

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

April 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)

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

Apr. 6 "Choosing To Be Free," Rev. Sam Trumbore

Discovering invisible shackles binding us, forged by authorities, ancestors, family, friends and enemies known to us and by those unknown and long departed, can be both disturbing and strangely comforting. May we have the courage to unlock them and to choose freedom.

Music: Choir

Apr. 13 "Freedom Under Stress," Rev. Sam Trumbore

Choosing freedom is a risky business because it can challenge the status quo. It can get you crucified. It can also save your life and the lives of others.

Music: To be announced

Apr. 20 "A Green Reconnection with Life," Rev. Sam Trumbore

Celebrate the renewal that Easter represents by making a green connection to the life we share with all species.

Music: Senior High

Apr. 27 "Childhood," Senior High Service

Our Senior High youth present their annual service.

Music: Choir



Would your child like to be a chalice lighter in the service?

Sign up for upcoming Sundays this spring at <http://vols.pt/tMLKk2>

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:

Events happening every week in April

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 April

1-Apr Tuesday

7:00 PM Mission Task Force..... B-2

2-Apr 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-1, B-7

4-Apr Friday

5:45 PM CommUnity Dinner (aka Parent Group)Channing Hall

5-Apr Saturday

8:45 AM Getting to Know UU..... B-7, B-8

4:00 PM Sri Lanka Dinner and Presentation.....Channing Hall

6-Apr Sunday

10:00 AM Family Chapel..... Sanctuary

10:30 AM UU Parent Support Sanctuary

11:45 AM K/1 OWL Support Group..... 24/25, 26

11:45 AM Meeting for The Green Man play..... B-3/B-4

11:45 AM Social Responsibilities Council B-7

12:00 PM Annual Dinner Skit Rehearsal..... Emerson

7-Apr Monday

1:00 PM Grannies for Peace..... B-8

3:00 PM Grannies rehearsal Emerson

6:15 PM RE Council Meeting..... Channing

7:00 PM Public Relations Committee..... B-8

8-Apr Tuesday

5:15 PM Religious Services Committee..... Stott Lounge

7:00 PM Mission Task Force..... B-2

7:00 PM UU Christians..... B-5

7:00 PM Wellspring II..... Stott Lounge

9-Apr Wednesday

7:00 PM Beloved Conversation Course..... B-1, B-7

10-Apr Thursday

7:00 PM Program Coord. Council Meeting B-8

11-Apr Friday

1:00 PM Reservation Cathy Perkins Stott Lounge

6:00 PM Annual Fellowship Dinner Offsite

12-Apr Saturday

8:00 AM Women for a Better World Channing

13-Apr Sunday

11:45 AM Green Sanctuary Forum Emerson

5:30 PM Walker Book Club..... B-8

14-Apr Monday

10:00 AM Patrick/Odell SGM B-5

1:00 PM Interfaith Impact Meeting..... B-8

3:00 PM Overflow Shelter Meals Kitchen

5:15 PM Membership Ministry Meeting B-8

6:30 PM Small Group Ministry--English..... B5

7:00 PM Monday Men..... Stott Lounge

15-Apr Tuesday

5:00 PM CRUJUNY Planning B-2

7:00 PM Mission Task Force B-2

16-Apr Wednesday

2:00 PM Patka/Manning SGM B-8

6:45 PM Wellspring I..... B-8

7:00 PM Beloved Conversation Course..... B-1, B-7

17-Apr Thursday

6:30 PM Board of Trustees Meeting..... Channing

18-Apr Friday

5:00 PM Circle Dinner..... Offsite

19-Apr Saturday

9:30 AM Christian Sufi Sesshin Channing Hall

20-Apr Sunday

11:45 AM Green Sanctuary Mtg B-8

21-Apr Monday

12:00 PM Channing Circle..... Channing

1:00 PM Grannies rehearsal..... Emerson

22-Apr Tuesday

7:00 PM Mission Task Force B-2

7:00 PM Wellspring II..... Stott Lounge

23-Apr Wednesday

7:00 PM Beloved Conversation Course..... B-1, B-7

24-Apr Thursday

6:30 PM Finance Committee Meeting B8

25-Apr Friday

9:00 AM David Sloan Wilson CRTC eventChanning Emerson

6:30 PM Rehearsal for Sr. High Service..... Emerson

26-Apr Saturday

9:00 AM David Sloan Wilson CRTC eventChanning Emerson

27-Apr Sunday

11:45 AM Auction Committee Meeting B-8

28-Apr Monday

10:00 AM Patrick/Odell SGM..... B-5

3:00 PM Overflow Shelter Meals Kitchen

6:30 PM Small Group Ministry--English..... B5

7:00 PM Meaning Matters..... B-8

7:00 PM Monday Men..... Stott Lounge

Sam's Outlook

Awakening to freedom

Rev. Sam Trumbore

Freedom, so highly praised and prized here in America, has costs and consequences that threaten the future of sentient life on our planet. As the expression goes, your freedom needs to end at the tip of my nose. How we individually use our freedom has costs and consequences for those around us that we may not recognize. If you smoke, practice substance abuse, take health threatening risks and don't take care of your teeth, waist line, and arteries, the rest of us will be paying in higher health and dental insurance premiums as a result. How you freely choose to dispose of toxic wastes may contaminate our air, water and soil. And how you freely set the thermostat level or decide when and where to drive or fly could contribute to destabilizing global climate change. "Live free or die" is quickly becoming "live free *then* die."



