



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

August 2015

In this issue:

- 1 Services
- 2 Calendar
- 3 Sam's Outlook
- 4 News
- 6 Growing Together
- 10 Our Community
- 11 Social Justice
- 12 Contact Us
- 13 Flyers

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

Aug. 9 "Faces of Albany's UU Humanists," Albany UU Humanists

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

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 crisscrossed 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 Unitarian Universalist Fellowship of Poughkeepsie, NY. She has created some inspirational services, incorporating original music as well as songs by unusual and influential people, which tell stories that will entertain and uplift, and 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 began FootHills Publishing in 1986, a small press devoted to poetry. When not at home on his family's 50-acre homestead on Wheeler Hill, Michael travels the poetic road across America, presenting poetry readings, Oral Memoir Performances and facilitating Palm of the Hand Memoir Writing workshops.

Calendar

Events happening every Sunday at FUUSA

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

Exceptions: Family Chapel Nov. 8, Feb. (none), Apr. 10

Events happening every week in August and September

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: Choir Rehearsal starts in Sept.

All other events happening in August and September

2-Aug Sunday
 11:15 AM Earth Spirits..... B-5
20-Aug Thursday
 7:00 PM FUUSA Board Meeting..... Channing
24-Aug Monday
 6:00 PM Living the Seven Principles Through Compassionate
 Communication Channing
 6:30 PM Small Group Ministry - English..... Stott
28-Aug Friday
 5:30 PM FUUSA Board Retreat..... Channing
29-Aug Saturday
 8:00 AM FUUSA Board Retreat.....Emerson B-8
30-Aug Sunday
 1:30 PM Leonard Bergquist Memorial Service
 Channing, Sanctuary
8-Sep Tuesday
 7:00 PM FUUSA Humanists..... B-8
10-Sep Thursday
 7:00 PM Program Coordinating CouncilB8, AV
12-Sep Saturday
 3:00 PM RE Volunteer Development Workshop . Channing
13-Sep Sunday
 10:00 AM FUUSA Homecoming Sunday
 11:00 AM Coffee Hour and Homecoming Lunch... Channing
 11:45 AM Forum (Social Responsibilities Council). Emerson
14-Sep Monday
 6:15 PM RE Council meeting Channing
 6:30 PM Small Group Ministry - English..... Stott
15-Sep Tuesday
 6:30 PM Finance Committee meeting B-8
 6:30 PM Wellspring Sources
17-Sep Thursday
 7:00 PM FUUSA Board Meeting..... Channing
18-Sep Friday
 5:30 PM Multi-generational Potluck , hosted by
 Green Sanctuary Channing Hall
19-Sep Saturday
 8:00 AM Mindfulness Meditation RetreatChanning, Emerson
20-Sep Sunday
 11:30 AM FUUSA Picnic Offsite
 11:45 AM Social Responsibilities Council Meeting..... B-7
21-Sep Monday
 12:00 PM Channing Circle Lunch Channing

22-Sep Tuesday
 6:30 PM Wellspring Sources
 7:00 PM Meaning Matters (3rd Tuesday) Stott
25-Sep Friday
 5:00 PM Youth MeetingChanning, Emerson , B-8
 6:00 PM Religious Education Council Retreat 26
 9:00 PM Youth Overnight Whole Building
26-Sep Saturday
 9:00 AM Meredith Garmon Lifespan Event
 Channing, B-8
 9:00 AM Religious Education Council Retreat 26
28-Sep Monday
 6:30 PM Small Group Ministry - English Stott
 7:00 PM Meaning Matters (4th Monday) B-8
29-Sep Tuesday
 6:30 PM Wellspring Sources

Sam's Outlook

Seeking truth and deeper meaning in small groups at Albany UU

Rev. Sam Trumbore



Participating in our Sunday morning service is a great way to feel connected, experience uplift and joy, affirm core values, and be stimulated toward growth and development. Another way our congregation provides that experience is in a small group setting. Except when singing or repeating a responsive reading, each person's unique voice isn't usually heard during the Sunday service. In the small group setting however, each individual voice contributes to the discussion and feelings of connection and inspiration.

