

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

March 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

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. Details on page 4.

How did the 1965 voting rights marches in Selma change us as a faith and as a nation? Fifty years later, how can we bridge the gaps that still divide us? * * * No service at FUUSA today! * * *

Mar. 8 "Pentacostal UUs?" Rev. Sam Trumbore

The merger of an African American Pentecostal Universalist church with All Souls Unitarian Church in Tulsa, Oklahoma has created the most fascinating social and religious experiment that has ever happened in Unitarian Universalism. We'll explore this new vision of what might be a future direction in our movement.

Music: Choir

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

Mar. 15 "The Journey to Jerusalem," Rev. Sam Trumbore

Jesus didn't go to Jerusalem only to celebrate Passover. He was a man on a prophetic mission to confront and testify against the evil at work in that city. Something drove him to not pass up the bitter cup he held in the Garden of Gethsemane and run away. Just what is that 'something?' (The service will be in the Sanctuary today.)

Music: Choir

Mar. 22 "Homegrown UU's," Leah Purcell, Adrian Cattell, Anna Brewer

How do we welcome young adults who grew up UU? They're not "newcomers". So how do we include them as adults and fellow seekers?

Music: Matt Edwards (piano)

Mar. 29 "I'm Going To Let It Shine," Rev. Sam Trumbore

Communities are alive and have their own being. Our congregation is full of life and bursting with vitality. It is also dependent on the generosity, good will and involvement of its members and friends. Come and celebrate what we have created together and continue to create as we envision our future together.

Music: Choir

Calendar

Events happening every Sunday at FUUSA

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

Exceptions:

Family Chapel will be on March 8

Events happening every week in March

Tuesdays 10:00 AM Philosophy GroupB-8
 1:00 PM Bridge.....B-8
 Wednesdays 10:00 AM Projects & QuiltsB-8
 7:00 PM Choir Rehearsal..... Emerson

Exceptions:

All other events happening in March

1-Mar Sunday
 10:30 AM CRUUNY Service.....Offsite
2-Mar Monday
 10:00 AM Small Grp Ministry Manning/Rohrbaugh B-5
 6:15 PM REC meeting.....Channing
 7:00 PM PR Committee..... B-8
3-Mar Tuesday
 6:00 PM Wellspring Foundation B-8
5-Mar Thursday
 7:00 PM PCA Training / Meeting..... B-8
6-Mar Friday
 10:00 AM Wellspring advisor --Cathy Perkins..... Stott
 5:00 PM Multi-genPotluck -- Lifespan Channing
7-Mar Saturday
 8:00 AM H-UULTI Practice Session B-8
 8:45 AM Getting to Know UUB8
 10:00 AM Lifespan -Beloved Conversations B-3/B-4
 7:00 PM Solutions Grassroots Tour Emerson
8-Mar Sunday
 10:00 AM Family Chapel..... Sanctuary
 10:30 AM OWL Training, Parents Sanctuary
 10:30 AM Parent support group B-5
 11:00 AM New Member Reception Emerson
 11:30 AM Saturday Men's Group B-5
 11:45 AM Auction Committee.....Stott
 11:45 AM Forum (Green Investing)..... Emerson
 11:45 AM Monday Men B-6
 11:45 AM OWL Training childcare 21
 11:45 AM OWL Training Parents and Children..... 26
 12:30 PM Rite of Passage meeting..... B-8
 5:30 PM Walker Book ClubChanning
9-Mar Monday
 10:00 AM Small Group Ministry - Patrick/Odell B-8
 3:30 PM Overflow Shelter Meal Preparation Kitchen
 6:30 PM Small Group Ministry - English..... Stott
10-Mar Tuesday
 7:00 PM FUUSA Humanists..... B-8
 7:00 PM Selma Follow Up..... B-3/B-4
 7:00 PM UU Christians..... B-5
 7:00 PM Wellspring: Faithful Action Stott
13-Mar Friday
 6:00 PM CommUUnity DinnerChanning
14-Mar Saturday
 10:00 AM Auction Set-up Emerson
 10:00 AM Lifespan -Beloved Conversations B-8

