

# Windows Update

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).

Mid-January 2010

*Minister*

Rev. Sam Trumbore

*President*

Linda Way

*Intern Minister*

Chris Antal

*Church Administrator, interim*

*Membership Coordinator*

Amy Lent

*Director of Religious Education*

Leah Purcell

*Religious Education*

*Director Emerita*

Ann D'Attilio

*Music Director*

Matt Edwards

*Administrative Assistant/Sexton*

David Stone

*Rental Agent*

Lynne Lekakis

*Custodian*

Olga Oja

**Publication deadlines**

Feb. *Windows*: Jan. 19

Feb. *Update*: Feb. 1

## Newsletter of the First Unitarian Universalist Society of Albany

### Choir tour plans made

From June 23 to July 5, the FUUSA Choir will visit Bucharest, Siniai, Brasov/Brasso, Viscri, Kohalom, Segesvar, Marosvasarhely, Szokefalva, Meszko, Torda, Kolozsvar, Budapest, Bratislava and Prague, singing and sightseeing our way across Romania, Hungary, Slovakia and the Czech Republic. We have at least 24 singers and a few companions committed to go. Matt Edwards, our Choir Director, is working on the repertoire, creating practice CDs to **Tour, continued on pg. 2**

### Board Notes

Again there was perfect attendance at the December Board of Trustees meeting. This time the added incentive came *before* the meeting when we enjoyed a Thai dinner together to celebrate the holiday season. (Thanks to Lois Griffin for arrangements!)

Chris Antal attended the meeting and reported that his internship experience at FUUSA has been going extremely well. His sermons have been well received; he enjoys his time with the congregation and has had the opportunity to talk with a number of members over lunch and/or dinner; his six week Adult Education class on Writing Your Spiritual Autobiography was very successful; he is working with Jacqui Williams on issues of anti racism and anti oppression and is preparing to co-facilitate a course with her entitled Building the World We Dream About; and he will be preaching two sermons and conducting a forum on UUs and the Military in January. We are certainly keeping Chris busy – and both he and FUUSA are grateful that he is with us!

A major focus of the meeting was a dis-

### Rev. Dr. Martin Luther King, Jr. Interfaith Memorial Service

7 p.m. Friday, January 15, 2010  
at St. Paul's Episcopal Church  
21 Hackett Blvd. Albany

**Theme: "Courage to Stand for the Rights of Others"**

All are welcome. Last year a number of us attended this moving and inspirational service - hope we can have an even greater number attend this year!

cussion of how the Board should now proceed in terms of implementing the Strategic Plan, which was affirmed and adopted by the congregation in December. Each member of the Board was asked to comment on both how they foresee the process of implementation going forward and where specifically they could best see themselves fitting into this process. Among the steps agreed upon were:

◆Creation of a Community and Connections Committee: Work needs to be done to develop the focus and charge for this committee.

◆Review of current staffing: Focus on priorities, gaps, and both current and future needs – mindful of the budget cycle work will begin in January.

◆Creation of a Governance Task Force: The Board agreed to educate themselves further on the issues of governance as a first step toward defining the scope and charge for this committee.

◆Creation of a Task Force to develop a Covenant of Right Relations: Education of **Board Notes , continued on pg. 3**

## Welcome New Members!

**Peg Sutton** and her husband Adam enjoy their two really neat kids: a girl who will be 5 in February, and a boy, who recently turned one. They keep Peg and Adam busy and active – they love being parents, watching their children grow and being entertained by the fascinating things they do and say. In addition to being “mom” at home, Peg works at Mohanzen High School where she is a social worker, a job which she finds exciting and rewarding, although sometimes pretty exhausting. When she needs a break and has time, Peg likes to read, listen to music, watch movies or just spend quiet time outdoors.



**Nell Guilbault** grew up in Rhode Island and was raised a UU. She moved to NY about a year and a half ago. Nell has a degree in Early Childhood Education and is now a daycare teacher. She looks forward to being a member here.



**Diane Goodyear** lived most of her life in California. For thirty years she ran a dental office, a career from which she retired about ten years ago. She has three adult children whom she raised virtually alone. She now lives with her oldest son and his partner here in Albany. Diane likes our liberal theology – she believes that all religions have something to offer and we can learn and develop our spirituality through numerous paths. She also appreciates that she has found both open minds and open hearts at FUUSA - and she enjoys both the services and the community.



