



## 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

September 2014

### In this issue:

- 1 **Services**
- 2 **Calendar**
- 3 **Sam's Outlook**
- 4 **News**
- 7 **Growing Together**
- 10 **Our Community**
- 13 **Social Justice**
- 14 **Contact Us**
- 14 **Flyers**

### 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

Sept. 7 "Homecoming Service: Water as a Human Right,"  
Leah Purcell, Rev. Trumbore & Matt Edwards|

Old stories tell us that every body of water, stream, lake, and pond has a water spirit of its own. Through spoken word, music, song and our traditional Water Gathering Ceremony, we will honor the preciousness of universal access to water and celebrate the fall re-gathering of our community. Whether from far away or close to home, be sure to bring a small amount of water from your summer adventures.

*Music:* Choir

Sept. 14 "Overcoming Betrayal of Faith," Rev. Trumbore

It is far from uncommon for people to come to our congregation wounded by the religious tradition in which they were raised. They sometimes say, "The church interfered with my relationship with God, with my spiritual growth and development." Many Unitarian Universalist congregations bend over backward to avoid doing this through supporting each person's unique growth path. How are we doing ... and is avoidance the best way to help heal these wounds?

*Music:* Matt Edwards performs Randy Newman's diverse perspective on God

Sept. 21 "Things Might Go Terribly, Horribly Wrong,"  
Philomena Moriarty

Sometimes things fall apart, crack open, and miss the mark. You can plan and strategize and keep your eye on the horizon, watching for trouble. Still, nothing you can do will protect you from the fact that things might, when you least expect it, go terribly, horribly wrong. If you're very anxious about this, you're certainly not alone. In fact, your story is a lot more common that you might imagine. How do we deal with our fears to live life fully, vitally with richness and purpose?

*Music:* Choir

Sept. 28 "A Second Chance," Rev. Trumbore

Rosh Hashanah, the celebration of the Jewish New Year, begins Sept. 26. It culminates with the solemn Yom Kippur service, this year on Oct. 4. Between these two holidays is a period of life review and atonement often referred to as the "Days of Awe." The benefit of honoring and following this tradition can be a renewal of our relationships, our faith and our commitment to live with purpose guided by deeper meaning.

# Calendar

## Events happening every Sunday at FUUSA \_\_\_\_\_

9:00 AM Mindfulness Meditation .....Sanctuary  
 10:00 AM Service .....Emerson  
           Family Chapel (1st Sunday/mo.).....Sanctuary  
           Religious Education ..... Classrooms  
 11:00 AM Coffee Hour.....Channing  
           Quiet Conversation Corner .....Emerson

Exceptions: .

## Events happening every week in September \_\_\_\_\_

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 September \_\_\_\_\_

### 3-Sep Wednesday

6:00 PM Endowment Trust..... Stott Lounge  
 7:00 PM Living Soulfully..... B-7

### 5-Sep Friday

11:00 AM Cathy Perkins..... Stott Lounge  
 6:00 PM Board Retreat.....Channing, B-8

### 6-Sep Saturday

9:00 AM Board Retreat.....Channing, B-8

### 7-Sep Sunday

12:00 AM Homecoming Sunday  
 11:30 AM Rite of Passage Meeting..... B-8  
 12:00 PM SRC Meeting.....26

### 8-Sep Monday

1:00 PM Grannies for Peace ..... B-7  
 7:00 PM Monday Men ..... B-5

### 9-Sep Tuesday

6:00 PM Wellspring: Faithful Action ..... B-8  
 7:00 PM UU Christians..... B-5

### 10-Sep Wednesday

6:30 PM Jan McCracken..... B-8

### 14-Sep Sunday

11:30 AM FUUSA Picnic ..... Offsite  
 11:45 AM Auction Committee Meeting..... B-7  
 11:45 AM Social Responsibilities Committee Forum .. Emerson

### 15-Sep Monday

12:00 PM Channing Circle Lunch ..... Channing  
 6:00 PM REC Ingathering Dinner..... Channing

### 16-Sep Tuesday

10:00 AM Lois Griffin..... Stott Lounge  
 7:00 PM Meaning Matters Tuesday ..... Stott Lounge  
 7:00 PM Wellspring Foundation ..... B-8  
 7:00 PM FUUSA Board Meeting ..... Channing Hall

### 19-Sep Friday

6:00 PM Mindfulness Meditation Retreat  
                   ..... Emerson, classrooms

### 20-Sep Saturday

8:00 AM Mindfulness Meditation Retreat .....  
                   .....Emerson, Channing, classrooms

### 21-Sep Sunday

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 Monday..... B-8  
 7:00 PM Monday Men..... B-5

### 23-Sep Tuesday

9:30 AM Memorial Society Meeting..... Stott Lounge  
 6:00 PM Wellspring: Faithful Action..... B-8  
 7:00 PM FUUSA Humanists ..... B-7

