

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 include Forum (social justice topics), Children's Chapel, Green Sanctuary Discussion (environmental topics,) War Healing Circle; social events, and adult education.

All are welcome!

WINDOWS update

Newsletter of the First Unitarian
Universalist Society of Albany

Mid-February, 2011

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(2nd & 4th Sundays/mo.)*

Green Sanctuary Discussion

(3rd Sunday/mo.)

6:00 PM

War Healing Circle

(2nd & 4th Sunday/mo.)

Services

Feb. 20 "Service is Our Prayer", Rev. Dr. Elizabeth M. Strong

Our traditions of Unitarianism and Universalism have always called us to service. But is service a prayer – something that deepens our commitment, or is it a law – something required of us to live our faith? Are we called give to service to the poor or to the poor in spirit? And what are the limits of our responsibility? Rev. Dr. Elizabeth (Liz) M. Strong is a fourth generation Universalist, and a scholar and teacher as well as a minister. She is the 2010 recipient of the Angus H. MacLean award, for her outstanding contributions to religious education. Music: Matt Edwards (piano)

Feb. 27 The Heart of Christianity, Rev. Sam Trumbore

There are two predominant approaches to Christianity today. There is the pre-Enlightenment, pre-Darwin, fundamentalist approach to Christianity that is more comfortable forgetting the last two thousand years of human discovery, growth and development. And there is the hundred year old approach that integrates and responds to those changes. This new Christianity "with heart," articulated by Jesus Seminar scholar Marcus Borg, is one that many Unitarian Universalists will appreciate and find more compatible with our religious approach. Music: Silvie Briber (voice,) Nancy Benz (flute.)



Calendar

Events happening every Sunday at FUUSA

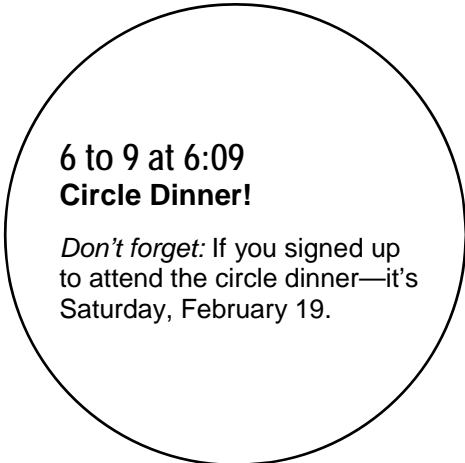
9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Children's Chapel (1st Sunday/mo.)	Sanctuary	
10:00 AM	Religious Education	Classrooms	
11:00 AM	Coffee Hour	Channing, Emerson	
11:45 AM	Forum (2nd & 4th Sundays/mo)	Emerson	
11:45 AM	Green Sanctuary Discussion (3rd Sun./mo)	B-8	
6:00 PM	War Healing Circle (2nd & 4th Sundays/mo.)	Emerson	

Events happening every week in the month of February

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
	7:00 PM	Choir Rehearsal	Emerson	

All other events happening in the month of February

14-Feb	Monday		
	3:00 PM	Shelter Meal Prep	Kitchen
	5:30 PM	Lifespan: "The Crash Course"	B-7
	7:30 PM	Monday Men	B-8
16-Feb	Wednesday		
	7:00 PM	Annual Dinner Committee	B-3/4
17-Feb	Thursday		
	7:00 PM	Board of Trustees	B-8
18-Feb	Friday		
	6:30 PM	Guilderland Plus Potluck	L. Griffin's
	7:00 PM	Parenting Workshop	Channing, Kitchen
19-Feb	Saturday		
	2:00 PM	Beryl Drobeck Memorial	Sanctuary, Channing
	6:09 PM	Circle Dinners	Various homes
20-Feb	Sunday		
	11:45 AM	Rev. Liz Strong Discussion	Emerson
	11:45 AM	Green Sanctuary	B-7
	12:00 PM	Skit Rehearsal	Sanctuary
21-Feb	Monday		
		Holiday - Office Closed	
	12:00 PM	Channing Circle	Channing, Kitchen
	5:30 PM	Lifespan: "The Crash Course"	B-8
	6:30 PM	SGM Collins	B-5
22-Feb	Tuesday		
	2:00 PM	Staff Meeting	Study
	6:45 PM	Pastoral Care Associates	Study
24-Feb	Thursday		
	7:00 PM	SGM Sherman	B-5
26-Feb	Saturday		
	6:00 PM	Wine & Cheese 2011	Channing, Kitchen
27-Feb	Sunday		
	11:45 AM	Forum: Michael Rivest	B-8
	11:45 AM	Peace Team	B-7
	12:00 PM	Skit Rehearsal	Sanctuary
28-Feb	Monday		
	3:00 PM	Shelter Meal Prep	Kitchen
	5:30 PM	Lifespan: "The Crash Course"	B-8
	7:00 PM	Wellspring	B-8
	7:30 PM	Monday Men	B-7