Greater and greater interconnections between the people of the world means we are far more aware of the consequences of our actions, for better and worse. We know that China's burning of coal to generate electricity diminishes the air quality in California. Irresponsible global waste disposal practices have created huge islands of trash in the Pacific Ocean. Erosion and extractive agricultural practices are depleting our soils and threatening our ability to feed the seven billion people on this planet.

The more we learn about moving toward sustainability, the more we need to limit individual freedom for the benefit of the future of human beings and the other threatened species on this planet. We just can't let anyone do whatever they want with their land and their resources. Biodiversity needs to be protected. Aquifers need to be carefully managed. Many of our industrial agricultural practices need to be changed because they are not sustainable. We need to limit individual freedom to allow the ecosystem to survive and thrive.

As our outer freedom must diminish, our inner freedom need not. In fact, our inner freedom needs to increase as we respond to the challenges ahead for the biosphere. If my happiness gets bound to being

able to own luxury goods, consume exotic foods, and maintain a privileged lifestyle, my inner freedom will seem to contract as they become unavailable. But if my quality of life is much less dependent on what I possess, eat and wear, the limitation of my outer freedom will be more tolerable. Contrary to materialist assumptions about what brings happiness, some of the happiest moments of my life have been some of the simplest: just watching my breath coming in and out and quietly noting the stream of sensory phenomena passing through my consciousness. Not needing to shape the moment into something different or fix it by changing what was present or absent. Just recognizing, relaxing, releasing and re-smiling again and again.

For the well-being of the seven billion people on this planet and for the well-being of our great, great, grandchildren yet to be born, we must move toward creating a sustainable civilization based on equitable sharing, protecting, reusing and recycling the bounty of this planet. If we don't, nature will do it for us with great death and destruction in the wake of our unconscious choices. The endless growth economy of material prosperity must come to an end. But our quality of living need not be sacrificed.

Understanding our inner freedom is just getting started as an area of scientific inquiry. Today we are able to look into our brains with f-MRI machines and begin to watch how the thinking process actually works. Ancient spiritual practices and meditation techniques are being studied in the laboratory to help us figure out how they work. There are great opportunities for us to discover new methods of working with our thinking processes to free us from intellectual and emotional limitations that make us miserable.

The transition from an extraction and growth based civilization to a sustainable and balanced civilization will not be easy or pleasant. Many, many people are likely to experience great hardship. But the greatest obstacle in the way of this transition is in our heads—how we think and believe. I am committed to being part of the great sea change in consciousness that will be required to put the present and future well-being of all life first. Finding that sustainable balance will not be easy but today we can easily recognize the looming threats. The quicker we awaken our own minds and the minds of human beings everywhere the less eventual suffering we will encounter.

Let us awaken to our inner freedom so we can let go of our attachment to uses of our outer freedom that can cause harm.—Rev. Sam

News

Annual Fellowship Dinner: very, very soon!

Please return your dinner reservations and payments to the office no later than Sunday, April 6. (RSVPS can be picked up at the office if you need one!) Returning them earlier will help us with the seating arrangements. Thank you, and see you on the 11th.

Things to enjoy at the annual dinner:

- ◆ Wine and dine for fun and fellowship!
- ◆ Irreverent entertainment--laughter guaranteed!
- ◆ Chat with old friends and meet new ones
- ◆ Great music for dancing and listening with our own Matt Edwards and The Big Easy Revue.

FUUSA Annual Meeting, Sunday, May 18

All members and friends are encouraged to attend this very important meeting. After all, the decisions to be made will impact our wonderful Society going forward!!! But, it's even better to be able to vote on the issues which come before the Society: for example, our budget for the coming year and the election of new leaders. What does it take to be able to vote--first of all you need to be an active member. Just what is an "active member", you may be wondering? The criteria are simple: to be a member you must indicate your agreement with the purpose of this Society by "signing the book" at least 30 days before the annual meeting--that means you have until April 18 to do so; also, "active" means participation--making a financial pledge and becoming involved. Of course, even if you are an active member, you may have a conflict on May 18, and for this reason we have an absentee ballot process enabling you to vote in the election even if you cannot be present. Absentee ballots can be obtained by active members from the FUUSA office. Note--to be valid, they must be returned at least forty-eight hours before the election. We are asking they be returned by 11:00 AM on Friday, May 15.

To help you identify candidates for office, watch for a Candidate Photo Board in Channing Hall along with biography handouts. May 4 and 11 will also be Candidate Sundays, when special buttons will be worn to help you identify members running for elected office. If you have any questions regarding this process, members of the Nominating Committee would be

Flyers in this issue

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

- ◆ Endowment Trust report

happy to talk with you. Committee members are: Debbie Brown, Laura Churchill, Donna Meixner, Dave Metz, Paula Moskowitz, and Linda Way.

Put your money where your heart is-- now on line

The Stewardship Campaign is nearly 60 % completed but we need everyone to participate if we are going to be successful. Currently we have 37 Visionaries, 18 Sustainers, and 6 Supporters

You can now make your financial commitment (pledge) for the 2014-15 fiscal year on-line by doing the following:

It's simple.

1. Go to <http://albanyuu.org/wp/>
2. Click on the red "Online Pledging" button on the right hand side of the page.
3. Please read the materials that are shown under Giving From the Heart.
4. Click the red "Enter Pledge Here" button at the bottom of the page to go to the form.
5. Print out and save the form.
6. You can then mail the form to FUUSA or drop it in the box in the office or email it to the FUUSA office at admin@albanyuu.org. Your choice.

