

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

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

February 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

Feb. 1 "Faitheist?" Rev. Sam Trumbore

Some atheists would like to debunk and expunge religion from the world. They would like to put an end to irrationality and supernaturalism, stimulating human cultural evolution beyond the superstitions of our past. Other atheists find value in the world's diverse religious heritage worth appreciating and respecting. The first group of atheists like to denigrate the second group as "faitheists."

Also today: Family Chapel for families with children in Pre-K-5th grade

Feb. 8 "This I Believe"

As Unitarian Universalists, we honor the voices of members of our congregation in their individual search for truth and meaning. This service provides an opportunity to hear the thoughts and reflections on life from three FUUSAns—Jan McCracken, Al Berzini, John Sherman.

Feb. 15 "A Season of Carnival," Rev. Trumbore, Leah Purcell, Matt Edwards

As the beginning of Lent approaches Feb. 18, many people around the world prepare by celebrating life a little more energetically culminating in Mardi Gras or Fat Tuesday, Feb. 17 this year. We too will join in the spirit of celebration in this service led by our own Cajun Matt Edwards. Bring a mask or come at 9:30 AM and make one, bring a King Cake for after the service, then come back later in the day for more celebration!

Feb. 22 "Selma: The UU Backstory" Rev. Sam Trumbore

When the Rev. Dr. Martin Luther King, Jr. sent out a call to religious leaders to join him in Selma, many Unitarian Universalist ministers and leaders responded. What had been happening before 1965 to prepare them to respond? And how were they changed by marching? This is the backstory and this is the unfulfilled dream glimpsed in Selma fifty years ago.

Mar. 1 "Crossing the Bridge to Selma," Rev. Dr. Mark Morrison-Reed, 10:30 AM in Rensselaer

This is the annual joint service of the four CRUUNY congregations, held this year at the Doane Stuart School in Rensselaer. Read more about the service on page 4, and in flyer at end of newsletter.

Calendar

Events happening every Sunday at FUUSA

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

Exceptions:

Events happening every week in February

Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8
Wednesdays	10:00 AM	Projects & Quilts	B-8
	7:00 PM	Choir Rehearsal	Emerson

Exceptions:

All other events happening in February

1-Feb Sunday

11:45 AM	SRC Meeting	B-7
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2-Feb Monday

10:00 AM	Small Group Ministry Manning/Rohrbaugh	B-5
5:45 PM	Helderberg Madrigal rehearsal	B-8
6:15 PM	REC meeting	Channing

3-Feb Tuesday

12:00 PM	Admin	B-3/B-4
6:00 PM	Wellspring Foundation	B-8

4-Feb Wednesday

6:00 PM	Long Strange Trip Series	Channing
6:00 PM	Nonviolent Communication Practice Group	B-8

5-Feb Thursday

7:00 PM	PCA Training / Meeting	B-8
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6-Feb Friday

10:00 AM	Wellspring advisor meeting--Cathy Perkins	Stott Lounge
12:30 PM	Grannies for Peace	B-8
4:00 PM	Multi-generational Potluck -- SRC	Channing,

7-Feb Saturday

3:00 PM	Rehearsal for This I Believe Service	Emerson
5:00 PM	Youth Overnight	Whole Building

8-Feb Sunday

12:00 AM	Youth Overnight	Whole Building
11:30 AM	Saturday Men's Group	B-5
11:45 AM	Forum (Social Responsibilities Council)	Emerson
11:45 AM	Monday Men	B-6
11:45 AM	Nominating Committee	B-7
11:45 AM	OWL Orientation	21, 26
12:30 PM	Rite of Passage meeting	B-8
5:30 PM	Walker Book Club	Channing

9-Feb Monday

10:00 AM	Small Group Ministry - Patrick/Odell	B-8
1:00 PM	Interfaith Impact	B8
3:30 PM	Overflow Shelter Meal Preparation	Kitchen
5:15 PM	Membership Committee	B-8
6:30 PM	Small Group Ministry - English	Stott Lounge

10-Feb Tuesday

6:30 PM	Finance Committee Meeting	B-7
7:00 PM	FUUSA Humanists	B-8
7:00 PM	UU Christians	B-5
7:00 PM	Wellspring: Faithful Action	Stott Lounge

11-Feb Wednesday

6:00 PM	Long Strange Trip Series	Channing
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12-Feb Thursday

5:00 PM	Wellspring advisor meeting Ann Lapinski	B-5
7:00 PM	Program Coordinating Council	B8, AV

13-Feb Friday

6:00 PM	CommUUnity Dinner	Channing, 23, 24/25
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14-Feb Saturday

8:45 AM	Getting to Know UU	B8
9:30 AM	Learning the Language of Love: An Introduction to Nonviolent Communication	Channing

15-Feb Sunday

11:45 AM	Green Sanctuary Meeting	B-8
7:00 PM	FUUSA Mardi Gras Dance	Emerson

16-Feb Monday

10:00 AM	Small Group Ministry Manning/Rohrbaugh	B-5
12:00 PM	Channing Circle Lunch	Channing

17-Feb Tuesday

7:00 PM	Meaning Matters Tuesday	Stott Lounge
7:00 PM	Wellspring Foundation	B-8

18-Feb Wednesday

6:00 PM	Long Strange Trip Series	Channing,
6:00 PM	Nonviolent Communication Practice Group	B-8

19-Feb Thursday

7:00 PM	FUUSA Board Meeting	Channing
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22-Feb Sunday

11:30 AM	Saturday Men's Group	B-5
11:45 AM	Monday Men	B-6

23-Feb Monday

10:00 AM	Small Group Ministry - Patrick/Odell	B-8
1:00 PM	Grannies for Peace	B-7
3:30 PM	Overflow Shelter Meal Preparation	Kitchen
6:30 PM	Small Group Ministry - English	Stott Lounge
7:00 PM	Meaning Matters Monday	B-8

24-Feb Tuesday

7:00 PM	Wellspring: Faithful Action	Stott Lounge
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25-Feb Wednesday

5:30 PM	Endowment Trust Meeting	Stott Lounge
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26-Feb Thursday

7:00 PM	Mark Morrison-Reed Book Discussion	B-8
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27-Feb Friday

6:00 PM	Selma Event Dinner	Channing
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28-Feb Saturday

3:30 PM	RE Volunteer Orientation & Development	Emerson
5:00 PM	Wine and Cheese Tasting Fundraiser	Channing

Sam's Outlook

Faith and satire

Rev. Sam Trumbore



First, freedom of speech is a critical humanistic, democratic, liberal value ever to be nourished, protected and cherished. There are no grounds upon which speech, no matter how offensive, becomes the justification for violence.

