



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

September 2015

In this issue:

- 1 **Services**
- 2 **Calendar**
- 3 **Sam's Outlook**
- 4 **News**
- 8 **Growing Together**
- 12 **Our Community**
- 14 **Social Justice**
- 17 **Contact Us**
- 18 **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

Sept. 13 "Clouds and Raindrops as an Invitation to Return,"
Rev. Sam Trumbore

This will be our traditional homecoming service that begins our fall season. Please bring the water you've saved from your summer adventures, be they here or far away. Also be thinking of what metaphorical drops you're bringing home from your summer to offer to replenish our pool of community.

Music: Drop in choir

Sept. 20 "What Does Forgiveness Require?" Rev. Sam
Trumbore

The Jewish High Holy Days between Rosh Hashanah and Yom Kippur are days of atonement. Jews are commanded to make amends with those whom they have hurt and offer forgiveness to those who have harmed them. For many of us, forgiveness is a very difficult topic. Just what can be expected or required in order to offer another forgiveness?

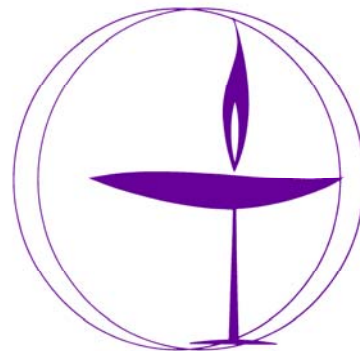
Music: Albany UU choir

Sept. 27 "How I Learned to Stop
Worrying and Love Spirituality,"
Rev. Meredith Garmon

Rev. Meredith Garmon, serving the
White Plains UU congregation, is do-

ing a pulpit exchange with Rev. Trumbore this Sunday. A born-and-raised UU, he finds he hasn't been able to give a concise definition of "spirituality." He will reflect on how spirituality came to matter to him even if (or partly because) it's undefinable.

Music: Matt Edwards (piano)



Sam's Outlook

Service is Our Prayer

Rev. Sam Trumbore

Love is the doctrine of this church,
The quest for truth its sacrament,
And service is its prayer.
To dwell together in peace,
To seek knowledge in freedom,
To serve human need, ...
— from the Williams Covenant

Covenants originated way, way back in the practices of our institutional ancestors hundreds of years ago. They were written and signed by all the members of a congregation to reflect their simple promises to one another and to God. These were not statements of belief but agreements that defined the nature of the church. They modeled it on the covenants between God and the Hebrew people found in the Books of Moses.

The covenant above was crafted by L. Griswold Williams (1893-1942), a Universalist minister. He published it in his book *Antiphonal Readings for Free Worship* (1933). Many Unitarian Universalist congregations today continue to use it or an adapted version on Sunday morning to define themselves and their relationship with each other.

The line “service is its prayer” (in other similar versions of this covenant sometimes stated as “service is its law”) I connect to our new Growth Through Service program. Many religious traditions emphasize prayer or other ritualistic practices to grow in love and to honor God. Many Unitarian Universalists believe service is the best way to grow in love and to honor God or, in non-theistic language, Life's highest purposes. Rather than praying for change, we want to roll up our sleeves and participate in making that needed change happen. And in the process, we experience growth, development, change, satisfaction and fulfillment.

An interested, impartial observer introduced to this idea might ask, “Is this really true? Does service in our congregations result in growth, development, change, satisfaction and fulfillment?” Armed with a digital sound recording app for my phone and a new

video camera, I set out to find out.

During the month of August, I gave Dick Dana several afternoons and evenings I was available to visit Albany UU members' homes. The Growth Through Service video project team had brainstormed a list of people we thought might have wise and inspiring words to share about the experience of doing service. Dick filled every time slot I gave him and I added some more too. I interviewed over 45 people asking them how they had grown, been transformed and found meaning and satisfaction through service. (And if you didn't get interviewed, and feel you've got something wise and inspiring to say on this subject, please let me know as I'm still looking for more people to interview).

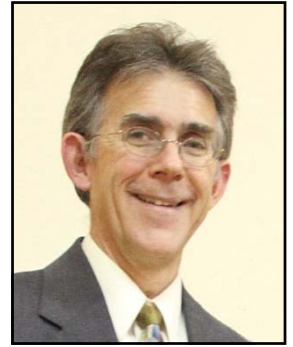
I'm grateful to report just about everyone had positive stories to tell me that I was able to capture in 18 or so hours of video and audio. Right now we're sifting through it to find the gems that we can use both inside and outside our congregation to inspire those who may not have yet experienced the power of service to change lives for the better.

This has been an enormous amount of work...but I've gained so much inspiration and joy hearing our dedicated members again and again talk about the growth, meaning and fulfillment that service in our congregation and to the larger community through our congregation has given them. Again and again I heard how important being of service in our congregation was to help new people feel part of and more deeply and widely connected to our congregation. It is through service that people start to feel a sense of ownership of the place.

We'll be sharing video clips in different ways over the next few months. I hope many of our members and friends will watch them and be inspired to participate in more service and experience more growth, meaning, satisfaction and fulfillment.

We can change the world for the better while at the same time changing ourselves for the better too!