Forum
Feb. 27 "Spirituality of Boxing " with Michael Rivest

Looking Ahead
Mar. 4 "Bring a Food Story " Potluck
Mar. 19 March Madness Auction
Mar. 26 Refresh Restore Retreat for Women

News

We connected!

“Get Connected!” Sunday was a great success. Thanks to all of the people who sat at tables and shared their passions and interests for each group or committee that they represented. Everyone did a great job of making their table inviting and interesting. In particular, I want to thank Dave Metz and Dave Stone who helped set up the tables and chairs; Paula Moskowitz who provided many of the stickers we used; and Chuck Manning who proof-read everything I wrote, made suggestions, and helped me with whatever I asked. Lastly, I want to thank all of the people who helped take down the tables and set up the chairs after the event. Without all of these people, this event would not have been a success.

Congratulations to the winners of the adult raffle: Peter Brown and Frank Woods each won a dinner with Chuck Manning (President) and Rev. Sam Trumbore at the home of Chuck and Barb Manning. Don Odell and Lois Thomson won “Standing on the Side of Love” T-shirts and pins.

Congratulations to the winners of the kids’ raffle: And lastly, thanks to all who visited various tables and learned a little about what FUUSA has to offer

Flyers in this issue

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

- ◆ Food Story Potluck flyer
- ◆ Auction flyer
- ◆ Auction donation form

you. We hope this helps you “Get Connected!”—Barb Manning

You’re invited!

FUUSA will be ordaining Chris Antal, our recent intern minister, at 4:00 p.m. on Sunday, March 20, 2011 (with reception to follow). Please hold the date and plan to attend this special occasion!

Join the madness!

For nearly twenty years, I have benefited from participation in our annual FUUSA auction and would like to share some of my personal experiences and joy related to this event.

Early in my FUUSA membership, when two small children, their day care costs and other family expenses limited my buying power, I got the deal, or shall I say the steal of the year. With my budget of forty dollars, I won the bid on a meal to be prepared by a well-known FUUSAn and chef. I skeptically wondered why there had been so few bids

and why the price was so low. Though I knew few people at the time, several people introduced themselves to me afterwards and said that they had not bid that year because of prior commitments. They said I was very lucky. Indeed I had a wonderful fortieth birthday party with a dinner that included what I wanted - chocolate



Making connections and smiles at Get Connected! Sunday.

in every course. Later I followed the tradition and donated an all-chocolate and other themed dinners myself. Over the years, my family enjoyed meeting new people and serving old friends at these well attended meals.

Auction participants can enjoy exquisite meals and high quality goods and services for less cost than they might otherwise pay. However, donations don't have to be pricey or complicated. I remember the modest pesto pasta dinner hosted by my husband that was attended by individuals and families from FUUSA. I have attended a tea party, made jewelry, gone on hikes, taken a yoga class, enjoyed manicotti, and shared snacks and music. I have met people I might not have met if it weren't for the auction, and I have fond auction-related memories of FUUSAns who are no longer with us. I can't wait to join in with the bidding on old favorites, as well as new and interesting items that will be contributed for this year's March Madness Auction.

On behalf of the FUUSA Auction Committee, I invite you to sign up for the March Madness FUUSA auction. It will be held at FUUSA in Emerson Community Hall on March 19 at 6:30 PM. Please consider making a donation of goods and/or services to the auction.

Starting Sunday, February 20, you may sign up to attend the auction during coffee hour. Go to the FUUSA website at <http://www.fuusalbany.org/> to donate. You can either:

- ◆ submit your donation directly using an online form; OR
- ◆ print out a form for manual completion to be dropped off in the donation box in the FUUSA lobby.

I will see YOU there!!—Linda Hunt, for the Auction Committee

Commission on Appraisal Invitation to participate in focus groups

There will be a Gathering of Focus Groups on Ministry and Authority moderated by the UUA Commission on Appraisal Saturday, March 5, from 9:30 AM to 2:30 PM hosted by the First Unitarian Universalist Society of Albany.