The three primary ways we do that seeking currently are as follows:

Small Group Ministry - These groups meet twice a month using a topic selected by the group as a starting place for conversation. These groups are focused on sharing personal experiences, questions and insights connected with the topic chosen by the group.

Meaning Matters - Much like Small Group Ministry, Meaning Matters also focuses on sharing personal experiences, questions and insights. The difference is the focus on a topic connected with the Sunday services theme for the month. The groups use a monthly packet of material including links to articles, videos, books and movies on the theme that can be used in preparation for the meeting. The meetings are more directed toward exploring the theme as a source for seeking truth and deeper meaning. It also meets once a month rather than twice a month. Rev. Trumbore coordinates Small Group Ministry and Meaning Matters.

Wellspring - This program requires a 10 month commitment (September - June) to meet twice a month to go through a specific curriculum that is designed to promote personal growth and development. There will be specific (usually short) reading requirements before meetings. Also, participants, must agree to develop a daily spiritual practice and

work monthly with a spiritual advisor. Dave Munro coordinates these groups.

The Sunday service is our home base for connecting with our community and the Unitarian Universalist tradition that brings us together. Small Group Ministry and Meaning Matters are great programs for people who are new to our congregation and want to get connected as well as begin their inner development work. These programs are also great places for more seasoned members of our congregation to renew their inner work and connect with newer people in our congregation. Wellspring is reserved for people who want to make a more serious, dedicated commitment to inner growth and development. All three are offered to support our mission of seeking truth and deeper meaning for our members and to guide our work in the world.

Please consider participating in one of our small groups. These group opportunities are open to everyone, whether or not you are a member. Please contact the office (518-463-7135 or admin@albanyuu.org) or Rev. Trumbore (minister@albanyuu.org) or visit our web site for registration information (on the left menu Small Group Sign-up, or http://albanyuu.org/wp/?page_id=2185).—Rev. Sam

**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.



News

“Take-aways” from GA Portland

The first in a series by General Assembly attendees

“Ours is a covenantal religion.” Most of us have heard this said about Unitarian Universalism. But what does it really mean? Four of us who attended a talk by Rev. Sue Phillips at General Assembly in June were given a compelling lesson in how vital mutual covenants are, not just to the health of our faith but to its very survival.

Below is a small sampling of a powerful presentation, in which she builds a strong case for how the covenantal nature of our faith “prepare(s) us perfectly for relevance and impact in a networked world.”

“Believing that congregational polity is primarily concerned with supporting and protecting individual voices is nothing less than heresy.... Equating congregational polity with autonomy undermines our interconnectedness, erodes our covenant, and endangers our communities. It is flat-out ahistorical, not to mention wrong.”

Rev. Phillips observes that UU’s tend to define themselves in opposition to mainline religions, most commonly presenting individual conscience and discernment as what sets us UUs apart. Our current

Flyers in this issue

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

- ◆ **Fall 2015 Religious Education registration**
- ◆ **Living the Seven Principles Workshop**

emphasis on freedom of belief, she asserts, makes us weak: “we want to belong but are reluctant to be claimed.” We have abstracted covenant into what she calls “spiritual cohabitation – a big tent where we eat at separate tables,” thus making belonging less of a commitment and less attractive to newcomers.

“Participation in our congregations and communities is “voluntary” in the sense that it is not strictly required by external authority. But are we not responsible to the call to manifest the interdependent web by co-creating beloved community? Does our faith not require us to help increase the sum of love and justice in the world? Our faith puts claims on us. Moral, ethical, and for some of us theological duty claims and compels us....Because we claim and are claimed by our faith, participation in Unitarian Universalist community is much richer than the notion of “voluntary participation” conveys.”

A mutual covenant is how “we claim and are claimed by our faith,” as Rev. Phillips states it so eloquently. She goes on to say: “Covenant is an expression of the impulse to connect what people already carry into our communities, of the desire to make meaning, to witness and be witnessed, to join our efforts with others.”

“A covenant is both a noun and a verb,” she observes. “[I]t must be both a valuable thing unto itself and contain a process for its constantly becoming. Thus living covenants must do three things. They must convey clear commitments, they must be open to new interpretation, and – most importantly – they must be intentionally renewed.”