—Rev. Sam



News

Growth Through Service update

The Growth Through Service (GTS) project now has a full leadership complement made up of Sue Berzini, Dick Dana and Jaye Holly. Back in May the entire group working on GTS, made up of six teams, met to firm up a schedule.

Over the summer the Video Production Team, led by Rev. Sam Trumbore, conducted more than 45 interviews, in which congregation members were asked to describe what volunteering at AlbanyUU means to them and how they have grown through the service work they've done.

Also in May, one of the GTS teams, the Inclusion Team under the leadership of Michael Hornsby, requested that they become a team under the direction of the Board of Trustees rather than GTS. The Board liked the idea and the Inclusion Team has now expanded its mandate. More to come on this in a later Windows.

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

Homecoming!

Sunday, September 13

☞ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the regathering of our community.

☞ **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!

Flyers in this issue

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

- ◆ Picnic in Park (Sept. 20)
- ◆ Raising Race Conscious Kids

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

Meet Tammy Hathaway!

We are delighted to introduce you to Tammy Hathaway, the new Administrative Assistant in the Albany UU office. Tammy and her family now live in Averill Park, but they come to us from North Dakota, where they were members, and Tammy was Office Administrator, of the Bismarck Mandan Unitarian Universalist Fellowship.



Tammy is working for us half time, and you will notice some changes in office functions as we reconfigure from the previous full time position. Albany UUs will find yourselves interacting with her for room reservations, financial questions, publications, and volunteering—to name a few areas of responsibility! Currently she works 9:00-1:00, Monday-Friday, but this may change.

You will get to meet Tammy and her family on Sundays—soon. They are rehabbing an old house and need to focus on that for the time being!

You can reach Tammy at office@albanyuu.org.

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.

Board notes

Looking ahead...

Peggy Sherman, President



Before that spring day in 2014, I had never walked through West Hill. I had never thought of the people living there as my neighbors – our Albany UU congregation's neighbors. On that spring day, I chanted "No more killings, no more violence!" as I marched against violence with other Albany UU members. I joined in this march because of the committed leaders and my fellow participants in the Beloved Conversations program.

That was the transformative experience that came to my mind when Rev. Margret O'Neall asked us to share a story of a time you found yourself deeply moved by an experience in our church. Margret, the interim minister at the Unitarian Universalist Society of Schenectady, graciously agreed to facilitate the annual retreat of our Board of Trustees, lending her skills and experience working with congregations in times of change. To expand the discussion on Saturday morning, the Board invited and was joined by more than 20 of our volunteer leaders.

Prompted by Margret's questions, we shared stories of what has been meaningful and powerful for us. We talked about what we want more of, what we want to encourage and grow at our church— qualities like emotional connection, personal commitment, authenticity, making a difference, working together, fun, courage, renewal.

With this vision for our church in mind, we turned to our congregational mission, adopted at our May 2014 annual meeting. What would our Albany UU congregation look like if we were truly living that mis-

sion? What would be happening? What would we be experiencing?

We tried to distill the many ideas into a small number of outcomes, or goals. Here are a few!

We welcome everyone

- ◆ The whole congregation shares the responsibility for welcoming.
- ◆ We provide varied, well-publicized events and services to intentionally appeal to newcomers.

Seek truth and deeper meaning

- ◆ There are opportunities for exploration and discovery of UU values through adult education, religious education, social events, sermons and services, small groups and social justice activities.

Pursue justice through inspired action

- ◆ We learn about and process difficult, complex events and issues together as a community.
- ◆ We take risks, work in partnerships.

Cultivate compassion and love for all connected by the web of life

- ◆ People feel comfortable and know how to ask for help.
- ◆ Members know what help is needed and feel comfortable offering help.

As President, I would like to wave my magic wand and "make it so!" But in the real world, it takes dedicated volunteers and professional staff, working together, to define goals for our church and to implement them. With the foundation of our retreat discussions, your Board of Trustees will continue to work in 2015-16 to define the outcomes for Albany UU and the path to reach them. We encourage you to share your thoughts and ideas by contacting me or any other Board member.

The path to membership

Are you wondering about Unitarian Universalism and its role in your life? Or are you thinking about becoming a member of Albany UU and want to understand the process better?

We recommend that all newcomers to Unitarian Universalism, as well as those who are already UU but

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.

are new to Albany UU, attend a newcomer orientation. This Saturday morning session will give you an opportunity to learn about Unitarian Universalism and Albany UU, as well as to meet Rev. Trumbore and the Membership Committee.

We invite you to join us **Saturday, Oct. 3** for **“Getting to Know UU”**. This orientation is from 8:45 a.m. to noon. We’ll start with coffee and snacks and getting to know each other. 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 Albany UU 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!

Childcare is available: please let us know you need it when you register.

To sign up: Send an email to registration@albanyuu.org, call the office at 463-7135, or sign up in Channing Hall. Please indicate if you need childcare.

RE Social Justice Club on hunger and homelessness

The 3rd through 7th graders have created an RE Social Justice Club on Hunger and Homelessness and they are continuing to take action!

