



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

June 1 "The Perfectly Imperfect Religion" service in Clifton Park, 10:30 a.m.

**** No service at FUUSA today. ****

Come join UUs from all four local congregations at Shenendehowa West High School for a celebration of Unitarian Universalism (*details on page 3 and in a flyer at the end of this newsletter.*)

June 8 "It's a Wonderful World!," Leah Purcell and Alyssa Yeager

We'll thank our Religious Education volunteers. And we'll honor our graduating seniors—come help us form the "bridge" for them! *Also this year, we'll recognize the children who have participated in "Signs of our Faith, Being UU Everyday" for what they have learned about leadership.* Afterwards the celebration continues with ice cream sundaes and non-dairy frozen treats in Channing Hall.

Upcoming Summer Services (full schedule at end of newsletter)

June 15 "Droning On," Rev. Chris Antal

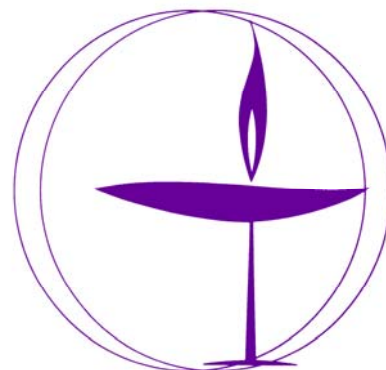
New York is emerging as a major drone operations center. What are the ethical issues around unmanned aerial vehicles and what is our social responsibility in light of their presence in our state? *The Rev. Chris J. Antal is a Community Minister for the Church of the Larger Fellowship.*

June 22 "Looking for Shark Teeth," Vee Abbitt

We don't have to look hard to find joyous, enlightening and affirming things in our every day lives. This is one story about how a day at the beach looking for shark teeth ended up being so much more. *Vee Abbitt is a UU seminarian.*

June 29 "GA Simulcast"

We will watch a live simulcast of the General Assembly Worship Service in Providence, RI, and join in singing hymns.



WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

June 2014

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

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

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(as scheduled)*

Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Religious Education Summer Session	Classrooms	
11:00 AM	Coffee Hour	Emerson	

Events happening every week in June

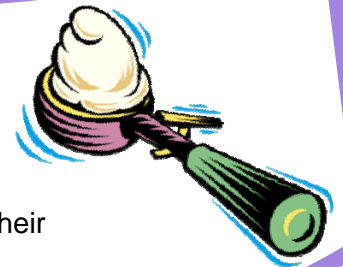
Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions: June 4—last choir rehearsal until September.
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
	7:00 PM	Choir Rehearsal	Emerson	

All other events happening in June

1-Jun Sunday	9:00 AM	CRUUNY Joint Worship Service	Offsite	10-Jun Tuesday	7:00 PM	UU Christians	B-5
2-Jun Monday	6:15 PM	RE Council Meeting	Channing		7:00 PM	Wellspring II	Stott Lounge
4-Jun Wednesday	6:45 PM	Wellspring I	B-8	16-Jun Monday	7:00 PM	Meaning Matters	B-8
	7:00 PM	Choir Rehearsal	Sanctuary	17-Jun Tuesday	5:00 PM	CRUUNY Planning	B-8
	7:00 PM	What to Expect at GA 2014	Channing	18-Jun Wednesday	6:00 PM	Endowment Trust Meeting	Stott Lounge
6-Jun Friday	1:00 PM	Reservation Cathy Perkins	Stott Lounge		6:45 PM	Wellspring I	B-8
	6:00 PM	CommUUnity Dinner	Channing	19-Jun Thursday	6:30 PM	Board of Trustees Meeting	Channing
	7:00 PM	RE Council Retreat	B-8	24-Jun Tuesday	7:00 PM	Wellspring II	Stott Lounge
7-Jun Saturday	8:00 AM	RE Council Retreat	B-8	25-Jun Wednesday	8:00 AM	UUA General Assembly starts	Offsite
8-Jun Sunday	10:00 AM	Service	Emerson	21-Jul Monday	7:00 PM	Meaning Matters	B-8
	12:00 PM	Spring into Summer Cabaret	Emerson	18-Aug Monday	7:00 PM	Meaning Matters	B-8
	5:30 PM	Walker Book Club	Channing				
9-Jun Monday	10:00 AM	Patrick/Odell SGM	B-5				
	1:00 PM	Interfaith Impact Meeting	B-8				
	5:15 PM	Membership Ministry Meeting	B-8				

Scooping Our Way to GA!

Help our youth get to General Assembly. They are soliciting donations as they help scoop and serve ice cream at Sundae Sunday, June 8. Look for the tip jars on the tables in Channing Hall. General Assembly is a unique chance for youth and young adults to build connections with other UUs youth from across the country. They learn together, reflect in small groups, worship, have a great time and prepare to bring their experiences back to their home congregations.



Sam's Outlook

Rev. Sam Trumbore's column will return when he does! He is due back from sabbatical on June 11.



News

It's time to worship and celebrate UU values together!

6th annual Joint Worship Service to be Sunday, June 1, at Shenendehowa West High School

Unitarian Universalists from all corners of the Capital Region will be coming together on **Sunday, June 1**, to celebrate the sixth Annual CRUUNY (Capital Region Unitarian Universalists of NY) Joint Worship Service.



So mark your calendar now to go to Clifton Park that morning instead of FUUSA. Our congregation will be worshipping that morning with fellow UUs from Schenectady, Glens Falls and Saratoga Springs in the Shenendehowa West High School auditorium, a brand new, central location that is just off the Northway and was chosen to avoid the parking problems of previous years. (See details below)

The service will be a multi-generational celebration of music, readings, reflections, story and songs. It is designed to appeal to adults and children all ages. Child care will also be provided in a classroom near the auditorium for parents who wish to use it.

