



Edited for the Web:
Personal information
and contacts re-
moved, as well as
children's last names.
Web viewers needing
more information are
invited to contact the
church office at [ad-
ministrator@fuusalbany.org](mailto:administrator@fuusalbany.org).

Vol. '09-'10, Issue 8
April 2010

Minister

Rev. Sam Trumbore

President

Linda Way

Intern Minister

Chris Antal

Church Administrator, interim

Membership Coordinator

Amy Lent

Director of Religious Education

Leah Purcell

Religious Education

Director Emerita

Ann D'Attilio

Music Director

Matt Edwards

Administrative Assistant/Sexton

David Stone

Rental Agent

Lynne Lekakis

Custodian

Olga Oja

Publication deadlines

Apr. *Update*: Apr. 5

May. *Windows*: Apr. 19

Windows

Newsletter of the First Unitarian Universalist Society of Albany

Please help make our dreams real

Our annual canvass (fundraising drive) is underway. FUUSA members and friends are being asked to pledge how much they will give to fund all the wonderful things we will do next fiscal year.

Through the Dreamcatchers process, over many months, we shared our dreams. We formed them into a strategic plan, which we overwhelmingly approved as a congregation.

To realize our dreams takes time, talent and treasure. Please give generously to give our dreams wings, so they can soar and become reality.

To make a difference in our world, our dreams needed a plan, and now our plan needs resources.

If you are a member or friend of FUUSA and haven't been contacted yet, someone should soon be in touch with you in person, by phone and/or by mail.

If you have questions or input about our annual canvass, please contact a member of the Canvass committee: Peter Brown, Bob Zima or Bruce Smith.

Sam's Outlook

Seeking an expansive integration of consciousness

When I'm in good form, I get up at 4:40 AM to meditate for an hour to an hour and a half, do the Sufi chant, Ishk Allah mahbud i'llah, 101 times, offer a Buddhist 'metta' or loving-kindness meditation in Pali, and conclude with Khatum, a beautiful English translation of a Sufi prayer. Then I do a series of stretches and exercises designed by George Leonard and Michael Murphy called the Integral Transformative Practice (one I've done for the last 15 years). That takes about half an hour, including some extra exercises I've added to deal with a weakness in my shoulder. Then I go for a two-mile walk following a loop in Altamont or through the Bosenkill Park, across the street from our house.

Congregational peacemaking

A war healing ministry

by Chris Antal

I'm thrilled to be part of an exciting new development at FUUSA, and I'd like to use this opportunity to tell you about it. I'm talking about the inauguration of our very own War Healing Ministry in Emerson Hall on the evening of March 28. The Opening Ceremony and War Healing Community Circle will be filmed by PBS for their program Religion and Ethics News-weekly, and you are all invited!

The idea of launching a War Healing Ministry at FUUSA began **Peacemaking , cont. on pg. 7**

Sometimes I wonder about all this effort I invest each day. On one level, I'm grateful to have a flexible schedule that allows me to have the time in the morning to do all these activities. I remember how much each one of these activities build my health and spiritual well-being. These practices combine to support the attention, presence and compassion I bring to my ministry. On another level, giving over two to sometimes three hours a day sometimes feels excessive. When the alarm goes off at 4:40am, sometimes I wonder if the return is worth the investment.

The paradox I live each day is all this effort cannot get me where I want to go by **Sam's Outlook, continued on pg. 3**

From the President

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

It's spring – and that means it's canvass time! There are, I know, a few among us who see the annual canvass as certainly necessary, but somehow a little apart from the fundamental core values that inspire us and hold us together as Unitarian Universalists. Many of us, however, (most of us, I hope) welcome the canvass as a special opportunity – an opportunity to connect with each other and with ourselves, to talk about and reflect upon generosity and the real values that motivate us, and to step up and support the work, the goals, and the vision of “our chosen faith.”

I believe that the success of our canvass is measured not just by dollars pledged but by conversations held, connections deepened, and the raising or expansion of our collective consciousness. Part of this view is what I see as the opportunity for each of us to reflect deeply and honestly with ourselves and to reconnect with our personal commitment to UU values. When we do this I believe that our pledge comes less from a place of “responsibility” and more from a place of gratitude and generosity – an interior place of both head and heart which is far more committed to helping heal a hurting world than searching that seductive market place for more.

I remember when I learned that FUSA (before we added Universalist to our name and became FUUSA) was important not only to me but to our family. Terry and I had decided to get married. John Corrado was our minister, and when he heard that we planned to have only our most immediate family at the wedding, he suggested we have the ceremony in our home rather than in the sanctuary. Our children were all teenagers

at the time, my son the youngest. They were unanimous in their insistence that we get married in the sanctuary. “It will,” said my son, “be so much more **real** in the church.” That, I realize, has been and continues to be the truth of my experience in this community. Here I have become and am able to be “more real.” Here I find ideas, challenges, opportunities, and most of all other people - more real, more authentic, and somehow more whole. Here we are able to search, learn, laugh, cry, share, work and grow together. We are repeatedly called, nurtured and challenged to be our most authentic selves. We value, care for, listen to and inspire one another – we work to be a beloved community.

