

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

## 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

#### Oct. 5 "A Sensual Faith," Rev. Sam Trumbore

Some of us cerebral types, or 'brainiacs' as one former member of our congregation used to call Rev. Trumbore, want to think about religion and what we believe. Another way to experience one's faith is through the sense doors, through visual art, music and movement. Goethe will be our guide.

*Music:* Helderberg Madrigal Singers

#### Oct. 12 "A Spiritual Reboot," Rev. Sam Trumbore

Sometimes computers get stuck in an endless loop that can only be stopped by rebooting it. People also can get stuck living boring, repetitive lives that don't give them a sense of meaning and purpose. How do they reboot out of the futile tedium and feel vital and alive again?

*Music:* Choir

#### Oct. 19 "Why Are We Here?" Viola Abbitt (service in Sanctuary)

This is a question that many of us have asked ourselves. Throughout history, people have fought and died over what is the truth about how we came to occupy this blue-green orb. But is that really the question that we should be asking?

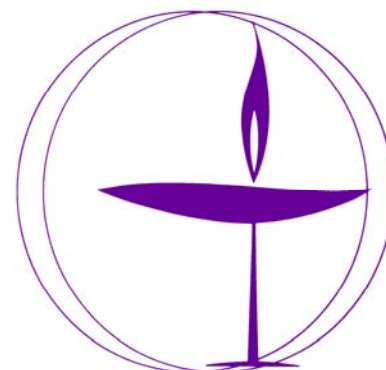
*Music:* Listen to our amazing organ!

#### Oct. 26 "Wheel of Life Service: Honoring the Seed,"

Leah Purcell, Rev. Trumbore & Matt Edwards

Each year we remember the milestones in our lives from the past year, the births, the passages and the deaths. Each year we encourage you to **bring a picture or symbol** of the person(s) you'd like to remember that will be gathered during the service. This year, please **bring some seeds** with you from where you live or take a walk or a hike and gather a few seeds to bring with you to the service.

*Music:* Choir, and debut of the FUUSA teen music ensemble



## WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

October 2014

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### Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

(1st Sunday/mo.. Oct.-May)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

# Calendar

## Events happening every Sunday at FUUSA

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

Exceptions: .

## Events happening every week in October

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

Exceptions:

## All other events happening in October

- 1-Oct Wednesday**.....
- 5:30 PM Family Small Group Ministry-Evensong .....Channing
- 7:00 PM Living Soulfully of the Capital Region ..... B-7
- 2-Oct Thursday**.....
- 7:00 PM Musicians of Ma'alwyck Rehearsal .....Emerson
- 3-Oct Friday**.....
- 12:00 AM NYSCU Annual Meeting (Watertown).....
- 5:00 PM Multi-generational Pasta Potluck ..... Channing Hall
- 4-Oct Saturday**.....
- 12:00 AM NYSCU Annual Meeting (Watertown).....
- 8:45 AM Getting to Know UU ..... B-8
- 5-Oct Sunday**.....
- 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
- 12:00 PM SRC Meeting..... 26
- 6-Oct Monday**.....
- 10:00 AM Small Group Ministry..... B-5
- 6:15 PM REC meeting.....Channing
- 6:30 PM Small Group Ministry-English.....Stott Lounge
- 7-Oct Tuesday**.....
- 6:00 PM Wellspring Foundation ..... B-8
- 8-Oct Wednesday**.....
- 5:30 PM Family Small Group Ministry-Evensong .....Channing
- 9-Oct Thursday**.....
- 5:15 PM Religious Services Committee ..... 26
- 7:00 PM Program Coordinating Council..... B-8
- 10-Oct Friday**.....
- 11:00 AM Cathy Perkins.....Stott Lounge
- 5:00 PM OWL Overnight ..... Whole Building
- 11-Oct Saturday**.....
- 12:00 AM OWL Overnight ..... Whole Building
- 6:00 PM Circle Dinner .....Offsite
- 12-Oct Sunday**.....
- 11:45 AM Auction Committee Meeting..... B-7
- 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
- 12:30 PM Rite of Passage meeting..... B-8
- 5:30 PM Walker Book Club .....Channing
- 13-Oct Monday**.....
- 9:30 AM Memorial Society Meeting.....Stott Lounge
- 10:00 AM Small Group Ministry - Monday Mornings..... B-5
- 5:15 PM Membership Ministry Committee ..... B-7
- 7:00 PM Monday Men ..... B-5