AlbanyUU does have a written mutual covenant, crafted a couple of years ago, titled: “Toward a Safe Congregation: A Policy for the Prevention of Unsafe Behaviors and Response When They Occur.” Religious Education teachers must submit to a routine

Homecoming!

Sunday, September 13

- ☞ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the regathering of our community.
- ☞ **Send a couple photos** of your summer for inclusion in the slideshow to photos@albanyuu.org by Sept. 1.
- ☞ **Plan on lunch after the service!** Everyone is invited to a light lunch in Channing hall right after the service. Sandwiches and beverages will be provided. Please bring a “finger food” to share such as raw veggies, fruit, cheese and crackers, deviled eggs, or other appetizers. Drop off your contribution that morning in the kitchen. This is a nice time to catch up with friends and meet some new people after the summer’s activities. See you then!

background check and commit to abide by the behavioral norms set down in the document. But this covenant has only one purpose: to manage unhealthy individual behavior.

Those of us who attended Rev. Phillips' presentation are convinced that it is time for us to consider "putting covenant back at the center of community life," here at AlbanyUU. One approach she offers is to make joining our congregation more than just a one-time "signing of the book," which she equates to a wedding ceremony: it happens once and then it's over.

She suggests that rather than "signing the book" new members should be welcomed into covenant. She equates this to a marriage with its long-term commitment. New members would commit to serving the shared purposes of our community, and to practice being in faithful community. Rev. Phillips also suggests that renewing our collective covenant could become a regular part of the new member commitment ceremony.

If this topic interests you, we urge you to read her complete address, located at <http://www.newenglanduua.org/sites/default/files/documents/ReimaginingPolityBeyondCongregationAge.pdf>.

We very much would like your reaction to our proposal. Search out one of us in coffee hour and tell us what you think. —Sue and Al Berzinis, Dawn and Dick Dana.

Important info: parking at UAlbany for FUUSA

We have negotiated parking permission with our generous University neighbors and there are some changes from what we were used to--**Please read carefully!**

We have ongoing permission to use the Hawley parking lot (at Robin St. and Washington Ave.) on Sundays. Going forward, we will NOT be using the Thurlow lot on Western Ave. Do not park there!

Reminder—we only use UAlbany parking lot on Sundays, and for specific events which have gotten permission for parking. FUUSA event organizers wanting to offer use of the parking lot must contact me 4-6 weeks before the event so I will have time to request from the UA parking folks. —Amy Lent, Church Administrator

Did you receive a flower at the June Flower Ceremony?

If so, maybe time to contact your flower buddy to check in on what's blooming for them now that we're at the halfway point of summer.



Thank you, Albany UU gardeners!

Many, many thanks to the hard working volunteers who faced difficult conditions during June and July—between the heat and rain—to maintain the gardens around FUUSA!!!! We still need to keep our gardens looking their best in August through September. If you haven't had a chance to help out yet, there's still time, and if you have already helped out, you can come again!

Most importantly, we would like our surroundings to look great for our homecoming service Sept. 13. To sign up, just go to the FUUSA home page (www.albanyuu.org) and click on "**Gardening at FUUSA: sign up here** to volunteer." Thanks again, Paula Moskowitz, Chair, Dirty Fingernail Group (questions- contact Paula at pgmosk@earthlink.net or 439-6347)

Draw the Circle Wide

Save the date: **Fall Leadership Day** will be Saturday, Oct. 3, 2015, from 10am – 4pm at First UU Society of Syracuse, NY.

In the spirit of 1965's Selma march and hundreds of UUs who answered the Rev. Dr. Martin Luther King's call to walk along with him, our Fall Leadership Day will focus on how to help our congregations faithfully engage with today's civil rights conversations and the #BlackLivesMatter movement.

Can you help Leah set up classrooms?

In the coming weeks Leah Purcell will be cleaning out closets and loading them with new materials; and redecorating bulletin boards. Would you like to help out? Bring your kids – Leah will have age appropriate tasks for them. Let her know if you're interested and what times at dre@albanyuu.org or 463-7135.

Board notes

The three R's of summer

Peggy Sherman, President

Summer is a time to step away from the usual routines – in our own lives and in the life of our congregation. There's a more leisurely pace as we take time for vacation, travel and just being outside.

John and I hosted our auction event on Saturday, a hike on the Albany County Rail Trail and supper in our backyard. What a pleasure to share a meal outdoors with friends!