Earlier this year Sam preached a sermon on “The Psychology of Happiness” and examined in part the relationship of happiness to material goods. Most evidence suggests that once people are able to provide for what they see as their basic needs, having more money generally does not bring them more lasting satisfaction or happiness. Rather positive emotions and happiness stem from relationships, friendships, and a sense of purpose – of being involved in worthwhile pursuits larger than one's self. Sounds a lot like FUUSA to me! So...when your canvasser calls, I hope you will welcome him or her. I hope you will take the opportunity to visit together, to reflect on what FUUSA means to you, and to feel good about the ways in which you can support this very special place with your time, your talents, and, yes, your treasure. For me, this community has been a most valued and enduring gift which has greatly enriched my life - and giving back to FUUSA is a joyful privilege.

Looking ahead - When UUs gather, magic happens: You will be hearing and reading more about the following upcoming events. Attending either of these is a wonderful way to deepen your UU identity, connect with folks from other congregations, and learn more about the vision of our denomination from its leaders. I invite you to ask for more information and consider being a FUUSA delegate.

St. Lawrence District Assembly - “Visions of Hope and Promise”

April 23-24 District Assembly takes place in Syracuse this year; and, as always, combines “training, networking, inspiration and celebration.” Also this year the District Long Range Plan 2010-2015 (developed by the Futures Team, chaired by Dave Munro) will be presented and voted on. You can review this plan and learn more about the scheduled workshops and speakers by visiting the St. Lawrence District website. We are entitled to five voting delegates – others are most welcome to attend on their own.

General Assembly – Minneapolis, MN, June 23-27

If you have never been to a GA, at some point you really must make it a priority and go! Our annual General Assembly is more than the denominational “happening” of the year. In fact you should be forewarned. The experience of GA - the inspiration, joy and stirring sense of connection with the whole of our denomination – is truly exhilarating. You will return refreshed, re-committed, energized...and probably exhausted. And you will want to go again! Our membership entitles us to 8 member delegates. Check the UUA website or talk to Don Odell, Sam, or me to learn more.

Happy Spring,
Happy Easter,

Linda

Joy Library

The use of Joy Library has increased: more people are using the library and more books have been added. Some books are not yet catalogued. Please be patient. This work must wait until Sally Knapp recovers from her recent injuries. We invite you to take time to look at the many new books on display in the library and hope that you will find these selections interesting.

You may borrow a book from the Joy Library. You must sign and date the card in the pocket of the back book jacket. Leave the card in the box provided for this in the Library. One new book, The Holocaust by Bullets, by Father Patrick Desbois, has already been taken from the library without this protocol. We have replaced the book, but FUUSA incurred twice the expense necessary. If you have the book, we ask that you still return it. We hope that our members will use the library, and we ask that each person mindfully takes advance of the resources there and is sure to sign books out before taking them.

Please note: The Book Nook on the first floor is a venture in book exchange. You can take a book that interests you or give a book that you think is interesting so that someone else might read it, but the Book Nook is not related to Joy Library. In Joy, we ask that you always use proper Library protocol: sign books out and return them.—Arnold Patashnick

Upcoming memorials

Celebration of the life of **Fred Schroeder**, Thursday, April 1, 5:30 pm, Emerson Community Hall

Memorial service for **Walter Goodwin**, Saturday, May 15, 2:00 pm, Sanctuary.

Sam's Outlook, cont. from pg. 1

my own willpower. Cultivating growth and development toward greater mental clarity, emotional stability and responsiveness, and sharper insight and understanding is anything but a linear path from start to finish. There are moments of fast acceleration and moments of what feels like stalling in congestion. There are moments of doubt and confusion. And then sometimes there are sudden, unexpected awakenings.

Almost thirty years ago, I committed myself to a lifelong process of growth and development. To devote as much of my vitality to this process, I need a great deal of confidence that it is worth doing. That confidence began growing when I first experienced a love that connected me with something larger than myself back in 1981. Personal experiences over the years since then have continued to strengthen that confidence.

Most people who come through our doors here haven't made this kind of commitment to growth and development. They come to our congregation for all kinds of other reasons, bringing all kinds of different needs. Some parents get a question about God or heaven or hell and are stumped trying to respond in a way that meets the child need to know at the appropriate developmental level. Some arrive at our door looking for a social network that mirrors their values. Some see our activism in the community and want to join with us in that work. Some love music but don't want to sing about a theology in which they do not believe. Some are single and looking for new relationships. A few are in troubled marriages that they hope we can help them hold together. (Add your own reason here you first entered our doors.)