Instrumentalists and choir members from the four congregations are preparing some especially moving and uplifting music for June 1, pieces you are sure to enjoy. In fact, we predict that many attendees will find themselves humming the catchy "Rhythm of Life" tune all day long after this service.

The Perfectly Imperfect Religion

The joint service will also feature members of the Saratoga congregation in a large-scale puppet show

Flyers in this issue

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

- ◆ **Joint Worship Service flyer**
- ◆ **Summer Sundays at FUUSA schedule**
- ◆ **Get Connected!**
- ◆ **FOCUS school supplies collection**

of Shel Silverstein's story "The Missing Piece" and reflections by the Reverend Dr. Tom Chulak on Unitarian Universalism as "The Perfectly Imperfect Religion."

Rev. Chulak notes that many religions in the world claim they have the truth and that their religion is perfect, but in many ways we Unitarian Universalists celebrate the opposite. We celebrate our openness to the breaking of new truths. We affirm that life and God are imperfect and — as Silverstein's story exemplifies — so are we.

Rev. Chulak retired from full-time ministry in 2010 after 31 years of serving Unitarian Universalism at the congregational, district and national levels. A former minister with congregations in four states, he has also served as adjunct professor at the Meadville Lombard Theological School and the Union Theological Seminary and was district executive for the St. Lawrence and Ohio Meadville UU Districts.



Plenty of free parking

Following two years of joint worship services at the Saratoga Hilton, then three years at the Round Lake Auditorium, the CRUUNY planning committee hopes that this year's new venue will solve the previous problem of inadequate parking.

Shenendehowa West High School is located in the middle of that school district's multi-school campus at **970 State Route 146 in Clifton Park**, which is only two miles west of exit 9 on the Northway (Route 87).

Please note that Shenendehowa's high school encompasses two buildings (West and East), and we will be in the smaller of the two buildings, which is

immediately west of the football field. There will be signs to show you the way. (You can also look at the aerial view in Google Maps to get your bearings.) Some sports events could be taking place that morning as well, but there are multiple parking lots on the Shenendehowa campus.

Share with friends, family and co-workers!

This service will be fun, upbeat, and open to the public. The CRUUNY planning committee feels it would be an excellent and enjoyable introduction to Unitarian Universalism. Everyone is encouraged to invite friends and family to come, especially if you know someone who is looking for a religious home or a church in which to raise their children. Please share the information or post the event flyer as you feel is appropriate in your neighborhood or workplace..

New mission statement adopted

At the Annual Meeting on Sunday, May 18, after some discussion, the proposed mission statement was adopted:

We welcome everyone. Our Unitarian Universalist community seeks truth and deeper meaning, pursues justice through inspired action, and cultivates compassion and love for all connected by the web of life.

Annual Meeting election results

Asterisk denotes incumbent continuing in their position.

President	Peggy Sherman
Vice-President	Dick Dana
Secretary	RoseAnne Fogarty
Treasurer	Sue Berzinis
Ass't. Treasurer	Reese Satin
Religious Education Chair	Tracie Tilgner
Social Responsibilities Chair	Jean Poppei

Board of Trustees

Al DeSalvo*, Michele Desrosiers*, Eric Eddy*, Bob Franklin*, Michael Hornsby, Patti Jo Newell

Endowment Trust

Sharon Babala*, Chris Jensen*, Jan McCracken, Betsey Miller*, Todd Thomas*

Nominating Committee

Laura Churchill*, Molly Daniels, Donna Meixner*, Dave Metz*, Paula Moskowitz*, Sandy Stone

Social Responsibilities Council

Patty Burch*, Ed Hancock*, Jaye Holly*, Karen Kauf-

mann, Martha Musser*, Jessica Semon

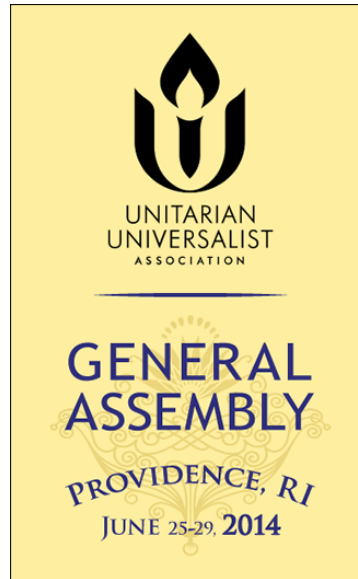
Religious Education Council

Cari Abatemarco*, Meredith Andrews, Mark Butt, Pam Clements, Brian Frank*, Mary Myers*, Annika Pfluger, David Quist*, Neil Rice, Jan Satin*, John Scaringe*, Dee Van Riper*

Thinking about General Assembly?

Find out more...

Come to FUUSA on Wednesday evening, June 4 at



7 pm to get ready for General Assembly in Providence, June 25-29! There will be dessert and discussion about this annual meeting of the Unitarian Universalist Association, followed by a UUA webinar, What to Expect at GA 2014. All are welcome.

Our GA delegates who will vote on behalf of FUUSA are Dawn and Dick Dana, Karen Kaufmann, Jan McCracken, Mary Myers, Jean

Poppei, Peggy Sherman, and Jacquie Williams. They will be joined by Rev. Sam, Leah Purcell, Amy Lent and about a dozen other FUUSAns who have made plans to attend, including two of our youth.

It's not too late to plan make plans to join us in Providence. Find information online at www.uua.org/ga. You can participate for part or all of the meeting. Thanks to a grant from the Endowment Trust, we have been able to support the cost of registrations for first time attendees. Funds may still be available; contact Peggy Sherman for more information.

March in the Pride Parade June 14!

