

Edited for the Web: Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at [administrator@fuusalbany.org](mailto:administrator@fuusalbany.org).

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

October 2015

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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)

## Sundays at FUUSA

*Please join us on any Sunday for:*

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

**All are welcome!**

## Services

**Oct. 4 "Twenty-First Century Humanism," Rev. Sam Trumbore**  
Many gigabytes of material have been generated by researchers and the media tracking the young adult version of the New Atheist movement. Let us let go of preconceptions and hear their voices as they articulate an approach to Humanism that sounds different than the Humanism of the twentieth century.

*Music:* Albany UU Choir

**Oct. 11 "Freedom and Fulfillment Through Letting Go," Rev. Sam Trumbore**

For Native American populations, the arrival of Columbus was disastrous. The wealth of American society has been built on the backs of slave and indentured labor. So many wrongs, over five centuries have been committed. Could letting go of white privilege be a critical step along the path to freedom and fulfillment ... for everyone?

*Music:* Jay Sager (marimba)

**Oct. 18 "Everything I've ever let go of has claw marks on it." Rev. Dr. Lynn Ashley (in the Sanctuary)**

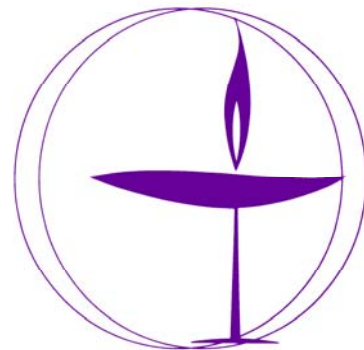
This comment from an unknown source serves as inspiration for reflection on the process of letting go of a deeply personal sense of self and an understanding of the meaning of God.

*Music:* Matt Edwards (on the organ)

**Oct. 25 "Humanistic Buddhism," Rev. Sam Trumbore**

Sam Harris, Stephen Batchelor and Mark W. Gura are three atheists who have found a home in a philosophy and practice derived from Buddhism. They advocate for a secular spirituality built on an adaptation of Buddhism that many Asian Buddhists might not recognize or even reject. Is this cultural misappropriation ... or are we seeing the evolution of a new Western, humanistic way to practice Buddhism?

*Music:* Albany UU Choir



# Calendar

## Events happening every Sunday at Albany UU \_\_\_\_\_

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

Exceptions: Family Chapel Nov. 8, Feb. 21, Apr. 10

## Events happening every week at Albany UU \_\_\_\_\_

Tuesdays     10:00 AM   Philosophy Group .....B-8  
                   1:00 PM     Bridge.....B-8  
 Wednesdays 10:00 AM   Projects & Quilts .....B-8  
                   12:00 PM   All Sides Considered (1st & 3rd)...B-7  
                   7:00 PM     Choir Rehearsal ..... Emerson

Exceptions:

## All other events happening in October \_\_\_\_\_

### 2-Oct Friday

6:00 PM Multi-generational Potluck , hosted by RE  
           Council ..... Channing

### 3-Oct Saturday

8:45 AM Getting to Know UU ..... B-8  
 9:30 AM Women for a Better World Breakfast ..... Channing  
 2:00 PM Holli Rossi Memorial Service ..... Channing

### 4-Oct Sunday

10:00 AM Family Chapel .....Sanctuary  
 11:45 AM Auction Committee..... Stott Lounge  
 11:45 AM Green Sanctuary Committee Meeting..... B-7

### 5-Oct Monday

2:00 PM Memorial Society of the Hudson Mohawk  
           Region..... Stott Lounge  
 6:15 PM RE Council meeting ..... B-8  
 6:30 PM Wellspring Sources ..... B-3/B-4

### 6-Oct Tuesday

7:00 PM 21st Century Humanism ..... B-8  
 7:00 PM Stop NY Fracked Gas Pipeline Forum ..... Emerson

### 7-Oct Wednesday

12:00 PM All Sides Considered..... B-7

### 9-Oct Friday

3:00 PM Elementary OWL Training..... Channing

### 10-Oct Saturday

12:00 AM Elementary OWL Training..... Channing

### 11-Oct Sunday

7:00 AM Elementary OWL Training..... Channing  
 7:00 AM Elementary OWL Training.....Sanctuary  
 11:45 AM Forum (Social Responsibilities Council) .... Emerson  
 12:00 PM Elementary OWL Training  
 12:30 PM Elementary OWL Training..... Channing  
 5:30 PM Walker Book Club ..... Channing

### 12-Oct Monday

10:00 AM Small Group Ministry (Patrick/Odell).... Stott Lounge  
 6:30 PM Small Group Ministry - English..... Stott Lounge

### 13-Oct Tuesday

7:00 PM FUUSA Humanists ..... B-8

### 15-Oct Thursday

5:15 PM Religious Services Committee ..... B-7  
 7:00 PM FUUSA Board Meeting..... Channing

### 16-Oct Friday

8:00 AM UU Weekend at Silver Bay ..... Offsite  
 10:00 AM Small Group Ministry (Patrick/Odell) .... Stott Lounge

### 17-Oct Saturday

12:00 AM UU Weekend at Silver Bay ..... Offsite

### 18-Oct Sunday

12:00 AM UU Weekend at Silver Bay ..... Offsite  
 11:45 AM Social Responsibilities Council Meeting..... B-7

### 19-Oct Monday

12:00 PM Channing Circle Lunch ..... Channing  
 2:00 PM Meaning Matters Third Monday Afternoon..... B-8  
 7:00 PM Earth Spirits..... B-8