This summer they learned about the causes of hunger and homelessness and how to plan a compassionate response. They started creating packing “care packages” — gallon Ziploc bags with supplies



for homeless people.

The idea is that these care packages can then be kept in cars to hand out to the homeless people we see more and more often at intersections in Albany. We have already heard back from Albany UU’s that the packages handed out at intersections in Albany and other places on vacations have been warmly received, whether it’s children handing them out or adults.

The children also solicited donations from local businesses; so far Honest Weight Food Coop and Price Chopper have responded with donation cards.

For the coming year, as part of their Sunday school class, the 7th graders will continue collecting donations, packing bags and offering to Albany UU’s to distribute.



Here’s a list of items they are requesting: socks, bus passes, gum, applesauce cups, crackers, nutritional bars, small stuffed animals (new or excellent condition), personal feminine hygiene products, bottled water, notebooks and pens, hats, toothpaste and brushes, fancy shampoo, soap, perfume, nail polish and nail files.

Donations are being collected in the workroom outside Leah’s office door on Sunday mornings. Contact Leah at dre@albanyuu.org or 463-7135 for a weekday drop-off.

Calling all crafters and handy (or otherwise) Albany UUs

The traditional Albany UU holiday bazaar is splitting into two events!! On November 22, we will be selling apple and pumpkin pies and jars of delicious homemade soups after the service. On December 6, we will be selling holiday crafts made by Albany UUs and more jars of soup. There will be opportunities on weekdays, both daytime & evenings, and Sundays after service, for folks to gather and make crafts together - dates to be announced. A sign-up sheet will be in Channing. Also, anyone inspired to use your talents to make crafts at home (knitting, crochet, sewing, papercraft, jewelry, etc.) please contact Sigrin Newell at 518-439-6705 or Sigrin.Newell@gmail.com. Stay tuned for more details!

NYSCU Annual Meeting October 23-24, Oneonta

The New York State Convention of Universalists 2015 Annual Meeting will be held at the Unitarian Universalist Society of Oneonta. The Rev. Mark

Morrison-Reed will be the Keynote Speaker addressing “When Dr. King came to Call.” (Dr. Martin Luther King, Jr. delivered the keynote address at the 1956 NYSCU Annual Meeting.) Let’s make sure that Albany UU is represented at this meeting. Please stay tuned for more details as they become available. And please let Albany UU President Peggy Sherman or Denominational Affairs liaison Don Odell (482-4574, drodell31@yahoo.com) know if we can count on you.

Fall Gardening

Our gardens have enjoyed a wonderful summer full of sun and rain, except for a couple of dry weeks, resulting in many beautiful blooms!!! Volunteers are still needed to keep them looking tidy as we approach fall. Also, usually in mid-October, we schedule the fall task of cleaning and putting our gardens to bed for winter. **NOTE:** We are expecting our first grandchild mid-October so I would appreciate a [back-up fall clean up coordinator](#) in the event I am not available on the date selected. Please let me know if you are available – all of the instructions are written out.



One other job needing attention this year is cleaning and re-staining the benches in the Memorial Garden. Non gardeners are welcome to help with this task!

If you'd like to be contacted regarding the fall clean up date and you are not already on the gardening email list, let Paula Moskowitz know. Many, many thanks to all of those that kept our FUUSA property in such good shape over the summer!--Paula Moskowitz, Chair, Dirty Fingernail Group (questions-contact Paula at pgmosk@earthlink.net or 439-6347)

Schenectady UUs celebrating new fountains with Open House Sept. 13

After enjoying our own Ingathering Service & Water Communion on Sunday morning, Sept. 13, all are welcome to drive to Schenectady where our sister UU church is holding a free barbecue and open house from 12 noon to 2:30 pm, to celebrate recon-

struction of their entrance plaza, reflecting pool and fountains.

There will be live music plus a drumming circle, games for the kids in the back yard, tours of the church, history displays, and hot dogs, hamburgers and veggie burgers.

The Unitarian Universalist Society of Schenectady is located at 1221 Wendell Ave., Schenectady near Union College. The church was designed by world renowned architect Edward Durrell Stone and is well worth seeing.

For more than a decade Schenectady members have been discussing and planning the best long-term solution for the broken reflecting pool and nine fountains in front of their building. Their new plaza and fountains cost approximately \$400,000, so this is a major accomplishment and shows their continued dedication to keeping a strong voice for liberal religion in Schenectady.

Visit our Romanian Partner Church

The Partner Church Committee is planning a visit to our partner church in Szökefalva, Romania, sometime during the summer, 2016. This will be a working visit. We will be working with their congregation on as yet unspecified projects and living with families from the congregation. We will probably spend three or four days there, working in the morning and doing some sight-seeing in the afternoon. In addition, we will spend several days in Romania visiting sites that are important to the history and development of Unitarianism in that country. It is estimated that the cost per person for the trip, including airfare, will be on the order of \$2,500.

Albany UU is has been the partner of the Unitarian congregation in Szökefalva for over twenty years. They are a small congregation in a small rural village. Our relationship with them has varied over the years, sometimes very active and sometimes not so much. It tends to be strengthened by visits between our two congregations such as when Peggy Slocum spent several months there in 1995 teaching English, or when our choir spent a day there on our concert tour in 2010. In addition, some of their members have visited Albany in the past. Over the years we have also helped them finance specific projects such as putting a new roof on the church, supporting

the minister's salary, etc.