Join our sister congregations and march in the annual Pride Parade behind our beautiful new CRUUNY banner to let everyone know we are truly a welcoming congregation. We line up behind the parade kickoff point right near FUUSA at the corner of State and Robin in Washington Park, on SATURDAY, June 14 (not Sunday as in the past), just before noon. Look for the rainbow CRUUNY banner or ask one of the volunteers where our place is in the parade lineup. The parade is an easy and joyous walk down State Street, over on Lark to Madison, re-

Board notes

Dick Dana, Vice President



Are we Seekers or Dwellers or both?

A few months ago I came across a paper by a young woman, Ruth Hinkle, entitled “The Disconnect Between Unitarian Universalist Youth and Adults”. Ms. Hinkle is about the age of my daughter Beth, who is 29. Reading the article brought back a flood of memories. I remembered long drives with my daughter and her FUUSA high school group to Toronto and other distant UU congregations to attend Youth Conferences, affectionately known as Cons.

Before attending Cons I knew what a wonderful experience our teen youth were having in RE, what a safe haven the high school group was for those that met every Sunday. High school years can be difficult. I remember high school as a difficult time; I remember feeling unmoored, adrift. What was a total revelation to me attending these Cons was the services that the youth put together to end each day, usually scheduled for 11:30 PM and very often actually occurring much later. They were nothing like our adult oriented 10 AM service. They embodied a deep sense of community and welcoming, of exploration and adventure, which I have never experienced anywhere else. In reading Ms. Hinkle’s paper, it came clear to me what was so different about those Youth Con services. Ms. Hinkle puts it very well, so I will not paraphrase. She says:

“Youth worships are especially distinct from adult services in that they are highly flexible in nature. They are composed of interchangeable parts that include songs, participatory activities and reflections, readings, and meditations. Youth worships do not typically include a sermon or homily. It is rare for an order of service to be given to participants. Sacred space is unfixed and can be created by the simple lighting of a chalice, arranging candles to create a reflective mood, and/or adorning the worship space with decoration. There is often a ritual entrance to the space (i.e. by entering in song or after a reading). The worship space may have served earlier in the evening as the dining hall or the site of a pillow fight.”

“Worships are often planned during conference or camp workshops and are open to anyone. Thus any member of the community can take part in creating worship. Improvisation is a prized skill among worship facilitators because it allows them to react to the changing emotional landscape of worship. This speaks to the intuitive nature of youth worship—great worship facilitators can sense the group’s emotional state and respond to accommodate the group’s needs. Adult services, on the other hand, are fixed in structure and follow the same pattern each Sunday. Attendees typically receive a printed order of service which tells them what to expect and limits the opportunity for the unnoticed improvisation that sometimes occurs in youth worship.”

Why such a disconnection between what our UU youths experience growing up and what they experience attending adult services later in life? Ms. Hinkle has an answer. She sees two approaches to the practice of Unitarian Universalism: there are the “seekers” and the “dwellers.” We UUs tend to see our denomination as full of seekers. This concept is incorporated in our fourth Principle with the words “the free and responsible search for truth and meaning.”

Ms. Hinkle posits that we are not all seekers and that a significant number of us are “dwellers,” or UUs who are not looking for further answers to life’s big questions, but who are instead looking to inhabit a known space (remember the pain some felt when we moved to our new space in Emerson?) and a predictable ritual every Sunday morning in which they can feel secure. She maintains that our youth services are for seekers while our adult services are designed primarily for dwellers, for those who are comfortable in their current

Board Notes, continued on page 6

Board Notes, continued from page 5

beliefs and are not seeking anything that might enhance, challenge or change those beliefs.

Though this concept of dividing UUs into seekers and dwellers may be an oversimplification—we can be seekers and dwellers at the same time—in it I find much food for thought. Are FUUSA services primarily geared toward comforting those who are comfortable rather than what we often aspire to: trying to

comfort the afflicted and afflict the comfortable?

In her paper Ms. Hinkle describes a painful transition for her, as she aged out of RE, from youth services built around seeking to the adult services built around dwelling. I found this part of her paper disturbing and upsetting. I urge anyone interested to read her paper. It's 13 pages and can be accessed by googling "The disconnect between UU youth and adults." Or contact me and I will get you a copy.

entering the park at New Scotland where the all-day festival includes music, food and craft vendors, informational booths, seeing and being seen! Wear your yellow SSL shirts and caps!

Coffee Hour changes

Change can be unsettling and disruptive. We tend to put off or avoid change when the status quo seems to be working, even if barely so. The Program Coordinating Committee (PCC) has determined that the current state of volunteering to host coffee hour has been a broken system for a very long time—those who put in many hours over the years as Sunday Volunteer Coordinators say it's been broken for years—and that the current struggle that our office staff now has each week to find two volunteers to host coffee hour is a drain on our limited staff resources and not sustainable.

After much discussion both through emails and during our April meeting, involving more than 25 FUUSA leaders, and after consultation with the Board of Trustees, the PCC has decided to limit the responsibilities of coffee hour hosts to coffee and other beverages. No longer will they be responsible for providing food and food will no longer be a regular part of our Sunday coffee hour. This will start with our first summer service in June and will continue next fall.

With the elimination of food and with the usual help from Hadiya, this will allow us to go down to one coffee hour host. A single host will be responsible for setting up before coffee hour, maintaining coffee, tea water and associated condiments during coffee hour and cleaning up afterwards. There will no longer be a need for volunteers to shop for bagels and other food beforehand. This should make volunteering appear less burdensome and more attractive to people.

Some of you may at this point be asking yourself why are we having such a hard time getting volunteers? Before we start blaming ourselves for just

not trying hard enough, let me throw out a quote from an article on the UUA website entitled "Staffing the Large Congregation" by Rev. Stefan Jonasson who is the UUA Director for Large Congregations.

