



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

March 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)*

Services

Mar. 2 "When All Souls Come Marching In," Rev. Sam Trumbore

With Mardi Gras on March 4, we'll be celebrating the season together with Matt's Cajun music and the return of King Cake after the service.

Music: Celebrate Mardi Gras with The Big Easy Revue

Mar. 9 "UU...Brand?" Rev. Sam Trumbore

The UUA has introduced a new logo and a new publicity campaign to go with it. Our UUA President, Peter Morales, is very concerned about the challenge of communicating who we are to the mostly UU-ignorant public when our congregations are so individualistic. UUism here may not look like UUism there. Is there really a UU "brand" that unites us all?

Music: Choir

Mar. 16 "Starting/Resuming the Inward Journey," Rev. Sam Trumbore

Living from the outside means organizing our lives to meet the demands and expectations of others. Living from the inside orders our lives around inner meanings and drives. Unitarian Universalism encourages us to journey inward to find those inner meanings and drives us to shape and transform the outer world.

Music: FUUSA string musicians

Mar. 23 "Springtime of the Soul: Lent as Jihad," Rev. Lynn Ashley

Rev. Lynn Ashley, consulting minister at Glens Falls, will reflect upon this rite of spring as a sacred journey, a time for spiritual exploration and of turning.

Music: Helderberg Madrigal Singers

Mar. 30 "Mountain, Desert, Water: The Spiritual Geography of Life's Journey," Rev. Priscilla Richter

Rev. Richter, minister of the UU Society of Schenectady, will explore the theme of journey through the lens of spiritual geography – how our relationship to nature and place serves as a metaphor for life's journey.

Music: Choir



Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary
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

Exceptions:

Family Chapel will be Mar. 9

Events happening every week in March

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

Exceptions:

All other events happening in March

2-Mar Sunday

10:30 AM	UU Parent Support.....	Sanctuary
11:00 AM	New Member Reception	Emerson Alcove
11:15 AM	RE K/1 OWL	26
11:45 AM	K/1 OWL Support Group.....	24/25
11:45 AM	Social Responsibilities Council	B-7
12:00 PM	Stewardship Gathering	Emerson

3-Mar Monday

6:30 PM	RE Council Meeting	Channing
6:30 PM	Small Group Ministry--English	B5
7:00 PM	Seeking the Historical Jesus.....	B-8

4-Mar Tuesday

6:00 PM	Exploring World Religions.....	24/25, 26
7:00 PM	Lifespan Learning Committee.....	B-8
7:00 PM	Mission Task Force.....	B-2

5-Mar Wednesday

10:00 AM	Griffin-Wellspring	Stott Lounge
2:00 PM	Patka/Manning SGM.....	B-8
6:45 PM	Wellspring I	B-8
7:00 PM	Beloved Conversation Course	B-7

6-Mar Thursday

6:15 PM	Drones of war coming home, Kathy Kelly .	Emerson
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7-Mar Friday

3:00 PM	District Youth Con	Whole building
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8-Mar Saturday

12:00 AM	District Youth Con	Whole building
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9-Mar Sunday

10:00 AM	Family Chapel.....	Sanctuary
10:15 AM	UU Parent Support	Sanctuary
11:00 AM	Mission Task Force.....	Stott Lounge
11:45 AM	Auction Committee	B7
11:45 AM	Green Sanctuary Forum	B-8
11:45 AM	K/1 OWL Support Group.....	24/25, 26
12:00 PM	Stewardship Gathering	Emerson
5:30 PM	Walker Book Club	Channing

10-Mar Monday

10:00 AM	Patrick/Odell SGM	B-5
3:00 PM	Overflow Shelter Meals.....	Kitchen
5:15 PM	Membership Ministry Meeting	B-8
7:00 PM	Monday Men	B-5
7:00 PM	Seeking the Historical Jesus.....	B-8
7:30 PM	Stewardship Committee.....	B-7

11-Mar Tuesday

6:00 PM	Exploring World Religions	24/25, 26
7:00 PM	Mission Task Force	B-2
7:00 PM	UU Christians	B-5
7:00 PM	Wellspring II.....	Stott Lounge

12-Mar Wednesday

7:00 PM	Beloved Conversation Course.....	B-7
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14-Mar Friday

10:00 AM	Auction set up.....	Emerson
5:45 PM	CommUUnity Dinner (aka Parent Group) .	Channing

15-Mar Saturday

10:00 AM	Refugee Mentors Group.....	B-8
12:00 PM	Auction Prep.....	Kitchen
6:00 PM	Auction	Emerson Community ,

16-Mar Sunday

11:00 AM	Get Connected! Activity Fair	Emerson
11:45 AM	Green Sanctuary Mtg	B-8
11:45 AM	K/1 OWL Support Group	24/25, 26

17-Mar Monday

12:00 PM	Channing Circle.....	Channing
6:30 PM	Small Group Ministry--English.....	B5
7:00 PM	Seeking the Historical Jesus	B-8