We are seeking professional clergy, lay leaders of congregations that do not have a minister, board members, religious educators, committee chairs, committee on ministry members, social justice leaders, administrators and youth to participate in this phase of the current COA study, "Who's in Charge Here; the Complex Relationship Between Ministry and Authority".

All focus group participants must pre-register at <http://www.surveymonkey.com/s.aspx>. If you have any questions, please email me.--Jacqui C. Williams, Vice Chair, UUA Commission on Appraisal

Joy Library Ethical Eating 2011, Part Two

Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms by Nicolette Hahn Niman 2009 (636.0832 NIM) "...:Nicolette, a thirty-something, urban, East Coast, vegetarian attorney, and Bill Niman, an older, West Coast, cowboy type. ... share a passion for raising animals with kindness, ... In telling her story, Niman details not only why to choose meat, poultry, dairy, eggs, and fish from traditionally farmed sources (and avoid products tainted by chemicals and antibiotic-resistant bacteria), but also how to do so. She reveals what to look for on labels, why to skip animal products from outside the United States, and what questions to ask when eating out. ... a must-read for anyone who cares about food sources or good eating. (Amazon . 24 Aug 2010)

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: Jon Newell, Phil Rich, Sharon Babala, Jan Satin, Jean Bolgatz, Randy Rosette, Mark Yolles and Robin Miller.



The Omnivore's Dilemma: A Natural History of Four Meals by Michael Pollan 2007 (394.12POL)
Michael Pollan asks the seemingly simple question: What should we have for dinner? Tracing from source to table each of the food chains that sustain us— whether industrial or organic, alternative or processed—he develops a portrait of the American way of eating. The result is a sweeping, surprising exploration of the hungers that have shaped our evolution, and of the profound implications our food choices have for the health of our species and the future of our planet.

Harvest for Hope: A Guide to Mindful Eating by Jane Goodall 2006. (641.3 GOO) “..... What can be done to stop the monstrous corporate takeover that is motivated by the desire for ... ever more, financial profit? ... What can we do as individuals in this world of giant corporate greed, human and animal suffering, and environmental destruction? Is it absolutely beyond our control? There are millions of people ... who feel helpless in

the face of the magnitude of the problems. ... This book is a clarion call to rouse such people from spineless acceptance of the status quo. I cannot stress strongly enough that every individual makes a difference. And I hope that you will understand just what it is that you can do - and that you choose to do it!”. (Amazon 23 Aug 2010)

Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker,... Participant Media 2009 (338.476 WEB) “...Companion book explores the challenges raised by the movie, *Food Inc.* in fascinating depth through 13 essays, most ... written especially for this book, and many by experts featured in the film. Highlights include: Eric Schlosser on the industrialization of our food supply; Michael Pollan on the benefits of locally - sourced, organic eating; Robert Kenner on the making of *Food, Inc.*

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 15, 2011.

<u>Position</u>	<u>Term</u>	<u>Position</u>	<u>Term</u>
President	1 year	Religious Ed. Council Chair	1 year
Vice President	1 year	Social Responsibilities Council Chair	1 year
Secretary	1 year	Religious Education Council (4)	3 years
Treasurer	1 year	Social Responsibilities Council (2)	3 years
Asst. Treasurer	1 year	Nominating Committee (2)	3 years
Board of Trustees (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 (2009-2010 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 Dave Munro, Committee Chair, if you have questions. Committee members are: Dawn Dana, Kathy Harris, Allison Lattin, Jon Newell, and Jan Satin.

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 3rd and may be put in the Nominating Committee's mailbox in the office.

Lifespan Learning

Adult Education

Sign up for classes at the Sign Up Site in Channing Hall or call the office at 463-7135. Courses are held at FUUSA.

“Crash Course”

Mondays, thru Mar. 28 , 5:30 – 7:00 PM

Sandy Steubing will present the “Crash Course” by Chris Martenson. This is an eight week modular course which means you can take one session or take them all. The course title is actually a misnomer in that it will help us prepare for resource depletion and financial chaos instead of crashing as a result of their occurrence. Bring your supper.