All who are interested in more information about the trip and our plans are invited to a meeting of the

committee on Sunday, September 13, at 12:00 noon in Room B-7. Among other things we hope to establish a schedule for the trip.

Growing Together

Grounding Our Justice Work in UU Principles Saturday, Sept. 26, 2015

9:00am to 3:00pm, Channing Hall

Rev. Meredith Garmon, Minister, Community Unitarian Church at White Plains will lead this workshop. (Rev. Garmon will also be the guest in our pulpit that Sunday.)

Many Unitarian Universalists believe we should be engaged on public policy issues. It's important to understand the legitimate, and, indeed, essential, policy advocacy role for religious organizations. The problem for many of us, however, is we have neglected to appropriately ground our advocacy in the principles of our faith. We'll look at Paul Rasor's argument (in the UUA Common Read for 2014-15, "Reclaiming Prophetic Witness: Liberal Religion in the Public Square") that grounding our advocacy in our faith actually makes our message more powerful and compelling. Then we'll turn to look at Naomi Klein's recent bestseller, "This Changes Everything: Capitalism vs the Climate" to discuss what uniquely UU voice can be added to that important issue. *Bring your own lunch!*

Have you considered Wellspring?

UU Wellspring is a spiritual deepening program which about 30 members and friends of Albany UU have participated in over the past four years. The course runs from September - June, during which participants attend small group sessions twice a month, choose and commit to a daily spiritual practice, meet monthly with a spiritual director for guidance, and complete assigned readings related to the topic of the week. 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 be offered this coming year, co-facilitated by Mary Myers, 253-6054 meadow-larkuu@yahoo.com and Ann Lapinski, 852-6674

aclapinski@gmail.com. The Wellspring group will meet on the first and third Tuesday of each month, from 6:30-8:30, starting Tuesday, September 15. Please contact Anny or Mary soon, the class is almost full!

Help Leah to get you and your child off to a good start

By registering your child in our Sunday school program, 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"

Fill out an RE Registration now. You can return it via mail or bring it with you to Albany UU before the end of September. Go to our homepage www.abanyuu.org, in the right column you can click on the registration form, and you can also click on the Online Giving button and pay the registration fee online and then you'll be all set. 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.

Our Whole Lives training for K/1 and 4-6 grades this fall at Albany UU

Would you like to receive training to facilitate the 8 week sessions of Our Whole Lives for children in Kindergarten/1st grade or 4th-6th grade in coming years? You'll learn lots of great info and skills working with children and families. The trainers, Rev. Lara Campbell and Rev. Manish Mishra-Marzetti are marvelous, insightful and compassionate. Trainings are far and few and we're lucky to have one at our

Religious Exploration

Come in to the Circle

Leah Purcell, Director of Religious Education



Invitation

If you are a dreamer, come in.

If you are a dreamer, a wisher, a liar,

A hope-er, a pray-er, a magic bean buyer.

If you're a pretender, come sit by my fire,

For we have some flax golden tales to spin.

Come in!

Come in!

—by Shel Silverstein

Welcome to a new year of religious exploration! This fall some children will explore what it means to be a UU every day, others will discern qualities of UU's using a metaphorical Toolbox of Faith; older children will learn about qualities of a Social Justicemaker. Whatever the curriculum, our volunteers offer the children and youth ways to ask and deepen their religious questions, help them appreciate the mysteries of life and the universe, and find ways to practice compassion to those around them and in the larger world.

Each week the exploring starts with a story and we strive to create a warm and inviting environment, much like a campfire in which to sit together and spin stories. This year I'll be using a program called Soul Matters, along with many other UU Religious Educators around the country, to focus our story telling, our learning and exploring on a particular theme each month: the theme for the month of September is Invitation. Look for poems, table graces, music, stories and other resources for families to use at home on the theme of the month at my blog <http://albanyuu.org/wp/dre-blog/>.

Shel Silverstein's poem invites all kinds of explorers to come into the storytelling circle. Do you see yourself as one of those types of explorers? Or maybe more than one? Perhaps different ones at different times?

Perhaps you felt challenged by the descriptions of the explorers in the poem. It can be a challenge to welcome people who look different or learn differently or have different needs and expectations. Can you think of a time when you were "the stranger" and someone invited you in? I'd like to help each of us build a bright fire and widen the circle as a way to re-paying that gift.

I'm also including in my blog specific ways and resources to help parents talk about race with their children. In addition I'd like to offer a series of workshops specifically for parents on raising race-conscious children. The goals of these workshops will be to develop confidence for parents to talk about race with children, practice various strategies to proactively talk about race with children and help children develop skills to live in our multicultural world embracing our UU values.

This summer I attended a webinar about using stories as a way to talk about race with young children. On Saturday, Sept. 18, I'll offer a workshop on Raising Race Conscious Kids. Stay tuned for details and sign ups.

