



Sundays at FUUSA

Please join us on any Sunday for:

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

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

June 2015

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

(1st Sunday/mo. Oct.-May)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(as scheduled)*

Services

June 7 "Endings and Beginnings," Senior High Service
RE Celebration Sunday, led by the Senior High Group with recognition of Religious Education volunteers and the Bridging Ceremony for high school seniors.

The RE Council will host Sundaes Sunday during Coffee Hour.

June 14 "Blooming From Within," Rev. Sam Trumbore and Leah Purcell

Our yearly Flower Communion service serves as a transition to our summer services. Everyone is invited to bring a flower to give away. The flowers will be gathered in a bouquet. At the end of the service, everyone will be encouraged to bring home a different one to enjoy. This year we'll be reflecting on what is coming to bud within us that we hope will flower over the summer.

NOTE: This is a hybrid multigenerational service. Children in 2nd grade and younger will go to multi-age programming after the Story for All Ages and children in grade 3 and older will attend the entire service.

June 21 "Citizenship and Superpower," Rev. Chris Antal

We covenant to affirm and promote the democratic process within congregations and in society at large, yet democracy in America has been perverted by forces such as imperialism and militarism. How did we arrive at this point and where do we go from here?

The Rev. Chris J. Antal is the settled minister at the Unitarian Universalist Congregation at Rock Tavern, New York. He established and led the Kandahar Crossroads Unitarian Universalist Fellowship, and was ministerial intern at FUUSA from 2009-2010 and was ordained by FUUSA on March 20, 2011. He lives with his wife, Mitsuko, and their five children in the Hudson Valley.

June 28 "Getting Stuck," Vee Abbitt

There are times in our lives when we feel stuck. Stuck in our jobs, stuck in our relationships, or just stuck in a rut. But when you really think about it, is getting stuck once in a while such a bad thing after all?

Vee Abbitt, who is a full time advocate for youth, is FUUSA's Summer Services Coordinator. She is also currently a seminarian at Meadville Lombard Theological School, and has been recognized as an Aspirant by the UUA.



Calendar

Events happening every Sunday at FUUSA

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

Exceptions:

No Family Chapel

Events happening every week in June

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 June

1-Jun Monday

10:00 AM Small Group Ministry Manning/Rohrbaugh..... B-5
 6:00 PM Senior High Group 6/7 Service PlanningEmerson

2-Jun Tuesday

6:00 PM Wellspring Foundation B-8
 7:00 PM Finance Chairs Meeting..... B-7

3-Jun Wednesday

7:15 PM Choir PracticeEmerson

4-Jun Thursday

12:00 PM Priscilla Crago Memorial Service..... Emerson, Sanctuary
 7:00 PM PCA Training / Meeting..... B-8

5-Jun Friday

5:30 PM REC retreat..... , B-8

6-Jun Saturday

8:45 AM Getting to Know UU--newcomer orientationChanning,
 24/25
 9:00 AM REC retreat B-8
 1:30 PM Rehearsal for Senior High serviceEmerson

7-Jun Sunday

10:00 AM RE Celebration SundayChanning

8-Jun Monday

10:00 AM Small Group Ministry - Patrick/Odell B-8
 1:00 PM Interfaith Impact B-8
 6:30 PM Small Group Ministry - English.....Stott Lounge

9-Jun Tuesday

7:00 PM FUUSA Humanists..... B-8
 7:00 PM Wellspring: Faithful ActionStott Lounge

11-JunThursday

12:00 PM All Sides Considered - Current Events Group B-8
 5:00 PM Wellspring advisor meeting Ann Lapinski B-5

12-JunFriday

10:00 AM Wellspring advisor meeting--Cathy Perkins...Stott Lounge
 7:00 PM Organizing Mindfulness Public Lecture..... Emerson

13-JunSaturday

8:00 AM St. Lawrence District Multi-Site ExplorationChanning

14-JunSunday

11:30 AM Saturday Men's Group B-5
 11:45 AM Monday Men B-6
 12:00 PM Auction Event - Sing-alongEmerson

15-JunMonday

12:00 PM Channing Circle Lunch (ME).....Channing
 6:30 PM Holiday Bazaar Planning.....Channing

16-JunTuesday

6:30 PM Finance Committee Meeting.....B7
 7:00 PM Wellspring Foundation B-8

18-JunThursday

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

22-JunMonday

10:00 AM Small Group Ministry - Patrick/Odell B-8
 6:30 PM Small Group Ministry - English..... Stott Lounge

23-JunTuesday

7:00 PM Wellspring: Faithful Action..... Stott Lounge

24-JunWednesday

12:00 AM General Assembly (ME) Offsite..... Offsite
 5:30 PM Endowment Trust Meeting Stott Lounge

28-JunSunday

11:45 AM Monday Men B-6

Sam's Outlook

What Making "Black Lives Matter" Requires

Rev. Sam Trumbore

Building the Beloved Community can both heal and break our hearts on the same day.

I had just given a sermon calling our congregation to make a commitment to work against racism in our society and ourselves. We marched out onto the sidewalk in front of our congregation singing, "Ain't gonna let nobody turn me around." Peggy, our President, and I jointly hoisted a "Black Lives Matter" banner up on the side of our building, and then I offered a prayer encouraging us to make that banner real in the life of our congregation. Afterwards, there was much good feeling in the congregation about making this commitment to anti-racist, anti-oppressive work that I know many in our congregation have wanted to make.