- 14-Oct Tuesday**.....
- 10:00 AM Wellspring meeting Lois Griffin..... Stott Lounge
- 7:00 PM UU Christians ..... B-5
- 7:00 PM Wellspring: Faithful Action..... Stott Lounge
- 16-Oct Thursday**.....
- 7:00 PM FUUSA Board Meeting..... Channing
- 17-Oct Friday**.....
- 12:00 AM UU Weekend at Silver Bay thru Sunday (Offsite) Offsite
- 19-Oct Sunday**.....
- 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
- 11:45 AM Green Sanctuary Meeting ..... B-8
- 20-Oct Monday**.....
- 10:00 AM Small Group Ministry..... B-5
- 12:00 PM Channing Circle Lunch ..... Channing
- 6:30 PM Small Group Ministry-English..... Stott Lounge
- 21-Oct Tuesday**.....
- 7:00 PM Meaning Matters Tuesday..... Stott Lounge
- 7:00 PM Wellspring Foundation..... B-8
- 22-Oct Wednesday**.....
- 5:30 PM Family Small Group Ministry-Evensong ..... Channing
- 7:00 PM Meaning Matters Wednesday ..... B-5
- 24-Oct Friday**.....
- 5:00 PM Rite of Passage Overnight .....Whole Building
- 2:00 PM Halloween Party ..... 26
- 4:00 PM Meaning Matters Saturday ..... Stott Lounge
- 7:00 PM Hymn Sing and Dessert with the choir ..... Emerson
- 26-Oct Sunday**.....
- 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
- 11:45 AM Forum (Social Responsibilities Council)..... Emerson
- 3:00 PM Meaning Matters Sunday ..... B-8
- 27-Oct Monday**.....
- 10:00 AM Small Group Ministry - Monday Mornings ..... B-5
- 7:00 PM Meaning Matters Monday..... B-8
- 7:00 PM Monday Men ..... B-5
- 28-Oct Tuesday**.....
- 6:30 PM Finance Committee Meeting ..... B-8
- 7:00 PM Wellspring: Faithful Action..... Stott Lounge
- 29-Oct Wednesday**.....
- 5:30 PM Family Small Group Ministry-Evensong ..... Channing
- 30-Oct Thursday**.....
- 2:00 PM Art Show hanging..... Channing
- 6:30 PM Jan McCracken ..... B-8

## Sam's Outlook

### Sources of renewal"

Rev. Sam Trumbore



I am one of those people who, on their death bed, would regret the items I hadn't ticked off my to-do list, the phone calls not returned and the time I hadn't spent working. Like my father before me, I live to do and accomplish things. I'm even purposeful in my meditation practice, investigating what I'm experiencing and paying attention to whatever arises.

Rest and renewal can be a little challenging for someone like me. I find ways to keep busy in the summer even though I'm supposed to be on vacation. Still, summertime is different for me because I have more mental space than I do when there is always a Sunday service a few days ahead.

When I'm not reading for sermons, I like to go to the library and browse through the new and recommended books looking for surprises. I look over the books people have recommended to me and see if I can find them in the catalog or download a sample into my Kindle. Having extra mental space to explore new ideas and opinions, contemplate art and feel poetry, stimulates and renews my energy and enthusiasm. Sometimes I feel like a spiritual grazing animal. I'm always looking for new fodder for future use. Finding stories, jokes, poems, quotes, and images to store in my intellectual barn makes me happy.

The ministerial cycle of intense activity in the fall, winter and spring and more fallow time in the summer both satisfies and frustrates me. On one level, I'm deeply grateful to have some down time for renewal at all. I remember not having such time when I was working long hours all year round in industry. On the other hand, I dream of developing some balance in my life that would allow me to renew and recharge myself every month, every week, even every day.

My meditation in the morning serves this purpose. I get up between 4:30 and 5:00am then sit for about 50 minutes on my kneeling bench in the basement

with a warm flannel sheet wrapped around my legs. Sleep helps renew me but meditation is even better. Just sitting watching my breath creates some of that mental space for stuff that has been bothering me to come up and be noticed. Noticed ... but not processed or obsessed about. Just **knowing** that it has arisen in my consciousness is enough. Once the urgency to be known has been satisfied, there is somehow more mental space in my brain and less tension in my body. Just the process of knowing itself can be renewing.

Exercise can also serve this purpose. I have a lovely eight mile bike ride I like to do in the morning out Phillips road in East Greenbush then looping back. Feeling the power in my legs get me to the top of a rise and zooming down the other side; noticing all the subtle seasonal shifts; smelling the air, and seeing the clouds and the sky, connects me to the world around me. And, also gives my mind a rest.

When our family lived in Altamont, the Bozenkill Park was located across the street from our house. All year round I would take a walk through the park, sometimes pretending I was stepping back in time. I tried to imagine what it might be like to walk these trails for the first time, before even human habitation. Could I be one with the natural world around me as I walked through the woods and along the streambed? In this mindset for the short time of the walk, I created a little distance from my daily cares and woes that felt very renewing by the time I returned home for breakfast.

The most important source of renewal for many of us is community. This is one reason I love being a minister so much. I get to be in the middle of this healthy, vibrant and nurturing religious community! I know how important Sunday morning is to renew and energize people each week. Whether it is the intimacy of Small Group Ministry or Meaning Matters, the comradery of committee meetings, or the fellowship of enjoyable social events or service projects, they all feed our spirits and renew our energy.

May this congregation also be a source of renewal for all who gather here.—Rev. Sam

## News

### Monthly Family Chapel: Part of our Sunday morning programming for children in Pre-K through 5th grade

Monthly Family Chapel starts a 10:00 in the Sanctuary. Parents and caregivers of the younger children (pre-k through 2nd grade) attend with their children instead of attending the first part of the regular service. Older children often feel a sense of ownership in their Chapel so if they can direct their own behavior, they can come on their own, if they like.

Family Chapel gives children and their parents or caregivers the opportunity to learn about Unitarian Universalism together, to celebrate life, and to experience ways to explore their questions together. Leah Purcell, our Director of Religious Education leads each Family Chapel.

