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Windows

Newsletter of the First Unitarian Universalist Society of Albany

Vol. '09-'10, Issue 6
 February 2010

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Religious Education

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Matt Edwards

Administrative Assistant/Sexton

David Stone

Rental Agent

Lynne Lekakis

Custodian

Olga Oja

Publication deadlines

Feb. *Update*: Feb. 1

Mar. *Windows*: Feb. 16

Forum: "Can we survive health care 'reform'?"

Sunday, February 7, 2:00-4:30 pm

Emerson Community Hall

In the next few weeks, Congress will vote on an historic bill to purportedly reform the US health care system. However, many health care advocates, including those favoring a single payer-Medicare for All plan, do not believe the current bill will bring the American people what they need. To help the public understand concerns about the legislative efforts in Washington, The Capital District Alliance for Universal Healthcare, Inc. (CDAUH) present "Can we survive health care 'reform'?"

The featured speaker will be Dr. Carol Paris, a Maryland physician who was one of three physicians of a total of 13 Single Payer Healthcare activists who were arrested on

May 5 and May 12, 2009 for civil disobedience, when they each spoke out at the Senate Finance Committee Roundtable Discussion on Healthcare Reform.

Dr. Andy Coates, Albany physician, John Sullivan, Physician's Assistant at Whitney Young Health Center in Albany, and Congressman Paul Tonko will participate in a panel responding to Dr. Paris' presentation.

At the Forum, highlights of the bill before Congress will be discussed. Dr. Paris and panel members will not only critique the bill, but also discuss their personal interactions with the health care reform process. Audience members also will learn strategies **Health Care , continued on pg. 5**

Sam's Outlook

The Happiness of Silence

Several people have approached me to ask what it was like to stop talking then start talking again after I completed my meditation retreat in January. Probably the easiest part of the retreat for me was being silent and the speech came back very quickly. Perhaps because of the retreats I've done in the past, I realize I'm now quite comfortable going in and out of silence. Not only do I refrain from speech during a retreat but also eye contact. I take off my glasses making respecting the personal space of others quite easy.

Slowing down the body and mind is the most difficult part of the first several days. When I sit still on my meditation bench, the tension in my shoulders and back becomes

very apparent. Adjusting my posture doesn't help. I can feel my eyes darting around all by themselves behind closed lids as my mind jumps from one thing to the next. The settling down process seems to go as fast as I can stick with the meditation practice methods, attending carefully to the in breath and the out breath.

The Buddha's instructions in the Sati-patthana Sutta, the foundational document for the meditation practice taught at the Insight Meditation Society where I was practicing, are very detailed about how to do meditation. One must attend to the in breath, knowing that one is breathing in. One must attend next to the out breath, **Sam's Outlook, continued on pg. 3**

From the President

Valentine's Day re-imagined—national Standing on the Side of Love Day

We have received from the Unitarian Universalist Association an invitation to join UU congregations across the nation in celebrating a re-imagined Valentine's Day. While Hallmark, florists and confectioners may profit from an emphasis on romance, flowers and chocolate, the UUA has asked us to celebrate instead the power of love to lift the spirit, transform communities and help heal a hurting world. The UUA has designated Sunday, February 14 as "National Standing on the Side of Love Day."

Personally, I have long had ambivalent feelings about Valentine's Day. Memories of grammar school in the days when children were allowed to pass out valentines to "special friends" and exclude others still rankle. I cringe when I remember being smitten by what I now see as the downright stupid tag line from Erich Segal's 1970 novel *Love Story*, "Love means never having to say you are sorry." And I understand the pain of those who are alone and feel unloved or, even worse, unworthy of love on this "special day."

In recent years FUUSA – and more specifically the Caring Network – has added meaning to my Valentine's Day by allowing me to participate in the delivery of flowers to our members who are in the hospital, home bound, or recovering from illness. I remember the joy of walking into the kitchen and seeing a large box filled with individual vases of roses and ribbons, each with a name and caring message to be delivered to someone in the congregation. Today that memory is bitter-sweet as I reflect on how many of the dear women who received those flowers just last year have died in recent months. How true it is that our possessions lose their luster and are often discarded or forgotten, but the love we

have received and given away lives on.

Back to re-imagining Valentine's Day this year! The UUA is looking for "creative, inspiring, and fun photos" of standing on the side of love – whatever that means to you. The week after Valentine's Day they will post a photo slideshow on YouTube and then take the slide show on the road to Washington, D.C., New York City and Boston. Specifications and the deadline for submitting your pictures are on the UUA website (www.StandingontheSideofLove.org). Check it out – or ask me or Lois Griffin for more information and other ways of participating in this UUA campaign. I know we have camera buffs in the congregation and more significantly we have creativity, compassion and commitment – perhaps this year we will see FUUSAns on YouTube... Standing on the Side of Love.

