

## Sundays at FUUSA

*Please join us on any Sunday for:*

*Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs on Sundays include Forum (social justice and environmental topics), Family Chapel, social events, and adult education.*

**All are welcome!**

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

Mid-Summer 2014

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### Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

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

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(as scheduled)*

### Services

#### 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.

*Music:* Matt Edwards and choir

#### 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.

*Music:* Al DeSalvo

#### 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. (This service will be in the Sanctuary.)

*Music:* Ann Brandon

#### Aug. 24 "Love Reaches Out," Peggy Sherman and others

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

*Music:* Ann Brandon

#### 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.

*Music:* Emanuel Freitas

# Calendar

## Events happening every Sunday at FUUSA

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

Exceptions: Aug. 17 Service will be in the Sanctuary.

## Events happening every week in August

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 August

- 4-Aug Monday**  
5:15 PM FUUSA Membership Committee ..... B-8
- 6-Aug Wednesday**  
6:30 PM Blazing Pathways to Communication Workshop Emerson
- 11-Aug Monday**  
7:00 PM Monday Men ..... B-5
- 12-Aug Tuesday**  
6:00 PM GA Get-together ..... Emerson
- 21-Aug Thursday**  
7:00 PM FUUSA Board Meeting ..... Channing
- 25-Aug Monday**  
12:30 PM Grannies for Peace ..... B-8  
7:00 PM Meaning Matters ..... B-8  
7:00 PM Monday Men ..... B-5
- 26-Aug Tuesday**  
12:00 AM Backpack project ..... B-3/B-4
- 27-Aug Wednesday**  
12:00 AM Backpack project ..... B-3/B-4
- 3-Sep Wednesday**  
7:00 PM Blessing of the Backpacks ..... Channing  
7:00 PM Living Soulfully ..... B-7
- 7-Sep Sunday**  
10:00 AM Homecoming Sunday and lunch .....
- 8-Sep Monday**  
1:00 PM Grannies for Peace ..... B-8  
7:00 PM Monday Men ..... B-5
- 9-Sep Tuesday**  
6:00 PM Wellspring-Faithful Action ..... B-8
- 14-Sep Sunday**  
11:30 AM FUUSA Picnic ..... Washington Park Playground  
11:45 AM Green Sanctuary Forum ..... Emerson
- 15-Sep Monday**  
12:00 PM Channing Circle Lunch ..... Channing  
6:00 PM REC Ingathering Dinner ..... Channing
- 16-Sep Tuesday**  
6:00 PM Wellspring Foundation ..... B-8
- 18-Sep Thursday**  
7:00 PM FUUSA Board Meeting ..... Channing

- 21-Sep Sunday**  
11:45 AM Green Sanctuary Meeting ..... B-7  
12:00 PM Mix it Up Sunday Community Dinner . Channing  
12:30 PM Rite of Passage meeting ..... B-8
- 22-Sep Monday**  
7:00 PM Meaning Matters ..... B-8  
7:00 PM Monday Men ..... B-5
- 23-Sep Tuesday**  
6:00 PM Wellspring-Faithful Action ..... B-8
- 26-Sep Friday**  
6:00 PM FUUSA CommUnity Group ..... Channing
- 30-Sep Tuesday**  
7:00 PM Evensong ..... Emerson



## Sam's Outlook

### Seeking truth and deeper meaning in small groups at FUUSA

Participating in our Sunday morning service is a great way to feel connected, experience uplift and joy, affirm core values, and be stimulated toward growth and development. Another way our congregation provides that experience is in a small group setting. Except when singing or repeating a responsive reading, each person's unique voice isn't usually heard during the Sunday service. In the small group setting however, each individual voice contributes to the discussion. Each individual voice is critical to opening up a topic or helping the participants go deeper into it.

At our annual meeting in May, we reaffirmed our first congregational purpose: to seek truth and deeper meaning. We do that seeking here in community. One of the best ways we've found to do that seeking is in a small group setting.

The three primary ways we do that seeking currently are as follows:

**Small Group Ministry** - These groups meet twice a month using a topic selected by the group as a starting place for conversation. These groups are focused on sharing personal experiences, questions and insights connected with the topic chosen by the group. Becky Myer coordinates these groups.

