

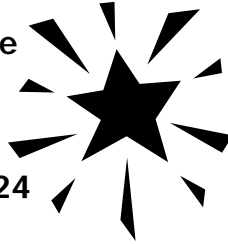
Edited for the Web:
 Personal information
 and contacts re-
 moved, as well as
 children's last names.
 Web viewers needing
 more information are
 invited to contact the
 church office at [ad-
 ministrator@fuusalba
 ny.org](mailto:administrator@fuusalbany.org).

Windows

Newsletter of the First Unitarian Universalist Society of Albany

**You're invited to the
 Inauguration....
 (Auction)**

Saturday, January 24



Doors open at 6:30 p.m. to allow
 perusal of donated items and final catalog
Bidding starts at 7:00 pm

Join us for a night of fun and camaraderie
 at the 2009 goods and services auction.
 Fixed-price items will be posted for bidding
 in Channing Hall two weeks prior to the
 auction. You need not be present at the
 auction to bid on fixed price items. The
 fixed price item winners will be drawn at
 7:00 p.m. on the 24th.

Still time to donate a good or a service!
 Pick up a form at the Programs bulletin
 board in Channing Hall or at [www.
 albanyuu.org](http://www.albanyuu.org).

Martin Luther King Jr. service

On January 15 the Capital Area Council
 of Churches sponsors an Interfaith Memo-
 rial Service in memory of Dr. Martin Luther
 King, Jr. This year the service is at Metro-
 politan New Testament Mission Baptist
 Church, 105 Second Street, Albany. Very
 few FUUSAns have attended this service in
 the past. This year we hope more of us will
 participate. To that end the Board of Trus-
 tees has changed the date of its monthly
 meeting from January 15 to January 22.
 (PCC will still meet on January 8.)

In addition to this memorial service,
 each year the CACC sponsors an essay
 contest in area schools and awards a
 scholarship in honor of Dr. King. (Our own
 Beth Dana won this scholarship when she
 was in high school.) John Walko has
 agreed to serve on the CACC scholarship
 committee for FUUSA. Thank you, John –
 and we hope you will mark your calendars
 for January 15.

Vol. '08-'09, Issue 5
 January 2009

Minister

Rev. Sam Trumbore

President

Linda Way

Church Administrator

Amy Lent

Director of Religious Education

Leah Purcell

Religious Education

Director Emerita

Ann D'Attilio

Music Director

Matt Edwards

Membership Coordinator

Lynne Lekakis

Administrative Assistant/Sexton

David Stone

Custodian

Olga Oja

Sam's Outlook

Meditating on a new year

"Deepening my spiritual life" is one of
 the topics that came up repeatedly in the
 Dream Catcher circles held in October. If
 we were Christians, Jews, Moslems or even
 Wiccan, this would be as normal as saying I
 love my family, my country and, of course,
 apple pie. But in a congregation like ours
 with a strong Humanist orientation in its his-
 tory, I greeted the topic with anxiety, de-
 light and frustration.

Each generation is shaped by its times
 and the attitudes of their cohorts. Atheistic
 Marxism, Communism and Socialism, pro-
 gressive liberal academics and politics, and
 "scientism" influenced the attitudes about

religion of many of our members born be-
 fore 1945. Alan Watts, the guru and swami
 invasion of the 1960's, contact with Black
 Baptist preachers during the civil rights
 movement, meditation and yoga classes,
 the human potential movement, and end-
 less books and magazines are some of the
 forces that have shaped the generation
 born after 1945 – even before we take into
 account those who grew up in the "Internet
 Generation" born around 1980.

My anxiety is rooted in each genera-
 tion's difficulty appreciating each other be-
 cause their differences are fundamentally
Sam's Outlook, continued on pg. 3

Publication deadlines

Jan. *Update*: Jan. 5

Feb. *Windows*: Jan. 20

From the President

As we look toward 2009 – what a paradox on the national scene! On one hand fear of what seems an ever-worsening economic crisis; on the other hand tremendous optimism and hope as we anticipate the inauguration of our new President. For me, reading about the Bush twins showing the laughing Obama girls how to slide down the ramp in the White House solarium, bottom first, was a wonderful mental snapshot, a symbolic snapshot in which our country truly “turned a page of its history.”

FUUSA, too, is moving into a new era. We built it, they are coming; the beacon has been lit. What are the possibilities calling us now? What is on the horizon?

Update on Dream Catchers: Dream Catchers will be writing its first report within the next few weeks. They will be sharing more information about emerging themes from the conversations held last fall and soliciting additional input from the congregation. Our next task is to translate the themes we have heard into goals and determine the best means to pursue these goals. Having read the notes from each group, I can testify that the conversations were meaningful, creative and, indeed, inspiring. There is tremendous energy, commitment, and vision within our beloved community; we are moving both deeper and wider into collective wisdom and service.

Summer Youth Program: As noted in previous newsletters, FUUSA has been asked to lend our facilities to a six-week summer program for inner city children, ages 5 - 12, run by the Frank Chapman Memorial Institute. The Institute sponsors several day

camp at various locations within the city; the program at our church would be a specialized camp, Music Arts with Literacy. Each week the children focus on a musical theme; themes in the past have included Gospel, Classical, Broadway, Jazz, Ethnic, and “Clean Hip-Hop.” Each theme incorporates singing, dancing, cheering and reading. A final performance at the end of the six weeks showcases all that has been learned. It is a full day program providing both breakfast and lunch; meals would be delivered by the Albany Housing Authority to FUUSA each day.