18-Mar Tuesday

6:00 PM	Exploring World Religions	24/25, 26
7:00 PM	Mission Task Force	B-2

19-Mar Wednesday

6:45 PM	Wellspring I.....	B-8
7:00 PM	Beloved Conversation Course.....	B-7

20-Mar Thursday

6:30 PM	Board of Trustees Meeting	Channing
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21-Mar Friday

12:00 PM	Stewardship Gathering	Channing
6:09 PM	Circle Dinner.....	Offsite

22-Mar Saturday

9:15 AM	Blazing Pathways to Connection.....	Channing
6:09 PM	Circle Dinner.....	Offsite

23-Mar Sunday

11:45 AM	K/1 OWL Support Group	24/25, 26
11:45 AM	Nominating Committee.....	B-7
12:00 PM	Annual Dinner Skit Rehearsal	Emerson

24-Mar Monday

10:00 AM	Patrick/Odell SGM.....	B-5
3:00 PM	Overflow Shelter Meals	Kitchen
7:00 PM	Meaning Matters.....	B-8
7:00 PM	Monday Men.....	B-5

Sam's Outlook

Yearning for the journey

Rev. Sam Trumbore

March is a tough month in upstate New York. A nor'easter is very likely to tear through once or twice dumping a foot of snow each time. Then, a few days later, we might have balmy weather in the 50's or 60's followed by sleet and freezing rain. But whatever the weather, we'll be able to count on seeing the first snowdrops and crocuses breaking through the frozen ground bringing with their flowers the promise of springtime in April.



That yearning for spring that appears in us in March can echo another yearning that comes from a deeper place in our spirit. It is the yearning to live from an inner authenticity rather than from an outer conformity. This is one of the distinctive marks that distinguishes Unitarian Universalism from other faith traditions that demand conformity to an outer model or ideal of how one should live one's life.

This doesn't mean that some of those life shaping guidelines found in other religions are useless. Far from it. Lying, killing and stealing, sexual misconduct and substance abuse condemned by all religions should also be condemned by us as well. Celebrating and appreciating the meanings and values a religious idol represents rather than praying to it for personal benefit would also make sense to UU's.

One confusing aspect of yearning is speculation about the origin of the yearning. Is some otherworldly, supernatural being or force contacting us or expressing itself through us? Are we in contact with the Divine in us as we are in touch with this yearning? Those of us who are not spiritually or theistically inclined and reject the supernatural as unreal may be alienated by such language as "inward journey" thinking there is nothing to find but the random firing of neurons that in and of themselves have no higher meaning.

Whether we are theists or atheists or agnostics, we don't need to know the absolute origin of an inward yearning to recognize that it is a valuable and meaningful message to us. The Buddha used the illustration of being struck by an arrow to explain how this process works. Should the wounded person sit and ponder who shot the arrow that has struck them? Must he know the direction from which the arrow came? What about the distance from the bow or the source of the fletching and the maker of the head? Of course it is ridiculous to worry about these things. What is needed is the removal of the arrow, the cleaning of the wound and closing the hole.

A yearning in a sense is like an arrow. The yearning can identify a problem that is likely a source of suffering or unhappiness for us or for others. It also might identify a way to enhance or increase our quality of life. The yearning points our attention to a way we can make a positive difference in our own life and in the lives of others. We need not know the source of such an impulse to fruitfully make use of the message it brings to us.

My decision to enter ministry and my recent decision to visit Sri Lanka came from paying attention to inner movements and yearnings that appeared within me. I hadn't intentionally planted them nor was I looking for them. They sprouted up all by themselves, in places I didn't expect them, pushing through the ice and snow in their way.

I don't know if the source of these yearnings are supernatural or not. I don't know whether they are some natural expression of the collective consciousness of existence expressing itself through me or if these yearnings are just random processes that I have discovered have meaning through rational analysis. What I do know is paying attention to my yearnings, studying them and testing them carefully, then acting on the ones that I find to be sound has made an enormous positive difference in my life.--Rev. Sam

News

Resolution opposing fracking adopted

On Sunday, February 23, our congregation adopted a Resolution to Oppose the Current Practice of Hydraulic Fracturing and Support the Widespread Adoption of Renewable Energy.

The special congregational meeting called by the Board of Trustees followed months of education and discussion led by the Green Sanctuary Committee. The vote on the resolution was 82 in favor; 2 opposed; and 4 abstentions.

Thanks to all who participated in this deliberative process.



Mardi Gras service, Mar. 2

Join us for a celebration of life and good fortune when we all



gather in Emerson Community Hall on Sunday, Mar.

2. Wear a mask if you wish, catch beads, bring a decorated "second line" umbrella. Enjoy King Cake!

FUUSA committees working to realize our dreams

At the end of 2009, FUUSA adopted a [Strategic Plan](#) after nine months of meetings and gatherings to talk about our shared dreams for our future. This year, the Board of Trustees has been revisiting that plan, in order to assess how we are doing in meeting the goals and objectives that we set. Now we want to broaden that dialogue by including leaders of our councils, committees and programs, as they prepare their 2013-14 annual reports. We'll be asking them to reflect on how their committee work is advancing FUUSA's strategic plan and record their thoughts on a worksheet, to be submitted as part of their annual report.