**Meaning Matters** - Much like Small Group Ministry, Meaning Matters also focuses on sharing personal experiences, questions and insights. The difference is the topic is connected with the Sunday services theme for the month. The groups use a monthly packet of material including links to articles, videos,



books and movies on the theme that can be used in preparation for the meeting. The meetings are more directed toward exploring the theme as a source for seeking truth and deeper meaning. It also meets once a month rather than twice a month. Rev. Sam Trumbore coordinates these groups.

**Wellspring** - This program requires a 10 month commitment (September - June) to meet twice a month to go through a specific curriculum that is designed to promote personal growth and development. There will be specific (usually short) reading requirements before meetings. Also, participants must agree to develop a daily spiritual practice and work monthly with a spiritual advisor. Dave Munro coordinates these groups.

The Sunday service is our home base for connecting with our community and the Unitarian Universalist tradition that brings us together. Small Group Ministry and Meaning Matters are great programs for people who are new to our congregation and want to get connected as well as begin their inner development work. These programs are also great places for more seasoned members of our congregation to renew their inner work and connect with newer people in our congregation. Wellspring is reserved for people who want to make a more serious, dedicated commitment to inner growth and development. All three are offered to support our mission of seeking truth and deeper meaning for our members and to guide our work in the world.

Please consider participating in a small group this year as part of participating in our congregation. These experiences are open to everyone, whether or not you are a member. See registration information on Wellspring and Meaning Matters elsewhere in this newsletter. Watch for Small Group Ministry information in future newsletters.

Rev. Sam

### 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.

## News

### Welcome Families

Summer Session of Religious Education for Children and Youth runs through Aug 31. In Summer Session we offer a place for children in pre-school and older 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 is 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. There is no registration for Summer Session and visitors are always welcome.

Our Director of Religious Education, Leah Purcell leads the Sunday morning Summer Session most of the summer. Current Religious Education volunteers help each week. Parents or caretakers are welcome to stay for all or part of the session.

**Are you new to us this summer?** Help Leah get you and your child off to a good start this fall. Fill out a “blue card” at the Welcome Table in the lobby or give Leah your contact info at [dre@albanyuu.org](mailto:dre@albanyuu.org) or 463-7135. After three or four visits this fall as a guest, please register your child in the program. Here’s the link to the registration form. Waivers for the fee are available. [http://albanyuu.org/wp/pdf/RE\\_registration\\_Fall\\_2013.pdf](http://albanyuu.org/wp/pdf/RE_registration_Fall_2013.pdf)

### Flyers in this issue

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

◆ **Blessing of the Backpacks**

### Homecoming

**Sunday, September 7**

☞ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the regathering of our community.

☞ **Send a couple photos** of your summer for inclusion in the slideshow to [admin@albanyuu.org](mailto:admin@albanyuu.org) by Aug. 25.

☞ **Plan on lunch after the service!** Everyone is invited to a light lunch in Channing hall right after the service. Sandwiches and beverages will be provided. Please bring a “finger food” to share such as raw veggies, fruit, cheese and crackers, deviled eggs, or other appetizers. Drop off your contribution that morning in the kitchen. This is a nice time to catch up with friends and meet some new people after the summer’s activities. See you then!

### Recruiting new Pastoral Care Associates

With appreciation and gratitude, please thank Jon Newell and Jerry Deighan who complete their service this fall as Pastoral Care Associates. These transitions create the opportunity for two (possibly more) people to step up into the role of Pastoral Care Associate. If you are a member and wish to explore serving in this role in our congregation, please contact Rev. Sam ([minister@albanyuu.org](mailto:minister@albanyuu.org) or



Team FUUSA at the CROP Walk, May 4, 2014.

## Board notes

*Peggy Sherman, President*



### Love reaches out—General Assembly 2014

At the end of June, more than 4700 Unitarian Universalists gathered in Providence, Rhode Island for General Assembly. Our congregation was represented by 29 members, including two youth representatives. Some of us could only participate for a day or two, but more than half of us stayed for the whole time, including two youth representatives.