Words must be fought with words. Let the war of words be fought with the pen (now the keyboard) rather than the sword (now the AK-47).

Second, faith is a fragile flower that needs protection, nourishment and respect for it to flourish. Religious leaders like Pope Francis know this. Islamic imams know this. Buddhist monks & Taoist priests know this. Jewish rabbis know this. They all set up ways to protect, support and encourage their faith that create obligations lay people must follow to be part of their religious tradition. They create barriers for membership and punishments for transgressions that separate and define them from other faiths.

While Unitarian Universalism has no specific faith stance it requires for membership, we have explicit shared values that are grounded in an implicit personal faith. Our first principle, the inherent worth and dignity of each person cannot be proven through rational argument. There exist vile, cruel and socially reprehensible individuals whom one might name to disprove this value. Valuing world community rather than world domination requires a faith in the worth and dignity of cultures, traditions and social systems unlike our own. A commitment to democratic methods to govern our congregations requires a faith that elected leadership is superior to anointing one enlightened individual to govern and lead us (as Plato's Republic celebrates). These unprovable commitments of faith can waiver witnessing the failures of boards to lead, nations' exploitation of each other, and man's inhumanity against man.

Because faith is fragile, and often irrational, religious traditions set up ways to protect it, like prohibitions of the depiction of the Prophet. Muslims are hardly alone in creating prohibitions. As I discussed during Hanukkah, Matthias killed a Jew who sacrificed to a Greek God in front of him that started a religious war. Think of how many were killed during the Inquisition or the many crusades to protect the Catholic faith, people like the Albigensians who shared elements of our faith. In the bloody history of religious war, there is nothing unusual about

the murder of the cartoonists at Charlie Hebdo, except that many Europeans might think they were beyond it.

While we don't kill people, we Unitarian Universalists have a history of being critical toward faiths unlike our own. We have often in the past and even continue today to ridicule beliefs that embrace scriptural literalism, privileging men over women especially when it comes to reproduction, heaven and hell, fear based dualistic theology, claiming divine status for human beings, supernatural beliefs, and treating the earth like a disposable launching pad to heaven without respecting other species claim to exist. In this way, we too can say, "Je suis Charlie."

Yet as a religious leader committed to interfaith dialogue, coexistence and mutual respect between different religious traditions, I'm aware that the kind of satire that Charlie Hebdo prints doesn't help us understand each other better and appreciate our differences. There is little that is constructive in our congregation when atheists ridicule theists or rationalists attack the irrationality of a particular faith. These behaviors don't build trust and community.

And ... questioning each other is an important part of what we do as a religious community. Humans have an amazing capacity for self-deception, for being duped into following religious leaders who ask them to drink cyanide laced Kool-Aid as Jim Jones, leader of People's Temple did in Guyana, in November of 1978.

Satire is a delightful way to critique views and opinions we disagree with. I'm in no way ready to abandon humor as a way to communicate our disagreement with the beliefs others hold. The best joke gets both sides to laugh at their imperfections in following their faith, a very universal human flaw. Laughing together is a great way for us to come together across our differences.

Yet words can also cause harm. We don't allow people to yell fire in a theater. Many people of European descent reframe from using the "n-word." Many of us find the use of black-face by white actors to denigrate people of color unacceptable. Certain offensive words are not permitted on public broadcasts. Western society already sets limits to public expression.

So, as a way to become less racist, less culturally chauvinistic, and more religiously sensitive to the diversity in our midst, I respectfully suggest we might want to consider setting limits to the way Mohammed is depicted.—
Rev. Sam

News

“Pool Your Light With Mine, We’re Gonna Make it Shine”

Our Stewardship Campaign for the 2015-16 fiscal year has begun. The members of the Board of Trustees will have made their pledges for next year by the time you read this notice.

The rest of the congregation will be contacted in February or March for their pledges.

Save the Date: Sunday, March 15. We will be celebrating the generosity of everyone who has made a pledge by that date.

More details to follow. Watch the Preview for updates.

We give so that our spirits will be enriched by the practice of generosity in community, and so that Unitarian Universalism will flourish.--The Stewardship Committee

Mellow yellow cards

When we initiated discussion in the Fall about how we share important news of our FUUSA community, the Religious Services Committee (RSC) committed to ensuring that there are options for how we do that. We heard from you that forums like spoken Joys & Sorrows, or the monthly “Joys and Caring Corner” compilation in Windows, do not meet the needs of all, or in all circumstances.

RSC would like to “lift up” our yellow cards as an option for sharing significant news. As you may know, the yellow cards are in pockets on the back cover of our hymnals. In introducing the Joys and Sorrows ritual at our Sunday services, congregants are invited to fill out a card and turn it in to the Minister or Usher, to be read by the Minister (or not, as one chooses). However, it occurs to us that if this option is not highlighted, hearing about it when Joys and Sorrows is about to begin could be “too little, too late” – with not much time to write a message and bring it forward during our stone-moving ritual. So, we’d like to make the yellow cards more visible and available and timely, by displaying them in a basket on the Emerson lobby table to take as needed when you’re entering the service, and by having a receptacle for them on the Emerson stage. That way, you

Flyers in this issue

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

- ◆ CRUUNY March 1 combined service flyer
- ◆ Wine and cheese fundraiser flyer

can bring your yellow card forward during the stone-moving, deposit it in the basket (avoiding the need to attract the attention of Rev. Sam or someone else on the stage), move a stone if you wish, and return to your seat. At the conclusion of the spoken Joys and Sorrows, Sam or the Service Leader would collect any cards deposited in the basket, and read from the pulpit any that were marked to be read aloud in the service. You may instead indicate on the card that the information can be shared in Windows, or is for the Minister only.