And so as this new year begins, let us start with open hearts, open minds and cupped hands. We'll have many questions to ponder this year, dreams to dream, maybe magic beans to buy? - Certainly hopes, prayers and projects to engage in as we lean into our Unitarian Universalist practice of searching and serving. Welcome children, youth and families to our circle.

In joyful service,

Leah

congregation the weekend of Columbus Day. We need trained facilitators for this spring for K/1 and next year for 4th/5th. Let Leah Purcell know if you're interested. dre@albanyuu.org. More info is at <http://www.cerguua.org/events-90926/cergevents-1879/690-albanyowl.html>

Seeking truth and deeper meaning in small groups at Albany UU

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 currently do that seeking 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. See article elsewhere in this issue for more information on Well-spring.

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 congregations. Well-spring 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.

- ◆ To sign up for either **Small Group Ministry** or **Meaning Matters**, please contact the office (518-463-7135 or office@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).
- ◆ To sign up for **Wellspring**, contact Mary Myers (253-6054 or meadowlarkuu@yahoo.com) or Ann

**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, Jan Satin, Randy Rosette, Sandy Stone, and Lisa Barron.



Lapinski (852-6674 or aclapinski@gmail.com.)

A BIG thank you!

The countdown to a fully volunteer-staffed RE program for your children and youth IS COMPLETE! THANK YOU TO THE 48 FOLKS WHO VOLUNTEERED TO BE ON A TEAM!

RE Volunteers (Toddlers through 6th grade) Save the Date – Saturday, Sept .12, from 3:00 to 5:00 pm – Volunteer Development Session on nurturing children and strategies for handling groups of children in RE. Presented by Winston Hagborg and Leah Purcell; Winston is a school guidance counselor and longtime RE volunteer. **If you cannot attend this session, let Leah know and she'll plan to meet with you to go over the basics of the session.**

UPDATE for RE Volunteers of the 7th-grade through Senior High Let's plan a separate day for your development session. We'll focus on youth empowerment and youth support and let's also talk about how the groups might come together occasionally over the course of the year. If you haven't already, please respond to this doodle poll to help me select a date. <http://doodle.com/zggchmgw2fvrxqid>

Joy Library

New books: find them in the new book section.

Just Mercy: A Story Of Justice And Redemption

by Bryan Stevenson. Spiegel & Grau. 2014. [323.4 STE] *"...you don't have to read too long to start cheering for this man. Against tremendous odds, Stevenson has worked to free scores of people from wrongful or excessive punishment, arguing five times before the Supreme Court. ... the book extols not his nobility but that of the cause, and reads like a call to action for all that remains to be done. ... The message of this book, hammered home by dramatic examples of one man's refusal to sit quietly and countenance horror, is that evil can be overcome, a difference can be made. "JUST MERCY" will make you upset and it will make you hopeful..." Ted Conover. NEW YORK TIMES 10/19/2014.*

To call this book "powerful and moving" is an understatement. As suspenseful and intense as

fiction; it is a non-fiction account. I couldn't put it down. Stevenson, who founded the Equal Justice Initiative in Montgomery, Alabama, has been called a real life Atticus Finch. It To see his interview with CHARLIE ROSE, July 13, 2015, go to <http://www.hulu.com/watch/834956>. If there is the demand I expect, we'll order additional copies. Let me know. You can leave us a note in the Joy Library mailbox. Sally Knapp

Black Prophetic Fire by Cornel West* in Dialogue with and Edited by: Christa Buschendorf. Beacon, 2014. [920.009 WES] *An unflinching look at nineteenth- and twentieth-century African American leaders and their visionary legacies. In an accessible, conversational format, Cornel West, with distinguished scholar Christa Buschendorf, provides a fresh perspective on six revolutionary African American leaders: Frederick Douglass, W. E. B. Du Bois, Martin Luther King Jr., Ella Baker, Malcolm X, and Ida B. Wells. In dialogue with Buschendorf, West examines the impact of these men and women on their own eras and across the decades. He not only rediscovers the integrity and commitment within these passionate advocates but also their fault lines. Beacon Press.*

The Radical King by Martin Luther King Jr. Edited and Introduced by: Cornel West* . [323.092 KIN] *A revealing collection that restores Dr. King as being every bit as radical as Malcolm X. "The radical King was a democratic socialist who sided with poor and working people in the class struggle taking place in capitalist societies. . . . The response of the radical King to our catastrophic moment can be put in one word: revolution—a revolution in our priorities, a reevaluation of our values, a reinvigoration of our public life, and a fundamental transformation of our way of thinking and living that promotes a transfer of power from oligarchs and plutocrats to everyday people and ordinary citizens. . . . Could it be that we know so little of the radical King because such courage defies our market-driven world?" — Cornel West, from the "Introduction".*

**Dr. Cornel West delivered the Ware Lecture at the 2015 UUA General Assembly.*

Our Community

New Earth Spirits group to meet Sept. 14

Seven Albany UUs met after the Sunday service on August 2nd to discuss the possibility of reviving an earth spirits group at FUUSA, and enough interest and enthusiasm was generated that we decided to schedule an inaugural meeting on Monday, September 14th, from 7:00pm to 8:30pm.