Our congregation's Annual Report, distributed at our annual meeting in May, is an informative and comprehensive document. This is the beginning of a process to make it a strategic report that shows how

Flyers in this issue

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

- ◆ "Bidding with the Stars"—Auction flyer
- ◆ Annual Fellowship Dinner flyer
- ◆ Let's Keep in Touch

we are all working together to realize our congregation's dreams.-- Peggy Sherman

(Details on annual report preparation will be distributed in mid-March; the deadline for report collection will be mid-April.)

Ten Top Reasons YOU Should Come

1. There are really tasty foods and beverages served!
2. It costs only \$3 if you sign up before going on March 15th.
3. Even if you forget to sign up, it costs only \$5 to walk in.
4. There's FREE BABYSITTING.
5. You can fill up your calendar with lots of fun activities to attend with your friends.
6. The Auction is the single largest annual FUUSA fundraiser making over \$20,000 to help support our community needs and wishes.
7. Many of your friends will be in attendance.
8. You can buy affordable items to make your life a little easier (ie. housecleaning, computer lessons, take home homemade foods, etc)
9. It's an evening out!! No chores!
10. We would appreciate your patronage and give you hugs and smiles when you arrive!

We are looking forward to seeing you at the **"Bidding with the Stars" Goods and Services Auction** on March 15 at 6:30 pm. A special evening awaits your presence.

Upcoming UU assemblies:

St. Lawrence District Annual Assembly. There is still time to register for the combined St. Lawrence District/Meadville Lombard combined Districts Assembly in Erie, PA on March 28-29. But do it quickly. Contact FUUSA President Peggy Sherman im-

mediately if you are interested. And get more information at <http://www.sld.uua.org/conggrowth/districtassembly.html>.

Unitarian Universalist Association General Assembly. Registration and housing reservations are opening Mar. 3. If you are interested in going to the 2014 UUA General Assembly in Providence, RI June 25-29, 2014, please tell FUUSA President Peggy Sherman as soon as possible, especially if you are interested in being a delegate. For GA information please go to: <http://www.uua.org/ga/>.

Please contact FUUSA President Peggy Sherman (439-0064, msherman@nycap.rr.com) if you are interested in either/both of these. -Don Odell, FUUSA Denominational Affairs chair (482-4574, dro-dell31@yahoo.com).

**Get Connected! Activity Fair
Sunday, March 16**

FUUSA is full of activity – lots of them are posted on boards in Channing Hall. But there are many other things that go on at FUUSA that you may not know about. Sunday, March 16, is your chance to “Get Connected” and find out what opportunities are available at FUUSA!

Emerson Hall will be set up with tables and representatives from the various groups at FUUSA – from Partner Church, Public Relations, Receptions, Garden Group, Choir, and Flower Committee to Lifespan Learning, UU Weekend, Holiday Bazaar and Craft Fair, social justice activities, helping others within our FUUSA community, and Religious Education Council. There is a group for everyone. Come to Emerson Hall after the service on March 16 and explore the many opportunities available at FUUSA.

For committees and affinity groups who want to participate, please email Barb (barbaracmanning@hotmail.com) or Paula

Board notes

Growing into our mortgage payments

Sue Berzinis

Since I began serving as Treasurer of FUUSA I've had the opportunity to see in greater detail how the dollars that you contribute to our organization are spent. Each committee or Council is careful to plan their expenditures to stay within the current budget, but program budget only accounts for 3% of our overall and does not change dramatically from year to year. The costs for utilities, insurance, janitorial supplies and maintenance for our building run close to \$48,000 a year. Compensation and benefits to our Staff is the largest budget category and one that we have been increasing in recent years in order to be consistent with UUA guidelines and our Principles.

One other significant area of our budget that I have been learning about concerns the mortgage on Emerson Community Hall. When we opened this new community hall 6½ years ago it was the culmination of a lot of effort and dedication by a lot of individuals working for a larger space to meet our future needs. A key assumption that was made in structuring the mortgage is that we would realize an increase in contributions in future years. The payment schedule of the mortgage was set up to gradually increase the annual amount that would be paid out of the current budget, with the balance coming from our Building Fund Savings accounts declining over the years. The current mortgage payment on the building is \$82,000 a year, of which almost half is supported by income on renting the space to outside organizations and community groups. We will never be able to pay the entire mortgage from rentals as the building must be available for use by our own activities and programs and we continue to look for opportunities to strike the best balance.

Next year the amount of the mortgage paid from current income is scheduled to increase by \$6,250, an increase of roughly \$16 per member family. So when you make your pledge of financial commitment for the coming year ask yourself how often you come to our building for Sunday services, meetings or social activities and consider increasing it to help us make the mortgage payments!



(pgmosk@earthlink.net) and we will tell you what needs to be done. Please contact us NO LATER than Friday, March 9.