6:00 PM FUUSA Auction Channing , Emerson
15-Mar Sunday
 11:00 AM Get Connected! Activity Fair Emerson
 11:45 AM Green Sanctuary Meeting B-5
 11:45 AM Lifespan : Multiculturalism/Faith Formation..... B-8
 11:45 AM Nominating Committee..... B-7
16-Mar Monday
 10:00 AM Small Group Ministry Manning/Rohrbaugh B-5
 12:00 PM Channing Circle LunchChanning
17-Mar Tuesday
 6:30 PM Finance Committee MeetingB7, AV
 7:00 PM Meaning Matters Tuesday.....Stott
 7:00 PM Wellspring Foundation B-8
19-Mar Thursday
 7:00 PM FUUSA Board Meeting.....Channing
20-Mar Friday
 6:00 PM Circle DinnerOffsite
 6:00 PM Rehearsal for Senior High serviceEmerson
21-Mar Saturday
 10:00 AM Lifespan Learning-Beloved Conversations B-8
 4:30 PM Circle of Trees.....Channing
 6:00 PM Circle DinnerOffsite
22-Mar Sunday
 11:30 AM Saturday Men's Group B-5
 11:45 AM Monday Men B-6
 12:00 PM Annual Dinner Skit Rehearsal Emerson
23-Mar Monday
 10:00 AM Small Group Ministry - Patrick/Odell B-8
 3:30 PM Overflow Shelter Meal Preparation Kitchen
 6:30 PM Small Group Ministry - English.....Stott
 7:00 PM Meaning Matters Monday..... B-8
24-Mar Tuesday
 7:00 PM Wellspring: Faithful Action.....Stott
25-Mar Wednesday
 5:30 PM Endowment Trust MeetingStott
26-Mar Thursday
 12:00 PM All Sides Considered - Current Events Group. B-8
28-Mar Saturday
 10:00 AM Lifespan Learning-Beloved Conversations B-8
29-Mar Sunday
 11:30 AM Youth group fundraiser Easter Egg Hunt .Emerson
 12:30 PM Rite of Passage Meeting B-8
30-Mar Monday
 3:30 PM Overflow Shelter Meal Preparation Kitchen

Sam's Outlook

Putting A Value on Community

Rev. Sam Trumbore



February first, racing the snow out of town, I traveled to Monterey, California to attend a Unitarian Universalist Minister's Association continuing education conference at the Asilomar Conference Center for a week. I participated in a workshop led by a dynamic trainer by the name of Michael Piazza. He gave us hope we could thrive in the years ahead even as we confronted ominous generational trends regarding declining church attendance by young people in their 20's and 30's expected to continue into their 40's and beyond.

Why are many liberally religious congregations (even our congregation) seeing these changes? Part of it is competition with other family activities and extracurricular activities, like sports games. Part of it is shared custody arrangements within divorced families. Part of it is not growing up in a family of regular church attenders and not recognizing the value of regular attendance. Part of it is what used to be attractive about our Sunday services can be found on cable and on-line when you want it through time shifting using DVR technology and podcasts.

The bigger challenge is reaching the fast growing number of young people who have grown up without any childhood religious experience at all. Many of those who are liberally oriented, associate church with evangelical and fundamentalist Christianity. Unitarian Universalists get mashed up in their minds with these religions because for them, "church" is a bad brand they avoid. They don't realize how different we are and don't know what they are missing.

And they are missing a lot because the values of the liberal Millennial Generation have a great deal of overlap with Unitarian Universalist values. Millennials value religious tolerance. They are LGBTQ friendly. They value diversity. They are pluralistic in their approach to religious truth, believing there isn't just one way to be religious. Piazza, a liberal Christian minister, told us of any religious denomination, we were the ones who should be packing in the Millennials.

What I think is going on, which happens with every generation, is a shift in how people want to be together. And that might mean some big changes sooner than we might imagine. What I see my colleagues in ministry

and religious education doing right now is casting about for new models of how we can be together that meets the needs of modern families. As I heard loud and clear from Piazza, one size fits **some**. We need to diversify the ways people can build community and make connections here.

What hasn't changed at all is our human need for community. The trend to spend more time interacting with computers and working remotely from other co-workers has actually intensified people's need for face to face community. Meeting and working with people through video displays may satisfy a few of us with social problems. Most of us value just being able to sit next to somebody in the flesh and be part of a group. The experience of being part a large group gathered for a service together as we do on Sunday morning is still precious and something computer technology has yet to replicate. It's just an experience many young people don't know they are looking for ... or may not be looking for at 10am on Sunday morning.

What the "unchurched" may also not realize is the level of support a religious community can offer when they face a crisis. One of the best ways to increase one's resiliency is to be a well integrated member of a congregation. So when one faces a health crisis, an employment problem, a rite of passage, a success, or a challenge to our beliefs or values, there are resources to draw upon and people to consult to help us muddle through.

As someone who has dedicated his life to building community and networks of relationships that help sustain people, I've witnessed the value of **religious** community again and again. So often those assisted are very surprised at how much they receive. And in turn they are inspired to give back, creating a virtuous circle of generosity.

What is amazing to me is how being generous in your support of this congregation can actually pay it forward for the time when (not if) you will be in need. And the experience of being a deeply connected person in a network of mutuality is deeply satisfying. Just ask the long tenured members of our congregation.

It is very hard to put a price on community – there are resources the stewardship committee offers to do that assessment. All I can say is Philomena and I give very generously to this congregation and it is worth every penny and more. I encourage everyone to consider making a generous financial commitment to support this thriving community.

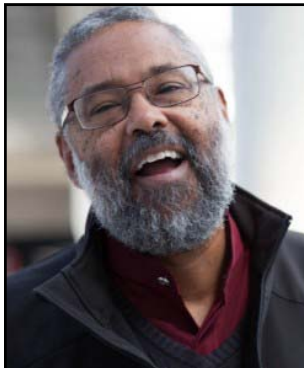
Rev. Sam

News

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 plan to drive to the Doane Stuart School at 199 Washington Ave., Rensselaer, Sunday, March 1, instead of Albany. Map with parking information is at the end of this newsletter.