Our goal is to have the Annual Dinner on April 11th be a celebration of our success. Please help us reach that goal by completing your pledge forms promptly.

Thanks for your continuing support.

If you have any questions or comments let us know. Stewardship Committee: Chuck Manning, Chair; Tim Burch, Dick Dana, Erik Eddy, Linda Hunt, Melissa Ramirez, Bruce Rogers, and John Sherman.

"We make a living by what we get, but we make a life by what we give." Winston Churchill

Romania or bust

For over twenty years FUUSA has had a Partner Church relationship with the Unitarian Church in

Szökefalva, Romania. Over the years FUUSAns have visited there and members of their congregation have visited us in Albany. Most recently, our choir spent a day in the village as part of their 2010 trip to sing at many Unitarian churches in Romania, Hungary and the Czech Republic. Since then we have extended financial assistance to the church in support of the minister's salary and to purchase materials for two major repair projects including a new roof for the church and a new fence around the parsonage.

We have been invited to send a group from FUUSA to visit Szökefalva in the summer of 2015. Quoting from John Dale, the UU Partner Church Council's Travel Coordinator, "Typically on these kinds of service trips we work in the morning through lunch and then plan an afternoon trip to a nearby place of interest or have some other village activity. With that in mind I would envision maybe an 8-10 day trip with some Unitarian themed sight-seeing on the front end with 5 or so days in the village. To that we could offer optional extensions to the Painted Monasteries and Maramures on the back end for those with more time."

Sam plans to visit Szökefalva in late May. This will be an excellent opportunity to discuss the visit with their minister Sandor Kiss. Lots of issues need to be discussed. How many visitors? For how long? What can we do to help them and to strengthen the partnership? What work project(s) would be appropriate, if any? What other activities might be

planned?

If you have any interest in the Partnership Program or in participating in the visit, please contact Dave Metz (330-6389 or dave.metz@verizon.net). Sam would like to meet with the Partner Church Committee prior to his visit to get a sense of the level of interest here and thoughts on what might be possible and/or desirable from our perspective.

Knock, knock—who's there? Some building use guidance

We run a very busy building here at FUUSA, and we depend a lot on the users of the building to make sure things go well. One area in which we ask all of you to share responsibility is security, and one aspect of security has to do with letting people into the building. We ask renters to only let in people coming to attend their event, and we will be reminding all renters of this. We also ask you, our members and friends, to only let in people coming for your event.

Office Administrator Alyssa Yeager has recently polled building users, both church activities and renters, and respondents generally agreed that it would be helpful to have a clear policy stating who is to be let in. You will soon find this notice posted near the front lobby and West St./kitchen doors:

"Please help up improve the comfort level and safety of everyone using this space.

If you answer the door:

1. *Crack the door and ask the person outside,*

Board notes

Words of encouragement

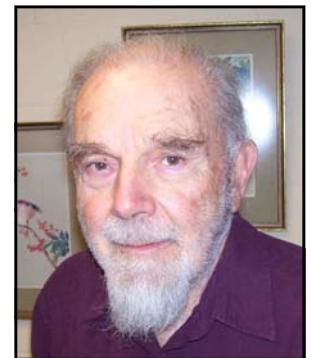
Mark Yolles

Ending my three year term on the FUUSA board as an older member (86) I thank the congregation for giving me the chance to serve. With admiration for my colleagues, especially the presidents I have worked with, I find FUUSA to be in good hands and functioning well.

I do think we should look at how both newer and older members get involved in FUUSA's governance. We need to expand the group from which leaders emerge. In that regard I encourage all members of FUUSA to observe one or more board meetings. I think a democratic organization is not well served if too many members are unaware of how it functions.

Meetings of the board are open to one and all.

I encourage you--and I mean you--to observe at least one meeting. You will not regret doing so!



"Hello, what event are you here for?"

2. *Check the person's answer against the daily event schedule on the door.*

3. *If the event is listed, you can let the guest in.*

4. *If the event is not listed, please tell the person "I'm sorry, that event is not on today's calendar. You'll need to call your event organizer or come back when the church office is open." (M-F 9-3)*

If you are not comfortable following this policy, please do not answer the door for people outside of your group. Every group/event should have someone responsible for checking the door when the buzzer/bell is heard."

Newcomer orientation

Learn about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next "Getting to Know UU" session, scheduled for Saturday, April 5 from 8:45 a.m. to noon.

We'll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can call Amy Lent at the church office, 463-7135.

New Member Sunday

On Sunday, May 4, we will welcome new members into our congregation. Membership is open to all. To become a member of FUUSA you will start by signing an Intent to Join. There is no test of faith or belief requirement to join our community, only general agreement with the purpose of our organization. The expectations of membership are: participation on Sunday morning; involvement in and helping with our activities; and financial support of the congregation. Each expectation is flexible depending on each person's ability to participate.

One officially becomes a member by signing the

membership book in the minister's office, which can be done privately or with a group on New Member Sunday. New members are encouraged to come and be recognized during the Sunday service on New Member Sunday, as it serves as an excellent introduction to your new community, but it is not a requirement! Please call either Kathy Hodges, Chair of the Newcomer Welcoming Team (355-5018) or Amy Lent, (at the church office, 463-7135) if you are interested in becoming a member.

Whose values are they talking about?

There's lots of blah-blah in the political sphere about "family values" – but what are they really talking about? Families at FUUSA know that an important part of our values involves teaching our children to care for others in need and give back to our communities. One excellent way to live out our values is to participate as a family in the CROP Hunger Walk, coming up on May 4th. The funds raised support



our local food pantries, as well as hunger relief programs in the developing world. Join

with other FUUSA families to Walk with the World. Visit the CROP Walk table at coffee hours starting on April 6th, or see Dawn Dana for more information.