Dates: The first or second Sunday morning of each month, Oct 5; Nov 2; Dec 7; Jan date tbd; Feb 1, March 8; April 12; May 10

Family Chapel includes many elements of the regular service, including Joys and Sorrows and an Offertory. We sing hymns and other songs, accompanied on the piano by one of FUUSA's pianists. The "sermon" is usually a story with opportunities for children to share their ideas or participate in other ways. Leah also gives "food for thought" for the adults attending too.

More about Family Chapel, including themes for each month are at Leah's blog: <http://albanyuu.org/wp/dre-blog/>

### Newcomer orientation

#### Learn about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next "Getting to Know UU" session, scheduled for **Saturday, Oct. 4** from 8:45 a.m. to noon.

We'll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've

### Flyers in this issue

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

- ◆ Pasta Potluck (Oct. 3)
- ◆ Halloween Food Drive and Party (Oct. 25)

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!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can send an email to [registration@albanyuu.org](mailto:registration@albanyuu.org). You can also call the church office, 463-7135. Please let us know when you register if you will need childcare (and how many children and their ages.)

Other orientation dates planned for this year are: Dec. 6, Feb. 7, and Apr. 4

### Chalice Lighters—here's your chance!

Would your child like to be the chalice lighter this week or in coming weeks? Sign up at the FUUSA homepage: [www.AlbanyUU.org](http://www.AlbanyUU.org); in the center column under Volunteer Opportunities, click the sign up link in Sunday Hospitality.



### Hymnal fundraiser in October

Have you noticed that there are Sundays when the later-comers to the service cannot get hymnals? This is an untenable situation!

The FUUSA Choir is offering everyone the opportunity to purchase gray and/or teal hymnals for FUUSA during the month of October. You may donate them in your name or in honor of a loved one—bookplates will include the chosen dedication. The goal is to acquire 30 copies of each book.

Since the UUA bookstore is currently holding a sale on hymnals, *Singing the Living Tradition* (the gray hymnal) costs \$28 and *Singing the Journey* (the teal ones) are \$18. Choir members will be at a table in



## Board notes

*Peggy Sherman, President*



### Aspirations and actions

Do you remember your first experience of service at FUUSA? Mine was in the pre-school religious education class, when our older son was a pupil. As a relative newcomer, I'd been feeling overwhelmed in coffee hour. So when Nate's class needed a helper, I volunteered, thinking it would help me get to know people in the congregation and serve a need for families like my own.

But it did more than that. Teaching RE helped me affirm my own UU values, while the children were learning them. Thank you to Barb Manning, the veteran RE teacher who appreciated my help and shared her experiences!

In early September, Board members shared their personal stories about service as part of a discussion of an exciting program developed by the UU Congregation of Delaware County. Growth Through Service is described by UUCDC as a way to support members in their personal search for meaning and to deepen the experience of community. At UUCDC, program volunteers are meeting with each member of the congregation for a conversation about service. After these conversations, the Growth Through Service team works to match members with service opportunities that meet their needs. They are planning follow-up conversations every two years, to talk about members' actual experiences with service, as well as their progress on their individual journeys.

As FUUSA Board members reflected on the impact of service in their own lives, they saw the potential for this program to connect new members and deepen the experience of longtime members in our congregation. UUCDC bases Growth Through Service on the premise that as Unitarian Universalists, we live out our faith through our service to others, and through serving others, we experience spiritual growth.

After the Board's enthusiastic reception, Dick Dana and Rev. Sam introduced Growth Through Service at a meeting of the Program Coordinating Council. We are continuing to gauge interest in adapting it for our own use. If you are interested in participating in this discussion, please contact me or Dick Dana. Dick has already volunteered to lead a Design Team that will make recommendations to the Board about implementing Growth Through Service.

And "Growth" is emerging as a theme for the Board's work this year. In August, we reviewed several measures that showed that participation at FUUSA (through Sunday services, religious education, and the annual stewardship campaign) has hovered around the same levels for the last four years. Although our congregation has shown net growth in membership of 47 members since completion of Emerson in 2007, the growth trend leveled off three years ago.

We turned to a report called FACTS on Growth 2010 for more insights. This is a survey of more than 11,000 congregations of all faith traditions in the United States, including Unitarian Universalism. By comparing results to previous surveys, the report highlights characteristics of growing congregations. The study finds a clear correlation between growth and the sense that a congregation is spiritually vital and alive along with a clear mission and purpose. Diversity is closely linked with growth; the study found that predominantly white denominations must reach out beyond their traditional constituencies to grow. The study also found that congregations with a healthy mix of ages tend to be growing, as well.

The Board will be exploring related questions about our mission, goals and growth this year. The growth that we seek may be reflected in numbers, but it goes beyond numbers. Our congregation approved a mission statement that calls on us to welcome everyone, seek deeper meaning, pursue justice, and cultivate compassion and love for all. In our strategic plan, we've affirmed the goal of serving as a beacon of Unitarian Universalism in the Capital Region. These are exciting and challenging aspirations for the Board to consider, and we welcome your thoughts about the actions that will make them real.

Channing Hall after Sunday Services in October, so stop by and donate a copy of one or both. Want your own copies for home? You may also order hymnals for yourself.