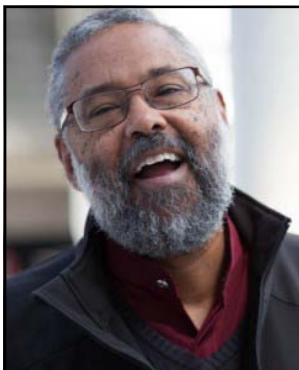
There will still be yellow cards in the hymnals, but we hope that enhancing their visibility will help to make this a viable and timely option for sharing the news and milestones of our lives.

Capital Region UUs to commemorate the 50th anniversary of the civil rights marches

UUs to gather for “Crossing the Bridge

to Selma” Sunday, March 1, in Rensselaer
Unitarian Universalists from across the Capital Region will be coming together on **Sunday, March 1**, for the 7th Annual CRUUNY (Capital Region Unitarian Universalists of NY) Combined Worship Service entitled “**Crossing the Bridge to Selma.**”

So mark your calendar now to drive to the Doane Stuart School, just off Interstate 90 in Rensselaer, that morning instead of Albany.



Rev. Dr. Mark Morrison-Reed, author of *The Selma Awakening*, will lead us in worship as we examine how these voting rights marches—including the deaths of two white UUs who traveled to Selma for the marches — changed us as a faith and as a nation.

The service will also focus on how all races and groups can work to bridge the gaps that still divide us.

Instrumentalists and choir members from the UU congregations in Albany, Glens Falls, Saratoga Springs and Schenectady are preparing some especially moving pieces of music for March 1. Child care will be provided.

The Doane Stuart School is handicapped accessible and has offered us use of their beautiful Golub Interfaith Chapel for the service. The school is very easy to find at 199 Washington Ave, Rensselaer. It is only 3 blocks from exit 7 of Route 90, immediately off the eastern end of the Patroon Island Bridge.

NOTE: On Sunday, March 1, there will be no service or any other activities at FUUSA.

“Simple Pleasures”

Please join us for the FUUSA Wine and Cheese Tasting annual fundraiser "Simple Pleasures: Best

of 2014." The evening will feature 5-6 award-winning and excellent wine and cheese pairings selected by our mavens to delight your senses and please your palate. Each featured pairing will have a sumptuous accompaniment, from fresh fruit, nuts, and figs, to award-winning jams and plenty of local artisan bread and gluten-free crackers. Come enjoy and learn about some of the best wines and cheeses from the U.S. and abroad that we, and the food world, are just loving right now and excited to share.

When? Saturday, February 28, 7-9pm

Where? Channing Hall, FUUSA

Cost? \$30 pp members and guests, (\$40 non-members), childcare by reservation

Board notes

You get what you give

RoseAnne Fogarty, Trustee

In his annual “jokes” program, Garrison Keillor likes to target Unitarians for a few jokes: “Unitarians are people who burn a huge question mark on your lawn.” That joke gave me a laugh, but I think Keillor is a little off in his assessment of UU’s as people who question everything, at least if that implies holding back from commitment. If anything, UU’s, at least at FUUSA, are characterized by proliferating commitments. This results in a congregation with literally scores of commitments, and over seventy committees or coordinators.

There is a benefit to FUUSA providing a place where each member can find support for a particular passion. Getting support and validation for our passions keeps us coming back to FUUSA. I could name many in the congregation who have pursued their passion for years, to the benefit of all. The Green Sanctuary Committee, the Annual Fellowship Dinner Committee, and the Stewardship Committee come to mind. These and many other groups are constantly hoping for “new blood” to support their efforts, but may be so preoccupied with actually doing the work that they can’t reach out to others to assist.

The “twenty/eighty rule” is familiar to most of us: “twenty percent of the people do eighty percent of the work.” I think we do better than that at FUUSA—maybe even “forty/sixty.” Personally, I’ve worked on the Annual Canvass, written and illustrated brochures and programs, helped with the rummage sale, sung in the choir, and served as secretary to the board. I’m here to report that you get what you give, and engagement brings you the sense of belonging that we all seek in committing to a congregation. I think most “trusted servants” of FUUSA would report the same experience.

Your Board is seeking ways, first, to engage all members of the congregation in work that fits with their special skills and interests, and second, to streamline procedures to free people to actually do more (and spend less time meeting.) All members of the congregation are welcome to attend Board meetings (held on the third Thursday of each month at 7:00 P.M.), where these efforts are being discussed.

If you are truly seeking a home at FUUSA, engage. You get what you give.



Call for Nominations

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 17, 2015:

Position	Term
President	1 year
Vice President	1 year
Secretary	1 year
Treasurer	1 year
Assistant Treasurer	1 year
Board of Trustees (3)	3 years
Religious Education Council Chair	1 year
Religious Education Council (5)	3 years
Social Responsibilities Council Chair	1 year
Social Responsibilities Council (3)	3 years
Nominating Committee (2)	3 years
Endowment Trust (1)	5 years

Requirements for Elected Positions

Any person holding an elected position must be an active member of FUUSA for at least 30 days prior to being elected and must not have a pledge in arrears (2013-14 pledge year or previous). Candidates for the Endowment Trust must be FUUSA members for at least 3 years.

Nomination Procedure

Society members may contact anyone on the committee to let them know of their interest in the above positions or to suggest someone else you feel would be qualified. If you have questions please contact any of the Nominating Committee members: Laura Churchill, Molly Daniels, Donna Meixner, Dave Metz, Paula Moskowitz, and Sandy Stone.

Nominations of candidates for any elected position may be made by presenting the Nominating Committee with a nominating petition signed by 25 active members of the Society. Petition forms can be found in Channing Hall on the AlbanyUU bulletin board or in the "File Cabinet" on the FUUSA website. The deadline for such petitions is April 5. Petitions may be placed in the Nominating Committee's mailbox in the office.

Organizers sought!

