

Sundays at FUUSA

Please join us on any Sunday for:

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

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

December 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)*

Services

Dec. 6 "A Sense of Anticipation," Rev. Sam Trumbore

With visions of new electronic toys and Christmas decorations and cookies dancing in our brains, the season of Advent is upon us. Are all these expectations good for us ... or do they set us up for disappointment? Can they be managed successfully or should they be abandoned?

Music: Choir

Dec. 13 "Not Making It Worse," Rev. Sam Trumbore

The attacks in Paris and Mali and the one(s) that may have happened just before this service have the world on edge. How do we live with threats of more attacks and encourage our leaders to not make the Middle East situation worse than it already is ... and maybe better?

Music: Albany UU Flute Trio

Dec. 20 "An Albany UU Christmas Story," Rev. Sam Trumbore

Bob Franklin, Rev. Sam, Leah and Matt have developed an original, multigenerational Christmas pageant this year that draws on themes from Dickens' "A Christmas Carol." Come enjoy the debut of this production that connects us to a Unitarian Universalist understanding and celebration of Christmas.

Music: Choir and the Youth Choir (Children grades K-8 who want to sing with the Youth choir should attend practice after the service on Dec. 13 and at 9:15 AM on Dec. 20.)

Dec. 24 "A Light in the Darkness," Rev. Sam Trumbore

Christmas Eve services 6:30 pm and 8:15 pm, in the Sanctuary

Be sure to plan some time at the reception between the services!

Music: Choir with special guests

Dec. 27 "The Thread of Life Is Woven Fine," Rev. Amanda Poppei

As we pause between holidays, join the Rev. Amanda Poppei as she reflects on the way that celebration and sadness are often intertwined. How do we honor both realities in ourselves? How do we not only accept, but welcome, all that life has to offer?

Music: Matt Edwards

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 HourChanning

Exceptions: Family Chapel: Nov. 8, Feb. 21, Apr. 10.
 Choir: No rehearsal Dec. 30

Regular events and meetings

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


Sundays	5:30 PM	Walker Book Club (2nd)	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)		5:30 PM	Green Sanctuary Committee (3rd)
	7:00 PM	Earth Spirits (2nd)		7:00 PM	Choir Rehearsal (weekly)
Tuesdays	10:00 AM	Philosophy Group (weekly)	Thursdays	7:00 PM	Program Coordinating Council (2nd)
	1:00 PM	Bridge (weekly)		7:00 PM	Board of Trustees (3rd)
	7:00 PM	UU Humanists (2nd)			

All other events happening in December

- 1-Dec Tuesday**
6:30 PM Wellspring Sources B-3/B-4
- 4-Dec Friday**
5:30 PM BLM Planning Meeting with Rev. Julie Taylor Channing
- 5-Dec Saturday**
8:45 AM Getting to Know UU B-8
7:00 PM Positive Psychology - Albany Peace Project Emerson
- 6-Dec Sunday**
10:00 AM Family Chapel Sanctuary
11:00 AM Coffee Hour and Holiday Craft and Pie Sale Channing
11:45 AM Pageant Part Selection 26
- 7-Dec Monday**
1:00 PM Grannies for Peace B-7
6:15 PM RE Council meeting Channing
- 8-Dec Tuesday**
5:00 PM Lifespan Learning B-7
7:00 PM UU Humanists B-8
- 10-Dec Thursday**
7:00 PM Program Coordinating Council B8
- 13-Dec Sunday**
11:00 AM Holiday Tree Decorating Channing
11:30 AM Auction Committee Mtg. Stott Lounge
11:30 AM Pageant Rehearsal Emerson
11:45 AM Forum (Social Responsibilities Council)
5:30 PM Walker Book Club B-8
- 14-Dec Monday**
10:00 AM Small Group Ministry (Patrick/Odell) B-5
3:00 PM Overflow Shelter Meal Prep Kitchen
7:00 PM Earth Spirits B-7
- 15-Dec Tuesday**
6:30 PM Finance Committee B-7
6:30 PM Wellspring Sources B-3/B-4
7:00 PM Meaning Matters (3rd Tuesday) B-8
- 16-Dec Wednesday**
5:30 PM Green Sanctuary Committee Meeting Offsite
- 17-Dec Thursday**
7:00 PM Board Meeting Channing
- 19-Dec Saturday**
3:00 PM Solstice Celebration Channing
- 20-Dec Sunday**
11:45 AM Social Responsibilities Council Meeting B-7
- 21-Dec Monday**
12:00 PM Channing Circle Lunch Channing
2:00 PM Meaning Matters Third Monday Afternoon B-8
7:00 PM Meaning Matters (4th Monday) B-8
- 23-Dec Wednesday**
5:30 PM Endowment Trust Meeting Stott Lounge
- 24-Dec Thursday**
6:30 PM and 8:15 PM Christmas Eve Services and
Cookie Reception Channing, Sanctuary
- 28-Dec Monday**
10:00 AM Small Group Ministry (Patrick/Odell) B-5
3:00 PM Overflow Shelter Meal Prep Kitchen
- 31-Dec Thursday**
2:00 PM Family Friendly New Year's Eve Party Channing