To make it more fun, there will be a “raffle” to participate in – one for kids and one for adults. Stay tuned for more!--Barb Manning & Paula Moskowitz, Co-chairs

Annual Fellowship Dinner--April 11

As Elizabeth Barrett Browning might have written if she were a FUUSA:

How do I love the Annual Fellowship Dinner,
Let me count the ways

--It's the best opportunity all year to wine and dine for fun and fellowship!

--Wouldn't miss the irreverent entertainment--laughter guaranteed!

--A chance to chat with old friends and meet new ones. "I always come home feeling more connected."

--Great music for dancing and listening with our own Matt Edwards and The Big Easy Revue.

Watch for your invitation (and see attached flyer) to make your reservation. As usual you can choose to sit with those you know or we'll assign you to a table with other friendly folks. Either way, mark your calendar and join us for a not-to-be-missed evening!

No scams, no traffic jams...just good candidates

Growing Together

Blazing Pathways to Connection

March 22 :9:30-4:30

An introduction to nonviolent communication with Jan McCracken, Philomena Moriarty, and Steve Anderson

I get different reactions ranging from skeptical to supportive to “whatever” when I tell people I am immersed in the study and practice of nonviolent communication. The terminology throws some people off into thinking it's not for them since they are not violent. Others think that it involves issues of domestic violence. Neither view addresses what nonviolent communication is really about – compassionate life-serving communication. To learn more about

Yes, it may still be winter but your Nominating Committee is busy preparing a slate of candidates to be elected at our **Annual Meeting on May 18, 2014**.

Our Bylaws require that to run for an open position, you must be an active member of our society for at least 30 days prior to being elected and must not have a pledge in arrears. Candidates for the Endowment Trust must be members for at least 3 years. These requirements, as well as a listing of all positions to be elected in May, were explained in greater detail in last month's issue of *Windows*. (Note: you can find back issues of *Windows* from our FUUSA home page (AlbanyUU.org) simply by clicking on calendars and newsletters.)

The strength of our society truly depends on all of us. If you are asked to serve we hope you will welcome the opportunity and say yes. If you are interested in serving, please speak to any member of the Committee (listed below). You may also put your name on the ballot by submitting a Nominating Petition signed by 25 active members of the Society. Petition forms can be found in the church office or under “File Cabinet” on FUUSA's website. The deadline for such petitions is April 4.

Members of the Nominating Committee are happy to answer your questions and to tell you more about the duties, key relationships, and time commitments of the various elected positions. We welcome your interest! Members of the Committee are: Debbie Brown, Laura Churchill, Donna Meixner, Dave Metz, Paula Moskowitz, and Linda Way.

the purpose of nonviolent communication and to participate in a safe haven for learning and practice, you are invited to a full day workshop on March 22 at FUUSA with facilitators Jan McCracken, Philomena Moriarty, and Steve Anderson.

Using nonviolent communication will help you to create more satisfying relationships. Through practice, you learn to identify the needs that are most alive in you at any given moment, whether they are being met or not. It also teaches you to be present to the feelings and needs of others. Nonviolent communication taps into compassion for yourself and others through emphasis on presence and deep listening. It blazes a peaceful path of communication where you can diffuse judgment and reactivity

Religious Exploration

Shall we become a multigenerational congregation?

Leah Purcell, Director of Religious Education



The work the congregation is doing to consider rewriting our Mission Statement is turning out to be an opportunity for us to consider what we value, what we are doing well to live out those values, and how we can do better. When Jon Newell came to the Religious Education Council to ask what we would like to see in our mission statement, some Council members suggested that we move to become more multigenerational. Right away, others had questions and opinions. “We have already come such a long way in this area, especially when we look back 10 or 15 years!” “Hold on, what does a multigenerational congregation look like? Do we have to have children and adults together for everything we do?”

Rev. Sam and I have valued the thoughts of Judith Frediani, a religious educator, and curriculum writer for the UUA. She uses the term “lifespan” for what I am thinking of as “multigenerational” – “What would a congregation with lifespan religious growth and learning look like? It would be the ultimate committee of the whole; a community in which everyone is seen as teacher and learner, in which every age and stage of life is equally valued and equally supported by whatever tangible and intangible resources the community has to offer; in which every age and stage of life is allowed to *contribute* whatever tangible and intangible resources it has to offer; a community in which no decision is made about the community – whether in the areas of worship, physical plant fundraising, budgeting, social action, the arts, education, or any other - without consideration of its impact on and opportunities for every member of the community.”

In short, including the value of becoming a multigenerational congregation in our mission statement would mean that we would look through all we do with a “multigenerational lens”. What would the specifics be? That’s up to us.