"...it would be fair to say that the volunteer pool has been shrinking – and that it continues to do so for most churches. While it may be tempting to blame people for this decline by somehow attributing it to a lack of volunteer spirit (or worse), doing so is neither fair nor profitable. The simple fact is that lifestyle changes have reduced the time available for volunteering. And Unitarian Universalists have been affected by these changes more than most other faith movements."

The PCC realizes that change can be tough. But sometimes maintaining the status quo can be tougher. We also realize that this change may require us to adapt: if your kids expect a bagel or a rice cake or an apple at coffee hour, you might want to bring that in with you. If you have a meeting after church, you might want to bring a snack, or the meeting convener might want to solicit someone to bring snacks for all the meeting participants.

I am happy to discuss this change and its ramifications via email or during coffee hour.-Dick Dana, Vice President

Memorial service for Irene Saulsbery

Irene Saulsbery died May 17 after a long struggle with cancer. A memorial service will be held, probably in late June, after Rev. Sam returns from sabbatical.

Summer flowers

Services at FUUSA in the summer months are a 'tad' more casual, and one thing we do differently is flowers. We just ask folks to bring something from their garden for the table in the front of Emerson Community Hall. No need to sign up, just do it on the spur of the moment. And then, after the service you should take the flowers home to continue enjoying them!

Religious Exploration

Who me?

Leah Purcell, Director of Religious Education



The question floats in the air for all Religious Education programs around this time of year. How can we make it work for families and volunteers to participate in and run a religious education program? Like many congregations, FUUSA has one paid staff member and many volunteers. Here are some common questions from individual and responses from my colleagues around the country.

Why do Religious Education volunteers donate their time and effort to children and youth?

The best way to get an answer to that is to ask one of our volunteers! Sharing the excitement of learning and exploring new ideas with children can be a very special experience. Volunteers often say that they learn as much, or more, from the children and youth as the children and youth do from the volunteers. The fresh outlook of children and youth helps adults to keep our youthful perspective.

The curriculum materials we provide allow you to explore and clarify your own religious ideas, delve into the varied religious heritages that have influenced Unitarian Universalism and celebrate religious traditions of other cultures, and ways to put your faith into action.

I'm still forming my own beliefs. How can I teach religion to children?

As UU's, most of us spend our entire lives formulating our religious beliefs. It's a part of what we're all about! Since we have no creed, we don't try to "teach" our children religion. Instead, we help them to question, to wonder, to grow their own spirituality. We teach them how to think about religion, not what to think about it. Our teachers don't need theological certainty, just open minds and open hearts.

But I don't know how to teach!

That's okay - we'll help you! The Religious Education Council and I provide support, both practical and emotional, at any time. I give an orientation to first timers before the semester starts. First timers get matched on teams with experienced volunteers. I check in with each class each week and I meet with them to give them coaching with specific needs for their group of children

But I can't do it alone!

Of course you can't, and we don't expect you to. You'll be a part of a teaching team of three or four volunteers per group. When it's your turn to teach, another member of your team will be there to assist. You can expect to lead one session a month and assist once a month. I send each team an email each week to remind you of the schedule and check in with you, offer suggestions and provide you with the materials you need.

But I'm not good at arts and crafts (or music, drama or whatever).

You don't have to be! Our curricula are designed to be easy to use and are so complete that all you need to do is follow the directions. Just add love and stir! Remember, the members of your teaching team will have complementary strengths. Our congregation is a wealth of talent, so I will help you find that guitarist-dancer-scientist who can add the touch of expertise you want.

My kids are grown (or I don't have kids). Why should I get involved in RE?

Social responsibility begins at home, within our own church family. What better way to assure our future, as well as that of our denomination, than to work with children and youth, who are its heartbeat? It is very rewarding to share the joy of celebration and discovery. The children and youth will benefit from your viewpoint

I enjoy the sermons too much to miss them.

Good News! You'll have two Sunday's "off" each month. And the two most recent services in their entirety are on line. I can give you the user name and password for the protected spot at FUUSA's website.

OK, now I'm interested.

You can check out the fall semester offerings for children and youth at my blog <http://albanyuu.org/wp/dre-blog/315-2/religious-education-2014-15/> Email me if you'd like to join a teaching team or if you have questions.

In joyful service, Leah

Growing Together

Lifespan Learning this summer

Blazing Pathways to Connection: an introduction to nonviolent communication

To learn more about the purpose of nonviolent communication and to participate in a safe haven for learning and practice, consider attending this short course that will be offered this summer on three Wednesday evenings - July 16, 30 and August 6 at FUUSA from 6:30 – 9:00 pm. This workshop was offered in March and here are just a few of the positive comments that participants made:

- ◆ This approach clearly resonates with our principle of respect for the inherent worth and dignity for each person
- ◆ Compassionate communication should be another UU principle!
- ◆ Handouts good, exercises good, like demonstrations
- ◆ I plan to think about NVC in a variety of contexts and even try to use it as a spiritual practice.

The workshop will be facilitated by Jan McCracken and Philomena Moriarty and 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.

Please register on the board in Channing Hall or online at registration@albanyuu.org no later than July 1.

A \$15 workshop fee will be collected to cover basic costs. Scholarships are available.

Child care to members and friends of FUUSA will be available, as needed.

Please contact Jan McCracken for more information at 275-8709 or jmccrack@nycap.rr.com

Joy Library notes

Look for these in the new book section:

In his sermon, "Freedom Under Stress", Rev Sam mentioned these books by Irshad Manji:

The Trouble with Islam Today: A Muslim's Call for Reform in Her Faith by Irshad Manji. St. Martin's

Griffin, 2005. [297 MAN] "The New York Times calls Irshad Manji "Osama bin Laden's worst nightmare." Oprah Winfrey's magazine has given Irshad its first annual Chutzpah Award for "audacity, nerve, boldness and conviction." ... "offers a practical vision of how the United States and its allies can help Muslims undertake a reformation that empowers women, promotes respect for religious minorities, and fosters a competition of ideas.... A clarion call for a fatwa-free future." .