Have you enjoyed the FUUSA Holiday Bazaar & Craft Fair that we have hosted for the last nine years? Many people volunteer every year to help with this event and we have lots of fun. It is an important community-building activity as well as we have the satisfaction of helping raise money for the annual budget. However, the same people have been running the event for all nine years. **We are looking for a few good organizing individuals who would enjoy taking over some of the key roles.**

The Holiday Bazaar and Craft Fair raised almost \$8,000 this past fall for FUUSA's general budget. Without this event next year, the budget will lose that source of income. If we don't find some people who are interested in taking over some of these key positions, the bazaar & craft fair will not happen next fall.

We are looking for someone who would like to **organize outside vendors** and perhaps help find

some new ones to add more variety. This person would also figure out how to set up the spaces in Emerson to meet vendors' requests and needs. We would also like to find someone who would be interested in **organizing the volunteers** for the actual two days of the event. Then there is the café where we need one or more volunteers to assist in the areas of **food preparation prior to the event** (soups, quiches) and working the "front table" **taking orders during the café**. If we continue to have FUUSA craft tables, we need someone who is willing to organize how the tables will be **set up for displaying FUUSAn-made crafts**.

The current people in these various positions are willing to work this fall with those interested in taking over to assist in the transition. In future years, most of these same people are willing to work on the bazaar & craft fair—just not be in charge of all of these various tasks—because we enjoy the camaraderie of the event and the money we raise helps to support FUUSA's many activities as well as our staff and

minister.

If you are interested in learning more and/or have any questions, please contact Barb Manning (XXXXXXX) or Jan Satin (XXXXXXX)

FUUSA's Annual Auction
"A Mad Hatter's Tea Party"
Coming March 14



Don't miss FUUSA's *biggest* fun(d)raiser of the year! While our Auction's proceeds support our congregation's work, it also affords you unique opportunities for fellowship and community. Meet new people who might change your view of the world and create cherished memories you might never have had.

There are three enjoyable ways to participate (and you're not limited to only one):

◆ **Attend the auction**, for a fun evening, with fabulous snacks in a cabaret setting. (Sign up to attend starting Feb. 15 in Channing Hall.) By attending, you can bid on and win offerings donated by your FUUSA community friends. These offerings include exquisite meals and high quality goods and services at less than market cost. Whether you buy a jar of hot fudge or a vacation, your involvement is much appreciated.

◆ **Enter drawings for fixed-price items**. If you can't attend or are auction-averse, you can still participate. There are great events/items represented by envelopes that will be posted in Channing Hall starting Feb. 15 . Simply get a Bidder's Number (whether or not you attend the Auction), complete the slip of paper corresponding to the envelope describing the item you want and place it in the envelope. Winners will be drawn from the envelopes the evening of the Auction and posted for attendees to review. Winners' names will also be posted at the Auction table in Channing on post-Auction Sundays.

◆ **Donate auction items**—any activity that you enjoy can be a big hit. For example, you could provide a weekly bouquet of wildflowers during the month of

July or tickets for a car wash at your house or offer a picnic at a local park for a specified number of families or a nature experience with snacks at Five Rivers, etc. The opportunities are limited only by your imagination. Donations don't have to be pricey or complicated. To donate an item for the auction, go to the FUUSA website at <http://www.fuusalbany.org/> and you will be able to either submit your donation directly using an online form; OR print out a form for manual completion. There will also be donation forms and a Donation box in the FUUSA lobby. You can also get donation forms at the Auction table on several Sundays in Channing Hall.

The Auction Committee looks forward to your participation in this opportunity for FUUSA to do well by doing good and help support the mission of our UU community. Bring your calendars and join the fun!

Thinking outside the walls of FUUSA?

There are a number of upcoming **St. Lawrence District and CERG and UUA** activities and meetings which FUUSA leadership wants you to know about. Here are a few with links.

March 27-28: Joint District Assembly of the St. Lawrence and Ohio-Meadville Districts at the Niagara Falls Convention Center. Registration is now open. Go to <http://www.sld.cerguua.org/conggrowth/districtassembly.html> for details. The theme is *Broad Wings Deep Roots*. The First UU Church of Niagara is offering a special "**Niagara Experience**" for DA participants starting at the close of the DA programming at 5:00 PM Saturday, Mar. 28. Includes cocktail hour and dinner, brunch Sunday morning, and tours--read the details on the UUs Elsewhere bulletin board, or ask Amy Lent to email you the flyer. Space is limited, sign up promptly.

June 24-28. The Unitarian Universalist Association **General Assembly** in Portland, OR. Further information is available at <http://www.uua.org/ga/index.shtml>. Please note that registration and housing reservations begin Mar. 1. The best housing, particularly in terms of cost, go fast. So, move quickly beginning Mar. 1 on this.

Also, there are ongoing webinars on various subjects. Please go to the Central East Regional Group (CERG), <http://www.cerguua.org>, check upcoming

events, and see what interests you.

Interested? Questions? Please contact your Denominational Affairs liaison Don Odell

King Cake bakers needed!

Calling All Bakers! We need King Cakes again this year for us to share after the service on Feb. 15. Please bring them before the service and deliver them into Channing Hall for Coffee Hour.



Growing Together

Newcomer orientation

Saturday, Mar. 7, 8:45 a.m. to noon.

We invite you to meet with others who are new to the congregation at our next **“Getting to Know UU”** session.

Learn about Unitarian Universalism and our congregation, and ask all the questions you’ve been collecting. It’s a fun morning of conversation and fellowship, coffee and snacks.

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

“Long Strange Trip”—An Exploration of UU History

6:00-8:00 PM, continues on Wednesdays until Feb. 18

Long Strange Trip is a six-part video series exploring the history of Unitarian and Universalist thought and practice from its early, liberal strands at the beginning of the Christian era to what we know today as Unitarian Universalism. In each class, you will watch a one-hour video over dinner and then discuss the concepts presented and their implications for this liberal faith tradition today.

To register send an email to registration@AlbanyUU.org, sign up in Channing Hall, or call the office (463-7135). Bring your own dinner.