The GA theme of “Love Reaches Out” resonated in every day’s programming. I was moved by a music director who started a community family choir; a congregation that promotes individual “Growth through Service;” a UU minister who founded a community center, free pantry and community garden in a poor rural community; and stories of other congregations that are looking beyond their church walls to create new kinds of religious communities.

Our worship services were filled with inspiring words and music. We sang, laughed, listened, clapped and sat in silent meditation, together with thousands of UUs.

In the business portion of General Assembly, our eight delegates and Rev. Sam represented our congregation in electing trustees of the Unitarian Universalist Association and amending the bylaws to reflect the emergence of geographically larger regions. We also passed a resolution to fully divest the UU Common Endowment Fund from holdings in the 200 major fossil fuel companies within the next five years. The UUA may retain some shares in order to engage in shareholder activism.

Social witness is another important part of GA. In Providence, we voted to select “Escalating Inequality” as the Congregational Study/Action Issue that congregations will be encouraged to study, reflect and act upon over the next four years. The proposers of this issue called on us to challenge extreme inequality, describing it as a moral imperative for a tradition like ours that values justice, equity and compassion in human relations.

We also approved three Actions of Immediate Witness: to support the summit on stopping deportations in Washington DC that will take place this week; to affirm our congregational commitment to gun violence prevention; and to support the “New Underground Railroad” in Uganda to safely extract LGBT people from persecution.

We heard from Sister Simone, of the “Nuns on the Bus” social justice tour. She told of a videographer on the tour who said to Sister Simone, “It seems like whenever there is trouble, you seem to walk towards it; most people run away.” Sister Simone said: “I realized that all of our spiritual leaders, when there are broken hearts or pain in our world, they have walked towards it. They walk towards the pain in order to embrace, touch, heal. If the high level leaders do that, isn’t that the witness that we all try to follow?”

Love reaches out! Come to the service on Sunday, August 24 to hear more about what we brought back from General Assembly.

518-463-7135) or Bobbi Place (recalp@aol.com or 518- 865-9433), the co-facilitators of this program.

### Board news

Ben English has been appointed to serve a one-year term on the Board of Trustees. Ben's appointment fills the vacancy created when Al DeSalvo resigned due to schedule conflicts with meetings of

the City of Albany Planning Board. Welcome, Ben!

### A little summer shopping?

The sun is shining and there is a bit of a breeze and I hope your tea is iced and that you have all found a shady veranda! But just in case you have an urge to go shopping—we are still collecting school supplies for the children whose families use

the Focus Food Pantry. We will be collecting school supplies\* (there is a box in the coa-room) until Tuesday, August 26, 2014.

We need COLLEGE lined notebooks, COLLEGE lined composition books, COLLEGE ruled paper to put in a 3-ring binder, 1" and 1-1/2" 3 ring binders, #2 pencils, pink erasures and boxes of crayons-24 count. For complete list of needed items visit AlbanyUU.org!

If you have any questions, feel free to contact Patty Burch--email is best: [patty.burch@gmail.com](mailto:patty.burch@gmail.com)

\* School supplies are in the stores and the sales are going on!

A heart felt thank you in advance, Patty Burch

### The Spirit of the Child

*Give us the spirit of the child.  
Give us the child who lives within;  
The child who trusts, the child who imagines, the  
child who sings...  
Give us a child's faith, that we may be curried of  
our cynicism,  
Give us the spirit of the child who is not afraid to  
need, who is not afraid to love.*

—from the poem by Sara Mores Campbell

Would you like to be a gentle companion of children in their spiritual and emotional development? Our children's, curiosity, excitement, love and even their need can grow in you the spirit of a child.

Now is the time that I recruit teaching teams for Sunday school. Each team needs 4 teachers. Teachers can expect to volunteer twice a month – once to lead the session and another time to assist someone else. Assistants are welcome additions to the teams too. I'll hold an orientation for first time RE on a mutually agreed upon time and date. In the month of September I meet with each team individually, to see how things are going for the group and to coach, support, cheer and thank the volunteers. Contact me at [dre@albanyuu.org](mailto:dre@albanyuu.org) or 463-7135.—Leah Purcell



A Cabaret in Emerson Community Hall, June 8, 2014

### Happy New Year!

That would be the FUUSA fiscal year—which started on July 1. Since this is a new year for us, it would be an excellent time to make your FUUSA pledge payments happen automatically. You can set up payments at intervals that suit you in order to complete paying your pledge by June 30.