### 20-Oct Tuesday

6:30 PM Wellspring Sources ..... B-3/B-4  
 7:00 PM Meaning Matters (3rd Tuesday) ..... B-8

### 21-Oct Wednesday

12:00 PM All Sides Considered ..... B-7

### 23-Oct Friday

6:00 PM Meditation Workshop..... B-8

### 24-Oct Saturday

8:00 AM Meditation Workshop..... B-8

### 25-Oct Sunday

12:30 PM Community Crafters ..... Channing

### 26-Oct Monday

6:30 PM Small Group Ministry - English ..... Stott Lounge  
 7:00 PM Meaning Matters (4th Monday) ..... B-8

### 27-Oct Tuesday

7:00 PM Meaning Matters (3rd Tuesday) ..... Stott Lounge

### 31-Oct Saturday

2:00 PM FUUSA Halloween Party ..... Channing

## Sam's Outlook

### Black lives matter...too

Rev. Sam Trumbore

*Unitarian Universalists believe in the inherent worth and dignity of every person. The banner on our church building states Black Lives Matter to take a stand against the oppression that has been experienced by so many African-Americans and other people of color. Justice cannot be achieved overnight, but we commit ourselves to eliminating racism and inequality. Please join us as we engage in the hard work ahead for social justice.*

*Statement by our Board of Trustees*

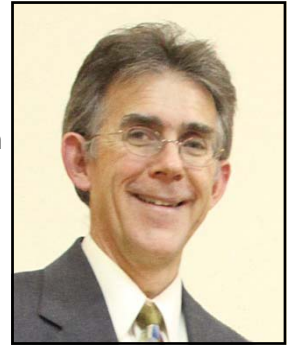
You may have noticed someone wrote on one brick of our ramp up to our main entrance in marker, "All Lifes (sic) Matter." Thankfully our sign has not been defaced as many of the "Black Lives Matter" signs posted in front of UU congregations have been. Sometimes the word "black" has been cut out or painted over. Sometimes the word "white" gets spray painted over the word "black." Stoked by right wing media, the "All Lives Matter" movement is gaining traction, much to my surprise.

I shouldn't be. All kinds of resistance were encountered by those leading the Civil Rights movement of the 1960's. Like the chicken pox virus that comes back as shingles, racism is a deeply entrenched disease in American society that can easily break out when conditions for hatred are favorable.

I admit I've been on my own journey with Black Lives Matter as a slogan. Initially I thought we should be celebrating all lives matter since that is our first principle celebrating everyone's inherent worth and dignity. I needed to learn that the statement draws our attention to the lived reality of many people of African descent, that their lives don't matter, or matter less, far less, than the lives of white people. I also needed to learn the Black Lives Matter movement that arose from the killing of Michael Brown in Ferguson was about far, far, more than the death of that one individual unarmed Black man.

And to learn I had to listen. I had to put aside my personal comfort and allow my attitudes and beliefs be challenged both inwardly and outwardly. I had to express my objections and doubts then listen to the

responses carefully, setting aside as best I can my biases. Seeking truth and deeper meaning is as important in rooting out latent racist attitudes as it is for finding personal meaning and fulfillment. I had to open up my heart empathetically to feel the pain in the African American community and the families of unarmed Black men treated abusively or shot to death by civil authorities. Hearing about and imagining what they went through opened up my compassion and energized my social conscience.



To get to a place where All Lives Matter, we need to make Black Lives Matter MORE than they do today. And that means drawing our attention, again and again, with each person shot by a police officer and demanding an examination to discover whether lethal force was required to resolve the situation. First and foremost, at the most basic level, Black Lives Matter is an initiative just to get police to stop shooting unarmed Black men who are not a lethal threat to anyone. If the ratio of Black men killed by police was the same as White men killed, we could declare a great victory ... and if that number could go to zero for everyone, all the better. There are plenty of other problems out there with race to be sure, but I find it very hard to believe that the vast majority of good hearted Americans could object to Black men getting treated fairly and equally to white men by the police.

I spoke with an angry white middle-aged fellow the other day who objected to our support for Black Lives Matter. I listened very, very carefully to his arguments trying to understand why he objected to making sure everyone gets fairly treated by the police, especially those, like Black men, who often don't because of profiling. Among his wide-ranging concerns, he expressed fear the criminals were not being arrested by the police who were worried they would be judged by the harsh negative spotlight of the media if a Black Albanian gets killed. I had the opposite reaction, happy to hear the police are being much more careful in their police work.

**Continued on page 4**

## News

### New Playground for Sheridan Preparatory Academy

The playground project is an exciting opportunity for UUs to make a difference in the lives of children and families in our community. Sheridan Preparatory Academy is a public school, serving 456 students in grades pre-kindergarten through five. Almost 90 percent of students are Black or Hispanic. More importantly, a similar percentage comes from low-income families. Sheridan also serves children of immigrant families, students who come from such places as Yemen, Iraq and Mexico and speak a variety of languages. As many of you know, a number of Albany UU members have been volunteering in the classrooms for the last three years.

The Social Responsibilities Council working with Sheridan staff has identified the playground project as one means of realizing Albany UU's commitment to making a difference in the lives of children and families. In May, our Board of Trustees committed to serving as Sheridan's not-for-profit partner to raise the necessary funds and find *pro bono* help to renovate the existing playground site and to provide and erect new playground equipment.