Living and Teaching Ethics in Your Family

Parenting Workshop

Friday, Feb. 18

Desserts at 6:30 PM, program from 7:00—8:30 PM
Channing Hall, Childcare available upon request

Facilitated by Leah Purcell

Whether we like it or not, everything we do teaches values. Using the work of Dale McGowen, author

of Raising Freethinkers, we'll each look at our own core values and parenting styles, and learn ways to help children develop their internal moral compasses. We'll practice activities you can use right away at home to set up and sustain a framework to practice ethics with reason and compassion.

UU Identity for parents and children and youth

Multigenerational discussion with Rev. Dr. Elizabeth Strong

Sunday, Feb. 20, after the service

How well we articulate our faith for ourselves and for our children and youth is a major factor in how well we support our congregations, develop our own sustaining faith, and how well we can help our children choose to stay within our faith communities as Unitarian Universalists. There will be practice time and all ages will be welcome. There will be time for different age groups to work together and then a time when everyone will share what they have experienced.

A light lunch of vegan soup and bread will be served in the Emerson Alcove after the service and before Rev. Strong's multigenerational discussion, which starts at 12:00

Our Community

“Bring a Food Story” Potluck Supper

Friday, March 4

The next Friday night supper at FUUSA is being organized by the Board of Trustees. It will be an optional potluck on Friday, March 4. That means you can bring a dish to share and eat for free or pay (\$3/adult, \$2/child under 12 with a maximum of \$10/family) and eat what others bring. People who want to sign up to bring food need to do so by Sunday, February 27. Signing up in advance will help us plan: “walk-ins” are welcome, but will need to pay.

The theme for this potluck is beating the winter “blahs” with favorite comfort foods and casseroles. We are suggesting that, if you want, bring a personal story about food and life to share with others at the dinner. In keeping with Rev. Sam’s services on ethical eating, you might consider bringing a healthy dish prepared with ethically grown foods, but we are more interested in seeing you than in

judging your food. Think of it as a great opportunity to recast the old family standby casserole into a healthier, lower fat and lower sodium dish. After dinner a storyteller will share a story about food, and then we can share more of our own stories.

Look for the sign-up sheet in Channing Hall.

Wine and Cheese 2011

Saturday, February 26, 7:00 pm

\$25. Extra cheese and wine will be sold at end of the event, and all proceeds will go to the FUUSA General Fund.

Celebrate the profound, rich simplicity of cheese, wine and bread. This year, the Wine and Cheese tasting will feature cheeses from Switzerland. There will be five artisan cheeses carefully paired with delectable wines.

Sign up on Sundays in Channing Hall to make your reservations.

Lunch with the Minister

Noon, Sunday, February 27, at Kitsu 218 Central (between Robin and Lake)

Are you new to our congregation and would like to get to know our minister? Rev. Trumbore will be available on February 27 after the Sunday service for lunch and conversation about Unitarian Universalism, our congregation, religion, spirituality, philosophy, ethics, ideas ... and whatever else comes up! For January, we will meet at Kitsu Japanese Restaurant 218 Central (between Robin and Lake) on the south side of the street. **Please RSVP** by 11:30 a. m. that Sunday to Rev. Trumbore (in person; via email: lunch@uumin.org; or call: 463-7135) so he'll know how many seats to reserve. NOTE! Space is limited for this to be effective so call early!



Elegant Rite of Passage youth + elegant guests + elegant meal = successful fundraiser! Thank you all!

Beryl Drobeck memorial

A memorial service for Beryl Drobeck will be held at 2:00 pm. on Saturday, Feb. 19. A reception in Channing Hall will follow the service. Contributions of finger foods for the reception will be appreciated.

CommUnity Potlucks

FUUSAns meet occasionally in members' homes in various neighborhoods for a potluck dinner. New-comers are always welcome! Call the church office if you would like to host a potluck.

“Guilderland Plus” will meet in Voorheesville

The Guilderland Plus pot luck group will meet on Friday, **Feb. 18**, at 6:30, at the home of Lois Griffin in Voorheesville. Please, call her for directions and to discuss what dish to share.

Channing Circle

Feb. 21: Poems, Poems, Poems

Our poetry readings are like our potlucks; each of us brings favorite, and whether it's new or familiar, our own creation or someone else's, as pro-

found as "Dover Beach" or as frothy as a Bruma Shave roadside rhyme, everything comes together for a delicious feast. Come on February 21 with lunch and a poem and join in the fun. Peg Slocum and Marion Tischler will bring the desserts to go along with your own sandwiches or salads.

Auction for all!