**Ringo Halliday** came to the Capital Region because he wanted to find a closer connection to his extended family, many of whom live in the area. Before coming to the capital district he lived in Keene, New Hampshire, where the only two places he felt at home were the theater, where he worked as a stage hand, and the UU Church. He has a BA in Theatre, Art, Dance and Film, and enjoys anything “hands on.” Currently, Ringo works for Rensselaer ARC as part of their Community Inclusion Project,

helping disabled adults become active participants in the community. He has many hobbies which include reading science fiction, playing Magic the Gathering, and drinking coffee. Ringo recently discovered genealogy while trying to learn about his great-grandfather and is now tracing his family tree farther back than he originally intended. He lives with his fiancée, Tina, and their eight cats.

**Tina Oldham** was born and raised in the capital district. She found FUUSA



about three years ago through her boyfriend, Ringo Halliday. She and Ringo are now engaged and plan to be married at FUUSA in October, 2010. Tina is a retail manager for CJ Banks at Colonie Center. She enjoys any quiet time she can find at home with Ringo and their eight furry feline children.

## Tour, cont. from pg. 1

allow the singers to get familiar with the music. While much of our music will also be sung at FUUSA Sunday services this spring, special rehearsals will be held as needed, possibly during the latter part of the regular Wednesday rehearsal or some Sundays (especially for those from outside the FUUSA community). Tour registrations are open at the UU Partner Church Council website. They require a deposit of \$150. The entire trip is expected to cost between \$2,500-\$2,800. If you are interested in joining us as a singer or simply to go on the trip, contact Peter Brown or Kathy Harris.

That said, the FUUSA Choir is always looking for new singers for Sunday Services. You do not need to plan on traveling to Eastern Europe to rehearse with us on Wednesday evenings at 7:00 p.m. (starting up again on January 20) and sing on Sundays. The choir is an amazing group and rehearsals are fun and rewarding. Let Matt or Kathy know that you are interested, or just show up! We are always happy to get a chair for a newcomer! –Kathy Harris

**Wine and Dine for UU Weekend  
Saturday, January 23**

*Sign up during coffee hour  
in Channing Hall.*

## Think Spring!!

Flowers that is. Please sign up to donate flowers for Sunday services in February and March. Many dates still open for you to celebrate or remember someone or something special.--Sandy Stone, Flower Committee Chair

## Upcoming programs

Further information on these programs can be found in the January issue of *Windows*. You can sign up for any of them at the Sign Up Site in Channing Hall or by calling the church office at 463-7135.

### **The Power and Beauty of Needs:**

Promoting Unitarian Universalist principles through a language of connection

**Saturday, January 16**, 9:00 a.m. - 3:30 p.m., at FUUSA

Registration: \$20 (includes lunch) call 463-7135 or email [dstone@albanyuu.org](mailto:dstone@albanyuu.org) to register – space is limited!

### **Building the World We Dream**

**About:** An anti-racist/multicultural, “Welcoming Congregation” curriculum on race and ethnicity

**Mondays, Jan. 25-Apr. 19** (except Feb. 15) : 7:00 to 9:00 pm

Sign up at the Sign Up Site in Channing Hall, free.

### **Mindfulness Meditation**

#### **Retreat**

**January 29-30**

Friday 6:30 p.m. to 9:00 p.m., and Saturday 8:00 a.m. to 3:00 p.m.

Sign up at the Sign Up Site in Channing Hall.

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## **6 to 9 at 6:09**

### **Join us for Circle Dinner!**

Our next circle dinner celebration will be Saturday, February 20. Circle dinners are meals for six to nine people held at various houses throughout the capital district. Sign up forms will be available starting Jan. 16 and are due by Feb. 6. If you sign up as a host, please put the date on your calendar to remind yourself that you have made this commitment! We love to see lots of sign ups, newcomers and old-comers alike!—Ann Lapinski

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## **Chris' Chrysalis**

Wow! My new year is certainly starting off with a bang. Rev. Craig Schwalenberg, the UU Minister in Oneonta, invited me to preach on January 3, and that was a great experience. With Rev. Trumbore away, I am being called upon to take greater responsibilities. In the first week of the year I responded to a crisis call from a member in distress, and did a graveside memorial for a retired Unitarian Minister, the Rev. Carl Bierman, who passed away suddenly at Albany

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### **Board Notes , cont. from pg. 1**

the congregation is the first step – ways to begin include a sermon, adult education class, *Windows* articles, reaching out to committees

◆Request that the Social Responsibilities Council contact the Reverend Dick Gilbert, social justice coordinator for the St. Lawrence District, and ask him to lead a workshop at FUUSA to help us focus and expand our social justice efforts.

