

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

**Jan. 5 "On Being Wisely Compassionate," Rev. Sam Trumbore**

Compassion is one of the universally praised values in all major religions. It is a value that is easy to preach but hard to practice. Being wise about being compassionate helps. Let us consider how to make progress in being more wisely compassionate as we begin the New Year together.

*Music:* Piano duets featuring Matt and Clara Edwards

**Jan. 12 "What Happened to Martin's Vision of the Common Good?" Rev. Richard S. Gilbert**

The Rev. Dr. Martin Luther King, Jr.'s birthday suggests both reflection and action. What do his life and death mean for Unitarian Universalists? Reviewing one of his lesser known—and truncated—efforts, the Poor People's March, Rev. Gilbert will explore the concept of the Common Good, otherwise known as the "general welfare," the Beloved Community, or the Kingdom of God. Have we forgotten what they mean?

*Music:* Special guest Jay Sager on marimba

**Jan. 19 "Nuclear Numbing," Rev. Chris J. Antal**

We face the real threat of nuclear terrorism in our lifetime, yet tend to avoid acquiring enough information that would make vague fears specific enough to take decisive action. Such inattention to painful truths may shield us from anxiety, but at what costs? We will consider Unitarian Universalist action towards nuclear disarmament, and what that heritage asks of us today.

Here's to a 2014 free from nuclear catastrophes!

*Music:* Matt Edwards on piano

**Jan. 26 "American Exceptionalism," Rev. David Weissbard**

The 6th Unitarian Universalist Principle commits this congregation to affirming and promoting "The goal of world community with peace, liberty, and justice for all." Walt Kelly had a great insight when he put the now famous words in the mouth of Pogo. We will be considering how Kelly's words and the concept of "American Exceptionalism" impact upon that UU Principle.

*Music:* Kathy Harris, Chris Jensen, and Randy Rosette vocal trio

## WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

January 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.)

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

## Events happening every week in January

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

## All other events happening in January

<b>5-Jan Sunday</b>				7:00 PM	MLK Service .....	Offsite
	11:00 AM	New Member Reception .....	Emerson Alcove	7:00 PM	UU Christians .....	B-5
	11:45 AM	Fracking Resolution Discussion Group.....	B-8	7:00 PM	Wellspring II.....	Stott Lounge
	11:45 AM	Partner Church Committee .....	B-3/B-4	7:30 PM	SRC - The Health Care Movie.....	Emerson
	11:45 AM	Social Responsibilities Council .....	B-7	<b>15-Jan Wednesday</b>		
<b>6-Jan Monday</b>				6:45 PM	Wellspring I.....	B-8
	10:30 AM	Fracking group .....	B-8	<b>16-Jan Thursday</b>		
	6:15 PM	RE Council Meeting .....	Channing	6:30 PM	Board of Trustees Meeting .....	Channing
	6:30 PM	Ben English.....	B-5	<b>17-Jan Friday</b>		
	7:30 PM	Stewardship Committee.....	B-8	5:30 PM	L. Hunt group.....	Channing
<b>7-Jan Tuesday</b>				<b>18-Jan Saturday</b>		
	5:15 PM	Religious Services Committee ....	Stott Lounge	10:00 AM	Art Show Takedown .....	Channing
	7:00 PM	Mission Task Force.....	B-6	<b>19-Jan Sunday</b>		
	7:00 PM	PR Committee.....	B-8	11:30 AM	Green Sanctuary Mtg .....	B-8
<b>8-Jan Wednesday</b>				11:45 AM	Orientation to Youth Group and Supporting Youth	B-5
	2:00 PM	Patka/Manning SGM.....	B-8	<b>20-Jan Monday</b>		
	6:45 PM	Wellspring I.....	B-8	11:00 AM	Community Chair Yoga .....	Emerson Alcove
<b>9-Jan Thursday</b>				12:00 PM	Channing Circle.....	Channing
	7:00 PM	K/1 OWL Parent Info Meeting .....	Channing	6:30 PM	Ben English .....	B-5
<b>10-Jan Friday</b>				<b>21-Jan Tuesday</b>		
	6:00 PM	Potluck Dinner and Sing Along .....	Emerson	7:00 PM	Mission Task Force .....	B-6
<b>11-Jan Saturday</b>				<b>22-Jan Wednesday</b>		
	9:30 AM	FUUSA Women for a Better World ..	Channing	6:00 PM	Endowment Trust .....	Stott Lounge
	10:00 AM	Unirondack Board Meeting .....	B-8	<b>23-Jan Thursday</b>		
<b>12-Jan Sunday</b>				10:00 AM	Hang art show .....	Channing
	11:30 AM	Forum: Green Sanctuary .....	B-8	6:30 PM	Finance Committee Meeting.....	B-8
	11:45 AM	K/1 OWL Parent Info Meeting .....	Emerson	<b>26-Jan Sunday</b>		
	11:45 AM	Nominating Cmte. ....	Stott Lounge	8:00 AM	Get Connected Sunday .....	
	5:30 PM	Walker Book Club .....	Channing	11:00 AM	Get Connected! Activity Fair.....	
<b>13-Jan Monday</b>				<b>27-Jan Monday</b>		
	10:00 AM	Patrick/Odell SGM .....	B-5	10:00 AM	Patrick/Odell SGM.....	B-5
	11:00 AM	Community Chair Yoga.....	Channing	11:00 AM	Community Chair Yoga .....	Channing
	1:00 PM	Grannies for Peace.....	B-7	3:00 PM	Overflow Shelter Meals .....	Kitchen
	1:00 PM	Interfaith Impact Meeting .....	B-8	7:00 PM	Meaning Matters.....	B-8
	3:00 PM	Overflow Shelter Meals.....	Kitchen	<b>28-Jan Tuesday</b>		
	5:15 PM	Membership Ministry Meeting.....	B-8	7:00 PM	Meaning Matters.....	B-8
	6:30 PM	Orientation to Youth Group and		7:00 PM	Mission Task Force .....	B-6
		Supporting Youth .....	Channing	7:00 PM	Wellspring II.....	Stott Lounge
<b>14-Jan Tuesday</b>				7:30 PM	Stewardship Committee .....	B-7
	7:00 PM	Lifespan Learning Committee .....	B-7			
	7:00 PM	Mission Task Force.....	B-6			

