

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 [administrator@fuusalbany.org](mailto:administrator@fuusalbany.org).

## 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 and environmental topics), Children's Chapel, War Healing Circle; social events, and adult education.*

**All are welcome!**

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

February 2012

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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.)

7:00 PM

War Healing Circle

(2nd & 4th Sunday/mo.)

### Services

Feb. 5 "The Missing Dead Body of Jesus," the Rev. Sam Trumbore

For the first nine centuries of Christianity, the dead or dying body of Jesus wasn't depicted on church walls or carved into statues or icons. The focus of the early church was his triumph over death, not the way he died. Jesus' coming opened a way for Christians to return to paradise in this world and the next through preparation, initiation and baptism into a Christian community. That isn't the Christianity most practice today. What happened? NOTE: exploring the early Christian church and the loss of paradise will be the subject of Rev. Trumbore's Lenten Bible Study this year, beginning February 28.

Feb. 12 "My Fantasy Partner," the Rev. Sam Trumbore

People rarely marry who they imagine they will be marrying. Quite commonly people marry a fantasy of their partner. Only after the ring is on their finger do they start noticing a gap between the reality of their partner and the fantasy. So begins the effort to shape that real partner into the fantasy partner. So also begins the process of resistance to being changed. Is there any way out of this vicious cycle short of one side surrendering?

Feb. 19 "Celebrating Worth, Dignity and Love," the Rev. Sam Trumbore

Before Christians begin a period of preparation before Easter called Lent, many celebrate Mardi Gras or "Fat Tuesday." Some in our congregation are participating in a 30 day period following the Rev. Dr. Martin Luther King Jr.'s birthday, "Standing on the Side of Love." Bring them together and we'll have a celebration of love and inherent worth and dignity. How will the two fit together? Come and see!

Feb. 26 "The Language of the Heart," the Rev. Pam Rumancik

As liberal religious people we are very good at looking at the world through the lens of reason. Facts and figures sway us, we pride ourselves on being open to new possibilities while oftentimes it seems our conservative opponents remain "stuck." But look at our country today. If they are stuck then we are as well. How can we reach through the impasse with words that touch hearts as well as minds? Can we find a common ground of compassion through stories of real lives? Can we learn to speak the language of the heart?



# Calendar

## 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
11:45 AM	Forum (2nd & 4th Sundays/mo)	Emerson
6:00 PM	War Healing Circle (2nd & 4th Sundays/mo.)	Emerson

Exceptions: Children's Chapel will be on Feb. 12

## Events happening every week in the month of February

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

<b>Wednesday 1-Feb</b>	7:00 PM	SGM English	Room B-5
6:00 PM	Wellspring Meeting	Room B-8	
6:30 PM	Dawn Dana	Room B-7	
<b>Thursday 2-Feb</b>	6:30 PM	Finance Committee Meeting	Room B-8
	6:30 PM	Threshold Committee	Channing Hall
	7:00 PM	SGM John Sherman	Room B-5
<b>Friday 3-Feb</b>	6:30 PM	Healthy Cong. Trg	Emerson , B-2, B-7, B-8
<b>Saturday 4-Feb</b>	9:00 AM	Healthy Cong. Trg	Channing , Emerson , Kit
<b>Sunday 5-Feb</b>	11:30 AM	Social Responsibilities Council	Room B-7
	12:00 PM	Threshold Committee	Kitchen, Room 26
	12:30 PM	Rite of Passage	Room B-8
<b>Monday 6-Feb</b>	6:15 PM	Religious Education Council	Channing , Kitchen
<b>Tuesday 7-Feb</b>	7:00 PM	Lifespan Learning: Buddhist Philosophy	Room B-8
	7:00 PM	UU Christians	Room B-5
<b>Wednesday 8-Feb</b>	2:00 PM	SGM Patka/Manning	Room B-5
	5:00 PM	Religious Services Committee Meeting	Room B-8
	6:30 PM	SGM Peggy Sherman	Room B-5
<b>Thursday 9-Feb</b>	7:00 PM	Program Coordinating Council (PCC)	Room B-8
<b>Friday 10-Feb</b>	5:45 PM	Parent Group	Emerson , Kitchen 23, 24/25
<b>Saturday 11-Feb</b>	5:00 PM	Parent Night Out	Channing , Kit. upstairs classrms
	7:00 PM	Screening of Happy (the Movie)	Emerson
<b>Sunday 12-Feb</b>	10:00 AM	Children's Chapel	Sanctuary
	11:30 AM	Artist Reception	Channing Hall
	11:45 AM	Forum	Emerson Community Hall
	5:30 PM	Walker Book Club	Channing Hall, Kitchen
	7:00 PM	War Healing Circle	Room B-8
<b>Monday 13-Feb</b>	10:00 AM	SGM Patrick/Odell	Room B-5
	3:30 PM	Shelter Meal Prep	Kitchen
	7:00 PM	Monday Men	Room B-8
	7:00 PM	New UU - Philosophy of Religious Ed.	Room B-7
<b>Wednesday 15-Feb</b>	5:30 PM	Safe Congregation Response Team	Room 26
	6:00 PM	Wellspring Meeting	Room B-8
<b>Thursday 16-Feb</b>	7:00 PM	Board of Trustees	Room B-8
	7:00 PM	SGM John Sherman	Room B-5
<b>Friday 17-Feb</b>	6:00 PM	Circle Dinners	Offsite
<b>Saturday 18-Feb</b>	6:00 PM	Circle Dinners	Offsite
<b>Sunday 19-Feb</b>	11:30 AM	Peace Team	Room B-7
	11:45 AM	Green Sanctuary Meeting	Room B-8
<b>Monday 20-Feb</b>	9:00 AM	30 Days of Love follow up	B-3/4, B-1, B-5, B-6, B-7, kit
	9:00 AM	Holiday - office closed	
	12:00 PM	Channing Circle	Channing Hall Kitchen
<b>Wednesday 22-Feb</b>	2:00 PM	SGM Patka/Manning	Room B-5
	6:30 PM	SGM Peggy Sherman	Room B-5
<b>Thursday 23-Feb</b>	5:30 PM	Endowment Trust	Stott Lounge/Joy Library
<b>Friday 24-Feb</b>	6:30 PM	Healthy Cong. Trg	Channing , B-2, B-7, B-8
<b>Saturday 25-Feb</b>	9:00 AM	Healthy Cong. Trg	Channing , Kit. B-2, B-7, B-8
<b>Sunday 26-Feb</b>	11:00 AM	Get Connected Activity Fair	Emerson Hall
	7:00 PM	War Healing Circle	Room B-8
<b>Monday 27-Feb</b>	10:00 AM	SGM Patrick/Odell	Room B-5
	3:30 PM	Shelter Meal Prep	Kitchen
	7:00 PM	Monday Men	Room B-8
	7:00 PM	SGM English	Room B-5
<b>Tuesday 28-Feb</b>	7:00 PM	Lifespan: Lenten Bible Study	Room B-8
<b>Wednesday 29-Feb</b>	2:00 PM	SGM Patka	Room B-5

## News

### Get Connected Sunday February 26

FUUSA is full of activity – lots of them are posted on boards in Channing Hall. But there are many other things that go on at FUUSA that you may not know about. Sunday, February 26, is your chance to “Get Connected” and find out what opportunities are available at FUUSA!