From years of experience, I know

that the reason people come through the door usually isn't the reason they stay. The people who really get the most out of their membership with us are the ones who find a path into some kind of growth and development. Whether that happens through our religious education program, involvement in social activities, doing work with our social responsibilities council, or by participating on Sunday morning in the service or during the meditation service at 9:00am, the inner lamp is fueled and the wick is turned up. Their need for meaning, purpose, growth and development is satisfied.

This lifelong process of growth and development might be called 'spiritual' but the term, I believe, is too narrow and may exclude people who do not find a theistic referent helpful. More and more, I see this process of growth and development, as a process of greater and greater integration within the mind, between the mind and the emotions, between the mind, emotions and the body, between the people in our lives, between us and our culture, our society and our world. Each circle of integration expands us further and further, perhaps without end. Or if there is an end, a fully enlightened state perhaps, the end is a wholeness of integration that merges us into a unity of all that is.

And if that is too far out for you, then set it aside. I'm happy if my morning practice makes me just a little more loving each day, a little more kind and helpful each day, a little more insightful each day, and a little clearer about how to serve life a little more effectively ... day by day by day, until my days on this earth are done. My doubts are eased when I remember this will be enough.

Rev. 

Religious Exploration

Mentoring and Rite of Passage

This year in Sunday school our eighth and ninth graders this year have been exploring how Unitarian Universalist sources and values can help them know what to believe and how to act morally and ethically in the world. Next year, through the Rite of Passage program, they can refine those explorations into a personal credo and to learn what it means to be an adult Unitarian Universalist. None of these are mean feats! However, these are the questions and issues our youth inevitably seek to respond to. We support these youth in their journey from childhood to early and late adolescence, and give them a glimpse of how Unitarian Universalism sustains us as adults.

The Rite of Passage program is such a valued and important program that the meetings are held times separate from Sunday mornings so Rev. Sam and I devote a lot of time and attention to it. A key element of the program is that youth are paired with an adult from the congregation who serves as a mentor.

Youth this age are usually dealing with some tricky issues, most notably, their self worth. In a Rite of Passage program, how the adults and youth interact greatly affects the youths' spiritual and philosophical development. How we interact is the curriculum. And so we seek mentors who have the ability to center the relationship on the youth's needs and who are willing to be generous with affirmations of the youth as they are. From the Coming of Age Handbook for Congregations, "A good mentor is open to change in his mentee's behavior, attitudes and ideas, but doesn't expect to be the architect of the mentee's transformation."

As Mark Butt attested in his Call to Celebration at the March 14 ser-

vice, working with youth can be challenging, but transformational, both to the youth and the adult.

We meet as a whole group (youth, mentors, DRE and minister) once a month in the afternoon on the second Sunday of each month October through April for activities and discussions. The October meeting is an overnight at FUUSA. Each mentor/youth pair also meets once a month at a time that is convenient for them. Each month has a theme: UU history; polity and leadership in our congregation; religious services; beliefs and values. Also, each pair volunteers on a social justice project together. In April the youth present a religious service to share their credos. The culmination of the program is a trip to Boston May 6-8.

Mentors need support. Not only do they need an initial orientation, but I think they also could benefit from access to ongoing support. That could be not only one-on-one help from me or Rev. Sam, but it could also be occasional mentor group meetings to share successes, frustrations and tips.

Mentors are valued and trusted. That is why we are starting an application process for mentoring. Filling out an application form gives potential mentors the opportunity to assess their strengths, beliefs, and interests, even those who have served as mentors in the past. I'm forming a small committee to review the applications of people who have not been mentors previously, to get to know the character of potential mentors better. Mentor application forms are downloadable at the File Cabinet at the FUUSA website. All those who have served previously as mentors and would like to be in the mentor pool again are gratefully accepted.

In order to be considered as a Rite of Passage mentor, you must be at least 25 years old; be well acquainted with Unitarian Universalism and our congregation; and be a member of FUUSA in good standing. Though Rev. Sam and I need some adults to come to the trip to Boston with us, it is not necessary for all the mentors to come. So even if you are not available the first weekend in May, you can still apply to be a RoP mentor.

Rev. Sam and I will hold an informational meeting for potential mentors - both veteran and "newbies" - on Saturday, May 1 at 11:00 AM. If what I have written here or Mark's words have inspired you, I hope you will apply. Applications for those who have not served as mentors in the past are due to me by April 19. As always, please contact me or Rev. Sam if you have questions.

In joy and service,



Bringing It Home

Parents often feel like they are too unfamiliar with the basics of Unitarian Universalism to speak comfortably with their children (especially youth) about the specifics of our religion. The [UU Pocket Guide](#) is a collection of essays on our faith, heritage, worship, religious education, ministry and important dates in UU history that can help you whether you are a parent or newcomer. You can borrow a copy from the RE Office.

So, you're writing it now, right?

I am, of course, referring to your committee's annual report.

