program Coord. Council Meeting
- 15..... FUUSA picnic (Washington Park)
- 19..... Board of Trustees Meeting
- 27..... New Member Potluck

OCT

- 4 Multigen Pasta Potluck/IRE Open House
- 5 Getting to Know UU
- 7 Religious Ed. Council Meeting
- 10..... Program Coord. Council Meeting
- 12..... Circle Dinner
- 14..... Membership Ministry Meeting
- 17..... Board of Trustees Meeting
- 18..... Guilderland Potluck
- 18-20 ... UU Weekend at Silver Bay
- 25-26 ... NYSCU (Little Falls, NY)
- 26..... Halloween Party & Food Drive

NOV

- 1 Potluck Dinner
- 3 Change of Time Breakfast
- 3 New Member Reception
- 4 Religious Ed. Council Meeting
- 5 Election Day/Pie Making
- 9 Circle Dinner
- 11..... Membership Ministry Meeting
- 14..... Program Coord. Council Meeting
- 16-17 ... Holiday Bazaar
- 21..... Board of Trustees Meeting
- 28..... Thanksgiving

DEC

- 1 Selection of Parts for Christmas Pageant
- 2 Religious Ed. Council Meeting
- 6 Potluck Dinner
- 7 Getting to Know UU
- 7 Tree Trimming/Holiday Crafts Party
- 9 Membership Ministry Meeting
- 12..... Program Coord. Council Meeting
- 14..... Circle Dinner
- 15..... Rehearsal for Christmas Pageant
- 19..... Board of Trustees Meeting
- 20..... Guilderland Potluck
- 22..... Christmas Service with Pageant
- 24..... Christmas Eve Service

JAN

- 5 New Member Reception
- 6 Religious Ed. Council Meeting
- 9 Program Coord. Council Meeting
- 10..... Potluck Dinner
- 14..... MLK Service
- 13..... Membership Ministry Meeting
- 16..... Board of Trustees Meeting

FEB

- 1 Getting to Know UU
- 1 Circle Dinner
- 3 Religious Ed. Council Meeting
- 7 Potluck Dinner
- 8 Senior High Sleepover/HUUGS Packing
- 10..... Membership Ministry Meeting
- 13..... Program Coord. Council Meeting
- 20..... Board of Trustees Meeting
- 21..... Guilderland Potluck
- 22..... Wine & Cheese
- 23..... Get Connected Activity Fair

MAR

- 2 New Member Reception

- 3 Religious Ed. Council Meeting
- 7 Potluck Dinner
- 7-9..... SLD Con (at FUUSA)
- 10..... Membership Ministry Meeting
- 13..... Program Coord. Council Meeting
- 15..... Auction
- 20..... Board of Trustees Meeting
- 22..... Circle Dinner
- 28-29 ... SLD District Assembly

APR

- 5 Getting to Know UU
- 7 Religious Ed. Council Meeting
- 10..... Program Coord. Council Meeting
- 11 Annual Fellowship Dinner
- 14..... Membership Ministry Meeting
- 17..... Board of Trustees Meeting
- 18..... Guilderland Potluck
- 20..... Easter
- 26..... Circle Dinner

MAY

- 2 Potluck Dinner
- 4 New Member Reception
- 5 Religious Ed. Council Meeting
- 8 Program Coord. Council Meeting
- 12..... Membership Ministry Meeting
- 15..... Board of Trustees Meeting
- 18..... Annual Meeting

JUNE

- 1 CRUUNY Service
- 2 Religious Ed. Council Meeting
- 8 Sundae Sunday (Coffee Hour)
- 9 Membership Ministry Meeting
- 12..... Program Coord. Council Meeting
- 19..... Board of Trustees Meeting
- 20-21 ... Religious Ed. Council Retreat (tentative)
- 25-29 ... UUA General Assembly (Providence, RI)

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.albanyuu.org