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 four UU congregations
- ◆ Child care will be provided.
- ◆ Handicapped accessible
- ◆ Coffee Hour with our friends from other congregations! Please bring finger foods to share.

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

UU Graffiti

Check out the UU Graffiti Boards in the basement and upstairs hallways on the theme for the month for March - “Resilience”. Children, youth and adults are invited to add to the boards – paper and markers are there for you. More about UU ideas about resilience in Unitarian Universalism are at Leah’s blog (look on the menu on www.AlbanyUU.org for a link to her blog.)

Flyers in this issue

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

- ◆ CRUUNY March 1 combined service map and parking info
- ◆ Countdown to Spring Calendar

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

Here is an update on this year’s stewardship campaign:

- ◆ Our proposed budget for next year will be about \$532,000;
- ◆ Over 85% of this budget (roughly \$1,200 per FUUSA member) comes from pledges and contributions. The remainder comes from fundraisers (the auction and wine tasting) and rental income;
- ◆ Our Stewardship Campaign goal for this year is \$444,000. (About 5% more than we raised last year.) We are on our way with about \$100,000 raised but we need all of your help.

As you make your pledge for this year, consider what FUUSA means to you. Select the support level that best fits your level of commitment. Then pool your pledge with all of us to show how we feel about our beloved community.

We will be passing out pledge packets on Sundays in March. Please pick up your pledge packet, make a generous pledge, and return it before the 29th so that we can have a celebration.

If you would like to help with this year’s campaign, the Stewardship Committee is always looking for new members. Contact Chuck Manning (xxxxxxxxxxxxxxxxxxxx).

“We make a living by what we get, but we make a life by what we give.” Winston Churchill

You can participate in UU assemblies

FUUSA can send delegates to both our District Assembly (in NYS) and General Assembly (in Portland, OR).

March 27-28. St. Lawrence District/CERG Assembly. Joint district assembly of the St. Lawrence and Ohio-Meadville Districts at the Niagara Falls Convention Center. Registration deadlines are

here. Go to <http://www.sld.cerguua.org/conggrowth/districtassembly.html> for details. Act now.

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 on this beginning Mar. 1. If you are interested in serving as a delegate to GA, please fill out the application available on our homepage and submit to Alyssa at the office or admin@AlbanyUU.org.

Questions? Please contact your Denominational Affairs liaison Don Odell (xx).

Youth group needs you!

Many individuals in our youth group here at FUUSA are very interested in attending the Schenectady youth con from March 20-22. We need advisors and we're wondering if you would be willing to help! Please contact Anita Rice at xxxxxxxxxxxxxxxx or call at xxxxxxxxxxxx if you're interested. Thank you!

Funds raised for the UUSC

Holiday Cards Collectively, we purchased 44 packages of holiday and note cards for a total of \$440 raised for Unitarian Universalist Service Committee.

Guest at Your Table Collectively, eight of us plus some anonymous persons contributed \$949.91 to the Guest at Your Table campaign. A special thank you to those who contributed \$125 or more, as these donations were matched dollar for dollar,

Board notes

FUNdraisers

Sue Berzinis, Treasurer

FUUSA is funded mostly through the generosity of members and friends. We develop our budget based on the anticipated pledges that you make during the Stewardship Drive over the next 2 months. Our budget also relies on rental income and income generated from FUNdraisers. Have you ever wondered why we spell it that way? (Or fun(d)raisers?) These events provide a way to enjoy a sense of community with fellow FUUSAns and friends as we generate additional income for our organization.



Last year we raised over \$35,000 through FUNdraisers. Our largest event is the annual Auction that occurs this month. Each year numerous dinners, lessons, items and outings are offered by over 70 members and friends (and their families) to raise funds for FUUSA. Attend the Auction evening on March 14 (food, beverage and childcare provided) and have fun taking part in the bidding for the items. In case you can't attend, place a bid on the many fixed price items posted on the bulletin board in the far corner of Channing Hall. I heard one member say that he "plans his yearly social calendar based on Auction events". Instead of going out to a restaurant dinner, I have enjoyed delicious Auction dinners, the company of FUUSAns and stimulating conversations. There really are plenty of opportunities to get to know others and have lots of enjoyment throughout the year.

In past years other FUNdraisers included the Holiday Bazaar, Wine and Cheese events, selling Entertainment books and a Perennial Plant Sale. Planning and organizing an event takes a team of people working together but having a LOT of laughs and fun in the process. (It is hard work tasting wines to decide which bottle should be paired with a cheese for the Wine & Cheese event!) We welcome some new FUNdraiser ideas and new volunteers to work as a team to plan the event. Last fall a new team worked (and tasted numerous beers) together to host a Beer Tasting dinner as an additional FUNdraiser. FUNdraisers are an opportunity to combine your passion and interest with having some fun in support of our FUUSA community. If you have ideas, let's talk (xxxxxxxxxxxxx) and I'll help connect you to others to find a team to make it happen.

thanks to a generous grant by the UU Congregation at Shelter Rock in Manhasset, N.Y.

Thank you from the UUSC and FUUSA's UUSC local coordinator, Don Odell, with much help from Leah Purcell, FUUSA's Director of Religious Education. We hope you can join us in the holidays of 2015-16 and do even better.