## Sam's Outlook

### The Compassionate Path to World Peace

Rev. Sam Trumbore

Recently, I've been drawn back to Karen Armstrong's "Charter for Compassion" that was unveiled in sixty cities around the world in November, 2009. In February of 2008, Armstrong won a TED prize of \$100,000 dollars and with it she got one wish. Her wish came from studying world religions for many years. She repeatedly found a common theme that united them all, the theme of compassion, of self-transcendence through the experience of striving to understand the world through another person's perception and experience.



This motivated her to wish to create a "Charter for Compassion," an organizing document crafted by leading inspirational thinkers from Judaism, Christianity and Islam based on their shared principles of justice and respect. That final document drew from the contributions of more than 150,000 people from 180 countries. It was distilled down to a carefully crafted, succinct, 312 word pledge. More than 85,000 people have pledged to uphold it reports their website (<http://charterforcompassion.org/>). Here is that charter:

*The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves. Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the center of our world and put another there, and to honor the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect.*

*It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain. To act or speak violently out of spite, chauvinism, or self-interest, to impoverish, exploit or deny basic rights to anybody, and to incite hatred by denigrating others—even our enemies—is a denial of our common humanity. We acknowledge that we have failed to live compassionately and that some have even increased the sum of human misery in the name of religion.*

*We therefore call upon all men and women to re-*

*store compassion to the centre of morality and religion ~ to return to the ancient principle that any interpretation of scripture that breeds violence, hatred or disdain is illegitimate ~ to ensure that youth are given accurate and respectful information about other traditions, religions and cultures ~ to encourage a positive appreciation of cultural and religious diversity ~ to cultivate an informed empathy with the suffering of all human beings—even those regarded as enemies.*

*We urgently need to make compassion a clear, luminous and dynamic force in our polarized world. Rooted in a principled determination to transcend selfishness, compassion can break down political, dogmatic, ideological and religious boundaries. Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment, and indispensable to the creation of a just economy and a peaceful global community.*

Armstrong envisions this pledge to be a foundational tool for working toward world peace. It resonates with Unitarian Universalist principles. It can be a powerful way to realize our "goal of world community with peace, liberty and justice for all" (our sixth principle). The Unitarian Universalist Association has already signed up to be one of Armstrong's partners.

Our theme for this month is "compassion." You'll find some resources to go deeper into this topic via the resource link: <http://www.albanyuu.org/themes/compassion.pdf>. One of ways to go deeper is to do a personal inventory and review how compassionate you are and have been. During the month of January, take the challenge to write down, at the end of the day, several compassionate actions done during the day and one that was not compassionate. Monitor your thoughts and feelings for the presence or absence of compassion, of fellow feeling.

One of the projects Armstrong has initiated is having cities identify themselves as a compassionate city. I wonder if Albany might be a possible candidate for this initiative.

Compassion is at the heart of Unitarian Universalism. Yet our separate self-identity breeds resistance to feeling with others. The intentional effort to be compassionate is some of the best work we do, the work of a lifetime. Let us individually and collectively consider making a commitment to compassionate living, parenting and communicating in this New Year.

--Rev. Sam

## News

### Sunday service logbook

The Religious Services Committee has an ongoing responsibility to be part of the process of maintaining the overall quality of our Sunday Services at its current high level. And, it's very helpful to us when we hear from you about your experiences on Sunday. Did you particularly appreciate an aspect of a recent Sunday service? Would you like to have that experience again? Was the music particularly good? Is there something that you would like to see changed for future services? Was a ritual particularly moving for you? Was the sermon too long; too short; just right? If you have an opinion to share, we would very much like to hear about it.

You are always welcome to contact members of the RSC directly to express your opinion; their names are listed below. And, starting early in the New Year you will have an additional means to convey your opinion to us by using our new *Sunday Service Logbook*. It will be placed conveniently, either in the rear alcove of Emerson Hall or near the Emerson entry door way so that you can take time to leave a written comment while the experience is fresh. We promise that your comments will be read by the members of the Religious Services Committee and discussed during its monthly meetings.

Committee members include: Linda Way, Cate Bohn, Don Odell, Sue Stierer, Peter Meixner, Dawn Dana and Rev. Sam Trumbore.

### Rev. Sam will be away

Rev. Sam Trumbore will be away visiting Sri Lanka from Jan. 13 through Feb. 5 The Rev. Bobbi Place will be available to take care of pastoral concerns in his absence. Contact the FUUSA office at 463-7135 if you would like to reach Rev. Place.

### Put your money where your heart is

That is our theme for this year's Stewardship Campaign. We are looking for "pithy" quotes, tweets or haikus answering the question : "Why is your heart at FUUSA ?" or "What makes your heart sing here ?" The quote can be from an individual or family perspective. These will be shared in FUUSA communications. Additionally, we would like to feature a photo along with each quote when possible. Please submit your quotes to the Melissa Ramirez

### Flyers in this issue

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

- ◆ Singing, Eating, and "Change-ing" the World
- ◆ Let's Keep in Touch!

(xxxxxxxxxxxxx). Thanks very much for your help and generosity.