“Learning the Language of Love: an Introduction to Nonviolent Communication

9:30 - 4:30, Saturday, Feb. 14

Co-Facilitators: Jan McCracken and Philomena

Moriarty

What better way to spend this next Valentine’s Day than to discover how to infuse compassion into your self and your interactions with others? In this workshop you will find the tools and support you need to translate judgments, criticisms, and right-wrong thinking into a language that speaks from the heart. Nonviolent communication taps into the energy of feelings and needs to transform relationships with self and others. Come with a partner, a friend, or your very own self to learn the fundamentals of this practice in an engaging and supportive setting. The workshop is based upon the work of Marshal B. Rosenberg.

To register, send an email with your name and telephone number to registration@AlbanyUU.org by Feb. 8. Specify “Feb. 14 NVC Workshop” in the subject line. A \$10 workshop fee will be collected to cover basic costs. Scholarships are available. Childcare can be arranged as needed with advance notice. Please contact Jan at XXXXXXX for more information.

Beloved Conversations

March 7--May 9

Saturdays 10:00-12:00

Consider the experience of beloved conversations on Saturday mornings!

This small group experience will facilitate honest conversations about race and ethnicity as a vehicle for faith formation and spiritual awakening. We are fortunate to have trained facilitators, Michael Hornsby and Patti Jo Newell, willing to give their time and talents to bring this nine week series to FUUSA. The size of the group will be limited to 12 participants. **To register** send an email to registration@AlbanyUU.org, sign up in Channing Hall, or call the office (463-7135).

Religious Exploration

Opportunity for multigenerational learning through *A Circle of Trees*

Leah Purcell, Director of Religious Education



Rev. Tom Owen-Towle, longtime UU minister, philosophy and religious educator spoke at the 1994 UUA General Assembly on *Putting the Children into Our Very Midst!* “Now I know that children experience our religious home somewhat differently that we adults do. And well they should. Distinct ages, interests and developmental needs abound. And yet, underneath our differences, similar spiritual hungers and hurts circulate both in the youth and the old. Youth aren’t the only ones performing a balancing act between freedom and responsibility. Children aren’t the only ones bursting with wonder and imagination. And we adults aren’t the only ones aware of our shortcomings needing to repair relationships, anxious about mortality...When children dwell in our midst, our adult world view is enduringly altered.”

With the support of the Religious Education Council and the Lifespan Learning Committee, I’d like to offer an opportunity for adults to put children and youth in their midst.

Circle of Trees is a multigenerational program of workshops that nurture deep connection with trees, nature,



and all of earth’s living creatures. Here’s a description from the website: *The program uses trees as an entry point to understand and connect with life on earth.*

Across many cultures, trees are recognized as a symbol for life on earth—for example, the biblical Tree of Life. Everyone is welcome—indeed, needed: single people, families of any configuration, adults of all ages. The program serves children as young as eight or nine and youth and adults of all ages. Young children can sit on adults’ laps or play quietly nearby. Each workshop is 60 minutes long. The first workshop invites participants to get to know each other, while they learn about and connect with trees in a concrete, scientific, fun way. Workshops 2 and 3 actively explore the very real benefits trees provide to humans and all life on

our planet. In Workshop 4, participants share the special trees in their lives and develop and express appreciation for these trees and trees in general.

We’ll meet at 4:30 PM in Channing Hall on Saturdays, Mar. 21, Apr. 4, 11 and 25.

If someone would like to arrange it, we could have a potluck or order out food for dinner after the workshops.

We’ll need between 8 and 12 households to participate in order to make our time together engaging and worthwhile. This workshop is also an opportunity to create friendships and community, but it’s ok if scheduling conflicts allow you to attend only 3 sessions.

Rev. Owen-Towle finished his presentation with “We adults and children could survive without being in one another’s midst, without enjoying one another’s honest affection, anguish and savvy, but the purpose of Unitarian Universalist religious community is not survival; it is abundant life.”

I look forward to this opportunity for abundant living with you. Sign up on Face Book or register by **email** to registration@AlbanyUU.org, **sign up** at the Sign Up Site in Channing Hall, or **call** the office at 463-7135.

Email me your questions at dre@albanyuu.org.

In joyful service,
Leah

Multiculturalism and Faith Formation

Sunday, March 15, 11:45 AM

Mark your calendars for Sunday, March 15 and come hear an engaging presentation by FUUSA board member, Michael Hornsby.

How do we overcome congregational conflicts related to UU identity, radical hospitality, race, styles of worship, 'free thinking' to become a 'Welcoming Congregation'? Can we bridge Humanism and Spirituality so that our UU message is welcomed by all? How do we embrace different worship styles, while maintaining a consistent UU message?

Learn from the Tulsa, OK All Souls UU Congregation's experience as they absorbed New Dimensions, a predominantly black, Pentecostal congregation. Their experience can assist us in our journey towards multiculturalism while strengthening our faith in UU.

A light lunch of soup and bread, as well as childcare, will be provided – registration encouraged to ensure enough soup for all attending. **To register** send an email to registration@AlbanyUU.org, sign up in Channing Hall, or call the office (463-7135). Please indicate if you need childcare.

All Sides Considered

New current events group starting in March

Are you interested in joining a group to discuss social and political issues? Would you like to learn what your fellow UUs are thinking? This discussion group will be facilitated by Jim Schlembach who intends to provide a civil and thoughtful setting for encouraging differing viewpoints. The group will be encouraged to explore conservative and liberal perspectives on the important issues of our day.

Meetings will take place at noon on the 2nd and 4th Thursday of each month beginning March 26.

To register send an email to registration@AlbanyUU.org, sign up in Channing Hall, or call the office (463-7135).

Circle of Trees

Multigenerational learning event on our seventh principle

4:30 PM, Saturdays, Mar. 21, Apr. 4, 11 and 25

Circle of Trees is a multigenerational program of workshops that nurture deep connection with trees,

nature, and all of earth's living creatures. *The program uses trees as an entry point to understand and connect with life on earth. Across many cultures, trees are recognized as a symbol for life on earth—for example, the biblical Tree of Life. Everyone is welcome—indeed, needed: single people, families of any configuration, adults of all ages. The program serves children as young as eight or nine and youth and adults of all ages. Young children can sit on adults' laps or play quietly nearby. Each workshop is 60 minutes long.*

The program starts at 4:30. We could plan to have a pot luck, brown bag or order out dinner. Presented by Leah Purcell.