If you would like me to send you copy submitted last year by your committee, contact me at administrator@albanyuu.org. Deadline for reports is April 19. Send your reports to same address.-- Amy Lent

CROP Walk

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has." (Anthropologist Margaret Mead) Will you help change the world? Join with your fellow FUUSAns in the CROP Hunger Walk, on Sunday, May 2. Sign up to walk, or pledge to support a walker. See Dawn Dana at coffee hour starting on March 28.

Your opinion matters!

FUUSA's Committee on Professional Ministry would like to hear from you. One of our responsibilities is to ensure that the professional minister – Reverend Sam – receives feedback from the congregation on how well he's doing his job – both positive and negative. During this year, his tenth anniversary year as our minister, Sam has asked us to do this better than we have done it in the past.

It's easy for you to share your thoughts with us. You can contact any one of us at church, by email or phone. You can give us your feedback at that time, or send us a letter, or ask us to arrange for you to meet with our entire committee, with or without Sam in attendance.

We prefer not to receive anonymous comments, because there is no way for us to follow up to get additional information, or to put the

comments in context. But, if you are uncomfortable about expressing your opinion, we will respect requests for confidentiality.

If you're a member of a committee that would like one or more of us to meet with your committee, just ask. We already plan to reach out to three groups that work closely with Sam: the Board of Trustees, the Religious Services Committee and the Religious Education Council.

If you have suggestions for other ways for us to reach out to the congregation, please let us know. Our goal is to assure that varying points of view are heard and considered, that issues are resolved with dignity, fairness and justice for all involved, and that the congregation's interests are served.

We look forward to hearing from you, preferably before May 1, and to seeing how well our new approach works.

Meredith Andrews
Peter Brown (Chair) et
Al DeSalvo
Margie Eddy
Ben English
Nancy Willie-Schiff

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.

Editors: Amy Lent, Irene Saulsbery
Production: Dave Stone
Contributors: D. Odell, S. Trumbore, L. Griffin, L. Way, L. Purcell, A. Patashnick, T. Heath, L. Hunt, I. Saulsbery, A. Lapinski, D. Dana, et al.
Newsletter Crew: Many hands!

Send all submissions to:
Windows@albanyuu.org or to the church office.

Come celebrate Earth Day at FUUSA on Sunday, April 25

Service—Pam Collins will give the sermon "Teddy Bear's Picnic" at 10:00 am

Forum—Green Sanctuary Committee will show the video "The Story of Stuff" with Annie Leonard at 11:45 with time for discussion.

Neighborhood—Clean up the "Stuff" in the neighborhood from 12:30 to 1:00 pm

Childcare available. Snacks afterwards

Social Responsibilities Council

Barbara Smith, Albany city councilwoman, spoke to the Social Responsibilities Council on March 7. Her topic was what was happening, or about to happen in the Albany school district to help inner city children. Currently at Giffen and Arbor Hill there is a 5th/6th grade Scholars' Institute which is a 2 hour after school program 4 days a week for enrichment through literature. Another program that is due to start soon is the Baby Institute, a program designed for parents and expectation parents to develop parenting skills. These programs are modeled on the highly successful programs of the Harlem Childrens Zone--a program Pres. Obama promised to fund in 20 cities. To learn more about these programs, read Whatever It Takes by Paul Tough, available in the FUUSA library.

As I write this we are looking forward to hosting an "Iraqi Spring Festival Celebration" March 21 from 4pm to 8pm featuring Iraqi food and dancing. On March 27 there will be an all day meeting devoted to prison reform

which Judith Brink has organized and I hope that many of you will join with participants from all over the state.

March 27 is the Restorative Justice program at Sage College. For more information got to psychology@sage.edu or call 518 244 2221.

Carol Butt has informed us of a bicycle trip for social justice. For information contact Carol or go to bike it.org.

Save the date: Monday April 12, 10:30--3:30. Legislative Education and Advocacy Day. It is interesting and informative and you do not have to be an expert to participate.

There are so many ways to get involved. We welcome all of you to participate in Social Justice however you can. The Social Responsibilities Council meets after coffee hour the first Sunday of the month and all are welcome to attend. Standing on the side of love, Lois Griffin

Green Sanctuary

RECYCLE ink cartridges, cell phones, plastic containers at FUUSA. Old sneakers, cork from wine bottles can also be recycled. So bring them to FUUSA as well as CFL bulbs that will be disposed of properly. Another idea is to offer to take the Sunday coffee grounds home for composting.

Check out Sol Flowers Farm information at the SRC table as part of Community Supported Agriculture (CSA.) Andy is looking for 15 persons to sign up for shares that can be picked up weekly at FUUSA.

You can pick up a energy survey at the SRC table to see how you and your family are doing in reducing your energy consumption

Guilderland Plus

Guilderland Plus is an open and welcoming group of "potluckers" who meet once a month at the house of the members. It s name derives from a group that started in Guilderland but expanded to "Plus" in order to welcome everybody, regardless of place of residence.