Why does Sheridan need a new playground? Sheridan was constructed 10 years ago to serve the needs of a low-income neighborhood within walking

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### **Sam's Outlook, continued from page 3**

Of course I want criminals arrested who are committing crimes. But I also want that done with handcuffs rather than bullets. And I'd like to see those arrested treated as human beings who can, with some support, choose a different, socially affirming life plan.

No one doubts there are problems in the African American community especially among the multigenerational urban poor. Most violence is indeed Black on Black as the White middle-aged fellow pointed out. All the more reason for predominantly White communities to lift up and affirm the message Black Lives Matter and commit ourselves to being part of dismantling the systemic racism that feeds hatred and contributes to that violence.

—Rev. Sam

### Flyers in this issue

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

- ◆ Major Events list 2015-16
- ◆ Pasta potluck
- ◆ Halloween Party

distance of FUUSA. The available lot was so small that the area left for outdoor play doesn't allow soccer or softball. Further, the district did not have sufficient funds for new playground equipment and moved used playground equipment to the school. This equipment provides few play options, especially for older students.

We believe that active play is essential to the health and well-being of children. In addition to providing new play challenges and opportunities to burn excess energy during and after school and in summer programs, an enlarged site and new playground equipment would demonstrate to the students that their well-being is important to the community.

The budget for materials for this project is \$45,000. We understand that the majority of these funds must come from outside the Albany UU congregation and we have begun applying for grants, large and small. Creighton-Manning Engineering has developed a new site plan and is working with us to identify *pro bono* construction help with the site renovation.

Albany UUs can help realize the dream of a new playground by making this a congregational project. Choose one or more of these opportunities: Give generously to the give-away-the plate for Sheridan (probably in late October.) Join the committee to help with fund-raising. If you have a relationship with a potential funder, work with us to request a donation. Finally, the erection of the new play equipment will be a community event. Plan to join us for the event and the playground opening celebration. For more information, contact Lois Griffin, Chuck Manning or Martha Musser.

### Young singers!

Matt Edwards is seeking young singers in elementary school and junior high to perform for the Wheel of Life service on November 1st. Rehearsals are 11:30 on Oct. 25 and 9:15 on Nov. 1. Please email

## Board notes

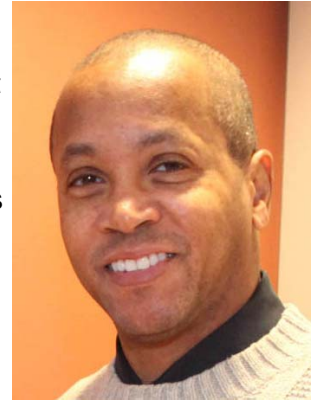
### The Inclusion Team and radical hospitality *Michael Hornsby, Trustee*

In the September 2015 issue of Windows, the Growth Through Service update reported that the Inclusion Team has received approval from the Board of Trustees to expand its mandate. The team members are Adrian Cattell, Jaye Holly, Linda Hunt and I. Originally conceived as a mechanism for ensuring inclusivity and diversity in the planning and implementation of the Growth Through Service program, the Inclusion Team now considers matters of diversity and inclusion for the entire congregation and makes suggestions to the Board and staff regarding the removal of institutional barriers to participation in all aspects of congregational life. Radical Hospitality is the principle which guides our work.

Our mission statement begins with the words "We welcome everyone." That sentiment is practically universal; every church thinks it welcomes people. Radical Hospitality, however, embodies an active desire to move beyond cordiality and friendliness. It is not an effort to be all things to all people. At its heart, it is a form of altruism, acts of giving without expecting anything back which, in turn, promote the well-being of us all. As a spiritual practice, Radical Hospitality can lead to a more expansive way of per-

ceiving the world.

It is not a passive activity. It cannot be done simply by opening the doors. Instead, it calls us to open our hearts to strangers, to the "other," to be willing to change our attitudes and behaviors in order to accommodate the needs and receive the talents of others. As congregations of all religious denominations across the country are shrinking, how we welcome our guests and new members becomes more and more important if we are to, indeed, sustain a vital and nurturing religious community.



The Inclusion Team will facilitate this process on an institutional level with, among other things, educational offerings and suggestions regarding physical accommodations. Each of you, as committed members of the congregation, has a much more important part to play. By engaging in active welcoming, you will become living examples of the love we UUs hope to manifest in the world.

Please feel free to speak to any member of the Inclusion Team if you have questions, suggestions or comments.

Matt (mge01@yahoo.com) or see him in person to sign up.

### Getting to Know UU... and New Member Sunday

Are you thinking about joining FUUSA? Wondering about Unitarian Universalism and its role in your life? Come to the **newcomer orientation on Saturday, Oct. 3**, from 8:45 am 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!

To register: **Send an email to [Registration@AlbanyUU.org](mailto:Registration@AlbanyUU.org)**; **Sign up** at the Sign Up Site in Channing Hall; or **Call** the church office, 518-463-7135. Childcare is available: please let us know you need it when you register.

And then on **Sunday, Nov. 8**, at 10:00 a.m. we will be welcoming new members during the Sunday service. If you are ready to become a member of Albany UU, stop at the Welcome Table in the lobby and pick up an Intent to Join form. Or find out more about membership by calling Barb Manning, chair of the Welcome Team (xxxxxxxxxxxxxxxxxxxxxxxxxx.)