Holiday Bazaar!

Handicrafts—and home-made soups and pies—will be sold at coffee hour on **Sunday, Dec. 6.**



Sam's Outlook

Resisting reactive fear

Rev. Sam Trumbore

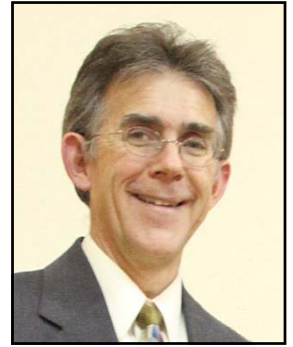
I took about a week to reflect on the Paris attacks before writing anything. I've read different opinions, listened to the commentators, learned more about the Islamic State, and talked with those around me to temper my response. Terrorist acts are designed to illicit reactive emotional outpourings of grief, sadness, anger and fear. Terrorism achieves its goal if we stay in those feelings and allow them to drive public policy. The irrational, uninformed and xenophobic backlash against Syrian refugees for political gain is an example of playing into the hands of the terrorist agenda.

A political response driven by reactive fear will not achieve the goal of neutralizing the threat we face from any terrorist organization. These international bad actors need to face the condemnation of the international community, united to reject their means of achieving their ends. It may even require the rejection of their ends in the case of ISIS, which is the return to medieval Islam through a blood soaked, literal reading of the Quran. They need to be isolated from international trade in oil, weapons and illegal trade in drugs. The Islamic sects who have a more life affirming and peaceful understanding of their religion are the ones who can take on the corrupt understanding of the Quran that ISIS uses to justify its actions. Our role in the war of ideas here is to support them through interfaith cooperation and appreciation rather than demonizing Islam as some fearful reactive leaders in the United States might wish to do.

ISIS is hardly alone in the world of crazy religious sects. We have many of them here in this country too. The ISIS desire to usher in the end times has close parallels with Millennialist groups who expect the second coming of Christ any day now. I just hope I'm not up at 37,000 feet in an airplane when the pilot gets raptured. There have always been lethal religious sects who operate in the political world. In Jesus' time the Sicarii were a Jewish sect of assassins that killed a lot of leaders both Jewish and Roman with knives.

What is different today is the lethality of these radi-

calized religious sects. With automatic weapons and suicide vests, these terror groups have a much greater ability to sow terror in the larger population by killing and maiming many more people. ISIS was able to project power much more effectively using all the military equipment they captured from Iraqi soldiers. But ISIS cannot hold the territory for long after they have been isolated, just as Iran was brought to the table through international sanctions. ISIS isn't going to win the hearts and minds of the Islamic world through their willingness to kill Muslims that do not believe as they believe.