That Sunday was also our annual meeting to elect officers and pass our budget. As we were waiting for the ballots to be counted and results announced, the Board of Trustees had decided that it would be valuable to get some feedback from the congregation. The feedback desired was about the disposition of a large, black metal sculpture that was commissioned for a window in the newly finished Religious Education Wing back in 1962. The artist, Robert Blood, skillfully captured our identity in it - for 1962. With our expansion project finished in 2007, our entryway had been changed and the sculpture had been moved into a back corner of the building. Concern had been expressed that the art was being disrespected by removing it from being the first thing people would see entering our building.

The less prominent display of this large piece of art wasn't an accident. Much has happened to Unitarian Universalism since 1962. I spoke forcefully that the piece no longer expresses who we are today and that we should remove it from our building. While a few people spoke in support of it, more spoke against it and registered other non-artistic concerns - such as its sharp edges. For many years people have bumped into it and children have climbed on it



unsafely. There was a general feeling that it was time for the sculpture to find a new home where it could be appreciated as a work of art rather than an expression of UU identity.

After the meeting, I was standing in the back of the room with several others when a person I shall refer to as 'J' walked up to me with a small, folded piece of paper. He opened it and showed it to us. It had on it the words, "black sculptures matter." I laughed. Not only did I laugh, I shared it with someone else. (did you just laugh?)

It wasn't until a person of African descent shared with me how offended he was when he heard that joke that I started thinking about it. And then I was mortified, embarrassed, and humiliated. This same person had hugged me with appreciation for how well I had communicated "Black Lives Matter" in the sermon. Now I was a hypocrite. I had talked about how awful it was to see Walter Scott shot in the back by a police officer but now somehow missed how associating his death and over a hundred unarmed men and women's deaths a year with a sculpture might be offensive.

And in hearing his pain, I was silent about my insensitivity. I was convicted, as the Christians are fond of saying, of my sin.

And in the knowing of sin, the door to transformation and liberation opens.

It is very, very tempting in moments like this to assess blame, assign guilt, and condemn ... if we personalize what happened. It is very tempting to identify 'J' as a racist jerk. It is easy for me to condemn myself for my collusion with 'J.' It would be simple to label the one offended as the victim. In hearing his anger and pain, I recognized more deeply than I ever have why people of African descent might feel emotionally vulnerable being part of our predominantly white congregation.

And in the knowing, the transformation is already happening.

This is the amazing, prophetic power of the mind in which Unitarian Universalism puts so much faith and hope, and in the power of community to mediate that transformation. After I heard the anger, saw my insensitivity, and recognized my participa-

Continued on page 4

News

Annual Meeting election results

Asterisk denotes incumbent continuing in their position.

President	Peggy Sherman
Vice-President	Dick Dana
Secretary	RoseAnne Fogarty
Treasurer	Kathy Harris
Ass't. Treasurer	Reese Satin
Religious Education Chair	Tracie Tilgner
Social Responsibilities Chair	Jean Poppei

Board of Trustees

Al Berzinis, Michele Desrosiers*, Eric Eddy*, Michael Hornsby*, Patti Jo Newell*, Jon Newell

Endowment Trust

Sharon Babala*, Tim Burch, Chris Jensen*, Jan McCracken*, Todd Thomas*

Nominating Committee

Sue Berzinis, Laura Churchill*, Molly Daniels*, Donna Meixner*, Mary Myers, Sandy Stone*

Social Responsibilities Council

Carol Butt, Ed Hancock*, Jaye Holly*, Karen Kaufmann*, Matt Lesniak, Laura Paris

Religious Education Council

Cari Abatemarco*, Meredith Andrews*, Mark Butt*,

Sam's Outlook, continued from page 3

tion in harming behavior, I knew I had to do something about it. What I knew I needed to do was be willing to hear how I participated in harming behavior, publicly repudiate it, and recommit to the work of making sure Black Lives Matter.

I don't think 'J' had any intention of harming in sharing that piece of paper. Humor often finds its power walking the line of insensitivity, connecting things about which we have concerns and anxieties, the so-called, politically incorrect. If I had been forced to encounter micro-aggressions on a daily basis I doubt I would have laughed at all and would have immediately told 'J' that it was offensive and why.

Moments of awakening like this are what really matter. In a sense it isn't personal. Like it or not, we are all part of a racist system of white supremacy that is constantly being reinforced by our lack of aware-

Flyers in this issue

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

◆ Summer Sundays at FUUSA schedule

Pam Clements*, Melissa Ramirez, Neil Rice*, John Scaringe*, Larry Schell, Sarah Stanwicks, Dee Van Riper*, Tulin Ture

Update on Stewardship Campaign

As I said at the annual meeting, I want to thank everyone who has contributed to this year's Stewardship Campaign. Our goal for this year is \$444,000. We are at 93% of that goal at the moment. But that means is that we are currently about \$30,000 short of our goal. We have a number of members who have not pledged yet. If you are one of them, please turn in your pledge form soon or go on-line and make a pledge.

If you have already made a pledge and would like to increase it so we can make our goal, please let me know.