### 24-Sep Wednesday

5:30 PM Family Small Group Ministry-EvensongChanning Hall  
 7:00 PM Meaning Matters Wednesday..... B-5

### 26-Sep Friday

6:00 PM FUUSA CommUUnity Group.. Channing, 23, 24/25

### 27-Sep Saturday

4:00 PM Meaning Matters Saturday ..... Stott Lounge  
 3:00 PM Meaning Matters Sunday ..... B-8

### 29-Sep Monday

1:00 PM Grannies for Peace ..... B-7

### 30-Sep Tuesday

7:00 PM Evensong ..... Emerson

### 1-Oct Wednesday

5:30 PM Family Small Group Ministry-EvensongChanning Hall  
 7:00 PM Living Soulfully of the Capital Region ..... B-7

### 3-Oct Friday

12:00 AM NYSCU Annual Meeting (Watertown) .....  
 5:00 PM Multi-generational Potluck (Tentative). Channing Hall

### 4-Oct Saturday

12:00 AM NYSCU Annual Meeting (Watertown) .....  
 8:45 AM Getting to Know UU ..... Main lobby, B-7, B-8  
 5:00 PM Youth Overnight .....Whole Building

### 5-Oct Sunday

12:00 AM Youth Overnight .....Whole Building  
 12:00 PM SRC Meeting.....26

### 7-Oct Tuesday

6:00 PM Wellspring Foundation..... B-8

### 8-Oct Wednesday

5:30 PM Family Small Group Ministry-Evensong ..... Channing

### 10-Oct Friday

5:00 PM OWL Overnight .....Whole Building

### 11-Oct Saturday

12:00 AM OWL Overnight .....Whole Building  
 6:00 PM Circle Dinner ..... Offsite

## Sam's Outlook

### The Bright Promise of "Growth Through Service"

Rev. Sam Trumbore

*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.- Our mission, adopted May 18, 2014*



How wonderful to be back home again beginning another September together!

My time away in Europe this past spring both challenged and stimulated me. My base of operations, after Philomena returned home from our whirlwind tour of Northern Ireland and Southern Germany, was my sister's fifth floor attic apartment in Jena, located in the former East Germany. From Jena, I'd take the train to visit Berlin, Leipzig, Weimar, and Eisenach to see the paintings on the former wall of separation, Bach's church, Goethe's home and the seat where Martin Luther sat and translated the Bible into German, hidden in the Wartburg Castle. Philomena and I cruised along the shore of the Rhine above Bingen, where my ancestors likely toiled in the fields, looking at the vineyards and the castles on the crest of every hill. I spent a week in Romania. First I visited Szokefalva to see our partner church and stay with their minister. Then I visited the ancient painted monasteries in Moldovan region to the east near the Ukrainian border. Finally I led a Unitarian Universalist service in the Swiss town of Basel before returning home.

I was impressed by the barriers to community found throughout Europe. So many dialects are spoken that identify one's birthplace and upbringing. While a Eurocentric culture is struggling to emerge, history and language resist it. Fear of cultural domination limits people's ability to trust each other. Yet the bloody narrative of conflict over national pride and theological interpretation left countless slaughtered and dismembered, humbling them to seek a way to peacefully coexist in spite of their differences.

This reminded me of and helped me appreciate the promise we have here in this country. Founded as we are not by a clan or a sect but with a trust in the unity possible in diversity, we have a bright vision at the core of our constitution. Not fulfilled to be sure, yet luminous in possibility that can draw us to greater fulfill-

ment.

The union of Unitarianism and Universalism in 1961 set the stage for the luminous possibility of that greater fulfillment through our approach to religion. The finest values that form the foundation of our nation also undergird our faith tradition. And in condensed form, we have captured them in our new mission statement.

The more I reflect upon and ponder the possibilities of our new mission, our articulation of the purpose of our congregation, the more excited I become. In it, we've described a good chunk of the essence of what our congregation and Unitarian Universalism are all about. The two dimensions of social change work, helping those in need and fighting for their human rights, are found in "pursuing justice" and "cultivating compassion." Our noble tradition of recognizing revelation as an ongoing process, as alive today as it was in Biblical times, can be found in the phrase "seeks truth and deeper meaning." Our radical hospitality that honors the inherent worth and dignity of every person is found in our first words, "we welcome everyone." This is balanced by our earth friendly and sustainability oriented, "love for all connected in the web of life."

Another way to reduce our mission to even denser language came up at General Assembly this year. The UU Church of Delaware County has been dedicating themselves to "Growth through service" and I'd add the words "in community." A core characteristic of our religious tradition is our orientation to action. We don't meditate or pray and expect things to magically change. "We are the ones we've been waiting for," are the lyrics to a popular UU song. Our spiritual and personal growth happens best not sequestered in a library pondering sacred text but by putting our values to work in the world. And we know we grow and serve best when we are part of a community of shared ethics and values.