### Save the Date!

Nov. 7 Multi-Generational Potluck & Concert with Bob Sima

## Seeking new home for our Robert Blood sculpture—Yours?

Last spring at our annual meeting, we discussed the dilemma of our congregation owning a large sculpture by Robert Blood without a proper place to display it. Given these circumstances, the majority at the meeting felt that Albany UU should seek a new home for the sculpture, and the Board of Trustees agreed and authorized that search. A subsequent offer to donate the sculpture to the Albany Institute of History and Art was declined, because the Institute already owns a Blood sculpture.

At this point, we are asking members and friends of Albany UU if they are interested in purchasing this sculpture. It would be possible to adapt it to outdoor display, with some effort. If you are interested, please let me know by October 20, and we will provide you with additional information. -- Peggy Sherman for the Ad Hoc Sculpture Task Force ([msherman@nycap.rr.com](mailto:msherman@nycap.rr.com) or 439-0064)

## NYSCU Annual Meeting October 23-24, Oneonta

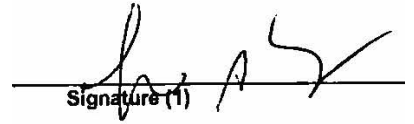
Registration is now open for the **New York State Convention of Universalists 189th Annual Meeting**. The meeting brochure is available. One can register online at: <https://fd7.formdesk.com/uiforms/NYSCU>. A pdf registration form is also available. Links to both are available at the NYSCU web page: <http://nyscu.org>. Look for both copies at AlbanyUU on the bulletin board in Channing Hall. **Also, let Albany UU President Peggy Sherman and/or Denominational Affairs Liaison Don Odell** ([drodell31@yahoo.com](mailto:drodell31@yahoo.com), **482-4574**) **know if you are going. Albany UU can send several delegates, and the registration fee will be paid for.**

The Rev. Mark Morrison-Reed will be the Keynote Speaker addressing "When Dr. King came to Call." (Dr. Martin Luther King, Jr. delivered the keynote address at the 1956 NYSCU Annual Meeting.)

There is also 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. In addition to the annual meeting, there will be workshop related to the mission and programs of NYSCU.

## Is this your signature?

If this is your signature, or if you recognize whose it is, we'd love to know! It is on a pledge for the 2015-16 year, with no other identification, so we do not know to whom to ascribe the pledge. Please contact Amy Lent, Church Administrator (church office 463-7135) if you can solve the mystery!



## Come join us!

The Auction Committee could use a few more volunteers to assist in the successful implementation of FUUSA's biggest annual fundraiser. There are varied "jobs" where we could use YOUR help. We have fun while performing an essential function for our community. Please come to the upcoming planning meeting:

When: **Sunday, October 4**

Time: 11:45 am

Place: FUUSA Joy Library

If you would like to get involved, but can't attend, please contact Randy Rosette: [rosette\\_jensen@juno.com](mailto:rosette_jensen@juno.com), or Linda Hunt: [lshunt@nycap.rr.com](mailto:lshunt@nycap.rr.com). THANKS!

## Flower news for the 2015-2016 year!

Welcome Back! Thanks to those of you who brought in flowers to brighten up our summer services. It's now time for signing up to have your donation created by the Flower Committee members, or to create your own arrangement to be celebrated in the Order of Service.

Just a refresher note (or new info for you newcomers) as to how the donation of flowers works. You have the opportunity to celebrate, commemorate, thank, etc. with flowers on Sunday morning. In Channing you will find a sign-up sheet. Just select the date you want, and note if you would like to do your own flowers or have a member of the committee arrange for you. If the committee is to do the flowers, a member will be in touch with you to find out what you would like and how much you wish to donate. Fill out a card with your dedication for the order of service, and put it in the Sunday Drop Box in the front office.

We look forward to having beautiful arrangements

and are requesting that the donor make plans for use of the flowers after Sunday service. If you would like to take the flowers to a FUUSA member who needs a bit of cheer, that would be wonderful. If you know of a FUUSA member who is going to visit someone in the hospital or at home, please ask if they would like to take the flowers. Also, please enjoy your flowers at home for that special occasion, or just because you are special to make the donation!

If you enjoy playing with flowers, please consider joining our committee. Anyone with an interest is welcome; please contact me.

Thanks for being a special part of the Sunday services. -- Sandy Stone, Chair, Flower Committee



### Fall Gardening

The gardening season is *almost* over! If you'd like to help with the fall task of readying our gardens for winter, make sure

you are on the gardeners' email list. Also, you can keep an eye out for the exact date and time of the clean up – it will be listed in the Order of Service the Sunday before. The last several years, we have chosen a mid-October date. Since that is also when our first grandchild is due, Carol Young has agreed to serve as my back up.

Thanks again to those who kept our property looking so attractive over the summer!

To ask questions or to be added to the email list, contact Paula at xxxxxxxxxxxx

## Growing Together

### Mindfulness Meditation Workshop

**Oct. 23-24**, led by Rev. Sam Trumbore  
This meditation training and practice workshop will be led by Rev. Trumbore, on Friday 6:00pm to 9:00pm, and Saturday 8:00am to 3:00pm. It gives the participants an opportunity to learn Buddhist mindfulness meditation techniques and/or refresh and deepen their meditation practice. All are welcome from first timers to experts. There will be a vegan potluck lunch on Saturday and all are encouraged to bring something to share. **Please sign up** (see box.) A voluntary donation can be offered at the end.

Rev. Trumbore has practiced Buddhist *Vipassana* or insight meditation for 30 years and is past president of the Unitarian Universalist Buddhist Fellowship. This meditation technique is one 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.