I truly appreciate the generosity of everyone who has made a pledge this year and look forward to completing this year's campaign. --Chuck Manning

ness. Our ability to dismantle it and find liberation from it requires us with white privilege to wake up, see it in action, then name and repudiate *it*, making space for the *who* carrying it to drop it too.

I believe this is profound spiritually transformative work that goes deep into what separates us from the holy. Racism is symptomatic of a much greater disease of alienation rooted in the delusion of being a separate self, disconnected from the wholeness of life, the presence of God. To work on one is to work on the other.

Committing to make Black Lives Matter, we do the work required to make all lives matter. May that be our intention as we encounter the challenges and remember that this is a critical component of what is required to build the Beloved Community we dream about.--Rev. Sam

Board notes

The GA Journey

Peggy Sherman, President

Last month, Dick Dana wrote about the Growth Through Service program in this column. Growth Through Service encourages volunteering, not just to fill a sign-up sheet, but as an opportunity for meaningful experiences that support each person's individual journey. Where did this exciting program idea come from? Well, it was started by the UU Congregation of Delaware County, PA, but we heard about it at General Assembly in Providence, RI last June.

General Assembly is many things: the annual business meeting of the Unitarian Universalist Association; an educational event filled with diverse workshops and electrifying speakers; an opportunity to join in inspirational worship with thousands of other UUs; and a time to take public stands on our UU values. It's fun, exhausting and somewhat addictive!

This year, General Assembly will be in Portland, Oregon from June 24 through 28. Our congregation will be represented at the business meeting by Rev. Sam and 8 voting delegates appointed by the Board: Sharon Babala, Sue Berzinis, Dawn Dana, Dick Dana, Karen Kaufmann, Jean Poppei, Jacqui Williams and myself. Other members of our congregation will participate in everything that GA has to offer, except for the formal votes.

An exciting part of General Assembly is taking a stand on social justice topics. For example, last year in Providence, GA voted to divest the UUA endowment from investments in fossil fuels. This year, General Assembly will consider a proposed Statement of Conscience on Reproductive Justice (http://www.uua.org/sites/live-new.uua.org/files/rj_soc_04-15draft.pdf). The four page statement will be discussed, possibly amended and then voted upon. Let your delegates know what you think! Here is a glimpse of this document, which also includes suggestions for congregational action:

The world we envision includes social, political, legal, and economic systems that support everyone's freedom of reproductive choice and expression of gender identity and sexuality. In such a world all communities are places of equality, abundance and safety, free from violence, oppression, and hazard-

ous environments.... Our pluralistic congregations include diverse beliefs, backgrounds, and personal stories. We do not agree on many issues, including when life begins and the rights of the unborn. Yet we unite in striving to live out the values and principles that call us to work for reproductive justice in spite of the complexities of the issues.



This year, GA delegates will also vote on several proposals to amend the UUA Bylaws. We were invited to learn about these proposals in a webinar hosted by the UUA Board of Trustees. The UUA Board has been engaged in a review of its governance for several years. The size of the Board was reduced from 23 to 11 members, and now the Board is assessing the functions of committees. For example, one bylaws proposal removes the requirement for a separate Finance Committee. Now that the UUA Board is made up of fewer members, they are able to fully discuss financial business at regular Board meetings -- instead of assigning that work to a separate Finance Committee and subsequently discussing and acting upon it at Board meetings.

This type of discussion about streamlining and clarifying governance is very familiar; it's taking place at the regional level as well as in our own congregation. Historically, a UU congregation belonged to a district as well as to the UUA. Now districts are giving way to regions. Our St. Lawrence District of the UUA is planning to merge with 3 other districts into the Central East Regional Group, or CERG. And in our own congregation, the Board recently appointed Michele Desrosiers, Tom Mercer, Patti Jo Newell and Dave Quist to an Organizational Effectiveness Work Group, to help us look at new ideas about the structure and governance of our community.

You don't have to go to Portland to keep up with what is happening at General Assembly in June; it will be covered on UUA.org and UUWorld.org. Tune in to these websites to experience more from this annual gathering of our movement, and watch for our reports when we return from Portland to Albany!

CROP Walk Report

It was truly a banner year for Team UU in the Albany CROP Hunger Walk! We raised more money than ever before – more than \$6,000 from generous FUUSAs and others – and were again one of the largest groups in the Albany Walk, with 45 walkers. Woo hoo for Team UU! A few Team UU facts:

- ◆ We had a seven-decade age range, with our littlest walker age 3 and a couple of walkers north of 70.
- ◆ Ten of our fabulous FUUSA youth walked, and there were six family groups – “family values” at their best!
- ◆ Our intrepid Rev. Sam walked, and might have won “best hat in Walk” (were there such an award...).
- ◆ Another loyal FUUSA worked on Walk Day registration, helping to get the walkers on their way.
- ◆ Not enough soup! Lesson learned, and next year there will be MORE SOUP! Good sport walkers carb-loaded instead.
- ◆ Blessed Hadiya went above and beyond to clean up the lunch dishes while we walked – we thank her!
- ◆ All told, FUUSA folks again put hearts and soles in motion to support the CROP Walk – well done, all!



Opening for a Pastoral Care Associate this fall

For the last five years, a team of eight members of our congregation have served as Pastoral Care Associates. Pastoral Care Associates are trained to offer pastoral listening and emotional support to members and friends of our congregation. This extends pastoral care to more people (who are not in crisis) than Rev. Sam can counsel. The goal of this program is to multiply the amount of pastoral care our congregation can give to our membership.