To set up a recurring giving schedule, visit us online at [www.AlbanyUU.org](http://www.AlbanyUU.org), locate the Online Giving button on the right side, and set up your recurring giving schedule. The first time you give, you will select a password that will enable you to log in at any time and make changes to your giving or view your complete online giving history.

Call Alyssa at the office (518-463-7135) if you have questions about online giving.

### Blessing of the Backpacks

**Wednesday, Aug. 27 at 7:00 pm**

We'll gather in the lobby to reflect on and honor our hopes for the coming year. Bring your own school backpacks to be blessed and we'll send out our good wishes to all those who are starting a new venture this fall. I'll have handouts for suggestions for morning parting words for parents to their children.

Afterwards we'll celebrate with ice cream and Italian Ice in Channing Hall. Adults are needed to help set up, serve and

clean up the refreshments. Let Leah Purcell know if you can help out. [dre@albanyuu.org](mailto:dre@albanyuu.org)

## Religious Exploration

### Many hands make light work for your Director of Religious Education

*Leah Purcell, Director of Religious Education*

You may have been looking for an opportunity give just a little time to help out with the Sunday school program and if so, maybe the coming weeks would be a good time for you. August is when I prepare the classrooms for the new year in Sunday school. I organize closets with the materials the teachers will need and I put up new bulletin boards and decorations. Do you have an hour or maybe two you'd like to come in to FUUSA to work with me? An extra pair of hands really helps out with these jobs!

It would also be a nice opportunity for me to connect with you. I'd like to hear from you parents and especially new families about how things are going for you. What would you like to receive from our Religious Education program? What are your hopes and dreams for your family? I'd love to answer any questions you may have about our program here at FUUSA or about Unitarian Universalism in general. An hour or two of helping me with the classrooms might just be a win-win for all of us. Contact me at [dre@albanyuu.org](mailto:dre@albanyuu.org) or 463-7135.

In joyful service,

Leah Purcell



## Growing Together

### Are you interested in Wellspring?

There are spaces available for the introductory Wellspring program, now known as **UU Wellspring – Foundation**, a rich spiritual deepening experience that we have conducted at FUUSA for five years now. The introductory curriculum guides participants through an exploration of the historical roots of our faith, our philosophical influences such as Transcendentalism, Buddhism and Humanism, and what our UU faith tells us about human nature and what we are called to do in the world. We explore and reflect upon these subjects in the safe, covenant-guided environment we share with other like-minded FUUSAns.

The Wellspring program requires a commitment to a daily spiritual practice of one's own choosing, monthly meetings with a spiritual director (self-selected from a vetted list), readings from carefully selected sermons and writings of the luminaries of our faith and related traditions, and meetings at FUUSA twice a month from Sept. 16 through June (first and third Tuesdays).

This year's introductory Wellspring program will be

co-facilitated by Sharon Babala and Karen Kaufmann. If you think you might be interested in participating, **please try to attend our informational meeting at FUUSA on Tuesday, Aug. 19 at 7 PM**, or contact Sharon ([smbabala@earthlink.net](mailto:smbabala@earthlink.net)) or Karen ([kkaufman@nycap.rr.com](mailto:kkaufman@nycap.rr.com)). You can download the application at <http://albanyuu.org/wp/pdf/wellspringapplication.pdf>.

This year we offer for the first time **UU Wellspring-- Faithful Action**, which is open to folks who have completed the Intro course. If you are interested in the Faithful Action course, please contact facilitator Dave Munro at [dmunro@nycap.rr.com](mailto:dmunro@nycap.rr.com). Classes will meet on second and fourth Tuesdays, from Sept. 9 thru June, from 7-9 pm.

### Meaning Matters

Meaning Matters groups focus on sharing personal experiences, questions and insights: the topic is connected with the Sunday services theme for the month. The groups use a monthly packet of material including links to articles, videos, books and movies on the theme that can be used in preparation for the meeting. The meetings, which take place once a month, are directed toward exploring the theme as a source for seeking truth and deeper meaning. Rev.