May Elections: Are you ready???

Yes, it is still winter but your Nominating Committee is busy preparing a slate of candidates to be elected at our Annual Meeting on May 17, 2015. The Annual Meeting is the time when our operating budget plus candidates for elected office are voted on; and, important congregational issues are discussed. Our Bylaws require that to be eligible to vote, and to run for an elected position, you must be an active member of our society for at least 30 days prior to the meeting.

Two forms are available to assist with the election process:

-- First, if you are not able to be at FUUSA on May 17 you can still make your preference for elective offices known by taking advantage of our absentee ballot process. Absentee ballots can be obtained by active members from the FUUSA office. To be valid, they must be returned at least forty-eight hours before the election, by 11:00 AM on Friday, May 15.

-- Second, any active member interested in being considered for one of the open positions (see the list in February's Windows) can obtain a nominating petition and secure 25 active member signatures. Petition forms can be found in Channing Hall on the "Albany UU" bulletin board or in the "File Cabinet" on the FUUSA website. The deadline for such petitions is April 5; they should be returned to the Nominating Committee's mailbox in the office no later than that date.

The strength of our society truly depends on all of us. If you are asked to serve we hope you will welcome the opportunity and say yes. If you are interested in serving, or have questions about the process, please speak to any member of the Committee (listed below), or take advantage of the petition option. Committee members are: Laura Churchill, Molly Daniels, Donna Meixner, Dave Metz, Paula Moskowitz, and Sandy Stone.

WON'T YOU JOIN US on March 14?

Top Ten Reasons YOU Should Come:

- 1⇒ There are really tasty foods and beverages served!
- 2⇒ It costs only \$3 if you sign up before attending on March 14th.
- 3⇒ You might even be lucky door prize winner of one of four prizes.
- 4⇒ There's FREE BABYSITTING.
- 5⇒ You can fill up your calendar with lots of fun activities to attend with your friends.
- 6⇒ The Auction is the single largest annual FUUSA fundraiser making over \$20,000 to help support our community needs and wishes.
- 7⇒ Many of your friends will be in attendance.
- 8⇒ You can buy *affordable* items to make your life a little easier (ie. housecleaning, computer lessons, take home homemade foods, etc)
- 9⇒ It's an evening out!! No chores!
- 10⇒ We would appreciate your patronage and give you hugs and smiles when you arrive!
- 11⇒ BONUS!!!! The evening of the auction, enter the *HAT CONTEST* (wear your coolest, zaniest, most colorful, most-flowered, whatever you think your BEST hat is). If you win the contest, you will receive *two free tickets* to the Satin Picnic !!

We are looking forward to seeing you at the "**Mad Hatter's Tea Party**" Goods and Services Auction on March 14 at 6:30 pm. A special evening awaits your presence.

Sign up in Channing Hall on Sunday March 8th or contact Randy or Chris xxxxxxxxxxxxxxxxxxxx to reserve your place.



Big changes to Room B3-B4

Nearly 10 years ago we converted the old Stott Lounge into what is now the coat room and copy room and Leah’s office, and converted the old Joy Library to a much needed pantry. This was in anticipation of the new building with its new combined Stott Lounge/Joy Library and two new classrooms, B-7 and B-8. B-8 in particular has been highly successful and is heavily used by many FUUSAns and outside renters. It became apparent that it would be nice to have a second large space that would mimic B-8’s functions, i.e. accommodate medium sized groups in a pleasing setting and still act as a classroom. Hence the B-3/B-4 project.

Extensive remodeling has taken place over the past few weeks. The accordion style room divider that had not been used in years was removed. Lighting in the room, like most of the classrooms, was installed when the RE building was built in the ‘60’s. The lighting in particular was obsolete, inefficient, and the subject of constant maintenance to change bulbs and ballasts. The drop ceiling and the floor tiles really looked tired. It was time for an overhaul.

The room divider was removed and donated to Habitat for Humanity either to use or sell. (We were unsuccessful in getting an offer on Craigslist.) A new coat of paint, including an accent wall, brightened things up. The old drop ceiling was removed and replaced, grid and all. New carpet floor tiles, the same as used in B-7 and B-8, have been installed.

Perhaps most significant, the lighting has been replaced with state-of-the-art LED fixtures. While more expensive than fluorescent tubes or CFL’s, they are highly energy efficient, require little or no maintenance for years, are dimmable, and provide excellent light both in terms of brightness and color. The following compares the new system with the lights being replaced.

Type	Number of fixtures	Watts	Life Span	Savings Cost Over Life Per Fixture
Old T-12	16	80	9,000 Hours	
New LED	12	45	50,000 Hours	Est. \$240.00

The lights in the two sections of the room are separately switched, and both sections are dimmable! If you use the dimmers, remember that if you dim the lights all the way so they appear to be out, you still have to turn them off with the switch or they will con-

tinue to use a small amount of electricity.

Electrical work was contracted out to Joe Figliomeni, AKA J.F.F. Electrical & Construction, and the carpet work to Integrity Carpet, Inc, both highly skilled and great to work with. Ceiling demolition and reconstruction was done over a two week period by your Buildings and Grounds Committee, including Dave Metz, Reese Satin, Dave Stone and Mike Babala.