FUUSA gardens-- when will they wake up???

The calendar may say spring but you wouldn't know it from the weather and snow we've had this winter! Still, if you are like me, you can't wait for your garden to wake up so we can "play in the dirt".

Early to mid May, weather dependent, the Gardening Committee will tackle our first spring task-- cleaning up the gardens and getting rid of winter debris so the plants can thrive. With enough volunteers, this task can be completed in just a couple of hours. If you would like to help with this one shot group activity, and you are new to FUUSA gardening, please let me know (pgmosk@earthlink.net) and I will add your name to our "dirty fingernails" list. -- Paula Moskowitz

Religious Exploration

Spring cleaning and Sunday School curricula

Leah Purcell, Director of Religious Education



Springtime is cleaning time - often cleaning *out* time. And this year it's deep cleaning out time for the closets we use to store Religious Education curricula. We have come to a nexus in curriculum development from the most recent set of curricula we've been using published in about 1990 through the early 2000's and curricula from the Tapestry of Faith program written in the past 5 years which is available on line, downloadable and adaptable.



Here's what one of the closets looked like before we started tackling it. You know how closets can be – once you stop using stuff on the shelves in the back, and you start piling things on the floor, things get pretty disheveled.

Some parents, RE teachers and youth certainly look back with fondness on some of the old curricula – *Timeless Themes* which covered stories in the Hebrew and Christian bible; *UU Super Heroes*, which covered the lives of exemplar Unitarian Universalists; *Experiences with the Web of Life*, which was a set of science lessons for young children; *In Our Hands*, a series of social justice curricula. Be assured that we are keeping one copy of each! But do you see a theme the descriptions here? Each curriculum focused on one topic. They are all Unitarian Universalist topics, but mapping the curricula was complicated! In years past, the RE Council tried to make sure that each cohort of children took courses that covered each of many

topics. But that assumed that children were in our program for 10 or more years. We know that many families start coming to us when the children are in older elementary school, or families sometimes take a break for a semester or a year and return. Many people had “holes” in their learning. Also, it was sometimes difficult to recruit teachers – many did not have a preference to teach *Bible Super Heroes* for a whole semester. And parents were rightly concerned when curricula like *Stories of God* which was great at exploring different ways of thinking about god, but it didn't offer ways of thinking about a world without a god figure.



After many years of planning and preparing, the UUA rolled out the Tapestry of Faith Curricula about 6 years ago and we started integrating it into our program. You may have read about Tapestry of Faith in other newsletter articles or at my blog. Each curriculum has a theme and is story based, not content based. So the children are more challenged to bring meaning to each session instead of learning information. They have opportunities to practice Unitarian Universalism. In March, the Yellow Group (second grade) planned and led Family Chapel. In each curriculum, the set of stories are from all of our UU sources – personal experience, Jewish and Christian traditions; other world religions, science and reason; exemplars of the past, Unitarian Universalist history and earth-based traditions. No more complicated curriculum map!

There are other aspects of the Tapestry of Faith program are particularly important that I have not talked about much before. These are aspects that can challenge how we have traditionally done Sunday school.

In the old curriculum like Holidays and Holy Days lessons included recreating religious rituals, symbols, and artifacts without establishing contact with people who practice those religions. Now the children learn about

Continued on next page

Spring cleaning and Sunday School curricula, cont.

different religions through hearing traditional stories, and occasionally people who practice a particular ritual or tradition are invited to the classroom.

The Tapestry of Faith curriculum is more inclusive of ethnic and racial identities. There are more stories about people of color from our history and as exemplars from the past. Made up stories include people of color, people with names from many ethnicities and include all kinds of families.

Each session includes ways for parents and caretakers to bring the message of each session home through discussion topics and activities.

Each session includes a “Faith in Action Activity”, which is a service or social justice project that teachers can choose to do. The Faith in Action Activities often need visitors from the congregation to explain their experiences in social justice, or the activities require extra adults to help with a project.

The Tapestry of Faith Program requires that the RE volunteers have a willingness and ability to engage with issues of ambiguity, nature good and evil, and other “big questions” at age appropriate levels. It’s not that the RE volunteers have to have all the answers to the questions—far from it. Sunday school is an opportunity for adults, children and youth to wonder together.

Anyone who wants to engage with children and youth in exploring Unitarian Universalism and to have fun on Sunday mornings can consider joining a teaching team. More on that--and a photo of a tidy closet—next month.

In joyful service,

Leah

Growing Together

Evolutionary Explanation of Religion with Dr. David Sloan Wilson

9am-4pm, April 25-6, Emerson Community Hall

This first event in Capital Region Theological Center’s new “Faith & Science Series” will bring David Sloan Wilson, leading American Evolutionary Biologist and Unitarian Universalist, to our very own Emerson Hall. Sloan Wilson is a Distinguished Professor of Biological Sciences and Anthropology at Binghamton University, and founder of the Neighborhood Project, which applies evolutionary theory to improve the quality of life in his struggling city of Binghamton, NY.

Wilson thinks religions endure because they function in the context of everyday life. In order to continue, they need to be re-experienced and freshly interpreted for each generation. Deep-rooted questions about culture, religion, spirituality and human experience can help us explore if and how religion will continue into the future. Questions like:

◆What exactly is religion and why is it such an inte-

gral part of human nature?