### Welcome, Alyssa!

You will soon meet our newest employee, Alyssa Yeager, in person, on the phone, or by email as she has just assumed the position of Office Administrator. Alyssa's background includes music therapy,



Child Life manager, and business owner, and you will enjoy getting to know her! You can reach Alyssa Monday-Friday at the FUUSA

office (463-7135) and her email address is admin@albanyuu.org.

### The HealthCare Movie

**Tuesday Jan. 14, 7:00 PM**

Emerson Community Hall

FUUSA's SRC and Capital District Alliance for Universal Healthcare will present a showing of The HealthCare Movie on Jan. 14

Many of us are pleased that the Affordable Care Act is moving forward to increase access to health care for more of our citizens, but this plan still maintains a highly bureaucratic, complex, and inefficient system which still does not directly address the high costs of our health care, and leaves millions of people uncovered.

This movie makes the case for a universal single-payer plan from which no one is excluded. The film is interesting and entertaining. It compares the US and Canadian systems from historical, statistical and person-on-the-street perspectives.

Please join us. The movie is 65 minutes long. Light refreshments will be provided. A post-movie discus-



sion will be led by Dr. Richard Propp, retired internist and chairman of CDAUH.

## Save the date

### **June 25-29. Unitarian Universalist Association (UUA) General Assembly (GA)**

The annual meeting of Unitarian Universalists takes

place in Providence, RI, practically in our backyard, June 25-29. Please put it in your summer plans. CRUUNY (Capital Region Unitarian Universalists New York) is considering transportation options at this time. Registration begins March 1. The theme for this upcoming GA is *Love Reaches Out*. Current studies of faith in America show that there is a

## Board notes

### New Year's Traditions

*Peggy Sherman, President*

At the end of November, our dog Sierra decided that my leather Day-Timer notebook would make a fun chew toy. Fortunately, she does not like the taste of paper, so I was able to save the crumpled calendar pages from the notebook that kept me (semi-) organized for more than 15 years. After several days of feeling sorry for myself, I took the advice of many friends to “go electronic” and started to use my smart phone to stay on track.



But that isn't going to stop me from one of my New Year's traditions. I am still going to buy a large white calendar for our kitchen, with big ruled blocks for each day, so I can begin to fill in the family birthdays, the planned vacation, and the appointments. Then I'll add the FUUSA events and meetings. Our kitchen calendar will show the choir-sponsored potluck on January 10 and the circle dinner on February 1. These are the first of many dinners in 2014 that are open to all and help connect us with each other.

Let's see, Reverend Doug Taylor will be visiting from Binghamton for the weekend of February 7 to 9, and his workshop sounds interesting. I'm planning to help out at the Get Connected Activity Fair on March 16, which is a great way to find out about and sign up for FUUSA activities and volunteer opportunities. There's the FUUSA fundraising auction on March 15, our annual dinner on April 11, and the annual meeting of our congregation on May 18 to elect officers and vote on our annual budget. The joint worship service of the Capital Region UU congregations, always an inspiring event with wonderful music, will take place on June 1. And the Unitarian Universalist Association's General Assembly, its annual meeting and conference, is only a short drive away in Providence this year. I'm hoping that a large Albany delegation will attend, from June 25 to 29.

Then I'll add John's committee meetings and my Board of Trustee meetings to the calendar, and reserve a few times when we will usher or host coffee hour. Our kitchen calendar really starts to fill up!

While a kitchen calendar may seem mundane, it records all the discrete activities of our lives that add up to the really big and important things in our lives. And for John and me, our membership and active involvement in FUUSA is one of the really big and important things in our lives. It's grown in importance as we volunteered on committees, taught religious education classes, led small group ministry, hosted coffee hour, learned how to welcome newcomers, visited with members to ask for annual pledges, and attended our first General Assembly. The Sunday services brought us to FUUSA nearly thirty years ago, but through giving more of our time and effort, we've received much more in return.

As you consider the promise of a new year, I hope you will think about the role that FUUSA plays in your life. There are so many ways that members and friends volunteer their time -- to care for each other, to support our congregation, and to make an impact in our larger community. We volunteer because it feels good to give, and because we learn and grow through the experience. Mark your calendars, whether electronic or paper, and make time in your life to volunteer at FUUSA!

movement toward a liberal, fluid kind of faith that doesn't fit with traditional denominational identity and structure. Let us be it. And this is a great way to meet UUs from all over the world.

### Talent (yours) needed

It's the start of a new calendar year which means we are also starting to prepare for our new church year. While the "new year" for FUUSA does not actually begin until July 1, our Annual Meeting, where we approve the budget, discuss issues critical to our congregation; and, elect our new leadership is scheduled for May 18, 2014. Just as committees are required to submit, this month, budget requests for next year, the Nominating Committee must now begin the process of seeking candidates for positions that will be vacant as of the end of this church year. One reason we start this process in January is because we do not take on this task secretly and only "behind closed doors". You can help us develop the strongest possible list of candidates by engaging with us during this process. We encourage all members to consider how you might play a leadership role in our congregation.

We anticipate vacancies in our: Board of Trustees - the body invested by our Bylaws to determine matters of policy and management; Religious Education Council - the group that fosters and maintains a religious education program for the children and youth of FUUSA; Social Responsibilities Council - our guide and coordinator when it comes to social issues of moral and ethical significance; Nominating Committee - responsible for publicizing the nominating procedure and presenting a slate of candidates for open positions; and, Endowment Trust - manages gifts to the society including decisions regarding investment and use of designated portions of the money in the Trust. This is not an exhaustive list of positions that will become available in the next several months; however it is a start. Please make your interest, capabilities and willingness known to any of the members of this committee.