What would hosting this program mean for us? More noise? More trash? A bit of wear on some parts of the building? (Emerson would not generally be used.) Yes, but the noise would be joyful, the trash can be removed, and we would be serving a real and pressing need in the community. In addition, while we would not run the program, volunteers from our congregation would be welcome and could enhance the day-to-day operation of the camp and alleviate potential concerns.

While the Board has not yet made a final decision about the summer camp, if we go ahead, Lois Griffin has volunteered to recruit and organize volunteers. In addition, Arlene Gilbert, an experienced grant writer, has met with folks from the Chapman Institute and will help them explore funding and apply for grants. THANK YOU LOIS AND ARLENE!

District and Denominational News: The following are just a few District and UUA items you will be hearing much more about as 2009 revs up.

Dave Munro is serving on a District Futures Team that is developing a new five-year plan for the St. Lawrence District. Members of the team will be visiting congregations in the next few months to facilitate conversations about our vision for Unitarian Universalism.

District Assembly will be held at FUUSA the last weekend of April 2009. On Sunday, April 26, the four capital district UU Congregations (Albany, Schenectady, Saratoga, and Glens Falls) will hold a joint worship service. Exciting plans are taking shape for this service – you won’t want to miss it! (See additional article in this newsletter which outlines the need for artistic help in planning the service.)

As you know, a new President of the UUA will be elected at the 2009 General Assembly in June. We hope to have both candidates, the Reverend Peter Morales and the Reverend Dr. Laurel Hallman, visit the St. Lawrence District in the coming months. I also encourage you to go to the UUA website to read about them.

Finally, Sam’s recent sermon, Making Peace with Our Spirituality, referred to the Statement of Conscience on Peacemaking to be included in the Final Agenda of General Assembly 09. If you want to read the full text and make comments on the draft statement you can do so on-line through the UUA website. (Deadline for comments on the draft is February 1.)

These are just a few of the things going on in our busy congregation, District, and UUA. *So bring on the New Year – and may it truly be one of renewed hope, greater peace, and much joy.*

Linda



Channing Hall work to start soon

If you would like to work on either demolition or construction on the north wall project in Channing Hall, contact Dave Metz.



What is Forum?

Forum is a Sunday morning tradition at FUUSA that has lasted through many years. Currently, we meet at 11:30, usually the 2nd and 4th Sundays, for one hour. We have a speaker or speakers on a socially relevant topic with informal discussion. Sometimes the topics are informational, such as the one on end of life issues given by Larry Egbert; sometimes they are to raise our consciousness, such as the talk by Steve Downs on the Albany Imam who was convicted, raising the threat to all of our civil liberties; sometimes they are to stir us to action, such as the speakers coming in January. So check out the upcoming topics in this Windows. To entice you more, we've started having light snacks at the forums.

Artist needed

On April 26 the four capital area UU congregations (Albany, Schenectady, Saratoga, and Glens Falls) will have a very special joint worship service. The theme for the service is Building Bridges Between our Congregations. For many people this will be their first contact with one of the other regional congregations. The service will be a symbolic bridge to help us envision the strength and richness we would all gain through greater connection with one another.

As part of the service, we are requesting the aid of artists to design an artistic project (perhaps using a bridge design) that could be broken into four or more parts. We imagine having each congregation bringing a piece of the artwork forward, then combining the pieces into a whole, representing artistically how the four congregations coming together create a new and greater whole. A second idea we have is to create a "floating chalice" that can be used

Sam's Outlook, cont. from pg. 1
emotional. Many of our religious emotional responses solidify during our youth and young adult years. As we get older, even though the religious ideas of the next generation may seem meritorious on the surface, emotionally it just doesn't make sense. Intellectual discourse about the topic of spirituality is almost always fruitless because without an emotional sense of recognition, no one is moved. More often generational differences become sources of friction rather than mind-opening invitations to new experience and appreciation.

Being raised an Atheistic Scientific Humanist who then had an experience that didn't fit with that worldview at the age of 23, I feel like I've lived on two sides of this divide and almost have a bit of a split personality about it. I cling to the scientific worldview while embracing a larger vision of what human life and experience can be from the practice of Buddhist insight oriented meditation. My decision to become a Unitarian Universalist minister is linked to feeling bound to both humanistic and religious perspectives, looking for ways to reconcile them without denying either.

My delight comes from finding more and more people attracted to our congregation who are interested in this kind of pluralistic approach that welcomes a diversity of perspectives. My grandest vision of Unitarian Uni-

for this service. Each congregation would bring water that would be poured into a vessel to lift the floating chalice that would then be lit from the individual chalices of each congregation.

We need to identify an artist and/or artistic coordinator from each congregation to work on this project. Please help us find someone (or sev-

ersalism encourages people to explore the great diversity of religious thought looking for the common threads that bind them together. Rather than those common threads just being thoughts and ideas, my vision encourages people to engage in experiential practices that allow people to discover those common threads through their emotions and their bodies.