## Music notes from Matt Edwards

### **Upcoming special music events:**

**Oct. 5:** Musicians of Maalwyck, 2p.m. in Emerson Hall

**Oct. 25:** Hymn Sing with dessert. Bring your friends and family for a great night of singing and fellowship to raise funds to support our drive to purchase new hymnals!

**Nov. 7:** Open mic for musicians and poets. See Matt to reserve your spot. With our vast amount of talented folks at FUUSA this will be a great night.

### **Call for Musicians!**

We are still looking for young performers to be a part of our Teen Ensemble. Our first performance is Oct. 26. We will be rehearsing after the service until 1:00 on Sept. 28, Oct., 5, 12, and 19. Email Matt Edwards xxxxxxxxxxxxxxxx for more info or to sign up. All 7-12 grade singers and instrumentalists of every ability are welcome.

Matt is looking for string musicians for the Nov. 2 service. All music will be provided and rehearsal will be Oct. 26 after the service.

We will be starting an adult rock band to support some of our upcoming rocking Sunday services. Dust off that old amp and set up the drums. Matt's putting together a band that is going to rock Emerson like never before! Rehearsals are Oct. 26, Nov. 2 and 9. We will be playing to support the Nov. 16 service.

Matt is looking for solo performers to provide light music (holiday music would be especially fantastic) for the Holiday Bazaar on Nov. 16.

The FUUSA children's choir is looking for singers in grade 3-8. The choir will practice with Matt for about half an hour after services on Nov. 23, 30, and Dec. 7. We will be featured performers for the Dec. 14 service! Besides practicing with Matt performers will also be able to practice with online accompaniments to prepare their songs. Contact Matt to sign up.

And as always, the FUUSA choir welcomes all sing-

ers to join us in the choir. We perform twice monthly and rehearsals are Wednesday nights at 7:15.

Mark your calendar: Holiday caroling will take place starting at 1:00 on Dec. 14.

## Holiday Bazaar—plan now!

FUUSA's annual Holiday Bazaar & Craft Fair will be held Saturday, Nov. 15 and Sunday, Nov. 16. We are looking for volunteers to help make things to sell, set up the day before, bake, and work the days of the event. There will be outside vendors, tables with FUUSA-made and donated items, a bake sale, and a café serving lunch and snacks. If you are interested in purchasing a space to sell your hand-made items or just want to donate something that you have made for us to sell at the event, or help out in any of the areas mentioned above, please contact Jan Satin (xxxxxxxxx) or Barb Manning (xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

## Using—and sharing—the kitchen at FUUSA

We know the kitchen can be one of the busiest places at FUUSA! With all the activities taking place, it's easy to end up with some conflicts over kitchen use. To minimize these conflicts, here is what we are doing with your help:

### **Define kitchen use in a clear way:**

- ◆“Heavy kitchen use” is when you are actually cooking food using the stove/oven or need to use more than 50% of counter and sink space for food preparation.
- ◆“Light kitchen use” is when you need 50% or less of counter and sink space for food preparation. When possible, move prepared food onto carts and into the rooms where it will be served so other people can use the counters!
- ◆“Minimal kitchen use” is when you need to be in the kitchen for less than 5 minutes: grab a glass of water, trash bag, heat something for a minute in the microwave, etc.

### **Book kitchen use consistently on Church DB:**

- ◆For the full time that you need “heavy kitchen use”, book/request “kitchen share #1” AND “kitchen share #2”. (There is no longer a “kitchen—exclusive use” option).

- ◆ For the full time that you need “light kitchen use”, book/request either “kitchen share #1” OR “kitchen share #2” (both are the same).
- ◆ For minimal kitchen use, you do not need to book the kitchen. Please be considerate of people who have booked the kitchen for their event.

Please let Alyssa know if you expect any conflict with scheduled kitchen use.

FUUSA staff will post a schedule of kitchen use for the week on the refrigerator.

## Memorial Society to celebrate its 50th anniversary at FUUSA in November

The Memorial Society of the Hudson-Mohawk Region will celebrate its 50th anniversary at our annual meeting at FUUSA in November. We were founded in 1964 by members of our congregation, and FUUSAns have played a vital role in the Memorial Society ever since.

Many of you reading this may be unaware of us, but that’s about to change. In September, the FUUSA Board approved the Memorial Society as a Board sponsored organization. That’s great news, because we won’t have to pay rental fees or take out our own insurance in order to meet at FUUSA. From time to time, we’ll be able to bring you up-to-date on our activities through *Windows* and present programs related to end-of-life issues. As a community ministry of long standing, we’ll work more closely with FUUSA, and we hope more of you will become involved in our organization.

We’re an affiliate of the Funeral Consumers Alliance ([www.funerals.org](http://www.funerals.org)), a national organization that plays a major role in advocating for fair practices in the funeral industry and educating consumers about how to plan and arrange for affordable services at the time of death. With close to 100 chapters nationwide, the FCA wields considerable clout. Its Executive Director, Joshua Slocum, is a former journalist with a gift for gaining media attention, and he’s spoken at FUUSA several times.

The Memorial Society has more than 1,000 members. We were founded by FUUSAns five decades ago. They included Martha Schroeder and Bill Batt, who will be present at our annual meeting, along with Mike D’Attilio and the late George Kleinberger.