Allah, Liberty and Love: The Courage to Reconcile Faith and Freedom by Irshad Manji. Atria Books, 2012. [297.5 MAN] "*Like the uprisings against Middle East dictators, Allah, Liberty & Love is a jolt of adrenaline in the struggle against enemies of humanity - those who would coerce a people's rights or an individual's conscience. Manji is a brave woman whose moral courage brings threats against her life. Now, even as she equips her Muslim brothers and sisters to "stay with integrity" in their effort to replace dogma with faith. Manji challenges us who are not Muslims to take on the closed minds of our own religion, party, community or clan. ... a passionate yet practical guide for the journey of moral courage that each of us must begin if we are to live with dignity on a crowded planet.*" Bill Moyers.

God Revised: How Religion Must Evolve in a Scientific Age by Galen Guengerich. Palgrave Macmillan, 2013. [211 GUE] "*If you've ever thought of yourself as spiritual but not religious, ..., this is the book for you. Guengerich ... illuminates what it means to be both, taking on rabid skeptics as readily as entrenched believers. The result is a book that both re-casts the concept of God and restores our faith in the human.*" --William F. Schulz, Former President of the Unitarian Universalist Association. Galen Guengerich is Senior Minister of All Souls Unitarian Church in New York City.

A Disability History of the United States (ReVisioning American History) by Kim E. Nielsen. Beacon Press, 2012. [362.409 NIE]. "*...A truly inclusive history. ... braids together the history every American knows with the history most Americans have never even imagined-and our society has long forgotten. Fascinating, enlightening, absorbing, well-researched, and concise, [... It's the book I'd encourage every American to read.*" —Rachel Simon, author of *The Story of Beautiful Girl* and *Riding The Bus With My Sister*.

Where Two Worlds Touch: A Spiritual Journey Through Alzheimer's Disease by Jade C. Angelica. Skinner House Books, 2014. [616.831 ANG]. "*... wisdom and hope ... gleaned from ... working closely with Alzheimer's patients and caregivers. Challeng-*

ing the predominant belief that people with Alzheimer's no longer have purpose, potential, or the capacity for meaningful relationship, **Where Two Worlds Touch** is both a spiritual memoir and a pastoral guide for those who love someone with Alzheimer's... advice on preserving connection, finding hope, self-care, and staying open to the possibility of grace."

A Call to Action: Women, Religion, Violence, and Power by Jimmy Carter Simon & Schuster, 2014. [323.34 CAR]. "The world's discrimination and violence against women and girls is the most serious, pervasive, and ignored violation of basic human rights: This is President Jimmy Carter's call to action."

Our Community

How to make summer connections with Albany UUs

- (1) **Sundays at church** (!) (See Summer Sundays flyer at end of this newsletter)
- (2) **These events:** CommUUnity Group potluck (June 6), Cabaret and lunch (June 8), Walker Book Club potluck (June 8), Green Sanctuary Potluck Picnic (June 12), march with FUUSAns in the Pride Parade (June 14), Channing Circle (June 16), Satins' auction picnic (July 20). Watch the weekly Preview email for any new events.
- (3) **Volunteering:** Sundays (call the FUUSA office at 463-7135 to sign up to be an Usher or Greeter), gardening at FUUSA (call Paula Moskowitz at 439-6347), building maintenance projects (call Dave Metz at 330-6389), Caring Network (call Eileen Hoffman 439-8869)
- (4) **Affinity groups**—get together with folks who like to do activities you also like!

Here is a list of current groups at FUUSA, some meet as a group, some don't. All but one have an email list (called an eGroup) for easy communication.

- ◆ **Bridge**-- meet at FUUSA every Tuesday at 1:00 PM, beginners welcome.
- ◆ **Channing Circle**—"Mature" folks who meet on third Mondays for brown bag lunch, dessert and a program. Sign up for their eGroup to find out what summer activities they've planned.
- ◆ **Choir**—Fun in the summer—will sing again in the fall. Sign up for their eGroup to keep in touch.

**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.

- ◆ **Gardeners**—New eGroup: sign up to connect with other gardeners, exchange plants, find volunteer opportunities, ask plant advice.
- ◆ **UU Humanists**-- New eGroup: a place for FUUSA humanists to dialogue. Sign up to join the discussion, expect to meet in the fall.
- ◆ **Outdoor Enthusiasts**—New eGroup: find folks with whom to go kayaking, hiking, skiing, etc. Sign up, tell us what you plan to do: e.g. "paddling the Normanskill this Saturday, anyone want to come?"
- ◆ **Philosophy Discussion Group**--meets at FUUSA every Tuesday at 10 AM. Sign into their eGroup to get notices of current topic.
- ◆ **Projects and Quilts**—meets at FUUSA every Wednesday at 10 AM to work on projects; bring your lunch, too! Sign up for their eGroup!
- ◆ **UU Christians**—will meet again in September. Sign up for their eGroup to keep in touch.
- ◆ **Walker Book Club**—reading a book over the summer. Sign up for their eGroup to get title!

"eGroups" are part of our online database ChurchDB. Every FUUSA member and friend has access to this, and you can sign up for any of these groups yourself (and, equally, you can unsubscribe anytime, too!)

Watch the weekly Preview email, sent on Thursdays, for a link to ChurchDB and guidance on logging in for the first time and signing up for eGroups.

