



WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

November 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

Nov. 1 "Wheel of Life," Rev. Sam Trumbore

Our tradition each year is to dedicate a service to remembering our individual milestones in the past year: the deaths, the births, and the major life transitions like graduations, marriages and retirements. Please bring pictures or mementos of those people in your life to be brought forward for display during the service. Please also consider emailing us those pictures for projection during the service to photos@albanyuu.org.

Nov. 8 "The Pluralistic Spirit of the Sacred Harp," Rev. Sam Trumbore

Shape Note notation and singing was developed in the nineteenth century to encourage congregations to sing together in harmony. Just about anyone can learn to sing out loud and strong this way. Unfortunately not everyone welcomed this new form of egalitarian music making.

Nov. 15 "Another Mary," Rev. Dr. Lynn Ashley

Words from the Rev. Kathleen McTigue serve as inspiration for this service: Those who lived before us, who struggled for justice and suffered injustice before us ... have not disappeared. They are with us still. The lives they lived hold us steady. Their words remind us and call us back to ourselves. As we approach the 195th anniversary of the birth of Mary Livermore, we celebrate in her own words the life of a remarkable Universalist — an abolitionist, suffragist, Civil War activist and memoirist. Through her story we learn something of our own.

Nov. 22 "Great—But Little Known—UU Ancestors," Rev. Sam Trumbore

Channing, Emerson, Parker, Fuller, Murray, and Ballou get most of the UU history headlines. If you recognize any of our ancestors, you've probably heard their names. Today we'll learn about some still great but not well known Unitarian and Universalist ancestors who are worthy of having their influence remembered. This will also be our yearly Corn Muffin Celebration!

Nov. 29 "UU Principles in Action" – Nick Schell, Rose Reed, Charlotte Hutchins, Hannah Tobias-Wallingford

The youth from Albany and Schenectady churches will share their experience and thank the congregation for their support. They will describe the impact their service work had in Guatemala and the impact Guatemala had on them. Though the trip is over, the mission is not and the youth will share thoughts about future social justice action.

Calendar

Events happening every Sunday at Albany UU

9:00 AM Mindfulness MeditationSanctuary
 10:00 AM ServiceEmerson
 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

Regular events and meetings

CHECK the calendar below for THIS month's date, time and location

Sundays	11:45 AM	Green Sanctuary Committee (1st)	Wednesdays	10:00 AM	Projects & Quilts (weekly)
	11:45 AM	Social Responsibilities Council (3rd)		12:00 PM	All Sides Considered (1st & 3rd)
Mondays	12:00 PM	Channing Circle (3rd)		7:00 PM	Choir Rehearsal (weekly)
	7:00 PM	Earth Spirits (2nd)	Thursdays	7:00 PM	Program Coordinating Council (2nd)
Tuesdays	10:00 AM	Philosophy Group (weekly)		7:00 PM	Board of Trustees (3rd)
	1:00 PM	Bridge (weekly)			
	7:00 PM	UU Humanists (2nd)			

All other events happening in November

1 Nov Sunday

11:45 AM Finance Leads Room B-3/B-4
 11:45 AM Green Sanctuary Committee Meeting..... Room B-7
 11:45 AM Sheridan Playground Fundraising..... Room B-8

2 Nov Monday

6:15 PM RE Council meeting Channing
 7:00 PM Humanistic Buddhism Room B-8

3 Nov Tuesday

9:00 AM Election Day Pie Making Channing, Kitchen
 6:30 PM Wellspring Sources Room B-3/B-4

6 Nov Friday

6:00 PM Multi-gen Potluck , hosted by Board of Trustees
 Channing
 6:45 PM Bob Sima Concert..... Emerson

7 Nov Saturday

6:30 PM Finance Committee..... Room B-7

8 Nov Sunday

10:00 AM Family Chapel.....Sanctuary
 11:45 AM Forum (Social Responsibilities Council) Emerson
 12:30 PM Community Crafters..... Channing
 1:00 PM Memorial Society Room B-8
 5:30 PM Walker Book Club Channing

9 Nov Monday

10:00 AM Small Group Ministry (Patrick/Odell)..... Room B-5
 7:00 PM Earth Spirits Room B-7
 7:00 PM Humanistic Buddhism Room B-8

10 Nov Tuesday

7:00 PM UU Humanists..... Room B-8

12 Nov Thursday

7:00 PM Program Coordinating Council..... B8

14 Nov Saturday

9:00 AM Nonviolent Communication Basics Training . Emerson

15 Nov Sunday

11:45 AM Social Responsibilities Council Meeting Room B-7
 11:45 AM SRC FORUM Emerson

16 Nov Monday

12:00 PM Channing Circle Lunch Channing
 2:00 PM Meaning Matters Third Monday Afternoon... Room B-8
 7:00 PM Humanistic Buddhism Room B-8

17 Nov Tuesday

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

19 Nov Thursday

7:00 PM FUUSA Board Meeting..... Channing

21 Nov Saturday

3:00 PM Responding to Hate and Violence at School Room B-8
 6:00 PM Circle Dinner Offsite

22 Nov Sunday

11:00 AM Holiday Pie, Soup and Bake Sale Channing

23 Nov Monday

10:00 AM Small Group Ministry (Patrick/Odell) Room B-5
 7:30 PM Union Thanksgiving Service Offsite
 7:00 PM Meaning Matters (4th Monday) Room B-8

Soups On!