◆Why are there so many “kinds” of religion?

◆What makes some people believers, and others non-believers?

◆Is it possible to be “spiritual but not religious”?

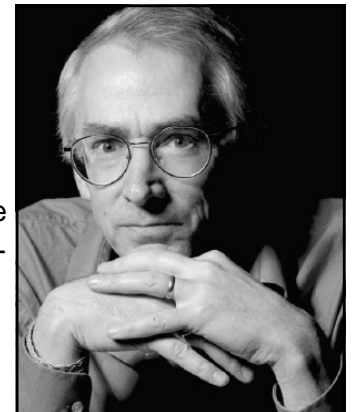
◆Are churches declining today ... or are they evolving?

Come explore the evolution of faith! Discover how the culture of each age has influenced religion, just as religion has helped to shape popular culture in each age. Examine various ways that religions and cultures co-evolve, whether for good or ill.

Registration deadline: April 9, 2014

Event Fee(s): Regular \$165.00; Early Bird \$150.00 by 3/28

How to register: <http://crtc.org/civicrm/event/info?reset=1&id=478>



The Green Man and our worship service on April 20

As I write this spring is but a hope, but by mid-April I expect we'll have some warmer breezes.

Spring is the season of hope and renewal—the themes which we often celebrate in our

Easter service. This year we'll hear a bit about the Easter Story in the service on April 11, and in the service on April 20 we'll celebrate the story of The Green Man.



The image of the Green Man comes to us from the depths of prehistory. His face, which has leaves sprouting from his lips, eyes, nose and ears, can be seen on buildings and signs throughout Europe that date back to before the Middle Ages. He is a combination of man and nature. In the version of The Green Man we'll be enacting in the service is also an ecological story. We'll explore human's place in the interconnected web of life. Many thanks to Melissa MacKinnon, the DRE of the Unitarian Society of Schenectady—who wrote the play we'll be using—for sharing it with us.

I need players and props builders! The script has a few players—children who frolic in the woods, maybe we could also have some children to enact woodland creatures. We also need two squires (middle or high schoolers) and a Green Man (adult). This should be fun! Like the annual Christmas Pageant each year, the play is simple and no lines are required. We could have narrators, if anyone is interested in that. If you or your child is interested in being in the play, or if you are interested in helping with props (a large tree and a cave) come to a meeting on April 6 from 11:30 – 12:15 in B-3/4. Thanks, Leah Purcell

A Christian Sufi Sesshin

Easter Saturday, April 19

9:00- 4:00 pm, in Channing Hall

Join us for a day of retreat combining the spiritual practices of Christianity, Sufism and Buddhism. We will honor Jesus's compassion, enact the vision of

Beloved Community he brought to life and celebrate the renewal of life that Easter represents. Participation is free and open to all, with no experience necessary. A free will donation may be offered at the end to support the event. Lunch will be potluck with a vegan soup provided. Please sign up at the Sign Up Site in Channing Hall or by email to registration@AlbanyUU.org.

This event will be led by Sam Trumbore and Karuna Foudriat. Sam has been practicing mindfulness meditation for 28 years. With retreat experience in both the Sufi and Buddhist traditions, Karuna is a minister of the Sufi Ruhaniat and a certified Dances of Universal Peace leader. They share a passion for the energy released through the respectful fusion of different spiritual practices.

Religious Education program for children and youth for this fall

The Religious Education Council Curriculum Committee has made selections for the RE program for the 2014-15 year. Highlights include Neighboring Faiths for our fifth graders, a full year of Our Whole Lives for 7th and 8th graders, a 9-week session of Our Whole Lives for 4th and 5th graders, and a new curriculum called World of Wonder for our Kindergarten and first graders which delves deep into our Unitarian Universalist seventh Principle. Details are on Leah's blog at <http://albanyuu.org/wp/dre-blog/>



Joy Library notes

Look for these in the new book section of Joy Library.

Living "Illegal": The Human Face of Unauthor-

ized Immigration by Marie Friedmann Marquardt. 2011. [305.9 MAR]. *Today's polarized debates over immigration revolve around a set of one-dimensional characters and unchallenged stereotypes. Yet the resulting policy prescriptions, not least of them Arizona's draconian new law SB 1070, are dangerously real and profoundly counterproductive. A major new antidote to this trend, Living "Illegal" is an ambitious new account of the least understood and most relevant aspects of the American immigrant experience today. Based on years of research into the lives of ordinary migrants, Living "Illegal" offers richly textured stories of real people—working, building families, and enriching their communities even as the political climate grows more hostile. Moving far beyond stock images and conventional explanations, Living "Illegal" challenges our assumptions about why immigrants come to the United States, where they settle, and how they have adapted to the often confusing patchwork of local immigration ordinances. This revealing narrative takes us into Southern churches (which have quietly emerged as the only organizations open to migrants), into the fields of Florida, onto the streets of major American cities during the historic immigrant rights marches of 2006, and back and forth across different national boundaries—from Brazil to Mexico and Guatemala. A deeply humane book, Living "Illegal" will stand as an authoritative new guide to one of the most pressing issues of our time.*