Emerson Community Hall will be set up with tables and representatives from the various groups at FUUSA – from Religious Services Committee, Garden Group, book groups, Oriel (FUUSA’s own literary publication), and Small Group Ministry to Meditation Group, Adult Education courses, social and justice activities, helping others within our FUUSA community, Finance Committee and Religious Education Council. There is a group for everyone. Come to Emerson Hall after the service on February 26<sup>th</sup> and explore the many opportunities available at FUUSA.

To make it more fun, there will be a “raffle” to participate in – one for kids and one for adults. Stay tuned for more!—Barb Manning

### Funds available for travel to GA June 20-24 in Phoenix, AZ

This year’s General Assembly promises to be a special GA – with a focus on social justice, experiential service opportunities, and an active youth component. For detailed information see [www.uua.org/ga/registration](http://www.uua.org/ga/registration). This is a terrific opportunity to learn AND to make a difference in the UU movement. We encourage YOU to attend!

Registration will be paid in full for FUUSA Delegates. In addition, there are funds available through the UUA and through FUUSA to help offset travel costs for delegates, youth, and youth sponsors (chaperones) attending this year’s GA.

Application Forms are available in Channing Hall (red pocket on the Announcements bulletin board) for those seeking to attend as delegates, youth, and/or youth sponsors (chaperones). Please submit your completed form to the church office by February 19, 2012. (Links to the form and information on GA will also be available on our website: [www.albanyuu.org](http://www.albanyuu.org))

### Flyers in this issue

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

- ◆ Auction donation form
- ◆ 2012 GA - FUUSA Participant form

### Guest in Our Pulpit, Pam Rumancik

Pam Rumancik is a minister, spiritual director, mother, chaplain, musician and lover of travel. She was recently granted preliminary fellowship with the UUA and lives in Chicago with her partner, Karen, youngest daughter, Carrie and three cats. Pam loves conversation around the ways we can bridge our myriad differences through stories and metaphor and loves a good discussion around those topics which reach the deepest recesses of the heart.

### Wear your SSL shirts and hats

On February 12 we will be celebrating Standing on the Side of Love Sunday. We will give our second annual Standing on the Side of Love (SSL) Award to Fred Boehrer and Diana Conroy of Emmaus House and New Sanctuary for Immigrants. We will also be giving away the plate that day to New Sanctuary for Immigrants. (Please note that this organization is not a 501-c-3, so your contribution will not be tax deductible.) A photo of Diana and Fred with dozens of FUUSAns wearing bright yellow SSL garb will be sent to the national SSL web site. If you want to buy a T-shirt or hat so you can be part of this celebration, see Lois Griffin.

### Transitions in the FUUSA office

One person left our staff, two came, and one is changing jobs. By the time you read this Dave Stone will have claimed either a rocking chair or a classic car as his ride into retirement. Amy Lent will have begun to figure out her new job as Director of Member Services and Communications. And

### Forum

Feb. 12 Film: The Power of Community: How Cuba Survived Peak Oil

### Looking Ahead

Mar. 10 “Tides” of March Auction  
 Mar. 24 Circle Dinners  
 Apr. 13 Annual Fellowship Dinner

Hadiya Wilborn has joined Olga Oja on our custodial staff. But our new Office Administrator, Stephanie Hayes, has been on board for several weeks now, so it's time to clarify for FUUSAns what Stephanie will be doing!

Stephanie's job description summary states: The Office Administrator is the front-line staff person who runs day-to-day operations in the church and connects the members and friends of the Society and members of the community with the staff, operations and FUUSA activities. This staff person assists the Treasurer and other officers in managing the business affairs of the society. She will work with members and staff to achieve FUUSA's missions and objectives.

What does this mean for FUUSA members and friends? Stephanie will be the 'go to' person for:

- ◆ scheduling fundraising requests
- ◆ corrections to the database and management of listserves
- ◆ questions about pledges and payments
- ◆ processing bills and requests for payment
- ◆ information on securities transfers to FUUSA
- ◆ processing room reservations for FUUSA activities (and rentals of classrooms) and coordinating all building use
- ◆ managing the key fob system

Stephanie will also have general office support duties, as well as financial and facility responsibilities. She will supervise both custodians and be responsible for ordering supplies and communicating repair needs with the Building and Grounds chair. She will also be responsible for hiring Building Stewards and set up crews as needed for large events.

Regarding Amy's new position, we'll give you more detail in the near future. For now, please know that she is responsible for all publications (Order of Service, Preview email, Windows newsletter) so if you have any questions about those contact Amy.

### **How to reach us**

Stephanie Hayes, Office Administrator      administrator@albanyuu.org

Amy Lent, Director of Member Services and Communications      membership@albanyuu.org

### **New office hours**

Monday-Friday, 9:00 a.m. to 3:30 p.m.

### **FUUSA generosity**

As president I received two letters recognizing our generosity. One was from the UUA for our contribution, as part of Association Sunday in November, to support scholarships and continuing education for UU Ministers. The other was from Unirondack for our contribution, as part of the Rummage Sale distributions, to the Unirondack Campership Fund. Thanks to all of you who contributed in some way to these donations.—Chuck Manning

### **Holiday Bazaar recap**

November's Holiday Bazaar, Craft Fair and Café were a great success thanks to the many people who volunteered their time and talents to help out. We had many beautifully-crafted items to sell and we had lots of help to do so! As usual, Randy's Café was a huge success and her team did a great job! Our Post-Bazaar held Sundays into mid-December did very well, too. The total raised this year was \$6,777. Thanks not only to all of our volunteers, but to all of you who have shopped! It's a fun way to do your holiday shopping in a relaxing environment, purchase unusual items and an opportunity to purchase directly from the people who make many of the offerings. In the process, FUUSA makes some money that becomes part of our budget. Thank you.