My frustration is figuring out how to do this between 10:00 and 11:00 am on Sunday morning. Most of the time, the best I can do is challenge an attitude, stimulate an emotion and throw out a life preserver to help people get through another week. I yearn to offer greater opportunities to go deeper and wider than is possible on Sunday morning. One way I do that is with meditation on Sunday mornings at 9:00 am and meditation retreats like the "Sufi-Buddhist" retreat I'll be offering on January 2-3. Another way is the "Speaking of Faith" discussion group. Yet more are Philomena's Spiritual Book Discussion Group, the Whirling Rainbow Lodge, and Earth centered rituals aligned with the seasons, among others.

If you've got more ideas, please speak with me so FUUSA can provide a variety of ways to help people deepen their spirituality.

Rev. 

eral folks) who would be interested in helping design such a work. If you are interested or know someone who might be, or you would like more information about these ideas, please let Sam know.

Religious Exploration

How to be happy

The on-line newsletter "Yes" gives 10 things that science says will make you happy. Number four on their list is "Have Meaningful Goals." The article quotes happiness researchers Ed Diener and Robert Biswas-Deiner, "People who strive for something significant, whether it's learning a new craft or raising moral children, are far happier than those who don't have strong dreams or aspirations." The article goes on, "Harvard's resident happiness professor, Tal Ben-Shahar, agrees, 'Happiness lies at the intersection between pleasure and meaning.'"

Effective teaching, whether as a parent, Sunday school teacher or advisor, Rite of Passage mentor, or some other kind of guide requires both an individual to be goal orientated, and yet to be open to possibilities. You have heard me say before that I encourage volunteers in the Religious Exploration program to teach to their passions, but be aware of the needs of the children and

youth. The lessons are springboards for discussions and activities. I support our volunteers in finding ways to make teaching a spiritual practice. At a recent training I attended, I was reminded again that children nurture teachers. That's right! Children and youth are natural spiritual guides. We see things differently through their eyes. Our Sunday school program, in age-appropriate ways, encourages children and youth to question as part of their learning and the adults are on a spiritual journey with the children. The teachers frame the explorations with Unitarian Universalist values, and each person's responses are honored and valued as a resource for all.

If your goals for the New Year include becoming a passionate seeker, learning to respond immediately to injustice or to becoming more forgiving, I welcome you to volunteer in our Religious Exploration program. Check out the sign-up sheet in Changing Hall to teach this spring; let me know if you'd like to substitute, be an

extra pair of hands in a classroom or help with other RE activities.

What else is on the Top Ten list of activities that make you happy?

- ◆ Savor Everyday Moments
- ◆ Avoid Comparisons
- ◆ Put Money Low on the List
- ◆ Take Initiative at Work
- ◆ Make Friends, Treasure Family
- ◆ Smile Even When You Don't Feel Like It
- ◆ Say Thank You Like You Mean It
- ◆ Get Out and Exercise
- ◆ Give It Away, Give It Away Now!

To read the whole article, go to <http://www.dailygood.org/more.php?n=3529>

Best wishes for a bright new year,
Leah



Bringing It Home

Rituals help us develop our spirituality when we pay attention to the feelings they evoke in us. Our living tradition holds up "direct experiences of a transcending mystery and wonder" as a source to help us seek truth and meaning in our lives.

An easy and natural ritual your family can engage in is a blessing at mealtimes.

One you might consider is hymn 1010, "Oh We Give Thanks" which the children learned in Children's Chapel. You can also download it at i-Tunes.

See me if you'd like ideas for spoken mealtime blessings.

Thank You!

The Art and Aesthetics Committee would like to recognize the generous donations of several FUUSAns towards our purchase of new furnishings for Emerson Hall. Three individuals and one group, the Ps and Qs, have made possible the acquisition of three cherry tables in Emerson and the furniture in Stott Lounge /Joy Library. We appreciate, with love, Priscilla Crago, Andrea Ricard, Roland Hummel, who donated the beautiful oriental rug in the Library, and the members of the Ps and Qs: Fran Berg, Priscilla Crago, Joan Ekengren, Dot Fischer, Virginia Hammer, Alice Hotchkiss, Glenna McClamrock, Sue McClure, Anita Patka, Mary Reich, Jan Satin and Abby Sugarman.

Snow closing announcements

In the (rare) event of needing to cancel Sunday services or any FUUSA programming, we will: (1.) put a message on the telephone voice mail and (2.) put an announcement on the top of the FUUSA Web site homepage. Check **(518) 463-7135** or **www.albanyuu.org** for FUUSA event cancellation info.

Social Responsibilities Council

Warm wishes to all for a Happy and Healthy New Year!

The next meeting of the Social Responsibilities Council (SRC) will be held on Sunday, January 4 at 11:40 am in classroom B7. All are welcome to attend. Some of the issues we have been working on follow.

Proposed Summer Youth Program at FUUSA: Our Inner-City/Community Outreach Workgroup (spearheaded by Lois Griffin), together with representatives from the Building Use Committee and Linda Way, continue to explore the possibility of hosting a summer kids camp sponsored by the Chapman Foundation. There would be up to 40 children (aged 4-13) plus teenage helpers (paid by the city) attending daily for six weeks, beginning after July 4th. The program will focus on music and literature and will culminate with a production for all to enjoy. In order to ensure a successful experience, we will need volunteers to assist with monitoring, aides, etc. Lois will coordinate the volunteers. There has been a positive response from FUUSA leaders, and we look forward to finalizing details for the program.