**Three ways to sign up for a class or event:**  
—**Send an email** to [Registration@AlbanyUU.org](mailto:Registration@AlbanyUU.org)  
—**Sign up** at the Sign Up Site in Channing Hall  
—**Call** the church office, 463-7135  
If childcare is offered, please let us know you need it when you register. (Include names and ages of children.)

**Exploring Twenty-First Century Humanism**  
led by Rev. Sam Trumbore  
**7pm, Tuesdays, Oct. 6, 13, Nov. 10**  
A new generation of non-believers is finding new and different approaches to Humanism. Following up on the service on October 4<sup>th</sup> and using Phil Zuckerman's book, *Living the*

## Religious Exploration

### Letting go

*Leah Purcell, Director of Religious Education*

Before the song from the Disney movie *Frozen* starts an “earworm”, consider these wise words:

*When cast into the depths, to survive, we must first let go of things that will not save us. Then we must reach out for the things that can. — Rev. Forrest Church*

*All [of us] must leave room for the acts of the spirit. — Ursula LeGuin*



“Letting Go” is our theme from Soul Matters – a program our RE program participates in with congregations across the country.

We cling. We cling to the idea of being “good parents”. With the best intentions, we strive to give our children what we grasp for ourselves: success, safety, society’s standards of beauty, personal desires to be accepted, perfectionism, duty, and with that often come fear, grudges, hurts, hopes, stuff, shame. Whether the object of our grasping and striving is good or bad is not, as we learn, truly the issue. It’s the grasping itself. That’s the real problem, even in parenting. Holding on too long and too tightly takes us out of the moment and thwarts our efforts to make genuine connections with the little people right in front of us. So our faith pleads with us, “Let it go!” for the sake of our own souls and for the souls of our children.

But here’s the twist: Our faith follows that up quickly with “Let it in!” This spiritual dance takes a two-step. As Forrest Church puts it, letting go must be followed up by reaching out. Or maybe it’s better to say **opening up**. Indeed, the tragedy of grasping so tightly is not simply that we anchor ourselves to that which burdens us, but that we end up shutting out that which is trying to save and feed us. Letting go is ultimately about letting in. It’s really about making room.

I hear from parents and caregivers that they are locked into schedules of work, school, sports and other activities, caring for elders, social activism and the need for down time at home. I get it. I work to make Albany UU a place that your family can come and be renewed and restored and also live out your values. So often I hear that children resist the **idea** of coming to Sunday school, but are so glad when they get here that they did.

So I encourage you to let go of the things that you can, and then see how much room you have for our religious community. And remember the irony that the busier we are, the more we need to set time aside to pause and reflect. With regular attendance in RE, children become familiar with our rituals and traditions; their lessons are more meaningful because of the continuity in their religious explorations; and they get the message that their parents and caretakers believe that Albany UU is an important and valuable place to be. More specifically, Religious Educators agree that children who come to RE three or more Sundays each month benefit greatly because they are able to develop trusting relationships with other children and adults. I would add that coming regularly two times a month is enough for children to develop a sense of community and also enjoy their time here. Of course, the rituals you develop at home, the discussions you have and stories you read also foster your child’s religious identity and exploration, so that coming even once a month regularly can benefit your child. Look to my blog for books, movies, songs, table blessings and readings for you to use at home. <http://albanyuu.org/wp/dre-blog/>

You may rest in the assurance and be encouraged to know that we’re all working on letting go and making room, especially this month. And don’t forget the events geared for families that are not on Sunday mornings that help you develop community here, like the multigenerational Pasta Pot Luck on Oct. 2 and the Halloween Party on Saturday, Oct 31.

In joyful service, Leah



*Secular Life*, as a springboard, we'll explore these perspectives in relationship to Unitarian Universalism and the way we live our personal lives. Though there may be a decline in belief in God and attraction to church today, there is no decline in young people's interest in finding meaning and purpose for their lives. **Please sign up** (see box.)

### Creating Peace Through Connection Saturday, Nov. 14 —9:30am to 4:30pm

An Introduction to the Basics of Nonviolent Communication with Jan McCracken and Philomena Moriarty

Whenever we are in distress or exposed to the anger and distress of another, we yearn for peace but are confused about how to get it. Nonviolent Communication provides a path to peace. Through learning how to empathize with others even in their anger or even to empathize with ourselves in our own anger we can forge a new peaceful connection. The principles of nonviolent communication are about a change in our hearts so that we can make a more heartfelt connection with another. **Please sign up** (see box.)

Questions: Contact Philomena at xxxxxxxxxxxxxxxxxxxxxxx

**Three ways to sign up for a class or event:**

- Send an email** to [Registration@AlbanyUU.org](mailto:Registration@AlbanyUU.org)
- Sign up** at the Sign Up Site in Channing Hall
- Call** the church office, 463-7135

If childcare is offered, please let us know you need it when you register. (Include names and ages of children.)

### Writing and Living on the Threshold *Writing Retreat with Karen Hering, author of Writing to Wake the Soul: Opening the Sacred Conversation Within*

Saturday, Oct. 17, 9 a.m.--- 4 p.m. at UU Congregation of Saratoga Springs

This writing retreat, for writers and non-writers, is limited to 50 participants. The cost is \$50 per person and includes a light lunch, beverages and a

snack.