The bigger problem the world is facing is the dominance of scientific materialism in the international community. The global corporate culture of exploitation of people and the Earth's resources of life and minerals for profit is morally bankrupt. The corporate ideology that uses greed as its organizing principle is better than fear and ideology but still ultimately fails to build a peaceful, harmonious, life affirming, sustainable world.

The real challenge of the twenty-first century is finding a much better alternative to scientific materialism and religious fundamentalism as a way of finding enduring meaning in a changing and uncertain world. Literally reading sacred texts provides a certainty that we've lost as science undermines traditional beliefs. Meaning is of paramount importance to manage the anxiety of knowing how vulnerable we are to injury, sickness, old age and death. Certainty about that meaning helps a great deal to manage that anxiety and guide choices in how to live and how to die.

Unitarian Universalism is yet young in evolving our answers to the crises of modernity and post-modernity. I don't think we've got a fully formed answer to this twenty-first century challenge. But we do have a direction we're moving toward a solution. We strongly believe that our minds are integral to that solution. We also believe that no one answer, be it an inspired person, place or thing,

Sam's Outlook, cont. on page 4

News

Come to the Holiday Bazaar Sunday, Dec. 6 at Coffee Hour

Gather in Channing after the service to stock up on special items for holiday giving. A number of Albany UUs will be selling a variety of their artistic creations, including jewelry, homemade jams, table linens, candles, pottery, stained glass, handsewn blankets - even original novels! Also, don't miss the table filled with all the crafting treasures we have been making in Channing and that folks have been making at home, including ornaments, hand-knit/crocheted items, poppers, woodcraft creations, and much more! Favorite pies and soups (butternut squash bisque, Moosewood gypsy, corn or clam chowder, carrot ginger, and more) will be for sale, also.

Sheridan Playground Project

The Give-Away-the-Plate for the playground renovation at Sheridan Preparatory Academy was successful beyond our expectations. Thanks to the exceptional generosity of Albany UU members and friends, we have collected \$9,500. In addition, a generous UU sent \$1,000 to the school district on behalf of the project and has appealed to his employer to match this donation. The playground committee, staff and students at Sheridan deeply appreciate your generosity. Thank you.

With this fantastic beginning to our campaign, I am sure we will reach our goal of \$45,000 within the year. We have secured the endorsement of Senator Neil Breslin and are seeking funds from corporate and private donors across the region. We are partic-

Flyers in this issue

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

- ◆ Holiday Events

icipating in Stewart's Holiday Match Program. Stewart's Shops will match donations made at Albany County Stewart's Shops and the funds will be distributed to organizations/programs serving kids under the age of 18, including the Sheridan Playground Project. Please donate when you are at Stewart's from Thanksgiving through Christmas Day.

The needs of Sheridan's students go beyond a new playground. You can help by volunteering your services weekly or just occasionally for field trips and special events. If you are interested, contact Lois Griffin (griffinocce@gmail.com) or Martha Musser (mussermartha@gmail.com). You can also help the school by collecting the Box Tops for Education that appear on packaging for Kleenex, Betty Crocker, Cheerios and many other products. The school can redeem these box tops for 10 cents each. Please leave your box tops in the box near the Social Responsibilities Council table in Channing Hall.

Thanks to everyone who contributed to the playground project. By working together as a congregation, we can accomplish great things and make a meaningful contribution to the community!

Preparing for the Christmas Pageant

We have a new pageant this year with lots of roles - including ghosts and a narrator along with the traditional characters. Adults and youth invited to take roles. And we'll have a youth choir as part of the pageant.

- ◆ **Sunday, Dec. 6 – Pageant Part Selection** – 11:30 – noon
- ◆ **Sunday, Dec. 13 – Pageant and Youth Choir Rehearsal** 11:30 – 12:30
- ◆ **Sunday, Dec. 20 The Christmas service and pageant** 10:00, pageant participants arrive at 9:30 (youth choir singers arrive at 9:15)

The Religious Education Council is mixing it up this year. Instead of having a holiday crafts workshop, we'll hosting a **multigenerational New Year's Eve Party** from 2:00 – 4:00 PM, Thursday, Dec. 31: games, activities, food, dancing, and more!