At the Table: Have you ever wondered about the crafts that are sold at the SRC Table? Many of these beautiful items come through a group called 'Mayan Hands.' The group reports that it works with over 250 weavers in 12 communities to bring these works to fair trade markets. Though renowned as great textile artists, Mayan women are among the poorest of the poor in Guatemala. Fair Trade provides a fair exchange between producers and buyers and allows these artisans to raise their families out of poverty and despair.

In addition to the Fair Trade items, we've been selling energy efficient light bulbs for some time now.

Profits from these sales will be used to donate light bulbs to the food pantry, saving energy and money for those families using the food pantry. So, thanks so much for your purchases and ongoing support!

Green Sanctuary: SAVE MONEY! If you're interested in doing an Energy Audit in your home, pick up material at the SRC table. You can conduct your own audit or have NYSERDA obtain an auditor for you.

Letter Writing: 1) FUUSAns signed over 70 post cards in support of the UUSC Darfur project. Thanks to Maryanne Lettau and Anita MacDonald for organizing this. 2) We are planning a letter writing campaign in support of Single Payer Universal Healthcare. This issue has the *SRC*, continued on pg. 6

Regional Events

Please mark your calendars and plan to attend!

♦**Jan. 11** Second organizational meeting of Single Payer New York. Albany Medical College 10:00-4:00. For details, contact Mark Dunlea at dunleamark@aol.com or Andy Coates at pnhpcapitaldistrict@gmail.com.

♦**Jan. 15** Ellie Bernstein recently produced a documentary about the operation that imprisoned the two Albany Muslims. The film is called, "Waiting for Mercy" and opens on Jan 15 at the Madison Theater.

♦**Jan. 22** 5:30-8:00 PM at Wolfert's Roost Country Club: Upper Hudson Planned Parenthood's 7th annual Roe V. Wade celebration. Special guest speaker is Sarah Weddington, the attorney who argued Roe V. Wade before the Supreme Court 36 years ago. Cost is \$75 (reception included), advanced registration requested by January 16. For details contact UHPP.

FORUM

Jan. 11, **Inner City Youth and Family Coalition** Albany Council-woman Barbara Smith, John Cutro, restorative justice worker, and Allahson Allah, advocate for youth, will discuss the work of the Inner City Youth and Family Coalition. Ms Smith and others began this organization in response to the recent tragic shootings of Albany youth, to provide resources to address violence in the city of Albany. They hold restorative intervention meetings, help families with language issues, obtain better and affordable housing, work on education issues, and a multitude of other issues that hinder a better life in the inner city. Please come to learn the role we can play in this crucial issue.

Jan. 25, **Refugee Resettlement Project** Are you interested in helping the many refugees that are being settled in Albany? Sr. Marianne Comfort will be speaking on Catholic Charities' new refugee resettlement project and how our congregation can get involved. She anticipates the arrival of 60 refugees in 2009, most of them from Iraq and Burma. Catholic Charities is inviting faith groups to "sponsor" a refugee family or group of single refugees. This involves a team of members helping find an apartment, furnishing the apartment, welcoming the refugees when they arrive, driving them to appointments, helping them learn or improve their English, helping them find employment and generally offering social support in their first few months in the country. Sr. Marianne will provide more details of the program, including Catholic Charities' professional support, and the experiences of other groups already participating. (The Schenectady Unitarian Society will be welcoming the first group in January.)

Forums are in Room B-8 at 11:30 a.m.

Peacemaking

Do you want to participate in FUUSA's response to the Peacemaking Statement of Conscience that will be considered at the UUA General Assembly in June 2009? If you do, please contact FUUSA's Denominational Affairs Liaison Don Odell (482-4574, drodell31@yahoo.com). He will coordinate the congregation's response that must be sent to the UUA not later than February 1, 2009. Look for more details on Sundays at the SRC table in January. We are also developing a way for individual FUUSAns to participate in this congregation's response. Information will be provided shortly. For information on the Statement of Conscience, please go to <http://www.uua.org/socialjustice/issuesprocess/currentissues/peacemaking/121606.shtml> and click on the "Related Content" on the right side of the page for a .pdf copy of the statement.

SRC, cont. from pg. 5

formal support of the UUA based on the Action of Immediate Witness approved at GA last June. We hope to ensure that the Obama Administration will move toward a publicly financed, privately provided health-care system that will fully fund comprehensive healthcare for all. Watch for the letter in Channing Hall during coffee hour.

Refugee Resettlement:

Catholic Charities is seeking families who are interested in providing foster care to teenage refugees arriving in the U.S. without relatives. For more information, contact Sister Marianne Comfort at 453-6650 or Marianne.comfort@rcda.org. We are also exploring opportunities for FUUSA to adopt a refugee family. If this is something of interest to you, please stop by the SRC table to let us know. Also, watch for an upcoming Forum to learn more about this!

Lifespan Education

Sufi-Buddhist Spiritual Deepening Retreat

January 2-3

Sufi teacher Joseph Yaqin Aubert and Buddhist meditator Sam Trumbore will combine their expertise to create a retreat experience for the new year. Using both Sufi practices and Buddhist meditation techniques, participants will learn to quiet their minds and become more perceptive of the present moment. No previous experience is necessary nor will anyone be expected to sit on the floor (although this is certainly permitted).

The retreat will begin from 6:00-9:00 pm on Friday, January 2 and continue Saturday from 8:00 am-3:00 pm. A potluck vegetarian lunch will be served at noon.