Before the leaves turn colorful again this fall, let us remember what we can do together is magnificent. The promise of the community we create together is unbounded. And when we enlarge our sense of ourselves to include the other UU congregations in the Capital Region, New York, the United States, and even the world, there is no end to the good we can do. Let the promise of that possibility energize us as our waters flow together once more at our first service of the fall season, September 7.

Welcome home again.—Rev. Sam

## News

### Homecoming

**Sunday, September 7**

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

☞ **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!

### Newcomer orientation

**Learn about Unitarian Universalism and FUUSA**

We invite you to meet with others who are new to the congregation at our next “Getting to Know UU” session, scheduled for **Saturday, Oct. 4** from 8:45 a.m. to noon.

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

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can send an email to [registration@albanyuu.org](mailto:registration@albanyuu.org). You can also call the church office, 463-7135. Please let us know when you register if you will need childcare (and how many children and their ages.)

Other orientation dates planned for this year are: Dec. 6, Feb. 7, and Apr. 4

### Calling all Coffee Hour Hosts!

We have a coffee hour host lined up for Sept. 7, and are now looking for hosts for subsequent Sundays. As you may remember, the job has been made considerably easier this year now that we have eliminat-

### Flyers in this issue

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

- ◆ Small Group Ministry for Families
- ◆ Picnic in the Park

ed food as a regular component of coffee hour. So we need only one Host to work with Hadiya, who makes the coffee. The host’s job is to set up the tables before the service, set out the drinks just before coffee hour, to replenish the sugar, coffee, cream, sugar, etc. during coffee hour, and to “unset” the tables at the end of coffee hour

How do I sign up, you ask? First choice is to go on to the FUUSA website and to sign up using Volunteer Spot. Second choice is to call or email the office to volunteer.

### Teen music opportunity

Music Director Matt Edwards is looking to put together a group of teen musicians to provide music for the Oct. 26 service. Call, email, or see Matt in person if you are interested. We will rehearse for about an hour after Sunday services starting on Sept. 28. It could be a rock band, acapella vocal group, ukulele orchestra or whatever you want. Bring your ideas and Matt will give you the chance to share your talents with the FUUSA community.

### First PCC meeting of the year

**Thursday, Sept. 11, 7:00-8:30 PM.**

The Program Coordinating Council (PCC) is having its first meeting of the new church year on Sept. 11. All council and committee chairs as well as Program and Activity chairs are invited, in fact urged, to attend.

Why attend? PCC needs your help in carrying out its mission. PCC oversees and coordinates the lay ministry of FUUSA. What does that mean? Our main role is to coordinate activities that involve more than one committee or group, such as the Get Connected Fair, the Friday evening multigenerational potlucks, and the Committee of the Week every Sunday.

We coordinate the dates of all the major church events to make sure they are spread out evenly over

## Board notes

*Peggy Sherman, President*



Last week, your 2014-15 Board of Trustees met for the first time. We plowed through more than an hour of reports and business items before coming to a discussion of our annual Board retreat. In preparation for this agenda item, the Board's Executive Committee (Dick Dana, RoseAnne Fogarty, Sue Berzinis, Rev. Sam and myself) had put together a list of seven important topics. At the meeting, I asked Board members to pick out a few of these topics to consider at our early September retreat.

But after I asked the question, there was one of those long pauses. In the silence, my mind raced. Had the long meeting drained the energy in the room? Had my rambling background remarks totally confused Board members? Or were they just thinking, gee, the Executive Committee really missed the mark on this one?

Then a veteran Board member offered an insightful comment, and a newcomer joined in with a helpful suggestion. And the group came to life! Our discussion affirmed that all seven topics were important for the Board to address. We re-arranged topics, while deferring some to future meetings. Board members volunteered to organize meals for the retreat, and we delegated the remaining details to a smaller planning group. We're off and running!

Last year, the Board worked hard to lift our eyes from the daily, important questions that arise in a vital congregation like ours and consider the big picture. Over the course of the year, we reflected on our progress on the path laid out five years ago in our Strategic Plan. We charged a Task Force with revising the FUUSA mission statement to reflect today's congregation, and the result of their work was approved at our annual meeting in May.

This year, that mission statement will help guide Board discussions. What does it mean to welcome everyone? How do we help seekers to find deeper meaning? What does it mean to be a member of a community that cultivates compassion and love for all connected by the web of life? There are many more than seven important topics for the Board to consider! I look forward to working with this group that is so committed to future of FUUSA. Through the year, this column will feature different voices from the Board, reporting and reflecting on their experiences.

The 2014-15 Board includes new members Ben English, Michael Hornsby, Patti Jo Newell and Jean Poppei (chair of Social Responsibilities Council), as well as continuing members Michele Desrosiers, Erik Eddy, Bob Franklin, and Tracie Tilgner (chair of Religious Education Council). In addition to the Executive Committee, Rev. Sam is an ex officio board member, and Leah Purcell and Amy Lent round out our participants.