Walker Book Club

Join us for a potluck and discussion on Sunday, June 8, at 5:30 in Channing Hall. 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 June 8, we will discuss short stories from The Night in Question by Tobias Wolff. The stories are: "Firelight," "The Chain," "Mortals," and "Smorgasbord." Copies are available in the office at FUUSA.

The longer, summer book, for discussion in September, is The Amazing Adventures of Kavalier & Clay: A Novel by Michael Chabon.

Contact Linda Hunt at lhunt@nycap.rr.com with any questions about the group .

About Us

The Helderberg Madrigal Singers will present "Spring Fantasy: A Musical Celebration of the Season" on Saturday, May 31, at 7:30 PM at Christ Community Reformed Church, 1010 Rt. 146, Clifton Park. Musical guests include the Capital Area Flute Club. A free will offering will be taken. Please see **Dawn or Dick Dana or Dave Metz** for more information.

Jan Smith is looking to share her N. Greenbush home: contact her for more info on the "furnished bedroom suite and comfortable home".

CommUUnity Group

Friday June 6, 6PM

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 Paula Brewer for more information.

Channing Circle

Monday, June 16: possible summer plans

Channing Circle, your home away from home, will have its last meeting of the current church year on Monday, June 16 at noon. The Circle is open to all

mature FUUSAns. There is socializing over brown bag lunches followed by a program. In June the program will be a discussion focused on recent events in the world suggested by individual members. Coffee, tea and dessert will be provided along with place settings.

Channing Circle may be helping to organize groups to attend one or more of the following: Glimmerglass Opera, Tanglewood, Clark Museum, NY Ballet at SPAC, or Shakespeare in the Berkshires. If you are interested but will be absent in June contact Mark Yolles at mpy116@gmail.com or 434-4963.

Last call: Satins' auction picnic still available

The auction committee would like to give you another chance to join us at the Henry Hudson Park on July 20, for the Satin's New Age Picnic. Fun begins at 1:00, Food at 1:30 . \$25/adult, \$10/child, maximum \$60/family. Bring lawn games, call Jan or Reese Satin at 767-3509 for reservations.

Seeking paid building hosts

Looking to pick up a few hours of work and help FUUSA? Building hosts are trained to assist rental groups during events at the church. Please contact Alyssa (admin@albanyuu.org, 518-463-7135) if you are interested in learning more.

The 21st UU Weekend at Silver Bay October 17-19, 2014

Come experience amazing fall foliage views while making new friends and deepening connections with fellow UUs.

The weekend will be filled with activities (indoor and outdoor), workshops, music, a talent show, children's programs and much, much more. You could start off Saturday morning with a hike which rewards you with stunning views of Lake George's clear blue water amid the gorgeous fall colors of the Adirondacks. Saturday and Sunday children's programming includes a scavenger hunt, superhero cape making and spy training for our younger set and Frisbee golf, archery and human battleship among other activities for the older set.

On Saturday, our speaker for the Jeanne Blank Memorial Address is Dr. Sheldon Solomon. Learn more about Sheldon here, <http://www.scientificamerican.com/article.cfm?id=fear-death-and-politics>. Rev. Becky Gunn will be giving the Sunday Service in the Chapel at Silver Bay. Ad-

ditional activities include a waterfront (kayaks, canoes, rowboats), 2 gyms, climbing wall, dance/aerobics studio, fitness center, 3-minute Talent Show, silent auction (bring an item that you would like to re-gift).



Curious about Silver Bay? Silver Bay is the Silver Bay Association YMCA Family and Conference Center, located near the northern end of Lake George in Silver Bay, NY. The

600 acre classic Adirondack resort has an historical inn with comfortable rooms at various prices with varying amenities. Visit Silver Bay's website at <http://www.silverbay.org>.

Contact Information: General registration and housing questions: Linda Way, (518) 456-8199 or lway1@nycap.rr.com Programs: Andrea Ricard, andrea.ricard@gmail.com. "Like" us on Facebook at UU Weekend at Silver Bay to keep up with programming notes, ask questions or post your photos from years past.

UU Weekend brings together fellowship, fun, foliage and friendship. We hope to see you there!

Joys and Caring Corner _____

Graduations

Paula and Dick Brewer are pleased to report that their daughter Anna will be attending Brandeis University in the fall of 2015 after spending the next year as a gap year.

Cathy DeMille reports that her daughter Virginia will attend Manhattan School of Music to pursue voice and opera studies.

Autumn Paul will be attending SUNY Albany in the fall.

To celebrate **Lauren Gambino's** earning her masters in Non Profit Management, her parents will be taking her on a Mediterranean cruise!

Phil Rich's nephew, Kyle Decline, will graduate this month from Schenectady County Community College's Culinary Arts program.

Priscilla Crago is happy to report that her daughter, Marcelle, completed her BS in Nursing online from the Empire State College. Her average was a 95!

Don and Ann Eberle's grandson, DJ, has graduated from Western New England University.

Marriages

Mary Applegate is happy to announce that her 54 year old sister was married last month.

Illness

Jacqui Williams reports that her chemotherapy is progressing. She is very thankful to the community for all their support over the past few months.

Karen Dewillers' sister had a breast lumpectomy and will be expecting further treatments under an oncologists care.

Diana Shear was admitted to an area hospital after falling ill May 17, but is home now.

Birthdays

Ted and Sue Wright were with their children and grandchildren over Easter to celebrate April birthdays in their family. Ted turned 88.

Dave and Sandy Stone's grandchildren had birthdays last month. Luke turned eight and Jonas turned 12. Jonas and granddaughter Isabella scored well in their NYSSMA music evaluations on their clarinet and viola, respectively.

Remembrances

Tracie Tilgner remembers that her sister died four years ago, succumbing to cancer at the age of 43, the age Tracie is now.