### **Attention committee chairs and event organizers!**

The Program Coordinating Council urges you to think ahead to the 2012-13 church year...and get ready for the Major Events planning session which will take place at the Feb. 9 PCC meeting.

Committees planning events for next year are requested to figure out what big events you are thinking of for next year, what rooms you might need (Emerson, Channing and the kitchen being the most sought after), figure out your preferred dates and times. And then either the chairperson or a representative should come to the meeting on Feb. 9 to be part of the planning and negotiating it takes to get everything onto the calendar.

Questions? Contact either Peggy Sherman (xxx) or Amy Lent (church office 463-7135).

## Justice GA in Phoenix: logistical notes March 1 is important

Registration and housing reservations open on March 1. It is good to be prepared to move on both, but the housing in particular, the first thing on March 1. The best housing options fill up fast.

**Housing** There are going to be a greater variety of housing options for this GA to make it more affordable delegates and attendees. You are strongly encouraged to go to the GA website to check them out. See <http://www.uua.org/ga/housing/index.shtml> for information.

**Registration** Early registration also begins on March 1, and ends at the end of April. For information on this, please go to <http://www.uua.org/ga/registration/index.shtml>.

There is much more on the GA website. Please go to <http://www.uua.org/ga/index.shtml>.—Don Odell (482-4574, [drodell31@yahoo.com](mailto:drodell31@yahoo.com)), Denominational Affairs liaison

## Warm up at FUUSA in March

Can't afford to go to the beach in March? You CAN afford to join us at *The "Tides" of March* FUUSA annual goods and service auction on Saturday, March 10<sup>th</sup>. An evening of fun, finger foods, and community awaits you, while you consider bidding on a large variety of wonderful donations. Typical items include homemade desserts or pot of soup, childcare or help around the house, pizza to gourmet meals, hiking or canoeing, a weekend at a cottage, and much more. Please save March 10<sup>th</sup> on your calendar so you can attend!

## Kate Segall art in Channing Hall

We are pleased to present our latest art exhibit by Capital District artist Kate Segall. Kate holds a Fine Arts degree from Queens College and after working as a greeting card illustrator, has retired from the commercial field to pursue her first love—painting from nature. She especially likes to paint waterfalls and interesting buildings on shaped boards, and she also enjoys the convenience of doing pastels in the cozy confines of her vast garden. Her exhibit of floral studies will hang in Channing Hall through the end of February. The exhibit titled *studies of flowers* is a mix of floral still-lives ranging from four feet by three and a half feet

in acrylic, to framed ten by thirteen inch pastels, as well as a smattering of Chinese influenced water-colors.

**SAVE THE DATE:** It may be winter outside but spring IS coming and the Annual Fellowship Dinner is scheduled for Friday, April 13th. We know there are no triskaidekaphobiacs at FUUSA so do mark your calendars now!

## Volunteer for May Event?

The Community Connections Committee of the SRC is charged with reaching out to the community of those living around FUUSA. Its first major undertaking will be to hold a Community Day/Health Fair, probably May 5th. The CCC needs help in planning and holding the event. Might this something you might want to do ?

The Community Day/Health Fair will include a picnic lunch for neighbors (lots of tasks here) along with information tables from agencies or programs, covering such areas as tenant rights, domestic violence, various health issues, blood pressure testing, community policing, etc. We hope to have books for children, information on summer employment, etc. The more volunteers we can get to help the more extensive will be the list, possibly including games or activities for children. Publicizing the event will be a major effort.

The Community Connections Committee is a small planning committee. If you would be willing to help with this major first time event in any capacity it would make a big difference. Additionally If you join the committee you could help expand its activities. The possibilities are unlimited!

If you are interested or want more information please contact Mark Yolles at xxx. Thanks!

## UUSC Guest at Your Table results

Fourteen of us donated \$799.92 to the Unitarian Universalist Service Committee's 2011 Guest at Your Table. Thank you to all who contributed, and to the one or more of you who contributed directly to the UUSC, and whose donations are not included in this tally.—Don Odell, FUUSA UUSC local representative

## Lunch with the Minister Sunday, Feb. 26, Noon

Are you new to our congregation and would like to get to know our minister? Rev. Trumbore will be available after the Sunday service for lunch and conversation about Unitarian Universalism, our congregation, religion, spirituality, philosophy, ethics, ideas ... and whatever else comes up! For

## Lifespan Learning

**The New UU: religious education for adults**  
The New UU, a new curriculum for adults, will complete the remaining three of its six sessions on Monday evenings February through April from 7:00 PM to 8:30 PM. The curriculum is intended for new and long time Unitarian Universalists. Each session is an independent session covering a range of topics. Sign up sheets will be posted on the sign up board in Channing Hall in the upcoming weeks for each of the sessions.

The following schedule will cover the last three sessions:

**Feb. 13: How We Grow in Faith--Philosophy of Religious Education.** Co-facilitated by DRE Leah Purcell.

This workshop introduces the philosophy of Unitarian Universalist religious education, especially the concept of lifespan faith development as the search for truth and meaning that goes on throughout our lives. Activities emphasize the role of narrative and the need for religious education to provide ways to respond to all that life presents. Participants hear the experiences of members involved with our religious education program in different roles and capacities.

**Mar. 12: Social Justice Philosophy and Practice.** A co-facilitator is yet to be chosen.

The workshop provides an introduction to social justice work in a Unitarian Universalist context. Because the focus of Unitarian Universalists is on this life, and because we embrace such principles as justice and compassion, we feel compelled to live out our values by working for social justice. Participants will have a chance to hear about some of the experiences from social justice activists from your congregation, who will reflect on how that work re-

February, we will meet at Van's Vietnamese Restaurant, 307 Central Avenue

**Please RSVP** by 11:30 am that Sunday to Rev. Trumbore (in person, email: [strumbore@uumin.org](mailto:strumbore@uumin.org) or call/text: 366-4532) so he'll know how many seats to reserve. NOTE! Space is limited at the table, so call early!

lates to their religious path. The workshop explores the value of both action and reflection on that action as integral parts of social justice work as a religious and spiritual practice.