Karen's book, *Writing to Wake the Soul*, will be available for sale at the event for \$24. Please bring writing tools and a notebook. Register for the retreat online at [whoozin.com/CVW-DCF-AEUEH](http://whoozin.com/CVW-DCF-AEUEH) <<http://whoozin.com/CVW-DCF-AEUEH>> For more info contact Linda Wilkes, xxxxxxxxxxxxxxx

### Joy Library

New books—find them in the new books section:

**BETWEEN THE WORLD AND ME** by Ta-Nehisi Coates Spiegel & Grau. 2015. [305.8 COA] *“...a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation’s history and current crisis. Americans have built an empire on the idea of “race,” a falsehood that damages us all but falls most heavily on the bodies of black women and men... exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? ...Ta-Nehisi Coates’s attempt to answer these questions in a letter to his adolescent son. Coates shares ...the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris.... Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, BETWEEN THE WORLD AND ME clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.” (Amazon 9/19/2015)*

**THE MOCKINGBIRD NEXT DOOR: LIFE WITH HARPER LEE** by Marja Mills. The Penguin Press (2014). [813.54 MIL] *“To Kill a Mockingbird is one of the best loved novels of the twentieth century. Yet for the last fifty years, the novel’s celebrated author, Harper Lee, known to her friends as Nelle, has said almost nothing on the record. But in 2001, Nelle and her sister, Alice Finch Lee, opened their door to CHICAGO TRIBUNE journalist Marja Mills. It was the beginning of a long conversation—and a won-*

derful friendship. Mills was given a rare opportunity to know Nelle, to be a part of the Lees' life in Alabama, and to hear them reflect on their upbringing, their corner of the Deep South, and how *TO KILL A MOCKINGBIRD* affected their lives." (Amazon 9/19/2015).

**ISLAM AND THE FUTURE OF TOLERANCE: A DIALOGUE** by Sam Harris and Maajid Nawaz. COMING IN OCTOBER. "... Sam Harris and Maajid Nawaz invite you to join an urgently needed conversation: Is Islam a religion of peace or war? Is it amenable to reform? Why do so many Muslims seem

drawn to extremism? What do words like Islamism, jihadism, and fundamentalism mean in today's world? ... [In] this dialogue between a famous atheist and a former radical .... Harris and Nawaz have produced something genuinely new: they engage one of the most polarizing issues of our time—fearlessly and fully—and actually make progress. ... with the explicit goal of inspiring a wider public discussion by way of example. In a world riven by misunderstanding and violence, Harris and Nawaz demonstrate how two people with very different views can find common ground." (Amazon 9/20/2015)

## Our Community

6 to 9 at 6:09: Circle Dinners  
**Circle Dinner on Friday, Oct. 30**

Circle dinners provide Albany UUs and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquainted with fellow UUs. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. Please join us for the dinner on Friday, Oct. 30.

For this church year, we have scheduled dinners in seven months. The dates are listed below. Please save these dates on your calendar. Last church year, Albany UUs hosted 25 dinners. We hope that more people will participate this year.

To sign up for a September 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, Oct. 18.* Assignments will be announced after that date. If you have questions, please contact Martha at 518-434-2246 or by email.

**Save these dates for future dinners:** Saturday, Nov. 21, Friday, Feb. 19, Saturday, Mar. 12, Saturday, Apr. 9, Saturday, May 21.

### All Sides Considered

Join us for lively discussions every Wednesday from Noon – 1:30. The group seeks to explore liberal and conservative viewpoints in considering current social and political issues. Register by email at [registration@AlbanyUU.org](mailto:registration@AlbanyUU.org) or sign up in Channing Hall. For more information, also feel free to contact Jim

Schlembach at [jimschlembach@gmail.com](mailto:jimschlembach@gmail.com)

### Earth Spirits

The next two meetings of "Earth Spirits" will be on Monday, Oct. 19 and Monday, Nov. 9. We will be drumming on the 19th so, please, come join us at 7 pm.

### UU Humanists

Albany UU Humanists regularly meet on the second Tuesday of the month. However, Rev. Sam plans a sermon on 21st Century Humanism and conducting follow up sessions on the subject on Tuesdays, Oct. 6, 13 and Nov. 10. In lieu of our regular meetings in October and November, we should plan to join him and participate in those follow up sessions.

An important source will be the book Living the Secular Life by Phil Zuckerman. Look for more detail

**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: Dave Munro, Chuck Manning, Phil Rich, Jan Satin, Randy Rosette, Sandy Stone, and Lisa Barron.



on that in this issue of Windows.

At our Sept. 8 meeting, Albany UU's Director of Religious Education, Leah Purcell, met with ten of us to discuss the Albany UU Religious Education Program. She explained the thrust of the Religious Education program in its moving to Theme-Based Religious Education and family ministry. We appreciated her taking the time to meet with us and give us the overview of the RE program. So, if you missed the meeting, you should feel free to ask Leah about the Guiding Star for RE, and the theme for September. And she does maintain a blog that provided more detail.

For those interested in learning more about humanism in Unitarian Universalism, please go to the UU Humanists website at <http://humanists.org>. There is also the American Humanist Association's website at <http://americanhumanist.org>.

If you wish to join the Albany UU Humanists conversations, please go to the Albany UU website ([albanyuu.org](http://albanyuu.org)) and go to Groups and join, or call the Albany UU office (463-7135), or contact Don Odell (xxxxxxxxxxxxx574) to be added to the egroup. And, see you on October 13, and around Albany UU on Sunday mornings. -Don Odell

### **There's still time to sign up for the UU Weekend at Silver Bay!**

Looking for a great get-away before cold weather hits?

Please join us at UU Weekend at Silver Bay on October 16th-18th.