Buy your holiday pies and delicious homemade soups to take home at coffee hour on **Sunday, Nov. 22.**



Holiday Craft Sale!

Handicrafts—and more homemade soups—will be sold at coffee hour on **Sunday, Dec. 6.**

Sam's Outlook

Dealing with our ancestors' flaws

Rev. Sam Trumbore

My interest in genealogy was stimulated by two missing links in our family tree.

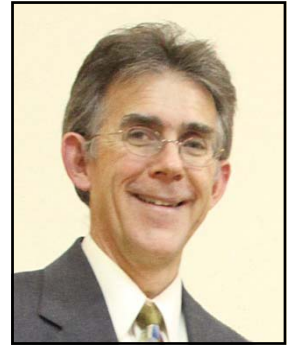
When I was in high school, a fellow stopped by to visit who had self-published a book on the Trumbores and Drumbores. All the Trumbores and Drumbores are related to one fellow named Andreas Trumbauer. He was invited by William Penn along with others in the Palatinate, a region in southwestern Germany along the Rhine, to settle in Eastern Pennsylvania. This area was occupied by France after the Thirty Years War that ended in 1648. Conditions were not good so Trumbauer got on a boat and came to the colonies in the early 1700's.

What was interesting about the book at the time was we weren't in it. My father's family wasn't listed, though I did find a picture of a tombstone with my full name on it. That motivated me to find the missing link. I had the opportunity to do just that when UUA General Assembly was in Salt Lake City, Utah. In the Mormons' genealogical archives I found a picture of my grandfather's parents' marriage license from 1899 on a roll of microfilm. It was a great moment to find the ancestor to link me to Enos Trumbore's son Andrew, my great grandfather.

The other missing link was one that my mother told me about. She had filled in a blank family tree poster for us with everyone she knew back several generations. She told me her mother had told her that they were related to George Washington. That element of the family had settled in the Eastern Shore of Maryland after receiving a land grant in the 1600's. I was able to piece together those missing links too searching some of the first online genealogical records in the middle 1990's.

So, I've always had a little pride that both my mother's and my father's families have been in this country since before the revolutionary war. I have relatives on both sides of the family that fought in that war and in the civil war. Most of them were farmers or craftsman of modest means save for Cousin George. Except for him, I doubted if any of them were slave owners ... that is until I read Frederick

Douglass' autobiography. He was enslaved on the Eastern Shore of Maryland not so far away from where my relatives had their little settlement. Since they had a significant land grant, I expect they must have had slaves working that land for them. And knowing how badly slaves were treated from Douglass' account, I expect they probably caused a good deal of pain, suffering and death.



The more Americans of every background, whose relatives have been in this country a long time, research and read about their heritage, the more they are likely to encounter some really bad, ugly and shameful things that have been done to provide for their families at the expense of indigenous peoples, Americans of African descent, the Irish, Scottish and Chinese, and a host of others caught in systems of oppression.

I found out in 2008 that the Rev. David Pettee, UUA Minister, whose family is deeply woven into New England history, had found evidence through his genealogical research that his relatives had been slave holders. From Census records he was able to track down living descendants of those slaves and reached out to meet with them. He wanted to find out what they knew of their heritage and make peace with his family history. (Here is a link to a 2008 interview with Rev. Pettee by Tom Ashbrook about his research and experience: <http://onpoint.wbur.org/2008/05/16/children-of-the-new-england-slave-trade>)

Discovering these stories and the reality that his ancestors had benefitted directly from slavery made it personal for him. Encountering one's personal connection to the sins of one's forefathers and mothers, can stimulate new motivation to dismantle the institutional racism that remains embedded in our society.

Of course there is both good as well as bad in the stories of our ancestors. Some of them were cruel slave drivers. Others worked with the Underground Railroad to move slaves north to freedom. Some,

Sam's Outlook, continued on page 4

News

New Member Sunday, Nov. 8

The congregation will welcome new members during the service on Sunday, Nov. 8. All new members who have signed the book (and not yet been 'introduced' to the congregation) are invited to participate in this ingathering ceremony, followed by a reception for new members, their families, and the Membership Committee after the service.

If you would like to take part in the Nov. 8 new member ingathering, but have not yet signed the book, there is still time!

All who wish to participate in the Nov. 8 new member ingathering (whether you've signed the book already or just starting the process) should contact Barb Manning, chair of the Welcome Team (439-4226 or barbaracmanning@hotmail.com.)

Union Thanksgiving Service

**At Congregation Beth Emeth
7:30pm, Monday, Nov. 23**

For close to a hundred years, Trinity Methodist Church, Westminster Presbyterian Church, Congregation Beth Emeth, and First Unitarian Universalist Society have gathered before Thanksgiving for a joint service. We rotate the service between our four congregations. This year it will be at Congregation Beth Emeth. The guest speaker will be Rep. Pat Fahy. **NOTE THE CHANGE TO MONDAY NIGHT!** It is our tradition to bring canned goods to donate to FOCUS food pantry. This year we'll be joined by Mount Calvary Baptist Church and their choir.