Participants should call the office (463-7135) to let us know you are coming and what nutritious food item you'll be bringing. (A voluntary donation may be offered at the end to support the teachers.)

Rev. Aubert has been a member of the Sufi Order International for more than 20 years. He is an interfaith minister, a certified retreat guide and spiritual storyteller. He will lead practices with sound and breath to open the heart to a fuller sense of awareness and being present in the moment. Rev. Trumbore has practiced Buddhist insight meditation for over 20 years and is Past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be one of the best for Unitarian Universalists because it is light on ritual, ceremony and cultural baggage. It helps people train their minds to strengthen concentration and widen moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and opens the heart.

Speaking of Faith: Conversations on Religion, Ethics and Ideas

"Repossessing Virtue: Parker Palmer on Economic Crisis, Morality and Meaning"

1:00 pm, January 11

We will explore the human and spiritual aspects of economic downturn with a wise public intellectual of our time, the Quaker author and educator Parker Palmer. He stresses the need to acknowledge the inner life of human beings as a source of reality and power.

We will listen to this edited version of the radio show and then Rev. Trumbore will lead a discussion.

Owning Your Religious Past

Tuesdays, February 1, 8, 15, 22

6:30 to 8:00

Co-facilitated by Leah Purcell and Larry Gambino

The majority of adult Unitarian Universalists come into the denomination from other religions. Many of us have a need to reckon our religious upbringings with our current religious lives. *Owning Your Religious Past* is an adult education course which helps UUs grow in their faith and move from a place of discomfort to one of affirmation. The goal is to help you not only leave things behind, but also be certain of what you want to bring with you as you continue along your path. This course is for anyone who wants to explore who they hope to become as Unitarian Universalists – long-timers as well as newcomers.

This class can accommodate up to 15 people. Sign up in Channing Hall or contact Leah to sign up or get more info. (463-7135 or dre@albanyuu.org)

Membership Musings

Ring out the old, and welcoming the new

Old, New. Old, New. Clean out the closets after Thanksgiving because even though you'll try really hard to stop it, a new flood of things will come into the house at the holiday time. Old, New. Put away the porch furniture so you can shovel the snow. Old, New. Check in with old members we haven't heard from in awhile and see how they are. Old. New. Welcome new members! This month we were delighted to welcome six new folks into the UU fold:

Karen Kaufman is Jewish by blood but was raised in the Dutch Reformed Church, which was the first step on the path she took to get here. She



works as an environmental lawyer in the Attorney General's office. Prior to that, she worked for 20 years in the State Assembly and so she is a self-professed state politics junkie. She lives in an old farmhouse in rural Rensselaer County with her Welsh Corgi, Ruby.

Scott and Karen Murray live in Glass Lake with their two dogs. **Karen** is an aquatic biologist with



the U.S. Geological Survey. She is researching the bio-accumulation of mercury through food Webs. She meditates daily, hikes and cross-country skis. **Scott** is recently retired. He formerly directed the largest integrated mental healthcare sys-

tem in NY, and led leadership trainings. He volunteers with non-profits, providing executive coaching, leadership training, and team building, and facilitates a small group ministry here at FUUSA. He also meditates, hikes, cross-country skis, and enjoys eating, which he reports is the real driver of his daily workouts.

Karen Szary lives on Schuyler Road in Loudonville with her husband, George, and her two children. She is a stay-at-home mom who enjoys reading and walking.



Trish and Bob Zima have a daughter who is a senior at Bethlehem High School. **Trish** is a retired elementary school teacher and **Bob** works with plumbing, heating,



kitchen, and bath suppliers. They are both active ballroom dancers and volunteer with "The Dance Crazy" program, teaching elementary school children how to ballroom dance. Trish also volunteers as a reading tutor with elementary students. Bob has been active with Habitat for Humanity including our FUUSA project, as well as Big Brothers-Big Sisters.

Our next **'Getting to Know UU'** Orientation is scheduled for January 10 at 9 am. Let us know if you would like to join us.—*Lynne Lekakis*

Fall Rummage Sale results

The Fall Rummage Sale of clothing raised a record \$2700!! What caused this almost \$1000 rise in income from three years ago? There are several reasons and we all know the biggest - folks are saving money by buying used, and in our case very good quality, items. Shoppers commented that our sale now has a "rep" for good stuff in good order. And this is because several very dedicated rummage workers sorted and resorted everything. We donated our unsold merchandise to the Albany City Mission free store, the Salvation Army and the Capitol City Rescue Mission.

After donating one third of our profit to the church operating budget we elected to donate the balance as follows:

- ◆\$600 (which includes some more sales on eBay) the Regional Food Bank
- ◆\$300 Albany County Cooperative Moms and Mentors emergency formula and diapers fund
- ◆\$150 Equinox Domestic Violence Programs for bus passes
- ◆\$145 for the balance of printing costs on FUUSA bumper stickers
- ◆\$250 towards the digital projector fund at FUUSA
- ◆\$150 Planned Parenthood local chapter
- ◆\$100 Joseph's House and Shelter for Rensselaer County overflow shelter
- ◆\$100 Trinity Institution for their Food Bank
- ◆\$100 Unirondack Campership Fund

So many FUUSAns helped to make this sale a success and made this event a vital resource for our neighbors. Thank you!