With one PCA completing his service, there is room for a new person. A fuller description of the pro-

gram, a job description and an application to serve in this role is currently available on our web site al-banyuu.org and in the FUUSA office. Applications need to be submitted by June 30th. If you have more questions, please contact Rev. Sam.

Holiday Bazaar & Craft Fair in jeopardy of being cancelled!!!

The November Holiday Bazaar & Craft Fair will not happen next fall unless some new people volunteer to fill key leadership positions. The same people have been running the event for all nine years, and they are ready to pass the baton to others. For the bazaar to continue, we need a few good organizing individuals who would enjoy taking over some of the key roles.

The bazaar has been both an important community-building event and a major fundraiser.

Many people volunteer every year to help with this event, and we have lots of fun.

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 you have enjoyed the FUUSA Holiday Bazaar & Craft Fair as a customer or a volunteer, perhaps you are ready to step up and take on a bigger role this year. We are looking for people to take on the following leadership roles:

- ◆ **Vendor Coordinator.** Help find, select and organize outside vendors, as well as plan the floor layout and table assignment in Emerson to meet vendors’ requests and needs.
- ◆ **Volunteer Coordinator.** Recruit and organize the volunteers for the actual two days of the event. Also volunteers are needed for the two subsequent Sunday sales after the service at FUUSA.
- ◆ **Craft Coordinator.** Develop new craft ideas. Solicit handmade craft items from the congregation.

Organize how the tables will be set up for displaying FUUSAn-made crafts.

♦ **Cafe Assistants.** Assist in the areas of food preparation prior to the event (soups, quiches) and work the “front table” taking orders during the café.

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.

A meeting of interested individuals will be held on Monday, June 15 at 6:30 at FUUSA. Anyone who is interested in learning how you can help, please attend this meeting. If you have any questions, please contact Barb Manning (xxxxxxxxxxxxxxxx or Jan Satin (xxxxxxxxxxx

Appreciation of Alyssa Yeager

On June 21, during our Sunday Service, we will appreciate the service to our congregation of our outgoing Office Administrator Alyssa Yeager. She will also be performing in our service – the reason she is leaving us to pursue her music. We encourage you to come and offer your appreciation for her 18 months of excellent service to our congregation.

FUUSA gardens

Now that we have entered the active growing season, our gardens could really use your help!!!! If only two volunteers come in each week, the gardens can be kept at their "blooming best". If you are interested in gardening over the summer, you can sign up on the FUUSA web site home page (www.albanyuu.org). Under *Volunteer Opportunities* you will find "Gardening at FUUSA sign up to help".



Pick your week(s) and come any time that week to help us keep the gardens tidy. No volunteer commitment is too small! I will be happy to send you more detailed gardening instructions and add you to our email list if you are not already on it. If you are new to FUUSA gardening I can also pair you with a more experienced gardener. For

more details or to volunteer, let Paula Moskowitz know (xxxxxxxxxxx

Growing Together

To all RE parents:

Come share your hopes and dreams for the religious growth your children.

You’ve seen my messages about Sunday school, faith formation, and family life in the 21st century. Now is the time to hear from you! I’ll host informal gatherings at my house so you can relax and have some refreshments; meet other FUUSA parents in small groups; and share your thoughts, hopes, and struggles.

I have lots of ideas about different ways of doing faith formation I could share with you. Let’s see what we can come up with.

These Parent Conversations are for parents with children and youth of any age up to 18.

I’m available most early weekday evenings in June and in early July; I’ve listed a few weekend dates too.

Here’s a google doc for you to sign up: https://drive.google.com/file/d/0B9Q8_IBfuzzyqWHhVcGdIMWI4cU0/view?usp=sharing

You need only come to one conversation, but put down as many dates as you are available. I’ve listed start times at 6:30 and 7:00 pm, but if you want to start earlier or later on any date listed, please add a column with that time to the sheet.

I live in Albany, near Buckingham Pond and close to

Rte. 85.

These Parent Conversations are “meet-ups” so if four or more families can commit to a date, we’ll make it a go. I’m happy to get a babysitter, if needed.

Go to the google doc to fill in your availability today or give me an email. Feel free to contact me with questions.

In faithful service,

Leah

Nature Walks continue

The last three Circle of Trees Nature Walks will be June 7, 14 and 20. These walks are held at Five Rivers Environmental Center.



Meet Leah Purcell in the parking lot at 2:00. No need to sign up ahead of time. Check out the recommended bibliography of books for children and adults at [Leah's blog](#).