Summer Sunday mornings at Albany UU are more intimate than the rest of the year, but just as meaningful. Last weekend, children put together care packages for the homeless, and the Wellspring presenters told their stories in words, music, photographs and even dance! Stepping away from our regular routine gives us an opportunity to try new things, to relax and renew.

Your Board of Trustees takes a break from its monthly meeting schedule in July, after meeting in June to welcome incoming board members (treasurer Kathy Harris and board members Al Berzinis and Jon Newell) and thank those who completed their service (treasurer Sue Berzinis and board members Erik Eddy and Bob Franklin). Continuing board members are Michele Desrosiers, Ben English, Michael Hornsby, Patti Jo Newell, Tracie Tilgner (RE Chair), Jean Poppei (SRC Chair), vice president Dick Dana, secretary RoseAnne Fogarty, myself as president and Rev. Sam. If you have a question or a topic on your mind, please contact any of us. Visitors are welcome at our meetings, which

resume in August on the third Thursday of the month at 7 PM.

Like board members' terms of office, the church financial year begins in July. To date, the response to our 2015-16 stewardship campaign has been generous but has fallen short of its original goal. This does not pose an immediate threat to our budget, because an office position remains unfilled. We are advertising to hire someone to fill that position at half time; this should cover essential services and continue to provide budget savings. In August and September, the Board will be working with Sam and the Finance, Personnel and Stewardship Committees to monitor and adjust this plan, to make sure that our budget and staffing continues to support our congregation's goals.

And the Board will take some time for reflection this summer. Reverend Margret O'Neill of Schenectady is helping us plan a board retreat on August 28 and 29. With the help of other volunteer leaders, we'll examine how our congregation can truly live out the mission that we adopted in 2014. I'm looking forward to a thoughtful and energizing gathering that will enable us to step back into fall activities with purpose and direction.

I hope you take advantage of the beautiful days of summer to step away for a time, to reflect, relax and renew. Our Unitarian Universalist community is here for you when you step back.



Growing Together

Living the Seven Principles Through the Practice of Compassionate Communication

A workshop at FUUSA

Monday, August 24, 6:00 - 9:00 pm

How do you feel about the seven principles? Do you find meaning in them or are they merely empty words? This is a workshop for people deeply inspired by the vision of a world that manifests the seven principles, people who seek to integrate prac-

tical, thoughtful, and heartfelt ways of living those very values in their relationships.

We intend to offer an interesting, engaging opportunity for mutual learning where the lessons are drawn through activity and lived experience rather than presented as information. The facilitators' styles dynamically balance auditory, visual and active content to accommodate diverse learning styles, integrated with activities mainly aimed at connection and fun. While Compassionate Communication is a practice that benefits everyone of every age, we im-

agine this workshop would appeal most to people aged 17 and older. Child care is available to those who sign up by August 17.

The practice of Compassionate Communication finds a powerful application in training individuals to become more effective at holding the third side in conflicts that emerge between others or groups. In this sense, this training is invaluable for UU congregations actively engaged in exploring the diversity of their congregations and seeking to strengthen the strands of connection woven from their very differences.

We are fortunate that Gregory Rouillard and Jared Finkelstein will be in the Capital Region on August 24 and have offered their time and talents to conduct this workshop for us. They are fellow UUs and trainers in nonviolent communication who also operate the Family Heart Camp. To learn more about the services they provide, please visit their website at <http://livingsevenprinciples.com>

Workshop details:

August 24; 6:00 - 9:00pm in Channing Hall

Please register by emailing registration@AlbanyUU.org.

A good will donation will be collected at the end of the workshop.

Childcare is available if you let us know by Aug. 17.

Contact Jan McCracken at jmccrack@nycap.rr.com or 518-275-8709 for more information.

Be a social justice guide to children and youth

In the Summer Social Justice Club children ages 9 – 13 are learning about hunger and homelessness in—and they are taking action!

Seeing homeless people at traffic stops has made the children curious and inspired their compassion. In Summer Session of RE, these children are learning about hunger and homelessness and their causes. And they have come up with a plan to take action.