Patsy Patrick, Unsung Hero

FUUSA began a tradition in 2005 of presenting the Unsung Hero award about three times per year. This is the first time I have had the privilege of presenting the award. The award is given to someone who has worked tirelessly behind the scenes to keep FUUSA running smoothly and to fulfill our mission.

The recipient has been active at FUUSA for over 45 years. She loves art, dancing, storytelling, and working with children.

During her time at FUUSA she has also contributed to the richness of our community by:

- Starting and coordinating FUUSA neighborhood dinners in the late 60's
- Co-chairing early craft and art fairs with Mary Reich
- Working on the current craft fairs.
- Helping with senior citizens lunches
- Coordinating a Gourmet Dining Club

Patsy Patrick was the FUUSA co-treasurer for nine years. Her devotion to this task was exemplified by her non-traditional Christmas activity. For those nine years she prepared the year-end pledge statements on Christmas afternoon. It could be she needed to work on Christmas because she was very busy the rest of the time with her

career as an Early Childhood Librarian where she had a full time job as well as three part time jobs at various times. She still does part time consulting.

Patsy also applied her professional skills to our RE Program when she came to FUUSA and she continues to make her mark there. She brings her flair and enthusiasm for cooking with children, crafts, costumes, storytelling, and drama to Sunday school classes as well as Children's Times and multigenerational services. She and her husband Dick have been devoted RE teachers and love teaching the 4th grade course "Timeless Themes." They put a UU spin on stories from the Hebrew and Christian Bibles. Additionally, Patsy has served on the RE Council and continues to be a great resource for the RE program.

For the past few years Patsy has taken on a thankless and nearly invisible job. If no one did it, then everyone would complain, "Why doesn't somebody clean out the disgusting RE closets?" Single-handedly she has cleaned all 15 RE classroom closets at the end of each year. Imagine cleaning out a year's worth of left over snacks, clogged glue bottles, unfinished projects, moldy rags, and various indescribable mystery objects. Without Patsy's efforts we don't know what

could have grown in those closets over the years. She continues to do this task every summer with no complaints (that we have heard anyway). Patsy has demonstrated her unsung hero qualities in other activities as well. Her love of storytelling and working with children goes beyond FUUSA to the wider community. She and Dick have made a number of trips to Native American Reservations in Arizona and Utah. During these trips they spend two weeks working with children and teachers, and telling stories.

One final story illustrates how Patsy relates to people and responds to their unspoken needs. She takes Nia, Line Dancing, and is starting Zumba. During her Nia class this fall she met a woman from India whose husband was studying at Albany Medical School. He had to work on Thanksgiving. The woman would have been alone that day. But Patsy invited her to share their Thanksgiving this year (which is so big that they had to hold it in a nearby Methodist Church). It wasn't something Patsy had to do, but it's the kind of thing unsung heroes do.

Today we are recognizing Patsy Patrick with the first FUUSA Silver Star Award. Thank you Patsy for all you have done and continue to do. —Chuck Manning

Oh Christmas Tree!

FUUSA's intrepid Christmas Tree Committee ventured forth at the break of dawn, Saturday, December 11th through ice storm debris, downed utility lines and frozen farm fields to capture the elusive perfect tree. Once downed and cut to original size, the attempt to wrestle said tree through the icy brush was almost futile. However, due to Greg Jackson's mighty bow saw, Todd and Bryce Gray's muscle, and Steve Moskowitz's helpful and uplifting commentary, the task was accomplished. Thanks go to Dave and Barb Metz for donating the tree as they have for many past years.



Spirituality Book Club

The Spirituality Book Club meets at noon on Sundays to discuss books on spiritual subjects. Upcoming books are:

Jan. 18 [Spirituality for the Skeptic](#) by Robert C. Solomen

Feb. 15 [Think on These Things](#) by Krishnamurti

If you have questions contact Philomena Moriarty Trumbore.

Budget requests due January 11

Yes, it's time once again to figure out how much money your program, committee or group will need in the next fiscal year, beginning July 1, 2009 and ending June 30, 2010. While it may seem far away, this year once seemed distant also.

The budget form for submission can be found on the FUUSA web site, www.albanyuu.org on either the home page under News, or in the File Cabinet under Church Office at the bottom of the left side menu. It will also be emailed to all committee chairs. If necessary, the office can supply you with a printed form.

The Finance Committee and the Board use the completed form to help determine what your group's priorities are for next year and how much money will be needed to support your endeavors. It will be assumed that no funds will be needed if a form is not submitted. Regular mail and email submissions will be welcomed.

The form is self-guiding, however, if you have questions, please contact Steve Moskowitz, Finance Committee chair.

Windows is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

Editors: Amy Lent, Irene Saulsbery
Production: Dave Stone
Contributors: D. Odell, S. Trumbore, D. Doran, L. Way, L. Purcell, T. Heath, A. Brandon, C. Stetson, A. Lent, D. Metz, S. Moskowitz, I. Saulsbery, et al.
Newsletter Crew: Many hands!