We do not yet have an official name or curriculum, but those involved have a wealth of expertise and experience in a wide variety of spiritual practices. Some identify as Neo-Pagans while others prefer to characterize themselves simply as travelers. We include people involved in drumming circles, sounding energy work, sweat lodges, guided visualization and other practices and rituals.

We envision monthly meetings, each with a different leader and focused on a different experiential practice. Newcomers are welcome, and you're not required to lead a program or to commit to regular membership, but we suggest that you come with an open mind and a willingness to explore unfamiliar terrain.

For further information, please contact Betsy Miller (bmiller15@nycap.rr.com) or Julie Lomoe (jlomoe@nycap.rr.com).

6 to 9 at 6:09: Circle Dinners

Circle Dinner on Saturday, Sept. 26

Don't miss the first circle dinner of the church year. Circle dinners provide Albany UUs and visitors the opportunity to socialize over a delicious potluck dinner in a private home and become better acquainted with fellow UUs. Everyone is welcome, singles and couples, regardless of dietary restrictions. We can also provide rides, as needed. Please join us for the dinner on Saturday, Sept. 26.

For this church year, we have scheduled dinners in seven months. The dates are listed below. Please save these dates on your calendar. Last church year, Albany UUs hosted 25 dinners. We hope that more people will participate this year.

To sign up for a September dinner, you may email Martha Musser at mussermartha@gmail.com or complete the form on the sign-up board in Chan-

ning. *The deadline for signing up is Sunday, Sept. 15.* Assignments will be announced after that date. If you have questions, please contact Martha at 518-434-2246 or by email.

Save these dates for future dinners: Friday, Oct. 30, Saturday, Nov. 21, Friday, Feb. 19, Saturday, Mar. 12, Saturday, Apr. 9, Saturday, May 21.

All Sides Considered

This discussion group will meet in B-7 every Wednesday from Noon – 1:30, beginning Sept. 16. The group seeks to explore liberal and conservative viewpoints in considering current social and political issues. Past topics included Religious Freedom Reformation Act, black/white police interactions, Iran, etc. Through listening to one another and sharing different perspectives, some opinions were even turned around! We look forward to more lively discussions of great importance this year. Register by email at registration@AlbanyUU.org or sign up in Channing Hall. For more information, also feel free to contact Jim Schlembach at jimschlembach@gmail.com

Save the Date:

Multigenerational Pasta Potluck

Sponsored by the Religious Education Council

Friday, Oct. 2 from 5:30PM – 7:30 pm in Channing Hall

Enjoy a good meal and company.

And for those interested, the after dinner program is a presentation on Sunday school programs, including an introduction to the Our Whole Lives Program

Channing Circle lunch

Monday, Sept. 21, at noon, Channing Hall

Please join the Channing Circle for lunch, Sept. 21 at noon. All retired members and friends are welcome to join us. We meet on the 3rd Monday of every month. Bring your lunch and coffee, tea and dessert will be available.

Since this is our first meeting for the church year, we will have a planning session to decide what programs we want, so come with your ideas and suggestions. One event that is scheduled so far will occur on Monday, Oct. 19: Linda Revear of the Eddie Visiting Nurse Association will speak about Palliative

Home Care.

UU Humanists

Albany UU Humanists meet on the second Tuesday of the month. Our next meeting is scheduled for 7 PM, Tuesday, Sept. 8 in Room B-8 of the church.

We continued to meet through the summer months, and also conducted a Humanist Service on Aug. 9.

Rev. Sam met with us at the August meeting and noted that he was reading Living the Secular Life by Phil Zuckerman, and was working on a service in the Fall, to be followed by one or two follow up meetings jointly with the Albany UU Humanists which would be open to all (as are all Albany UU Humanists meetings).

At our Sept. 8 meeting, Albany UU's Director of Religious Education, Leah Purcell, has agreed to meet with us to discuss the Albany UU Religious Education Program. I hope a number of us can join her in this conversation.

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 (odell.don@gmail.com, 482-4574) to be added to the egroup. And, see you on September 9. -Don Odell

Memorial Society seeks volunteers

The Memorial Society of the Hudson-Mohawk Region, an affiliate of the Funeral Consumers Alliance, needs an infusion of energy from new volunteers. Ours is an important cause, and there's much work to be done in spreading the word about affordable funerals. However, several of our Board members will be stepping down by the end of this year, and it's questionable whether we will be able to continue unless we find new people willing to play an active role.

Our next Board meeting will take place on Monday,

Oct. 5 from 2:00pm to 4:00 pm, and you're welcome to attend in order to learn more about our organization and how you can get involved. In the meantime, please visit our website at www.hudsonmohawkfca.wordpress.com for more information, or contact Robb Smith or Julie Lomoe. And mark your calendars now for our annual meeting on Sunday, Nov. 8.