To register send an email to registration@AlbanyUU.org, sign up in Channing Hall, or call the office (463-7135).

Joy Library

Find these books in the new book section.

Reclaiming Prophetic Witness: Liberal Religion in the Public Square by Paul Rasor, Dan McKanan (Foreword). [2013] Skinner [261.7 RAS] *This book has been selected as the UU Common Read for 2014-15. From the back cover of the book: Paul Rasor is director of the Center for the Study of Religious Freedom and a professor of religious studies at Virginia Wesleyan University. He is also the author of "Faith Without Certainty: Liberal Theology in the Twenty-first Century". "This book is a handbook for prophets like us. Speaking directly to religious liberals (the author) lays out our shortcomings in sometimes painful detail... (He) calls us to do better—and provides us with the tools for the task." From the foreword by Dan McKanan, winner of the Frederic G. Melcher Book Award*

The Quest for a Moral Compass: A Global History of Ethics by Kenan Malik. Melville House (2014), [170 MAL] *"The Quest for a Moral Compass confronts some of humanity's deepest questions and lucidly brings morality down to earth, showing how social needs and political desires have shaped moral thinking over the ages. It is a history of the world told through the history of moral thought, and a history of moral thought that casts new light on global history." Melville House website.*

Death of a King : the real story of Dr. Martin Lu-

ther King Jr.'s final year by Tavis Smiley. Little, Brown and Company, 2014. [323.092 SMI] “A revealing and dramatic chronicle of the twelve months leading up to Dr. Martin Luther King, Jr.'s assassination. Martin Luther King, Jr. died in one of the most shocking assassinations the world has known, but little is remembered about the life he led in his final year. New York Times bestselling author and award-winning broadcaster Tavis Smiley recounts the final 365 days of King's life, revealing the minister's trials and tribulations -- denunciations by the press, rejection from the president, dismissal by the country's

black middle class and militants, assaults on his character, ideology, and political tactics, to name a few -- all of which he had to rise above in order to lead and address the racism, poverty, and militarism that threatened to destroy our democracy. Smiley's DEATH OF A KING paints a portrait of a leader and visionary in a narrative different from all that have come before. Here is an exceptional glimpse into King's life -- one that adds both nuance and gravitas to his legacy as an American hero. Amazon

Our Community

Let's show them some love!

Staying connected with our young adults



Studies show that one of the most influential factors in whether or not a young adult continues to identify with the faith tradition they were raised is not what they learn in Sunday school, not regular attendance or even having friends in youth

group. It's feeling a **connection with at least 5 adults** in their home congregation.

The Religious Education Council and I have been looking for ways to create and maintain these connections. Many of our recent grads have fond memories of Rite of Passage and Youth Group and their advisors and mentors. Sending HUUGS (Huge UU Greetings) around Valentine's Day is a way for all of us to let our recent grads know that they are loved.

We're gathering donations for HUUGS packages now!

Please bring donations to the bin in the Work Room (where the photocopier is) by Feb 7.

Suggested items: Packets of soup, noodles, dried fruit, tea, coffee, hot chocolate, candy, gum popcorn granola bars, local newspapers like Metroland, lip balm, a note with your good wishes!

The Youth Group will pack up the donations during their overnight on Sat, Feb 7.

Whether they are now working or volunteering, serving in the military or in college, our grads have let us know that they so appreciate a package with notes and goodies from us at FUUSA – especially at Valentine's Day, when they often feel lonely and homesick.

Mardi Gras Dance

Sunday, Feb. 15, 7:00-9:00 PM

Emerson Community Hall

Matt Edwards and his band The Big Easy Revue-- with special guests the FUUSA All-Star Rock Band-- will be playing New Orleans dance tunes for you to



shake a tail feather! Families are welcome, and costumes and masks would be in the perfect spirit of the event. So shake off those winter blues and come out to celebrate and have a little

fun. Admission is free but a donation for the musicians would be greatly appreciated. **Laissez les bons temps rouler!**

Get Connected Sunday is March 15

FUUSA is full of activity – lots of them are posted on boards in Channing Hall. But there are many other things that go on at FUUSA that you may not know about. Sunday, March 15, is your chance to “Get Connected” and find out what opportunities are available at FUUSA!

Emerson Hall will be set up with tables and representatives from the various groups at FUUSA – from Religious Services Committee, Garden Group, book groups, Oriel (FUUSA's own literary publication),

and Small Group Ministry to Meditation Group, Adult Education courses, social and justice activities, helping others within our FUUSA community, Finance Committee and Religious Education Council. There is a group for everyone. Come to Emerson Community Hall after the service on March 15 and explore the many opportunities available at FUUSA.

For committees and affinity groups who want to participate, please email Barb (XXXXXXX or Paula (XXXXXXX and we will tell you what to do. Please contact us NO LATER than Monday, March 9.

To make it more fun, there will be a “raffle” to participate in – one for kids and one for adults. Stay tuned for more!--Barb Manning & Paula Moskowitz, Co-chairs

Sin?

The UU Christians group will meet again at 7pm on February 10 to discuss the concept of sin.

Some helpful Bible scriptures to review are Genesis 2: especially verses 16-17; Romans 3: verses 9-23, and Romans 6:23. Also check Marcus Borg's work on reading the Bible as metaphor. This promises to be another lively discussion! Contact Sue Stierer, John Sherman, or Phil Rich for more information.

Channing Circle gathers Feb. 16

Channing Circle will meet on Monday, Feb. 16 at noon. Bring your lunch, coffee and tea will be available and Anita Patka is bringing dessert. Our topic will be related to the subject of love as we will have just celebrated Valentine's Day so come join us.

Multigenerational Potluck Friday, March 6 Presentation on end-of-life Issues

The Lifespan Learning Committee will be hosting this casual potluck at 6:00 PM, followed by an optional presentation on end-of-life issues starting at 7:00 PM.