Board adopts a behavioral covenant

Last month Sam wrote his *Windows* column on practicing "Right Relations" and developing a "Right Relations Covenant" for the congregation. The development of such a congregational covenant was one of the seven action items recommended to the Board of Trustees in the Strategic Plan affirmed and adopted last December. Since the beginning of the church year the Board has been educating itself on the meaning, value, and possibilities of a right relations covenant, and recently adopted the following, which was researched and drafted by Bruce Smith and Randy Rosette:

We, the members of the FUUSA Board of Trustees, affirm and will strive to:

- ◆ Create a safe and supportive environment where responsible participation of all is encouraged, free-

dom of expression is anticipated, and thoughtful listening is practiced.

- ◆ Honor and champion the diversity of individuals and their ideas.
- ◆ Make ethical decisions using the UU Principles as our moral foundation.

The Board invites any and all committees that might be interested in adopting their own behavioral or right relations covenant to adopt or modify ours, look at other models (which we can provide) or write their own.

One of the most simple, straightforward and yet compelling ideas I have heard for congregational right relations was suggested by UU minister and author Meg Barnhouse in an article last November in *UU World*. She suggested that we simply add to each of our seven principles the words: "...beginning in our homes and in our congregations." Imagine affirming and promoting "the inherent worth and dignity of every person, beginning in our homes and in our congregations." Or "justice, equity, and compassion in human relations, beginning in our homes and in our congregations." Try it with your own voice – for me it shines a compelling, humbling, and powerful light on our principles!

Conflict is inevitable; we know that. Indeed in many instances I have seen disagreements be creative rather than destructive. However, when conflict and disagreements escalate it does "churn the soul" and at that point it may be too late to examine how we might best treat each other. Respecting each other and keeping our "beloved community" a safe and affirming place for all is our goal – and a worthy one it is! You will be hearing more...stay tuned.

Luide

Call for nominations

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 16, 2010:

Position	Term
President	1 year
Vice President	1 year
Secretary	1 year
Treasurer	1 year
Asst. Treasurer	1 year
Board of Trustees (2)	3 years
Religious Education Council Chair	1 year
Religious Education Council (4)	3 years
Social Responsibilities Council Chair	1 year
Social Responsibilities Council (2)	3 years
Nominating Committee (2)	3 years
Endowment Trust (2)	3 years

Requirements for Elected Positions:

Any person holding an elected position must be an active member of FUUSA for at least 30 days prior to being elected and must not have a pledge in arrears (2008-2009 pledge year or previous.) Candidates for the Endowment Trust must be members for at least 3 years.

Nomination Procedure:

Society members may contact anyone on the committee letting them know of their interest in the above positions or to suggest someone else you feel would be qualified. Call Chris Jensen, Committee Chair, if you have questions. Committee members are: Donna Doran, Chris Jensen, Dave Munro, Jon Newell, Jan Satin and Sue Walko.

Nominations of candidates for any elected position may be made by presenting the Nominating Committee with a nominating petition signed by 25 active members of the Society. Petition forms can be found in the church office. The deadline for such petitions is April 4 and may be put in the Nominating Committee's mailbox in the office.

SAVE THE DATE:

April 17

**FUUSA's Annual
Fellowship Dinner**

Sam's Outlook, cont. from pg. 1

knowing that one is breathing out. If the breath changes and gets longer or shorter, one knows that the breath is longer or shorter. The instruction I hadn't paid as much attention to became critical to my experience of this retreat. While breathing, one feels the whole body and calms the whole body.

In the past, I've focused more on the energizing experiences that come with focusing on the breath. By returning again and again to watch the physical sensations of breathing, one's mind becomes very concentrated. Many people know the pleasant sensations that come with the experience of intense concentration. Concentration can often lead to rapturous feelings. These feelings have been the payoff for me of the hard work of disciplining the mind to stay with the breath. After all, who doesn't like rapturous feelings?

During this retreat, I recognized the error I was making in my meditation practice. Instead of calming my mind, I was really hoping to excite my mind, looking for a natural high. Such is our social conditioning – chase after stimulation. In the world, people are constantly looking for experiences and possessions that will bring pleasurable stimulation. Even on retreat, I was still looking for pleasurable stimulation. And surprisingly, there is a lot of it. Food tastes better on retreat. Sensual pleasures like taking a shower or standing in sunlight can be almost orgasmic in intensity with more room in a quiet mind for their full enjoyment. The pleasures of the retreat experience can be much more enjoyable than anything from daily life.