**Apr. 16: Membership.** A co-facilitator is yet to be chosen.

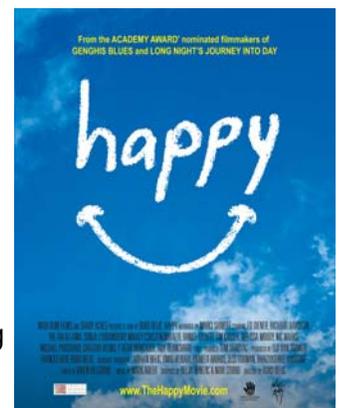
This workshop ties up loose ends and encourages non-members to consider the privileges and responsibilities of membership.

For more info contact Don Odell, The New UU coordinator at 482-4574 or [drodell31@yahoo.com](mailto:drodell31@yahoo.com). If you wish to explore this online curriculum offered by the Lifespan Development of the Unitarian Universalist Association, please feel free to go to the website at <http://www.uua.org/re/tapestry/adults/newuu/index.shtml>.

## Happy, the movie, at FUUSA! on World Happiness Day Saturday, Feb. 11, 7:00 pm

What makes you happy? Do you know? And, why does it matter? Academy-Award nominated director, Roko Belic, traveled around the world in pursuit of the answers to these questions in his latest documentary, Happy. From swamp people in Louisiana to widows in Japan to renowned happiness researchers, Belic beautifully weaves together an informative and inspiring blend of story and data. This film is appropriate for middle school age children to adults.

FUUSA, Organizing Mindfulness and The Breathing Room have partnered to bring this special film to the Albany area as part of an international film premiere. Local writer and educator, Mary Judd is



working with Roko Belic and has studied with many of the leading researchers. She will lead a post-screening discussion.

A free will offering will be taken at the end to cover the cost of the screening.

**Lenten Bible Study:  
Saving Paradise, and Christianity, from  
Crucifix Theology**

Tuesdays 7:00 to 8:30 pm  
February 28 – April 3

For many people Lent can be a time of spiritual renewal. This Lent, we'll be renewing an early understanding of Christianity explored by Rita Nakashima Brock and Rebecca Ann Parker in their book *Saving Paradise: How Christianity Traded Love of This World for Crucifixion and Empire*. We will also look at how that vision was lost. The life affirming, world affirming early Christianity we recover is one that has greater compatibility with Unitarian Universalism than many contemporary understandings of Christianity. (Note, the book is available on electronic readers)

**Joy Library Notes**

"Immigration as a Moral Issue" is the 2010-14 Congregational Study/Action Issue of the UU Association of Congregations. FUUSA's SRC is focusing on immigration to prepare for the social justice GA in June. In support, we bought the following books for the Joy Library. LOOK FIRST FOR THEM IN THE NEW BOOKS SECTION.

***The Death of Josseline: Immigration Stories from the Arizona Borderlands*** by Margaret Regan. Beacon, 2010 (304 REG) "She was a little girl with a big name—Josseline Jamileth Hernández Quinteros. Just five feet tall and a hundred pounds, she had an adult-sized responsibility: the fourteen-year-old was to shepherd her ten-year-old brother all the way from Honduras to their mother in Los Angeles. But Josseline fell ill in a remote Arizona desert, just north of the Mexico line, and her smuggler and the rest of her group abandoned her. She died alone in the wilderness in February 2008. '... Arizona has the

highest number of migrant deaths; Josseline was just one of thousands to perish in its deserts and mountains. ..Set against the dramatic landscape of ...a rocky wilderness of mesquites and cacti, where summer temperatures hit 115....[these are the.] stories of the people caught up in this international tragedy." (Amazon)

***Enrique's Journey*** by Sonia Nazario. Random House. 2007 (305.2308 NAZ) "...this astonishing true story... recounts the ...odyssey of a Honduran boy who braves unimaginable hardship and peril to reach his mother in the United States. When Enrique is five years old, his mother, Lourdes, too poor to feed her children, leaves Honduras to work in the United States. The move allows her to send money ... to Enrique so he can eat better and go to school ....Lourdes promises ...she will return quickly. But she struggles in America. Years pass. ... Enrique despairs of ever seeing her again. After eleven years apart, he decides he will go find her. Enrique sets off alone ... Without money, he will make the dangerous and illegal trek up the length of Mexico the only way he can—clinging to the sides and tops of freight trains... through Mexico, he and other migrants, many of them children, are hunted like animals. ...To evade Mexican police and immigration authorities, they must jump onto and off the moving boxcars they call *El Tren de la Muerte*—The Train of Death. Enrique pushes forward ...It is an epic journey, one thousands of immigrant children make each year to find their mothers in the United States...". Amazon.

***They Take Our Jobs!: And 20 Other Myths about Immigration*** by Aviva Chomsky. Beacon Press, 2007 (304.873 CHO) "Claims that immigrants take Americans' jobs, are a drain on the American economy, contribute to poverty and inequality, destroy the social fabric, challenge American identity, and contribute to... social ills by their very existence are openly discussed and debated at all levels of society. ... dismantles twenty of the most common assumptions and ...challenges the misinformation in clear, straightforward prose" (Amazon).

***The Devil's Highway: A True Story*** by Luis Alberto Urrea. Little Brown, 2004 (304.87307 URR) "... brilliant investigative reporting of what went

wrong when, in May 2001, a group of 26 men attempted to cross the Mexican border into the desert of southern Arizona. Only 12 men came back out. "Superb . . . Nothing less than a saga on the scale of the Exodus and an ordeal as heartbreaking as the Passion . . ." (Los Angeles Times Book Review)

**Illegal People: How Globalization Creates Migration and Criminalizes...** by David Bacon. Beacon Press, 2009 (331.6209 BAC) ".... In *Illegal People* Bacon explores the human side of globalization, exposing the many ways it uproots people in Latin America and Asia, driving them to migrate. At the same time, U.S. immigration policy makes the labor of those displaced people a crime in the United States. ... explains why our national policy produces even more displacement, more migration, more immigration raids, and a more divided, polarized society..." (Amazon)

**We Are All Suspects Now: Untold Stories from Immigrant Communities after 9/11** by Tram Nguyen. Beacon Press, 2005 (323.17309 NGU) "...argues that there is little room left for immigrants in America to become anything more than 'cardboard cutouts' ... to please their suspicious neighbors and ever more watchful government ...

discusses how recent security concerns have been used as a justification for the US government to display increased racial and cultural discrimination ... a ground-level, view of how ... policies affect the individuals, families, and communities themselves... Will the war on terrorism redefine the meaning of who belongs in America?" (Amazon)

**Border Games: Policing the U.S.-Mexico Divide** by Peter Andreas. Cornell Studies in Political Economy. 2009. (330 AND) "...Border control has changed ... from a ... politically marginal activity to an intensive campaign focusing on drugs and migrant labor. Yet the unprecedented buildup of border policing has taken place in an era otherwise defined by the opening of the border, most notably through NAFTA. This contrast creates a borderless economy with a barricaded border. .... Law enforcement is enthusiastically embraced as a remedy for the very problems state practices have helped to create. The high-profile display of force... has ultimately been less about deterring illegal crossings and more about re-crafting the image of the border and symbolically reaffirming the state's territorial authority. ...". (Amazon.)