Sam's Outlook, cont. from page 3

sacred text, scientific discovery, or new revelation, will provide a complete solution. And we believe that cultivation of our knowing ability in empathetic, responsive relationship with others who we perceive as different from us moves us toward a provisional answer for today, knowing we're likely to want to tweak it tomorrow.

So let us resist reactive fear, take prudent precautions, focus on very long term sustainable solutions, and direct our lives toward the growth of our capacity to know and to care, directed toward the good of all.

—Rev. Sam

Board notes

A gift to the future

RoseAnne Fogarty, Secretary

Those who know me well know that I make myself scarce at Albany UU in the summer and fall because we stay at our camp in the Adirondacks until it gets cold. I have strong family ties and history there.

The Adirondack Park is the result of years of effort by many nineteenth century activists. But does anyone today recognize the name Verplanck Colvin, commissioned to do the original survey, never mind Charles Sprague Sargent, who made the original proposal that there be a forest preserve?

I had the good fortune to know some major environmentalists in my childhood. One was the director of the Wilderness Society who wrote the Wilderness Bill, Howard Zahniser. Zahnise died before the bill became law, just over fifty years ago, but what a leg-

acy he left. Last year, when I visited Denali in Alaska, I was thrilled to see his picture on the wall of the education center we were visiting. But how long will Howard Zahniser be remembered in the years to come?

As I get older, I find myself thinking more about the legacy that we leave. There are some things I can look back on with satisfaction. The reality, though, is that it's the legacy that's important, not my ego. The good we do is not "oft interred with our bones," but it may not long be associated with us specifically.

That's fine, because it can still be a great legacy. What will be my legacy? What will be your legacy?



Input wanted—Sunday Service Log

Your comments and input are encouraged regarding Sunday services. A notebook/log is located on the high table in the Emerson Lobby. The Religious Services Committee reviews these comments regularly for discussion and potential changes/improvements. Thank you.

Welcoming a Guest at Your Table

Each year at this time, friends and families in our congregation participate in Guest at Your Table — UU tradition for over 40 years. By bringing home a **Stories of Hope** booklet and **Guest at Your Table box**, we can learn about how the Unitarian Universalist Service Committee puts our shared values into action. Through a combination of advocacy, education, and partnerships with human rights leaders, UUSC promotes workers' rights, upholds the human right to access water, and protects communities at risk. This year the focus on the needs of people displaced due to natural disaster, war, poverty, and/or oppression.

Through this project we learn ways that the UUSC is promoting human rights. Put the Guest at Your Table box where family and friends gather to eat. The money that goes in is symbolic for what you would

spend if you had a guest for that meal. Also, we can choose a different story to read from the *Stories of Hope* weekly, animating those who have been displaced and those who provide them care. Learning what other endured helps us remember what we are grateful for. The Guest at Your Table is a powerful way to have children put compassion into action.

Sharing our blessings through Guest at Your Table ensures that UUSC's human rights work continues. Please consider making contributions throughout the season, to collect enough to be eligible for a matching grant: Any donation of \$125 or more is matched dollar-for-dollar by the UU Congregation at Shelter Rock in Manhasset, N.Y. This means you can double the impact of your gift!



Pick up the Guest at Your Table box (or an envelope) at the Religious Education window on a Sunday morning. You can also put a check in the box there. If you prefer, you can make your contribution online at <http://www.uusc.org/welcome-to-guest-at-your-table>. The program will run until Sunday, January 10, 2016.

Thank you from DRE, Leah Purcell, and incoming UUSC Coordinator, Elena Reynolds and outgoing UUSC coordinator, Don Odell.

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 Albany UU 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 ques-

tions 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.

Planning for weather emergencies

We have rarely cancelled Sunday services or other programs at Albany UU due to snow or other weather emergencies, but we do have a plan for those situations.