But what the Buddha taught was to calm the mind. I noticed as I calmed my mind over the ten days I was at the retreat center, impulses to want and to avoid also diminished. A sense of contentment settled in as well as warm feelings of loving-kindness. I felt satisfied with whatever food was provided, not needing to eat anything after lunch till breakfast the next morning. I glowed with appreciation for the other meditators on retreat with me, feeling our mutual support for each other's practice.

The spare setting of a meditation retreat, following the breath in and out, or walking very slowly examining each step, puts the experience of consciousness under a microscope. What leads to stress, disappointment, dissatisfaction, suffering, misery and unease becomes clearer and clearer, directly observed in one's own experience. Likewise, what leads to satisfaction, contentment, happiness, bliss and ease also becomes more and more apparent in one's own experience. The Buddha emphasized the experience of human consciousness isn't fixed; it is malleable. What shapes it are causes and conditions. Change the input and get a different output. It is possible to move away from the experience of stress, dissatisfaction, suffering, misery and unease through the kind of consciousness we cultivate. The result can be greater satisfaction, contentment, happiness, bliss and ease, discovered through one's own direct experience.

The figure-it-out-for-yourself approach found in this form of Buddhist meditation, resonates deeply for me as a very Unitarian Universalist friendly way to "excite the human spirit and inspire its growth and development."

Rev.  Sam

Religious Exploration

Fowler's Stages of Faith Development

As a student of psychology, in college I learned lots of handy stuff about child development. With an idea of a child's way of thinking, I could understand and predict their behavior. After a course in statistics, I conducted many experiments - first on pigeons, then with children in a lab school. I spent lots of time behind one-way mirrors, making observations of children. The theories of BF Skinner as well as Jean Piaget fascinated me. By my junior year, I could expound on children's cogitative development around object permanence and conservation of volume and on the efficacy of different schedules of reinforcement.

That's not to say that I was a science geek. I also took courses in philosophy and in religion. But when it came time to pick my major, I thought that I could more easily find a job after four years of college with a degree in psychology rather than religion. Funny how things work out

In the course of my studies as a religious educator, I have recently learned a theory about how children, youth and adults develop their religious beliefs. Professor James W. Fowler, a developmental psychologist at Candler School of Theology, proposed a series of stages of faith development. Though they don't provide rigid, categories, stage theories explain what we often observe: that children work through one stage with particular characteristics and skills and then move to another stage with a different set. "Faith" is a broad category, including meaning making, morality and understanding the significance of relationships.

Here's a brief summary of the stages:

- Pre-stage: - pre-birth to about age 4. There is no "other" or external

world. "I'm it."

- Stage One: approximately 4 or 5 to 7 or 8. Children are learning how words and symbols work. Their "cause-and-effect" thinking is still often magical.
- Stage two: approximately 6-8 through 10-12. Children realize that they have their own thoughts and other people have theirs.
- Stage three: approximately 10-12 though adulthood, but not all adults. One begins to understand how one develops one's beliefs and to take another person's perspective while not necessarily agreeing with it.
- Stage four: mid-to-late adolescence through adulthood, but not all adults. One discovers radical differences and ambiguities. The challenge is to deal with them.
- Stage 5: may begin as early as late teens or early twenties, but more commonly later in adulthood. Concepts and experiences of paradox, or multiple layers of meaning and understanding and experience are now enriching rather than frightening.
- Stage 6: Universalizing Faith – Individual judgment is purified of egoistic striving. Loyalty to Being transcends all laws and societal norms.

What is the impact of this theory on our religious education program and for our families?

As adults - parents, caretakers, volunteers and religious educators - we can appreciate a child's way of thinking, and their faith, just the way it is. Just as we enjoy playing peek-a-boo with a baby, knowing that this phase of object permanence will change and develop, we can enjoy and appreciate our children's view of the world, whatever stage of development they are in. We can honor their development of ideas, their thoughts about how and why things happen, their constructs of right and wrong, knowing that it all will change.

That's not to say that religious education is an exercise in laissez fair. We can teach children through stories and let them pull out the meanings and morals. We can create rituals at home for children to have a way to make meaning of events in their lives, both special events and those, which occur regularly. We can show our children values through how we treat other people – through acts of kindness, generosity, courage and discipline. The child will make meaning from our actions and from stories according to their stage of development.