Sam Trumbore coordinates these groups. Rev. Sam hopes to get three groups of Meaning Matters going this year: if you think you might be interested in joining one of the groups, let Sam know by sending an email to [registration@albanyuu.org](mailto:registration@albanyuu.org). He will contact you when details are available.

### For families with children

#### Volunteer together for the filling of backpacks:

**Tuesday, Aug. 26 and Wednesday, Aug. 27; 9:00 am-1:00 pm** Volunteers are packing school backpacks at FUUSA for parents from the FOCUS Food pantry

**Thursday, Aug. 28 and Friday, Aug. 29; 9:00 am-1:00 pm.** Volunteers will distribute backpacks. If you would like to help, please contact Becca Leet, who is coordinating this event, at [beccal@focuschurches.net](mailto:beccal@focuschurches.net). It's very important that she know how many volunteers to expect, so make sure to email her. Families are welcome to volunteer. Donations of school supplies for the backpacks may be made until Aug. 26. See [http://albanyuu.org/wp/pdf/FOCUS\\_School\\_Supplies.pdf](http://albanyuu.org/wp/pdf/FOCUS_School_Supplies.pdf) for the complete list. There is a collection box in the FUUSA coatroom. 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.

## Our Community

### FUUSA humanists regroup!

The FUUSA Humanist group is being reestablished. We now have our own FUUSA eGroup-- [UU-Humanists@egroups.churchdb.com](mailto:UU-Humanists@egroups.churchdb.com)--as a means of communicating among group members, and plan to meet in person in the fall.

Do you find turning to established facts, not unsubstantiated faith, as important to our approach to reality? Do logic and reason provide a better way to discover useful answers, rather than authority, revelation, and altered states of consciousness? Does learning to lead an ethical humanist life from both a moral and biological imperative resonate with you? If you are interested in finding community with other FUUSA humanists in this journey, and as a rewarding opportunity for growth and support, please join this eGroup.

Future news, dialogue and comments relative to FUUSA humanists will be shared through this eGroup. All members of the eGroup will be able to participate.

There is also a UU Humanist website: <http://huumanists.org/>. It provides an opportunity to keep in touch with UU Humanists elsewhere. Please check it out.

There needs to be a "first" meeting of the FUUSA Humanists. Look for a date in the September Windows for that. We look for feedback on some options for meeting dates: Please be forewarned that meetings after Sunday services are difficult as there

are so many meetings already occurring during that time.

FYI further news will be posted of what is coming out of the UU Humanists and related webpages, including a new book by Mike Werner, former president of the UU Humanists, titled *Regaining Balance: The Evolution of the UUA*.

If you are interested in joining the FUUSA Humanists, sign up for the eGroup and join the discussion! Instructions on joining eGroups are here: <http://albanyuu.org/wp/pdf/egroupinstructions.pdf>. Once you have joined the UU Humanists eGroup, you can send emails to the group by using this address: [UU-Humanists@egroups-churchdb.com](mailto:UU-Humanists@egroups-churchdb.com). If you need help, call Alyssa Yeager, our FUUSA office administrator, at the FUUSA office (463-7135).

Questions? Please contact Don Odell, [droll31@yahoo.com](mailto:droll31@yahoo.com), 482-4574.

### New use for summer photos!

Snapshots of your family can be your pictures in our next FUUSA photo directory. Show us your happy summer faces! Pictures of individuals or families should be taken up fairly close--mostly 'head shot', not too much background—in order to 'show your face' in the directory. Stay tuned for directions on what to do with your photos.

### Walker Book Club's 'summer read'

There is still plenty of time to read the summer book for the next Walker Book Club. On Sept. 13, we will discuss *The Amazing Adventures of Kavalier & Clay*, novel by Michael Chabon. Newcomers are always



welcome and the book club is open to all FUUSA members and friends.

In its review, Amazon.com said in part: “Like the comic books that animate and inspire it, The Amazing Adventures of Kavalier & Clay is both larger than life and of it too. Complete with golems and magic and miraculous escapes and evil nemeses and even hand-to-hand Antarctic battle, it pursues the most important questions of love and war, dreams and art, across pages brimming with longing and hope.” Several participants have said that this book is a fun and exciting summer read.