Next gathering is 6:30 p.m. Fri. April 23 at Linda Hunt and Larry Gambino's, East Greenbush. Please call say you're coming, what dish you'll bring, and get directions.

In May, we will meet at Sybil Stock's residence in Albany.

FORUM

Apr. 11 Can New York State

Be Saved? Our own Jay Gallagher, former Bureau Chief for Gannett Capital News Service, will enlighten us on the most recent problems of NYS government - ethics scandals, the budget deficit, upcoming November elections, and other current issues. With 26 years of history in Albany, Jay has a unique perspective on the current morass. Join us for the inside look at our government.

Apr. 25 Earth Day Forum

20-minute video "The Story of STUFF" followed by discussion of "stuff", followed by neighborhood clean-up of "stuff" !

11:45 a.m. Emerson Community Hall

If child care is wanted, please call the church office at 463-7135 by noon Friday before the Forum.

A Gathering of Humanists

We will meet at FUUSA at 11:45 AM, Sunday, April 18. The topic will be chosen at the March 21 meeting. Please look for it in the April Windows addendum, and in Sunday announcements. Child care will be arranged if we are notified not later than Thursday, April 15.

A gathering of humanists is an effort for secular and religious humanists at FUUSA to discuss issues of interest, and is intended to complement the programs at and mission of FUUSA. If you are interested in joining the gathering of humanists e-list, please contact Don Odell.

Peacemaking , cont. from pg. 1

with a conversation on March 3 between me, Ed Tick and Kate Dahlstedt—both of Soldier's Heart, a not-for-profit based here in the Capital District. (Many of you know Ed and Kate: Ed gave the Memorial Day Service at FUUSA last year and Kate has been a life-long UU and involved at FUUSA from time to time). That led to a conversation with Rev. Sam, who encouraged Kate to visit FUUSA the next day and present the idea to my intern committee (Donna Doran, Linda Way, Sandy Stone, Jan Satin and Fred Boreali.) Rev. Sam and the committee encouraged me to continue to explore the possibility.

In the meantime, PBS had contacted Ed and Kate, looking to do a piece on him and his work in faith communities, requesting a film date in March or April. With Ed away in April he was left with this month. Ed and I met in his Troy office on March 8, and he suggested we utilize the PBS visit as the date to launch a ministry at FUUSA. I immediately called Rev. Sam and presented the idea and he embraced it wholeheartedly. Then I checked with Amy and reserved the space, and then I organized a planning meeting on March 15. That meeting was attended by three from FUUSA (myself, Rev. Sam, Don Odell) and three from Soldier's Heart (Kate, Paula Griffin, Program Manager, and Michael Abbatello, an intern at Soldier's Heart, former U.S. Marine and Afghanistan Combat Veteran). Also in attendance was Chaplain Eric Olsen, a colonel and the State Chaplain in the New York Army National Guard.

During that meeting, we developed a draft mission of the War Healing Ministry. The purpose is to create a safe community for building connections and sharing stories between veterans and civilians, to restore the rightful relationship between warriors and society, and to foster healing from war.

The opportunity to bring national attention to our community here at FUUSA is only one part of my excitement. On a deeper level, I find myself here, in the home stretch of my internship, taking part in the launching of a ministry, and realizing a dream I have been nurturing for over two years.

Let me conclude by making some connections between this new ministry and the denomination's commitment to peacemaking. I have been spending time recently reviewing the most recent draft of the Commission on Social Witness Unitarian Universalist Statement of Conscience on Peacemaking.

Military service is addressed in both the first and third part of the document. The first part, which addresses *where we stand*, not only affirms military service as a valid means "to engage in the creation of peace" but also recognizes such service as "fully compatible with Unitarian Universalism." I quote:

"For those among us who make a formal commitment to military service, we will honor their commitment, welcome them home, and offer pastoral support."

In the third part, *call to action*, military families and veterans are included in the suggestions for congregational peacemaking. I quote:

"Supporting veterans, active duty service members, conscientious objectors, and their families and providing them opportunities to share what they have learned."

Does this sound like the Unitarian Universalism of the Vietnam era? I was deeply saddened to learn that one of the pillars of our congregation, a man who has been a member for more than forty years, was unable to reveal to the congregation for the first twenty years of his membership that he was a Vietnam Combat Veteran. He told me, "I buried it" apparently

fearing how the members of FUUSA would react—that he would not be welcomed home.

My sincere hope is that the Unitarian Universalist congregations of today offer a welcoming home to veterans, active duty service members and their families. I believe the inauguration of a War Healing Ministry at FUUSA is a significant step in living up to our Unitarian Universalist commitment to peacemaking and compassion in human relations. A War Healing Ministry will break new ground for the denomination while honoring those who commit to military service, welcoming them home, offering pastoral support, and providing them opportunities to share what they have learned. In the process we can all find healing from the scars of war. We can be against war and still stand on the side of love.