One reminder, you will note that I indicated above that we "encourage

all members...". The reason being, in accordance with our governing bylaws, you must be an active member of this Society in order to run for an elected position. If you are currently a "visitor" or "friend", and would like to become more involved in the operation of FUUSA, please formally join our Society.

If you have any questions or would like to discuss this process, please talk with any members of the committee: Debbie Brown, Laura Churchill, Dave Metz, Donna Meixner, Paula Moskowitz and Linda Way.

### Unsung Hero awards

In the service on Dec. 1 we honored Jack Heinsohn and Mike Babala with Unsung Hero awards. Working several days every week over the past year, Mike and Jack have reduced FUUSA's to-do list of repairs and improvements from seven to three pages, all while items were being added to the list every week, and in the process turned our four end-to-end buildings into a more welcoming place.

Projects you have probably noticed around FUUSA include the new ceiling and new lights in the basement hall of the RE wing, which was Jack's major project for quite a while. Jack has worked wonders. Anyone walking down there can't help but notice the bright new light fixtures and drop ceiling.

Renovation of Channing Hall last summer was another major project. Smaller projects include the replacing the fire extinguishers, replacing locks on



the office and pantry doors, replacing a hole in the floor of the second floor RE wing hall and replacing broken floor tiles, repairing furniture – the list goes on and on.

It's not just the three older buildings that have needed their attention. In Emerson, the sink faucet in the back needed replacing because the one specified by the architect sprays water on the floor if you're not careful, not a good idea with hardwood flooring! Last summer, Jack & Mike repainted the walls in Emerson, which were beginning to look a bit dingy from scuff marks. Because of all the parties that have hung balloons from beneath the balcony over the past 5 years, layers of tape had to be painstakingly removed, the ceiling resurfaced, and 2 coats of paint applied.

There are many projects you probably are NOT aware of. To mention just one: removing the radiator covers and cleaning the baseboard heating units in Channing Hall unexpectedly turned into a major project, because the ancient covers - bent, and battered by years of being run into by various heavy pieces of equipment and furniture - refused to go back into place without repairs and a protracted fight.

Recently we had a leak in Emerson. After the roofer fixed the leak, Mike spent many hours sanding and applying coats of plaster so that the patch would blend in with the rest of the wall. Most recently, they both worked on the first floor bathrooms, stripping out the old partitions, repairing and painting the walls before new partitions were brought in and set up, and then installed all new dispensers.

So the next time you see Mike or Jack, take the time to thank them for making our buildings such a pleasant place to hang out.—Dick Dana, Chair, Program Coordinating Council.

### Save the date!

**Saturday, Feb. 22, 7:00-9:00pm**

**9<sup>th</sup> Annual Guided Wine & Cheese Tasting**

### "The Colors of Our Lives"

Have you noticed the new wall hanging in Emerson Community Hall? This was designed and made by FUUSA's P's and Q's Group. This is a group of women who meet at FUUSA every

Wednesday from 10am –noon to quilt or knit or sew. Generally a hand-quilted quilt is designed, sewn and raffled off to raise funds for the general beautification of FUUSA. For example, the semi-circle table that graces the entrance to Emerson was purchased with such funds.

The quilt hanging is titled "The Colors of Our Lives". This was made with scrap fabrics donated by all of the participating women. Each participant made 12" squares of colored strips of fabric. The strips vary in width and colors. Individual squares were sewn by hand, and then the black border was stitched around each colored square by hand. The outer border was stitched to the front by machine, then rolled over the edge and stitched to the back by hand.

On the back there is a label listing the date (November, 2013) and all of the women who participated in making this quilt: Fran Berg, Joan Eken-gren, Virginia Hammer, Barbara Manning, Glenna McClamrock, Susanne McClure, Anita Patka, Tina Raggio, Carol Rehbaum, Mary Reich, Jan Satin, Abby Sugarman, and Mariah Wilson. Mary Reich came up with the idea of making the squares into a wall hanging for Emerson.

We hope that you all enjoy the many colors and fabric designs that made up "the colors of our lives".-- Barb Manning

### Questions answered here!

Are you wondering about Unitarian Universalism and its role in your life? Or are you thinking about becoming a member of FUUSA and want to understand the process better?

We recommend that all newcomers to Unitarian Universalism, as well as those who are already UU but are new to FUUSA, attend a newcomer orientation. This Saturday morning session will give you an opportunity to learn about Unitarian Universalism and FUUSA, as well as to meet Rev. Trumbore and the Membership Committee.

The next "**Getting to Know UU**" session is scheduled for **Saturday, Feb.1** from 8:45 a.m. to noon. We'll start with coffee and snacks and getting to know each other. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been col-

lecting. We'll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

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

### UU events: district and regional

What's coming up with the St. Lawrence District and CERG (Central East Regional Group)?

**Jan. 24-26--** Fundamentals of Healthy Youth Ministry. UU Church of Canton. Tools and skills for youth and adults to build a healthy youth ministry. Practice building strong youth-adult teams for healthy youth empowerment! Register by Jan. 13.

**Feb. 14-17.** Mainline Unit Church, Devon, PA. CERG Regional Youth Con - **FIRST EVER!** Space

is limited and YOUTH MUST APPLY BY JANUARY 6. Be part of history on this event taking place over President's Day weekend.

**Mar. 28-29**—in Erie PA. District Assembly 2014 Registration Is NOW Open! The theme is the Spirit-ed Life. Please see the St. Lawrence District Assembly Pages online at <http://www.sld.uua.org/conggrowth/districtassembly.html> for the full brochure, schedule, workshop descriptions, DA youth caucus information, all required forms, online registration and DA exhibit forms.