Many other members of our congregation were actively involved over the years, and we hope more of them will be on hand for our annual meeting. Julie Lomoe became the Administrator in 2004, and moved over to the Board two years ago. Julie Reynolds then became Administrator, but with two young daughters and the demands of a nearly full-time job for a local not-for-profit, she resigned in May. Since then, we’ve been making do without paid staff for the first time in decades, but we’d be delighted to welcome someone with the right skills.

Current FUUSAns on the Memorial Society Board include Julie Lomoe, Robb Smith, Bobbi Place and Marian Tischler. Maryann Lettau is actively involved with a variety of administrative tasks and with updating our price survey of funeral homes. But we definitely need new volunteers and Board members to share the work in this important community ministry. Although the state of the funeral industry has improved greatly since the scandalous abuses that prompted the founding of the Memorial Society and similar organizations in the 1960’s, people are still paying far too much for funerals, and there is still a great deal of important work to be done.

Look for our flier in the November *Windows* for more details on our annual meeting. Meanwhile, mark your calendar for Sunday, Nov. 16, from 2:00 to 4:00 pm in Channing Hall. For more information or to get involved, contact Julie Lomoe at [mem-soc1@nycap.rr.com](mailto:mem-soc1@nycap.rr.com). And be sure to check out our website at [www.hudsonmohawkfca.wordpress.com](http://www.hudsonmohawkfca.wordpress.com).

## Songs To Amuse

**Presented with the support of FUUSA choir**

**2:00 PM, Sunday, Oct. 5**, Emerson Community Hall

This special afternoon cabaret-style concert features Byron Nilsson, Amy Prothro, and Malcolm Kogut along with members of ***Musicians of Ma'alyck*** (violin, cello, flute). Repertory includes songs of Flanders and Swann, Noel Coward, Stephen Sondheim and more, as well as the spoof cantata "Buxtehude's Daughter." This hilarious take on Bach's interview to succeed Dietrich Buxtehude and the surprise requirement attached won't fail to delight. Following the concert will be a sumptuous dessert and champagne buffet. Tickets are \$35 per person and can be purchased by calling Randy Rosette  
xxxxxxxxxxxxxxxxxxxxxxxx.

## Religious Exploration

### Saying “Yes!”

*Leah Purcell, Director of Religious Education*



On supporting parents, Rev. Max Coots writes, “I suggest that we focus more sharply on the economic use of our time and drop the things better done by public school and social service agencies [and] educate parents in the profound problems and questions of both their lives and those of their children... and make our [curriculum] come alive because we have opened up persons in a devotedly loving framework to themselves, their world and whatever loving framework to themselves, their world and whatever mystic realities we believe exist and operate in and around us.”

This may seem like heady talk, but Rev. Coots continues, “But may I add, relax with it! God know you have too little time, too great a vision and too little ability. Relax with children and teach them the only thing you have to teach them anyway: Yourselves.”

What I hear so often from parents is that they have so little time to relax with their children, but they do want a strong family life in order to help their children cultivate compassion and be to resilient. The quotes above came from an essay Rev. Coots wrote in 1966. So while it seems like the pace of life is incredibly fast now, this is a not a new issue.

Our congregation is here to help you open yourself up in a loving framework. We would like to help you say “yes” to your own life and to our community.

I’m offering an 8-week Small Group Ministry for Families called “Evensong for Families” on Wednesday evenings this fall to help families identify and articulate their values to their children and to build community among families. At the time I write this, many families have told me that they are interested in participating, but that Wednesday evening doesn’t work for them. We’ll see if I get enough interest to have a Wednesday evening group. But I’d also like to know what evening you can commit to, if you’re interested. We have to work around previously scheduled events at church, but maybe we can work something out. What if I offered this again in January/February? Let me know if that time of year works for you and if so, what day(s) of the week you’re available. My Sunday afternoons are busy with Rite of Passage and committee meetings, but perhaps someone who has participated in a previous session of Evensong for Families would like to lead a Sunday afternoon session.

Other things you can do to promote Unitarian Universalist values at home:

- ◆ Read and ask the Drive it Home conversation prompts about each Sunday school I provide in my weekly emails. (The prompts that I send out on Thursday are for the upcoming Sunday.)
- ◆ For the Orange, Yellow, Green and Blue Groups, which use Tapestry of Faith program, there are follow up activities called “Taking it Home” for each group each week on line.
  - Orange (K/1): <http://www.uua.org/re/tapestry/children/welcome/index.shtml>
  - Yellow (2<sup>nd</sup> grade): <http://www.uua.org/re/tapestry/children/signs/index.shtml>
  - Green (3<sup>rd</sup> grade): <http://www.uua.org/re/tapestry/children/tales/index.shtml>
  - Blue (4<sup>th</sup>/5<sup>th</sup> grade): <http://www.uua.org/re/tapestry/children/loveconnects/index.shtml>
- ◆ Consider what it means to your child when you remind them, “Make good choices today!” Get specific! Point out where you can what good choices look like, in your own life and what they might look like for your child.
- ◆ Pick up and use a set of Backpack Blessings at FUUSA (see article in this newsletter)

*Continued on next page*



### *Religious Exploration, continued*

- ◆ Join the parent support group I lead on compassionate communication in the Sanctuary after each Family Chapel.
- ◆ Troll around my blog for previous posts on parenting intentionally as a UU as well as helpful information like the RE calendar for the year and course descriptions.
- ◆ If you're on Face Book, but you're not already in FUUSA News and Updates, "friend" me and I'll add you to the group.