As the intern minister, I can only plant the seed of this ministry at FUUSA. For this ministry to endure and prosper, the members of this community must take ownership. I invite you to join me on March 28 for the inaugural event. Consider making this ministry *your* ministry.

Parents of Teens Group

Parents of Teens Group will meet April 11 at 12:30 PM at the same time the Junior Youth Group. All parents of teens are welcome. For more information contact Dick Brewer.

Channing Circle

The Bethlehem Senior Chorus, 40 plus singers, came to FUUSA and gave a wonderful concert. Ursula Poland had the idea.

Spring Rummage Sale

The Spring Rummage Sale is Friday, **May 7** and Saturday, **May 8** (Mother's Day Weekend).

We can sell: undamaged household goods including linens. "If it will fit in the back seat of a car we'll take it!"

We can't sell:

- books
- children's toys, sporting equipment or baby gear
- TVs, tape recorders or computers

WHEN TO BRING DONATIONS

Starting AFTER the service on Sunday, May 2.

HELPERS NEEDED

We will start set up after the service Sunday, May 2, so plan to bring in your donations and stay to help clear out Emerson Hall and put up our tables and shelves at noon. And we'll buy your coffee and bagels. Meanwhile sign up for a set up shift or a sale shift on the wall in Channing Hall right away. Each shift includes a leader so don't worry if you have not "done rummage" before. We'll train you and introduce you to some fine folks. It's rewarding work and after the sale all workers vote on how to allocate the profits to community and church activities.

QUESTIONS? Contact Carolyn Stetson

St. Lawrence District Assembly

The annual Assembly of the St. Lawrence District [of the Unitarian Universalist Association] is **Friday, April 23 and Saturday, April 24 in Syracuse**. FUUSA can send five delegates. If you wish to be considered a delegate, please contact FUUSA President Linda Way. **And, we do want FUUSA to be fully represented. This is also a great way to meet UUs outside of FUUSA and participate in interesting workshops, and much more reasonably than other UU gatherings.**

The theme is *Visions of Hope and Promise*. The assembly begins with an optional supper and the Memorial Lecture at the May Memorial UU Society on Friday evening, and continues at the Renaissance Syracuse Hotel in Syracuse on Saturday. Information (and registration) is also available at the St. Lawrence District web site (<http://www.sld.uua.org/>). Brochures are available in brochures board in lobby.

The registration fee is \$65 per adult, and \$32.50 per student or adult age 25 & under until April 10. After April 10, the fees are, respectively, \$75 and \$37.50. If child care is needed, it is free on Friday evening, and \$5 per child for Saturday if requested by April 10, and \$15 between April 11-17. Certified delegates will receive a subsidy up to \$65 from FUUSA for their registration fee. Rooms are available at the rate of \$99 (one king or two double beds) at the Renaissance Syracuse Hotel. **Ask for St. Lawrence District conference rate, which is in effect only until April 1.** A limited amount of Home Hospitality will be available at \$40 per person per room or \$50 for two persons per room per night, with light breakfast provided. Requests must be received by April 17.

For information and questions, please contact Denominational Affairs Liaison Don Odell.

Ps & Qs: We've got mail

It was nice to hear from Carol Edwards, the winner of the first Ps & Qs quilt. She married Tom D'Angelo before leaving FUUSA and subsequently moving to Long Island. She writes that, "I didn't realize that the signature quilt....I won in 1993 was the first. It's very dear to me....I can still see everyone's signatures....[I have]...."many good memories of.... FUUSA. I tell people that I'm 'sleeping with the whole church'." Carol goes on to say, "I hadn't realized the fabrics came from the rummage sales. So appropriate! I'm an aficionado of rummage sales and love to see fabrics evolving into new lives." From her pile of fabrics she has saved, she hopes one day to make a quilt herself "or perhaps some fabric art." She concludes, "You bring beauty into the world."

Thanks for writing, Carol.--
Priscilla Crago, on behalf of Ps & Qs

Refresh, Restore, Retreat for women

Saturday, April 24

Registration form is included with this newsletter, and also available in Channing Hall at the Sign Up Site.

Children's Chapel

The April Children's Chapel will be on April 11 (note change from the usual first Sunday of the month because of the multigenerational Easter service April 4.) The theme will be our sixth (6th) Unitarian Universalist principle. The animal we use to represent this principle for the children is the butterfly because we need to fly free to work for peace and justice. What can a child do to work for peace and justice? We'll be looking for ways to do that very close to home.

Mindfulness Meditation Retreat

April 2-3, 2010

This retreat, led by Rev. Trumbore, begins Friday 6:30 PM to 9:00 PM, and continues Saturday 8:00 AM to 3:00 PM. It gives the participants an opportunity to learn Buddhist insight meditation techniques or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There is a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please register with the office (463-7135) if you'd like to participate. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for over 25 years and is Past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be one of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and opens the heart.



