

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!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

November 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)*

Services

Nov. 2 Hindered by Doubt, Rev. Sam Trumbore

Many UUs are fond of saying "To question is the answer." Well is it? In Buddhism, doubt is a hindrance on the path to awakening. Yet questioning the errors of church doctrine has been the staple of our history and identity. So who's right on this one? Is doubt helpful or harmful?

Music: String ensemble

Nov. 9 Rescued by Love, Rev. Sam Trumbore

Almost all of us have had experiences of sadness, depression and unworthiness. There are or have been times when life can feel devoid of meaning. And sometimes an unasked for, unexpected, unearned, almost unbelievable love comes to the rescue. This service will celebrate that possibility in human existence.

Music: Adult choir

Nov. 16 Poisoned by Craving, Rev. Sam Trumbore

The downfall of freedom and affluence in our society is addiction. The necessary evolutionary adaptations that drive us toward pleasure and away from pain can go horribly wrong plunging our lives into misery and self-destructive behavior. More often than not, interrupting that downward spiral requires a power greater than our own, a higher power than our own egos.

Music: FUUSA Rock Band

Nov. 23 Redeemed by Gratitude, Rev. Sam Trumbore

This is our annual Corn Muffin Celebration. Rev. Trumbore comes in early Sunday morning to make enough mini-muffins for everyone and shares them during the service. It is an annual way to honor both the generosity of native peoples, the harvest season, and the opportunity to gather with family and friends in the spirit of gratitude for Thanksgiving.

Music: Adult choir and instrumentalists

Nov. 30 Being Generous, Rev. Dr. Tom Chulak

This Sunday is a transition between Thanksgiving and the Christmas season. Both holidays have to do with giving but where does generosity come from and how do we keep consumerism and business from trumping the generous act.

Music: Guest TBA

Calendar

Events happening every Sunday at FUUSA

9:00 AM Mindfulness MeditationSanctuary
 10:00 AM ServiceEmerson
 Family Chapel (1st Sunday/mo.).....Sanctuary
 Religious Education Classrooms
 11:00 AM Coffee Hour.....Channing

Exceptions:

Events happening every week in November

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

Exceptions:

All other events happening in November

1-Nov Saturday

9:00 AM Pastoral Care Associates Training..... B-8
 12:00 PM Prep for Loca-Brew event Kitchen
 6:00 PM Beer and Food Tasting FundraiserChanning

2-Nov Sunday

6:30 AM Change of Time Breakfast Channing
 11:00 AM New Member Reception Emerson Alcove
 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
 11:45 AM SRC Meeting..... B-7

3-Nov Monday

10:00 AM Small Group Ministry Patrick/Odell B-5
 5:15 PM FUUSA Membership Committee..... B-8

4-Nov Tuesday

8:00 AM Election Day Pie Making Kitchen, Channing
 6:00 PM Wellspring Foundation B-8

5-Nov Wednesday

6:00 PM Nonviolent Communication Practice Group .. B-3/B-4
 7:00 PM Living Soulfully of the Capital Region B-7

7-Nov Friday

10:00 AM Wellspring --Cathy Perkins Stott Lounge
 7:00 PM FUUSA Open Mic- Musicians and Poets Emerson

8-Nov Saturday

6:00 PM Circle DinnerOffsite

9-Nov Sunday

11:30 AM Saturday Men's Group B-5
 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
 11:45 AM Forum (Social Responsibilities Council) Emerson
 11:45 AM "Growth Through Service" Presentation B-7
 11:45 AM Nominating Committee Stott Lounge
 12:30 PM Rite of Passage meeting..... B-8
 2:00 PM Memorial Society Channing
 5:30 PM Walker Book Club Channing

10-Nov Monday

10:00 AM Small Group Ministry - Monday Mornings..... B-5
 5:15 PM Membership Ministry Committee B-8
 7:00 PM Monday Men B-5

11-Nov Tuesday

7:00 PM FUUSA Humanists B-8
 7:00 PM UU Christians..... B-5
 7:00 PM Wellspring: Faithful Action Stott Lounge

12-Nov Wednesday

5:30 PM Family Small Group Ministry-Evensong..... Channing

13-Nov Thursday

5:00 PM Wellspring advisor meeting Ann Lapinski..... B-5

14-Nov Friday

6:00 PM FUUSA CommUnity Group.....Channing

15-Nov Saturday

9:00 AM Holiday Bazaar and Craft Fair ... Emerson, Channing

16-Nov Sunday

11:00 AM Holiday Bazaar and Craft Fair ... Emerson, Channing
 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
 11:45 AM Green Sanctuary Meeting B-8

17-Nov Monday

10:00 AM Small Group Ministry Patrick/Odell B-5
 12:00 PM Channing Circle LunchChanning
 1:00 PM Grannies for Peace B-8
 6:30 PM Small Group Ministry-EnglishStott Lounge/Joy Library

18-Nov Tuesday

7:00 PM Meaning Matters Tuesday.....Stott Lounge
 7:00 PM Wellspring Foundation..... B-8