As we all know, there is no free lunch. The cost of the project breaks down as follows.

Room divider removal	Volunteers, no cost
Demolition of old ceiling	Volunteers, no cost
New paint	Part of Flood Damage, Insurance
New ceiling installation	Volunteers, no cost
Materials for new ceiling	\$ 751
New lighting materials and labor	\$ 3,300
New carpet material	\$ 825
New carpet installation	<u>\$ 700</u>
Total project cost	\$5,576

The project was paid for from the Capital Reserve Fund. The Fund is an accumulation of annual allocations from the operating budget set aside for projects such as this. In other words, the new room is your pledge contributions at work.

Now all we have to figure out is what to call the new room and how much to charge for its rental to reflect its new size and amenities. It’s no longer B3/4, since there is no / anymore. It’s bigger than the old B3 or B4 and if we call it B3 or B4, we’ll have a non-sequential numbering system. Oh well, such decisions are best left to folks who actually have a pay grade.—Dave Metz

UU merriment in store for April!

The Annual Fellowship Dinner will be held on Friday, April 17th at the Century House in Latham.

Come join us for an evening of fun, food, fellowship and frivolity.

There will be a cocktail hour, dinner, a few short (we hope) speeches, a musical skit where we poke fun at

ourselves, and dancing. The Musicians of Ma'alwyck will provide music during our cocktail hour. The skit this year is a revue titled “Frozen Assets”. Dance music will be provided by Matt Edwards and the Big Easy Revue.

An added benefit of this year's dinner is the Century House's "Enjoy One Share One Program". From their brochure...*"For all guests of The Century House who order an entrée in the dining room, banquet, meeting or wedding,...we provide one meal in*

each guests honor through the Regional Food Bank of Northeastern New York."

You should receive your invitation in the mail by mid-March. If you want more information, come to the Get Connected! Activity Fair on March 15th.

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. Please register. Child-care is available for this class.

End-of-Life issues: 7:00 PM, Friday, March 6 Potluck dinner starts at 6:00

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

Please register 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 childcare.

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. Please register.

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 multicultural-

ism 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.

Please register. Childcare is available for this class.

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.)

Religious Exploration

Cons—One of our most powerful tools to foster Unitarian Universalism in our youth

Leah Purcell, Director of Religious Education

Many of our youth have never attended a con. Their big opportunity to attend on is March 20-22 when the UU congregation in Schenectady. They need adults who know them well to go along with them as advisors.

What's a con? In short:

Con is short for “youth conference”, a weekend-long gathering of UU high school youth from the District and their youth advisors.

Con advisors can be the RE volunteers for the youth group, parents or trusted adults from the congregation who know the youth.

Cons are created by the youth themselves, take place in a church and offer a variety of activities, workshops and social interaction.

What's a youth con? A youth explains:

Cons are an anomaly. They can't be explained, trust me- I've tried. Every time somebody asks me about cons, or what exactly a con is, I don't know what to say. How do you explain to somebody what happens at cons? How do you put into words the feeling you get when you arrive at a con, or the feeling when you leave? When you get attacked with hugs, when you have a perfect Free Time, or when you make a lifelong friend in under 3 days- it's unexplainable. Whenever I try to tell people about cons, I want to re-create moments for them to understand what it's like. Tell them about firsts, like my first con friend, my first game of wink, the first time a con moved me to tears. The last time a con moved me to tears. Big, fat, uncontrollable tears. The first time I told someone I loved them at a con.

I could go on forever, and people still wouldn't understand. If you never go to a con, you likely will never feel the type of love that exists among a group of people like this. The unconditional, ubiquitous love that draws you in and keeps you close, the kind of love that invites you into a cuddle puddle, the love that stays up all night talking to you, the love that embraces your imperfections and celebrates your beauty. This is the kind of love that every person on earth should experience, live, and die with. This exceptional, unfathomable love that exists at each con, becoming the driving force of the weekend, and creating an amazing community. This love will stay with me for the rest of my life. - Jordan Polcyn-Evans April, 2013



Next January, our youth group will be hosting a con here at FUUSA. They will need a lot of support from adults in the congregation. How do you plan a con? Check out this You Tube video: <https://www.youtube.com/watch?v=t7y2zsEGDQI> The youth advisor of the Unitarian Universalist Church in Belmont, Massachusetts explains how their youth group hosted their first youth con last year. In this video, she gives details about the committees they formed and how the process went.

In joyful service,
Leah

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.

Please register.

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.

Please register.

Upcoming Family Chapels and Parent Group Meetings

Sunday, March 8: Family Chapel meets in the Sanctuary from 10:00 to 10:25. The theme is Resilience and working together. Family Parent Group meets from 10:30 to 11:15 in room B-5 in the base-

ment on the topic "How do we foster trust?"

Sunday, April 12: Family Chapel meets in the Sanctuary from 10:00 to 10:25. The theme is Revelation – What does it mean to have **an** answer, but not **the** answer? Parent Group meets in the Sanctuary from 10:30 to 11:15.