I'm looking forward to a fun and beneficial year as we say "Yes!" together and grow in Unitarian Universalism.

In joyful service, Leah

## **Growing Together**

### **Your Backpack Blessings**

Families, you can pick up a set of Backpack Blessings at the RE window in the lobby next time you come to FUUSA. This is a set of good wishes and parting words for you use to send your children off in the morning (instead of "Have a nice day."), or write in lunch box notes. Each is tied to a UU Principle. One set per household, please.



### **Parent Support Group**

#### **First session Oct. 5**

Marshall Rosenberg talks about being in relationships in ways that are in harmony with your values. Some of our Unitarian Universalist values include promoting the idea that each of us has dignity and worth, just because we are human. We know that we are all connected. We want to use compassion in our relationships. Rosenberg promotes communication skills that promote understanding and connection rather than judgment and criticism. Dr. Rosenberg appears in this video to explain how we can "connect in a way to make natural giving possible." <http://www.pinterest.com/pin/92675704801956620/>

I've found these two books to be useful resources for parents, caregivers and other adults:

- ◆ "Nonviolent Communication – A Language of Life" by Marshall B. Rosenberg, Ph.D. NVC. a language for life cover
- ◆ "How to Talk So Kids Will Listen and Listen So Kids

Will Talk" by Adele Faber and Elaine Mazlish.

These texts and the wisdom of parents and caregivers are the resources for our Parent Support Group meetings which are held the first Sunday of each month in the Sanctuary after Family Chapel – starting around 10:30. Everyone with children at home is welcome to join us.

### **Joy Library**

**New books: find them in new book section**

**The Selma Awakening. Morrison-Reed, Mark D. (2014) Beacon. [289.1 MOR]** *The foremost scholar of African-American Unitarian Universalist history presents this long-awaited analysis of the denomination's civil rights activism in Selma, Alabama, in 1965. Selma represented a turning point for Unitarian Universalists. In answering Martin Luther King Jr.'s call to action, they shifted from passing earnest resolutions about racial justice to putting their lives on the line for the cause. Morrison-Reed traces the long history of race relations among the Unitarians and the Universalists leading up to 1965, exploring events and practices of the late nineteenth century and first half of the twentieth century. He reveals the disparity between their espoused values on race and their values in practice. And yet, in 1965 their activism in Selma involving hundreds of ministers and the violent deaths of Rev. James Reeb and Viola Liuzzo at last put them in authentic relationship with their proclaimed beliefs. With rigorous scholarship and unflinching frankness, The Selma Awakening provides a new way of understanding Unitarian Universalist engagement with race and offers an indispensable new resource for anyone interested in UU history. [Amazon]*

**Undocumented: How Immigration Became Illegal.**

**Chomsky, Aviva Skinner. (2014) [325.73 CHO]**

*Explores what it means to be undocumented in a legal, social, economic and historical context*

*In this illuminating work, immigrant rights activist Aviva Chomsky shows how “illegality” and “undocumentedness” are concepts that were created to exclude and exploit. With a focus on US policy, she probes how people, especially Mexican and Central Americans, have been assigned this status—and to what ends. Blending history with human drama, Chomsky explores what it means to be undocumented in a legal, social, economic, and historical context. The result is a powerful testament of the complex, contradictory, and ever-shifting nature of status in America. . [Amazon]*



**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@albany-uu.org](mailto:listeners@albany-uu.org), contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Phil Rich, Sharon Babala, Jan Satin, Randy Rosette, Bruce Rodgers and Sandy Stone.

## Our Community

### FUUSA artists needed

Help us celebrate the creative spirit of our community. If you paint, draw, quilt, collage, or photograph and have framed your work ready-to-hang, we need it for the congregational exhibit this fall. The exhibit will be up for the month of November. During the Holiday Bazaar the art will set the stage for our famous café. If you choose, it can be sold or displayed as “not for sale”. If you would like to participate, please contact Arlene Gilbert at xxxxxx or xxxxxxxxxxxxxxxxx.

### Living Soulfully

Living Soulfully is a group for men who love men seeking to build community and cultivate individual and collective spiritual growth. Please join us to nourish the mind, body and soul with opportunities to meet people, heart-felt sharing and fun in a safe, supportive, and welcoming environment. Gatherings are held the first Wednesday evening of each month from 7 to 9PM in Room B7. For more information email [info@livingsoulfullycrny.org](mailto:info@livingsoulfullycrny.org) or visit <http://livingsoulfullycrny.org>.--Steven Bush

### Calling all peelers!

On Tuesday, Nov. 4 (Election Day), Jan Satin will lead a group of volunteers in peeling and cutting up apples for the Holiday Bazaar apple pies. If you want to have a fun morning with a group of friendly people, come to Channing Hall at 9am on the 4<sup>th</sup> and

if you have a favorite peeler or knife, bring that with you! Any questions, call Jan Satin (767-3509).

### 6 to 9 at 6:09: Circle Dinner Saturday, Nov. 8

Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquainted with fellow FUUSAns. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. We encourage families with young children to attend or host a multi-generational dinner. Please join us for the dinner on Saturday, Nov. 8.