According to Fowler's theory, if we work at it, we adults can continue to develop deeper understandings. While stage 6, the realm of Mahatma Gandhi and Mother Theresa many seem unattainable to us, surely as UU's and in particular as FUUSA'ns our goal to excite the human spirit and to inspire its growth and development urges us to continue our pursuit of making meaning of our lives, and to work for the benefit of others.

Leah



Bringing It Home

You can learn all about Fowler's theory in his book *Stages of Faith; The Psychology of Human Development and the Quest for Meaning* (332 pages), or read Susan M. Smith's explanation in a UU World article from 2006: www.uuworld.org/ideas/articles/6569.shtml

If you'd like to join other FUUSAns to learn more about Fowler's theory, and other aspects of raising children within the context of UU-ism, come to my two part workshop – "Spirituality and Children" on two Saturdays: February 13 and February 23 from 1 PM to 3 PM.

Point of View

Of signage and inclusiveness

by Dan Sekellick

Linda Way always has interesting things to say in her monthly President's column. Her January Windows article listed many ideas and suggestions that she had received from FUUSA members for the new year. One suggestion that particularly caught my attention was to remove the word "church" from over the entrance at Robin Street and change it to read simply "Unitarian Universalist". Both the New England style of our original building and the name it bears are a reflection of that courageous little congregation that built it in 1925, just as our new Emerson Community Hall is a reflection of our contemporary congregation. I think that such a sign change would be appropriate and consistent with other signs around the building. And, if at some future time we may want to call

it a "meeting house" or something else, it's likely that I will continue to refer to our building complex as the church.

In the same January issue Mary Ann Lettau explained why the term "worship services" in the recently approved Strategic Plan troubled her. I also find the phrase troublesome having been born to devout Eastern Orthodox parents and having attended worship services of many different religious denominations, until my bride and I discovered the Unitarians some 50 years ago. It's unlikely that I ever attended a UU service that I would consider to be a service of worship. Perhaps we earthcentric UUs have added a new level of meaning to the word. I leave that to the wordsmiths and theologians to untangle. The intent for inclusiveness would be enough for me to approve the plan.

Will we have seder this year?

The date is set, the room reserved—but who will organize the event? If FUUSA is going to celebrate seder this Passover, we need someone to step forward to plan the event and make it happen. If you want to be that leader, please call Amy Lent at the church office (463-7135.) The date is March 27—so planning will have to start immediately if this is going to happen.

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
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Contributors: D. Odell, S. Trumbore, L. Griffin, L. Way, L. Purcell, S. Knapp, T. Heath, L. Hunt, I. Saulsbery, D. Sekellick, P. Crago, et al.
Newsletter Crew: Many hands!

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

Art exhibit and Forum focus on Afghanistan

The work of photojournalist Connie Frisbee Houde will be on display in Channing Hall during the month of February, and a public reception with the artist is planned for Friday, Feb. 19 from 5:30 to 9:00 pm. Connie will also be giving a multi-media presentation of her work at the Forum on Sunday, Feb. 21 (11:45, Emerson Community Hall). Connie says of her work:

"Afghanistan is a land of contrasts. Great beauty can be found amidst the thirty plus years of war resulting in devastation and tremendous poverty. Wanting to share their beauty of face and soul with all who would listen and

Health Care , cont. from pg. 1

to continue a grass roots single payer movement.

Additional Forum co-sponsors are: Physicians for a National Health Program – Capital District and Albany Medical College chapters; Hunger Action Network of New York State; Single Payer New York; and the Social Responsibilities Council of the First Unitarian Universalist Society of Albany.

The Religious Education Council invites you to
Spuds and Suds Night
A Multigenerational Event
Friday, Feb. 5, Dinner served from 5:30 to 7:00

Cost: \$4 per adult; \$3 per child ages 12 to 2; 2 and under, free (max of \$15 for families)

Dine on a baked russet potato, done to perfection and with your choice of toppings from our topping bar; beer and root beer. salad and fruit too.

After dinner, you're invited to stay and help make "CARE" Valentine's Day Packages to send to recent grads of our Religious Education program. Valentine's Day can be a difficult time for young people who are not involved in romantic relationships. Let's let our recent grads, many of whom are away from home, know that they are loved.

to experience as much as possible, I have returned to Afghanistan four times, most recently in September/October of this year. I have felt compelled to tell the Afghan story through the images I have taken, sharing their humanness to help us understand that war is not the answer. Particularly important are the voices and conditions of the Afghan women and the innocent children."