## Our Community

### A SECOND Parent Night Out!

Sponsored by the Rite of Passage group  
(to help raise funds for our trip to Boston)

#### Saturday, Feb. 11

Between the hours of 5pm and 9 pm

Drop off your kids at FUUSA and we will entertain them while you have some time to yourself – going out to dinner, attending the movie event at FUUSA, relaxing at home – you get the idea.

Details:

- ◆ Cost per child is \$15 with a maximum family cost of \$40
- ◆ Care provided for infants through 11 year olds
- ◆ Bring dinner for your child(ren) and we will feed them
- ◆ Snacks will be provided later in the evening
- ◆ Sign up in Channing Hall!

### 6 to 9 at 6:09: Circle Dinners

**February dinners: Friday, Feb. 17 or Saturday, Feb. 18**

Circle Dinners, organized by Martha Musser, are potlucks held in the homes of FUUSA members and friends. These dinners provide an excellent opportunity to socialize in small groups of six to nine people. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a family-oriented dinner.

If you would like to attend, you can complete the sign-up form in Channing Hall or email Martha at xxx. In your email, specify the number of adults and children who will attend. Also indicate if you are willing to host or need a ride. If you are *not* bringing children, please indicate if you would like to attend a family-oriented dinner.

Last day to sign up: Sunday, February 5, 2012.

Save these dates for future dinners:

Saturday, Mar. 24

Friday, May 18 or Saturday, May 19

If you would like to know more about Circle Dinners, please contact Martha Musser at [mmusser@nycap.rr.com](mailto:mmusser@nycap.rr.com).

### Channing Circle

**Monday, Feb. 20 at noon**

Channing Circle meets at noon on Presidents' Day for a brown bag lunch, followed by a program. Dessert will be supplied. All retired FUUSA persons are invited to connect with old friends and to make new ones. At the time this notice was written a final decision about the program it had not yet been made. It will probably be tied in some way to Love.

The Religious Education Council asked families and others at FUUSA to participate in the Standing on the Side of Love program called 30 Days of Love. <http://www.standingonthesideoflove.org/tag/30-days-of-love/> The idea was to get people involved in personal reflection, witness and service in honor of Rev. Dr. Martin Luther King Jr. There will be a follow-up event on Feb. 20th at FUUSA, which may offer opportunities for CC members to be involved. Stay tuned.

The CC email blast on 1/20 contained the information above. Hopefully some CC members are aware of this project. For advance notice of CC events get on the email list. To do so contact Mark Yolles at xxx. A phone only list is also available.

### Newcomers experience first FUUSA auction

Interview by Linda Hunt

Meet Tim and Patty Burch, who are getting ready to attend FUUSA's "Tides" of March auction on March 10, 2012 at 6:30 p.m. Tim and Patty Burch participated in their first FUUSA auction last year, following their retirement and move to Albany. Unitarian Universalists since 1987, Tim and Patty had previously participated in and donated to auctions in various other locations. Despite being newcomers to FUUSA, after seeing the poster for FUUSA's auction, they decided to come anyway. According to Tim, "We had learned over the years that participating in UU auctions is one of the best ways to really get to know people in the congregation. Attending services on Sundays and meeting people

### Sending out HUUGs (Hearty UU Greetings)

to our recently graduated young adults



Whether they are volunteering, attending college, serving in the military or starting their first jobs, the young adults who have recently graduated from our RE program so appreciate a package with notes and goodies from us.

The Senior High Group will be packing the HUUGs this year.

*We need donations! Look for the bin in the lobby (donations accepted until Feb. 5).*

Please donate items such as packets of soup, noodles, dried fruit, tea, coffee, hot chocolate, candy, popcorn and granola bars.

In keeping with some of the discussions about ethical and healthy eating, we encourage you to look for some items that are healthy, grown locally, or come from sustainable sources. You can purchase items right at the Social Responsibilities Table during Coffee Hour.

at coffee hour can't compare with getting to know folks by attending dinners and doing other activities of mutual interest that are bid on and won at the Auction."

They liked the range of choices from the lower priced fixed dinners and goodies to more moderate, and even expensive options such as vacation destinations. They agreed that the variety of items offered at the FUUSA auction and offering prices were in line with other UU auctions. They told me the story of one participant who bid on nearly every dinner offered last year. That person said that they wanted to look forward to a full social life with friends at FUUSA while dealing with some personal challenges over the next few months.

Diving bravely into the FUUSA auction pool, Tim and Patty won bids on seats at a popular Japanese dinner and at a Garlic Lover's feast. Patty also got a new bracelet from a fine FUUSAn jeweler.

Patty said that they attended UU auctions when their daughters were young children. "As a stay-at-

home mom, I needed adult company and activities," she said. Patty and Tim and their daughters also benefited from family-oriented picnics offered through UU auctions that allowed their children to associate with their UU friends on other days besides Sundays.

Acknowledging that not all newcomers to FUUSA have had prior UU auction experience, they urge **everyone** to attend the upcoming "*Tides*" of March auction on March 10<sup>th</sup> to check out this fun experience. Newcomers can enjoy a few hors d'oeuvres and a drink "on the sand" or venture into the auction "pool" at your preferred comfort level. We hope to see you there!

### CommUUnity Potlucks

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

### **"Guilderland Plus" will meet in Rensselaer Friday, January 20, at 6:30 PM**

The next meeting of the "Guilderland Plus" potluck will take place on Friday, March 16, at 6:30 p.m. Our hosts will be Linda Hunt and Larry Gambino. Please, contact them at xxx for reservation and to talk about a dish to share.