They are soliciting donations from local stores and from Albany UU congregants to create “care packages” for the homeless people we see more and more often at the intersections in Albany. Suggested donations include: socks, bus passes, gum, ap-

plesauce cups, crackers, nutritional bars, small stuffed animals, personal feminine hygiene products, bottled water, notebooks and pens; hats, toothpaste and brushes, fancy shampoo, soap, perfume, nail polish and nail files.

The children are stocking gallon plastic storage bags with items for immediate use. You can pick up bags to keep in your car to pass out to people. Look for their station in Emerson lobby to donate items and pick up bags.

We need adult volunteers to help out with this group. Let Leah Purcell know if you're interested at dre@albanyuu.org or 463-7135

Are you interested in other ways to help foster our children and youth in becoming justice-seekers?

Leah is planning “one shot” learning and service sessions for multiage groups on Sundays of school vacations this fall.

Both our 7th grade group and our 8th/9th grade Sunday school group will be learning ways view themselves as agents of change in the world as they develop qualities crucial to justice work. Each group will also plan a long-term Faith in Action project. Each group needs more volunteers to join the teaching teams.

You can Leah know if you'd like to either help with a “one shot” event or volunteer on one of these teaching teams for the fall semester at dre@albanyuu.org or 463-7135.

Parent Conversations

As we walk through August towards September, Leah Purcell is inviting parents to join with her to pause to reflect on our hopes and dreams for your children and how we can work together to make them happen.

Leah extended the dates for more conversations. <https://docs.google.com/spreadsheets/d/1GEOpIPfCQHxqsl5gb1yqZlyKB3wOVatmcv7RiAd7W3Q/edit#gid=431547058>

Feel free to add a weekend date or email Leah at dre@albanyuu.org. Maybe a group could meet at Buckingham Pond Park (with a babysitter) All parents are welcome and encouraged to attend, no matter how often you come or when you last attended.

Religious Exploration

Always in Beta-mode; moving to theme-based Religious Education

Leah Purcell, Director of Religious Education



Religious Education has changed a lot since I first started as DRE here. Building on learnings from previous religious educators and evolving types of curriculum and ways of presenting curriculum, we have seen the program move from traditional “content-based” curriculum to the more “story and exploring” Tapestry of Faith curriculum. Each ToF curriculum includes stories from each our 6 sources of Unitarian Universalism and helps foster UUism religious identity and learning in age appropriate ways. And for those reasons, I really like ToF.

But the RE Council and I think that there may be a way for us to do better – theme-based Religious Education and family ministry.

It has been so lovely to have a story at the beginning of the service that relates to the sermon the adults hear that week. But what if the Sunday school activities for all the groups that week were based on that story too? What if older children and youth could hear that same story as well? The older children and youth might also hear another story with the same theme that would give them opportunities to address their age-appropriate struggles. Families could continue the conversation in the car ride home or over the dinner table. Imagine the cross-generational ties that could be made!

What if multi-aged groups could come together on occasional Sunday mornings to work on a social justice project on the same theme? Imagine how many inspired adults in our congregation might want to guide a project occasionally on one Sunday! Children could make friendships with other children not in their own group, but close to their age. Imagine how connected the children and youth would feel to our congregation!

What if families were provided with materials on the theme like stories, blessings before a meal, info on Unitarian Universalist history and heritage, songs and poems, rituals and activities, and parenting support on the theme that they could choose from to use at home? Imagine how connected families might feel, knowing everyone is on the same page, considering the things with the same theme in a UU context.

What if your DRE was provided with a list of monthly themes and she began to gather age appropriate stories and activities not only from Tapestry of Faith, but also from the traditional curriculum we have used and loved in the past, and other resources such as Non-violent Communication and new anti-racist/anti-oppression/multicultural resources? And what if other UU religious educators were also using the same list of themes and also gathering and sharing resources with your DRE? Imagine the richness of our RE program and of the ministry for our children, youth and families and the rest of the congregation!

What if we started using theme-based RE and family ministry in January 2016? Imagine what a new year that would be for us all!

This fall we'll start the transition in small ways. May we always be in ‘Beta-mode’, exploring and implementing the best ideas.

In joyful service,

Leah



Summertime storytelling.