The Board is excited about the potential of our Strategic Plan to inform and inspire our future. Implementing our dreams will be an ongoing process, but we know that together: **“Yes, We Can!”**

Reminders: We continually invite anyone who has a question or wishes to discuss an issue to speak to any member of the Board: Linda Way, Chuck Manning, Dave Metz, Jan McCracken, Dawn Dana, Deborah Martha Brown, Lois Griffin, Molly Daniels, Dave Street, Bruce Smith, Todd Gray, and Randy Rosette.

Minutes of Board Meetings are posted in Channing Hall.

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### **Food Pantry**

Our December donations to the Focus Food Pantry totaled \$293. Our generosity will help many people get through the cold winter coming upon us. Happy New Year! -- Lois Thomson & Jane Allen, co-chairs

Medical Center. I will be preaching at FUUSA twice this month, and I am excited to honor the legacy of Dr. Martin Luther King, Jr. by facilitating, together with Jacqui Williams, the “Building the World We Dream About” course. What better resolution for 2010 than to make a commitment to personal transformation and “walk the talk?” You can still sign up for the course, and join us in this auspicious building project! —Chris Antal

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### **The Spirituality of Children:**

a two-part workshop for Parents and Guardians, presented by Leah Purcell  
**Saturday, Feb. 13**, 1 pm – 3 pm  
**Saturday, Feb. 27**, 1 pm – 3 pm  
Childcare available.

Created by Rev. Dr. Lindsay Bates and DRE Cynthia Wade, this set of interactive workshops is designed for busy families who want to explore the spiritual development of children. “Spirituality” is described by the authors as “the lifelong relationship with someone or something that is greater than one’s self. Spirituality is innate in human beings. While it can be experienced in community, it can also be experienced in solitude.”

We’ll learn about psychologist James Fowlers’ theory of faith development; discuss parenting styles; look at creating family covenants and family affirmations; and share our own journeys, including discussing how being a parent or guardian fits into each of our overall spiritual, philosophical and ethical developments.

Sign up in Channing Hall or contact Leah Purcell via e-mail [dre@albanyuu.org](mailto:dre@albanyuu.org) or the office phone 463-7135.

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## Social Responsibilities Council

The Social Responsibilities Council is gratified by the emphasis placed on Social Justice in the Strategic Plan put together by the Dream Catchers and overwhelmingly adopted by our congregation. Now we need to find a way to best accomplish the goals and objectives set forth. Our "next step," as the plan advises, is to invite Rev. Dick Gilbert, social justice coordinator for the St. Lawrence District, to "assist our congregation in focusing our efforts and increasing the engagement of our members in social justice." (Strategic Plan, p.4) SRC is interested in your thoughts in how we can be most effective.

In the meantime our efforts continue with monitoring legislation, at-

tending meetings, cooking and collecting items for the homeless shelter. You will find the box to make donations of warm clothes, new socks and underwear, and personal hygiene items in the coat room. Stop by our table Jan. 31 during coffee hour in Emerson Hall to see what we are doing and what you can do to make Albany and the world a better place. A reminder that we will also have a table at Martin Luther King Day, Jan. 18, from 10 to 1 at the State Convention Center on the Main Concourse. And, as always, you are welcome to attend an SRC meeting on the first Sunday of the month.

Standing on the Side of Love,  
Lois Griffin

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### Green Sanctuary Committee

Come to the Social Responsibilities Council table to get information on how to environmentally recycle your computer. Also available is how to do a home energy audit and other information. Locally grown sunflower seeds are for sale in 5 pound bags for \$3.00. We will continue to donate 2 dozen CFL bulbs to the Food Pantry in the spring. The Green Sanctuary Committee is exploring ways to make FUUSA carbon neutral with the Social Responsibilities Council.

### January Green Tips

◆Resources for Baby Care. [www.seventhgen.com](http://www.seventhgen.com), [www.healthytimes.com](http://www.healthytimes.com)

◆[www.gdiapers.com](http://www.gdiapers.com), [www.earthsbest.com](http://www.earthsbest.com).

◆Resources for Baked Goods and Supplies. [www.kingarthurflour.com](http://www.kingarthurflour.com), [www.edenfoods.com](http://www.edenfoods.com).