### Sunday flowers

Don't miss your opportunity to celebrate a special event or remember someone dear to you with flowers. Sundays are still available for you to sign up this winter/spring. --Sandy Stone

### Walker Book Club

#### **Sunday, Feb. 12, 5:30 PM**

The Walker Book Club offers participants the opportunity to search for truth and meaning by reading and discussing a book each month from September to June. The book group is open to all, and newcomers are always welcome.

The evening begins with a potluck supper in Channing Hall, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover beverages. Participants may either: bring and store their own dishes, drinking vessels and eating utensils; or use dishes etc. at FUUSA and

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](mailto: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.

help with the dishwasher.

Dates and books currently scheduled: Feb. 12, 2012: [Snow Flower and the Secret Fan](#) by Lisa See. Tentative Selection for March 11, 2012: [The History of Love](#) by Nicole Krauss

Contact Linda Hunt at xxx with any questions. Join the Walker E-List to find out more about selected books and to participate in suggesting and choosing books to read and discuss.

### **Joys and Caring Corner** \_\_\_\_\_

***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 May Ann Randall (mabrandall@gmail.com.)*

## Social Justice

Thanks to all of you who donated so generously to SNUG, the violence prevention program in Albany. We will be appealing to your generosity again on Feb. 12 for the *New Sanctuary for Immigrants*. If you came to the Chili Cook Off, Jan. 12, you had a chance to learn about this program and the problem of immigrants here in Albany. The persons running the *New Sanctuary for Immigrants* will also be at our Feb. 12 service and so you can learn then more about what they do .

General Assembly this year will be focused on social justice, and especially immigration. We hope many of you will be participants in GA either in Phoenix or on the web site here and be inspired about ways to make the situation faced by those who have been marginalized more humane.

The UUA Standing on the Side of Love has been doing a 30 day campaign of ways that we as individuals could participate in. See the program called "30 Days of Love." <http://www.standingonthesideoflove.org/tag/30-days-of-love/> . Our RE director Leah Purcell would like to have this as an intergenerational event with shared experience on Monday, Feb. 20. and I think that's something worth doing. I do not always do the daily "assignments," but I am trying to be conscious of trying to do something, such as

the suggestions made by Diane Cameron, and also how I am recipient of the love of others. After the Board meeting when I was too lazy to get the brush out of trunk and had done a "that will do" job of removing the coating of snow from my car windows, Donna Meixner, came over and thoroughly cleaned my windows while I sat in my warm car. Thank you, Donna, for standing on the side of love.

Please note the opportunities to participate in Social Justice practices; cooking for the homeless, spending the night in a homeless shelter, attending the Green Sanctuary forums and programs of the Peace Team.

Standing on the Side of Love  
Lois Griffin, Chair, SRC

### Homeless Shelter news

**Meals** The sign-up sheet is now up in Channing for February, March and April. Please sign if you would like to help cook on the 2nd or 4th Monday afternoon from 3:45 till 6:30. You need only to cook; Patty and Tim Burch or Barb Cooley will do the planning and shopping (unless that interests you.) We also appreciate desserts and/or salads made at home and delivered to FUUSA on Sunday or Monday of those weeks (labeled for shelter). The food will be delivered to the Overflow Shelter at First Lutheran Church nearby. Thanks for the support of so many of you already!

### **Overnight Shelter SRC Commitment Fulfillment!**

For the first time this year, FUUSA has offered to provide a week of volunteers for the Mission Winter Overflow Shelter at St. Peters Episcopal Church on State St. We have been assigned February 19 – 25. ( A few of us volunteered last year and found it easy and most rewarding. About a dozen FUUSAns pledged to help out during the SRC Commitment Sunday last spring and so far about half that many have committed to working one overnight. It requires an overnight there from 8PM – 7:30 the following morning. (A Mission staff person is also there with 15 responsible men.) We only NEED one volunteer per night but it is more pleasant to have a partner.. There will be a brief training on the 19th. If you would like to know more about this opportunity, please call or e-mail Barb Cooley fernhill68@netzero.com or 439-3139 and she will give you more detailed information. Also look for information and a sign-up sheet in Channing in February.

### **Forum**

#### **Sunday Feb. 12, 11:45**

The Green Sanctuary Committee will show the film The Power of Community: How Cuba Survived Peak Oil.

### **Immigration as a moral issue**

Thanks to all of you (almost 100) who came to our Chili Cookoff and discussion of immigration issues on January 20th. Thanks especially to Patty Burch, potluck organizer extraordinaire, her helpers, and all of the cooks. Below is some information on a few questions that were raised regarding immigration:

What is the DREAM Act?

**Summary** The Development, Relief, and Education for Alien Minors (DREAM) Act seeks to provide a path to legalization for eligible unauthorized youth and young adults. It does not provide permanent legal status outright to potential beneficiaries. Rather, it allows individuals to apply for legal permanent resident status on a conditional basis if, upon enactment of the law, they are under the age of 35, arrived in the United States before the age of 16, have lived in the United States for at least

the last five years, and have obtained a US high school diploma or equivalent. The conditional basis of their status would be removed in six years if they successfully complete at least two years of post-secondary education or military service and if they maintain good moral character during that time period. According to our analysis, the law's enactment would immediately make 726,000 unauthorized young adults eligible for conditional legal status; of these, roughly 114,000 would be eligible for permanent legal status after the six-year wait because they already have at least an associate's degree. Another 934,000 potential beneficiaries are children under 18 who will age into conditional-status eligibility in the future, provided that they earn a US high school diploma or obtain a GED degree. An additional 489,000 persons ages 18 to 34 would be eligible for conditional status under the law's age and residency requirements, but they lack a high school diploma or GED and therefore do not currently qualify for this status. (Migration Policy Institute)

The bill was first introduced in the Senate August 1, 2001 and most recently reintroduced there on May 11, 2011, but failed to pass. California has since passed at state version of the legislation.

Why can't my sister-in-law from Nicaragua join us in the U.S.? Visa backlogs: Many visa categories have a quota which limits the number of people who can receive a particular kind of visa to enter the U.S. each year. Family reunification is split into two major categories: Immediate Relatives and Family Preference. The second has a cap of 65,000 siblings per year. Due to application processing backlogs, the wait ranges from 2-3 years to over 20, depending on the applicant's category and country of origin.

Both examples show the need for comprehensive immigration reform. Want to know more? Pick up material at the SRC table at Coffee Hour. Go to the UUA web site and search "immigration."-- Ann Brandon

### **UUA Congregational Study/Action Issue (CSAI) continues.**

As was noted in the January Windows, the UU Commission on Social Witness (CSW) continues

with the review and action process on the CSAI *Immigration is a Moral Issue*, and will review all comments received by March 1, 2012 from congregations and districts.