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

Oriel planning committee

The Oriel committee invites new and old members to participate in planning, editing, layout and design of the 28th edition of the literary and arts magazine of FUUSA. Mark your calendars to be sure that you don't miss the planning committee meetings! Meetings Scheduled:

Sunday, **Feb. 8**, 11:30 am, Rm. B 3-4
Tuesday, **Mar. 3**, 5:30 pm, Rm. B-7
Sunday, **Mar. 22**, 11:30 am, Rm. B 3-4

Walker Book Club

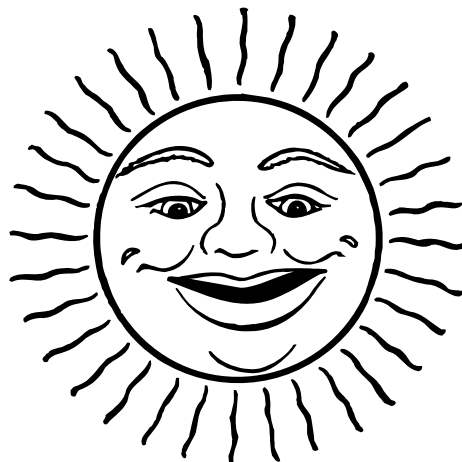
The Walker Book Club will next meet on Sunday, January 11, commencing with a potluck supper at 5:30 pm at Lisa Walker's home in Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

Dates and books currently scheduled:

Jan. 11 Chinua Achebe, Things Fall Apart. Suggested by Abby Sugarman.

Feb. 8 Richard Russo, Bridge of Sighs. Suggested by several present.

Mar. 8 Greg Mortenson & David Oliver Relin, Three Cups of Tea. Suggested by Barb Cooley and Winston Hagborg.



Caring Network

The Caring Network needs a volunteer to function as Transportation Coordinator. This entails keeping a list of persons available to provide transportation when requested. The individual is NOT responsible for actual driving. Please contact Judy Hanson.

Anyone available to provide transportation to Sunday services from Guilderland, please contact Judy Hanson.

Channing Circle

We meet again on Monday, January 19 at noon. Please bring your lunch and two of our members will treat you to dessert. Coffee and tea will be available.

For the program portion of our gathering you will be asked a question. It will not be a difficult one, but one that will kindle a remembrance of your personal past. We will take our turn to answer the question, taking 2 or 3 minutes each, as we go around the room to share our reminiscence. You are allowed to pass, but we think you will find it easy to respond and will enjoy each other's stories. Those who remember the Tuesday Supper Symposia we had some years ago, will recognize the format.

So please come and in the meantime get happily and safely into the New Year.

Good wishes to all!—Thayer Heath and Ursula Poland

Something YOU can do

We need one Lead Usher, three Ushers, two Coffee Hosts, two Greeters and one Chalice Lighter every Sunday!

Sign up in Channing Hall or call Eileen Hoffman or to be a Greeter call Lynne Lekakis.

UU Weekend at Silver Bay

It may seem too early to start thinking about our annual retreat at Silver Bay—after all it's not until October. But it's not too early. This is just the right time to keep the spirit up, and it's also the right time to fund-raise.

For those of you who may be new to FUUSA and don't know what UU Weekend is, it's a weekend when a couple of hundred UUs and friends from multiple congregations get together right up at the tippy top of Lake George in a wonderful retreat center called Silver Bay. All kinds of fun can be had, and we do hope you'll come next October.

Our fundraising efforts during the year help in two ways. Money raised will help underwrite the cost of programming, thus keeping prices down as much as possible. And funds also are used to provide financial aid to those who would otherwise not be able to attend.

Our major fundraiser at FUUSA for this year's UU Weekend is "Wine and Dine" on Saturday, Feb. 7. Whether you've been to UU Weekend yet or not, we encourage you to come to this dinner and get the spirit! Full details are elsewhere in this issue.

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 Irene Saulsbery or Ann Lapinski.

Sunday Volunteers

Sign up in Channing Hall or call Eileen Hoffman or for Greeters Lynne Lekakis.

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Jan. 4	C. Manning	B. Manning		T&S Gray	
Jan. 11					
Jan. 18					
Jan. 25					