Summer Session starts June 21

In Summer Session, we offer a place for children in pre-school and older to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers is provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Joy Library

Find these in New Book Section:

THE ROAD TO CHARACTER by David Brooks. Random House (2015), [170.44 BRO] “A fascinating study of the unconscious mind and its impact on our lives” -*The Economist*

ISIS: THE STATE OF TERROR by Jessica Stern and J.M. Berger. Ecco Press, HarperCollins (2015) [363.325 STE] “Two of America's leading experts on violent extremism and terrorism explain the genesis, evolution, and implications of today's most barbaric jihadist army, Islamic State--and how we can

fight it”-- Stern and Berger analyze the tools ISIS uses ... to frighten innocent citizens and [to] lure new soldiers, and offer practical ideas on potential government responses.” *WorldCat* (4/19/15)

AMERICA'S BITTER PILL: MONEY, POLITICS, BACK-ROOM DEALS, AND THE FIGHT TO FIX OUR BROKEN HEALTHCARE by Steven Brill. Random House (2015) [368.382 BRI] ‘ ...a superb guide to the maze of issues in American health care and health care reform. a thriller about market structure, government organization and billing practices, , ... always interesting, and deadly important.” (*Zephyr Teachout, The New York Times*, 1/7/15)

FIGHTING BACK THE RIGHT: RECLAIMING AMERICA FROM THE ATTACK ON REASON by David Niose. Palgrave Macmillan Trade (2014) [320.51 NIO] *Niose has been immersed in secular-progressive politics ... joined the board of the American Humanist Association in 2005, .. elected president of AHA in 2008, in 2012 named president of the Secular Coalition for America. ..., currently serves as legal director of AHA and has litigated equal rights, church-state, and free speech cases.*

DEATH TO THE INFIDELS: RADICAL ISLAM'S WAR AGAINST THE JEWS by Mitchell G. Bard. Palgrave Macmillan Trade (2014) [297.2 BAR] “... overall a decent treatment of probably the most important political/religious issue we face today.”

CORRUPTION IN AMERICA: FROM BENJAMIN FRANKLIN'S SNUFF BOX TO CITIZENS UNITED by Zephyr Teachout. Harvard University Press (2014), [364.1 TEA]. “...beautifully written and powerful... exposes a simple but profound error at the core of the Supreme Court's *McCutcheon v. FEC* decision. The originalists on the Court forgot their history. This is that history - and eventually it will provide the basis for reversing the Court's critical error.” {*Lawrence Lessig from backcover*}.

ONE NATION UNDER GOD: HOW CORPORATE AMERICA INVENTED CHRISTIAN AMERICA by Kevin M. Kruse. Basic Books (2015), [322.109 KRU]. “*Much has been written about the religious right, but ...Kruse has written a breakthrough book by describing the movement's prehistory in the 1930s and 1950s - and in fascinating detail. Engagingly written, 'One Nation Under God' will provoke*

Religious Exploration

Leah's Top Ten Reasons to Volunteer in RE

Leah Purcell, Director of Religious Education



- ◆ **10. Learn new skills in a team setting.** Each team has at least two experienced volunteers and one or two who are new to volunteering. And I offer coaching to on how facilitate groups of children and youth. New volunteers assist an experienced volunteer a few times before they lead a session themselves.
- ◆ **9. Grow in your own faith.** Sunday school is a place where everyone can deepen their sense of being at home with the universe; where they can think about their own experiences and explore what meaning other stories have for them; where they can express joy; and learn skills to carry their values to the wider world.
- ◆ **8. Snacks.** Pause for time to gather with the group to enjoy a healthy and tasty snack, relax and chat
- ◆ **7. Have fun with children and youth.** Some parents enjoy volunteering in their own child's class; others volunteer with children older than their own, to get a taste of what things will be like in the future. Some volunteers enjoy working with the youngest children; others enjoy hearing from and guiding older elementary children and youth.
- ◆ **6. Attend Sunday morning religious services, too.** The REC and I are looking to lighten the load so that each team members can count on volunteering usually twice a month, sometimes once a month.
- ◆ **5. Be a part of a well-organized program.** I have an orientation for first-timers in August. Teams organize themselves about who will lead and who will assist each Sunday using a google doc I create. Each Tues I send a reminder to each group about who is leading, who is assisting, and what session is coming up. Each Thurs I send an email to all the volunteers with announcements, and a short, inspirational message.
- ◆ **4. Have an opportunity to be creative, if that's your thing; or follow a plan, if it's not.** If you are arts and crafty, you can bring those skills to the group. If not – no worries. The Tapestry of Faith program that we use for most of the groups has several activities each week for volunteers to choose from; I also offer to help volunteers plan their sessions.
- ◆ **3. Create caring communities for children and youth that are unlike any other that are available to them.** Sunday school can be a place for each person to bring their whole selves, and be invited into a group where compassion and equity is fostered by trusted adults
- ◆ **2. Participate in our "village".** Parents count on our religious community to help them to equip their children and youth with skills they need for a lifetime as religious people.
- ◆ **And the Number 1 reason to volunteer in RE is to change the world.** You'll change lives; you'll save lives – yes, children and youth need our safe and sacred places to survive – and you'll plant seeds of compassion, wisdom and courage and that will make the world a better place.

Ready to sign up? Use the sheet on the Sign Up Site in Channing Hall or email me or give me a call. Want to take a peek at what we're offering? Here is the list of curricula. <http://albanyuu.org/wp/dre-blog/315-2/religious-education-2014-15/>As always, I'm happy to talk with you and answer any questions you might have.