Confronting the Bomb: A Short History of the World Nuclear Disarmament Movement by Lawrence Wittner. 2009. [327.174706 WIT] *Confronting the Bomb tells the dramatic, inspiring story of how citizen activism helped curb the nuclear arms race and prevent nuclear war. This abbreviated version of Lawrence Wittner's award-winning trilogy, The Struggle Against the Bomb, shows how a worldwide, grassroots campaign—the largest social movement of modern times—challenged the nuclear priorities*

of the great powers and, ultimately, thwarted their nuclear ambitions. Based on massive research in the files of peace and disarmament organizations and in formerly top secret government records, extensive interviews with antinuclear activists and government officials, and memoirs and other published materials, Confronting the Bomb opens a unique window on one of the most important issues of the modern era: survival in the nuclear age. It covers the entire period of significant opposition to the bomb, from the final stages of the Second World War up to the present. Along the way, it provides fascinating glimpses of the interaction of key nuclear disarmament activists and policymakers, including Albert Einstein, Harry Truman, Albert Schweitzer, Norman Cousins, Nikita Khrushchev, Bertrand Russell, Andrei Sakharov, Linus Pauling, Dwight Eisenhower, Harold Macmillan, John F. Kennedy, Randy Forsberg, Mikhail Gorbachev, Helen Caldicott, E.P. Thompson, and Ronald Reagan. Overall, however, it is a story of popular mobilization and its effectiveness.

Cutting Through Spiritual Materialism by Chogyam Trungpa Shambhala. 1987. [294.3444 TRU] *The now classic Cutting Through Spiritual Materialism is the record of two series of lectures given by Trungpa Rinpoche in 1970-71. "First discussed are the various ways in which people involve themselves in spiritual materialism, the many forms of self-deception into which aspirants may fall. After this tour of the sidetracks along the way, the broad outlines of the true spiritual path are discussed. The approach presented is a classical Buddhist one—not in a formal sense, but in the sense of presenting the heart of the Buddhist approach to spirituality. Although the Buddhist way is not theistic, it does not contradict the theistic disciplines. Rather the differences between the ways are a matter of emphasis and method. The basic problems of spiritual materialism are common to all spiritual disciplines."*

Our Community

FUUSA Cancer Support Group

Did you know that FUUSA has had a Cancer Support Group in the past? It was a very active group for a number of years and dissolved several years ago due to lack of interest. We held very informal meetings with a pot luck supper and discussion

once a month at FUUSA or at a member's home. There were no speakers; the group served as a true member support group for those affected by cancer and their family/significant others. It allowed them a safe and supportive environment to talk about immediate and ongoing medical, emotional, and other related concerns. If there is any interest in revitalizing such a group, please contact either Sandy Stone

(489-8293 dsalbany@nycap.rr.com) or Randy Rosette (783-2637 rosette_jensen@juno.com).

Channing Circle Monday, April 21

We hope you can join us at noon on Monday, April 21. After lunch Eva Gemmill will share some of her experiences living through three watershed periods of the 20th century. Don't miss these excerpts from "Ninety One Years of Moving On". Bring a brown bag lunch; dessert, coffee and tea will be provided. Sue Wright and Laura Cayford will be providing dessert.

6 to 9 at 6:09: Circle Dinners Friday, May 16 and Saturday, May 17

Please join us for the last Circle Dinners of this church year on Friday, May 16 and Saturday, May 17. Circle dinners provide FUUSAs and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with fellow FUUSAs. 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 May 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, May 4. Assignments will be sent after that date. If you have questions, please contact Martha at mussermartha@gmail.com or 518-434-2246.

We will announce the 2014-15 schedule of Circle Dinners in May.

UU Christians to meet

UU Christians will meet at 7pm on Tuesday, April 8, in Room B-5, to talk about the section in the Gospel of Matthew, chapter 5 known as The Beatitudes. Join us to explore how these words attributed to Jesus might be relevant to our lives as UUs. Contact Sue Stierer at 518-590-4448 for more information.

UU Weekend 2014

This year, the weekend of October 17-19 marks our 21st annual UU Weekend at Silver Bay. Gather with us in the beautiful Adirondacks to enjoy a weekend filled with FUN, FRIENDS, FOLIAGE, and FELLOWSHIP. Like UU Weekend on Facebook and find out

**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.

more about program updates & to see our video. Registration information and a draft schedule of workshops & children's activities are posted on the FUUSA website also, www.albanyuu.org. If you have specific questions, you can use the Facebook



UU Weekend page. Sheldon Solomon, Skidmore professor, will be joining UUs again for a rousing Jeanne Blank Seminar. Don't miss your opportunity to view fall foliage while making new friends and deepening your

connection with our and other UU communities. The registration form is also available on the FUUSA web site, (http://albanyuu.org/wp/?page_id=502). Early Bird Special Discount if you register by May 1. We hope to see you there!--UU Weekend Committee

Walker Book Club

Join the Walker Book Club for a potluck and discussion on Sunday, April 13, 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 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 dish-

ware at FUUSA and help with the dishwasher.

If you missed the February SRC potluck--on April 13, we will discuss *Behind the Kitchen Door* by Saru Jayaraman and Eric Schlosser.

Our May classic will be *Howard's End* by E.M. Forster.

Contact Linda Hunt at ls hunt@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.

Register now for summer camp

Registration for summer camp is filling quickly at the UU Camps and Conference Centers. If you are considering attending as a family or sending your child now is the time to act.

Registration at Unirondack, the camp in upstate New York that many youth and families in our region attend, is already full for their older high school sessions (Ballou). Space still remains in the Parker sessions (for 14-16 year olds) and some of the weeks for younger children, Barton(9-12 year olds) and Channing (12-14 year olds), although they are filling fast. Family Camp at Unirondack has room for a few more families but generally fills by the middle of April.