Sunday music schedule

Nov. 1: Children's Choir and Matt Edwards on piano

Sam's Outlook, continued from page 3

like my Trumbore relatives, fought in the Union Army. Researching the history of our ancestors can bring it alive again and connect us to their actions.

And when we feel our personal connection to injustice and oppression of the past and present, especially through first person narratives, it can awaken and strengthen our resolve to do something about it.

—Rev. Sam

Flyers in this issue

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

- ◆ Bob Sima potluck, concert, workshop
- ◆ Stewardship: We are all in this together
- ◆ Soup's On!

Nov. 8: Bennington Sacred Harp

Nov. 15: The Helderberg Madrigal Singers and Elena Karloff on piano

Nov. 22: Albany UU Choir

Nov. 29: Chris Bystroff and friends

Soups and pies and chillies – Oh my!

On November 22, run (well, walk quickly) to Chan-



ning Hall to purchase your Thanksgiving pies. Albany UU master pie-makers are hard at work preparing homemade apple and pumpkin pies, and

freezing them for you to enjoy at home. We will also be selling jars of delicious homemade soups and chili. See you in Channing after the service!



Memorial Society annual meeting, Nov. 8, 2:00 PM

Cost of dying in America, how the funeral industry hides the facts, and why we should work for change: focus of Memorial Society Annual Meeting

The Memorial Society of the Hudson-Mohawk Region, an affiliate of the Funeral Consumers Alliance, will hold its annual meeting on Sunday, Nov. 8 from 2:00 to 4:00 p.m. at FUUSA.

Our focus at this year's meeting will be the cost of dying in America and the ways the funeral industry makes it difficult for consumers to obtain accurate prices so as to make intelligent choices about end-of-life services. In October, the Consumer Federation of America and the Funeral Consumers Alliance released a comprehensive report on this topic, based on data collected in 10 major metropolitan areas.

Board notes

What will it look like?

Peggy Sherman, President

What does it mean to be truly welcoming? Here are some of the descriptions offered by Board members and congregational volunteers at our annual planning retreat, when our facilitator, Rev. Margret O’Neill of Schenectady, asked, “What will be happening, what will it look and feel like to be in the congregation, how will people be experiencing and acting?”

- ◆ Greet everyone who comes to FUUSA, no matter the day or time.
- ◆ Our congregation looks like our community.
- ◆ Republicans are welcomed. Theists are welcomed. Atheists and humanists are welcomed.
- ◆ Path to membership is clear and available to everyone.
- ◆ Non-members (short and long term) are welcome.
- ◆ Visitors are personally connected to congregation a.s.a.p. (invited into relationships) – groups, committees, etc.
- ◆ Radical hospitality.
- ◆ Announcements re building facilities (bathrooms, hearing assistance, etc.)
- ◆ Increased cultural/ accessibility competency.
- ◆ Seating for older people and physically challenged, including all sizes, provided at services, coffee hour and meeting rooms.
- ◆ Youth/young people treated as valued members.
- ◆ Be intentional about connecting to the larger community.

- ◆ Non Sunday morning services and gatherings.
- ◆ Use inclusive language.
- ◆ Standardized use of microphone.
- ◆ Congregational covenant (embracing all these points)
- ◆ More publicity – get more visitors, bring a friend
- ◆ Printed “card” invitation to hand out, when appropriate for visit
- ◆ Compelling sermon as first impression



Following the retreat, the Board of Trustees decided that welcoming will be a special focus for this year. The Board adopted as goals the four outcome statements developed at the retreat:

- ◆ The whole congregation shares the responsibility for welcoming.
- ◆ The congregation commits itself to ongoing vigilance to insure authentic inclusivity and accessibility.
- ◆ We challenge ourselves to invite at least 1 new person to a FUUSA event or service each year.
- ◆ We provide varied, well-publicized events and services to intentionally appeal to newcomers

What’s next? Do you want to be part of a team that works to organize ways for us to realize these goals? If so, please contact Rev. Sam or me. And, as Michael Hornsby reminded us in last month’s Board column, each of us can engage in active welcoming and “become living examples of the love we UUs hope to manifest in the world.” That’s what it will look like and feel like if we are truly welcoming!

When the report was released, the executive directors of the two organizations held a national conference call addressing the inadequate disclosure rules issued by the FTC in 1984 and updated in 1994. They stressed the need for new legislation to make pricing information more readily available.

This year we’ve been collecting price lists from several counties in the Capital Region, and the national

study will provide a valuable opportunity to place the local information in context.