19-Nov Wednesday

5:30 PM Family Small Group Ministry-EvensongChanning
 6:00 PM Nonviolent Communication Practice Group B-8

20-Nov Thursday

7:00 PM FUUSA Board Meeting.....Channing

21-Nov Friday

5:00 PM OWL Overnight Whole Building

22-Nov Saturday

4:00 PM Meaning Matters SaturdayStott Lounge

23-Nov Sunday

11:30 AM Saturday Men's Group B-5
 11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4
 3:00 PM Meaning Matters Sunday B-8

24-Nov 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

25-Nov Tuesday

7:00 PM Wellspring: Faithful Action.....Stott Lounge

26-Nov Wednesday

7:00 PM Meaning Matters Wednesday B-5

27-Nov Thursday

2:00 PM Thanksgiving DinnerChanning

30-Nov Sunday

11:45 AM Ensemble rehearsal with Matt Edwards..... B-3/B-4

Sam's Outlook

Worthiness, gifts and meaning

Rev. Sam Trumbore



I find thanking God for the gifts and good fortune that come into our life troubling. It isn't the gratitude part. Cultivating the emotion of gratitude for one's good fortune is extremely important. It is attributing the source of that good fortune to God.

Yes, we do it almost subconsciously. Something causes us to hesitate before stepping into the street and a bus zooms past that would have killed us. When I was admitted to UC Berkeley, "Thank God!" practically jumped off my atheist lips. I knew that graduating from Cal would open many doors for me in the future. Most parents say a prayer of thanks when they look upon the face of their baby for the first time.

But here is where the problem comes up for me. I know of a young woman who didn't hesitate, walked out into the road, and was hit by a bus and killed. I know people who don't get into the school of their choice and become frustrated in their aspirations. And I know parents who lose a pregnancy or have a child with severe birth defects. Is that God's will too?

One of the legacies of the Puritan version of Calvinism that haunts Unitarian Universalism is the idea of being one of the elect, one chosen before birth for salvation. These are the predestined saints, who were the only ones allowed to be full members of those early American Puritan churches. How did you know that you were one of the saints rather than the hordes damned to hell? Through signs of election. Success and good fortune, refined, upright character, moral rectitude, exemplary behavior, all were signs of God's favor.

I wonder if we are looking for these signs of our chosenness, our favor with God, by celebrating the gifts and good fortune that we enjoy. It is certainly part of human nature to want to be special, to be appreciated and feel worthy in our own eyes and in the eyes of others. The problem with this attitude is that it can

be very destructive when things are not going well for us. When we suffer reversals and bad luck. And it separates us from those people who aren't doing well, fearing their misfortunes might be contagious or in some way contaminate us.

A common way to build self-esteem after a difficult reversal of fortune can be to count our blessings. Too often one bit of bad luck can be blown out of proportion. Any American citizen, particularly an American woman, has an enormous level of good fortune compared to so many others around the world. But even a child in a refugee camp has basic experiences of perception and care from family and friends that are amazing compared to the life of a bug or a slimy worm. The opportunity to experience the magnificence of human consciousness is a spectacular gift of evolution to us.

So trying to sort out whether God loves me and gives me favors or God hates me and is cursing me is a waste of time. Any vision of a selective God would have enormous problems with it (and one reason I don't embrace the idea of being God's chosen people). The kind of divine love that our Universalist forebears embraced was unconditional, like the sun, shining on the just and unjust alike.

So instead of looking for signs that we've been given the grace of God, I suggest we look for the opportunities each moment presents to be turned toward the good.



Little gifts of grace are showered upon all of us every day if we have the awareness to open them up and use them. What is different between us is our attention and

watchfulness for these gifts and willingness to use them and share them.

Or maybe this is just a productive attitude for living that has nothing to do with what God does or doesn't do. What really matters is the attitude of gratitude for whatever we receive. Whether or not God appreciates that attitude of gratitude, the people around us sure do!—Rev. Sam

News

Joys, Sorrows—and Concerns...

The Religious Services Committee (RSC) has long had concerns about the use of spoken Joys and Sorrows during the Sunday service, and is now considering modifications to this ritual. Despite weekly guidance from the pulpit that spoken contributions should be limited to “significant personal milestones in your life,” the ritual is used, not infrequently, for items that are essentially announcements, or that pertain to people with only tenuous connections to our members and friends, or that in other respects do not constitute significant personal milestones. Joys and Sorrows is not the time or place for travelogue reports, or movie reviews, or promotion of upcoming activities, no matter how laudable and worthy. When it’s misused, the spoken portion of Joys and Sorrows can go on for quite a long time. This has sometimes necessitated abandonment of a planned reading or hymn, or resulted in an over-long service that bumps into RE class ending time or contributes to other schedule problems. Even more importantly, inappropriate use of spoken Joys and Sorrows can disrupt the emotional tone and dignity of our services.