The guest speaker for this informative evening will be Eleanor Aronstein. Planning for the end of life can be difficult. But by deciding what end-of-life care best suits your needs when you are healthy, you can help you and those close to you make the right choices when the time comes. As people approach the end of their lives, the tasks and decisions that need to be managed range from simple to very com-

**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, Sharon Babala, Jan Satin, Randy Rosette, Bruce Rodgers and Sandy Stone.

plex. Eleanor will lead a discussion about important documents to get in order and having the conversations that need to take place with loved ones. She will also touch upon the various organizations and resources available to assist in with the complexity of financial, ethical, moral and medical decisions that we are often faced with.

It would be helpful to receive advance registration for purposes of material preparation and dinner set up. Please indicate in registration if you plan to come to potluck, presentation, or both, and if you need child-care. Register by **email** to registration@AlbanyUU.org, **sign up** at the Sign Up Site in Channing Hall, or **call** the office at 463-7135.

Do you feel at home at FUUSA?

You've been attending church services for a few months, tried some events or classes, maybe even taken the orientation we call "Getting to Know UU". And you've begun to think you feel at home in this church community. You feel like it's time to really make it yours. Are you ready to become a member of FUUSA? You can find out more about membership by calling Barb Manning, chair of the Welcome Team (XXXXXXX.)

Walker Book Club

Sunday, Feb. 8, 5:30 pm in Channing Hall

Join the Walker Book Club for a potluck and book discussion on "Life after Life" by Kate Atkinson. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

Bring your favorite dish to share and a small contribution to cover beverages. Be green and bring your own dishes etc., or use dishware at FUUSA and help with the dishwasher.

In “Life after Life” by Kate Atkinson the heroine repeatedly dies and is resurrected again, and each time Atkinson sets her on one of the many alternate courses that her destiny might have taken. Author Francine Prose’s April 28, 2013 review of this novel in the New York Times says in part, “Atkinson sharpens our awareness of the apparently limitless choices and decisions that a novelist must make on every page, and of what is gained and lost when the consequences of these choices are, like life, singular and final.”

The March book is “The Selma Awakening: How the Civil Rights Movement Tested and Changed Unitarian Universalism” by Mark D. Morrison Reed.

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

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

FUUSA Humanists

FUUSA Humanists meet on the second Tuesday of the month. Fourteen of us met at the January meeting and continued our discussion of what humanism means to us, and how we would like to see it represented at FUUSA and the UUA.

At the next gathering, scheduled for Tuesday, Feb. 10 at 7 PM in Room B-8 at FUUSA, we will focus on the Humanist Manifestos I, II and III. Links are as follows: http://americanhumanist.org/Humanism/Humanist_Manifesto_I; http://americanhumanist.org/Humanism/Humanist_Manifesto_II, http://americanhumanist.org/Humanist_Manifesto_III. If you have difficulty in locating and/or downloading any of these, please contact Don Odell (XXXXXXX).

**The Annual Fellowship Dinner
is coming!**

It’s never too late to start early. Just a reminder to save the date, **Friday, April 17**, for the Annual Fellowship Dinner at the Century House in Latham.

We will have dinner, entertainment, and dancing. The skit this year is a revue titled “Frozen...assets.” Dance music will be provided by Matt Edwards and his band.

One added benefit of having the dinner at the Century House is their commitment to helping the Capital District. To quote from their flier:

“When you enjoy a meal in the restaurant or stay at the hotel, a meal will be provided in your honor to someone in need through our *Enjoy One Share One Program* via the Regional Food Bank of Northeastern New York.”

So, join fellow FUUSAns for a fun night out and be part of giving back to our community. What could be better!

Joys and Caring Corner_____

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

"When did You Learn Black Lives Matter"? Forum, Feb. 8 11:45 AM

Jacqui C. Williams, founding director of Filling in the Gaps in American History (FIGAH) www.figah.us, will point out some glaring omissions, misstatements and glaring obfuscations around the roles people of African descent have played in the American story.

This will NOT match the narrative found in most history textbooks.

"Green Investing" Forum, March 8, 11:45 AM

Last year at this time, FUUSA approved a congregational resolution to ban fracking in New York and support renewable energy. Since then, Governor Cuomo has called for just such a ban, and last summer the UUA voted at general assembly in Providence to divest in fossil fuels. Are we done? Should

we celebrate? Yes, but let's not stop fighting when we have struck a good blow. What more can we do to usher in the post-fossil fuels era?

On Sunday March 8 at 11:45 in Emerson Hall, the Green Sanctuary forum will host Harry Moran of Sustainable Wealth Advisers in Saratoga Springs, and the chair of Sustainable Saratoga. Find out how you can redirect your personal investments away from companies who disrespect the interdependent web of all existence, and towards green companies that respect UU values. Come and learn to invest with your heart.

Solar energy opportunity

The Green Sanctuary Committee included FUUSA's support of renewable energy (solar, wind, etc.) in our resolution to "...Oppose the Current Practice of Hydraulic Fracturing and Support the Widespread Adoption of Renewable Energy". In order to fulfill that pledge, we would like you to know about the opportunity to have solar energy installed at a much reduced price through a group of dedicated solar

energy advocates called Solarize. Steve Anderson and Carol Butt (Solarize Albany) and Chris Bystroff (Solarize Troy) are working hard as volunteers to spread solar energy adoption. Solarize Albany is looking for interested homeowners in Albany county. When Solarize Albany has selected a potential installer or installers through a non-partial RFP process, you will be able to obtain a solar installation for an amazing price. Please let Steve Anderson, Carol Butt or Chris Bystroff know if you are interested in taking advantage of this opportunity.

UUA social justice actions

The Unitarian Universalist Association has a process that ends in actions at the UUA General Assembly. Three items introduced here are Congregational Study/Action Issues and the resulting Statements of Conscience, and Actions of Immediate Witness.

Congregational Study/Action Issue (CSAI). At the 2014 GA, the delegates voted on a new CSAI, ***Escalating Inequality***. The study/action process is now underway. For further information, please check: <http://www.uua.org/economic/index.shtml>. The deadline for comments on the CSAI and Resource Guide is March 1. These comments will help the CSW prepare for the workshop at 2015 General Assembly. If you want to know more, and/or want to participate, contact Don Odell

(see below).