In Concert

A Cappella Through the Ages

From Medieval chant to the 21st Century, Vocális spans music history. There is no more versatile instrument than the human voice. Join us as we illustrate the dynamic changes in choral music through the ages. The evening is sure to be filled with vocal surprises!

Monday, April 19, 2010 - 7:00 p.m.

Admission \$10/\$5

Emerson Community Hall
First

Vocális Chamber Choir, a select ensemble of dedicated professionals based in Western New York, is committed to performing great a cappella music of all eras, and to cultivating an awareness of the art of choral singing. We strive to inspire, educate, and enlighten our audiences through an intimate and moving concert experience

Sponsored by FUUSA Choir and SUNY Albany Chamber Singers

Walker Book Club

The next meeting of the Walker book club is Sunday, April 11. The meeting commences with a potluck supper at 5:30 PM at Lisa Walker's, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

Dates and books currently scheduled:

- April 11: *World Made by Hand* by James Howard Kunstler.
- May 9: *To the Lighthouse* by Virginia Woolf.

June?: short stories - Bring possible selections to April meeting.

Junior Youth Group

Meeting: Sunday, April 11 from 12:30 PM to 2:30 PM - Cooking for the overflow homeless shelter

Overnight: Friday, April 30 – Saturday morning, May 1 - games, activities, movie, introduction to the Rite of Passage Program

May meeting date TBA since the second Sunday of May is Mother's Day

Awake Chaperones are needed the for the Junior Youth Group Sleep Over at FUUSA

Friday night/early Sat morning, **April 30/May 1:** Midnight to 3:30 AM and 3:30 AM to 7:00 AM - two adults per shift Individuals must be over 25 years of age, and active in the congregation for at least a year. Sign up in Channing Hall or contact Leah Purcell: 463-7135 or dre@albanyuu.org.

Rite of Passage

Orientation for Prospective Mentors

Saturday, May 1, 11:00 AM to noon
See The Religious Exploration column for more details about the Rite of Passage program

General Assembly

A meeting of congregations.

The Unitarian Universalist General Assembly meets this year in Minneapolis, Minnesota June 23-27. If you are interested, please go to <http://www.uua.org/events/generalassembly/> for information.

FUUSA can send up to nine delegates to the General Assembly. There are some significant issues on the agenda this year, including the Peacemaking Statement of Conscience, some serious Actions of Immediate Witness, and some serious conversation and potential action addressing the future of the General Assembly, and cultural and racial diversity in the denomination. Financial assistance for registrations of certified delegates is expected to be available from FUUSA.

This is an opportunity to join thousands of Unitarian Universalists from across the United States in celebrating through wonderful worship services, illuminating workshops with terrific speakers, and lively business meetings (plenary sessions).

The 2010 registration rates for early registration through April 30 are \$310 adults full-time, \$125 adult one-day, \$185 youth (Grades 9-12) full-time, \$75 youth one-day. The rates for late registration (May 1-June 27) are, respectively, \$355, \$140, \$210, and \$85.

Questions? Ask your Denominational Affairs liaison, Don Odell.

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

Archives is Looking For 60's 70's Photos

History and Archives needs your help locating photos of FUUSA events in the 1960's and 70's. Specifically, we are looking for black & white or color photos of Lew Rider's Dixieland band. His band played in Channing Hall on a number of occasions and was called either the "Unikorns" and later the "Noteworthy's" or "Lew's NightRiders". If you have any slides or photos please contact Eva Gemmill or Pat Bailey or bring them to the church office. Slides are also welcome. We thank you!

Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Apr. 4			S. & T. Gray		
Apr. 11	A. D'Attilio	A. Patti			
Apr. 18				B&D Campano	
Apr. 25					

Events Happening Every Sunday at FUUSA

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

Exceptions:
Children's Chapel will be on April 11.

Events Happening Every Week in the Month of April

Mondays	10:30 AM	Pre-School Playgroup Wash. Pk. or 23
Tuesdays	10:00 AM	Philosophy Group B-8
	1:00 PM	Bridge B-8
Wednesdays	10:00 AM	Projects & Quilts B-8
	10:30 AM	Playgroup 24/25
	7:00 PM	Choir Rehearsal Emerson

Exceptions:

All Other Events Happening in the Month of April

1-Apr Thursday
5:30 PM Fred Schroeder Memorial Emerson

2-Apr Friday
6:00 PM Meditation Retreat 26

3-Apr Saturday
8:00 AM Meditation Retreat Emerson

4-Apr Sunday
10:00 AM Intergenerational Service Emerson
11:30 AM Canvass Training Emerson
12:00 PM Skit Rehearsal Sanctuary

5-Apr Monday
6:15 PM Religious Education Council Channing
7:00 PM AdEd: Building the World 26

6-Apr Tuesday
6:15 PM RE Council (tentative) B-8
7:00 PM Beauty of Needs Group B-7