The preceding information was extracted from the January 2014 St. Lawrence District News Buzz. The best way to keep up with district activities, and columns by SLD leadership and staff is to subscribe to the Buzz. Please contact the St. Lawrence District office ([sldoffice@verizon.net](mailto:sldoffice@verizon.net)) to be included on their mailing list. - Don Odell, FUUSA Denominational Affairs chair xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

## Growing Together

### Consider Beloved Conversations

It has often been said that, here in America, one of the most difficult topics about which to have an honest conversation is race. This country's history of race-based injustices and inequalities, from slavery to segregation to institutionalized discrimination, has influenced the ways that we as Americans perceive ourselves as well as how we perceive our neighbors who may be of a different racial or ethnic background. The Beloved Conversations series seeks to facilitate honest conversations about race and ethnicity as a vehicle for faith formation and spiritual awakening.

The curriculum for Beloved Conversations was developed by Dr. Mark Hicks, Professor of Religious Education at the Meadville Lombard Theological School. According to Dr. Hicks, the series of ten discussions is framed in the spirit of small-group ministry or a covenant group. Unlike diversity seminars, Beloved Conversations is a spiritual practice. As people of faith and human potential, success is measured by one's ability to be curious when one is unsettled by the expression of a new idea or experience.

The discussions about race and ethnicity are held within the sanctuary of a "learning community," a group of people who will not judge their colleagues, who are transparent and open about their views, hopes, dreams and experiences, and are committed to life-long learning. A past participant said, "Beloved Conversations is not for the faint of heart, but for those who have faith in the heart."

Dr Hicks said, "Participants in Beloved Conversations agree to grapple with history, mining their personal experiences and environment for errant meaning-making, and as a collective, design new practices that support the entire group's formational journey of "becoming fully human." As another former participant succinctly stated, "You don't know what you don't know."

Beloved Conversations is facilitated by FUUSA members Melissa Ramirez and Michael Hornsby. Meetings, lasting two hours, will be held on ten consecutive Wednesday evenings, from 7:00pm to 9:00pm. The next series will begin on February 26, 2014. The size of the group will be limited to no more than 12 participants. To register, please email Melissa and Michael at xxxxxxxxxxxxxxxxxxxxxxx or sign up at the Sign Up Site in Channing Hall.



## Religious Exploration

### “One Flower” and a Story of Our Congregation

*Leah Purcell, Director of Religious Education*



One evening, six weeks ago as I write this, the Workshop Rotation Committee met at my dining room table. Most of our time was spent reading children’s stories. We had a plan for making this special programming work – all the basics. But everything going forward hinged on the story. What story could we use for our theme of the stewardship of water? We needed a story that could serve a springboard for workshops and also be epic enough for children to bring their own understandings and wonderings to it. And then we struck upon it – all of us agreeing upon “One Flower” from a multigenerational Tapestry of Faith program. And then we were off and running! All we had to do was to get all the pieces of the puzzle together...

Now curricula, space, and materials - those are pretty easy to secure. But can you think what the difficult resource to acquire is? As you probably guessed, it’s the people to make it happen. So our first action in this effort was to promote the program; get people informed; build awareness and enthusiasm. Out went the emails, newsletter article, Face Book and blog posts; and committee members had face to face conversations. I talked to folks at the Green Sanctuary Committee and Social Responsibilities Council. We wanted to partner together to help congregants – children, youth and adults – to become more aware of the preciousness of water, since the adults will be voting on a congregational resolution on hydrofracking. Some of those folks stepped up to volunteer with workshops. Huzzah! Now we had some people power for one workshop to build some rain barrels, and another workshop to make music and sing songs about water.

What about volunteers for the other workshops and projects? A Workshop Rotation Committee member had already volunteered to do a science workshop for the downstairs groups. Some brainstorming, phone calls, and a plea from the pulpit, and after a while, we had leaders for movement, science and art upstairs and art downstairs too. Yipee! We had all our workshop leaders lined up. And we had our accompanist for each week of Family Chapel too.

Oh wait, how was this rain barrel project going to work, exactly? We needed a person or agency to donate it too. And we needed specifics on how to get the materials and make it. Some ideas about where to donate it were mentioned early on in the process, but by the end of December was the time to get these things nailed down too. So I called one of our Master Gardeners and texted someone else who’s active at FOCUS Food Pantry. And within an hour or so, I had some firm leads on both those issues.

This week before New Year’s, we’re finalizing the schedule of workshops, RE volunteers and parent helpers. Classrooms are being decorated and draped in fabric to convey our water theme. The last details are together.

I tell you this chronicle not to toot my own horn (or the horn of the WR Committee) but because I think this is a wonderful account about how different people in the congregation have come together to support this special program for our children. Many are folks who don’t normally have a niche to fill in RE. But Workshop Rotation has provided ways for about a dozen people to have a hand in something truly meaningful. Its meaning is not only in providing the workshops for the children, but also in showing the children how a congregation works. We are more than each of ourselves individually and when we reach out to work with each other, we support our mission as we learn new things, share our ideas, and live out our values.

So pip pip hurray for Workshop Rotation! And oh, did I mention that the story I’ll be telling each week in Family Chapel, “One Flower” is awesome? It raises questions for children and adults. And you can find a link to it at my blog: <http://albanyuu.org/wp/dre-blog/teams-2/>

In joyful service, Leah

## Building Our Shared Theologies—coming in February

Save the date! The Rev. Douglas Taylor, UU minister in Binghamton, New York, will be with us Saturday, Feb. 8, 8:30am – 3:00pm, to lead a workshop titled: Building Our Shared Theologies. He asks:

Are you interested in deepening your spirituality and learning about Unitarian Universalist theology? Join Rev. Taylor in this interactive workshop for discussion and exploration of Human Anthropology, Epistemology, and Cosmology. He will link them with our shared UU values and principles. Lunch included: freewill donation.