In the event of a big winter storm or other weather emergency, the decision to cancel any program will be made far enough in advance so you will be able to make your plans. Notice of cancellations will be distributed these ways:

- ◆ Albany UU homepage: www.AlbanyUU.org
- ◆ Email sent to "Preview" list

Growing Together

Getting to Know UU

Are you thinking about joining Albany UU? 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.

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.)

tioning of individuals. Learn how to apply these discoveries in your life to cultivate more joy and reward.

Speaker: Mariana Monteiro. Director of GE Global Volunteers

Musician: Mark Shepard Transformational Singer Songwriter

Awakening The Highest and Best Within Us Using Positive Psychology Research Tools To Enhance Your Life

Saturday, Dec. 5, 7:00 PM in Emerson Hall

Positive Psychology is the study of the processes and conditions which contribute to the optimal func-

- ◆ Sponsored by Albany UU and the Albany Peace Project
- ◆ No registration required
- ◆ Free will donation

This is the first in a three session Sustainable Happiness Series: From Self to Service. The other dates are Saturdays, Jan. 2 and Feb. 6

Sharing your talents!

Sign up to lead a **UU Jam** workshop in January. Do you have a skill or interest in dance, yoga, movement, music, art, drama, crafts, social justice and service, nature, science, gardening, UU history, spiritual practices, making just about anything? Would you like to share your skill with children in 3rd – 6th grade? If so, consider leading a 25 minute workshop for the children on two Sundays in January. Leah Purcell will help you plan your workshop. You'll get help from the teachers on those Sundays. Can't do it in January? We'll be running UU Jam through the spring so you will have other opportunities. Contact Leah at dre@albanyuu.org or call the office 463-7135

Joy Library

THIS OLD MAN: ALL IN PIECES by Roger Angell. Doubleday, 2015. [818.5409 ANG]. *"You don't make it to age 95 without seeing a lot of stuff... Angell combed through six decades' worth of work to put together this collection. Much of it is reprinted from the NEW YORKER. Angell's a true craftsman, carefully picking each word and phrase and, like any good editor, cutting out the fluff. The best entries are about baseball, which he began covering for the NEW YORKER in 1962.... Angell wrote "This Old Man" last year and it deserves every accolade it's received. Deeply personal and yet universal in its sentiment, it's a marvel of the essay form. Interspersed throughout the book are non-traditional writings like haikus about one of his beloved fox terriers and the NEW YORKER's annual Christmas letter ("Greetings, Friends!"), as well as correspondence between Angell and the fiction writers he collaborated with for the magazine [he] pays tribute to the eternal writerly advice of his stepfather, E.B. White, in THE ELEMENTS OF STYLE ("Revise and re-write," "Do not explain too much" and "Be clear"), and heaps praise on the illustrations of William Steig, whose cartoons distinguished the NEW YORKER from other magazines. What stitches together the collection is a sense of gratitude. Angell knows he's lived a full life enriched by family, friends and colleagues. He doesn't know when his life will end, but came to terms with that long ago. (From This Old Man: 'There's never anything new about death, to be sure, except its improved publicity.') It feels like he assembled this collection in great part*

to say thank you. But it's his readers who should be saying it... For as long as we have him and as long as he's still contributing to the Sporting Scene and other fixtures of the NEW YORKER, we should appreciate his talent." Rob Merrill, Associated Press. 11/16/15.

UNSTOPPABLE: HARNESSING SCIENCE TO CHANGE THE WORLD by Bill Nye and Corey S. Powell. St. Martin's Press, 2015. [363.738 NYE]. *"Just as World War II called an earlier generation to greatness, so the climate crisis is calling today's rising youth to action: to create a better future....In UNSTOPPABLE, Bill Nye applies his message of technological optimism to one of the most serious challenges facing our species: climate change. With a scientist's rigorous understanding of how things are and an engineer's vision of how things could be, he completely reframes the issue of today's environmental crisis and views it not as the end of progress but as an opportunity for a tremendous new beginning – a moment for our society to rethink the way we live and to create a cleaner, healthier, smarter world. We need not remain shackled to the inefficient technologies of the Industrial Revolution; we need not accept pollution and environmental ruin as the inevitable costs of a vibrant economy; above all, we need not leave our children a planet that is depleted and overheated. The urgent task here is not saving the Earth. It's saving the Earth for us – for humanity. We can do that but the moment to begin is now. When you are finished reading UNSTOPPABLE, you'll be enlightened and inspired. You will be ready to join Bill Nye and change the world." Front cover.*