Given these concerns, RSC is considering the option of eliminating the spoken portion of Joys and Sorrows from our Sunday service. The ritual of moving

Flyers in this issue

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

- ◆ Holiday Bazaar
- ◆ Memorial Society Annual Meeting

stones, which many find meaningful, would continue. Our Pastoral Care Associates are also available to talk with you about any matters that are heavy on your heart. RSC would also like to consider other timely forums for disseminating information on illnesses, hospitalizations, and the like, perhaps via the weekly email preview, Sunday “This Week at FUUSA” insert, or by other means.

RSC would like your input on these tentative changes. Should the spoken component of Joys and Sorrows be eliminated? Are there other or better means to share our milestones and vital news of our community that enhance our ability to care for each other? We’d appreciate hearing your views. Please contact any member of the Religious Services Committee to express your thoughts on this matter. RSC members are: Dawn Dana (Chair), Cate Bohn, Peter Meixner, Sue Stierer, Rev. Sam Trumbore, and Carol Lynn Youtz.

Holiday Bazaar

Roles for all: sellers, bakers, helpers, vendors, candlestick-makers and more!

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

Open Mic Night

Friday, Nov. 7, 7:00PM, Emerson Community Hall



Performers: Get a chance to perform a song or poem for the friendliest, most supportive, and open minded audience in the capital district. All family friendly songs or poems are welcome. Guitar or piano accompaniment available if needed. See Matt Edwards to sign up for a time slot.

Audience members: Discover the talents of your fellow FUUSaAns in a free night of entertainment and fellowship that will surely be a great time. Also, consider bringing a friend who has never been to FUUSA. This is a great chance to show them our lovely facilities and introduce them to our wonderful members and friends.

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 (767-3509) or Barb Manning (439-4226 or BarbaraCManning@hotmail.com) or sign up on the board in Channing Hall.

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, Dec. 6** 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 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

Board notes

Michael Hornsby, Trustee

Reflections from a New Board Member

A few months ago, Peggy Sherman, the president of the Board of Trustees, invited interested Board members to write the column in Windows from time to time. This would not only give Peggy a much-deserved break from one of her many responsibilities, but also give the congregation a chance to hear the voice of another Board member. As one of the newest Trustees, I'm delighted (and relieved!) to tell you that the meetings are collegial, productive and conducted in a spirit congruent with our UU principles. It is truly a pleasure to serve.

We are proceeding with discussions regarding the Growth Through Service program. This program will help us live out our faith as UUs through service to others, which in turn will lead to our own spiritual growth. Our Vice-President Dick Dana and Peggy invited members of the congregation to their homes to solicit suggestions and to encourage interest.

One of the most exciting parts of the program will be conversations with each member of the congregation so you will have the opportunity to tell us about yourselves and what your spiritual needs, aspirations and desires are. The hope is that this process will allow the congregation to be more responsive to you as individuals.

On a more personal note, I will be traveling to Tulsa, OK from Sunday, Nov. 9 to Friday, Nov. 14 to participate in a graduate-level class called "Multicultural Congregations and Faith Formation." The class, taught by Dr. Mark Hicks, a professor at Meadville Lombard Theological School, will take place at All Souls Church.

According to Dr. Hicks, "All Souls is a storied UU congregation in conservative Oklahoma with a strong humanist AND Christian theological tradition. At present, they offer three services every Sunday--humanist, traditional UU, and charismatic Christian--sharing the same message using three different theological lenses." The purpose of the class is to study how they attend to the spiritual needs at the center of building a multi-racial, theologically diverse congregation. (I'm so excited I can barely contain myself!) My trip has been generously subsidized by the Board, the Social Responsibilities Council, and a personal donation. I plan on doing a report to the Board and a general presentation of some kind for the congregation when I return.

Happy Thanksgiving, everyone! High on my personal gratitude list are the Wellspring and Meaning Matters groups. I am grateful for the wonderful people with whom I share my journey of spiritual growth. Much love to you all.

Please feel free to offer suggestions and comments or ask questions. See you soon.



Sign Up Site), or you can send an email to 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 Feb. 7, and Apr. 4

Planning for weather emergencies

We have rarely cancelled Sunday services or other programs at FUUSA due to snow or other weather emergencies, but we do have a plan for those situations.

In the event of a big winter storm or other weather emergency, the decision to cancel any program will be made far enough in advance so you will be able to make your plans. For example, in order for RE students' parents and RE volunteer teachers to plan for a snowy Sunday, the decision to cancel RE classes will be made and publicized by 9:00 PM Saturday. In the case of Sunday meditation and the service, a decision to cancel will be publicized by 8:00 AM Sunday.

The cancellation of all other classes, programs and meetings depends on a decision by the chairperson. We are requesting Chairpersons to contact the Church Administrator a minimum of three hours before the event start time to say it is cancelled, allowing time to get announcement out two hours before event. We are asking chairpersons to call even if they intend to contact group members individually so that newcomers who may be planning to attend, but who are not on the committee list, can see the announcement.