Calling all crafters and handy (or otherwise) Albany UUs

The traditional Albany UU holiday bazaar is splitting into two events!! On November 22, we will be selling apple and pumpkin pies and jars of delicious homemade soups after the service. On December 6, we will be selling holiday crafts made by Albany UUs and more jars of soup. There will be opportunities on weekdays, both daytime & evenings, and Sundays after service, for folks to gather and make crafts together (kids and adults) - dates to be announced. A sign-up sheet will be in Channing. Also, anyone inspired to use your talents to make crafts at home (knitting, crochet, sewing, papercraft, jewelry, etc.) please contact Sigrin Newell at 518-439-6705 or Sigrin.Newell@gmail.com. Stay tuned for more details!

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.)

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 entertain-

ment 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> .

Joys and Caring Corner

Illnesses

A number of members have had surgeries or were hospitalized this late spring and summer and are now home recuperating. They are : **Anita Patka, John Cooley, George Allen, George Shear, Jack Heinsohn, Jody Zimmerman, and Peter Willie-Schiff.**

Rodger Fink had back surgery this summer and remains hospitalized due to complications. He is expected to have 18-21 days of rehab. Roger and his wife Laura are thankful for all the support they have received from members.

Peter Meixner had complications following heart surgery and was recently moved out of ICU. He is improving but is facing many weeks of rehabilitation. Peter's wife Donna is grateful for all the support our

community has provided for the Meixner family during this difficult time. You may reach Donna by email.

Mary Kay Edwards, wife of our choir director Matt Edwards, had a mild stroke to her right side. While her speech and cognition are intact, she will need rehabilitation for motor improvements.

Marjorie Nieh will undergo surgery to remove a blockage in her carotid artery.

On -The -Move

Bob Blank now lives in the Atria in Guilderland and would enjoy having visitors!

Ruth Salter moved from the Atria in Crossgates to the Atria in Shaker, 345 Northern Blvd.

Malcolm Bell moved in August to Hawthorne Ridge in East Greenbush. His wife **Nancy** is still at the Evergreen nursing home.

Ann and Dave Brandon moved to Beverwyck this summer.

Accomplishments

Julie Lomoe is proud of her daughter Stacey, who continues to be promoted in her New York state agency.

Julie Lomoe has published a book titled, "Hope Dawns Eternally".

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

Green Sanctuary Potluck and Film Night Friday, Sept. 18, 5:45 pm

Please join Green Sanctuary for a fun potluck and an important and thought-provoking film. *Merchants of Doubt* illuminates how pundits hired by special interests cast doubt on scientific findings related to health and environment. The film reveals how the fossil fuel industry has successfully blocked government action on climate change. Don't miss it!

The 96-minute film will begin at 6:45 pm and a brief

discussion of the film and possible next steps will follow. Childcare will be available and a family film, *WALL-E*, will be shown for the children's enjoyment. This G-rated comedy adventure has an environmental theme and is suitable for children aged 5 and over. Leah Purcell provided this link for families who wish to discuss the movie at home:

www.commonsemmedia.org/movie-reviews/wall-e.

Other activities will be available for younger children.

Bring your family and friends and a dish to share. Green Sanctuary will provide drinks. A sign-up sheet will be posted in Channing Hall for planning

purposes, but we welcome last minute guests.

In 2014, our AlbanyUU congregation passed a resolution opposing fracking and supporting energy conservation and the development of renewable energy resources. *Merchants of Doubt* is the inaugural event in Green Sanctuary's work this year to mitigate climate change, the most serious threat facing our planet. Please join us for this important event.

Green Sanctuary news

The Green Sanctuary Committee will meet on Wednesday, Sept. 9 at 5:30 to 7 pm at the Shining Rainbow, 209 Central Ave. over dinner. We have a full agenda with Sandy Steubing facilitating so look forward to seeing old and new members .

Sign up at the SRC table in Channing to be on the Listserve for the GSC and regional green events.

Black Lives Matter Task Force

The task force was established at the April Social Responsibilities Council meeting, and for a month the members met each Friday to confer and plan. Twice members took the streets to protest and support local community members in expression concern about the deaths of Dontay Ivy and Eric Garner at the hands of police. Albany police were helpful in keeping traffic away from the marchers and in allowing the protest march to proceed. We learned that Wisconsin, has a special prosecutor law, Wisc 2014 Law #348, for officer involved deaths.

At the legislative lobby day, Robb Smith met with Assembly representatives and provided them with a copy of the Wisconsin law and the rationale for action in NYS. This was new information to most NYS people, but the law is only 1 year old. In the process of meeting with the legislature, we became educated about the slow tedious process of law making. The legislature adjourned in June without taking action. However in early July, Governor Cuomo issued the executive order directing the Attorney General to investigate and prosecute officer involved deaths. The AG created an office for special prosecutions and appointed staff, and sent a letter to county district attorneys advising them of the role of his office.

Both the Albany and Broome county district attorneys objected to the executive order preempting

their offices. The Broome DA is head of the statewide association of DAs. However in August, Albany DA Soares asked Attorney General Schneiderman to investigate the Dontay Ivy case under the special prosecutor order. It appears the AG is unsure that he can. There is an opinion that the special prosecutor order applies only to incidents which occur after it was issued, not before as in the case of Ivy and Garner. This requires clarification, perhaps by the Governor as to intent.

In implementing the executive order, the attorney general has announced that his office will investigate the July 27 death of Raynette Turner while in police custody in White Plains, NY.