Fixed price items will be displayed starting Feb. 20 on the bulletin board in Channing Hall usually used for Community Events. Come check it out! Remember, these are items that must be bid on BEFORE the auction—and you do not need to attend the auction in order to bid on them.

Restore, Refresh, Retreat for women

Hold the date!

March 26 is the date for our 2nd Annual Women's Retreat at FUUSA. Last year was a grand day and we know there will be more of the same this year. The workshops topics include, poetry, yoga, meditative movement, creative card making and more. Childcare will be provided at FUUSA during the retreat. Set aside some time for yourself.--Ann Lapinski

Circle Dinners

Two more Circle Dinners are planned for this spring: Saturdays, April 23 and May 21.

Welcome, new members!

Diana and George Shear are both retired, he from a career in architecture and she from interior design. Many years ago in Connecticut, they joined the Unitarian Society in Westport, and then were founding members of the Fellowship that eventually grew into the Unitarian Society of Northern Fairfield County.



After Connecticut, they'd like to think they continued to practice Unitarianism in principle, -- if not in fact --during ten years in Washington DC, and then close to twenty-five years in Manhattan.



Diana and George are both originally from the Albany area and they now live in Troy. They're glad to be home . . . and they're glad to be welcomed back into the fold.

Karen and Barry Greene have lived in the Capital District for 33 years – 26 years in Clifton Park where they raised their 2 children and 7 years in Troy. During their years in Clifton Park they were also AFS host parents to 3 international students. They are both graduates of SUNY Albany, Barry



having been granted the university's first masters degree in computer science. Barry spent his career supporting UNISYS main-frame computers primarily at Dept of Social Services – he is often heard referring to himself as a dinosaur. An Adirondack 46er, Barry was also active in scouting and served as the Outdoor Chair-

man for their son's troop for 5 years. Karen was a stay-at-home Mom working part-time teaching intro to computer science courses at local colleges and as a programmer for Clifton Park-based Enable Software. For the past 10 years she has worked in the IT group at the Wadsworth Center, NY state's

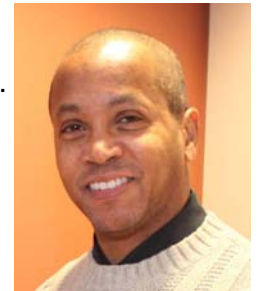


public health lab. Karen is one of the founding members and is active on the board of Hope in the Boat, a breast cancer survivors' dragon boat team here in the Capital Region. They are both looking forward to retiring within the next few weeks.

Melissa Ramirez and Michael Hornsby have been married for seven years. They have a five year old daughter. Melissa is a Mental Health Advocate and works for the Mental Health Association in New York State. She enjoys reading and writing.



Born in St. Louis, MO, Michael lived in New York City for 20 years before moving to Albany in 2006, He is humbly grateful for having almost 22 years of sobriety. Michael is older than he looks.



He's a former Peace Corps volunteer and worked for many years in international education. He is a licensed clinical social worker and recently accepted a position at Trinity Alliance.

Joe Belluso was born and raised in a small town south of Chicago, Illinois. After going to the University of Illinois for a degree in chemical engineering, Joe traveled around the country for his company,



installing computer systems and living in many cities, including Los Angeles, Denver, Cincinnati and Charlotte. Joe met his wife on a plane to Manhattan (of course), and after a couple years in the city they moved to the Hudson Valley.

Joe, his wife Megan, and 6-year-old daughter moved to Delmar 3-1/2 years ago, where they are trying to settle down and stay for a while. Joe is a self-proclaimed gastronome, loving all things related to food and wine. He is an avid artisan bread baker, and is now moving on to cured meats and cheeses. He also plays classical and jazz piano. His wife, Megan, is an herbalist and independent film producer, and their daughter loves all of nature and riding her bike.

Planning your auction offerings?

The Program Coordinating Council is pleased to present the preliminary schedule of 2011-12 major FUUSA events. We hope this will help you pick dates for your auction dinners and picnics etc. that won't conflict with FUUSA events!

Please note that these dates are not "set in stone." For example it is possible that some of the "Potluck/Multigenerational event " slots will not get taken up by a committee wanting to host an event. And also, be aware that committees can add activities throughout the year, so this is not a guarantee a date will remain open. But, this should be a good start on reducing host's headaches caused by trying to reschedule events!