Concerns

Paula Brewer is concerned for their Ukrainian exchange student, Julia Doha, who recently returned home to western Ukraine.

Deaths

Ted Wright is sad to report that his Adirondack Mountain Club hiking friend, Bob Veino, has died.

Laura Cayford reports that her brother died after suffering a stroke. Laura and her family travelled to Michigan for a memorial service.

Irene Saulsbery succumbed to cancer at St. Peter's Hospice Inn surrounded by loving friends and family on May 17. She will be missed by many in our congregation.

A former member of FUUSA, **Georgette Thomas** died Feb 13 in Chester, VT. She was best known and adored as the innkeeper of the Hugging Bear Inn & Shoppe in Chester, her business and passion since 1982.

Transitions

Maria Mena will be leaving the FUUSA community after two years of living in Albany. She will be moving to Newport News, Virginia.

DJ Panetta's 83 year old mother had a mother's day celebration with all her children present at a family BBQ.

Carolyn Bradley is happy to be back after spending a few months travelling to eleven states in her RV.

Accomplishments

Jo Keers announced that her son-in-law, Peter, has produced a play entitled , "My Brother Kissed Mike Zuckerberg".

Ira McKinley announced that a revision of his movie, "The Throwaways", was viewed to wide acclaim last month at Troy's Center for Independent Film. In the movie Ira credits FUUSA for their generous support in making his movie.

Thanks

Rudy Johnson recently underwent surgery on his arm in connection with his newly started dialysis treatments for a longstanding case of kidney disease. To the Caring Network, and all those who came to his aid or sent cards and good wishes he is most grateful and extends his heartfelt thanks.

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

Green Sanctuary Committee Potluck Picnic, June 12

On Saturday, June 21, the summer solstice, the Green Sanctuary Committees of the CRUUNY churches will have a potluck picnic at Peebles Park near Waterford. We will eat and have fun, and compare notes about what our committees have done during the year.

Everyone is welcome. Please bring something to share. We expect to carpool from FUUSA at 11:30 a.m., so, if interested, please contact Betsy at 482-1936 (leave a message) or at bettyveli-za@gmail.com.

Help fill up the backpacks!

The FOCUS School Supplies Collection has begun and will continue through the last week in August. There will be a collection box in the FUUSA co-atrium all summer. We will gratefully receive all contributions of new school supplies. A full list of the items we collect is in the flyer at the end of the newsletter. ***We especially need spiral notebooks, college-ruled notebook paper, and composition books, both wide-ruled and college-ruled.*** If you wish to contribute money in lieu of supplies, please make your check out to FOCUS and mark it "FOCUS School Supplies." Send it to FOCUS, 275 State Street, Albany, NY 12210.

Going to miss a Sunday? You can listen to the FUUSA Sunday service at home or on your mobile device. The two most recent services are available as MP3 files on the FUUSA website. Here is how to access:

Go to <http://albanyuu.org/wp/>. In the left column, click on Members Only (password). Type user: fuusan. Type password: Emerson405.



Contact Us

Board of Trustees 2013-2014

email: board@albanyuu.org

Executive Committee

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RoseAnne Fogarty, Secretary

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Michele Desrosiers
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Tracie Tilgner, Chair Religious Education Council
Karen Kaufmann, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

Reese Satin, Assistant Treasurer

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Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

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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

Albany • Glens Falls • Saratoga Springs • Schenectady

Unitarian Universalists

OF THE CAPITAL REGION OF NEW YORK



The Perfectly Imperfect Religion



All are welcome at the 6th Annual Capital Region
Unitarian Universalist Joint Worship Service

Sunday, June 1, 2014

**10:30 am in the Shenendehowa West
High School Auditorium**

970 State Route 146, Clifton Park

Featuring retired St. Lawrence District Executive
Rev. Tom Chulak



Members of the public and Unitarian Universalists of all ages are invited to gather on June 1 for a celebration of moving music, readings, reflection, story and song.

This multi-generational service will feature a Joint Choir from our four congregations and a chance to live and celebrate UU values as we are inspired by Rev. Chulak and by a human / puppet presentation of Shel Silverstein's story "The Missing Piece."

Child care will be provided, along with plenty of free parking on the Shenendehowa school district campus.

Summer Sundays

at FUUSA

June-July-August 2014

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward



June 15 "Droning On," Rev. Chris Antal

New York is emerging as a major drone operations center. What are the ethical issues around unmanned aerial vehicles and what is our social responsibility in light of their presence in our state?

The Rev. Chris J. Antal is a Community Minister for the Church of the Larger Fellowship.

June 22 "Looking for Shark Teeth," Vee Abbitt

We don't have to look hard to find joyous, enlightening and affirming things in our every day lives. This is one story about how a day at the beach looking for shark teeth ended up being so much more. *Vee Abbitt is a UU seminarian.*

June 29 "GA Simulcast"

We will watch a live simulcast of the General Assembly Worship Service in Providence, RI, and join in singing hymns.

Continued on reverse

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 15– Aug. 31

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Unlike the sequential lessons during the fall and spring terms, each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.



The summer services are coordinated by Sue Stierer and Vee Abbitt. If you can volunteer to help on a Sunday when you will be here, they'd love to hear from you. They have openings for Greeters and Ushers. You can reach Sue at 518-590-4448 and [sstierermendrin@yahoo.com](mailto:ssstierermendrin@yahoo.com) or Vee at vabbitt@meadville.edu.