In joyful service,

Leah

many arguments, but it will require all sides to come to terms with facts and events largely buried in our collective memory until Kruse bravely set out to challenge our assumptions.” (E.J. Dionne Jr. from back-cover)

THE NEW ANTI-SEMITISM by Phyllis Chesler. Gefen Publishing House (2015) [305.892 CHE] “...the total and all-inclusive vilifying of Israel ... is linked to worldwide anti-Semitism..... Debate on this from the worldwide media is centered against anything Jewish or Israeli and [comes] from college campuses to cities around the globe.... The fight against Anti-Semitism is as old as the world and will never go

away ... To have anti Jewish, anti-Israel, anti-Zionist elements talk up the Palestinian cause but refuse to allow discussion of a Jewish and/or Israeli point [of view] is anti-Semitic no matter what you color it...” (LibraryThing | LibraryThing Early Reviewer May 10, 2015).



Our Community

Newcomer orientation

Learn about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next “Getting to Know UU” session, scheduled for **Saturday, June 6** from 8:45 a.m. to noon.

We’ll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You’ll learn about Unitarian Universalism and about our congregation, and you’ll get a chance to ask all the questions you’ve been collecting. We’ll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it’s a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can send an email to registration@albanyuu.org. You can also call the church office, 463-7135. Please let us know when you register if you will need childcare (and how many children and their ages.)

Welcome, new members!

Jim and Kay Schlembach met at a public meeting to drum up interest in starting a UU church in suburban Houston in 1994. The church is still around and so are the five kids they brought in from their previous marriages, and one "ours" besides (Grace, 15). Besides raising kids, Kay loves gardening (she’s a certified Master Gardener) and will give it her full

attention when she retires from information technology later this year. Jim threw in the towel last year after thirty-eight years with ExxonMobil, which prompted

their move from the Washington DC area.

Jim is learning how to be retired; taking classes, putting

around, and driving long distances slowly with the blinker on. He will welcome suggestions from other successful retirees.



Betty Head has joined this UU community because she finds resonance with her values here and a spiritual place that strikes a chord within her. Here she



has found others who care about the world within and without.

Betty has been a lifelong activist and currently is affiliated with our local PAUSE group here in Albany and with numerous other organizations fighting for environmental, social, and economic justice.

Betty loves to spend time with her family and friends, read, swim, go for walks, and travel. She looks forward to being a part of the Albany group of UU’s.

Joseph Edward White. I am currently employed with the NYS Department of Public Service as Consumer Services Utility Specialist. I have a degree in Business Administration and currently pursuing a degree in Human Services.

I was born and raised in the Catholic Faith, and practiced my faith, without question, for most of my young life. About 15 years ago I met Sigrin Newell, a Unitarian Universalist, and I was curious about what Unitarianism was all about. At this point in my life I was at crossroads, as I had become disheartened with the Catholic Church and desperate for something to fill the void left behind. One day while speaking to

Sigrin and asking all my probing questions she said why don't you just come by and see what the Unitarians are all about, we are having a Mystery Sleuth Dessert Party at the church and you could get to know a few of our members and what we are all about. Well I came and I have been coming on and off ever since, but much more on for the past few years. A few of the inducements for me have been Pastor Sam's attention to meditation and the Sunday meditation hour, the level headedness of church members, the welcoming nature of the congregation and the desire to be committed to a healthy society that is inclusive, earth friendly and so much more. Thank you for showing me that humanity is alive and well here at FUUSA.

John and Becky Edvalson and their family are excited to start a new chapter in their lives by joining FUUSA. After having spent a good portion of their lives as practicing Mormons they felt that Unitarianism celebrates many of the ideals and principles that are important to them; especially the emphasis on community, the promotion of freedom of thought, and the openness to different spiritual paths. Becky and John began their marriage living and working as volunteers in Mexico and Guatemala and both speak Spanish fluently. John works as a librarian for Albany Public Library and Becky works as a Lactation Counselor for WIC. They have three children, xxxxxxxxxxxxxxxxxxxxxxxxxx who have been enjoying the children's education program, especially recent lessons on the importance of taking care of the earth. Family activities the Edvalsons enjoy are



camping, reading books, and watching nature documentaries.

Also joined recently, but their bios not available at this writing (the editor apologizes!)



Adrian Cattell

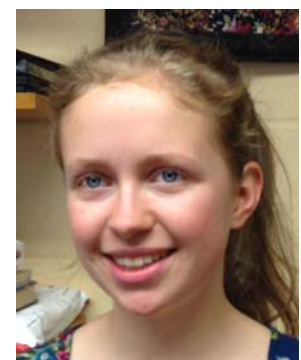


Tulin Ture

And, two Rite of Passage graduates signed the book and became Youth Members:



Charlotte Hutchins



Rose Reed

Assessing interest in a 'rebirth' of Earth Spirits/CUUPS at FUUSA

If you walk a Pagan path or are interested in any aspect of Paganism and would like to meet (or get reacquainted) with like-minded folk at FUUSA, please send an email to me at karen-leysmith@gmail.com. If you wish, note in your email what kinds of activities you would find interesting and helpful to you as a Pagan. These might include celebrations of the Sabbats, book reviews/discussions, sharing of favorite resources, and/or classes about herbs, tarot, spells and/or any other aspect of Paganism. I myself am a (shy) Pagan interested in meeting others to share knowledge and comradery within the safety and supportive atmosphere of FUUSA. I'll offer to gather responses and share them with everyone that responds so we can then see as a group where it leads us! Many bright, sparkling blessings to you all! -Karen

Channing Circle, last gathering until Fall Monday, June 15

Channing Circle is a time is set aside for older members of the congregation to meet. Join us on Monday, June 15 at noon-- bring your lunch. Laura Cayford has volunteered to bring a dessert. This will be our last meeting until we start again in September. We look forward to seeing you!