To sign up for the November dinner, you may email Martha Musser at xxxxxxxxxxxxxxxxx or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, Oct. 26.* Assignments will be announced after that date. If you have questions, please contact Martha at xxxxxxxxxxxxxxxxx

Please save these dates for future dinners:

Saturday, Dec. 6; Friday, Jan. 23 and Saturday, Jan. 24; Friday, Mar. 20 and Saturday, Mar. 21; Saturday, Apr. 25; Saturday, May 23.

### Fall gardening

If you'd like to help with the fall task of cleaning up our gardens for winter, keep an eye on the Order of Service for exact the date and time. Last year we "put our gardens to bed" in mid-October. If you'd like to receive an email with the fall clean up date, let

Paula know.

Thanks again to those that kept our property in such good shape over the summer!--Paula Moskowitz, Chair, Dirty Fingernail Group

### Coffee or tea?

Do you enjoy having coffee or tea after the service on Sunday? Help keep the beverages flowing by signing up to host Coffee Hour. The new, simplified role needs only one person and does not require making any purchases in advance! Sign up at the FUUSA homepage: [www.AlbanyUU.org](http://www.AlbanyUU.org); in the center column under Volunteer Opportunities, click the sign up link in Sunday Hospitality.

### UUs gather on Lake George!

There's still time to join UUs for the 21st **UU Weekend** at Silver Bay on Lake George. Registration, weekend schedule & more info available at the UU Weekend table in Channing Hall after the Sunday service and on Facebook, <https://www.facebook.com/UUWeekendatSilverBay>, and the Albany UU website, [http://albanyuu.org/wp/?page\\_id=502](http://albanyuu.org/wp/?page_id=502). We'll meet you there!



### October Channing Circle Monday, Oct. 20

Channing Circle will be meeting on Monday, Oct. 20 at noon. Bring your lunch: dessert, coffee and tea will be available. Once a month, senior FUUSAs, new and old, come together to share an enjoyable time. Look forward to seeing you on the 20<sup>th</sup>.

### Sing for your dessert on October 25th!! Saturday, October 25, 7:00 PM

#### Emerson Community Hall

Please join us for an evening of hymn singing and luscious desserts.

The FUUSA choir is sponsoring this fun event. Adults and children are encouraged to attend. Free to all; however, an offering will be taken to buy new hymnals as we often have to share on busy Sundays. If you have questions, contact Randy Rosette or Kathy Harris. Hope to HEAR you there!!!

### Flower news for the 2014-2015 year!

I'm back... as Flower Committee Chair. Thanks to Jody Zimmerman for doing such a fine job this past year. Look for more of her spectacular arrangements in the coming months!

Just a refresher note (or new info for you newcomers) as to how the donation of flowers works. You have the opportunity to celebrate, commemorate, thank, etc. with flowers in the service on Sunday morning. In Channing you will find a sign-up sheet. Just select the date you want, fill out a card with your dedication for the order of service and put it in the Sunday Drop Box in the front office, and note if you would like to do your own flowers or have a member of the committee arrange for you. If the committee is to do the flowers, a member will be in touch with you to find out what you would like and how much you wish to donate. If you enjoy playing with flowers, please consider joining our committee. Anyone with an interest is welcome; please contact me.

We look forward to having beautiful arrangements and are requesting that the donor make plans for use of the flowers after Sunday service. If you would like to take the flowers to a FUUSA member who needs a bit of cheer, that would be wonderful. If you know of a FUUSA member who is going to visit someone in the hospital or at home, please ask if they would like to take the flowers. Also, please enjoy your flowers at home for that special occasion, or just because you are special to make the donation! We hope to have the flower committee member's name on the sign-up sheet as well, to make the connection process a bit easier. Thanks for being a special part of the Sunday services. --Sandy Stone, Chair, Flower Committee

### Walker Book Club

#### 5:30 pm, Sunday, Oct. 12 in Channing Hall.

Join the Walker Book Club for a potluck and discussion of *And the Mountains Echoed*: by Khaled Hosseini. As described by amazon.com, this third novel by the award-winning author of *The Kite Runner* and *A Thousand Splendid Suns* explores the many ways in which families nurture, wound, betray, honor and sacrifice for one another; and how often we are surprised by the actions of those closest to us, at the times that matter most.

This informal book club starts with a welcoming shared supper. 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. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

The book for November is *Americanah* by Chimamanda Ngozi Adichie. Contact Linda Hunt at [lshunt@nycap.rr.com](mailto:lshunt@nycap.rr.com) for information or questions.

## Social Justice

### Focus Food Pantry

We are up and running with our continuing help at the Focus Food Pantry.

We will continue the tradition of collecting money-- cash or checks (made out to Focus Food Pantry)--on the 4th Sunday of the month. You will find Focus Food Pantry envelopes in the Order of Service.

From October through March we will be creating soup bags during coffee hour in Channing Hall, also on the 4th Sunday of the month. The recipes will be provided and we will have all the needed ingredients but what we need is YOU, to help put the ingredients in the bags!

We also were part of the school supplies backpack project for the children whose families use the Pantry. 210 backpacks were created for the grades Pre-K through high school. **Thank You** to all the FUUSAs who bought the needed supplies and volunteered to fill and pass out the backpacks.