Notice of cancellations will be distributed three ways:

- ◆FUUSA homepage: www.AlbanyUU.org
- ◆Email sent to "Preview" list
- ◆School Closings Network (on local television)

The quickest way for you to check will probably be the FUUSA homepage—a cancellation announcement will appear in the top of the center column. The email and the School Closings Network will serve as backup.

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 4th and if you have a favorite peeler or knife, bring that with you! Any questions, call Jan Satin (767-3509).

Union Thanksgiving Service

Westminster Presbyterian Church

7:30pm, Tuesday, Nov. 25

For close to a hundred years, Trinity Methodist Church, Westminster Presbyterian Church, Congregation Beth Emeth, and First Unitarian Universalist Society have gathered before Thanksgiving for a joint service. We rotate the service between our four congregations. This year it will be at Westminster's church right near the Legislative Office Building. It is our tradition to bring canned goods to donate to FOCUS food pantry. The theme speaker for this service has yet to be chosen, so stay tuned.

Thanksgiving Dinner...at FUUSA!

1:00 pm, Thursday, Nov. 27

Each year we have an open Thanksgiving Dinner in Channing Hall on Thanksgiving Day. If you and your family or friends would like to join Rev. Trumbore and his family at this dinner, please sign up in Channing Hall and let us know what you would like to bring. Set up for the dinner will begin at 1:00 pm. Appetizers will be served at 2:00 pm. Dinner will be served at 3pm. Games and entertainment for mutual amusement will follow the meal (bring your favorites!). Cleanup begins at 5:00 pm as people begin leaving.

Beautiful gardens--time for change!

Many thanks to all of the FUUSAns who helped with the Spring garden cleanup, Summer maintenance, and Fall garden chores!!! It was certainly well worth our effort--as a result of our weeding and deadheading, we not only enhanced the appearance of our own complex, but the neighborhood as well. Many neighbors have thanked us as they walk by while we are gardening!

I have chaired the gardening effort for 7 years and it is time for someone else to take my place. As chair, I

have coordinated special garden clean up days along with making sure that there is an easily accessible way for volunteers to sign up for summer maintenance; and, I will continue to actively help with the care of our outdoor space as someone new takes over as Chair.

If you have any questions, just let me know - 439-6347 or pgmosk@earthlink.net. I look forward to helping my successor take on this rewarding activity!—Paula Moskowitz

Budget Requests due Sunday, Jan. 11, 2015

Yes, it's time once again to figure out how much money your program, committee or group will need in the next fiscal year that starts on July 1, 2015 and ends on June 30, 2016. While it may seem far away, planning with a group takes more time than you think.

The budget form for submission can be found on the FUUSA web site, in the left column, under the Church

Office tab, in the File Cabinet. The form is below the Financial heading. If necessary, the office can supply you with a printed form.

The Finance Committee and the Board use the completed form to help determine how much money will be needed to support your group's planned activities for next year. Combining all the submissions allows us to set a realistic annual canvass goal. If no form is submitted, it will be assumed that your group does not need any funds from the operating budget.

The form is self-guiding, however, if you have questions or need an alternate method of communication, please contact Steve Moskowitz, at smosk@earthlink.net or 439-6347. Regular mail and email submissions are welcomed. Submit your electronic budget request to Alyssa at admin@albanyuu.org or on paper to the Finance Committee mailbox.

Winter Celebrations--save these dates!

Saturday, Dec. 6, 2:00 PM**Holiday Crafts Workshop**

Sunday, Dec. 7, 11:45 AM.....**Selection of parts for the Christmas Pageant**

Sunday, Dec. 14, 11:30 AM.....**Pageant Rehearsal**

Saturday, Dec. 20 at 4:00 PM**Winter Solstice Celebration**

Sunday, Dec. 21 at 10:00 AM**Christmas Service with the pageant**

Wednesday, Dec. 24.....**Christmas Eve Services**

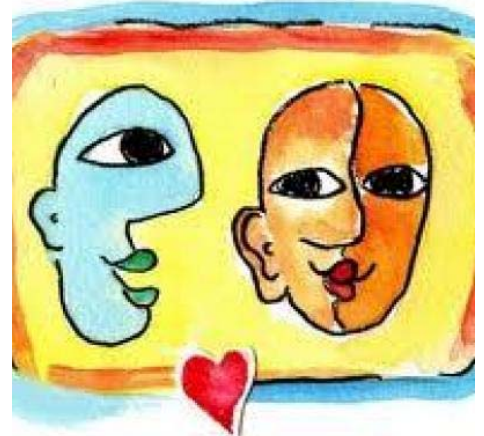
Growing Together

NVC practice group to meet at FUUSA

A practice group for Nonviolent Communication will meet at FUUSA from 6 - 8 pm on 1st and 3rd Wednesdays beginning Nov. 5.

Practice group participants meet to exercise their skills and support each other to communicate with compassion. This practice helps us to integrate nonviolent communication into our lives, contributing to peace within ourselves and with one another. This group will be co-facilitated by Jan McCracken and Philomena Moriarty.