Register your child NOW for Sunday morning Religious Education

Help Leah to get you and your child off to a good start in September. Fill out an RE Registration now (*included at the end of this newsletter.*) You can return it via mail or bring it with you to Albany UU before the end of September. You can also pay the registration fee online and then you'll be all set. (*At AlbanyUU.org, click on Online Giving on right side of home page.*) Don't let the fee be a barrier to registering; contact Leah at dre@albanyuu.org or 463-7135 if you need more time, a reduction, or a waiver.

By registering now you'll:

- ◆ Help Leah know how to stock and decorate the rooms. Wouldn't it be great if your child was welcomed by name on their first day?
- ◆ Have an opportunity to tell Leah best ways adults can be supportive of your child so she can share with your child's RE volunteer teaching team.
- ◆ Make a small monetary contribution to support the RE program.
- ◆ Learn the many ways of volunteering to support Religious Education: on Sunday mornings, and for special events - with children and "behind the scenes"

Have you heard about Wellspring?

Over the past four years, about 30 members and friends of FUUSA have participated in the UU Wellspring spiritual deepening program. The course runs from September- June, during which participants attend small group sessions TWICE A MONTH, commit to a daily spiritual practice, meet MONTHLY with a spiritual director for guidance, and complete the readings and other assignments. Wellspring provides a safe space for participants to explore the sacred within; to understand how we UU's got to be who we are; to read, think and talk about life's big questions; and to reflect upon what we are called to do in the world.

Wellspring will once again be offered this coming year, co-facilitated by Mary Myers, 253-6054 meadowlarkuu@yahoo.com and Ann Lapinski, 852-6674 aclapinski@gmail.com. The Wellspring group will meet on the first and third Tuesday of each month, starting Tuesday, September 15. Call either Mary or

Ann for more information.

Joy Library

New books: find them in new book section

LANDSCAPES OF AGING AND SPIRITUALITY: ESSAYS by Kathleen Montgomery Skinner House Books (2015), [242.65 MON] *Repeated with an endorsement by Chuck Manning: "I read these essays/life stories one at a time before going to sleep. I liked them so much that I decided to buy the book so I could re-read them and dog ear the pages as I continue on my own life journey."* Chuck Manning.

UNFAIR: THE NEW SCIENCE OF CRIMINAL INJUSTICE by Adam Benforado. Crown 2015 [364.3 PIN] *"Our nation is founded on the idea that the law is impartial, that legal cases are won or lost on the basis of evidence, careful reasoning and nuanced argument. But they may, in fact, turn on the camera angle of a defendant's taped confession, the number of photos in a mug shot book, or a simple word choice during a cross-examination. In Unfair, Benforado shines a light on this troubling new field of research, ... Over the last two decades, psychologists and neuroscientists have uncovered many cognitive forces that operate beyond our conscious awareness. Until we address these hidden biases head-on, Benforado argues, the social inequality we see now will only widen, as powerful players and institutions find ways to exploit the weaknesses of our legal system.... Weaving together historical examples, scientific studies, and compelling court cases—Benforado... lays out the scope of the legal system's dysfunction and proposes a wealth of practical reforms that could prevent injustice and help us achieve true fairness and equality before the law."*

THE VILLAGE EFFECT: HOW FACE-TO-FACE CONTACT CAN MAKE US HEALTHIER, HAPPIER, AND SMARTER by Susan Pinker. 2014 [302 PIN] *"What do Sardinian men, Trader Joe's employees, and nuns have in common? Real social networks—though not the kind you'll find on Facebook or Twitter. Susan Pinker's delightful book shows why face-to-face interaction at home, school, and work makes us healthier, smarter, and more successful."*—Charles Duhigg, *New York Times* bestselling author of *The Power of Habit: Why We Do What We Do in Life and Business*. Amazon

LIFE AFTER FAITH: THE CASE FOR SECULAR HUMANISM (The Terry Lectures Series) by Philip Kitcher. 2014 [211.6 KIT] "Although there is no shortage of recent books arguing against religion, few offer a positive alternative—how anyone might live a fulfilling life without the support of religious be-

liefs. This enlightening book fills the gap. Philip Kitcher constructs an original and persuasive secular perspective, one that answers human needs, recognizes the objectivity of values, and provides for the universal desire for meaningfulness. " Inside front cover.