We are already working on some multigenerational plans. I’m creating a series of multigenerational workshops on world religions and offering it this spring. (See article on page 8.) The Social Responsibilities Council offers soup bag making after the service once a month. The Religious Education Council is planning a “Service to Service” on May 19, in which the children and youth and adult volunteers will all engage in service projects after Sunday school while FUUSA members attend the Annual Meeting. Next year, I will offer a multigenerational Tapestry of Faith curriculum called “Gather the Spirit” <http://www.uua.org/re/tapestry/multigenerational/gather/index.shtml>

Congregational leaders - Rev Sam, Tracie Tilgner, our Religious Education Council chair, and Jan McCracken, our Lifespan Learning Committee chair, and the Social Responsibilities Council – and I have talked about initiatives we could consider to become multigenerational. Maybe we could have a multigenerational service AND then learning events for all on Sunday morning. That would give us all the opportunity to celebrate our community and all the seasons and rites of passage in a service together and it would allow Rev. Sam or another presenter to offer a separate learning event on a topic (instead of having a sermon serve as a learning event). And all the Religious Education volunteers could attend the service each week. I’m also really excited about a pilot program that is being funded by the endowment grant of the Liberal Religious Educators Association next year called “Spirit Jam” which looks like multigenerational Workshop Rotation – “a Lifespan Program with Meditation, Nature, Music, Bodywork, and Invention/Exploration aspects for spiritual practice and maturation.”

At First UU Albany, I think we value the rich opportunities for faith development that inclusive communities foster. We can also point to Unitarian Universalist values:

- ◆ honoring differences,
- ◆ encouraging one another in spiritual growth,
- ◆ the goal of world community with peace, liberty and justice for all

that compel us to create caring, multigenerational, multicultural congregations.

Bring on the mission statement crafting!

and generate understanding.

The workshop will provide a basic introduction to the practice of nonviolent communication based on the work of Marshall B. Rosenberg. Beginners are welcome as well as those already familiar with the practice. Doing this inner work with others in a trusting community can be a profound personal process and one that can also bring good energy to the life of our congregation.

The workshop will take place at FUUSA on March 22 from 9:30am – 4:30pm, with lunch provided.

Please register on the board in Channing Hall or online at registration@albanyuu.org no later than March 16. Cost to members and friends of FUUSA is \$15; Non-members - \$20.00. Child care available if requested in advance. A limited number of copies of Marshal Rosenberg's book, *Nonviolent Communication, A Language of Life* will be also available for \$15. Please contact Jan McCracken for more information at 275-8709 or jmccrack@nycap.rr.com. -- Jan McCracken

Exploring World Religions as a Multigenerational Group: a series of 6 workshops for people of all ages

We'll hear stories like "Mullah Nasruddin Feeds His Coat" an Islamic folk tale, and Creation from the Dreamtime adapted from an Aboriginal creation story from Australia to explore how their wisdom might guide our ethical and spiritual lives. Potluck starts at 6:00. Program from 6:45 to 7:45. Tuesdays, March 4, 11, and 18 and April 1, 8 and 15. Please sign up whether you plan to attend all or some sessions.

Seeking the Historical Jesus

March 3, 10, 17 at 7pm

led by Rev. Sam Trumbore

Reza Aslan, in his book *Zealot*, brings together the latest research and writing about what we know about first century Galilee and Jerusalem, what we can infer about Jesus' life and death, and the first hundred years after his death. We will use this book to learn about and discuss that research and writing in a series of three classes. An inexpensive way to buy the book, not yet available in paperback, is to get the Kindle version that can be read on any computer using Amazon's free down-loadable Kindle Reader software.

Joy Library notes

We've been thinking about funerals since the thought-provoking program on the green funeral sponsored by the Memorial Society last fall and have added three new books about funerals you may want to look over. The following are shelved with the **NEW BOOKS** in the Joy Library.

The Good Funeral: Death, Grief, and the Community of Care by Thomas G. Long. Westminster John Knox Press, 2013. *Two of the most authoritative voices on the funeral industry come together here in one volume to discuss the current state of the funeral. Through their different lenses--one as a preacher and one as a funeral director--Thomas G. Long and Thomas Lynch alternately discuss several challenges facing "the good funeral," including the commercial aspects that have led many to be suspicious of funeral directors, the sometimes tense relationship between pastors and funeral directors, the tendency of modern funerals to exclude the body from the service, and the rapid growth in cremation. The book features forewords from Patrick Lynch, President of the National Funeral Directors Association, and Barbara Brown Taylor, highly praised author and preacher. It is an essential resource for funeral directors, morticians, and pastors, and anyone else interested in current funeral practices. [393.0973 LON]*

Caring for the Dead: Your Final Act of Love by Lisa Carlson. Upper Access, Inc. 1997. *This is a complete guide for those making funeral arrangements with or without a funeral director. Families, friends, and support groups who want to say goodbye in a meaningful way - not just write a big check to a funeral director - will find detailed and practical legal information in this unique guide. By taking an active role in funeral and memorial arrangements, families can save thousands of dollars while better serving the emotional needs of loved ones. "Caring for The Dead" gives the legal requirements of each state, how to obtain and file permits and death certificates, explanations of cremation and embalming, burial procedures, and other necessary information. Readers learn how to shop for the best services at the most reasonable prices, while avoiding fraudulent and deceptive mortuary practices. This landmark book helps readers take control of one of life's most intimate experiences - the final act of love for a friend or relative. [393.09 CAR]*

Going Out Green: One Man's Adventure Planning His Own Natural Burial by Bob Butz. Spirituality & Health Books. 2009. *A journey of planning to*

do a green, environmentally friendly funeral.
[393.75 BUT]

Our Community

CommUUnity Group (aka FUUSA Parent Group)

Please join us on Friday, March 14 at 6PM for our "CommUUnity Group". FUUSA families and any other interested FUUSAns 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 the topic of choice; join in a board game or just enjoy unstructured small group conversations at the dining tables. After the dinner hour, paid childcare is available. Our agenda is one of fellowship!