**Come join us for the...**

### “Mix It Up” Sunday community dinner

**Sunday, Sept. 21, 12:15 PM**

A cross section of all ages, families, singles, and couples are invited to this 2nd annual event, the “Mix It Up”s Sunday community dinner hosted by Kathy Harris, Randy Rosette and Chris Jensen.

Imagine a 'typical' Sunday dinner with lasagna - veggie and meat, ham or roast beef, potatoes, hot veggies, salad, homemade applesauce, desserts, mac and cheese, etc. with your FUUSA family. Sharon and Lou Rehder will host kids' activities until supper starts at 12:15 PM.

We would welcome a few more participants! Please plan to stay after service that Sunday and join us! Fixed price at \$18/adult, \$10/child ages 10-17, max \$40/family. All proceeds will benefit FUUSA.

Please e-mail Randy at [rosette\\_jensen@juno.com](mailto:rosette_jensen@juno.com) or call at 518-783-2637 for questions or reservations.

### Affinity groups:

Get together with other folks at FUUSA 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.

**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@albany-uu.org](mailto:listeners@albany-uu.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.

**Choir**—Fun in the summer—will sing again in the fall. Sign up for their eGroup to keep in touch.

**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 Norman-skill 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!)

You can always find a link to ChurchDB at [AlbanyUU.org](http://AlbanyUU.org) (on the homepage) and guidance on

logging in for the first time and signing up for eGroups (in Office/File Cabinet.)

## 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. It could be called a 'Thinking Person's Family Camp' with the many opportunities to expand your personal search for truth and meaning and fun for all ages in the beautiful setting of a classic Adirondack resort. We like to think of UU Weekend as a combination of getting out into nature and spending more time with all those cool people you've met at church. We have gathered with UUs from multiple congregations in NY, VT & MA and we welcome all seekers! The UU Weekend experience is about you, your community & nature. The Adirondack location on the northern end of Lake George is idyllic with the lovely Inn as our main gathering place. You can watch the UU Weekend You Tube video, [https://www.youtube.com/watch?feature=player\\_embedded&v=FL2P94DtZM](https://www.youtube.com/watch?feature=player_embedded&v=FL2P94DtZM), to see the campus, photos of our past workshops and views of the lake.

For every age the weekend will be filled with activities (indoor and outdoor), workshops, music, a talent show, children's programs and much, much more. Friday night's entertainment, George Wilson & Peter Davis, will present an evening of lively fiddle music & fun old time songs & sing-alongs accompanying themselves on fiddle, banjos, guitars & who knows what else. There'll also be plenty of off-the-cuff fun banter. You can listen to George on the fiddle here, <http://georgewilson.oldsongs.org/>. We look forward to an entertaining evening for all ages! Saturday night's 3 minute Talent Show offers both hilarious and precious performances. You are encouraged to bring props, musical instruments & costumes. Of course, spontaneous performances are always welcome! Also, Saturday night is the fabulous Melodrama, which is a bit of ham and a lot of fun. Sunday morning Andy the Music Man will perform during children's time, Andy brings the right mixture of zany

& musical know-how to each performance.

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 building gnome houses, robot making and arts & crafts for our younger set and kickball, archery and tie-dye among other activities for the older set. Additional activities include a waterfront (kayaks, canoes, and row-boats), 2 gyms, climbing wall, dance/aerobics studio, fitness center, silent auction (you are encouraged to bring an item). Meals are family style and are included in the price with Friday dinner optional based on your anticipated arrival time.



Opportunities to explore spirituality on a nature trail that meanders through the campus or as you walk the stone labyrinth or with guided meditation offered each morning. We have had chanting, drumming, Songs for the Goddess, movement

classes and more! What awaits you this year? Come find out at the UU Weekend table in Channing Hall during coffee hour. We would love to answer questions and show you the UU Weekend video.

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>. Professor Solomon has spent decades studying the effects of human awareness of death on thoughts, feelings, and behavior. His insights are both academically robust and blindingly powerful for those of us willing to listen. After his address there will be a special Q & A session with Dr. Solomon. The Jeanne Blank Memorial Address honors a woman who created the Tuesday Supper Symposium at Albany UU with good food and great discussion. Bob and Jeanne Blank had hosted the same type of dinner discussion group in New Rochelle, NY.