The services studied by the CFA and FCA include direct cremation, immediate burial, and full service funerals. Topics addressed include:

- ◆ Price differences for the same services in the same markets

- ◆ Difficulties in obtaining funeral pricing information
- ◆ How different markets impact the price of services
- ◆ The effect of state disclosure requirements on price posting
- ◆ How funeral companies typically disclose pricing
- ◆ How the different types of funeral services compare in price
- ◆ Steps needed by the Federal Trade Commission to protect bereaved consumers

We'll also be electing Board members and discussing the future direction of the Memorial Society. I listened to the October conference call and came away inspired, energized, and convinced of the importance of our mission. There's much work to be done in spreading the word about affordable funerals and in advocating for changes in state and national funeral laws.

But we need an infusion of energy from new volunteers. Several of our Board members will be stepping down by the end of this year, and it's questionable how long we can continue if we can't find new people willing to take on active leadership roles. We're also looking for someone with good organizational and computer skills to work as a paid administrator for a few hours a month.

We're looking forward to a stimulating meeting followed by networking and refreshments. Please plan to attend and bring your friends. In the meantime, visit our website at

www.hudsonmohawkfca.wordpress.com for more information, or contact Robb Smith or Julie Lomoe. You can reach us by email at www.memsoc1@nycap.rr.com.--Julie Lomoe, President

Help warm the homeless

It is time again to gather blankets, sleeping bags, warm coats, etc. for the homeless. Please put them in the bin in the coatroom. Thanks for helping the homeless to keep warm while they try to survive the winter.



UUSC: upcoming activities for the holidays. Unitarian Universalist Service Committee holiday cards will be available at the Social Responsibilities table in the latter half of November into early December in Channing Hall during coffee hour.

The **UUSC Guest at Your Table**, a tradition at FUUSA, is undergoing some continuing changes within the UUSC. Details have not been worked out at press time. So look for updates on the FUUSA Facebook page, Weekly Previews and Sunday announcements among other channels of communication in the coming days and weeks.

Questions? Please contact your FUUSA UUSC local rep, Don Odell (drodell31@yahoo.com, or 482-4574).

Budget Requests due Sunday, Jan. 10, 2016

Yes, it's time once again to figure out how much money your program, committee or group will need in the next fiscal year that starts on July 1, 2016 and ends on June 30, 2017. While it may seem far away, planning with a group takes more time than you think.

The budget form for submission can be found on the FUUSA web site, in the left column, under the Church Office tab, in the File Cabinet. The form is below the Financial heading. If necessary, the office can supply you with a printed form.

The Finance Committee and the Board use the completed form to help determine how much money will be needed to support your group's planned activities for next year. Combining all the submissions allows us to set a realistic annual canvass goal. If no form is submitted, it will be assumed that your group does not need any funds from the operating budget.

The form is self-guiding, however, if you have questions or need an alternate method of communication, please contact Steve Moskowitz at 518-439-6347 or smosk@earthlink.net. Regular mail and email submissions are welcomed. Submit your electronic budget request to admin@albanyuu.org or on paper to the Finance Committee mailbox.

Last chance...

To make fun crafts for the December Holiday Bazaar. Join us in Channing on **Sunday, Nov. 8**, after the service. Look for the table with all sorts of festive and artful doodads!

Gardens are hibernating for the winter, and, it's time for change!

Many thanks to all of the Albany UUs who helped with the spring garden cleanup, summer maintenance, and fall garden chores!!! A special thank you to Carol Young who volunteered to be my back up in the event our grandson picked fall cleanup day to make his entrance into the world. The time spent gardening was certainly well worth our effort--as a result of our weeding and deadheading, we kept Albany UU's grounds attractive and enhanced the appearance of the neighborhood. Many neighbors have thanked us as they walk by while we are at work!



I have chaired the gardening effort for 7 years and would love to turn it over to someone with new ideas and a new vision of what our grounds should look like. As chair, I ensure that the summer garden volunteer schedule is accessible on the FUUSA web site and also coordinate special garden clean up

days. I will continue to actively help with the care of our outdoor space and guide a new chair in becoming comfortable with a great volunteer opportunity—time to share the wealth!

If you have any questions, just let me know - 439-6347 or

pgmosk@earthlink.net I look forward to helping my successor take on this rewarding activity!—Paula Moskowitz

Growing Together

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 philomor@nycap.rr.com or (518) 788-7007

Getting to Know UU

Are you thinking about joining FUUSA? Wondering

about Unitarian Universalism and its role in your life? Come to the newcomer orientation on **Saturday, Dec.5**, 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!

Please sign up (see box.)

Childcare is available: please let us know you need it when you register.

Continuing the Conversation

For persons who have successfully completed the Beloved Conversations workshop

When you see the phrase "Black Lives Matter," how do you interpret it? Do you hear "Only Black Lives Matter?" Or do you hear "Black Lives Matter, Too?"

Religious Exploration

Ancestry—it's more than who your relatives are

The theme of the month from the Soul Matters program

Leah Purcell, Director of Religious Education

Some people are your relatives but others are your ancestors, and you choose the ones you want to have as ancestors. You create yourself out of those values.—

Ralph Ellison, American writer



Our UU Principles and Sources help us understand that there is a difference between relatives and ancestors. We feel our connection with the web of life and we value relationships.