8-Apr Thursday
6:00 PM Coalition to Prevent Violence/SRC 26
7:00 PM PCC Meeting B-8

9-Apr Friday
1:30 PM Grannies for Peace B-7
7:00 PM Evening of Music & Dancing Emerson

10 April Saturday
9:30 AM Articulating Your UU Faith B7 and B-8

1-Apr Sunday
11:30 AM Forum Emerson
12:00 PM Skit Rehearsal tba
1:00 PM Junior Youth Group B-8
1:00 PM Parents of Teens Support Group Channing
5:00 PM Cancer Support Group B-8

12-Apr Monday
7:00 PM AdEd: Building the World 26
7:30 PM Monday Men B-8

13-Apr Tuesday
5:00 PM Religious Services Committee Stott/Joy Library

14-Apr Wednesday
7:00 PM Beauty of Needs Group B-7

15-Apr Thursday
7:00 PM Board of Trustees B-8

17-Apr Saturday
6:00 PM Annual Fellowship Event
Dinner and childcare (up to age 5) at the Century House, event for ages 6-14 at FUUSA (by reservation)

18-Apr Sunday
12:00 PM Intern Committee B-8

19-Apr Monday
10:00 AM Ruth Estey Memorial Sanctuary,, Channing, Kitchen
12:00 PM Channing Circle Channing
7:00 PM AdEd: Building the World 26
7:00 PM Vocalis Concert/Choir Committee Emerson

20-Apr Tuesday
7:00 PM Soul Matters-Sherman/Way Stott/Joy Library
7:00 PM Beauty of Needs Group B-7

21-Apr Wednesday
3:00 PM Soul Matters-Johnson B-8

22-Apr Thursday
6:30 PM Finance Committee B-8

23-Apr Friday
Guilderland Plus Potluck Hunt-Gambino's

24-Apr Saturday
10:00 AM Refresh & Restore Retreat for Women
Channing, Kitchen, clsrms.
7:00 PM Dances of Universal Peace Channing

25-Apr Sunday
11:30 AM Forum Emerson

26-Apr Monday
7:30 PM Monday Men B-8

28-Apr Wednesday
7:00 PM Beauty of Needs Group B-7

30-Apr Friday
6:00 PM Jr Youth Group Sleepover Channing, bsmt. Clsrms

First Unitarian Universalist Society of Albany

405 Washington Avenue
Albany, NY 12206
518-463-7135
www.albanyuu.org

Non-Profit
Organization
**U.S. Postage
PAID**
Albany, NY
Permit No. 301

RETURN SERVICE REQUESTED

How can we turn our strategic plan into a reality?

How will our annual canvass
support our strategic plan?

Congregational Conversations on the Strategic Plan and Canvass:

- ◆ **Sunday, Mar. 28**, 11:30 am, in
room B-8
- ◆ **Monday, Mar. 29**, 7:00 pm, in
Channing Hall

Sunday Services

Mindfulness Meditation, 9:00 a.m., Sanctuary

SERVICE is at 10:00 a.m., Emerson Community Hall *except as noted*

Religious education classes are held from 10:00-11:20 a.m.. The nursery opens at 9:45 a.m.

Apr. 4 "Evolution Springs Eternal," The Rev. Sam Trumbore

Christians will be celebrating Easter today – the day Jesus is thought to have risen from the dead after his crucifixion. Everything in Christianity revolves around this moment. So what is the core truth in Unitarian Universalism around which everything revolves? Could it be ... evolution? Come celebrate spring's return with us during this multi-generational service.

Music: Choir sings gospel and Caribbean music, Russ Myer on drums

Apr. 11 "This is Madness!," The Rev. Sam Trumbore

Madness comes in many flavors. Some kinds of madness are manifestations of serious mental illness resulting from defects in how the brain functions. There are other kinds of madness, however, that are the result of human behavior. Michel Foucault sees madness as social construction rather than a concrete reality. That madness can be a valuable social critique that can reveal our self-deceptions and the flaws in our social institutions. Music: Choir

Apr. 18 "Take Back the Night," Philomena Moriarty

We all live in a night of darkness and violence – just by being alive on planet Earth. How can we take it back – change it – empower ourselves in the wake of this? This sermon will explore these themes as well as celebrate the 30 year history of The Crime Victim and Sexual Violence Center of Albany County (our local Rape Crisis Center) and highlight the upcoming "Take Back The Night" annual demonstration on April 22 at Sage College. Music: Randy Rosette and Matt Edwards, flute and piano duets

Apr. 25 "Teddy Bear's Picnic," Pam Collins

Childhood and the outdoors go together like peanut butter and jelly – or at least they used to. In our modern world, children are spending less and less time outdoors, leading some to worry that there will be disastrous consequences resulting from this increasing alienation from nature. Perhaps it's time to be more proactive about getting the kids outside. Grab the bears and let's go.. Music: Sybil Stock, guitar and vocals