Rev. Becky Gunn will be giving the Sunday Service in the Chapel at Silver Bay. The stone Chapel at



Silver Bay is built from granite from the neighboring hills. The Reverend Becky Gunn is

or post your photos from years past.

- ◆ Registration forms and 2014 Draft Schedule are posted, [www.albanyuu.org/wp/?page\\_id=502](http://www.albanyuu.org/wp/?page_id=502).
- ◆ Watch the UU Weekend You Tube video, [https://www.youtube.com/watch?feature=player\\_embedded&v=FL2P94DtZM](https://www.youtube.com/watch?feature=player_embedded&v=FL2P94DtZM).

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

## Joys and Caring Corner

### *Illness*

**Teddy Archer** is at the St. Peter's Nursing and Rehabilitation Facility while she awaits hip surgery on Aug. 6 at St. Peter's Hospital. She had a hip pin placed last winter which is causing her great pain and immobility which needs revision. She is in room 10-B and would love visitors or calls at 459-1953.

**Susan Thompson** was hospitalized at St. Peter's Hospital in July. She is now home and likes visitors (but please call ahead).

**Mary Freeman** fell coming out of the Spectrum Theatre and broke her elbow. She was at the Daughter's of Sarah Nursing Home for a while recuperating, but is now at home.

**Michaela Pochily** had foot surgery on May30. She is home and doing much better after rehab.

**Mark Yolles'** son suffered a head injury after a fall in Brooklyn this past spring. He is recovering well from his injuries.

### *Travel*

**Anna Brewer** will be spending the Fall in Chile before she starts her freshman year at Brandeis University next year.

### *Sorrow*

**Diane Blanchard** recalls the anniversary of the death of her son.

***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.)***

minister for the Unitarian Universalist Society of Bangor. Previously she served as Interim Minister for the Unitarian Universalist Church of Boulder, Colorado for two years. Reverend Becky received her Masters of Divinity from the Starr King School for the Ministry in Berkeley California in May, 2005. She was ordained in January, 2006 by the First Unitarian Universalist Society of Albany where she had interned. This will be a lovely reunion of sorts and an opportunity to make new friends. Reverend Becky is committed to a deep spiritual life grounded in reflection, journaling, drawing mandalas and doing social justice work.

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.

Contact Information:

- ◆ General registration and housing questions: Linda Way, (518) 456-8199 or [lway1@nycap.rr.com](mailto:lway1@nycap.rr.com)  
Programs: Andrea Ricard, [andrea.ricard@gmail.com](mailto:andrea.ricard@gmail.com).
- ◆ "Like" us on Facebook at UU Weekend at Silver Bay ([www.facebook.com/UUWeekendSilverBay](http://www.facebook.com/UUWeekendSilverBay)) to keep up with programming notes, ask questions



## Contact Us

### Board of Trustees 2014-2015

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

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### Regular meeting days

*Check current calendar for time and location*

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

### First Unitarian Universalist Society of Albany

**Phone:** 518.463.7135

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

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

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

#### Office hours

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

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

And by appointment

#### Website

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

#### Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Alyssa Yeager (463-7135 or [admin@albanyuu.org](mailto:admin@albanyuu.org)).

To **rent hall or classroom space** for a personal or non-FUUSA activity, contact Office Administrator Alyssa Yeager (463-7135 or [admin@albanyuu.org](mailto: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](mailto:Windows@albanyuu.org) or to the church office.

#### Publication deadlines

*FUUSA Preview* email: 9:00 a.m. Wednesdays





*Order of Service:* 9:00 a.m. Thursdays

*Windows:* 9:00 a.m. 3rd Friday of the month

# Blessing of the Backpacks

*Our Unitarian Universalist community gathers to honor the start of the school year*

**Wed, Aug 27 at 7:00 pm - in the lobby**

-  We'll gather to reflect and honor our hopes for the coming year.
-  Children and youth are invited to bring their school backpacks to be blessed with good wishes.
-  We'll also send out good wishes to all who are starting new ventures this fall.
-  And then we'll celebrate with ice cream and Italian Ice in Channing Hall



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