So while our relatives give us our brown eyes and bowed legs; ancestors bless and burden us with a legacy. Relatives are those we tell stories about; ancestors call us to carry the story forward. Our relatives allowed us to be here; our ancestors tell us *why* we are here and why being here right now matters. It's all about choosing to see yourself differently and live by a different set of values.

How does one value success, for example? There's an old line that challenges the hubris of some people with privilege: "He was born on third base but believes that he hit a triple." People who choose to see their lives through the lens of ancestry constantly remind themselves how they really got there

Ancestor-conscious people look at their blessings and choose to see not only a gift, but also a responsibility. It's one thing to gratefully celebrate the blessings passed on to us; it's quite another to be so grateful for those blessings that we can't help but ensure they get passed on to others.

Ancestors tell you that you are obligated *to something larger*. And not just that you are obligated to it, but that it is dependent *on you*. Whether the story continues to be told is up to you! Whether the family tradition continues to be done is up to you! Whether the native language continues to be taught to the children is up to you! Whether the family cycles of health are strengthened or the family cycles of dysfunction are stopped is up to you! Ancestors plop these incomplete and intimidating endeavors in our laps and say, "We've done our part and taken it as far as we can. The next step of the journey is in your hands."

We are all connected and we are part of a story, not just a set of random happenings. Our choices tell the next chapter. Our choices connect the next link.

So, this month, let us all be grateful for those brown eyes, but choose to be part of the precious chain. Watch for emails, Facebook posts and posts on my blog for ways to help you become more connected to the power of ancestry. In the meantime, here's a challenge for you. Think about the traditions you so loved as a kid. Is there one that you're missing right now? Why did you let it go? Are you sure there is no way to creatively bring it back?

In joyful service,

Leah

Would you appreciate having a safe place to discuss this and other matters related to race and ethnicity?

"Continuing the Conversation" offers a forum for those who have successfully completed the Beloved Conversations workshop to continue their discussions. This group will meet monthly to discuss political, social, personal, current and congregational events to seek a deeper understanding of the ways

that race and ethnicity influence how we interact with one another. There may also be viewings and discussions of race-related films.

If you have completed Beloved Conversations and are interested in participating in this once-monthly group, please contact Michael Hornsby at horns-bymc@netscape.net. And look for the next session of Beloved Conversations to begin in February 2016.

Humanistic Buddhism

Led by Rev. Sam Trumbore

Mondays, Nov. 2, 9, 16 7:00 pm

Working with audio/video material and books by Stephen Batchelor, Sam Harris, David Loy, Mark Gura and others, we'll explore the Humanistic approach to Buddhism that is emerging in the West. As Rev. Trumbore argued in his sermon with the same name October 25th, Unitarian Universalism might be a natural home for this new approach to what is being called "Secular Buddhism."

Organizing a White Privilege Study Group

Meeting Tuesday, Nov. 24, 7:00 pm

led by Rev. Sam Trumbore

Rev. Sam is putting together a study group of people interested in learning about the development of whiteness and white privilege in America, the ways it operates to oppress people of color, and how we as a congregation can participate in dismantling it. The UUA has many resources to help us. What is needed now is a core group of Albany UU's who want to make this a priority for themselves and our congregation.

Three ways to sign up for a class or event:

—Send an email to 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.)

Responding to Hate and Violence at School

A workshop for parents and caretakers and any interested adults

Saturday, Nov. 21, 3:00 – 4:30, Room B-8

Led by Leah Purcell

Our children are really into justice. When they see something that is unfair, they want to speak up, and they often don't know what to say. Some responses are productive; some can make the situation harder to handle. Using materials from Teaching Tolerance, part of the Southern Poverty Law Center, we'll go through some steps, tips and handy language for you to share with your child and practice at home.

Then, when they encounter bias from a teacher, coach or fellow student, they'll be practiced with tools to help them to speak up. These tools are also helpful to adults to respond when they see bias and injustice in their lives.

Register by Friday, Nov. 13: Minimum number of registrants: 6; Maximum 20

Please sign up (see box.) Childcare is available: please let us know you need it when you register.

Joy Library

New books—find them in the new books section:

LIVING THE SECULAR LIFE: NEW ANSWERS TO OLD QUESTIONS by Phil Zuckerman. Penguin Press, 2014. [211.609 ZUC]. *"Nonreligious Americans are usually pressed to explain how they control their evil impulses with the more neutral, albeit no less insulting, 'How can you have morality without religion?' Phil Zuckerman, a professor of sociology and secular studies at Pitzer College in California, attempts to answer this question in "Living the Secular Life." He offers an insightful mixture of academic research on shifting American religious views, his own experience as a parent, and interviews with others facing moral crises without GodAdults unaffiliated with any religion now make up nearly a fifth of the American population, but only about 30 percent of this group chose to identify themselves as atheists or agnostics in a 2012 study by the Pew Research Center. The rest described themselves as "nothing in particular," giving rise to the media label "Nones. "...this book is a humane and sensible guide to and for the many kinds of Americans leading secular lives in what remains one of the most religious nations in the developed world." Susan Jacoby, author of "Freethinkers: A History of American Secularism." The New York Times ,Dec.. 21, 2014*