The UU Camp and Conference Centers provide an opportunity for children and families to live our UU values in a creative, accepting and nurturing community outside the doors of our congregation. For more information about Unirondack, and to register for summer camp or weekend programs, visit their website at <http://www.unirondack.org/>.

Other Camp and Conference Centers in the region include Rowe, Ferry Beach, Star Island, and Murray Grove. And don't ignore DeBenneville Pines in California, U-Bar-U in Texas, Unistar in Minnesota, or The Mountain and Shelter Neck in North Carolina.

Many of the centers have year-round programs. All provide an opportunity for personal growth, fellowship and community.

Joys and Caring Corner _____

Illnesses

Beverly Morris' husband **Bill** was in St. Peter's Hospital with several spinal compression fractures

last month.

Glenna McClamrock is having heart surgery at the end of March.

Mary Applegate's best friend's younger sister is suffering from lung cancer in her early 50s.

Teddy Archer fell and broke her hip. She is now in St Peter's Nursing and Rehabilitation Center. She will be home around April 1.

Karen DeWillers has been suffering from asthma as a result of exposure to chemicals at her work site.

Jacqui Williams expressed her joy at being able to be at FUUSA after her accident last month and her surgery last month for breast cancer. She will be undergoing chemotherapy some time in the near future.

Ann Von Linden's brother was just diagnosed with stage 4 lung cancer.

New Employment

Nancy Wagner reports that her son BJ aka Brian has a new position with CVS Caremark as a customer service analyst. The Wagners are very glad that their son is no longer in telemarketing.

Priscilla Crago is proud to report that her 19 year old grandson who attends college in Florida, has been offered a position at Chipotle in Sarasota, Florida.

Deaths

Dick and Dawn Dana report with sadness that Dick's cousin Anne MacFarland succumbed to cancer on March 15, at the age of 64. Dick spent a great deal of time with Annie and her brother, Harry, growing up, and considered Annie an almost-sister. Annie leaves two daughters and a new baby grandson.

Barb Manning expressed the sorrow that she and Chuck feel for the loss of their long time close friend, Doug McCuen, who died after a long battle with Early Onset Alzheimer's Disease and Parkinson Disease.

Accomplishments

Tori Panetta will be performing in her school's "Sound of Music" production next weekend (March 7, 8, &9).

Births

Ed Hancock announced the birth of Emily Faul's baby this past week. Ed held the 7+ pound baby and pronounced him to be very cute.

Birthdays

Julie Lomoe's brother Peter just celebrated his 85th birthday.

Thank you

Don Odell had successful back surgery on March 5, is doing well (according to doctor, Don is more impatient). He will be wearing his "fashion statement" (back brace) into June. And, he is very ap-

preciate of the support of the caring of FUUSAns in hospital visits, transportation, meals, cards, prayers, best wishes, and many other ways. He is especially thankful to Kathy Harris for putting up with him crashing at her place while he gets better, and proceeds with moving later this spring. Finally, thank you to all for not asking him to move tables, chairs, etc. at various events.

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

Women For A Better World

Apr. 12, 9:30 AM, Channing Hall

Join us for the next breakfast potluck sponsored by Women For A Better World. 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 Dutre at gosackbags@gmail.com or Elizabeth Berberian at elberberian@nycap.rr.com. There will also be a sign up in Channing during coffee hour.

Our speaker is Mr. Yusuf Burgess, executive director of Youth-Ed Venture and Nature Network, and youth participants. Youth-Ed Venture and Nature Network applies project based-learning to educate youth about climate change, carbon footprint, composting, water recycling, urban farming, and STEM. This community revival by community residents project has turned abandoned lots into healthy green space. Their Earth Day project is to build raised-bed gardens at Arbor Hill School and a rainwater harvesting system. Youth-Ed Venture and Nature Network already works with SNUGG, Community Gardens, Trinity Alliance, and other groups but still has funding needs.

RRR + R

Your opportunity to contribute your neat ideas to the RRR + R compendium is coming to an end. Have other ideas? Want to participate? Please e-mail your special **Reduce Reuse Recycle and Rethink** ideas to bettyeliza@gmail.com or find Betsy or any other green sanctuary member at the next coffee hour. The plan is to publish the compendium in April.

Green Sanctuary News

The Green Sanctuary Committee has been very busy indeed!

The congregation passed a **resolution to Oppose the Current Practice of Hydraulic Fracturing and Support the Widespread Adoption of Renewable Energy** on February 23!

Building up to this point has taken a considerable amount of time and effort; and it has been well worth it. It's uplifting to be involved with a congregation that carefully considers an issue-looking at it from many perspectives, asking the important questions, and finally voting one's conscience based on UU principles.

Thanks to everyone who participated in the process of the resolution. Regardless of extent of participation—in writing, editing, planning, and promotion; speaking at, or facilitating forums; providing different perspectives, or otherwise challenging us--all actors were instrumental in a congregational conversation we can be proud of.

It's convenient that the topic of divestment of fossil

fuel is slated for the General Assembly this year! We are building coalitions with UUs, other faith organizations, and others and will communicate our needs together to elected officials.