Statement of Conscience (SOC): *Reproductive Justice*. This SOC will be considered by the 2015 General Assembly provided that enough congregations approve. Accordingly, the FUUSA Board of Trustees and Social Responsibilities Council voted to authorize this at the GA. The official comment period for this SOC closes on January 31. If there is interest in commenting after this time, please contact Don Odell and he will check if, and how, comments can be submitted after that date.

Actions of Immediate Witness (AIW). These are introduced at the General Assembly and require immediate action to make an impact. Any congregation can recommend an AIW, but it must be presented at the GA. Unlike a SOC, an AIW does not carry the full authority of the UUA; rather it expresses the conscience and carries the authority of the delegates at the GA at which it is passed. The activity starts within one or more congregations. The UUA's Commission on Immediate Witness welcomes submission efforts between April 1 and June 15. If you have an idea, please go to the AIW web page: <http://www.uua.org/statements/process/guide/aiw/index.shtml>.

Questions? Please contact Don Odell, Denominational Affairs liaison (XXXXXXX)

Contact Us

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email: board@albanyuu.org

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Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Office Administrator

Alyssa Yeager, admin@albanyuu.org

Custodians

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

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

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

And by appointment

Website

www.AlbanyUU.org

Building use

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

To **rent hall or classroom space** for a personal or non-FUUSA activity, contact Office Administrator Alyssa Yeager (463-7135 or admin@albanyuu.org).

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.

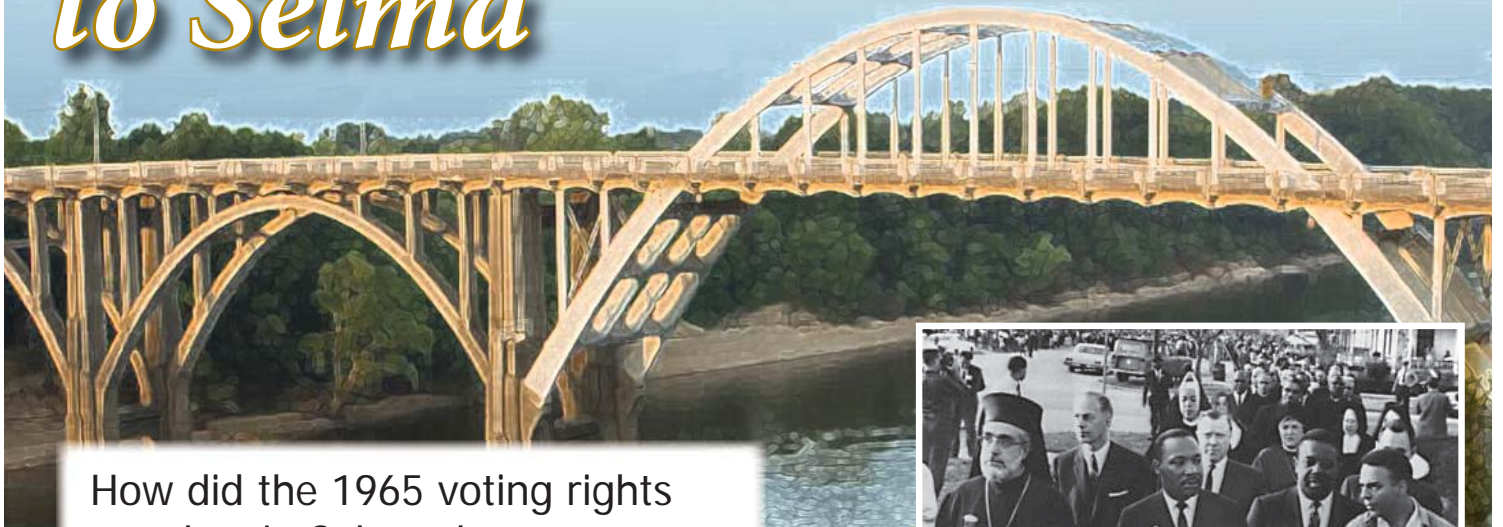
Publication deadlines

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

Crossing the Bridge to Selma



How did the 1965 voting rights marches in Selma change us as a faith and as a nation?

50 years later, how can we bridge the gaps that still divide us?

The 7th Annual Capital Region Unitarian Universalists of NY Combined Worship Service

All ages and faiths are invited to worship together on March 1 and to travel back in time as we commemorate the 50th Anniversary of the civil rights marches in Selma, Alabama. Join us in songs, readings and reflections as we are inspired by Rev. Dr. Mark Morrison-Reed, UU minister and author of *The Selma Awakening*.

This multi-generational service will feature a Joint Choir from the Capital Region Unitarian Universalist congregations in Albany, Glens Falls, Saratoga Springs, and Schenectady.

Child care will be provided. Doane Stuart is handicapped accessible and is located 3 blocks from exit 7 of Interstate 90, immediately off the eastern end of the Patroon Island Bridge.



Martin Luther King, Jr., walking to the funeral of Rev. James Reeb, a UU minister murdered during the Selma marches.

Sunday, March 1, 2015

10:30 am

**Golub Interfaith Chapel at
Doane Stuart School**

199 Washington Ave.

Rensselaer, NY



10th Annual Guided Wine & Cheese Tasting

Simple Pleasures: Best of 2014

This year we will be featuring 5-6 award-winning and excellent wine and cheese pairings selected to delight your senses. Come enjoy and learn about some of the best wines and cheeses from the U.S. and abroad that we, and the food world, are just loving right now and excited to share.



Saturday, February 28, 2015

7:00 pm – 9:00 pm

\$30 per person, members & guests

\$40.00 non-members

Cash or Check only

Childcare available by reservation

Reservations:
Sunday mornings in Channing Hall
or email
wineandcheese@albanyuu.org



Fundraiser for First Unitarian Universalist Society of Albany
405 Washington Avenue, Albany, NY

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Albany, NY 12206

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