Summer Sundays at FUUSA

June-July-August 2014



Aug. 3 “Reflections on Small,” **Karen Johnston**
Paradox is one of the mysteries of the spiritual world and quantum science. Paradox helps us out of our heads and opens up the possibility of something more. May this service's focus on Small -- and all it contains -- invite you to wide possibilities. *Karen G. Johnston is a Candidate for the Unitarian Universalist Ministry who lives in Northampton, MA.*

Aug. 10 “The Reunion of the Separated,” **Rev. Dr. Tom Chulak**

At birth we are separated and throughout our lives we often find ourselves separated from self and others. Most of us want to feel connected but find it hard to connect. This service will explore our yearning as human beings for reunion that is loving and life-giving and our struggle to find it. *Rev. Dr. Tom Chulak is a retired UU Minister and Member of FUUSA.*

Aug. 17 “Embracing the Raw Bones of the World,” **Lou Rehder**

Seeking new ground for atheism, spirituality, and religion, this talk will focus on recent scientific findings on body-based awareness and cognition. The national marriage debate will be touched on, and techniques from tai chi will be reviewed regarding exploring this new ground. *Lou Rehder is a dad and a structural engineer who has also trained in martial arts and exploration of meditative states, dance and conflict resolution.*

Aug. 24 “Love Reaches Out,” **Peggy Sherman and others**

Reflections from FUUSAns on their experiences at 2014 General Assembly in Providence, Rhode Island

Aug. 31 “The Meaning and Dignity of Work,” **Robb Smith**

The NY Constitution says “labor is not a commodity.” What does that mean? The founder of psychoanalysis, Sigmund Freud, said the two things you need to be happy are love and work. Why? As we prepare for Labor Day, let's take a closer look at the work we do and what makes it so important in our lives. *Robb Smith is a UU Lay Community Minister and Executive Director of Interfaith Impact of NYS, the UU legislative ministry for New York.*



July 6 “The Baby, the Bathwater and Me: A Cleansing Faith Journey,” **Sue Stierer**

The story of a UU turned Christian turned UU Christian searching for truth and meaning in one tradition of our UU heritage. *Sue Stierer is an active member of FUUSA, participating in many lay-led worship services, our wonderful choir, and the Religious Services Committee.*

July 13 “Wanderers, Worshippers, Lovers of Leaving,” **Rev. Beth Dana**

Religion scholar Robert Wuthnow writes about dwelling theology and seeking theology in the American religious landscape. We will explore expressions of these theologies in Unitarian Universalist communities, and how they shape our spirituality and church life. *Rev. Beth Dana grew up at FUUSA and is now a Unitarian Universalist minister in Fort Worth, Texas.*

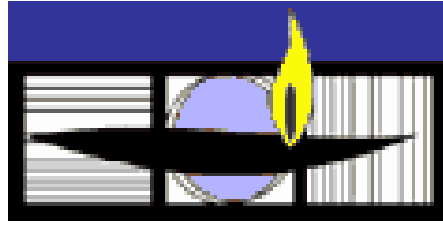
July 20 “Wellspring Reflections,” **Wellspring Participants**

Reflections offered by members of this year's Wellspring 1 group on their spiritual growth and development. Participants included Sharon Babala, Pam Crane, Thayer Heath, Chuck Manning, Philomena Moriarty and Leah Purcell. Dave Munro and Cathy Perkins were the group facilitators.

July 27 “The Symbolism of Flowers,” **Sigrin Newell**

From time immemorial, people have buried their dead with flowers. The iris, the lily, the rose and others are more than just flowers; they carry spiritual and symbolic meaning. Mid-summer is a good time to explore stories of flowers and spirit. *Sigrin Newell is a gardener and naturalist who sings in the choir.*

*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!)



FOCUS on SCHOOLS

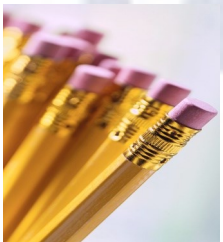


Nobody wants to make parents choose between buying food for their children or buying them school supplies! Now through August, the FOCUS Interfaith Food Pantry will be collecting and distributing school supplies for the children who use the Food Pantry. That way, their parents' food money can continue to buy them food. *Will you help?*

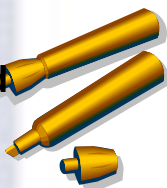
We need school supplies for children from Pre-Kindergarten through high school. Please bring your contributions to your faith community through July. On Aug. 18-21 and Aug. 25, bring them to the First Unitarian Universalist Society, 405 Washington Ave., (glass-doors entrance) between 9 a.m. and Noon.



- #2 pencils (sharpened if possible)
- Pencil sharpeners
- Pencil pouches
- Pencil boxes, plastic
- 2" pink erasers
- Pens — blue or black ink
- Crayons — box of 24
- Colored markers
- Colored pencils
- Dry-erase markers
- Yellow highlighters
- Glue sticks



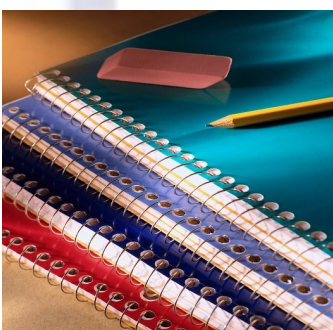
- Glue bottles
- * School scissors
- 1-subject spiral notebooks — wide-ruled and college-ruled
- Hard cover 3-ring binders — 1" or 1½"
- * Notebook paper — wide-ruled
- * Notebook paper — college-ruled
- Marble composition books — wide-ruled and college-ruled
- 12" Rulers
- Pocket folders
- 3" Sticky-back notes



** Items Especially Needed*

Contributions of money are also most welcome. We use them to buy supplies that are not donated. Please make your check out to FOCUS and mark it "FOCUS School Supplies." Send it to FOCUS, 275 State Street, Albany, NY 12210.

For more information, contact Becca Leet, the School Supplies Coordinator, at 443-0460 or e-mail BeccaL@focuschurches.net.



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