Please let Denominational Affairs liaison Don Odell (482-4574, [drodell31@yahoo.com](mailto:drodell31@yahoo.com)) if you are involved with this process. There is a procedure for submitting comments. For additional information on this CSAI, please go to <http://www.uua.org/immigration/re/moral/index.shtml>.

### CROP Walk – Save the Date!

The CROP Hunger Walk is coming up on Sunday, May 6. Mark it on your calendar, and plan to participate in this fun activity for a great cause. More details and walker recruitment coming soon.

### FOCUS needs you!

We have several different areas where we need assistance at FOCUS in the coming months. Perhaps one of these areas is one where you have time, treasure or talent to spare? There are several volunteer slots at the pantry which need filling due to some of our volunteer staff being ill, out of town or retiring. As of our last update, coverage for these activities: Computer/Intake, Packing, In-

terviewing/Produce.

Do you have the time or inclination to volunteer? Please let us know ASAP. Or perhaps you'd like to contribute a raffle basket for the upcoming pancake breakfast? Last year this was a great source of revenue for FOCUS and we'd love to have your contribution. Maybe you'd like to attend the pancake breakfast? It will be held on 3/17 (Saturday) at Delmar Reformed Church from 8am through 11am. Patty Burch and Renee Pannetta have tickets for sale, so please inquire! FOCUS is also looking for large boxes of Aunt Jemima "add water only" pancake mix. This will help defray costs for the breakfast. If you're willing or interested in purchasing and donating a box, please let Patty or Renee know. And finally, FOCUS will be visiting FUUSA on Sunday, 3/4. PLEASE help us March 4<sup>th</sup> against hunger! We will have a presentation for adults, and several age-appropriate hunger-action advocacy activities for the RE students. The visit will culminate in a "Stone Soup" intergenerational meal (prepared by RE students). No RSVP is required, though if you're willing to bring bread and butter please let Patty or Renee know.

## Columns

### Sam's Outlook

#### Christianity without the crucifix

I didn't interact much with Christianity growing up Unitarian Universalist in the 1960's. My parents enjoyed international travel. In those days, children's airfares were half off making it easier for families to travel. We managed to get to Europe twice while my sister and I were growing up. At the age of nine, we visited Greece, Italy and France. At eleven, my family lived for a whole year in England while my father was on sabbatical. During those trips to Europe, we visited a lot of churches. In all these churches I saw many images of poor Jesus nailed to a cross, or lying dead in his mother's arms, or some other heart wrenching scene of his agony. It didn't give me a warm fuzzy feeling seeing all this suffering. Was feeling guilty about his misery what Christianity was all about? I wondered.

So when I came across Rita Nakashima Brock and Rebecca Ann Parker's book, *Saving Paradise: How Christianity Traded Love for This World for Crucifixion and Empire*, I was intrigued. My understanding of Christianity came from reading the Gospels and the sad tale of the adoption of Christianity by Rome, turning it into a religion for empire building. The proto-Unitarian and Universalist theologies weren't adopted by the bishops and eliminated from the faith by the creeds.

In seminary, I hadn't studied the early Christian communities in detail. I expected their art in the ruins of early churches was the same as the art I saw when I was young, lots of crucifixes. Not so. As Brock and Parker say in their prologue "It took Jesus a thousand years to die. Images of his corpse did not appear in churches until the tenth century. Why not?" They ask.

They began looking for those images in July of 2002. They traveled to Rome, exploring the catacombs, the earliest surviving Christian art. There were images of well known Biblical figures like

Abraham and Isaac, Jonah, Daniel between two pacified lions, the Samaritan woman at the well, John the Baptist dousing Jesus, Jesus raising Lazarus from the dead, Jesus as a shepherd carrying a lamb on his shoulders, and images suggesting baptism and healing. Not one dead or crucified Jesus could they find.

What they did find in the early churches were bucolic pictures of paradise. A striking discovery for them was visiting St. Giovanni in Laterano, the basilica donated by Emperor Constantine (274-337) that is the official seat of the Pope. Behind the altar, up the transept stairs, they found an old apse.

At top of its curve, a bust of Jesus gazed down, serious and dignified. His golden nimbus outlined his countenance against a dark blue background strewn with white, red and blue clouds...the apse sparkled in gold, like the light in a dawn sky. Immediately below Jesus' bust, a dove emerged head down in the golden sky. From its beak, a pale stream of water poured downward. Below the dove was a gold, segmented cross, with a large jewel in the center of each segment. The stream of water fell behind the cross, slowly widening until it formed a translucent pool around its base...

At the base of the golden cross, next to the pool, two delicate six-pointed deer, one on either side, stood atop a hill of grass and flowers...Below the pool, four rivers flowed out below the cross like roots, two curving left and two curving right, so that the rivers seemed to lift the cross out of the meadow below...the rivers of paradise in Genesis 2:11-14...

The scene created between the rivers depicted an image of paradise in this world, a recreation of the Garden of Eden described in Genesis. In the lush meadow between the rivers was depicted birds and flowers. Swans paddled serenely in pairs in the rivers. Visually, the images communicated the understanding of Jesus as the restorer of paradise in this world, a vision of a restored world created through Christian community, depicted in a popular third century Christian text called the *Apocalypse of Paul*.

I'll explore this early nonviolent Christian understanding of Jesus restoring paradise that guided

their faith and practice in my sermon on February 5<sup>th</sup>. I'll also use Brock and Parker's book as our text for my Lenten Bible Study this year. I'll be looking at this early Christianity and analyzing how that vision was lost over a thousand years ago. The life affirming, world affirming Christianity of the early church looks a lot different than today's dominant Christianity, a kind of Christianity we might find far more congenial to today's Unitarian Universalism.—Rev. Sam

## Chuck's Chat

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TJ, double A, double T, R

Recently, Barb and I were having dinner with friends we have known for nearly forty years. As we were sitting at the table after dessert, we began discussing religion with John who is Catholic. We started by saying we are a non-creedal religion but we do have our seven principles. Oops, we could only remember four of them. John countered by saying he sure knew the Nicene Creed. It was embarrassing not remembering the principles (but we did manage to recite the chalice lighting). Our only excuse was having drunk some wine and being very full from the excellent meal, we were a little sleepy. Barb went and got her principles card from her purse and we shared the other three. We told him that there are Atheists, Agnostics, Theists, Humanists, Christians, Buddhists, and earth-centered believers in our congregation. The discussion continued and John agreed that he could see how our faith could be a very comfortable place for someone who could not accept one strict set of teachings or beliefs. He liked the idea of an evolving set of beliefs altered by life experiences. He agreed that our seven principles could serve as a guide to living a good life. The importance of being together in community was also clear to him. After our initial stumble, I think we conveyed the essence of what being a UU means to us. He was not ready to convert but he understood why we are UUs.