Sunday, May 3: Family Chapel meets in the Sanctuary from 10:00 to 10:25. The theme is Interdependence. Parent Group meets in the Sanctuary from 10:30 to 11:15.

Selma Follow Up

Tuesday, March 10 at 7:00 PM

Inspired by remembering the events in Selma fifty years ago? Motivated to pick up the work begun in Selma? Want to build a Beloved Community here in the Capital Region and in our congregation?

Rev. Sam will lead a discussion examining the work the Unitarian Universalist Association has done over the last fifty years, and what we might consider do-

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.)

ing here in Albany in the future. One path is involvement in the Beloved Conversations. Another is collaborating more closely with community groups such as Capital Area Against Mass Incarceration. Yet another is supporting work for a more independent police review

board. What other ways are on your mind that we might consider to build personal and institutional relationships with people of color inside and outside our congregation?

Countdown to Spring

The colder and snowier the winter, the more many of us long for signs—any signs—of spring as winter ends. Right about now, you may have a very strong sense longing for warmth and sunshine! Even as the winter is ending, if you look hard enough, you'll see signs of spring all around you. What would it be like to spend a moment in nature every day as winter ends? Here is a Countdown to Spring Calendar with suggestions on ways for you to pause each day, to become aware of your thoughts and feelings, and to become aware of your relationship to

that moment -whether the ground is snow covered or muddy at the moment; the air cold or balmy. (The calendar is at the end of this newsletter.)

Join in on the countdown and share what springs up for you. Each day has a question that you can respond to with a photograph or drawing or words on the FUUSA News and Updates Facebook Page

Starting on March 1st, take a picture or write something in response to the question and post it. You can check out Face Book later in the day to see what others are sharing. How will the Countdown to Spring grow our spirits and our community?

The Countdown starts March 1st!

Notes from FUUSA's Joy Library

We look forward to March 1 when all ages and faiths are invited to worship together at the Doane Stuart School in Rensselaer, to commemorate the 50th Anniversary of the civil rights marches in Selma, Alabama. This multi-generational service will feature a Joint Choir from the Capital Region Unitarian Universalist congregations in Albany, Glens Falls, Saratoga Springs, and Schenectady. We will be inspired by Rev. Dr. Mark Morrison-Reed, UU minister and author of *The Selma Awakening*.

We invite you to peruse the following titles by Dr.

Mark Morrison-Reed, now available in the Joy Library. Look for them under their call numbers OR on the NEW BOOK shelves.

The Selma Awakening by Mark D. Morrison-Reed, Skinner House Books (2014), Paperback, 256 pages [289.1 MOR]

Voices from the Margins: An Anthology of Meditations by Jacqui James and Mark Morrison-Reed Skinner House Books (2012), Edition: 1ST, Hardcover [242 JAM]

Darkening the Doorways by Mark D. Morrison-Reed, Skinner House (2011), Paperback. [289.10923 MOR]

In Between: Memoir of an Integration Baby by Mark Morrison-Reed, Skinner House Books (2008), Paperback, 288 pages. [289.1092 MOR]

Reaching for the infinite: the First Universalist Church 75 years at the corner of Court and Clinton by Mark D. Morrison-Reed. Other authors: H. Keith Stott, Roland Bramlet. Rochester, N.Y. (150 South Clinton Avenue, Rochester 14604) : First Universalist Society of Rochester, c1983. [289.17479 MOR]

Black Pioneers in a White Denomination by Mark D. Morrison-Reed, Skinner House Books (1994), Edition: 3, Paperback, 280 pages [289.1320 MOR]

Our Community

6 to 9 at 6:09: Circle Dinners

Friday, March 20 and Saturday, March 21

Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquainted with fellow FUUSAns. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. Please join us for dinner on March 20 or 21.

To sign up for a March dinner, you may email Martha Musser at mussermartha@gmail.com or complete the form on the sign-up board in Channing. *The deadline for signing up is Sunday, March 8.* Assignments will be announced after that date. If you have questions, please contact Martha at mussermartha@gmail.com or 518-339-2750.

Please save these dates for future dinners: Saturday, April 25; Saturday, May 23.

Channing Circle

Channing Circle, a gathering of retired folks, will be meeting on Monday, March 16 at noon. Since we missed sharing our "love" stories for February let's try once more to do that at our March meeting. The subject never grows old. Bring your lunch, coffee and tea will be available and hopefully we will have all thawed out by then.

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 member-

ship by calling Barb Manning, chair of the Welcome Team (xxxxxxxxxxxxxxxxxx.)

FUUSA Humanists

FUUSA Humanists meet on the second Tuesday of the month. Nine of us met in February, even with some tough weather, the Albany alternate side parking, and some schedule conflicts among regular attenders. There was a lively discussion, including some disagreement with them, around the Humanist Manifestos.

We will meet next on Tuesday, March 10 at 7 PM in Room B-8 at FUUSA. A possible starting point may be reviewing Rev. Sam's Feb. 1 sermon, "Faitheist?".