Walker Book Club

Sunday, June 14, 2015 at 5:30 pm

Join the Walker Book Club in Channing Hall for a potluck and book discussion. Bring your favorite dish to share and a small contribution to cover beverages.

On June 14, we will discuss three short stories: What We Talk About When We Talk About Anne Frank by Nathan Englander, and Raymond Carver's What We Talk About When We Talk About Love and Cathedral.

Our summer read for discussion in September is All the Light We Cannot See by Anthony Doerr.

Contact Linda Hunt at xxxxxxxxxxxxxxxx for further information or questions.

Humanists to meet over the summer

Albany UU Humanists (same group, note name

change as FUUSA rebrands itself!) meet on the second Tuesday of the month, and we plan to continue our meetings through the summer months. So, plan on meeting in Room B-8 at Albany UU at 7 PM, Tuesdays, June 9, July 14 and August 11.

Nine of us participated in the May meeting. We will continue discussing what each of us means by the word "humanism" and will consider possible subject areas in future meetings. And we will discuss how we relate to the Albany UU community and Unitarian Universalism.

Those interested in learning more about humanism in Unitarian Universalism are encouraged to go to the UU Humanists website at <http://huumanists.org>. There is also the American Humanist Association's website at <http://americanhumanist.org>.

If you wish to join the Albany UU Humanists conversations, please go to the Albany UU website (albanyuu.org) and go to Groups and join, or call the Albany UU office (463-7135), or contact Don Odell (xxxxxxxxxxxxx xxxxxxxxxxxxx) to be added to the egroup. And, see you on June 9, July 14 and August 11. -Don Odell

Sign up for UU Weekend at Silver Bay!

The UU Weekend planning Committee invites you to the 21st annual UU Weekend at the Silver Bay Resort on Lake George, Oct 16–18, 2015. The weekend will be filled with outdoor activities, workshops, music, a talent show, children's programs and much, much more. Have you sat in a stone chapel? Well, here's your chance, Sunday Service is in the Chapel at Silver Bay, which was built of granite taken from the nearby hillsides. There is Friday night entertainment after check-in and optional dinner with fellow guests. You could start off Saturday morning with a hike that rewards you with stunning views of Lake George's clear blue water amid the gorgeous fall colors of the Adirondacks. Saturday and Sunday children's programming includes games, arts & crafts among other activities for both the older & younger sets. The Jeanne Blank Memorial Address is Saturday afternoon, often thought provoking and satisfying for the variety of UU sensibilities. Come experience amazing fall foliage views while making new friends and deepening your connection with our

and other UU communities.

The registration form is available on the UU Weekend web page, <http://albanyuu.org/wp/pdf/uuwregistration2015.pdf>.

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 (xxxxxxxxxxxxxxxxxxxxxx.)

Social Justice

Green grow our gardens, oh!

On May 10, 2015, Tim Burch, one of FUUSA's master gardeners, presented a forum on gardening. He began by stating that nothing is as political as food, and that ten calories of fossil fuel must be used to produce one calorie of food. It has been reported that we humans will eat more food in the next 50 years than we have in the past 10,000. It makes sense, then, to grow vegetables at your home or apartment if you have a chance -- in containers, bags, cans, discarded items such as pails or buckets, raised beds, or in the ground the old-fashioned way. Gardening can be a spiritual peace.

Tim suggested that, if you are just beginning to garden, you start small. Locate the garden near the house and water supply where there is 6 to 8 hours of sun. Check the pH of the soil because, while a range between 6 and 7 may seem desirable, some plants, like blueberries, like a pH of 4.5. You will have fewer plants die if they are planted where

they like to grow. A raised bed allows you to use soil of your choosing, and allows you to avoid unnecessary bending. You can layer newspaper over grass (the soy in the ink won't hurt your crops), and you can plant a cover crop such as annual rye when the garden goes fallow. A raised bed can be sectioned into one foot squares by string or wire, and these sections can be used to plant different crops that mature at different times. Tim said that peas can go into a cold ground while beans must wait until the ground is warm. He also said that planting zucchini from seed at this time of year is just as good as planting a 2-3 inch plant: the seed will quickly catch up with the plant. Lettuce can be planted every two weeks to insure a continuing crop. Tim had other suggestions and ideas about invasive crops, plant diseases, etc. Just for fun at the forum, he planted an herb garden in a recycled aluminum bucket (making holes in the bottom and using an old piece of screening and rocks to prevent soil loss), and planted various plants in bags made out of repurposed plastic. He suggests that questions about gardening be addressed to the gardeners' helpline: 765-3515 for Albany, 272-4210 for Rensselaer, 372-1622 for Schenectady, or write garden-ing.cornell.edu.

**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.



Contact Us

Board of Trustees 2014-2015

email: board@albanyuu.org

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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

Summer Sundays

at FUUSA

June-September 2015

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward



June 21 "Citizenship and Superpower," Rev. Chris Antal

We covenant to affirm and promote the democratic process within congregations and in society at large, yet democracy in America has been perverted by forces such as imperialism and militarism. How did we arrive at this point and where do we go from here?