ENCYCLICAL ON CLIMATE CHANGE AND INEQUALITY: ON CARE FOR OUR COMMON HOME by Pope Francis. Melville House, 2015. [261.88 FRA]. *Pope Francis has called on the world's rich nations to begin paying their 'grave social debt' to the poor and take concrete steps on climate change, saying failure to do so presents an undeniable risk to a 'common home' that is beginning to resemble a 'pile of filth'. The pope's 180-page encyclical on the environment, ..., is at its core a moral call for ac-*

tion on phasing out the use of fossil fuels. But it is also a document infused with an activist anger and concern for the poor, casting blame on the indifference of the powerful in the face of certain evidence that humanity is at risk following 200 years of misuse of resources. Up to now, he says, the world has accepted a 'cheerful recklessness' in its approach to the issue, lacking the will to change habits for the good of the Earth... Climate change is a global problem with grave implications: environmental, social, economic, political and for the distribution of goods,' the papal statement says. 'It represents one of the principal challenges facing humanity in our day. ... This is his signature teaching,' said Austen Ivereigh, who has written a biography of the pope. 'Francis has made it not just safe to be Catholic and green; he's made it obligatory.'" Stephanie Kirchgaessner in

Vatican City. *The Guardian*, June 18, 2015.

ISLAM AND THE FUTURE OF TOLERANCE: A DIALOGUE by Sam Harris and Maajid Nawaz. Harvard University Press. 2015. [297.2 HAR]. "In this deeply informed and absorbing exchange, Sam Harris and Maajid Nawaz present an antidote to the polarizing rhetoric and obscurantism that have become defining features of our time: honest dialogue. A renowned critic of religion, Harris finds the doctrines of Islam dangerous and irredeemable. No, the Muslim anti-extremist Nawaz argues, Islam is amenable to reform and can find its place in a secular world. Rather than devolve into bigotry or caricature, their exchange presents an inspiring example of courteous attention, sharp-edged wisdom, and finally hope...." Goodreads, Oct. 6, 2015.

Our Community

Potluck and concert with Bob Sima Friday, Nov. 6

Come enjoy a potluck supper together then stay and listen to a multigenerational friendly performance by Bob Sima, dynamic singer-songwriter, performer, humorist and storyteller. The potluck begins at 6:00 PM; the concert will be at 6:45 PM.

Bob Sima is a man on a mission. He shares his musical gifts "to soften the hardest of hearts, widen the narrowest of smiles, loosen the tightest of grips, lighten the heaviest of loads, and thin the thickest of walls of as many souls as he can possibly reach." Visit his web site: <https://www.bobsima.com/> The donation requested for the concert is \$10 for adults; free admission for children.

Thanksgiving Dinner ... at FUUSA! 1:00 PM, Thursday, November 26

Each year we have an open Thanksgiving Dinner in Channing Hall on Thanksgiving Day. If you and your family or friends would like to join Rev. Trumbore and his family at this dinner, please sign up in Channing Hall and let us know what you would like to bring. Set up for the dinner will begin at 1:00 PM. Appetizers will be served at 2:00 and dinner will be served at 3:00. Games and entertainment for mutual amusement will follow the meal (bring your favorites!). Cleanup begins at 5pm.

6 to 9 at 6:09: Circle Dinner Saturday, Nov. 21

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 Saturday, Nov. 21.

To sign up for the dinner, you may email Martha Musser at mussermartha@gmail.com or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, Nov. 8.* Assign-

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, 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.



ments 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: Friday, Feb. 19, Saturday, Mar. 12, Saturday, Apr. 9, Saturday, May 21.

Earth Spirits Group plans monthly meetings

The new Earth Spirits group is thriving. We plan to meet the second Monday of each month from 7:00 p.m. to 9:00 p.m., and we invite you to join us.

Our members include people with expertise and experience in a wide variety of spiritual practices, as well as novices who come with an open mind and a willingness to explore unfamiliar terrain. We include people involved in drumming circles, sounding energy work, sweat lodges, guided visualization, and other practices and rituals.

Each meeting features a different facilitator and focuses on a different experiential practice. In October, Robb Smith led a session on shamanic drumming and journeying, and in November, Julie Lomoe will facilitate a guided imagery experience focusing on gratitude. Newcomers are welcome, and you're not required to lead a program or to commit to regular membership.

Come check us out! For further information, contact Betsy Miller at bmiller15@nycap.rr.com or Julie Lomoe at jlomoe@nycap.rr.com.

Channing Circle

Monday, Nov. 16

On Monday, November 16th, we shall be meeting at noon with our lunches and Barbara Warner is bringing dessert. Our program will be presented by J.P. Podgorski "Why I go barefoot?". It was one of the ideas that came from our planning session in September so come join us on that day.

All Sides Considered

Join us for lively discussions 1st and 3rd Wednesdays 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 or sign up in Channing Hall or contact Jim Schlembach at jim-schlembach@gmail.com

Walker Book Club

Sunday, Nov. 8, 5:30 pm, Channing Hall

Join the Walker Book Club for a potluck and discussion on **Five Days at Memorial: Life and Death in a Storm-Ravaged Hospital**. 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 a dish to share and a small contribution to cover beverages.