All are welcome to come to Board meetings, which are held on the third Thursday of the month at 7 PM. If you are interested in attending as a "process observer," to provide feedback to the Board at the end of the meeting, please let me know. And if you wish to put something on the agenda for a Board meeting, please contact the Executive Committee by the prior week.

the course of the church year. We support the Board of Trustees by making sure that the policies they set are carried out, including the necessary coordination and recruitment.

We also support committees by providing a forum to discuss new ideas and better ways of doing things. In our meetings, fellow committee chairs provide

advice and volunteer assistance to their fellow chairs. And if a chair is interested in instituting something new, our meetings, which take place 6 times each year, are the perfect place to introduce them.

Hope to see all you church leaders the second Thursday of this month .-Dick Dana, Vice President

## How goes our solar?

### Forum, Sept. 14

How much energy have we made and how much money have we saved? Dave Musser will update us on FUUSA's solar array. Then your fellow UUs (Kathy Harris, Carol Butt, Sam Trumbore, Chris Bystrhoff, Chuck Manning) will talk about their personal experience with solar--trials, triumphs, and tribulations. The Green Sanctuary Committee will try to answer any question you may have. Please join us: Sept. 14 at 11:45 in Emerson Hall.

## Children at the Well present *Stepping Toward the Lion*

### Sunday, Sept, 28, Emerson Community Hall

Children at the Well is a youth storytelling program, unique to the Capital Region, which brings diverse young people together to learn from professional storytellers. Through learning to tell stories, each develops a deeper understanding of his/her own tradition and that of others, and finds ease and poise in public speaking. In 2015, our tenth year, we'll be holding our weekly coaching sessions at FUUSA, on Sunday afternoons from January through April.

Please join us on Sunday, Sept. 28 from 11:30 pm - 1 pm in FUUSA's Emerson Hall, for a screening of a 30 minute film directed by former C@W storyteller, John Lyden, called *Stepping Toward the Lion*. Thank you, Social Responsibilities Council of FUUSA, for sponsoring our event! The film is about another one of our former participants, and his journey through the program. The screening will be followed by some stories from C@W storytellers, and a Q & A with storytellers and staff. Join us for the film, for stories, and to find out more about Children at the Well. Bagels served, too! For further info, please contact Paula at [directorcaw@gmail.com](mailto:directorcaw@gmail.com).

## Denominational Affairs

Did you know that there is a whole Unitarian Universalist world out there beyond FUUSA? The St. Lawrence District. The Central East Regional Group (CERG). The New York State Convention of Universalists. The Unitarian Universalist Association (UUA), the Unitarian Universalist Service Committee (UUSC). And I may have missed a few. If you are interested in being on our Denominational Affairs Committee and participating in the effort to bring

*Save the Date!*

**Saturday, November 1**

for a Celebration of Beers

## **Loca-Brew Dinner**

A multi-course dinner with  
2 beer pairings per course

*This event is a FUNdraiser for FUUSA.*

news to FUUSA, please contact Denominational Affairs liaison (and committee chair) Don Odell (482-4574, [drodell31@yahoo.com](mailto:drodell31@yahoo.com)).

## NYSCU Annual Meeting

### Oct. 3-4

The 2014 Annual Meeting of the New York State Convention of Universalists (NYSCU) will be held Oct. 3-4 at All Souls UU Church, Watertown, NY. FUUSA can send delegates to the annual meeting to represent the congregation. **Will you be one of those?** If you are interested please contact FUUSA president Peggy Sherman or Denominational Affairs liaison Don Odell (482-4574 or [drodell31@yahoo.com](mailto:drodell31@yahoo.com)). You may register online at <https://fd7.formdesk.com/uiforms/NYSCU> or by conventional mail with a brochure which is available in the FUUSA foyer bulletin board. Deadline for registration is September 29. Registration is \$30/person, \$45/couple, \$5 for students if registered in advance, or, respectively, \$35, \$50 or \$5.

There is important business conducted at the annual meeting, including the approval of grants and loans to various projects, congregations, and related organizations in New York State. The keynote speaker is the Rev. Christana Willie McKnight, First Parish in Taunton, MA. In addition to the annual meeting, there will be workshop related to the mission and programs of NYSCU.

## Religious Exploration

### Walking Together on an Unhurried Journey

Leah Purcell, Director of Religious Education

*When we adults think of children, there is a simple truth that we ignore: childhood is not a preparation for life; childhood is life. A child isn't getting ready to live; a child is living.*

*The child is constantly being confronted with the nagging question, "What do you want to be?" Courageous would be the youngster who, looking the adult squarely in the face, would say, "I'm not going to be anything. I already am." —John A Taylor, Unitarian Universalist minister, 1993*



In our Religious Education program for children and youth, we strive to create partnerships between and among children, youth and adults so that they may walk together in their spiritual journeys. This is not to say that children lead the adults. The adults create a safe space for all to participate, explore, wonder and share their thoughts. Children bring their whole selves to Sunday school and the adults give children and youth the opportunities to learn and practice compassion, forgiveness, and tolerance.