Social Responsibilities Council

Sometimes it seems that "to respond morally and ethically to a troubled world" is overwhelming. Certainly the tragedy in Haiti needs a continued response. And what of the troubles and concerns we have here at home? How do we make a meaningful and ethical response?

On the national level we ask what to do about health care. Will the bill out of Congress make it better or worse? I hope you join me at the forum at FUUSA Sunday February 7, 2:00 PM - 4:30 PM that will address this dilemma.

On a positive note at the local level, some dynamic new programs are being introduced in the Albany schools. One is a Scholars Institute program at Arbor Hill and Giffen that

will extend the school day by 2 hours for those students signing up. Another program is a "Baby University" which will coach parenting skills. (See the T-U article on the SRC bulletin board.) We are looking forward to learning more about these and other programs to help the youth and families of Albany.

We hope you had a chance to stop by the SRC table January 31 to see the many possible ways that we UU's have of being able to do something. No, we cannot do everything, but each one of us can do something.

Standing on the side of love,
Lois Griffin

Green Sanctuary notes

The Committee submitted a proposal to SRC to work on a goal of making FUUSA carbon neutral. The proposal will then go to the Board for approval. Part of the money from the sales at the SRC table went towards purchasing an energy efficient refrigerator over a year ago. We hope to do the same for this project. There are several projects we can contribute towards.

- ◆Renewable Energy & Methane project in NYS.
- ◆Energy Efficiency & Carbon Credits.
- ◆Reforestation & Avoided Deforestation.

We will keep you informed as the status of this proposal.

February Green Tips

- ◆Remember paper = trees
- ◆Choose non-chlorine bleached paper options
- ◆Look for high post-consumer recycled content

UUSC Notes

The Unitarian Universalist Service Committee (UUSC) is the primary world-wide social justice action and voice of the UUA (Unitarian Universalist Association). It is a membership-based organization that receives no funding from the UUA. So, please, if you have not done so, become a member of UUSC today. Membership information in the UUSC is available by contacting www.uusc.org. And, shortly, there will be membership forms available at FUUSA. The results of the Guest at Your Table and the sale of holiday cards will be provided when available.

Questions? Please contact your UUSC Local Representative, Don Odell. And stop by the Social Responsibilities bulletin board and read over the material available there.

FORUM

Feb. 21, Photojournalist **Connie Frisbee Houde** has traveled to Afghanistan for the past three years. Her multimedia presentation "Listen to the Voices" gives the viewer a glimpse into the heart of Afghanistan...its people. She says, "My goal as a photojournalist is to depict the spirit and sacredness of people and their surroundings. I focus on the nobleness of these people and their lands as they strive to keep their autonomy, culture and community alive." Her photos will also be on exhibit in Channing Hall during February.

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.

SRC table

UUSC is promoting a cooperative in Georgia called SAAC (Southern Alternatives Agriculture Co-operative) that grows and shells pecans. It is the only African-American-owned pecan shelling facility in the US, and it is run by women. This is part of a movement for Domestic Fair Trade. We have more information at the table.

The sunflower seeds are grown locally and we will sell them as long as they are available.

We will continue to sell CFL bulbs as well as donate two dozen to the Focus food pantry.

Labyrinth

Walking meditation

Channing Hall, Saturday, Feb. 20, 10:00 a.m. — 2:00 p.m.



Lenten Dharma Study

led by Rev. Sam Trumbore
Six Tuesdays, **Feb. 23 to Mar. 30**,
7:00-8:30 pm

Lent was designed for Christians to deepen their religious life through various practices during the time between Ash Wednesday and Easter. We Unitarian Universalists can take advantage of these practices and traditions while exploring alternate sources of inspiration. Rev. Trumbore will use the format of Buddhist-Christian dialogue to excite our spirits and inspire our growth and development.

Sally Patton's Involve Training

Radical Hospitality: Creating Beloved Community for All Children

Saturday, **March 6**
9:00 AM to 3:30 PM
Childcare provided

Sponsored by St. Lawrence District Religious Education Committee

Sally has advocated and worked for children labeled as disabled for over 30 years. She conducts spiritual workshops for adults focused on raising and ministering to children, particularly children with special needs. She is the author of [Welcoming Children with Special Needs: A Guidebook for Faith Communities](#).

Included in this 6-hour workshop:

- Creating a UU ministry for children with special needs
- Positive behavior techniques
- Teaching to multiple learning styles.
- Great ideas for keeping all the children engaged in the Sunday's lesson

Open to parents and caretakers and to all those interested in or currently teaching Religious Education

Contact Leah Purcell for more info and to register.