*Rev. Taylor will also be our pulpit guest on Sunday, Feb. 9.*

### RE notes

Keep up to date on upcoming events and programs in Religious Education for Children and Youth at Leah's blog <http://albanyuu.org/wp/dre-blog/>

including:

- ◆ Workshop Rotation
- ◆ Our Whole Lives for Kindergarten and First Graders
- ◆ Orientation to Youth Group for families, youth and others interested in supporting youth
- ◆ Parent Support Group and Compassionate Communication
- ◆ Curricula

### New books you won't want to miss! In the new book section of the Joy Library

***I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*** by Malala Yousafzai. Christina Lamb, Contributor. Little, Brown and Company, 2013. [371.82 YOU ] When the Taliban took control of the Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. On Tuesday, October 9, 2012, when she was fifteen, she almost paid the ultimate price. She was shot in the head at point-blank range while riding the bus home from school, and few expected her to survive. Instead, Malala's miraculous recovery has taken her on an extraordinary journey from a remote valley in

northern Pakistan to the halls of the United Nations in New York. At sixteen, she has become a global symbol of peaceful protest and the youngest nominee ever for the Nobel Peace Prize. *I Am Malala* is the remarkable tale of a family uprooted by global terrorism, of the fight for girls' education, of a father who, himself a school owner, championed and encouraged his daughter to write and attend school, and of brave parents who have a fierce love for their daughter in a society that prizes sons. *I Am Malala* will make you believe in the power of one person's voice to inspire change in the world. *From the front flap.*

***Lying*** by Sam Harris. Four Elephants Press, 2013. [177.3 HAR] “ In *Lying* , the best-selling author and neuroscientist Sam Harris argues that we can radically simplify our lives and improve society by merely telling the truth in situations where others often lie. He focuses on “white” lies - those lies we tell for the purpose of sparing people discomfort - because these are the lies that most often tempt us. And they tend to be the only lies that good people tell while imagining that they are being good in the process.” *From the front flap.*

***Behind the Kitchen Door*** by Saru Jayaraman. Foreword Eric Schlosser. Cornell University Press, 2013. [331.76 JAY] Chosen as the 2013–14 UUA Common Read. “ The book describes how restaurant workers live on very low wages, and how poor working conditions, including discriminatory labor practices, exploitation, and unsanitary kitchens, affect the meals that are served to all of us. The author tells the stories of ten restaurant workers in cities across the United States as she explores the political, economic, and moral implications of eating out. She explains that what is at stake is not only our own health, but the health and well-being of the second largest private sector workforce—10 million people, many of them immigrants and many of them people of color. Reveals how restaurant workers live on some of the lowest wages in America under poor working conditions and explores the political, economic, and moral implications of eating out. *Behind the Kitchen Door* invites Unitarian Universalists to intentionally consider their practices in restaurant dining. It makes visible the lives of people who are subject to discrimination and oppression based on economic status, race, ethnicity, gender, and/or immigration status. The SRC is making copies of the UUA Common Read available

## Our Community

### Women For A Better World: brunch Jan. 11

Please join us a breakfast potluck sponsored by FUUSA Women For A Better World on Saturday, Jan. 11, 2014 from 9:30 am to 11:00 am in Channing Hall. The featured speaker is Jill Peckenpaugh, a FUUSA member and Director of the Albany Field Office of the U.S. Committee for Refugees and Immigrants.

Our purpose is to build a social giving community, which empowers impoverished people through supporting existing health, educational or economic programs. We learn about development programs and contribute what is personally affordable to local, national or global causes.

We'd love to have you join us for this event. If you are interested in attending and bringing a breakfast item to share, please contact Nichola xxxxxxxxxxxx or Elizabeth at xxxxxxxxxxxx. There will also be a sign up sheet in Channing Hall. Hope to see you there!!!!

### Channing Circle to share poetry

On Monday, Jan. 20 at noon bring your sandwich to FUUSA and join us to share your own or your favorite poems. Abby Sugarman will lead us in our poetry reading and Lois Webb and Barbara Warner will provide us with delicious desserts. Coffee and tea will be available as always. Looking forward to seeing you. Thayer

### Singing, Eating, and "Change-ing" the World

The FUUSA Choir will be sponsoring a multigenerational Potluck supper and Sing-A-Long on Friday, January 10, starting at 6:00 pm. Come one, come all! Bring a dish to share and your voice or musical instrument.

Warm up by joining the fellowship during this frigid month of January. Please also consider bringing some extra pocket change with you. During this shared supper, we will collect your small change or offering in support of our local Focus Food Pantry Winter Breakfast Program which provides a hot meal and bag lunch to 300-400 people per week during the coldest months of the year. Hear the jingle, jingle of our voices joined in song while you shake out your change to fight hunger both large

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

and small!

Sign up in Channing Hall. Though walk-ins are welcome, it would be helpful to know if you are coming. Please contact Randy Rosette, xxxxxxxxxxxxxxxx or Kathy Harris, xxxxxxxxxxxxxx, with any questions. Hope to see you there!

### 6 to 9 at 6:09: Circle Dinners Saturday, Feb. 1 Circle Dinner

The fourth Circle Dinner of the church year will be held Saturday, Feb. 1. Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a multi-generational dinner.

To sign up for the February dinner, you may email Martha Musser at [mussermartha@gmail.com](mailto:mussermartha@gmail.com) or complete the form on the sign-up board in Channing. The deadline for signing up is Sunday, January 19. If you have questions, please contact Martha at [mussermartha@gmail.com](mailto:mussermartha@gmail.com) or 518-339-2750.