The Religious Education Council has set these goals for the program that honor each child and youth:

- ◆ To instill Unitarian Universalist values by internalizing and practicing our seven principles
- ◆ Promote stewardship through participation in and caring for our congregation, our denomination, our world community and institutions that promote Unitarian Universalist values
- ◆ Offer opportunities to formulate and celebrate one's Unitarian Universalist identity and beliefs
- ◆ Provide opportunities for spiritual, philosophical, ethical and faith development across the ages of life and stages of personal growth.

The curricula that the adult volunteers use each have a theme that promotes Unitarian Universalism and draws upon our Six Sources.

So these three elements of our program—our ways of doing things, the direction from the REC and the substance of the curricula—all act together to support children and youth and the adult volunteers wherever they are in their life's journey.

May we walk hand in hand, honoring with every step we take that each of us is important and that we are all connected in the web of life.

In joyful service,

Leah

## Growing Together

### Mindfulness Meditation Intensive

Led by Rev. Trumbore

Sept. 19-20

This Intensive practice and training session will be led by Rev. Trumbore on Friday from 6:00pm to

9:00pm, and Saturday 8:00am to 3:00pm. It gives the participants an opportunity to learn Buddhist mindfulness meditation techniques or refresh and deepen their meditation practice. All are welcome from first timers to experts. There will be a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. If you would like to participate please register by emailing [registra-](#)

[tion@albanyuu.org](mailto:tion@albanyuu.org) or at the Sign Up Site in Channing Hall. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for 30 years and is Past President of the Unitarian Universalist Buddhist Fellowship. This meditation technique is of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind, opens the heart and can improve one's physical health.

### Seeking truth and deeper meaning in small groups

*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. In the small group setting 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.*



### Why not sign up for one of these three types of small groups this September?

❖ **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. If you are looking for community, this is a good way to find it. Rev. Sam Trumbore 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

### How to register your child for Sunday school... and get more information about Religious Education for Children and Youth

Registration for Sunday school takes place the month of September. If your contact information is up to date, just note that on the form. The forms are available online at <http://albanyuu.org/wp/pdf/reregistrationcurrent.pdf> or at FUUSA. Religious Education Council members will staff a table during coffee hour to receive your forms and payment. You can also mail your form and check to 405 Washington Ave, 12206.

Look for paper booklets at FUUSA with more information for families

- ◆ RE Calendar
- ◆ Fall Curricula
- ◆ Sunday school groups and meeting spaces
- ◆ Family Chapel
- ◆ The Safe Congregation Response Team

All this and update about family events and more is at Leah

Purcell's blog <http://albanyuu.org/wp/dre-blog/>

preparation for the meeting. The meetings are more directed toward exploring the theme as a source for seeking truth and deeper meaning. Groups meet once a month. Rev. Sam Trumbore coordinates these groups.

*Multiple groups for both Small Group Ministry (SGM) and Meaning Matters will be created based on the participants' time availability. To do this we need to know **all** the times you might be available to participate. Please fill out the form located in Lifespan Learning on the FUUSA homepage: [www. AlbanyUU.org](http://www.AlbanyUU.org).*

❖ **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 reading requirements



before meetings. Also, participants must agree to develop a daily spiritual practice and work monthly with a spiritual advisor.

**UU Wellspring--Foundation**, the introductory Well-spring program, provides a rich spiritual deepening experience. The 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. Meets first and third Tuesdays, Sept. 16 through June.

To sign up contact Karen Kaufmann at [kkaufman@nycap.rr.com](mailto:kkaufman@nycap.rr.com) or Sharon Babala at [smbabala@earthlink.net](mailto:smbabala@earthlink.net) or download the application located in Lifespan Learning on the FUUSA homepage: [www. AlbanyUU.org](http://www.AlbanyUU.org).

**UU Wellspring--Faithful Action** is open to folks who have completed the introductory course. Classes will meet on second and fourth Tuesdays, from Sept. 9 thru June, from 7-9 pm.

If you are interested in the Faithful Action course, please contact facilitator Dave Munro at [dmunro@nycap.rr.com](mailto:dmunro@nycap.rr.com)

## Joy Library

### New books: find them in new book section

**The Sixth Extinction: An Unnatural History.** Elizabeth Kolbert (2014) [576.84 KOL ] “The most important story in the history of earth, told in a remarkably unassuming way. Humanity’s longest lasting legacy will not be language or music or the Great Wall of China or the Voyager spacecraft but the decimation of the greatest biodiversity and most complex web of life that ever existed on this planet. It’s well underway, and there is no turning it back now. While many of us humans stare distractedly into tiny screens, and many more struggle just to stay ahead of their own personal extinction, species are vanishing forever at a rate unprecedented since that asteroid killed the dinosaurs. Most of us, Kolbert ruefully assesses, hardly notice what’s gone missing - and we won’t until or unless our habitat tampering becomes an existential threat to us. But we are radically impoverishing the living world - and if that doesn’t leave an imprint of sorrow somewhere on our souls, it’s because we traded them in for

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: Phil Rich, Sharon Babala, Jan Satin, Randy Rosette, Bruce Rodgers and Sandy Stone.