Please note that a prerequisite for participating in an NVC Practice Group is to have taken an NVC Fundamentals workshop or its equivalent. To register, or for more information, please email nvcalbany@gmail.com or contact Jan McCracken at jmccrack@nycap.rr.com.



Religious Exploration

Grace and growth

Leah Purcell, Director of Religious Education



In November Rev. Sam's sermons will be on the theme of grace--how we can ask for and receive forgiveness. When I talk to parents about what they would most like for their children, one quality they would like their children to develop is resilience. As I write this, I'm attending a workshop to reflect on and develop intercultural competencies. There has been a lot of work about seeking to understand, making mistakes, learning, and trying again. Does this remind you of other personal relationships? Of parenting?

I think that having a soft place to land after making a mistake is important to being able to bounce back into shape.

We want children and youth to be learners, to get curious, even to get messy and make mistakes. We want them to explore what there is without predetermined outcomes. This is our fourth principle in action--We are free to search for what is true.

What are some ways we can encourage children and youth, and how can we all be willing to take the risks knowing that we will not always be right? It's true that often when we're wrong there might be some fruitful learning, but that's scary for us too.

Step One: Let's return to the Principles. We believe that each person has dignity and worth, so keep in mind that mistakes cannot reduce one's worth.

Step Two: Certainly we all make mistakes, so let's show our children and youth how we forgive ourselves. Think about what helps you bounce back when you make mistakes. You can just talk out loud as a way to share your thoughts with your children and youth. Talking to yourself can also be a great way for you to clarify your thoughts. You can talk about a mistake and your regrets, but also talk out loud that you don't plan to beat yourself up forever. You can prioritize your mistakes, letting small things go, and addressing the things which have caused more serious harm. You can then talk about how to admit the mistake, make a sincere apology and work to make amends.



Step Three: Address mistakes your child or youth has made with compassion. As you treat yourself with compassion, so treat your child. Guilt (knowing one has done something wrong) is a healthy motivator to right actions; shame (attributing the bad behavior to something bad in the person) is not. Children and youth do need to be held accountable, but they also need to see that there is a way out.

Having a safe place to land at home can help quiet the mind of the child or youth and give them peace. Resiliency doesn't mean just "rolling with the punches". It means being able to look at things from a different perspective, perhaps even to see the humor in things, to seek other ways of moving forward, and to try again.

Thinking about this workshop, I'm wondering if the steps above would be helpful for adults seeking to be in relationship with people whose culture is different their own. How can we at FUUSA create a "soft place" for all of us to land?

In joyful service, Leah

Joy Library

New books: find them in new book section

A Path Appears, by Nicholas Kristof and Sheryl WuDunn. (2014) Alfred A. Knopf, [361 KRI]

Nicholas Kristof and Sheryl WuDunn show how to make a difference in the lives of the disadvantaged. "In their earlier book, Half the Sky, husband-and-wife team Nicholas D. Kristof and Sheryl WuDunn brought to light struggles faced by women and girls around the globe, and showcased individuals and institutions working to address oppression and expand opportunity. A Path Appears is even more ambitious in scale: a sweeping tapestry of people who are making the world a better place and a guide to the ways that we can do the same -- whether with a donation of \$5 or \$5 million, with our time, by capitalizing on our skills as individuals, or by using the resources of our businesses. With both research and on-the-ground reporting, the authors assay the art and science of giving, identify successful local and global initiatives, and share examples from the front lines of social progress. We meet people like Dr. Gary Slutkin, who developed his landmark Cure Violence program to combat inner-city conflicts in the United States by applying principles of epidemiology; Lester Strong, who left a career as a high-powered television anchor to run an organization bringing in older Americans to tutor students in public schools

across the country; MIT development economist Esther Duflo, whose pioneering studies of aid effectiveness have revealed new truths about, among other things, the power of hope; and Jessica Posner and Kennedy Odede, who are transforming Kenya's most notorious slum by expanding educational opportunities for girls. A Path Appears offers practical, results-driven advice on how best each of us can give and reveals the lasting benefits we gain in return."

Waking Up: A Guide to Spirituality Without Religion by Sam Harris (2014) Simon & Schuster [204 HAR]

"For the millions of Americans who want spirituality without religion, Sam Harris's new book is a guide to meditation as a rational spiritual practice informed by neuroscience and psychology. Waking Up is for the 30 percent of Americans who follow no religion, but who suspect that Jesus, Buddha, Lao Tzu, Rumi, and the other saints and sages of history could not have all been epileptics, schizophrenics, or frauds. Throughout the book, Harris argues that there are important truths to be found in the experiences of such contemplatives -- and, therefore, that there is more to understanding reality than science and secular culture generally allow. Waking Up is part seeker's memoir and part exploration of the scientific underpinnings of spirituality."

Our Community

Channing Circle gathers Nov. 17

Join us at noon on Monday, Nov. 17 when Channing Circle will meet once more. Bring your lunch and dessert, coffee and tea will be provided. It's a time for old and new members over 70 to spend time together and share their journeys.