On another food note: We will be continuing our participation in the Overflow Shelter meal preparation. We will be creating the meals for 25 from November through April. Sign up in Channing Hall starting in early November.

Contact Patty Burch with any questions or concerns.

### Green Sanctuary: solar report

The first Forum of fall on Sept. 24 was moderated by David Musser and had presentations by fellow FUUSAs Kathy Harris, Sam Trumbore, Chuck Manning, Chris Bystroff and Carol Butt. Dave discussed the installation of the solar panels on FUUSA's roof. While FUUSA is not generating as much electricity as was expected, over the past year, the panels have generated 25,000 kilowatt hours and have saved FUUSA an estimated \$2,000. Most im-

portantly, the panels have reduced the output of carbon dioxide by 33,000 pounds.

Kathy Harris' 19-panel array is 3 years old and produces about 4,100 kilowatts per year. She has not paid for delivery of electricity since March of 2013. By adjusting her anniversary date, she uses excess summer generation during the winter and pays only \$18/month to be connected to the grid. She received a rebate of \$120 in 2014 from National Grid for her excess power generation.

Sam Trumbore leases his 20-panel array, which produces 6000 kilowatts. All of the power generated by the panels goes to him. He chose to prepay his lease rather than pay it over time.

Chris Bystroff's 21-panel array is mounted on two sections of roof. Chris discussed the recent formation of Solarize Troy, which is a buyers' club where members can get lower prices for panels through a bid and contract process. There is currently an effort to start similar "clubs" in Delmar, Schenectady and the Capital Region.

Chuck Manning installed his 36 panels in 2002 and had to replace his inverter at two years, which fortunately was within the warranty period. He was told that there would be degradation of his system over time but that has not proved to be true.

Carol Butt has a solar hot water system, and a solar tube or sun tunnel (window) in addition to the solar panels she purchased in 2007. She discussed other ways to reduce electrical usage, such as using residual heat in an electric stove to heat items, installing a trombe or solar heating wall, employing solar cooking.

For additional information presented by the panel, for the report prepared on the FUUSA solar array, and for a graph showing the decrease in energy usage after panels were installed, please consult the bulletin board or talk to any of the panel members.



## Contact Us

### Board of Trustees 2014-2015

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

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Peg Sherman, President  
Dick Dana, Vice President  
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Jean Poppei, Chair Social Responsibilities Council

#### *Elected Officer (not on Board of Trustees)*

Reese Satin, Assistant Treasurer

### Staff

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Rev. Sam Trumbore, [strumbore@uumin.org](mailto:strumbore@uumin.org)

#### *Church Administrator*

Amy Lent, [alent@albanyuu.org](mailto:alent@albanyuu.org)

#### *Director of Religious Education*

Leah Purcell, [dre@albanyuu.org](mailto:dre@albanyuu.org)

#### *Music Director*

Matt Edwards, [mge01@yahoo.com](mailto:mge01@yahoo.com)

#### *Office Administrator*

Alyssa Yeager, [admin@albanyuu.org](mailto:admin@albanyuu.org)

#### *Custodians*

Hadiya Wilborn, Cameron Holloway

### Regular meeting days

*Check current calendar for time and location*

Board of Trustees, 3rd Thursday  
Program Coordinating Council, 2nd Thursday  
Religious Education Council, 1st Monday  
Social Responsibilities Council, 1st Sunday

### 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, 9:00-3:00

July-August: Monday–Thursday 9:00-1:00

And by appointment

#### **Website**

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

#### **Building use**

To **reserve a room** for a FUUSA activity, contact Office Administrator Alyssa Yeager (463-7135 or [admin@albanyuu.org](mailto:admin@albanyuu.org)).

To **rent hall or classroom space** for a personal or non-FUUSA activity, contact Office Administrator Alyssa Yeager (463-7135 or [admin@albanyuu.org](mailto:admin@albanyuu.org)).

**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](mailto: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



Bringing Unitarian Universalist Values to Halloween!

# TRICK OR TREAT

For Food Pantry Donations

Then Celebrate with a

**Multigenerational Party at FUUSA!**

**Saturday October 25<sup>th</sup>, 2:00 - 4:00**

*Games, Food, Craft-making, and Fun for All Ages!*

The Religious Education Council is sponsoring a Halloween Party - fun, fellowship and service to others

We invite families to "Trick or treat" in their neighborhoods for items for our local food pantry before the Halloween party at FUUSA. The donations will be honored during the service the next day.

Flyers will be distributed through RE classes to distribute to your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!

For more info contact Tracie Tilgner  
tracietilgner@verizon.net



MULTIGENERATIONAL

# PASTA POTLUCK

Sponsored by the  
Religious Education Council



**Friday, October 3**

**starting at 5:30PM in Channing Hall**

Enjoy a good meal and company. And for those interested,  
the evening includes a presentation and Q and A  
about our Religious Education Program.

*If you have heard about Tapestry of Faith or Rite of Passage or wondered about volunteering  
in our program, this is your chance to learn more!*

This is a potluck OR pay event, meaning you can sign up to bring food or  
sign up to just come (and pay at the door – the cost is \$3 per adult, \$2  
per child under 12, \$10 max per family).

Sign-up sheets are in Channing Hall.

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