Teacher Orientation and Development

Saturday, **Feb. 6**, 1:00 PM - 3:00 PM, Channing Hall
Childcare provided

For new teachers and for anyone who is interested in the "nuts and bolts" of the Religious Education Program for our children and youth and in and learning new skills.

Together we'll:

- Go over policies, procedures and paperwork.
- Brainstorm best classroom practices.
- Explore how volunteering in RE is a path for spiritual and philosophical development for the children, youth and adults.
- Share ways that the volunteers, families, the Religious Education Council and Leah can best communicate and how we can support each other.

The Religious Education Open House for our program for children and youth is Sunday, February 21. Everyone is invited to the Religious Education classrooms after the service. Come see and hear from the children, youth and volunteers how we do religious education at FUUSA.

- Learn what topics are covered.
- Find out what routines and rituals are practiced in the classrooms.
- And discover a bit about how children, youth and adults can transform, enrich, comfort and challenge each other.

More information will also be available at a special table in Channing Hall during Coffee Hour. What's the special occasion? It's Leah Purcell's birthday! So stop by for a piece of cake and to wish her a happy birthday.

The Spirituality of Children

A Two-Part Workshop for Parents and Caretakers

Two Saturdays, **Feb. 13 and Feb. 27**, from 1:00 to 3:00 pm
Childcare provided

Facilitated by Leah Purcell



- ◆ Designed to be interactive, informative and inspirational.
- ◆ We'll discuss ideas you can take home that day to enrich your family life.
- ◆ Inclusive to a wide range of religious and philosophical viewpoints, from theist to atheist and everything in between!

Sign up in Channing Hall

or contact Leah Purcell at dre@albanyuu.org or the office, 463-7135

From Joy Library

New books about women

Half the Sky: Turning Oppression into Opportunity for Women Worldwide

by Nicholas D Kristof and Sheryl WuDunn. [362.830 KRI]

A passionate call to arms against our era's most pervasive human rights violation: the oppression of women and girls in the developing world. Throughout much of the world, the greatest unexploited economic resource is the female half of the population. *Half the Sky* is essential reading for every global citizen.

When Everything Changed: The Amazing Journey of American Women from 1960 to the Present

by Gail Collins. [305.409 COL]

A smart, thorough, often droll and extremely readable account of women's recent history in America which poses new questions about the past and the present. Collins summarizes American women's social and political history, combining public drama with the memories of regular women who lived through the era.

Sexism in America: Alive, Well, and Ruining Our Future

by Barbara J. Berg.

[305.420 BER]

Sexism hasn't gone away, it has simply adapted to our changing culture. Documenting the 20th-century women's rights movement and its un-

expected devolution in recent years, Berg focuses on working women's issues and offers a wakeup call for young women entering the cultural and career trenches.

A God Who Hates: The Courageous Woman Who Inflamed the Muslim World Speaks Out Against the Evils of Islam

by Wafa Sultan. [297.082 SUL]

This is a fervent memoir by an outspoken Arabic woman who grew up in Syria in a culture ruled by a god who hates women. She believes the god who hates is waging a battle between modernity and barbarism, not a battle between religions. One reader found in her book "a passionate love for Muslims and a desire to open their minds to escape from the oppression that is endemic to Islam..."

Rumors of Our Progress Have Been Greatly Exaggerated: Why Women's Lives Aren't Getting Any Easier--And How We Can Make Real Progress For Ourselves and Our Daughters

by [New York Congresswoman] Carolyn B Maloney. [305.420 MAL]

Shatters the myths about how far we've come and points the way forward with action guides to bring about change.

Look for these books in the New Books section

Ps & Qs quilt winners

In the most recent quilt raffle, Fred Boreali emerged as the winner. Fred, needless to say, thought it was beautiful and is so happy to have it. The quilt was named the Dorothy Fischer Quilt. Unfortunately, Dot did not live to see it finished. She was instrumental in selecting the design and choosing the fabrics selected from all those submitted by the other Ps and Qs members. We did, however, keep her apprised of the progress until the end. When she could no longer come to our Wednesday gatherings, we showed her photos. We had the top assembled, but had not completed the quilting – those fine stitches which hold together the three layers, consisting of the top, the batting in the middle, and the backing. The quilting also follows a pattern.