THE ETHICS OF WHAT WE EAT: WHY OUR FOOD CHOICES MATTER by Peter Singer. Rodale Books, 2007. [178 SIN] *"Peter Singer, the groundbreaking ethicist whom THE NEW YORKER calls the most influential philosopher alive teams up again with Jim Mason, his coauthor on the acclaimed ANIMAL FACTORIES, to set their critical sights on the food we buy and eat: where it comes from, how it is produced, and whether it was raised humanely. THE ETHICS OF WHAT WE EAT explores the impact our food choices have on humans, animals, and the environment. Recognizing that not all of us will become vegetarians, Singer and Mason offer ways to make healthful, humane food choices. As they point out: You can be ethical without being fanatical. <http://www.rodaleinc.com/products/books/ethics-what-we-eat-why-our-food-choices-matter> 11/23/15.*

Religious Exploration

December is a time of expectation

Leah Purcell, Director of Religious Education



From the Soul Matters blog: *Solstice fire rituals. Christmas advent wreaths and calendars. Hanukkah candles. Kwanzaa candles. This is the season of ritual -- rituals of preparation and expectation to be exact. Expecting and trusting the light to return is no easy task. It's one thing to intellectually believe that the dark always gives way to the light; it's quite another to feel it in your bones.*

All religions say this task is much easier with ritual, and with rituals done together. So this month, recruit your family or circle of friends and engage in a winter ritual of expectation.

Your ritual could be setting up a special spot on your table for your Guest at Your Table box, and preparing to explain the work of the Unitarian Universalist Service Committee to your visitors. Don't worry about the amount you will give. Instead focus on the decision making process of your family in donating money. Check out the 'Money Map' and other resources on the spirituality of giving for families at <http://tinyurl.com/WinterUUWorld>

Your family might spend a few minutes every night during Hanukkah with a candle, watching the flickering light and expressing gratitude for the miraculous things in your lives.

You might make an Advent wreath. It could as simple as 4 candle holders on a large plate. The first candle is lit four Sundays before Christmas; two candles are lit on the second Sunday, etc. Traditionally three candles are purple and the last one is pink to remind the people of the joyful Christmas soon to come. Find four readings you like and read one each Sunday of Advent.

Make or purchase a wreath and lay it flat on a surface for a Yule wreath. Take a winter walk and see what natural trinkets your family can collect. Have family members gather around the wreath and consider it as a symbol of cycles of nature from winter through fall to winter again. Have family members each share something they appreciate about winter as they place their trinket on the wreath.

Attend the Annual Capital Kwanzaa Celebration at the NY State Museum. It's free!

What other rituals and celebrations might you engage in this month in expectation of more light, more learning, more love?

In joyful service,

Leah

Our Community

Earth Spirits:

Come help us celebrate winter!

The next meeting of the Earth Spirits group will be on Monday December 14 at 7:00 in B-7 . We are asking everyone to bring something to share about winter, like a poem, music, a story, childhood memories, anything about the season. We will have a simple ritual and share. All are welcome. We also encourage everyone to join in the celebration of the

winter solstice on December 19th. Any questions please contact Betsey Miller at bmiller15@nycap.rr.com

Cooks and kitchen help needed for the youth con Jan 29-31.

We need teams of people to prepare simple meals, and to set up and clean up breakfast, lunch and dinner on Sat the 30 and breakfast on the 31. Sign up in Channing Hall or contact Leah Purcell at dre@albanyuu.org

**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.

Welcome, new members!