Still our inability to remember the seven principles really bothered me. So, the next day I picked up my own principles card and started trying to memorize them. To help I came up with the TJ method using the first letter of each principle. This sort of

worked but since four of the seven start with an article – “A or The”-- the first letter method did not give me much of a clue as to the full principle. So then I tried to come up with short one word versions or memory clues for the seven principles that would form some type of word or phrase that I could remember. The first three were easy – Inherent, Compassion, Encouragement became ICE. Then the next four were a problem – no vowels. Truth, Right, World, Interdependent became TRWI or Responsible, Conscience, Community, Web became RRCW. Nothing leaped out at me. Maybe some of you have a suggestion, but I was not clever enough to work this out.

Never being very good at memorizing anyway, barely passing the Spanish regents in high school on the second try, I was about ready to give up until I was at FUUSA on Sunday, January 8<sup>th</sup>. Three things happened that gave me hope. As an excellent service leader, Linda Way mentioned that a daily spiritual practice is a necessary part of the Wellspring program. Diane Cameron Pascone spoke of shopping cart retrieval as a spiritual practice. Who knew? Then after the service, Dave Munro said that every action can be viewed as a spiritual practice, if it is done in the right state of mind. Could the back exercises I do every day be combined with learning the seven principles become a spiritual practice for me? To make that happen, I would have to stop listening to the news while doing the exercises. The routine could start by reciting the principles out loud. Then do the exercises and then recite the principles again. Is this going to work? Who knows. Give me a month to try it out. Then, by the end of February, ask me to recite the principles and see what happens. — Chuck

*(Editor's note: Seven Principles wallet cards are available in the FUUSA lobby.)*

## **Religious Exploration**

Have you signed up for the 30 Days of Love? The RE Council has been considering how to help families to do service work and social justice work at FUUSA. Using this program from Standing on the Side of Love, could foster family discussions and projects. We are partnering with other groups at

FUUSA to create a multigenerational follow up event.

Here's the plan:

1. We are asking families and others at FUUSA to participate in the Standing on the Side of Love program called 30 Days of Love. <http://www.standingonthesideoflove.org/tag/30-days-of-love/> The idea is to get people involved in personal reflection, witness and service in honor of Rev. Dr. Martin Luther King Jr. from Dr. King's birthday to Feb 14. These reflections were written for adults. As one REC member has said, families will have to do some work to translate what Standing on the Side of Love and the Civil Rights movements are all about in this day & age. A resource you might try for children instead is "Season for Non-Violence" found here: <http://www.agnt.org/64-days>

2. I am working with several groups at FUUSA to see if we can host a multigenerational event on Monday, Feb 20 (President's Day). This would be an opportunity for people to

- ◆ Share their 30-Day experiences,
- ◆ Learn more about a topic related to Dr. King's legacy,
- ◆ Do some activities related to service
- ◆ Gather together in celebration.

More planning needs to be done for this event. If you would like to help plan or are interested in helping to staff an activity, let me know. Please watch further posts to see if this event will definitely happen.

Why are we including reflection and sharing as ways to further Dr. King's legacy? As Unitarian Universalists, we hope to develop antiracist, anti-oppressive, and multicultural habits and skills. It's important to first develop new, intentional ways of being and thinking for us as individuals, then to practice relating to others in ways that reflect those ways of being and thinking, and finally to commit to act in peaceful ways to change our families and our communities.

### Prayer for Peace

If there is to be peace in the world,  
There must be peace in the nations.

If there is to be peace in the nations,  
There must be peace in the cities.

If there is to be peace in the cities,  
There must be peace between neighbors.

If there is to be peace between neighbors,  
There must be peace in the home.

If there is to be peace in the home,  
There must be peace in the heart.

—*Chinese philosopher Lao-tzu, 6th century BCE*

In joy and service,

Leah

### Bringing It Home

A Season for Nonviolence, January 30 - April 4, is a national 64-day educational, media, and grass-roots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world.

Here is the reflection for January 31 (<http://www.agnt.org/64-days>)

**Jan 31:** The thought for today is **SMILING**. Buddhist teacher Thich Nhat Hanh said "If, in our daily life, we can smile...not only we, but everyone will profit from it. This is the most basic kind of peace work." A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship and nonviolence. A smile not only improves our looks, it improves our outlook, and when our outlook improves, it is much easier to be at peace.

**Today:** I will share a sincere smile with everyone I meet, knowing that my smile contributes to peace.

## Volunteer Opportunities

### Caring Network drivers

The Caring Network could really use some help in the transportation area. Specifically we have need of people available during the day to drive folks to medical appointments, grocery shopping, etc. So, if you can help out once in a while--we need you! Call Sharon Babala 477-2376. And, thank you!

### Every Sunday...

We need one Lead Usher, three Ushers, two Coffee Hosts, two Greeters, two Welcomers, and one Chalice Lighter! These are easy commitments to make, and they are a BIG PART of our Sunday hospitality.

**Two ways to sign up:** Online at <http://tinyurl.com/SundayVolunteers> OR in Channing Hall at the Sign Up Site.

You can check at either location to see which spots need to be filled. Names added to the paper sign up in Channing Hall will be added to the online version every Monday. If you've never done a particular job before, please know that both training and job descriptions are available!

## Contact Us

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email: [board@albanyuu.org](mailto:board@albanyuu.org)

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### 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, 9:00-3:30

July-August: Monday–Thursday 9:00-12:00

### Website

[www.albanyuu.org](http://www.albanyuu.org)

### Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or [administrator@albanyuu.org](mailto:administrator@albanyuu.org)).

To **rent classroom space** for a personal or non-FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or [administrator@albanyuu.org](mailto:administrator@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](mailto: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.

*Editor:* Amy Lent

Send submissions for all publications to:  
[Windows@albanyuu.org](mailto:Windows@albanyuu.org) or to the church office.

### Publication deadlines

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

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

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

**First Unitarian Universalist Society of Albany**

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