The weekend is a great opportunity to enjoy a relaxing time with your fellow UUs, from Albany and elsewhere, in an informal setting. The weekend offers a varied program which offers something for everyone and features fun, recreational, leisure, and learning opportunities for all ages.

Come for the weekend or for the day. First-timers are warmly welcomed and receive a 10% discount!

To learn more about the weekend and/or to register, come to the Silver Bay table in Channing during coffee hour. The registration form is available on the UU Weekend web page, <http://albanyuu.org/wp/pdf/uwregistration2015.pdf>.

### **Calling all crafters!**

The traditional Albany UU holiday bazaar is splitting into two events!! On November 22, we will be selling apple and pumpkin pies and jars of delicious homemade soups after the service. On December 6, we will be selling holiday crafts made by Albany UUs and more jars of soup. There will be opportunities on weekdays, both daytime & evenings, and Sundays after service, for folks to gather and make crafts together - dates to be announced. A sign-up sheet will be in Channing. Also, anyone inspired to use your talents to make crafts at home (knitting, crochet, sewing, papercraft, jewelry, etc.) please contact Sigrin Newell

at xxxxxxxxxxxxxxxxxxxxxxxxx Stay tuned for more details!

### **Walker Book Club**

#### **Sunday, Oct. 11, 5:30 pm, Channing Hall**

Join the Walker Book Club for a potluck and discussion on *The Invention of Wings: A Novel* by Sue Monk Kidd. 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.

On Oct. 11, we will discuss *The Invention of Wings*: by Sue Monk Kidd. The Grimke family buys a slave, Handful, for their daughter, Sarah on her eleventh birthday. This results in an unusual bond between the two women. The two women find their voices and fight for equality, justice and change in the time of slavery.

The book for November is *Five Days at Memorial: Life and Death in a Storm-Ravaged Hospital* by Sheri Fink. This nonfiction work presents vexing questions and difficult ethical issues by looking at a hospital in New Orleans during Hurricane Katrina.

Contact Linda Hunt at xxxxxxxxxxxxxxxxx for further information or questions.

### **Memorial Society seeks volunteers**

The Memorial Society of the Hudson-Mohawk Region, an affiliate of the Funeral Consumers Alliance, needs an infusion of energy from new volunteers. Ours is an important cause, and there's much work to be done in spreading the word about affordable

funerals. However, several of our Board members will be stepping down by the end of this year, and it's questionable whether we will be able to continue unless we find new people willing to play an active role.

Our next Board meeting will take place on Monday, Oct. 5 from 2:00pm to 4:00 pm, and you're welcome to attend in order to learn more about our organization and how you can get involved. In the meantime, please visit our website at [www.hudsonmohawkfca.wordpress.com](http://www.hudsonmohawkfca.wordpress.com) for more information, or contact Robb Smith or Julie Lomoe. And mark your calendars now for our annual meeting on Sunday, Nov. 8.

### UU Weekend at Silver Bay Silent Auction

*Are you downsizing; right-sizing; decluttering; or re-organizing your empty nest? Surrounded by possessions you longer need or want?*

## Social Justice

The **Social Responsibilities Council** (SRC) coordinates and informs the congregation on social issues of moral and ethical significance; takes action on positions and policies of the Society ; and collaborates with other organizations in the community on issues of social concern.

By the time you read this, the SRC will have had its first meeting of the church year and will have started planning for its October meeting. We meet, generally, the third Sunday of the month in B7 at 11:45am to about 1:15pm. There are sometimes conflicts with a particular 3<sup>rd</sup> Sunday, so watch for announcements for change of date or time. For 2015-16, our elected members are: Carol Butt, Ed Hancock, Jaye Holly, Karen Kaufmann, Matt Lesniak, Laura Paris, and Jean Poppei, Chair. This year's appointed members are: Larry Gambino, Lois Griffin, Thayer Heath, and Robb Smith.

We are excited about the Sheridan Preparatory Academy playground project (described elsewhere in Windows). And, we urge you to look for announcements on our FUUSA webpage or in Previews for opportunities for social justice action and events. Our meeting in October will be on the fourth Sunday (due to conflict with Silver Bay week-

If you are planning to attend the UU Weekend at Silver Bay (Oct. 16—18) we have a solution for you.... You can find good homes for your gently used items at the auction!

## Silent Auction



Perennial favorites include small electronics, toys, games, collectibles, nice serving dishes, books, jewelry, and artwork. Don't forget items for the kids...they are among the most enthusiastic auction participants.

Please bring items that will delight people of all ages to with you to Silver Bay and drop them off when you register at the Inn. The auction will be held on Saturday, Oct. 17 from 4 PM to 5 PM.

Proceeds from the auction fund children's programming at and scholarships for UU Weekend.

end), October 25<sup>th</sup>. Hope to see you there! --Jean Poppei, Chair

### Albany UU women who want to make a difference: mark your calendars now!!!

The next potluck breakfast gathering of Women for a Better World will be held on Saturday, Oct. 3 from 9:00 am to 10:30 am in Channing Hall. Our purpose is to build a social giving community, which empowers impoverished people through supporting existing health, educational oreconomic programs.

Staff from Grand Street Community Arts (GSCA) will be our guests. GSCA's development director, Lex Bhagat, and Youth FX Program Director, Bhawin Suchak, will join us to discuss GSCA's work and fundraising goals. The mission of GSCA is to create unity and connection, especially through the arts, in an inner-city neighborhood with racial and economic diversity. This Albany-based grassroots organization focuses on youth. (<http://grandarts.org/>)

Please join us! To sign up, contact Elizabeth Berberian at [elberberian@nycap.rr.com](mailto:elberberian@nycap.rr.com) and bring a breakfast item to share. There are also sign up sheets posted in Channing Hall.