(<http://albanyuu.org/wp/sermontexts/2015.2.1.sermon.pdf>.) Andy Hendin has suggested a sermon in a related vein from the minister of his former congregation, Rev. Neal Jones of the Columbia, SC congregation entitled "Here We Go Again" delivered on Jan.

25, 2015, found at the following audio link: <http://www.uucolumbia.org/sermons>.

Yours truly would also be interested in hearing about one minute from each participant to present their respective definition of "humanism." I am hearing a wide range from those who have approached me at FUUSA and elsewhere.

If you wish to join the FUUSA Humanists conversations, please call the FUUSA office, or contact Don Odell (xxxxxxxxxxxxxxxxxx) to be added to the eGroup. And, see you on March 10. -Don Odell

Walker Book Club: Life after Life

Join the Walker Book Club for a potluck and book discussion on Sunday, March 8, at 5:30 pm in Channing Hall. 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.

The February meeting was cancelled because of the stormy weather. Therefore, in March we will discuss the fictional work Life after Life, a novel 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

**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@albanyuu.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.

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

Contact Linda Hunt at xxxxxxxxxxxxxx for further information or questions.

UU Christians

After a lively discussion of SIN in February, we will segue into FORGIVENESS at our March meeting 3/10 at 7pm. Feel free to explore Borg's The Heart of Christianity on this topic, as well as Matthew 18:21-35 and Luke 6:37-38. contact Sue Stierer, John Sherman or Phil Rich for info.

Multigenerational potluck hosted by Green Sanctuary

Friday, April 3, at 6 pm in Channing Hall
Our theme for the Green Sanctuary Potluck is creating soil out of compost. By composting, we encourage the exciting cycle of life by giving back to the exploding beauty of nature and spring. Come join us on this multigenerational fun occasion and enter to win a worm bin or plant raffle.

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 (xxxxxxxxxxxxxxxxxxxx) or Paula (xxxxxxxxxxxxxxxxxxxx) 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 and Paula Moskowitz, Co-chairs

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 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.

You're Invited!!!

Solutions Grassroots Tour: A Solar Home Companion

with Josh Fox & Zephyr Teachout

Saturday, March 7, 7:00 PM, Emerson Community Hall

Josh Fox, producer of the Gasland and Gasland 2 documentaries, and former gubernatorial candidate and Fordham law professor Zephyr Teachout, are bringing their alternative energy grassroots organizing tour to Albany!

Join us for this rare opportunity. Get a preview of Josh's new movie on climate change; hear the amazing Zephyr in person; be entertained by Bethany & Rufus, and more! Learn how local communities can act to affect policy and help save the planet.

Jointly sponsored by Capital Region MoveOn Councils, PAUSE, Transition Troy, Solarize Albany, Albany Quaker Meeting: Peace & Earthcare Committee, Citizen Action, 350.org, FUUSA Social Responsibility Committee, Greenwich Citizens Committee, and more. Learn what others are doing right here in the Capital Region to address climate catastrophe.

This event is free and open to the public, but there is only room for 300. **Please sign up:**

<http://pol.moveon.org/event/moveonaction/143259>

Solutions Grassroots Tour is appearing at venues all over the state. Don't miss your chance to see them right here in Albany!

Call for Recycled Items

Master Gardener and FUUSAn, Tim Burch, works with the students at St. Anne's Institute in a program

involving planting seeds and growing plants for sale. He says that the students respond extremely positively to the activity. He can use seed pots of any description, whether plastic or clay --- especially 4-packs or 6-packs, and pots 2 to 4 inches high.

If you have any to donate, please bring them to the SRC table on Sundays during the month of March. They will be greatly appreciated.

Save the Date – Walk With the World!

If you desire peace, cultivate justice, but at the same time cultivate the fields to produce more bread; otherwise there will be no peace. (Nobel Laureate Norman Borlaug) The CROP Hunger Walk is coming up on Sunday, May 3. Join the Walk, and support peace, justice, AND bread! We'll have a FUUSA Walk team, and will need congregational pledges to support our walkers. Save the date, and watch for sign-ups and pledges at coffee hour starting in April. Join us in voting with our feet for a better world. See Dawn Dana with any questions.

Request from the Green Sanctuary Committee

Believe it or not, SOON you will see shoots coming out of the ground and SPRING will arrive. Last year, the Green Sanctuary Committee sold 43 little white spruce trees at the SRC table. For those of you who purchased trees, please check them and report how they are doing. Take a photo? Write a brief description of your planting activity? Draw a picture? This year's theme for Earth Day will involve trees, so put your or your children's reflections on planting your tree -- or your love for any tree -- on paper, and pass them to someone at the SRC table. Who knows, maybe you'll see your contribution in print in the next Windows.



Contact Us

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email: board@albanyuu.org

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Matt Edwards, mge01@yahoo.com

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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.