FUUSA Major Events for 2011-12

(Preliminary Schedule)

Date	Events
JUL 1	First Friday (art tour)
AUG 5	First Friday (art tour)
12	Potluck/Multigen. Event
20	Circle Dinner
26-27	Board Retreat
27	R.E. Ingathering Retreat
SEPT 2	First Friday (art tour)
11	"Homecoming" Sunday
OCT 2	Everybody's Birthday Party
7	REC Pasta Night (multigen.)
7-8	(NYSCU in Binghamton)
14-16	UU Weekend at Silver Bay
21-23	Youth Con
22	Circle Dinner
29	Halloween Party and food drive
30	Rummage Sale set up all week
NOV 4	First Friday (art tour)
4-5	Rummage Sale
5	Potluck/Multigen. Event
6	Change of Time Breakfast
11	Holiday Bazaar and Café set up
12-13	Holiday Bazaar and Café
19	Circle Dinner
20	Bazaar postscript
24	Thanksgiving Potluck
27	Bazaar postscript
DEC 2	First Friday (art tour) IF not craft event
2 or 3	RE Holiday Crafts Workshop
9	Potluck/Multigen. Event
11	RE Pageant rehearsal
24	Christmas Eve services
JAN 6	First Friday (art tour)

13	Potluck/Multigen. Event
16	ML King Service
21	Circle Dinner
22	Get Connected! Activity Fair
27	UU Weekend Schol. Dinner prep
28	UU Weekend Schol. Dinner

FEB		
3	First Friday (art tour)	
10	Potluck/Multigen. Event	
11	Elegant Italian Dinner	
17	Circle Dinner	

MAR		
2	First Friday (art tour)	
9	Potluck/Multigen. Event	
17	Auction	
24	Circle Dinner	

APR		
6	Sr High rehearsal	
6	First Friday (art tour)	
7	Seder	
8 or 15	Canvass Sunday	
13 or 14	Annual Fellowship Dinner	
21	Potluck/Multigen. Event	
21 or 28	SLD District Assembly (maybe)	

MAY		
4	First Friday (art tour)	
4	Oriel Coffeehouse	
6	Rummage Sale set up all week	
11	Potluck/Multigen. Event	
11-12	Rummage Sale	
19	Circle Dinner	
20	Annual Meeting	

JUNE		
1	First Friday (art tour)	
2	Plant Sale	
2	REC Retreat	
8	Potluck/Multigen. Event	
10	(Albany Pride Parade)	
20-24	(General Assembly--Phoenix)	

Walker Book Club

♦ Mar. 13 - *People of the Whale* by Linda Hogan.

♦ Apr. 10 – *The Imperfectionists* by Tom Rachman.

Contact Linda Hunt with any questions or for a list of books suggested by participants for future months.

Home Hospitality needed for March 19 and/or March 20

We anticipate many out of town guests for Chris Antal's ordination and several will need overnight accommodations. If you have space that you are willing to share, please contact e-mail Donna Doran or call Amy Lent at the FUUSA office (463-7135.). Let us know which night your room is available, and how many you can accommodate. Thank you!--Donna Doran

Caring Network: help needed

The Caring Network is looking for someone to take notes during Joys and Sorrows for two Sundays a month and write the column for the newsletter.

Ann Lapinski has been doing this job for several years and is looking for a replacement. Mary Ann Randall will continue her role on the other Sundays. This job is so important to help our community know when we are in need and when we can join in the celebration...please consider. Thanks, Sharon Babala, Caring Network Chair

Joys and Caring Corner _____

Edited for the Web:
Personal information and contacts removed, 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).

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 Ann Lapinski (alapinski@nycap.rr.com) or Mary Ann Randall (mabrandall@gmail.com).

The hardy singers braved ice and sleet to come to Karaoke night.



Social Justice

Although the driveway is a sheet of ice and there is an impending snow storm, and my house is in a state of chaos with family here temporarily, stepson, two children and a huge mournful mastiff, and all their belongings, I feel blessed because I have a home. I spent last night at St. Peter's overflow homeless shelter with men who have no home except through the generosity of others. These men are there through a variety of reasons, including bad health and bad luck losing jobs in this economy. All I lost was a night's sleep. If you would like to volunteer, there is a sign-up sheet in Channing or talk with Barbara Cooley.