Deb Grier began attending FUUSA nearly two years ago when it became evident to her that there was a need to provide religious guidance to her children. Having been brought up Catholic, and no longer resonating with those core beliefs, she looked for guidance from family members who suggested she look into Unitarian Universalism. Within a few visits she knew she was in the right place. Deb lives in Duanesburg, NY with her husband and five children, ranging in age from 16 to 5. She has left it up to the children whether or not they would like to attend, feeling strongly that the mandatory nature of church as a child led to her discontentment with religion for years following. Currently her oldest daughters, Alexis and Lorel, are members of the Albany UU RE community and



her youngest daughter Allie is considering it. Deb is a Vice President with Health Management Systems and works here in Albany. She and her family enjoy traveling, exploring new places and just being together. Deb is currently a member of the Caring Network and is looking forward to finding more ways to become involved here at FUUSA.

Tim and Tammy Hathaway are long-time UUs who moved back to the Albany area last winter after 17 years of living mostly in the Midwest. Tim is the Ex-

ecutive Director of Prevent Child Abuse NY and Tammy is the Administrative Assistant right here at Albany UU. Both are graduates of upstate NY colleges, and they have purchased a 200 year old home in Sand Lake that they are currently rehabbing. This is their forever

home—the wanderlust having been satisfied by several moves across the country. Tim and Tammy have four sons ranging in age



from 24 to 10. The two youngest (and living at home) are Quinn and Kaiden. The family enjoys sailing, camping, the outdoors in general, time around the fire, and family game and movies nights. The Hathaways have to say how truly blessed they feel about being back in NY and look forward to connecting with people here at Albany UU!

Liza McKinley came to FUUSA through the Well-spring class which she found to be a wonderful introduction to Unitarian Universalism. She has lived in



the Capital District since high school with notable excursions to Jamaica with the Peace Corps and Bangladesh with the UN as a young adult. Finally she settled down as a geriatric social worker with the Eddy. She enjoys working with fiber- sewing, knitting, weaving

and most recently has discovered a new love--rug hooking. She also tutors English as a Second Language and writes poetry.

Joe and Linda Shanley come from McKownville United Methodist Church, where they were married 12 years ago. Joe was brought up in the Catholic Church and Linda

grew up Presbyterian, but the traditional church was no longer meeting their needs. Linda first became aware of Unitarian Universalism when she at-



tended All Souls with her daughter several years ago, and suggested to Joe that a local UU church might be worth looking into. They made their first visit last fall, and have been participating in Sunday services and other activities ever since. They really appreciate the social opportunities, openness to different beliefs, and Sam's thought-provoking messages and leadership. Joe is a retired attorney at the New York State Insurance Department, and Linda is a semi-retired writer with her own advertising business. Joe is a Civil War buff who enjoys good conversations, strategic games, sports—both professional and fantasy—and his U.S. stamp collection. Linda is an avid reader who plays the piano, crochets and loves taking long walks and starting each day with the New York Times crossword. They both enjoy traveling, especially to baseball games and the beach. They have daughters in New York City and Richmond, Virginia, and share their home in Colonie with three cats.

Lea and Edward Ryman were married here at FUUSA in September of this year. Lea has been in the choir since 2012. Ed has been attending since 2014.

Lea works as a Research Scientist for the State of New York. She enjoys Yoga, reading, gardening and meditation.



Ed is a retired Senior Investigator for the State of New York. He also was a Yoga Teacher for 25 years. Ed enjoys yoga, meditation, reading and gardening as well.

Lea and Ed live in Albany and enjoy taking long walks.

UU Humanists

Albany UU Humanists regularly meet on the second Tuesday of the month. **But not in December.** The next meeting will be on Tuesday, Jan. 12, 2016 at 7 PM in



Room B-8 at Albany UU.