August 31, the news reports that the death of Dontay Ivy has been ruled a homicide by the medical examiners in Albany. Thus the homicides of Eric Garner and Dontay Ivy still await independent investigation.

There remains the much broader and pervasive issue of getting more people to recognize that pernicious racism still exists in America and that too many Americans act like black lives don't matter much. In July, on one day's notice about a dozen AlbanyUUs and UU folks from as far as Glens Falls joined with people at the Mount Carmel Baptist Church in south Albany for a vigil and memorial for the victims of the Charlottesville church shooting as an action of compassion and expression of solidarity. Sadly, acts of violence and racial hatred continue across America as well as around the world.

Forum and Black Lives Matters meeting TBA. --Ed Hancock

Women for a Better World breakfast Saturday, Oct. 3, Channing Hall

Please join us at the next potluck breakfast gathering of Women for a Better World (WBW) on Saturday, October 3rd from 9:00 am to 10:30 am.

Our purpose is to build a social giving community, which empowers impoverished people through supporting existing health, educational or economic programs. We learn about development programs and contribute what is personally affordable to local, national or global causes.

We will be highlighting the work of Grand Street

Community Arts (GSCA). GSCA's development director, Lex Bhagat, and Youth FX Program Director, Bhawin Suchak, will join us to discuss the work and fundraising goals of this Albany grassroots organization, which focuses on youth.

The mission of Grand Street Community Arts is to create unity and connection, especially through the arts, in an inner-city neighborhood with racial and economic diversity.

If you want to learn more about GSCA, please check out its web page: <http://grandarts.org/>

We'd love to have you join us for this event. If you are interested in attending, please contact Elizabeth Berberian at elberberian@nycap.rr.com and bring a breakfast item to share. There will also be a sign up sheet posted in Channing and at the SRC table so you can sign up during coffee hour.

Peace Team notes

World Peace didn't happen over the summer. The oceans continue to rise threatening vulnerable populations, the glaciers are not advancing. The refugees have not returned home and settled down to living their lives. ISIL has not converted to pacifism.

September is going to be a very significant month. By mid month, Congress will vote to override or not an agreement by President Obama to limit Iran's capacity to develop nuclear weapons and to reduce sanctions against that nation. New York's US senators are split on the issue, and many commentators say the deal will allow Iran to go ahead with nuclear development while others say blocking the deal leaves the only option of war against Iran, sooner than later. Prime Minister of Israel ad-

dressed the US Congress denouncing the plan, and most congressional republicans oppose it along with a few democrats. I look out the window, the sun is shining and tree leaves move gently in the wind, yet powerful people discuss nuclear war in the middle-east that might not stay just there.

In Albany, Women against War, Grannies for Peace, Bethlehem Neighbors for Peace, Veterans against War, Quakers, Jewish Voice for Peace and others have been seen carrying signs calling for diplomatic settlement of the middle east issues including support for this accord with Iran.

A remarkable figure, Pope Francis will address Congress and the United Nations on 9/24 and 25. He has been outspoken on social justice and climate change. He will be widely heard and perhaps influential. I look forward to his comments and seeing the reactions.

On Sunday, September 27 at 2:00 PM there will be held the third annual North Star Peace Walk. AlbanyUU members along with about 60 other congregations participated in the past two walks and more are invited. The walk includes congregation members and religious leaders from Jewish, Muslim and Christian denominations walking to different houses of worship and listening to short talks across part of Albany. The action is non political, but is a show of unity and sharing.

By Sunday, September 27, we may have a lot to talk about after coffee hour. Looks like it would be good to organize some snack/lunch things for those staying for the North Star peace walk and conversation. TBA...--Ed Hancock

Going to miss a Sunday?

You can listen to the entire FUUSA Sunday service at home or on your mobile device.

The two most recent services are available as MP3 files on the FUUSA website. Here is how to access:

Go to <http://albanyuu.org/wp/>. Select Member Login on the website menu. Select FUUSA Secure Site. Type user: fuusan. Type password: Emerson405.

Our new sermon archive (select Services/Sermons on the website menu) has pdf files of sermon texts (when available) and audio files of sermons. You can also request the office put a service on CD for you.

Contact Us

Board of Trustees 2015-2016

email: board@albanyuu.org

Executive Committee

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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

Picnic in the Park



- *sponsored by the Religious Education Council*

Who: Everyone is invited

What: Bring your own picnic lunch, including drinks and games to share, if you like

When: Sunday, Sept. 20 -starting around 11:30 until around 2:00

Where: The playground at Washington Park

Why: For fun and fellowship among Albany UU families, youth and adults

No sign ups required. Hope to see you there!





SAT., SEPT. 26

3:00 TO 4:30 PM

RAISING RACE CONSCIOUS KIDS

The first in a series of workshops for parents given by Leah Purcell

In this workshop, we'll use children's literature to focus on ways to talk to young children (ages 2 to 7)

Develop confidence to talk about race with children

Practice Strategies

Help children develop skills to live in our multicultural world

Learn with other UU parents

Room B-7
Childcare Provided

Sign up in Channing Hall
or at
registration@albanyuu.org

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