**Save these dates for future dinners:** Saturday, March 22; Friday and Saturday, May 16 and 17.

### Walker Book Club

Join the Walker Book Club for a potluck and discussion on Sunday, Jan. 12, at 5:30 in Channing Hall. This informal group offers participants the opportunity to search for UU truth and meaning by reading and discussing a wide-range of fiction and nonfiction

books chosen by group consensus.

The book must be available in paperback, either through libraries or at low cost and the person who suggests the book must have read it recently. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

We start with a welcoming shared supper which is followed by cleanup and 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 January 12, 2014, our first book of the new year is "The Twelve Tribes of Hattie" by Ayana Mathis. This novel chronicles the life of 15-year-old Hattie Shepherd who leaves Georgia in 1923 to settle in Philadelphia to make a better life for herself and her succeeding children.

For February, we will coordinate with the SRC in reading "Behind the Kitchen Door" by Saru Jayaraman and Eric Schlosser. Begin discussing the book at the SRC potluck on Friday, Feb. 7, and continue the discussion with the Walker Book Club on Sunday, February 9.

For March, we will read "The Tiger's Wife" by Tea Obreht.

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

## **Joys and Caring Corner**\_\_\_\_\_



**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

### “Little Free Libraries” come to West Hill

The Little Free Library is a creative idea that aims to promote literacy and bring communities together by putting up mini libraries in neighborhoods around the world. Started in 2009, it's a nonprofit that seeks to place these small, accessible book exchange boxes right in front of a house or on a street corner. (Take a book, return a book.)

What makes the idea so special? Little Free Libraries have a unique, personal touch and there is an understanding that real people are sharing their favorite books with their community.

Along with our local Grassroot Givers – Albany Book Project, FUUSA will help spread literacy in West Hill by building five Little Free Libraries. Thanks to an Endowment Trust grant, we have the funds!

What we need now is you! Working as a team (a collaborative effort between the Grassroot Givers and FUUSA) we are seeking people to help transport the purchased materials, cut the wood, assemble the libraries and paint them. We are looking to start the



Charles Poltenson and a Little Free Library.

project in February and be finished by April.

This is an opportunity for FUUSA to make a difference in our neighborhood. If you are interested in increasing access to literacy while having fun and maybe learning a new skill or two...Contact Pam Crane at xxxxxxxxx or by email xxxxxxxxxxxxxxxxxxxxxxxxx.

### Undie Sundays a success!

We kept it 'short', we kept it 'brief', and we gave 'support'. As a congregation in the month of December we collected 266 pairs of underwear for men, women and children!

After the underwear was collected, they were delivered to the Grassroot Givers and they were thrilled with the delivery!

THANK YOU FUUSA for your continued generosity!!-Patty Burch, SRC

### New at the SRC table

Take a minute to jot down your favorite *reduce, reuse, recycle* -- *rethink* ideas so that the Green Sanctuary Committee can print a list of suggestions for the congregation. Suggestions can be as simple as use LED Christmas lights (and save

up to 75% in comparison), or hang your laundry in the house to humidify indoor air. Use your imagina-

tion! Give us your name or not as you please. Alternatively, you can e-mail your suggestions to xxxxxxxxxxxxxxxx. The SRC is hoping to print the list for distribution at the SRC table in March or April.

AND, if you have any questions about green issues, the GSC will do its best to answer them or find the answer to them.

### Green Sanctuary notes

The main focus of the Green Sanctuary Committee remains the fracking resolution. The congregation will probably vote sometime in February. Hard-copies of the draft is on the wall in the vestibule. Digital copies can be accessed here [http://albanyuu.org/wp/pdf/](http://albanyuu.org/wp/pdf/Fracking_Resolution_DRAFT_2013-10-5.pdf)

[Fracking\\_Resolution\\_DRAFT\\_2013-10-5.pdf](http://albanyuu.org/wp/pdf/Fracking_Resolution_DRAFT_2013-10-5.pdf). Do not hesitate to contact Sandy (xxxxxxxxxxxxx), Chris (xxxxxxxxxxxxx), or Martha (xxxxxxxxxxxxx) with any questions or suggestions.

The third and probably last Congregational Conversation on the resolution before the vote will be on Sunday Jan. 5. Starting at 11:45 the GSC will be serving soup and salad in B8. We want your input!

For our Jan. 12 Forum, Jeremy Magliaro, a FUUSA regular, will be our guest speaker. The title of his talk is Trends for Electric Power and Residential Heating - A Federal and State Overview.

The Fracking Resolution Working Group will present our final draft resolution to the Board by their Jan 16th meeting. The Board will edit this draft and then call for a special meeting for the congregation to vote.

Remember to bring in your used beauty product containers and old toothbrushes for recycling at the SRC table. Also at the SRC table will be Steve Andersen on the 1st Sunday of the month to answer your questions on solar energy. Suggestions about what green initiatives you'd like to see are welcome.

Our next Green Sanctuary meeting will be Sunday, Jan. 19 and all are invited to the warmth of fellowship as we work on important green issues.

### Help decide which issues get on the ballot at General Assembly

*VOTE... for proposed Congregational Study Action Issues to be considered at the 2014 Unitarian Uni-*

*versalist (UUA) General Assembly (GA) in Providence. How do you vote? Stop by the Social Responsibilities Table during coffee hour in January after the service.*

There are six proposed Congregational Study Action Issues (CSAI) for 2014-2018 being proposed for action at the 2014 UUA Association 2014 GA. They are:

- Empowerment: Age and Ability Reconsidered*
- Ending the War on Terror*
- Escalating Inequality*
- Gun Violence: A Public Health Issue*
- Renewing and Securing Our American Democracy*
- Unitarian Universalist Values and the Pursuit of a*
- Just Peace for Israelis and Palestinians*

But, for them to be on the ballot at the 2014 GA, 25% of all congregations have to participate in this process. Stop by the Social Responsibilities table in Channing Hall during coffee hour after the service on Sundays in January to assist our congregational leadership in casting this vote. There will also be information on the respective CSAI's and an explanation of the process at the table. Also, information is available at the UUA website at: <http://www.uua.org/statements/current/index.shtml>.