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) and go to Groups and join the Albany UU Humanists, or call the Albany UU office (463-7135), or contact Don Odell (odell.don@gmail.com, 482-4574) to be added to the egroup. And, I will see you on January 12, and around Albany UU on Sunday mornings. -Don Odell

Channing Circle

Channing Circle will meet once more at noon on Monday, Dec. 21. All retired folk are welcome to join us! Linda English has offered to bring dessert, and coffee and tea are available. We will share childhood memories of the holidays. Please bring a small gift to exchange (under \$5.00) to celebrate the holidays.

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.

Walker Book Club

Sunday, Dec 13, 5:30 pm, Channing Hall

Join the Walker Book Club for a potluck and discussion on **The Child in Time, by Ian McEwan**. 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.

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

Deaths

Former Albany UU **Dorothy Bellick** died in Florida in late October. Cards may be to Jack Bellick at Century Village, 460 Grantham East, Deerfield Beach, Florida, 33442 .

Member **Robert Niles** died Nov.1. Robert joined FUUSA in November 1957!!!!!!

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.
Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

Green Sanctuary

The Green Sanctuary Committee will meet on Wednesday, Dec. 16 at 5:30 pm at the Shining Rainbow Restaurant. RSVP Sandy at 368-7045

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 started in mid-November and goes 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.

There is 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!

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.

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 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
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Kathy Harris, Treasurer
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Jean Poppei, Chair Social Responsibilities Council

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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

December 2015

Holiday Events

at Albany UU



Decorate the Albany UU Christmas Tree

Sunday, Dec. 13, during Coffee Hour

Channing Hall

Make something to hang on the tree, or bring an ornament from home to donate.

Our holiday tree—fresh from the Metzses' farm—will be ready for decorating! The Religious Education Council will have tables of crafts for people of all ages to make and hang on the tree, or you may hang an ornament from home.

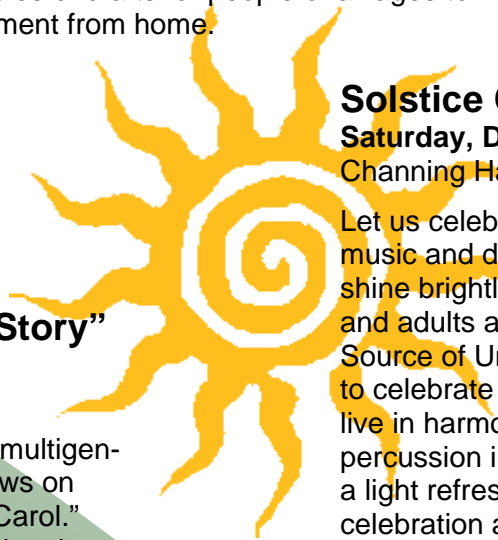
"An Albany UU Christmas Story"

Sunday, Dec. 20, 10:00 AM

Emerson Community Hall

Come to the premiere of an original, multigenerational Christmas pageant that draws on themes from Dickens' "A Christmas Carol."

Come enjoy the debut of this production that connects us to a Unitarian Universalist understanding and celebration of Christmas.



Solstice Celebration

Saturday, Dec. 19, 3:00 PM

Channing Hall

Let us celebrate the Winter Solstice! With story, music and drumming, we will call upon the sun to shine brightly on us once more. Children, youth and adults are invited as we honor our Sixth Source of Unitarian Universalism: which invites us to celebrate the sacred circle of life and calls us to live in harmony with the rhythms of nature. Bring a percussion instrument and/or a noise maker—and a light refreshment to share, if you like, for the celebration afterwards.

Christmas Caroling

Sunday, Dec. 20, 1:00 PM

Come sing our favorite carols!

We will be visiting Albany UUs at their homes and group residences to share our Christmas spirit. Meet at 1:00 PM in the lobby to get maps and arrange carpooling. All are welcome.

Christmas Eve Candlelight Services

Thursday, Dec. 24, 6:30 and 8:15 PM

Sanctuary



Be sure to plan some time at the reception between the services!

New Year's Eve Party

Thursday, Dec. 31, 2:00-4:00 PM

Games, dancing, and more!

Join in the fun at this multigenerational New Years Eve Party hosted by the Religious Education Council.

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