I feel doubly blessed to be a member of this generous caring congregation. You donated a total of \$1847 to Trinity Institute to rehab its food pantry. Trinity and the patrons of this pantry are most grateful. As I write this, I look forward to another opportunity for us to "Give Away the Plate" to Project Salam. This organization founded by our own Lynne Jackson, along with Steve Downs, endeavors to keep Muslim men from being the victims of preemptive prosecution. On this Valentine's Sunday we are honoring Lynne for her years of work not only for the Muslims, but for her tireless efforts to "Save the Pine Bush." Although you rarely see Lynne or her husband Dan Van Riper inside our building, they are helping to make Albany a better place on behalf of us all. Let us all Stand on the Side of Love with them.

The Social Responsibilities Council is grappling with what we do and how we do it. We know that you, the members of the congregation care about social justice and we are working on ways to better communicate and to be more responsive to you.

Standing on the Side of Love

Lois Griffin

Forum

Feb. 27 11:45 a.m. "**Spirituality of Boxing**" with Michael Rivest. Amateur boxing ranks 27 among contact sports in overall injuries. Amateur boxers are disciplined, patient, respectful of themselves and others, and are associated with something larger than themselves - the very things that mental

health and juvenile justice professionals know underlie non-violent attitudes and behaviors. Have you bought into stereotypes about boxing? Michael Rivest, Ring Magazine columnist and Times-Union contributor (also a former UCC minister), will introduce you to what might be called the "spirituality of boxing" and its application at Albany's Quail St. Gym, a City-funded program where urban youth learn life rules through *boxing* rules.

Future Forums: If you have suggestions for topics and presenters for future Forums, please contact Karen Kaufman.

Green Sanctuary

The Green Sanctuary will meet on Sunday, February 20th at 11:45 in room B7. Among other things, we are planning a wonderful Earth Day event. Please join Thayer Heath, Chris Bystroff, Sandy Steubing and the rest of the Sanctuary gang.

SRC Peace Team

The Peace Team meets on the 4th Sunday of each month, at 11:45 AM. We are currently starting up the following projects: working on becoming certified as a "Peace Advocate Congregation"; composing a "Congregational Peacemaking Pledge"; developing Adult Ed and RE units on peacemaking with Leah Purcell; having regular film and discussion gatherings; starting an annual "Walk for Peace"; developing letter-writing campaigns; and collaborating with other community peace groups on actions, projects, and advocacy meetings with elected officials. We welcome anyone's suggestions related to peace issues for us to propose to SRC for future Forum speakers. Next meeting is Sunday, Feb. 27 at 11:45 AM. All are welcome. Please join us! We need your talents and energy! Please contact Sybil Allyson Stock if you have any questions.

SRC Table

Purchase LED night lights with sensors which are now available at the SRC table. They last a long time and use very little electricity. Fair Trade coffee, cocoa and chocolate bars are also at the table along with colorful, handmade items from Guate-

mala Please take a minute to read information at the table on energy use, safe water use and sign a petition to encourage CDTA to provide bus transportation on Morton Ave. for people living in the South End.

Thanks for all the recycling you've been doing. New soles for sandals will be made from over 15 lbs of cork you've donated in the last 6 months. Don't forget sneakers you can donate to be recycled. We will continue to recycle ink cartridges (except for Laser and Epson) and cell phones. Bring your used CFL bulbs which will be disposed of properly.

Food Pantry News

Our generosity is so very heartwarming - even right after Christmas expenses! Our January totals to the Focus Food Pantry were \$463. In this blustery winter, many people are grateful. For those of you who like statistics, here are some food pantry totals for 2010. We served 3,764 families, within them 3,411 children, and a grand total of 125,760 meals! We also delivered food to 291 shut-ins, above and beyond our food pantry parameters. Our next food pantry donations will be collected on February 27. Again, many thanks, Lois Thomson



Our 3rd and 4th graders prepare to parade their lucky dragon into Channing Hall for Coffee Hour.

Second graders create imaginary animals, imagine their habitats, and consider what they might need to live.



February Sunday Volunteer Opportunities—Sign up in Channing Hall at the Sign Up Site.

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter
Feb. 20	K. Harris	R. Morell, J. Semon, N. Wagner	J. McCracken L. Way	A. Coleman M. Hornsby	I. Allen
Feb. 27	D. Dana		S.&M. Babala		J. Dorsey

Contact Us

Board of Trustees 2010-2011

email: board@albanyuu.org

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David Stone sexton@albanyuu.org

Rental Agent

Lynne Lekakis kaneandlekakis@gmail.com

Custodian

Olga Oja

Regular meeting days

Check current calendar for time and location
Board of Trustees, 3rd Thursday
Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

September-June: Monday-Friday, 9:00-4:00
July-August: Monday-Thursday 9:00-12:00

Building use

To **reserve a room** for a FUUSA activity, contact Administrative Assistant Dave Stone (463-7135 or dstone@albanyuu.org).