CommUUnity Dinner

Friday, Nov. 14 at 6PM

Please join us on for our "CommUUnity Dinner". FUUSA families and any other interested FUUSAs are invited to join in on an evening of sharing food, fun & fellowship. Our potluck dinner begins at 6 PM, followed by time to participate in a discussion on a topic of choice; join in a board game or just enjoy unstructured small group conver-

sations. After the dinner hour, free childcare is available. Our agenda is one of fellowship!

For the potluck, please bring a dish to pass and a beverage. Contact Paula Brewer for more information

UU Christians gather Nov. 11

UU Christians will meet Nov. 11, at 7pm in B-5. We will be talking about who Jesus Christ is to each of us with some additional material from Dr. Bart Ehrman's book *How Jesus Became God*, as well as other Biblical commentary.

6 to 9 at 6:09: Circle Dinner

Saturday, Dec. 6

Circle dinners provide FUUSAs and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquaint-

ed 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, Dec. 6

To sign up for the December dinner, you may email Martha Musser at mussermartha@gmail.com or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, Nov. 23.* Assignments will be announced after that date. If you have questions, please contact Martha at mussermartha@gmail.com or 518-434-2246.

Please save these dates for future dinners:

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

FUUSA Humanist news and next meeting

Eleven FUUSA Humanists met on Tuesday, Oct. 14 and had a lively discussion about the state of humanism, whether secular, religious and/or spiritual, in the denomination and at FUUSA. There was a unanimity for the need to promote humanism across the congregation and denomination. We will next meet on Tuesday, **Nov. 11** at 7 PM at FUUSA. We welcome all to join us.

You also may join the FUUSA Humanists at UU-Humanists@egroups-churchdb.com. It can be found on the FUUSA home page by logging into the Church DB and looking for groups. A pdf of the instructions to join the egroup is found at: a <http://albanyuu.org/wp/pdf/egroupinstructions.pdf>. Alyssa Yeager, our FUUSA office administrator, can respond to questions as to joining the egroup. Please call her at the FUUSA office.

Questions? Contact Don Odell (drodell31@yahoo.com, 482-4574).

About Us

Charles Semowich has recently been co-ordained into the Order of Universal Interfaith .

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, Nov. 9 at 5:30 pm in Channing Hall. We start with a welcoming shared supper

**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: Phil Rich, Sharon Babala, Jan Satin, Randy Rosette, Bruce Rodgers and Sandy Stone.

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

On Nov. 9, we will discuss the fictional work, *Americanah*, by Chimamanda Ngozi Adichi. This story about love and belonging examines the paradox of race and identity in Nigerian and American life.

December's book is a collection of short stories about a platoon of American soldiers in the Vietnam War entitled *The Things They Carried*, by Tim O'Brien. January's book is *TransAtlantic: A Novel*: by Irish author Colum McCann.

Contact Linda Hunt at mailto:lshunt@nycap.rr.com for further information or questions.

Joys and Caring Corner

Illnesses

Sandy Smith is glad her corneal transplant this summer was a success.

Sandy Steubing shared that her mother was placed in hospice last month.

Mark Yolles was in the hospital for heart related tests last month but is now back to his regular routine.

Arden Dockter suffered a stroke in October. He is back at church but requires assistance from Marilyn, his wife.

Michael Sugarman had a heart attack in August. He has returned to the Kingsway Arms Nursing Home for recuperation. Cards are welcome. The address is 323 Kings Rd., Schenectady, NY 12304

Thayer Heath was in Pennsylvania recently with her gravely ill son.

Marion Harwick is now at Atria Guilderland hoping to return home shortly.

Renee Panetta is relieved that her mother had successful heart surgery in August.

Dave Metz is happy to report that his brother has a more hopeful prognosis while he continues to receive treatments for his cancer.

Bob Franklin is back from spending two weeks in Alaska after helping his brother successfully convalesce from heart bypass surgery.

Bob Thomson is in St. Peter's Hospital after falling Oct. 15 and hitting his head.

Jim Torriani is saddened by his 18 year old cat's sudden illness.

Deaths

Sandy Smith is sad that her travel and dance partner, Ron Gross, died this summer from an Agent Orange related illness.

Julie Lomoe recalled the 39th anniversary of her father's death. Her brother died this summer at age 85. His ashes were buried with full military honors recently.

Cathy DeMille's father, William DeMille, died on Sept. 13. He was grandfather to Cathy's daughters Rose, Rachel and Virginia Reed.

Jan McCracken is remembering her sister Hallie who died a year ago when she took her own life.

Transitions

Teddy Archer has moved to Atria's Delmar Place and is adjusting nicely while recuperating from her hip surgery that she had earlier in the summer.

Kathy Harris is relieved to have her daughter back from her travels in Brazil.

Jacqui Williams was thrilled to announce that she was able to conduct a training with a UU congregation in Philadelphia recently.

Scott Knox has a new job with Global Foundries

and he and his family have moved to Saratoga. They will keep in touch with FUUSA when able.