## Major Events at Albany UU 2015-16

18-Sep-15	Friday	Multi-generational Potluck, hosted by Green Sanctuary
20-Sep-15	Sunday	Albany UU Picnic (offsite)
25-Sep-15	Friday	Youth Meeting
25-Sep-15	Friday	Youth Overnight
26-Sep-15	Saturday	Circle Dinner
2-Oct-15	Friday	Multi-generational Potluck, hosted by RE Council
3-Oct-15	Saturday	Getting to Know UU
16-Oct-15	Friday-Sunday	UU Weekend at Silver Bay (offsite)
30-Oct-15	Friday	Circle Dinner
31-Oct-15	Saturday	Albany UU Halloween Party
1-Nov-15	Sunday	Change of Time Breakfast
6-Nov-15	Friday	Multi-generational Potluck, host group TBD
8-Nov-15	Sunday	New Member Sunday
14-Nov-15	Saturday	Beer Tasting Fundraiser
21-Nov-15	Saturday	Circle Dinner
22-Nov-15	Sunday	Holiday Pie, Soup and Bake Sale
24-Nov-15	Tuesday	Union Thanksgiving Service (offsite)
4-Dec-15	Friday	Multi-generational Potluck, host group TBD
5-Dec-15	Saturday	Getting to Know UU
6-Dec-15	Sunday	Coffee Hour and Holiday Craft and Pie Sale
6-Dec-15	Sunday	Holiday Tree Decorating
19-Dec-15	Saturday	Solstice Celebration
24-Dec-15	Thursday	Christmas Eve Services and Cookie Reception
31-Dec-15	Thursday	Albany UU Family Friendly New Year's Eve Party
8-Jan-16	Friday	Multi-generational Potluck, host group TBD
15-Jan-16	Friday	CACC Martin Luther King Jr. Service (offsite)
29-Jan-16	Friday-Sunday	Youth Con
5-Feb-16	Friday	Multi-generational Potluck, host group TBD
19-Feb-16	Friday	Circle Dinner
27-Feb-16	Saturday	Wine and Cheese Fundraiser
4-Mar-16	Friday	Multi-generational Potluck, host group TBD
5-Mar-16	Saturday	Getting to Know UU
12-Mar-16	Saturday	Circle Dinner
20-Mar-16	Sunday	Get Connected! Activity Fair
1-Apr-16	Friday	Multi-generational Potluck, hosted by Green Sanctuary
2-Apr-16	Saturday	Albany UU Annual Auction
3-Apr-16	Sunday	Get Connected Activity Fair
9-Apr-16	Saturday	Circle Dinner
15-Apr-16	Friday	Annual Fellowship Dinner (offsite)
16-Apr-16	Saturday	Youth Overnight (Tentative)
22-Apr-16	Friday	Seder (Tentative)
23-Apr-16	Saturday	Youth Overnight (Tentative)
6-May-16	Friday	Multi-generational Potluck, host group TBD
15-May-16	Sunday	Annual Meeting
3-Jun-16	Friday	Multi-generational Potluck, host group TBD
12-Jun-16	Sunday	Sundae Sunday

# Multigenerational

## Pasta Potluck



Sponsored by the Religious Education Council

**Friday, October 2<sup>nd</sup> at 5:30PM  
in Channing Hall**

*Enjoy a good meal and company.*

*And for those interested, the after dinner program is a presentation on Sunday school programs, including and introduction to the Our Whole Lives Program*

This is a potluck OR pay event, meaning you can sign up to bring food or sign up to just come (and pay at the door – the cost is \$3 per adult, \$2 per child under 12, \$10 max per family). Sign-up sheets are in Channing Hall.

First Unitarian Universalist Society of Albany – 405 Wash Ave – [albanyuu.org](http://albanyuu.org)

Bringing Unitarian Universalist Values to Halloween!

# TRICK OR TREAT

For Food Pantry Donations

Then Celebrate with a

**Multigenerational Party at FUUSA!**

**Saturday October 31, 2:00 - 4:00**

*Games, Food, Craft-making, and Fun for All Ages!*

The Religious Education Council is sponsoring a Halloween Party - fun, fellowship and service to others

We invite families to "Trick or treat" in their neighborhoods for items for our local food pantry before the Halloween party at FUUSA. The donations will be honored during the service the next day.

Flyers will be distributed through RE classes to distribute to your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!

[http://albanyuu.org/wp/pdf/Trick or Treating for Donations-handout.doc](http://albanyuu.org/wp/pdf/Trick%20or%20Treating%20for%20Donations-handout.doc)



## Contact Us

### Board of Trustees 2015-2016

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

#### Executive Committee

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Kathy Harris, Treasurer  
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Reese Satin, Assistant Treasurer

### Staff

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

#### Church Administrator

Amy Lent, [alent@albanyuu.org](mailto:alent@albanyuu.org)

#### Director of Religious Education

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

#### Music Director

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

#### Administrative Assistant

Tammy Hathaway

#### 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, 3rd 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 Hawley Parking Lot on Robin Street at Washington 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 Church Administrator Amy Lent (463-7135 or [administrator@albanyuu.org](mailto:administrator@albanyuu.org)).

To **rent hall or classroom space** for a personal or non-FUUSA activity, contact Church Administrator Amy Lent (463-7135 or [administrator@albanyuu.org](mailto:administrator@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



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