Our Community

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 (439-4226 or barbarac-manning@hotmail.com.)

Leonard Bergquist memorial

A memorial service for Leonard Bergquist will be held at FUUSA on Sunday, Aug. 30 at 1:30 PM, followed by a reception. Contributions of finger foods for the reception are welcome.

Walker Book Club

There is still plenty of time to read the summer book for the Walker Book Club. On Sept. 13, we will discuss a fictional novel popular with many book groups, All the Light We Cannot See by Anthony Doerr. Newcomers are always welcome and the book club is open to all FUUSA members and friends. Contact Linda Hunt at lshunt@nycap.rr.com for further information or questions.

Humanists to meet

Albany UU Humanists meet on the second Tuesday of the month. And we are continuing our meetings through the summer months.

We will meet next on Tuesday, Aug. 11 at 7 PM in Room B-8 at FUUSA. 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 FUUSA community as a whole. And there will likely be some discussion on how we did at the summer

service on Aug. 9.

Those interested in learning more about humanism in Unitarian Universalism are encouraged to go to the UU Humanists website at <http://humanists.org> to keep up with the latest on its blog and other resources. There is also the American Humanist Association's website at <http://americanhumanist.org>.

If you wish to join the FUUSA Humanists conversations, please go to the FUUSA website and go to Groups and join, or call the FUUSA office, or contact Don Odell (odell.don@gmail.com, 482-4574) to be added to the egroup. And, see you on August 9 for our service and on 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>.

Social Justice

Green Sanctuary Committee hosts summer planning potluck

UUA President Peter Morales has stated, "Climate change is the gravest danger facing humanity today." The Green Sanctuary Committee is just one of many UU groups that attempt to work against this danger with camaraderie and fun. We will be having our summer planning potluck on Monday, August 10, 2015 at 5:30 at the Manning residence: 18 Salisbury Road, Delmar. Please join us for good company and good food. Call ahead to RSVP.

Reflections of a retiring Green Sanctuary Committee chair

This summer, I had an opportunity to visit a relative who lived outside of Washington D. C. Her place was nice...but it seemed as if a quarter million people had been picked up bodily and deposited into upscale townhouses in the midst of an old farm

field. The complex had sidewalks, shade and tree-lined streets -- with a shopping area close to it, and many people were walking. It had three elementary schools, five swimming pools, and a number of golf courses. It was estimated that each townhouse was occupied by a family with 2.5 children, two cars and a dog. BUT the old farming community where it was located was not meant to have this influx of people. Roads were completely inadequate, and travel to D.C. by car required between 2 to 4 hours for a 30 mile trip.

How do we FUUSAns, then, advocate for and work to obtain a safe and sustainable environment for our children and grandchildren? Our efforts might seem pitiful and useless in view of the overwhelming impact on the earth that other communities have; but, while our actions may seem futile, we must continue individual actions on a personal and a communal scale. That is what Albany UU 's green sanctuary committee is attempting to do in a manner that is informative and fun.

While I will be turning the position of chair of Green Sanctuary over to someone new, it's been a pleasure to serve in that capacity. I take this opportunity, then, to encourage you to participate more in FUUSA's Green Sanctuary actions. You don't have to attend each monthly meeting, and you don't have to participate in every event. Can you commit to one GSC event, one action, one activity--at least? There are people in GSC who want to provide you with opportunities for participation. The first event that GSC is planning for the new society year is a potluck in September. Please join us at the potluck.

In the meantime, watch the Albany UU website, Windows and the Preview for news of Green Sanctuary activities for next year. More importantly, join in -- and -- **Reuse, Reduce, Recycle and Re-think.** Please also keep in mind that our monthly meeting dates will change from the third Sunday of the month to the first Sunday - - our first meeting being October 4 at 11:45 a.m.. See you there.—Betsy Wright



Serviceberry trees being planted this spring, courtesy of the Green Sanctuary Committee and the City of Albany.