Mary Freeman left in October to be closer to family in California. We will miss Mary and acknowledge all her contributions and service to FUUSA over the years.

Anniversaries

Peter and Thelma Gerdine celebrated their 49th wedding anniversary in August!

Tom Levanduski and Jim Reed are proud to announce their first anniversary.

Sigrin Newell announced that Thacher Park is celebrating its 100th anniversary. She credited the work of Fred and Martha Schroeder at the park.

Marriages

Mary Applegate's sister was married recently.

Birthdays

Rudy Johnson had a birthday Sept. 27!

Tom Levanduski's mother celebrated her 96th birthday this fall!

Mary Applegate celebrated her 56th birthday and her granddaughter's 3rd birthday!

Christine Vanderlan shared that her son Allan Hoyt celebrated his 6th birthday.

Dick Brewer announced that his daughter **Anna** celebrated her 18th birthday while studying in Chile this fall. He credits the FUUSA community for helping raise her.

Teddy Archer just celebrated her 95th birthday!!

Milestones

Ted Wright and Susan Standfast hiked 3.5 miles in and out of St. John's Brook Lodge! Great job!

Hannah Goldstein had the joy of meeting a cousin for the first time!

Carolyn Bradley is thrilled with her niece's success with her screenplay, "Kelly and Cal".

If you need the services of the Caring Network, please call the office during regular hours at 463-7135. Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

Social Responsibilities Council

The 2014-15 church year is well on its way for SRC! Elected members are Patty Burch, Ed Hancock, Jaye Holly, Karen Kaufmann, Martha Musser, Jessica Rae, and Jean Poppei, chair; our five appointed members are Don Odell, Renee Panetta, Robb Smith, Jacqui Williams and Betsy Wright. AND, we invite all of you concerned about social justice issues to attend our monthly meetings, held on the first Sunday of the month at 11:45a, in Room B7.

Some of our members were in NYC Sept. 21 for the Climate March while others were involved that same day in the Interfaith North Star Peace Walk here in Albany. Monthly forums have begun with the Green Sanctuary sponsorship of one on “solarizing” (past, present, and future); in late October SRC will have presented a debate on the controversial legislative re-districting issue (Proposition One on the November ballot). November’s Forum will be presented by the Green Sanctuary Committee. Watch for an announcement.

On Nov. 15, A Day of Simple Giving will take place at St. Sophia’s Church from 10 AM to 2 PM, providing an inspiring opportunity for all ages to be involved in hands-on activities to benefit those in need. FUUSA volunteers at Sheridan Preparatory Academy have geared up for the school year; if you’re interested in becoming involved, please contact Lois Griffin or Martha Musser.

Finally, the issues raised by what happened in Ferguson, Missouri—but not unique to that setting—will be a continuing conversation at SRC as we seek ways to respond, both at the national and local levels. For those wishing to make a donation, Rev. Sam and RE Director Leah suggested: The Organization for Black Struggle <http://obs-onthemove.org/>

Growing a Green Economy

Tuesday, Nov. 18 7:00 PM

The Social Responsibilities Council of FUUSA and the People of Albany United for Safe Energy (PAUSE) are pleased to welcome Dr. Robert Pollin from UMass Amherst for a forum on Growing a Green Economy.

Dr. Pollin is the co-director of the Political Economy

Research Inst. (PERI) and an author of numerous books on macro-economics. In September he published a book long study titled: Green Growth: A U.S. Program for Controlling Climate Change and Expanding Job Opportunities. In analyzing the employment data, Dr. Pollin found that for the same million dollar investment we can get either 5 oil/natural gas jobs or 14 solar jobs.

Come hear Dr. Pollin as he tells us how we can dramatically reduce carbon dioxide emissions while expanding green job opportunities. This event will be held in Emerson Hall on. A donation box will be available for Dr. Pollin’s honorarium.

UUSC upcoming holiday activities

Unitarian Universalist Service Committee (UUSC) holiday cards will be available at the Social Responsibilities table in the latter half of November into early December in Channing Hall during coffee hour, and at the Holiday Bazaar.

The UUSC Guest at Your Table, a tradition at FUUSA, is undergoing some basic changes within the UUSC. Details are not available at press time. So look for updates on the FUUSA Facebook page, Weekly Previews and Sunday announcements among other channels of communication in the coming days and weeks.

Questions? Please contact your FUUSA UUSC local rep, Don Odell (drodell31@yahoo.com, or 482-4574).

Human Rights Challenges in the 21st Century Bill Schulz to speak at UU Society, Schenectady Saturday, Nov. 1 at 4:00 pm

Bill Schulz, President of the Unitarian Universalist Service Committee and former Executive Director of Amnesty International USA, will discuss the major challenges facing human rights, from the effects of climate change to the quandary of military intervention.

The UU Society of Schenectady is located at 1221 Wendell Avenue, Schenectady, NY 12308. This program is free and open to the public. Informal reception will follow the presentation.