There will also be an opportunity to comment on the current CSAI, *Reproductive Justice: Expanding Our Social Justice Calling*. This effort will be coordinated by Don Odell through the Social Responsibilities Council (SRC) during January and February.

-Don Odell (xxxxxxxxxxxxxxxxxxxxxxxxxxxxx), FUUSA's chair of Denominational Affairs.

### Blanket Box

We are expanding the drive to collect blankets and warm clothes by asking you to bring articles to the box in the FUUSA lobby for *both* the Homeless Shelter and USCRI (U.S. Committee for Refugees and Immigrants) in Albany. Each week the USCRI is receiving refugees to settle in Albany – many of whom come from the warm climates of Burma, Iraq, and Ethiopia. New or slightly used twin bed sheets and blankets, winter coats, hats, mittens, and sweaters are especially needed. Many refugees come as families, so clothing for all ages can be used. Any questions – call Ann Brandon (xxxxxxx) or Carol Butt (xxxxxxx). Thank you!

## Contact Us

### Board of Trustees 2013-2014

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

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#### Rental Agent

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#### Custodian

Hadiya Wilborn, Cameron Holloway

### Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

### First Unitarian Universalist Society of Albany

**Phone:** 518.463.7135

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

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

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

#### Office hours

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

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

#### Website

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

To **rent one of the large halls** or plan for an event that will use both halls and classrooms for a personal or non-FUUSA activity, contact Rental Agent Lynne Lekakis (427-7386 or [kaneandlekakis@gmail.com](mailto:kaneandlekakis@gmail.com))

**Windows** is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

*Editor:* Amy Lent

*Send submissions for all publications to:*  
[Windows@albanyuu.org](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

# Singing, Eating, and “Change-ing” the World

## Multigenerational Potluck Supper and Sing A Long



*Sponsored by the FUUSA Choir*

**What: Potluck Dinner and Sing-A-Long**

**Who: ALL invited – Adults, Kids, Youth**

**When: Friday, January 10, 6 pm**

**“Change-ing” the World:** During this shared supper, we will also collect your pocket change or offering towards supporting the Focus Food Pantry Winter Breakfast Program which provides a hot meal and bag lunch to 300-400 people per week during the coldest months of the year.

**HEAR THE JINGLE, JINGLE OF OUR VOICES JOINED IN SONG WHILE YOU SHAKE OUT YOUR CHANGE TO FIGHT HUNGER BOTH LARGE AND SMALL!!! ALL CONTRIBUTIONS WILL BE GRATEFULLY ACCEPTED.**

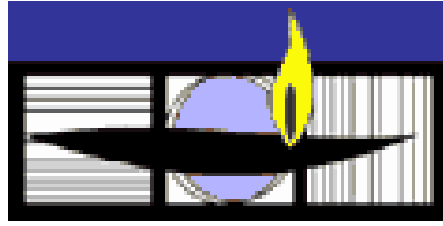
**Sign up** in Channing Hall on Bulletin Board. Walk-ins are welcome, but it would be helpful to know if you are coming.



Feel free to contact Randy Rosette with any questions - 783-2637 or [rosette\\_jensen@juno.com](mailto:rosette_jensen@juno.com) or Kathy Harris 512-5655; [harr70@nycap.rr.com](mailto:harr70@nycap.rr.com)



*Let's Keep  
in Touch!*



## Many ways to stay connected with FUUSA:

<p>Our <b>Website</b>— <a href="http://albanyuu.org/wp/">http://albanyuu.org/wp/</a></p>
<p>Find us on <b>Facebook</b>— <a href="http://www.facebook.com/AlbanyUU">www.facebook.com/AlbanyUU</a></p> <p>We also have a closed group on Facebook called “<b>FUUSA News &amp; Updates</b>” . To join, please send email requesting to join the group to <a href="mailto:admin@albanyuu.org">admin@albanyuu.org</a>.</p>
<p>Follow us on <b>Twitter</b> @AlbanyUU</p>
<p>Rev Sam's blog, “<b>The Mostly Mindful Minister</b>”— <a href="http://trumbore.org">http://trumbore.org</a></p>
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<p>“<b>Preview</b>” <b>weekly e-mail</b> sent on Thursday keeps you informed on this week's events. To subscribe: send email to <a href="mailto:admin@albanyuu.org">admin@albanyuu.org</a> or call the office.</p>
<p><b>Monthly “Windows” Newsletter</b>, available for download from the website, sent via e-mail as a pdf, and paper copies are in the lobby. To subscribe: send email to <a href="mailto:admin@albanyuu.org">admin@albanyuu.org</a> or call the office.</p>
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<p>Send <b>photos of people and activities at FUUSA</b> to <a href="mailto:photos@albanyuu.org">photos@albanyuu.org</a> for use in our publications! (Please include names of people in the picture if you can, as well as the event name or date.)</p>
<p>Sign up to volunteer on Sundays—Usher, Greeter, Coffee Host, Welcome Table— <a href="http://www.volunteerspot.com/login/entry/675611858051">http://www.volunteerspot.com/login/entry/675611858051</a></p>
<p><b>First Unitarian Universalist Society of Albany</b> 405 Washington Avenue Albany, NY 12206 <b>518-463-7135</b> Main Office (put this number in your phone now for later if you have a question!)</p>

**First Unitarian Universalist Society of Albany**

405 Washington Avenue

Albany, NY 12206

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