For the potluck, please bring a dish to pass and a beverage. Contact Lou Rehder or Julie Reynolds for more information.

Walker Book Club

Join the Walker Book Club for a potluck and discussion on Sunday, March 9, 2014, 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. Newcomers are always welcome!

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 March 9, we will discuss the novel, *The Tiger's Wife* by Tea Obreht. Natalia, a young doctor in a Balkan country mending from war, is compelled to unravel the mysterious circumstances surrounding her beloved grandfather's recent death.

If you missed the February SRC potluck, you can read and join the Walker Book Club in April to discuss *Behind the Kitchen Door* by Saru Jayaraman and Eric Schlosser.

Contact Linda Hunt at Ishunt@nycap.rr.com with

any questions about the group or if you want to have your name added to the Walker Book Club email list.

6 to 9 at 6:09: Circle Dinners Friday, March 21 and Saturday, March 22

There is still time to sign up for a March circle dinner. The dinners will be held on Friday, March 21 and Saturday, March 22. Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with fellow FUUSAns. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a multi-generational dinner.

To sign up for the March 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, March 9. If you have questions, please contact Martha at mussermartha@gmail.com or 518-339-2750.

Save these dates for future dinners: Friday and Saturday, May 16 and 17

Channing Circle

Join us on Monday, March 17 at noon for a presentation by Lois Webb and Terry Way on Georgia O'Keefe. O'Keefe "is one of the most remarkable American painters of the 20th century. Some characteristics of her work include enlarging the subject matter, giving it a dramatic, almost abstract feeling. She often worked with a limited palette, further enhancing those qualities." They will present a slide show and bio, then open it up for discussion.

Dessert, coffee and tea will be provided. Look forward to seeing you.

Joys and Caring Corner

Deaths

Christine Vanderlan reports that her husband's father, Albert Hoyt, died Jan. 19.

Tom Collins, longtime member of FUUSA, died at

the end of January. There will be a memorial service at FUUSA in the future.

Former member **Georgette Thomas** died on Feb. 13. Many FUUSAns enjoyed visiting and staying at her family-run Hugging Bear Inn, in Chester, VT.

Dave Stone's close friend Bruce Johnson died in February.

Over the past couple of months, **Marjorie Nieh** lost two aunts who lived in China.

Births

Kathy Hodges has been named an honorary Grandma by Don Hester's son Dan who became a father recently in California .

Illness

Nichola Dutre has a broken leg but is mobile.

Loren Broc had a total hip replacement in January and has been receiving help from FUUSA's Caring Network.

Jacqui Williams had surgery for breast cancer last month at Bellevue Hospital in Niskayuna.

Al DeSalvo reports he has received the diagnosis of Chronic Lymphocytic Leukemia. He reports that he is luckily in remission and feels fine.

Milestones

Chris Antal, our former ministerial intern, has passed the second of three phases toward his completion of UU ministry training.

Giselle and Jack Atwater are doing well in Exeter NH. Please contact the church office for either email or postal address to drop them a line.

Al DeSalvo was appointed by Mayor Kathy Sheehan to be Chair of the Planning Board in the City of Albany!

Kathy Harris' daughter Laura is off to Thailand and Vietnam for 5 weeks. Kathy has asked all to send thoughts for her safe trip!

Mike McCarthy was happy to celebrate with five other Iraqi and Afghanistan veterans in an outward bound type experience for one week.

Birthdays

Christine Carrera's daughter, Scarlett, is 10 years old.

Need to talk?
FUUSA Pastoral Care Associates are here to listen!



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albanyuu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Jon Newell, Phil Rich, Sharon Babala, Jan Satin, Randy Rosette, Jerry Deighan, Bruce Rodgers and Sandy Stone.

Lisa Penpraze announced that her friend's son just celebrated his 3rd birthday. Her friend's son is battling brain cancer.

College Acceptances

Mary Myers is happy to announce that her daughter, **Alison Baxter** has been accepted into the Rockefeller School of Public Policy at SUNY Albany.

Nancy Woods is happy to report that her daughter **Gayle** has been accepted on early decision into SUNY Maritime.

Sadness

The **Woods** had to euthanize their dog after 16 happy years of life.

Concerns

Paula Brewer asks us to keep their Ukrainian exchange student, **Yulia** and her countrymen in our thoughts as they experience ongoing strife in their quest for democracy.

Thank you!

The **Caring Network** did a wonderful job delivering Valentine Day roses through blizzard conditions to some of our members who don't always get to church every Sunday!