*junk.” (LibraryThing, 7/27/14 )*

### **Prophet: The Life and Times of Kahlil Gibran.**

*Robin Waterfield (1998), [920 WAT ] “... biography of the author of The Prophet reveals Kahlil Gibran (1883-1931) as a deeply conflicted man. Robin Waterfield, ..., believes that Gibran never felt entirely at ease in America (to which he immigrated from Lebanon in 1895) or in his native culture. His influential Arabic poetry infused a rigidly classical literature with Western-style romanticism and colloquialism. And his English-language books like The Prophet ... with their emphasis on the individual’s quest for enlightenment and inner peace outside of the constraints of organized religious institutions, helped to create New Age spirituality. Yet Gibran was an alcoholic, frequently unhappy in his relationships with women, and in Waterfield’s judgment became so enmeshed in his role as poet-prophet that he “could not endure the reality of being a human being.” ..., this useful work ... illuminate[s] Gibran’s links with early 20th-century bohemians ..., his political and literary affiliations with fellow Arab immigrants, and his impact on the culture of his time and our own.” (LibraryThing, 7/27/14)*

**Living with a Wild God: A Nonbeliever’s Search for the Truth about Everything.** Barbara Ehrenreich (2014). [813.54 EHR]. “... based on a journal she kept as a young teenager, when she had a series of “dissociative” episodes during which language seemed to slip away and she felt the barriers between her sense of self and the world around her disappear. It was, she says, “mystical,” which may

strike longtime readers of the openly atheist writer oddly. This book is an attempt to make sense of a very real experience, and it's both humble and intellectually stimulating... what comes through most clearly is a demand for honesty without excuses ...." (Sacramento News & Review, Library Thing 7/27/14 )

**Unstoppable: The Emerging Left-Right Alliance to Dismantle the Corporate State.** Ralph Nader (2014) [322.3097 NAD]"Explores "the emerging po-

litical re-alignment that is combining the left and the right against converging corporate-government tyranny. Large segments from the progressive, conservative, and libertarian political camps find themselves aligned in opposition to [what Nader see as] the destruction of civil liberties, the bloated and economically draining corporate welfare state, the relentless perpetuation of America's wars, sovereignty-shredding free trade agreements, and the unpunished crimes of Wall Street against Main Street"--

## Our Community

### Living Soulfully, new support group Wednesday, Sept. 3, 7:00 PM

Living Soulfully of the Capital Region is a group of men who love men seeking to build community and cultivate individual and collective spiritual growth. Please join us to nourish the mind, body and soul with opportunities to meet people, heart-felt sharing and fun in a safe, supportive, and welcoming environment. Gatherings will be held from 7:00-9:00 PM on the first Wednesday evening each month at FUUSA, in Room B-7. Organized by Steven Bush. For more information email [in-fo@livingsoulfullycrny.org](mailto:info@livingsoulfullycrny.org) or visit <http://livingsoulfullycrny.org>.

### RE-Use

Please save and bring in these clean items for use by the children in Sunday school. You can bring them to the RE window on Sundays or Leah's office during the week.

- ◆ 1 pound plastic or metal coffee containers with lids
- ◆ Shoe boxes
- ◆ Lids from frozen juice containers
- ◆ ½ pint and 1 pint box cartons from cream, egg substitute, etc

### Channing Circle meets Sept. 15

Come and join us when Channing Circle on Monday, Sept. 15 at noon in Channing Hall. Channing Circle is primarily for older members and friends of the congregation but others are welcome. Bring a bag lunch and dessert will be provided along with coffee and tea. Since this is our first meeting of the church year, come with your suggestions of pro-

grams that would interest the group. I hope to continue having different members of the group interviewed along with discussion on current events, poetry and music, but there is much more that we can do, so I look forward to seeing you on Monday, Sept. 15. Thayer Heath

### UU Christians meet Sept. 9

The first meeting of UU Christians will be on Tuesday, Sept. 9 at 7pm. We will be talking about Jesus' teachings in the Parables of the Laborers in the Vineyard found in Matthew 20:1-16. As the bumper sticker says "Room for different beliefs. Yours."

### Fall Gardening

Our gardens have enjoyed a wonderful summer full of sun and rain resulting in many beautiful blooms!!! Volunteers are still needed to keep them looking tidy as we approach fall. Also, usually in mid-October, we schedule the fall task of cleaning and putting our gardens to bed for winter.