Contact Us

Board of Trustees 2015-2016

email: board@albanyuu.org

Executive Committee

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

Trustees

Al Berzinis
Michele Desrosiers
Ben English
Michael Hornsby
Jon Newell
Patti Jo Newell

Ex-officio Members

Sam Trumbore, Minister
Tracie Tilgner, Chair Religious Education Council
Jean Poppei, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

Reese Satin, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Custodians

Hadiya Wilborn, Cameron Holloway

Regular meeting days

Check current calendar for time and location

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

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

And by appointment

Website

www.AlbanyUU.org

Building use

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

To **rent hall or classroom space** for a personal or non-FUUSA activity, contact Church Administrator Amy Lent (463-7135 or administrator@albanyuu.org).

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

Editor: Amy Lent

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

Publication deadlines

FUUSA Preview email: 9:00 a.m. Wednesdays

Order of Service: 9:00 a.m. Thursdays

Windows: 9:00 a.m. 3rd Friday of the month

First Unitarian Universalist Society of Albany



405 Washington Avenue, Albany, NY 12206
 518-463-7135
A Welcoming Congregation

<i>Office Use Only</i>
Family name
Health Alert
Registration Fees
___ RE fees paid in full
___ POK
<i>Office Use Only</i>

Religious Education Program Registration

Annual Registration Fees

	<i>One child</i>	<i>Two children</i>	<i>Three + children</i>
Pledging Families:	\$35	\$50	\$65
Non-Pledging Families:	\$50	\$70	\$85

Make check payable to FUUSA.

Church year 2015-2016

Date _____

Parent/Guardian #1

Name _____
IF no changes in address or contact info since last year, no need to complete these lines below.

Address _____

Home Phone _____

Cell Phone _____

E-mail _____

Parent/Guardian #2

Name _____
IF no changes in address or contact info since last year, no need to complete these lines below.

Address _____

Home Phone _____

Cell Phone _____

E-mail _____

Children being registered:

_____	_____	_____	_____	_____
Last Name	First Name	Pref. Gender Pronoun	Date of birth	Grade
_____	_____	_____	_____	_____
Last Name	First Name	Pref. Gender Pronoun	Date of birth	Grade
_____	_____	_____	_____	_____
Last Name	First Name	Pref. Gender Pronoun	Date of birth	Grade
_____	_____	_____	_____	_____
Last Name	First Name	Pref. Gender Pronoun	Date of birth	Grade

Continue on next page.

Health Information

Is there anything we should know about your child/children that will help us to relate supportively? Please list allergies and describe special needs.

Child's Name _____ Notes _____

Child's Name _____ Notes _____

Child's Name _____ Notes _____

Child's Name _____ Notes _____

I give my permission for emergency medical treatment to be given to my children.

Parent/Guardian signature

Date

Our U.U. Religious Education Program is a cooperative endeavor. R.E. volunteers learn new skills and make lifelong connections to people of all ages. Which activities will you sign on for this year?

Mark 1 for Parent/Guardian #1 and 2 for Parent/Guardian #2: Select one or more

___ Join a Teaching Team

___ Youth Group advisor

___ Lead social justice sessions on occasion

___ Play piano for Family Chapel

___ Our Whole Lives (K/1) instructor/get training

___ Substitute teach

___ Lead/Assist with intergenerational activities

___ Summer session

___ Serve on Religious Education Council

___ Play instrument/lead songs in classrooms

Thank you! Our R.E. program is consistently excellent because of dedicated volunteers.

I understand that photos may be taken of my child(ren) and used for FUUSA/RE program purposes, including posting on the Web. My child will never be identified.

Please notify me EACH TIME you'd like to use my child's face in FUUSA print publications or on the Web.

Parent/Guardian signature

Date

Living The Seven Principles Workshop on August 24 at FUUSA



We welcome participants who long to enrich their lives by learning skills and practices to enhance a wholehearted embodiment of UU principles and values.

Come for an evening of fun and learning with two well-trained facilitators and fellow UUs.

- Revitalize the seven principles to cultivate beloved community.
- Gain an experience of compassionate communication as a way of living the principles.
- Learn practical strategies for handling conflict and other difficult situations.

August 24, 6:00 - 9:00 pm in
Channing Hall at 405 Washington Ave.
in Albany

Please register by emailing
registration@AlbanyUU.org.

A good will donation will be collected
at the end of the workshop.

Childcare is available if you let us
know by August 17.



Contact Jan McCracken at
jmccrack@nycap.rr.com or
518-275-8709 for more
information.

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.AlbanyUU.org