The Rev. Chris J. Antal is the settled minister at the UU Congregation at Rock Tavern, New York. He established and led the Kandahar Crossroads UU Fellowship, and was ministerial intern at FUUSA from 2009-2010.

June 28 "Getting Stuck," Vee Abbitt

There are times in our lives when we feel stuck. Stuck in our jobs, stuck in our relationships, or just stuck in a rut. But when you really think about it, is getting stuck once in a while such a bad thing after all?

Vee Abbitt, who is a full time advocate for youth, is FUUSA's Summer Services Coordinator. She is also currently a seminarian at Meadville Lombard Theological School, and has been recognized as an Aspirant by the UUA.



July 5 "Do You Believe in Infinity?" Paul Axel-Lute

A mathematical contemplation.

Paul Axel-Lute grew up in Lakewood, New Jersey, worked as a law school librarian at Rutgers-Newark for forty years, and was a member of a small UU church for most of that time. He and his wife Melanie joined FUUSA in February.

July 12 "(Re)Building Together," Rev. Amanda Poppei

We don't really build our lives, or the world--rather, we are in a constant state of rebuilding. What does this mean for us as individuals?

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 21– Sept. 6

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.



The summer services are coordinated by Vee Abbitt.

If you can volunteer to help on a Sunday when you will be here, we'd love to hear from you. There are openings for Greeters and Ushers. You can sign up by calling the office (463-7135) or at our homepage: www.AlbanyUU.org

Services continued on reverse

Summer Sundays

at FUUSA

June-September 2015

What does it mean for our country, at this time, or for our community? Join the Rev. Amanda Poppei for this exploration.

Rev. Amanda Poppei grew up in this congregation and now serves the Washington Ethical Society in Washington, DC.

July 19 “Unitarian Universalists in Times of War,”

Rev. Eve Stevens

How does our faith tell us to answer in times of war? The answer has varied over the centuries. This service will provide an opportunity to think more deeply about our individual beliefs about war and peace and how our religious tradition unites us.

Rev. Eve Stevens is currently serving the UU Church of Utica, NY. She grew up in South Carolina, attended college in upstate NY and seminary in New York City, and she is enjoying being back in the area.

July 26 “Pilgrimage: A Journey to Self,” Rev. Dr. Tom Chulak

One of the ways that I find out who I am is to travel. Coming face to face with familiar and unfamiliar environments and cultures challenges me to explore the core of my being. We'll explore the idea of pilgrimage within a UU framework, where the truth is open and no one journey is affirmed as necessary for salvation.

Rev. Dr. Tom Chulak is a FUUSA member and retired a UU minister.



Aug. 2 “Wellspring,” Sharon Babala and Karen Kaufmann

We reach the stream of justice and drink, we find the apple of knowledge and eat, we speak of love and death, joy and forgiveness, we talk about what matters, we let our lives speak, and each soul calls to the other and answers. (From a poem called "Wellspring" by Philomena Moriarty). Come and hear our newest graduates of Wellspring: Foundation speak about their spiritual journey this year.

Sharon Babala and Karen Kaufmann are members of FUUSA and participants in the Wellspring program.

Aug. 9 “Humanism and Unitarian Universalism,” Albany UU Humanists/Don Odell

This service will explore the changing role of Humanism in our congregation and within Unitarian Universalism, with reference to Humanism's historical roots.

Don Odell, leader and convener of the gathering, has been a member of FUUSA for over 47 years, and has been an agnostic/atheist/secular humanist even longer

Aug. 16 “Communicating in a Multicultural World,” Sigrin Newell

Americans who travel often encounter very different views of time and space when visiting other cultures. We tend to feel that any way unlike our own seems unnatural. In turn foreigners think our ways are strange. Such clashing expectations can be fascinating when examined directly. Exploring different views of time and space is essential if we are to live our UU principles in a global world.

Sigrin Newell is a member of FUUSA.

Aug. 23 “Peace Pilgrim,” Pat Lamanna

Abandoning her home and identity, Peace Pilgrim criss-crossed the U.S. on foot for 28 years, speaking about peace between nations, among individuals, and the most important inner peace. Pat tells her story, sings her songs, and gives an update on how this remarkable woman's memory is honored in her home town today.

Pat Lamanna is a singer-songwriter and a member of the UU Fellowship of Poughkeepsie, NY. She will get you thinking and singing.

Aug. 30 “It Hangs Over our Left Shoulder,” Michael Czarnecki

As we walk down the path from childhood through adulthood, death follows us, close behind. This is not a morbid thought. If we accept that inevitability it actually frees us to live a more vital and vibrant life in the moment. Michael will share some poems and life stories reflecting on this acceptance of our mortality.

Michael Czarnecki is a poet and oral memoirist. He lives in the hills of the far northwest corner of the Susquehanna Watershed. He began FootHills Publishing in 1986, a small press devoted to poetry.



Sept. 6 “Legacy of our 2nd U,” Rev, Phil Schulman
Universal Salvation is one of the two theological roots of our living tradition. Rev. Phil Schulman will explore the submerger and reemergence of Universalism and will suggest how it's leading us to offer a challenging and hopeful message of love and universal kinship.

Rev. Schulman has been engaged since 1989 in a ministry of organizing and supporting communities of care, and has advocated for democracy, self-determination, holistic approaches to healing, peer support, nonviolence, and human rights.

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