Five Days at Memorial: Life and Death in a Storm-Ravaged Hospital is by physician turned journalist, Sheri Fink. This non-fiction book describes the events in a New Orleans hospital during Hurricane Katrina, along with disturbing questions and difficult ethical and legal issues faced by staff caring for seriously ill patients.

December's book is a beautiful, but disquieting novel, *The Child in Time*, by Ian McEwan. Set in London in the near future, the main character, an author of children's books, Deals with two forms of loss; the first is actual loss following the kidnapping of his daughter, and the second is the general loss of innocence and youth.

Contact Linda Hunt at Ishunt@nycap.rr.com for further information or questions.

Joys and Caring Corner

Joy

Paul Reese celebrated his 18th month of freedom on Oct. 24 (and his 17th month at Albany UU).

Illness

Al Berzinis reported on his wife, **Sue's**, struggle with breast cancer treatment. Unfortunately they received sad news that the cancer has returned and migrated. Sue will undergo radiation treatments in the weeks to come. Al and Sue continue to appreciate the support they have received from the FUUSA community.

Peter Meixner is in rehab at Albany Medical Center but expects to be discharged home shortly.

Marjorie Nieh had successful vascular surgery on Sept. 17 and is now home recovering.

Deaths

Holli Rossi died on Sept. 11. Our hearts go out to

Terri Murphy, her husband. A memorial service was held at FUUSA on October 3.

Anniversaries

Stan and Mary Reich celebrated their 65th wedding anniversary in September. Congratulations to you both!

Birthdays

Mary Reich had her 88th birthday in September!

Teddy Archer turned 96 in September!

Weddings

Debbie Reep MacLeod and David MacLeod were married at FUUSA on June 27. Congratulations to

you both!

Accomplishments

Jaye Holly went to her 30 year college reunion and had a great time.

Bob Bonville has progressed through the application and interview process for a 27 month Peace Corp position in rural Columbia. He wants the congregation's spiritual support to ensure he is selected for the position!

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

The Social Responsibilities Council announces that:

The 2015 UUA General Assembly approved the Statement of Conscience on Reproductive Justice. There is now an implementation process underway.

The link is: <http://www.uua.org/reproductive/calling/curriculum>

The actual Statement of Conscience link is: http://www.uua.org/sites/live-new.uua.org/files/soc_repro_justice_final_adopt.pdf

SRC for Peace and Justice:

Americans honored their dead from the 9/11 attacks. Over three thousand killed that day and as many again from the toxic consequences. America was enraged by the callous brazen killings of innocent people.

President George Bush took America to war against any and all perpetrators. Attacks on Afghanistan to capture or kill Osama bin Laden and his supporters. In addition Bush argued for a preventative war on Iraq and since America was fearful and angry, the war was begun. Over 100,000 Iraqis died and the country destroyed. The Iraqi army fired, and its trained soldiers now unemployed, and today they fill the ranks of ISIL.

One hundred thousand Iraqi dead in a nation about 1/10 the size of the US. Can Americans imagine the

rage of a nation where 100,000 innocent people are killed by outsiders? In addition to these dead, to this day US drones continue to kill innocent people who may happen to be near individuals who are targeted for assassination by US forces. How angry are the friends and loved ones of these dead innocents? Who do they blame for the deaths?

On 9/11/2001 I was at the graveside for the burial of former member of FUUSA and when his 10 year old daughter was told that planes had been flown into the World Trade Center, she asked, "Why? Why would anyone hate us so much?" She and all the world deserve answers. Do we suppose that the people of Syria, Iraq, Afghanistan, Pakistan and others hate us any less today than then?

In the media and in general discourse, these questions are neither asked nor answered, but if we are to honor our principles, especially the inherent worth and dignity of every person, we need to consider them. Today the US has a smaller force on land but its war is continued using drone aircraft. The Guardian newspaper reports that in an effort to kill 41 individuals, US drone attacks killed an estimated 1,147 people a number that includes children. This is from a 2006 report. Notice that this number is about 1/3 as many as bin Laden killed on 9/11. Unintended consequences. - Ed Hancock

Forum, Sunday, Nov. 15, 11:30 AM

Marjorie Cohn, a national law scholar, will discuss the legal, moral and geopolitical issues of drone

warfare.

Marjorie Cohn is a professor at Thomas Jefferson School of Law, former president of the National Lawyers Guild, and deputy secretary general of the International Association of Democratic Lawyers. Her most recent book is *Drones and Targeted Killing: Legal, Moral, and Geopolitical Issues*. See www.marjoriecohn.com.

Overflow Shelter Meals

This year we will be celebrating our 10th year helping at the Overflow Shelter that is located at the First Lutheran Church, State St. Albany. The season will begin in mid-November and go through mid-April, 2016.

We are scheduled to make and deliver dinner for 20-25 men, on the 2nd and 4th Mondays of the month. We will provide entrees, salad, rolls, and dessert

So how can the congregation help? By making, and baking and delivering the meal.

Beginning in early November there will be a sign-up sheet on the Channing bulletin board. You can sign up for whatever part of the meal you would like to create.