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

Drones are coming home

Drones have been a regular threat of sudden death from the air in Afghanistan. Jon Stewart reviewed the drone issue recently. <http://www.thewire.com/entertainment/2014/02/jon-stewart-dissects-obamas-love-affair-drones/358305/> Dec. 30, 2013 the FAA announced that NYS will be one of six test states for expanded drone operation in the US.

On Thursday, March 6, at 7:00 in Emerson Community Hall, **Kathy Kelly**, co-coordinator of Voices for Creative Non-Violence, will bring her first hand witness to the effects of America's longest war on the people of Afghanistan. She will raise her voice against the horrors which drone warfare, the new and evolving face of US war and militarism, represents.

During each of nine recent trips to Afghanistan, Kathy Kelly, as an invited guest of the Afghan Peace Volunteers, has lived alongside ordinary Afghan people in a working class neighborhood in Kabul. She and her companions in Voices for Creative Nonviolence believe that "where you stand determines what you see."

This presentation is being co-sponsored by the Social Responsibilities Council's Peace Team, Women Against War, and Bethlehem Neighbors for Peace.

For more information, please contact Barbara Cooley at fernhill75@gmail.com or Ed Hancock at ehancock@aol.com.

Women for a Better World honor Earth Day Saturday, April 12

Join Women for a Better World for a breakfast potluck on Saturday, April 12 from 9:30 am to 11:00 am in Channing Hall. 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.

In honor of Earth Day, we'll be highlighting a local environmental organization. Our speakers will be Mr. Yusuf Burgess, executive director of Youth-Ed

Venture and Nature Network, and youth participants. Youth-Ed Venture and Nature Network uses project-based learning to educate youth about climate change, carbon footprint, composting, water recycling, urban farming, and STEM (Science, Technology, Engineering and Math).

Youth-Ed Venture and Nature Network Earth day projects will start with an open house "Garden Party" at their Raised-Bed Learning Garden located in the 400 Block of Clinton Avenue. They are planning the construction of a Stage In The Garden Project and A Rain Water Harvesting System. Their community outreach to the Arbor Hill Elementary School After-School and Summer Programs will include the construction of 2-3 5 feet X 10 feet Raised-Bed Garden Plots. The high school student/participants of the Youth Ed-Venture and Nature Network will be responsible for the construction of the school garden, mentoring younger elementary students and maintaining the garden project as a Service Learning Project.

Youth-Ed Venture and Nature Network partners with SNUGG, Community Gardens, and Trinity Alliance. This partnership encourages community revival by community residents and has focused on turning abandoned lots into healthy green space.

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 Dutre at gossackbags@gmail.com or Elizabeth Berberian at elberberian@nycap.rr.com. There will also be a sign up sheet in Channing during coffee hour.

Green Sanctuary Forum

Nuclear Tipping Point, Mar. 23, 11:45 AM

On March 23, Arden Dockter will present a film (recommended by Chris Antal): *Nuclear Tipping Point* is a conversation with four men intimately involved in American Diplomacy and national security over the last four decades. Former Secretary of State George Shultz, former Secretary of State Henry Kissinger, former Secretary of Defense Bill Perry and former Senator Sam Nunn share the personal experiences that led them to write three *Wall Street Journal* op-eds in support of a world free of nuclear weapons and the steps needed to get there. Their efforts reframed the global debate on

nuclear issues and according to the *New York Times* “sent waves through the global policy establishment.”

RRR + R

One month left to submit your neat ideas for inclusion in the Reduce, Reuse, Recycle and Rethink Compendium, which will be coming out in April. Stop by at the SRC table or submit your ideas to Betsy at bettyeliza@gmail.com.

Thank you!

The Green Sanctuary Committee would like to express its heartfelt gratitude to everyone who worked on and educated themselves in preparation for the resolution to oppose fracking. The way we conducted ourselves in our approach to this difficult issue showed our true colors as UU's. Next stop, we'll be forming coalitions on our way to the Governor's office. Also, you can look forward to a Green Sanctuary Forum that is not about fracking.

Little Free Libraries – FUUSA, Grassroot Givers and 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, such as West Hill. These small, accessible book exchange boxes are placed in front of a house or on a street corner. Take a book, return a book.

As you know the Endowment Trust gave us funds to help build five Little Free Libraries in West Hill and the Social Responsibilities Council has endorsed our goal. We want to make this a fun collaborative effort between members of FUUSA, volunteers at Grassroot Givers and neighbors from West Hill. We are well on our way to making this a success.

A big thank you goes out to Reese Satin for taking on the task of transporting and cutting the plywood pieces for our five libraries.

Dave Metz has kindly agreed to guide the rest of us as we sand, assemble, caulk and paint the Little Free Libraries.

Now we need you. We are looking for teens and adults interested in increasing access to literacy,

while having fun and maybe learning a new skill or two.

We will meet at Grassroot Givers headquarters on Washington Avenue, from 12:30-5:00 pm on Sundays, April 6, 13 and 27. Sign-up for 1, 2 or all 3 sessions!

A light lunch will be served. Please wear warm old clothes.

You can sign up in Channing Hall or by email to registration@AlbanyUU.org.

Any questions? Call Pam at 315-657-8054 or email chaffee89@yahoo.com.