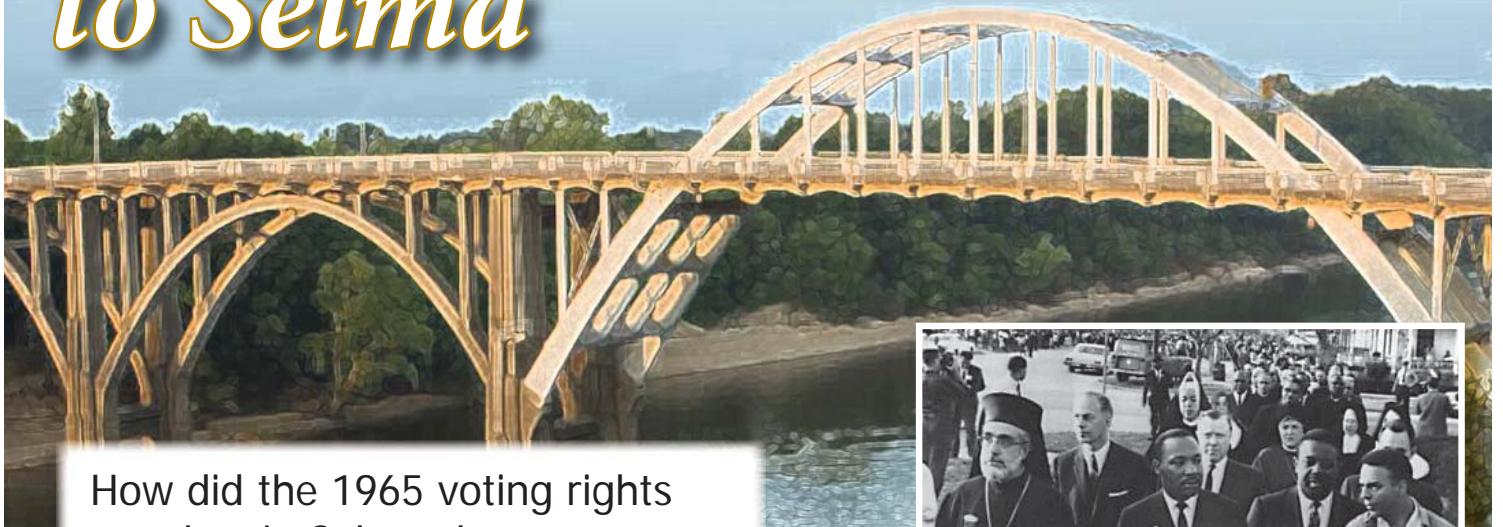
Publication deadlines

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



The Countdown to Spring 2015 Calendar

Post your reflections and pictures on FUUSA News and Updates page in Facebook!

Sunday	March 1	Can you find frozen water? On the ground? Forming icicles?
Monday	March 2	Mondays can be hard, especially at this time of year. Draw a picture of how you are feeling, take a picture and post it.
Tuesday	March 3	Is there snow on the ground? Can you find animal tracks?
Wednesday	March 4	Water is always around us. Look up. Can you see water in the sky? Or is the sky totally blue?
Thursday	March 5	The days are starting to get longer. What shadows are cast late in the afternoon?
Friday	March 6	You never know what kind of weather we'll have in March. Are you wearing a coat or jacket; scarf, hat or earmuffs to go outside today?
Saturday	March 7	In wet spots near streams and in swampy areas there is a plant that has an unusual chemistry. It actually can get warm from its own use of the food it made and stored last summer. In late winter and early spring, it can melt its way through the frozen ground. Once it comes up it flowers. Its unusual smell gives it its name: the skunk cabbage. What do you smell outside today?
Sunday	March 8	Melting snow and rain can swell rivers and streams and flow in the streets. Can you find running water outside?
Monday	March 9	March is often Mud Month. Have you made anything out of mud or seen footprints or shapes in the mud?
Tuesday	March 10	In the daytime, some birds are starting to get ready for spring by singing to attract mates and to warn others away from their territories. Black-capped Chickadees and Northern Cardinals are two of the first to sing on sunny days in late winter. What birds do you see and hear outside?
Wednesday	March 11	You never know what kind of weather we'll have in March. What are you wearing on your feet outside today? Boots? Shoes? Flip flops?
Thursday	March 12	Can you hear spring peepers? What do you imagine a spring peeper looks like? Draw an image, take a picture and post it.
Friday	March 13	As winter ends, buds that were formed on trees and shrubs in late summer begin to swell. What do you see on the twigs of trees and bushes? Our red maples are the first trees to show signs of budding.
Saturday	March 14	The first day of spring is less than a week away. Are neighbors cleaning their yards and walkways or out taking a stroll?
Sunday	March 15	Many animals are active in late winter. Can you find evidence of animal activity? A tuft of fur? Empty seeds? A new nest?
Monday	March 16	Can you find any flowers or plants starting to grow outside?
Tuesday	March 17	Spring shows us many shades of green – pale, tender, yellowy, mellow, and vibrant. What is one of your favorite shades of green today?
Wednesday	March 18	Wind is produced by the uneven heating of the earth's surface by the sun. As the sun warms the Earth's surface, the atmosphere above it warms too. The warm air rises and then colder, heavier air rushes across the surface to replace it. You can't see wind, but what can you see moving in the wind?
Thursday	March 19	What shadows are cast late in the afternoon today? How are they different from the pictures from March 5?
Friday	March 20	The first day of spring! Are you excited? Disappointed? Hopeful? Draw a picture of your feelings, take a picture and post it.

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