Meet for PEACE, Wednesday, Nov. 12

Peace is elusive, whether we seek world peace, peace of mind or peace in Ferguson. On election

day voters across America will select representatives who will affect the allocation of taxes to war, education, health care, social security and more. We could reflect on how the result affects our peace of mind and the prospects for peace in the world. We will consider paths to peace that are open to us which can range from inner peace through meditation or shamanic journeying and prayer to street protests and letter writing. Come share--Wednesday Nov 12 at 7 pm at FUUSA.--Ed Hancock, Peace team, SRC

Two accounts of the Climate March

Chris Bystroff: Buses from the Capital Region left for the People's Climate March early on Sept. 21. There were 11 buses from Albany, 2 from Troy. At least 10 FUUSAns participated as well as several from UU Schenectady. At least fifty chartered buses converged from all over the country, along with dedicated train cars from the west coast, and lots and lots of New Yorkers who came out on a beautiful late summer Sunday. The march turnout was estimated between 300,000 to 400,000 people.

While the march was to start at noon, we waited, mingled and chanted for 3 hours. There were thirty blocks of banners, signs, slogans, music, bicycles, puppets, body paint and street theater, and whole blocks of areas of special interest, including the interfaith group. By all accounts UU's in "Standing On The Side Of Love" shirts outnumbered all other denominations. We learned that there were marches worldwide--in cities from Papua, New Guinea to Moscow, Idaho--2,646 events in all, in 162 countries.

At 12:58pm, time keepers raised their hands, clasped in the air, and a wave of silence fell over the crowd, disturbed only by the chopping sounds of the police helicopters overhead. Silently, we were for two minutes united in global concern for what we were doing to our planet, overheating it, destroying it by extracting carbonaceous fossils and burning them in disrespect for balance. Then at exactly 1:00, we the multitude erupted in sound. Horns, whistles, drums and shouts echoed off of the high-rise apartment buildings, showing the world that we would not remain silent, that we were many and we were loud.

The march was so big that we were told by organizers not to try to reach the end-point of the march and to instead disperse. And after six hours in the sun,

on our feet, voices rasping, dehydrated, that's what we did. I don't remember the ride home.

Julie Lomoe: I worry about the world my granddaughters will inherit, so I care deeply about climate change. Thus I was drawn to the idea of participating in the People's Climate March in New York City on Sept. 21. But I recently turned 73, and I wondered if the march was beyond my physical capabilities. I signed up anyway.

Worried about being on my feet for hours on end, I bought a collapsible three-legged stool that fit neatly in my backpack. Our bus from Troy dropped us at 86th Street, and I traipsed about 20 blocks south on Columbus before I found a way to penetrate the police barricades and join the march. I walked a little, then spent two hours perched on my stool just inside the metal barricades that lined Central Park West, photographing the march in the company of two Puerto Rican women from Brooklyn who were there because of the impact of Hurricane Sandy on their community.



I finally decided to actually march, but people were moving at approximately two miles an hour and I quickly became claustrophobic, so I cut out at Columbus Circle and headed down Broadway, planning to rejoin the march further along the route. My good intentions were thwarted by the discovery of an Irish pub in the theatre district.

Lured inside by the thought of a bathroom, I stayed for lunch and a Long Island Iced Tea.

By the time I exited the bar, the marchers had dispersed, so I hopped a subway downtown to 23rd Street and walked over to Tenth Avenue and our rendezvous location. Back on the bus, I asked a fellow FUUSAn, twenty years my junior, if she was glad she had come. "In retrospect, yes," she said. "But it was brutal, and I ache all over."

As for me, I felt perfectly fine, but I may limit my future marching to Albany. There are ample opportunities right here at home.

Contact Us

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email: board@albanyuu.org

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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday
Program Coordinating Council, 2nd Thursday
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

Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Alyssa Yeager (463-7135 or 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).

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

Holiday Craft Sale & Bazaar



Saturday, Nov. 15, 9:00am - 4:00pm

Sunday, Nov. 16, 11:00am - 3:00pm

Quality handcrafted items from many vendors
plus holiday pies and home-made edibles

Serving lunch both days

First Unitarian Universalist Society of Albany
405 Washington Ave. (at Robin St.), Albany NY
Free parking at UAlbany's Hawley lot across street
www.albanyuu.org

The Memorial Society of the Hudson-Mohawk Region turns fifty this year!

Come celebrate with us at our Annual Meeting

Sunday, November 9, 2014

2:00p.m. to 4:00p.m.

Channing Hall at FUUSA



- ◇ Hear founding members tell how we began in 1964
- ◇ Find out why people are still paying far too much for funerals and why consumers still need us today
- ◇ Discuss our mission as a community ministry and our future direction
- ◇ Learn about Vale Cemetery in Schenectady, the first green cemetery in the Capital Region
- ◇ Celebrate our 50th birthday with cake and refreshments!

Free and open to all – invite your friends!

For more information, visit our online newsletter at:

www.hudsonmohawkfca.wordpress.com

or e-mail us at memsoc1@nycap.rr.com

An affiliate of the Funeral Consumers Alliance

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