Because delivery is to be between 6-6:30p.m., it is hard for those who are still working outside the home. BUT there is always Sundays before our scheduled Monday when you can bring in the salad or a dessert. Have it well marked 'for the Overflow Shelter' and it will be taken to the shelter with the rest of the meal.

Any questions? Concerns? Contact Patty Burch patty.burch@gmail.com

Thank you (in advance) for all your help!

Going to miss a Sunday?

You can listen to the entire FUUSA Sunday service at home or on your mobile device.

The two most recent services are available as MP3 files on the FUUSA website. Here is how to access:

Go to <http://albanyuu.org/wp/>. Select Member Login on the website menu. Select FUUSA Secure Site. Type user:

fuusan. Type password: Emerson405.

Our new sermon archive (select Services/Sermons on the website menu) has pdf files of sermon texts (when available) and audio files of sermons. You can also request the office put a service on CD for you.

Contact Us

Board of Trustees 2015-2016

email: board@albanyuu.org

Executive Committee

Peg Sherman, President
Dick Dana, Vice President
Kathy Harris, Treasurer
RoseAnne Fogarty, Secretary

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Michele Desrosiers
Ben English
Michael Hornsby
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Patti Jo Newell

Ex-officio Members

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Jean Poppei, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

Reese Satin, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, 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

Building use

To **reserve a room** for a FUUSA activity, contact Church Administrator Amy Lent (463-7135 or 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).

Windows is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

Editor: Amy Lent

Send submissions for all publications to:
Windows@AlbanyUU.org or to the church office.

Publication deadlines

FUUSA Preview email: 9:00 a.m. Wednesdays
Order of Service: 9:00 a.m. Thursdays
Windows: 9:00 a.m. 3rd Friday of the month

ONE MUSICAL MYSTIC: TWO EXTRAORDINARY EVENTS

BOB SIMA

CONSCIOUSNESS IN CONCERT



ALLOW YOUR HEART AND SOUL

TO BE MUSICALLY SEDUCED



Friday
November 6th
6pm potluck
6-6:45pm concert

Tickets:
\$10
(children are free)



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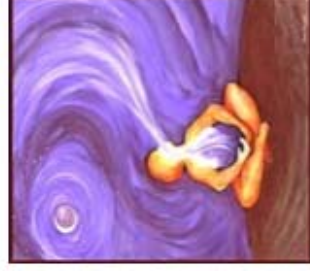
Presented by
First Unitarian Universalist Society of Albany
405 Washington Ave, Albany NY 12206

BOB SIMA'S PRACTICAL BREATHWORK

BREATHE BELIEVE RECEIVE

Sunday November 8th | 1-3:30pm

SHIFT FROM OVERWHELMED TO OVERJOYED
WITH THE POWER OF THE BREATH



*Learn practical techniques to
apply in your every day life that will:*

shift your mood	control your emotions
reduce stress	enliven core energy
manage your anxiety	feel tingly all over
improve your health	balance your response
relieve adrenal strain	deepen meditation

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We Are All in This Together

Stewardship is the one activity at Albany UU that all members and friends participate in so that we can keep our beloved congregation operating on a sound financial footing. Albany UU and all the good things we do could not exist without your financial support.

The Stewardship Campaign will not start until next year, but this year the Stewardship Committee is reaching out to the congregation for your help. Planning for the campaign will begin in December. We are asking each of you to consider how you could help this year.

Please check the items you would be willing to assist with and return this page to the box on the round table in the Emerson lobby or to the office:

- Developing a Theme/Message (Dec. – Jan.)
- Preparing written materials – letters, flyers, announcements, order of service inserts (Jan. – March)
- Making follow-up phone calls and/or emails to obtain pledges from members and friends (April – June)
- Serving on the Stewardship Committee to organize the campaign (Dec. – May)
- Making personal visits to other members and friends to obtain pledges (Feb. – April)
- Helping at the Stewardship Table on Sunday mornings (Mar. – May)
- Giving a 3 – 5 minute testimonial at a Sunday Service saying why you give to Albany UU (Feb. – Mar.)
- Hosting a Stewardship Gathering (a conversation held at your home or at Albany UU where members and friends reflect on why they give.) (Mar. – Apr.)
- Facilitating a Stewardship Gathering (Mar. – Apr.)
- Helping with mailings by stuffing envelopes (Feb. – April)

As you think about how Albany UU enriches your life and how you can help, remember – “We make a living by what we get but we make a life by what we give.”

Your Name (please print) _____

Thanks for your help,

Chuck Manning (chuckmanning@hotmail.com)

Return this page to the box on the round table in the Emerson lobby or to the office.

SOUP'S ON

Sundays: Nov. 22 and Dec. 6

HOLIDAY PIE and SOUP SALE



Come support this year's holiday event. Your favorite **Café** soups will be available for take out by the quart and pint, including meata- and vege-tarian, vegan, and gluten-free options. Delicious homemade pies (and maybe baked goods) will be offered for purchase.

****Also, save the December 6th date to buy your Holiday Crafts and Handmade Goods!!!!**

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