The previous winner was Kathy Harris. And before that, the winners included Pamela Held; Dorothy Bellick, who returned hers after moving to a smaller condo; Ann Eberle; Jan McCracken, and John Rose. There was a lily quilt with a matching pillow case, which were won by Abby Jones and Alice Hotchkiss, respectively, and turned over to their relatives. Dorothy Bellick's returned quilt ultimately went to Sue Thompson as a gift from Al DeSalvo.

The very first quilt, called the Signature Quilt, was made in 1993. It has an interesting history of its own. It consisted of fabrics gleaned from rummage sales and had signatures on muslin pieces. It was won by Carol Edwards.—P. Crago

Findlay Cockrell concert

Sunday, February 28, 2:00 PM

Emerson Community Hall

a benefit for the Choir Trip.

Save the date

Monday, **April 12**, from 10:30 AM to 3:30 PM, will be the date for the annual Interfaith Impact of NYS Advocacy and Education Day. This year, we will once again be joined by Reform Jewish Voice of NYS. Come and join us. Numbers do matter. Legislators need to hear the progressive voice of liberal religions. This is always an exciting event. The networking alone makes it worthwhile, but with so much at stake, this year may be more important than ever. Plan now to join folks from across the state to make your values count. Questions? Please contact Don Odell or Robb Smith (robb@interfaithimpactnys.org, 441-3231.)

WINE AND CHEESE TASTING

Celebrating the Art of Simplicity



February 27, 2010

Channing Hall, FUUSA, 7-9 pm

\$25

What do Wine, Cheese, and Bread have in common? They are each made from three simple ingredients one might find in any home on any table. For centuries, the art of combining these ingredients refined to bring forth complex flavor. Such artisan craftsmanship is spiritual practice, developed according to land and season, performed ritually year after year to create the simplest, most sustainable of meals—a field worker's lunch or the family surviving a long winter. Taste characteristics reveal the cultural, social history of the place where the tradition developed. Eric Paul, John Sherman, and Peter Meixner have come together to bring you the remarkable tastes of New England and New York cheeses paired with wines from their European place of origin. Come celebrate this heritage and share together the art of simplicity.

*Please support FUUSA's operating budget through this annual fundraising event.
Sign up in Channing Hall on Sunday or contact Ali Skebe*

Cancer Support Group meets

The FUUSA Cancer Support Group (CSG) will meet at 5 PM, Sunday, February 21 at FUUSA. The meeting will be followed by a pot luck supper at 6 PM. For further information contact the coordinators of this meeting, Dee and Frank Wind.

There is a descriptive pamphlet about the CSG at FUUSA. The group has been in existence since 1993 and serves members and friends of FUUSA who have been touched by cancer, either as a patient or as a family member. There is a standing open invitation for people who might be interested.

Ursula Poland was a founding member of the group and a guiding light to it ever since. As a memorial to her, the CSG will be establishing a small collection of books in her name in the Joy Library. This will not be a "medical" resource, but rather a collection of books about dealing with cancer on a personal level. Further information about this collection will be forthcoming in a future issue of Windows.

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

Pot O' Gold Auction

Saturday, March 20, 2010

**Mop a floor,,,,paint a door!
Cook a feast....walk a beast!
Have a party on your boat
Sew rainbows on a coat!
Repair a crack....massage a back!
Shop for cars.....chart the stars!
Wash a window till it shines.....
share your cottage in the pines!**

Donation forms available in Channing Hall: please complete and return before March 1.

East of Hudson Potluck

Come and join us on Sunday, Feb. 7 at 5:00 p.m. at meet your FUUSA neighbors, enjoy great food, company and common interests in our community. Hosted by Sharon & Mike Babala, E. Greenbush. Contact them to let them know you are coming. A great way to end the weekend!

Spinet piano available, needs some work. See Dave Metz if you think you might be interested. (It's here in the building, so you can easily view it!)

Parents of Teens Group

The Parents of Teens Group will meet at FUUSA on Sunday, February 21st from 12:30 to 2:30 PM, the same time the Junior Youth Group meets. Our topic this month will be peer pressure. All parents of teens are welcome. For more information contact Dick Brewer.

Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Feb. 7				C. Bohn	
Feb. 14	D. Dana	A. Patti	R. Blanchard D. Goodyear	L. Gambino	
Feb. 21					
Feb. 28					

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:

Events Happening Every Week in the Month of February

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
	7:00 PM	Choir Rehearsal	Emerson

Exceptions:

All Other Events Happening in the Month of February

1-Feb	Monday			14-Feb	Sunday		
	6:15 PM	Religious Education Council	Channing		11:45 AM	Auction Committee	B-7
	7:00 PM	AdEd: Building the World	26		1:00 PM	Junior Youth Group	B-8
3-Feb	Wednesday				1:00 PM	Parents of Teens Support Group	Channing
	6:30 PM	Earth Spirits Imbolc	Channing		5:00 PM	Cancer Support Group	B-8
4-Feb	Thursday				5:30 PM	Walker Book Club	L Walker's
	6:30 PM	Art Show hanging	Channing	15-Feb	Monday		
5-Feb	Friday				12:00 PM	Channing Circle	Channing
	5:30 PM	RE Intergenerational Spuds 'n Suds	Ch., Kit.	16-Feb	Tuesday		
6-Feb	Saturday				7:00 PM	Soul Matters-Sherman/Way	Stott/Joy Library
	1:00 PM	Re Teacher Development & Workshop	Ch., Kit.,	19-Feb	Friday		
					6:00 PM	Connie Houde Art Reception	Ch., Kit.
7-Feb	Sunday			20-Feb	Saturday		
	12:00 PM	Tolle Discussion Group	B-8		10:00	Labyrinth (to 2:00 pm)	Channing
	2:00 PM	Healthcare Forum/SRC sponsor	Emerson, Kit.		6:00 PM	Circle Dinners	offsite locations
	5:30 PM	East of Hudson	Babala's		7:00 PM	Dances of Universal Peace	Channing
	7:00 PM	Men's Group	B-6	21-Feb	Sunday		
8-Feb	Monday				11:45 AM	Forum	Emerson
	7:00 PM	AdEd: Building the World	26		7:00 PM	Men's Group	B-6
	7:30 PM	Monday Men	B-8	22-Feb	Monday		
9-Feb	Tuesday				7:00 PM	AdEd: Building the World	26
	7:00 PM	Green Sanctuary/350	B-7		7:30 PM	Monday Men	B-8
10-Feb	Wednesday			25-Feb	Thursday		
	5:00 PM	Religious Services Committee	B-8		7:00 PM	Finance Committee	B-8
11-Feb	Thursday			27-Feb	Saturday		
	6:00 PM	Coalition Against Violence/SRC	B-7		12:30 PM	AdEd: Spirituality of Children	B-8
	7:00 PM	PCC	B-8		6:00 PM	Wine and Cheese Tasting	Ch., Kit.
13-Feb	Saturday			28-Feb	Sunday		
	9:30 AM	Community Gardens/Green Sanctuary	Channing		2:00 PM	Findlay Cockrell Choir Benefit	Emerson, Ch.
	12:30 PM	AdEd: Spirituality of Children	B-8				
	6:30 PM	Guilderland Plus Potluck	L Griffin's				

Spirituality Book Club, Feb. 14, noon

Sharing his own insights from years of experience in spiritual psychology, Robert Sardello takes us on an inner journey beyond the chaotic noise of the ego to a place of inner communion and self-healing. Silence: The Mystery of Wholeness opens our eyes to the importance of cultivating the nurturing aspects of silence in our personal relationships and enables us to awaken the inner currents of spirituality that ultimately lead to a path of universal compassion, service, and healing. Call Philomena Moriarty with questions.

Walker Book Club, Feb. 14

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. We meet monthly from September through June.

Dates and books currently scheduled: Feb.14: Des-Cartes' Bones by Russell Shorto. March 14: A Conspiracy of Paper David Liss.

First Unitarian Universalist Society of Albany

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

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RETURN SERVICE REQUESTED

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.

Feb. 7 "Psychology of Happiness," The Rev. Sam Trumbore

Psychologists often focus on the pathologies of the mind. Much of the work of psychology and psychologists deals with mental problems and how to address them effectively. New research has taken a different tack, studying healthy minds and what factors encourage good mental health. Barbara Fredrickson is one such researcher who studies the psychology of happiness.

Feb. 14 "The Path to Love," The Rev. Sam Trumbore

The problem with relationships today is the burden of salvation has been put on them. People want to be fulfilled through their partner. Relationships have become a secular stand-in for what religion does best. In reality, another person cannot love us perfectly. The love we develop with our partner is not an end point but rather a jumping off point to a greater, more expansive kind of love.

Feb. 21 "Lenten Dharma," The Rev. Sam Trumbore

What if the Buddha and Jesus met. Would they recognize each other and honor each other? Would they agree or disagree discussing the major ideas and practices of the traditions created to propagate their insights and ideas? Could the dialogue between Buddhism and Christianity be fruitful for us to better appreciate, learn from and follow these great teachers?

Feb. 28 Senior High service

The youth in our Senior High class present their annual service.