We've held many forums since October. Sandy Steubing presented information on fracking, offering perspectives from both sides with Fracking by the Numbers. In

November, we held a potluck with fracking expert Jake Hays from Physicians, Scientists and Engineers for Healthy Energy, and Dr. Richard Perez from UAlbany gave a presentation about solar energy. For December, Liz Pohlman and Jim Welsh introduced Transition Troy, one of many "*Transition Town projects that help communities prepare for and adapt to the revolutionary change from oil dependency to local resilience*". In January, Jeremy Magliaro presented Trends for Electric Power and Residential Heating - A Federal and State Overview; and fracking engineer, Roger Allinger, with Larry Snyder, owner of property in New York over Marcellus Shale and FUUSA member, gave presentations in support of fracking. Robert Fakundiny, previous State Geologist of New York, and Dr. Frank H. Wind, retired micropaleontologist and reservoir geologist with Texaco USA, presented fracking facts, including advantages and disadvantages, in February with A Geologist's Perspective on Fracking. Arden Dockter presented the film Nuclear Tipping Point--a conversation about freedom from nuclear weapons last month.

Up next--a video display showing energy FUUSA saves daily with solar panels; a small logo on the bottom of every service announcement indicating it was printed on recycled paper; more publicity for the resolution; expansion of vermiculture in RE; a recycle collection unit in the lobby; and more convenient, visible single-stream recycling!

We'll celebrate **Earth week!** On April 20, the congregation will be "Green Witnesses", sharing environmental changes we've made and plan to make. And

on April 27, Carol Butt and Anne Marie Haber pre-

sent ways to green the home, and beyond--Please join us at 11:45 after grabbing a coffee and bagel.

Cheers to Earth stewards! Anne Marie detailed well-documented perils of fracking, including polluted drinking water and air, and worker exposure to cancer-causing and birth

defect-causing chemicals in a letter to the editor of the Times Union. Sandy Steubing wrote a letter to the editor regarding the risks of fragile DOT-111 oil trains at the Port of Albany after Governor Cuomo's order for detailed railway inspections, noting the recent derailment, and the explosions in Quebec and North Dakota. Sandy was interviewed by various TV stations in connection to People of Albany United for Safe Energy.

GSC proudly announces the birth of its first RRR + R Compendium (Reduce Reuse Recycle and Rethink)—a collection of interesting and amusing suggestions for green living. Thanks everyone, for your neat tips. Visit the SRC table at coffee hour for your copy, beginning April 2, or request an electronic copy from Betsy at bettyeliza@gmail.com.

If you care about Earth; have ideas for a greener lifestyle; and envision a safe and sustainable environment for all, please join us. We are dynamic, visionary, and dedicated to change. We would like to get to know you. Come visit us the 3rd Sunday of every month at 11:45 in room B8.

The Green Sanctuary Committee officers are: Chris Bystroff, Chair; Sandy Steubing, Vice-chair; Betsy Wright, Social Responsibilities Liaison; Jessica Seimon, Recording Secretary; and Carol Butt, Recycling Czarina.



Sandy Steubing speaking at the congregational meeting on the resolution.

Contact Us

Board of Trustees 2013-2014

email: board@albanyuu.org

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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

Endowment Trust 2013 Year-End Financial Report

Chairperson: Lee Newberg

Treasurer: Todd Thomas

Secretary: Chris Jensen

Members: Betsey Miller, Sharon Babala, Sue Berzinis (ex-officio).

Purpose: As stated in The Declaration of Trust, the purpose of the Endowment Trust is to invest and manage gifts and testamentary bequests made to the Society by its members and other individuals or entities. The primary objective of the Trust is to assure potential donors that their bequests will be honored and administered, to protect in perpetuity a principal fund that will generate income which may be used from year to year to assist the Society in furthering its purposes through special projects.

Financial Balances: At the end of 2013, the Trust had a value of \$864,725 up from the \$809,312 value at the end of 2012. Excluding the value of the \$575,000 interest-free loan from the Endowment Trust to the congregation for the Emerson Community Hall, the end of year value for 2013 was \$289,725, up from \$234,312 at the end of 2012. During 2013 contributions totaling \$1,040 were made to the trust, grants totaling \$1,950 were made from the trust and the trust increased \$56,323 due to interest, dividends, and net appreciation.

At the end of 2013, the Endowment was composed of a congregational building loan of \$575,000 (66%), a mutual fund portfolio of \$251,199 (29%), interest-bearing loans to the Community Loan Fund of \$30,000 (3%), and to the Honest Weight Food Coop of \$7,900 (1%), and a designated fund balance of \$626 (<1%).

Grants: According our policy, the Trust had up to \$2,973 newly available for grants in 2013, plus \$1,955 that had not been used in 2012. From the unused 2012 funds, in 2013 the Trust made grants of:

- \$250 towards the costs of setting up a program of online giving
- \$750 towards the cost of a brighter projector
- \$950 towards materials for Little Free Libraries, so that FUUSA volunteers may build them

In 2014, we will have approximately \$4,325 in newly available grant funds plus \$2,973 from unused 2013 grant funds. (By policy, the remaining grant funds from 2012 and prior years are no longer available for grants.) We welcome proposals for using this money to benefit the mission of FUUSA.

Gifts Received: During 2013, a total of \$1,040 in gifts were received in honor of or in memory of:

Marge Collins
Marilyn Dockter
Hughes Gemmill

Roland Hummel
Mathew E. Odell
Katherine Satin

Hallie Schroeder
Mary & Bob Stierer

The Trust Board takes this opportunity to publicly thank this year's contributors:

Priscilla Crago
Eva Gemmill
Edna Goldsmith
Steven & Paula Moskowitz

Kay Moss
Don Odell
Barbara Sekellick
Margaret & John Sherman

Lois Webb
Alexander Yatsevich

Remember: Gifts can be made by bequest, in memory or in honor of another, or for special occasions, such as a birthday gift for that special person who already has everything. Thank you for your continued support.

First Unitarian Universalist Society of Albany

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