If you'd like to be contacted regarding the fall clean up date and you are not already on the gardening email list, let Paula Moskowitz know. Many, many thanks to all of those that kept our FUUSA property in such good shape over the summer!-- Paula Moskowitz, Chair, Dirty Fingernail Group (questions-contact Paula at [pgmosk@earthlink.net](mailto:pgmosk@earthlink.net) or 439-6347)

### 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 unsub-

stantiated 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.

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, [drell31@yahoo.com](mailto:drell31@yahoo.com), 482-4574.

### ***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" 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.

### **6 to 9 at 6:09 Circle Dinners**

#### **First Circle Dinner of the year: Saturday, Oct. 11**

Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with

fellow FUUSAns. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. We encourage families with young children to attend or host a multi-generational dinner. We have planned circle dinners for seven weekends in 2014-15. Please join us for the first dinner on Oct. 11.

To sign up for the October dinner, you may email Martha Musser at [mussermartha@gmail.com](mailto:mussermartha@gmail.com) or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, September 28.* Assignments will be announced after that date. If you have questions, please contact Martha at [mussermartha@gmail.com](mailto:mussermartha@gmail.com) or 518-434-2246.

Please save these dates for future dinners:

Saturday, Nov. 8; Saturday, Dec. 6; Friday, Jan. 23 and Saturday, Jan. 24; Friday, Mar. 20 and Saturday, Mar. 21; Saturday, Apr. 25; Saturday, May 23.

### **About Us**

**Charles Semowich**, who has been a FUUSA member for over 30 years, has been ordained an Interfaith Minister. The ordination took place on June 14, 2014 at All Souls Unitarian Church in New York City. He completed his training at the New Seminary for Interfaith Studies in NYC.

### **Walker Book Club**

Join the Walker Book Club for the first potluck and discussion of the 2014-2015 church year, on Sunday, Sept. 14 at 5:30 pm in Channing Hall. This informal book club has existed for many years and is named in memory of a treasured, deceased FUUSAn. Participants search for UU truth and meaning by reading and discussing a wide-range of fiction and nonfiction literary works chosen by group consensus. Members greatly expand their reading horizons and develop a deeper sense of community and connections with other FUUSAns. The book must be available in paperback, either through libraries or at low cost and the person who suggests the book must have read it recently. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

We start with a welcoming shared supper which is followed by 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 Sept. 14 we will discuss the summer fictional book, *The Amazing Adventures of Kavalier & Clay*, by Michael Chabon. In this fun and exciting read, two cousins build an empire in comics while exploring art, love, dreams, longing and hope during World War II.

The group also will choose books for future discussions. The tentative choice for October is *And the Mountains Echoed* by Khaled Hosseini.

Contact Linda Hunt at <mailto:lshunt@nycap.rr.com> for further information or questions.

You can add your name to the Walker Book Club email list by going to the FUUSA homepage at <http://albanyuu.org>. Click on Answers to your questions about FUUSA online for detailed instructions to sign up for the Walker Book Club and other Church DB eGroups.

## First multigenerational pasta potluck of the year: Save the date

**Friday, Oct. 4, 6:00 PM in Channing Hall**

Sponsored by the Religious Education Council

Enjoy a good meal and company. And for those interested, after dinner you'll have an opportunity to learn more about the Sunday morning Religious Education program for children and youth.

## The 21st UU Weekend at Silver Bay

**Oct. 17-19**

Come experience amazing fall foliage views while making new friends and deepening connections with fellow UUs. The UU Weekend experience is about you, your community & nature. The Adirondack location on the northern end of Lake George is idyllic: If you have never been to Silver Bay before, you can get a glimpse by watching 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).

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. Saturday night's

"3 minute Talent Show" offers both hilarious and precious performances. (You are encouraged to bring props, musical instruments & costumes.) 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 on a hike with stunning views of Lake George's clear blue water amid the gorgeous fall colors of the Adirondacks, walking the stone labyrinth or taking a guided meditation. Workshops and a lecture by Dr. Sheldon Solomon round out Saturday, and the Rev. Becky Gunn will lead the Sunday Service in the Chapel. And there is always the choice of a rocking chair on the porch!

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.

Meals are family style and are included in the price with Friday dinner optional based on your anticipated arrival time. Come find out more at the UU Weekend table in Channing Hall during coffee hour. We would love to answer questions and show you the UU Weekend video.

## Joys and Caring Corner

### *Transitions*

**Paula Brewer** announced that their daughter **Anna** will be living and studying in Chile for the next 5 months. We're sending Anna our best wishes for a wonderful learning experience.

### *Joys*

**Jacqui Williams** shared her joy of completing radiation therapy recently. Hurray!

### *Illness*

**Teddy Archer** had hip replacement surgery and is now in rehab at St. Peter's Nursing and Rehab Center at 301 Hackett Blvd. She would enjoy cards and visitors. Please call ahead since she spends a lot of time getting therapy – 459-1953. She is amazingly resilient.