Labyrinth

Walking meditation



*Channing Hall
Saturday, Jan. 24
10:00 a.m.—2:00 p.m.*

FUUSA Calendar—January 2009

1-Jan		Holiday - Office Closed		14-Jan	10:00 AM	Projects & Quilts	B-8
2-Jan	6:00 PM	Meditation Retreat	Channing, B-8		5:30 PM	ARISE Core Team	B-7
3-Jan	8:00 AM	Meditation Retreat	Channing, B-8		7:00 PM	Wash. Sq. Nbhd. Assoc.	Channing
4-Jan	9:00 AM	Mindfulness Meditation	Sanctuary		7:00 PM	Choir rehearsal	Emerson
	10:00 AM	Service	Emerson	15-Jan	5:45 PM	Endowment Trust Meeting	Stott/Joy Library
	10:00 AM	Religious Education	Classrooms	18-Jan	9:00 AM	Mindfulness Meditation	Sanctuary
	10:00 AM	Children's Chapel	Sanctuary		10:00 AM	Service	Emerson
	11:00 AM	Coffee Hour	Channing, Emerson		10:00 AM	Religious Education	Classrooms
	11:45 AM	SRC Meeting	B-7		11:00 AM	Coffee Hour	Channing, Emerson
	1:00 PM	Rite of Passage Meeting	Emerson		12:00 PM	Spirituality Book Club	B-8
5-Jan	9:00 AM	Windows Update deadline		19-Jan		Holiday - Office Closed	
	10:00 AM	SGM Perkins	B-8		10:00 AM	SGM Perkins	B-8
	5:00 PM	Partner Church Meeting	Stott/Joy Library		12:00 PM	Channing Circle	Channing
	6:15 PM	Religious Education Council	Channing	20-Jan	9:00 AM	Windows deadline	
6-Jan	10:00 AM	Philosophy Group	B-8		10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8		1:00 PM	Bridge	B-8
7-Jan	10:00 AM	Projects & Quilts	B-8	21-Jan	10:00 AM	Projects & Quilts	B-8
	1:30 PM	SGM Patka	B-8		1:30 PM	SGM Patka	B-8
	5:30 PM	SGM Murray	B-8		5:30 PM	SGM Murray	B-8
	7:00 PM	Committee on Prof. Ministry	Study		6:30 PM	Earth Spirits	26
	7:00 PM	Choir rehearsal	Emerson		7:00 PM	Choir rehearsal	Emerson
	7:00 PM	ARISE Core Team	B-7	22-Jan	7:00 PM	Finance Committee	B-8
8-Jan	5:30 PM	Public Relations Committee	Channing		7:00 PM	SGM Street/Boreali	Stott/Joy Library
	6:30 PM	PCC Meeting	B-8		7:00 PM	Board of Trustees	26
	7:00 PM	SGM Street/Boreali	Stott/Joy Library	24-Jan	10:00 AM	Labyrinth	Channing
	7:15 PM	Canvass Committee	B 3-4		6:30 PM	Auction	Emerson, Kitchen, Lobby
10-Jan	9:00 AM	New Member Orientation	Channing	25-Jan	9:00 AM	Mindfulness Meditation	Sanctuary
11-Jan	9:00 AM	Mindfulness Meditation	Sanctuary		10:00 AM	Service	Emerson
	10:00 AM	Service	Emerson		10:00 AM	Religious Education	Classrooms
	10:00 AM	Religious Education	Classrooms		11:00 AM	Coffee Hour	Channing, Emerson
	11:00 AM	Coffee Hour	Channing, Emerson		11:30 AM	Forum: Sr. Marianne Comfort	B-8
	11:30 AM	Forum: Barbara Smith	B-8	26-Jan	1:00 PM	Windows mailing	Channing
	11:30 AM	Auction Committee	B 3-4		3:30 PM	Shelter Meal Prep	Kitchen
	1:00 PM	Lifespan: Speaking of Faith	Stott/Joy Library		7:30 PM	Monday Men	Stott/Joy Library
	5:00 PM	Cancer Support Group	Channing	27-Jan	10:00 AM	Philosophy Group	B-8
12-Jan	1:00 PM	Windows Update mailing	Channing		1:00 PM	Bridge	B-8
	3:30 PM	Shelter Meal Prep	Kitchen		7:00 PM	SGM Sherman	Stott/Joy Library
	5:00 PM	Nominating Committee	Stott/Joy Library	28-Jan	10:00 AM	Projects & Quilts	B-8
	5:30 PM	Membership Committee	B-7		7:00 PM	Choir rehearsal	Emerson
	7:30 PM	Monday Men	Stott/Joy Library				
13-Jan	10:00 AM	Philosophy Group	B-8				
	1:00 PM	Bridge	B-8				
	7:00 PM	SGM Sherman	Stott/Joy Library				

First Unitarian Universalist Society of Albany

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

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

RETURN SERVICE REQUESTED



Sunday Services

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

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

Religious education classes for children are at 10:00: the Nursery opens at 9:45.

Jan. 4 "Abandoning Past and Future Lives" --The Rev. Sam Trumbore (Emerson) Children's Chapel (Sanctuary)
Striving to recreate the past in the present and/or striving to attain existence in a heaven realm after death are both morally bankrupt if those actions contract supporting the well-being of life on this planet here and now. If this proposition is true, why not just focus on serving the common good here and now and not be concerned about what happens after you die?

Jan. 11 "The Continuing Risk to *Roe v. Wade*: How It Could Fall and What That Would Mean to People of Faith"--Rabbi Dennis Ross (Emerson)

Clergy have a decades-long record of alliance with Planned Parenthood and other groups in advocacy and referral for contraception and abortion. In the event that the United States Supreme Court decision in *Roe v. Wade* is overturned or impaired, religious leaders will again be called by women in need of assistance and referral. Rabbi Dennis S. Ross, director of Concerned Clergy for Choice of the Education Fund of Family Planning Advocates of New York State will discuss the historical, ethical, and spiritual dimensions of the continuing risk to *Roe*.

Jan. 18 "Acting "As If"--The Rev. Sam Trumbore (Emerson)

When formulating one's beliefs, knowing whether a proposition is true or false can be quite difficult if not impossible. Our Unitarian Universalist Purposes and Principles are better characterized as useful guidelines than eternal truths. What questions might we ask that can guide us toward realizing the dreams of the Rev. Dr. Martin Luther King Jr. that so many of us embrace as useful, even true?

Jan. 25 "About Mary"— Rev. Dr. Lynn Ashley (Emerson)

Based on research in comparative religions, we might come to see Mary, the mother of Jesus, as a composite of the feminine divine. One name for Mary's mother, Anne, is Jana, or Juno, for which the month January is named. It seems right then, as we come out of the holidays and begin this new year to follow some of the ancient stories in search of threads of continuity.