To **rent classroom space** for a personal or non-FUUSA activity, contact Administrative Assistant Dave Stone (463-7135 or dstone@albanyuu.org).

To **rent one of the large halls** or plan for an event that will use both halls and classrooms for a personal or non-FUUSA activity, contact Rental Agent Lynne Lekakis (427-7386 or kaneandlekakis@gmail.com).

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
Photos: Chris Strebel

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

Next publication deadlines

March *Windows*: Feb. 21
March *Update*: Jan. 7

A Food Story Pot Luck

Friday, March 4

Set Up at 5:30

Dinner at 6:00

Channing Hall

Pot Luck or Pay



- Sign up by February 27th in Channing Hall if you'd like to bring a favorite comfort food or casserole, salad, or dessert.
- If you'd rather pay than bring food, the cost is \$3 per adult; \$2.00 per child under 13; \$10 family max.
- Walk-ins are welcome to come (and pay), but sign up if you can, to help us plan.
- Bring a food story to share, there will be a story for all after dinner.



FUUSA AUCTION 2011

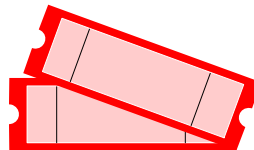
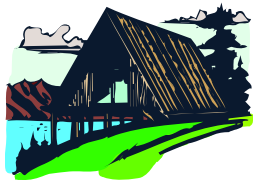
DATE: Saturday, March 19th

TIME: Doors open at 6:30pm, bidding starts at 7pm

PLACE: FUUSA, Emerson Community Hall

PRICE: \$3 if you reserve ahead, or \$5 at the door

Bid on a wide variety of contributions by the FUUSA community, while munching on tasty treats and enjoying the company of friends. Due to the generosity and imagination of our donors, there are items of interest and affordability for all.



For more information: Contact Randy Rosette/Chris Jensen at: rosette_jensen@juno.com or 783-9202

If you would like to donate an item for the Auction, go to the FUUSA website at <http://www.fuusalbany.org/>



FUUSA AUCTION 2011

Saturday, March 19, at 6:30 pm

- Use the form below and turn it in to the FUUSA auction box ASAP. Submission of paper forms appreciated by March 6 if possible.
- More than one donation? Please use separate form (copy is ok).
- Inspirations: cooking delights, weekend at your cabin, golf lessons, computer lessons, yard work, pet or baby sitting, homemade greeting cards, theme party, anything you enjoy and are willing to share with others.
- Culinary events: Four categories-- Gourmet Dinners, Simple Suppers, Lunches/Picnics, and Breakfasts/Brunches. For Gourmet Dinners, competitive bidding prevails. For the others, you can choose traditional bidding or set a fixed price with winners chosen through a random drawing.
- Place in the FUUSA Auction box in Lobby or Channing Hall, or in FUUSA office.
- Use this website to enter your donation online: <http://www.tfaforms.com/190449>
- Questions? Call Randy Rosette or Chris Jensen at 783-9202 or email rosette_jensen@juno.com

**Place in the FUUSA Auction Box in Channing Hall/Lobby, or in FUUSA office.
Questions? Call Randy Rosette or Chris Jensen at 783-9202 or e-mail rosette_jensen@juno.com**

Saturday, March 19, 2011 at 6:30 pm

Your Name: _____ **Phone:** _____

An enticing but realistic description of the donated item or service:

If an event, indicate-- Date: _____ **Time:** _____ **Maximum # of people:** _____

Estimated value: \$ _____ **Minimum bid:** \$ _____

For meals, Check type of meal *and* Circle whether fixed price or bidding:

<input type="checkbox"/> Breakfast/Brunch	Fixed price or bidding
<input type="checkbox"/> Picnic/Lunch	Fixed price or bidding
<input type="checkbox"/> Simple Supper	Fixed price or bidding
<input type="checkbox"/> Gourmet	(no fixed price option)

The Auction Committee may use its discretion as needed. If you do not specify a minimum bid, the Committee will assign one.