**Susan Thompson** is home from St Peter's Hospital after a bout with an infection. She is doing well enough to be able to go to the Coop and visit with

friends and shop.

The Caring Network's usual newsletter reporter, **Mary Ann Randall**, had surgery recently and is unable to use her computer for at least a month. She is recuperating for a short while in the Adirondacks with relatives. We wish her a speedy recovery and miss her talents.

Molly Daniels announced that **Meredith Andrews** is recovering nicely from surgery.

***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 Eileen Hoffman (ehoffmansw@gmail.com.)*

## Social Justice

### Recycling at FUUSA

This year the Green Sanctuary Committee (GSC) will coordinate FUUSA's recycling efforts in a new recycling center in the cloakroom. Reese Satin and George Shear have put up shelves on the wall where you will find baskets for recycled items. At present, the baskets are not labelled, but they will be shortly. Members of the Green Sanctuary Committee (GSC) will answer questions about what FUUSA will help you recycle. We will be to making announcements at services and in the program. At present, the large space at the bottom of the recycling center is for blankets for the homeless and winter coats/baby items in good condition for refugees.



### Women for a Better World Breakfast Potluck, Sept 27

All are invited to a potluck brunch gathering of Women for A Better World on Saturday, Sept. 27, at 9:30 am in Channing Hall. Our purpose is to build a social giving community, which empowers impoverished people through supporting existing health, educational or economic programs. We learn about development programs and contribute what is personally affordable to local, national or global causes.

We are in the process of securing a speaker from a local organization. Participants at the breakfast will be welcome to provide a financial contribution to that organization.

Please feel free to join us for this breakfast. If you are interested in attending and bringing a breakfast item to share, please contact Elizabeth Berberian at [elberberian@nycap.rr.com](mailto:elberberian@nycap.rr.com) with your name and the item you wish to bring or sign up in Channing Hall at the Sign Up Site.

### Upcoming in Green Sanctuary

The Green Sanctuary Committee had a **planning potluck** at the Butt residence on August 24. The food was delicious, hospitality was great, and ideas were forthcoming. Please watch for future announcements of forums, potlucks, joint programs with RE, new efforts at the Social Responsibility Table, plans for Earth Day, a new plant initiative ... and more.

On Sept. 14 the **first Forum of fall** will be presented by fellow FUUSAns, and will give you an update on the FUUSA solar panels and individual experiences with installing solar at their homes. Chris Bystroff will talk briefly about Solarized Troy, and Carol Butt may propose a system whereby each one of us can monitor our electrical energy usage. Kathy Harris, Chuck Manning and our own Sam Trumbore will describe their experiences with solar and solar contracting. If you have any interest in installing your own system or want to know generally what our solar array is doing, this is the place to be.

On Sept. 21 ten (!) buses or more will be leaving Albany to go down to New York City for the **People's Climate March**. Now is the time to demonstrate support for climate initiatives, and it is not too late to sign up to go. Check the SRC bulletin board for more information. On Sept. 21, after the service, Sam Trumbore will stream live action from the march from the phones of Chris Bystroff or Sandy Steubing. Join him in the vicinity of the SRC table to watch the Climate March as it occurs.

## Contact Us

### Board of Trustees 2014-2015

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

#### Executive Committee

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Rev. Sam Trumbore, [strumbore@uumin.org](mailto:strumbore@uumin.org)

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#### Director of Religious Education

Leah Purcell, [dre@albanyuu.org](mailto:dre@albanyuu.org)

#### Music Director

Matt Edwards, [mge01@yahoo.com](mailto:mge01@yahoo.com)

#### Office Administrator

Alyssa Yeager, [admin@albanyuu.org](mailto: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](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

# Small Group Ministry for Families



**An opportunity for a group of families to develop their faith**

- ✚ at home, as a family - through song, readings and sharing**
- ✚ with a group, on Wednesday evenings with a meal and activities**

***Leah Purcell will lead this 8-week series of gatherings***

We'll start with pot luck around 5:30 and finish our gathering at 7:30.

- **Sept. 24**
- **Oct. 1**
- **Oct. 8**
- (skip Oct. 15)
- **Oct. 22**
- **Oct. 29**
- (skip Nov. 5)
- **Nov. 12**
- **Nov. 19**
- (Skip Nov. 26)
- **Dec. 3**

Sign up in Channing Hall or email Leah at [dre@albanyuu.org](mailto:dre@albanyuu.org)

# Picnic in the Park



*sponsored by the Religious Education Council*

**Who:** Everyone is invited

**What:** Bring your own picnic lunch, including drinks

**When:** Sept 14 -starting around 11:30 until around 2:00

**Where:** The playground at Washington Park

**Why:** For fun and friendship among FUUSA families, youth and adults



If it's rainy that day, we'll "picnic" in the upstairs classrooms.

No sign ups required.

Hope to see you there!





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