Why CROP Walk?

Why walk, some ask? What good does walking do to fight hunger and poverty? The CROP Hunger Walk says, “We walk because they walk.” Most of the world's people must walk every day to meet their basic needs, for food, firewood, and water. So, our Walk is symbolic – we walk in solidarity with those who must walk simply to survive. The money we raise in pledges, however, goes beyond symbolism – those badly needed funds go directly to supply local food pantries and to support hunger relief programs in more than 80 countries. Become a CROP Walker on Sunday, May 4, or pledge to support FUUSA walkers on Team UU. Coffee hour tabling will begin in April. See Dawn Dana for more information. Join us as we walk with the world!

Contact Us

Board of Trustees 2013-2014

email: board@albanyuu.org

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Sue Berzinis, Treasurer
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Karen Kaufmann, Chair Social Responsibilities
Council

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Rev. Sam Trumbore, strumbore@uumin.org

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Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Office Administrator

Alyssa Yeager, admin@albanyuu.org

Custodians

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

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

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

And by appointment

Website

www.AlbanyUU.org

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



Bidding with the Stars - FUUSA AUCTION 2014

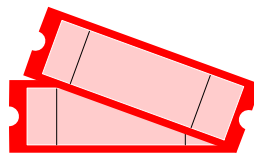
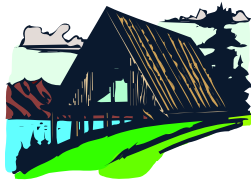
DATE: Saturday, March 15th

TIME: Doors open at 6:30pm, bidding starts at 7pm

PLACE: FUUSA, Emerson Community Room

PRICE: \$3 if you reserve ahead, or \$5 at the door
Childcare will be available the night of the auction!

Bid on a wide variety of contributions by the FUUSA community, while munching on tasty treats and enjoying the company of friends. Due to the generosity and imagination of our donors, there are items of interest and affordability for all.



For more information: Contact Randy Rosette/Chris Jensen at: rosette_jensen@juno.com or 783-2637

If you would like to donate an item for the Auction, go to the FUUSA website at <http://www.fuusalbany.org/> and look for a link to the donation form.

You're invited

to FUUSA's Annual

Fellowship Dinner

Friday, April 11, 2014

at Franklin Terrace
126 Campbell Avenue, Troy NY

6:00 p.m. **Cocktails and hors d'oeuvres** (cash bar):

7:00 p.m. **Dinner**

And then... **Entertainment** as can be provided only by the FUUSA Players

Followed by ... **Dancing** to the smooth rhythms of Matt Edwards and The Big Easy Revue

Choice of Entree:

- ⌘ Sliced Roast Beef
- ⌘ Medallions of Chicken Francaise
- ⌘ Salmon en Croute
- ⌘ Eggplant Rollatini

\$30.00 per person

RSVP with payment by April 6, 2014

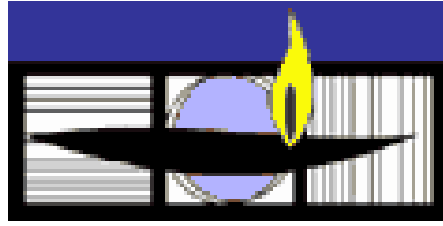
Persons needing transportation may call the church office at 463-7135.

Send your RSVP to the FUUSA office!

(Call the office at 463-7135 if you don't get the invitation in the mail by March 8.)

FREE childcare at Franklin Terrace, coordinated by FUUSA. This will enable parents of young children to enjoy the fellowship and the dinner, while knowing that their children are nearby. **RSVP for childcare on the reverse of your dinner RSVP.**

*Let's Keep
in Touch!*



Many ways to stay connected with FUUSA:

Our Website — http://albanyuu.org/wp/
Find us on Facebook — www.facebook.com/AlbanyUU We also have a closed group on Facebook called “ FUUSA News & Updates ” . To join, please send email requesting to join the group to admin@albanyuu.org .
Follow us on Twitter @AlbanyUU
Rev Sam's blog, “ The Mostly Mindful Minister ”— http://trumbore.org
Leah Purcell's “ RE Director's Blog ”— http://albanyuu.org/wp/dre-blog
“ Preview ” weekly e-mail sent on Thursday keeps you informed on this week's events. To subscribe: send email to admin@albanyuu.org or call the office.
Monthly “Windows” Newsletter , 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 admin@albanyuu.org or call the office.
Make an online donation to FUUSA, or set up recurring payments. Use the Online Giving button on our homepage http://albanyuu.org/wp/ or scan this QR code with your smartphone to go to the online giving page.
Send photos of people and activities at FUUSA to photos@albanyuu.org for use in our publications! (Please include names of people in the picture if you can, as well as the event name or date.)
Sign up to volunteer on Sundays—Usher, Greeter, Coffee Host, Welcome Table— http://www.volunteerspot.com/login/entry/675611858051
First Unitarian Universalist Society of Albany 405 Washington Avenue Albany, NY 12206 518-463-7135 Main Office (put this number in your phone now for later if you have a question!)

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