◆Resources for Body Care. [www.tomsofmaine.com](http://www.tomsofmaine.com), Powered by 100% renewable energy, Gives 10% of profits to non profits

### Newcomer orientation

#### Learning about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next "Getting to Know UU" session, scheduled for Saturday, **January 23** from 8:45 a.m. to noon.

We'll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can call Amy Lent interim Membership Coordinator (and Church Administrator) at the church office, 463-7135.

### M. Suzanne Hicks

#### Channing Hall art show

The work in "Fruit, Root, and Flower" was done almost entirely in the calendar year 2009. Returning to still life is a return to the quiet self, simple pleasures, relationship to the vibrancy of food, of the earth and its colors. While painting fruit, root, and flower the artist has discovered plants dance, sing, and sometimes arrange themselves for a rest. She has increasingly sought to catch this movement, this music, this brief, wondrous joy. The artist feels that it is a privilege to share these observations with you.

Suzanne Hicks is a member of FUUSA. She has taught pottery at the Rensselaer County Council for the Arts and other venues. In addition to still-life, her current work focuses on watercolors of the Caribbean.

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### FUUSA Yahoo group and Facebook group

For those FUUSAns who would like to keep in touch outside of Sunday services, especially with those FUUSAns who sometimes don't make it to Sunday services, you can take advantage of our Yahoo and Facebook groups. To join either group, send an email with your name and email address to Millie Eidson. Millie will verify your FUUSA member/friend status with Dave Stone and then add you in.

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### CROP Walk

#### Save the date!

The 2010 CROP Hunger Walk is coming up on Sunday, **May 2**. Save the date to walk with the FUUSA Team or support the walkers with your pledge. See Dawn Dana for more info.

**To the Youth Group and generous members of FUUSA:**

Another Christmas has passed and I just wanted to let you know how grateful the families were that we helped. Grandma M. was overjoyed to receive the presents and food that the youth group put together for her. She now has toys and clothes for her grandchildren that she sadly now has custody of since their mother's death this summer from sickle cell anemia. We never know what twists and turns our lives will take. The children are lucky to have her and to have a group like our young people to help her out in her time of need.

Our second family in need materialized just days before Christmas - a single dad trying to put together Christmas for his teens for the first time alone. He thought that he could get some gifts for them with his paycheck right before Christmas, but his car broke down and the reality that he needed it to get to work at a local store became more pressing. He is an example of someone who lives paycheck to paycheck with little left over for "toys" for his teenagers who have little. Thanks to a few folks who, in a big way, made Christmas a bit merrier for them.

I looked at our mitten tree on Sunday with lots of hats, gloves, scarves, and even toys and thought how pleased Marillac shelter will be to receive these. Often children wind up in shelters during a time when it is their birthday. The toys will come in handy for these occasions. Thank you all for your generosity in decorating the RE Mitten Tree.

It is a gift to belong to such a supportive and caring community. Happy 2010 to you all! --Eileen Hoffman

**"Book Nook" a success**

The used book exchange in the Emerson lobby is working well. Take a look—take a book!

Here again are the rules:

◆Only books in very good shape and that will appeal to a wide audience may be added to the shelves. (This is not a dumping ground for unwanted, dilapidated books or textbooks.)

◆The shelves are labeled with categories. Please place your donation in the appropriate category.

◆If you want to take a book to read, you may replace it with another book that you no longer want or you can borrow the book and return it to the shelves when you have finished.

◆Please do not bring in a large quantity of books unless you take a large quantity of books.

**Sunday morning meetings**

Please remember when scheduling meetings on Sundays that the primary use of our Religious Education classrooms is...on Sundays. And our volunteer Religious Education teachers need time to set up before class, and time for departures and clean up after class. So, your "window of opportunity" for scheduling a meeting in a classroom is to have it end before 9:40 a.m., or start after 11:40 a.m. Your friends in the R.E. program thank you for your consideration in making their jobs easier!

Staff and the Building and Grounds committee are working on making another classroom available for meetings: If you would like to help us with (yet another) purge of stored stuff that needs to get hauled out and distributed or dumped, please contact Dave Metz, chief hauler!

**East of Hudson neighborhood potluck**

Come and join us on February 7 at 5 p.m. to meet your FUUSA neighbors, enjoy great food, company and common interests in our community. Hosted by Sharon & Mike Babala, 10 Budd Lane, East Greenbush Call or email to let them know you are coming. A great way to end the weekend!

**Pot O' Gold Auction  
Saturday, March 20, 2010**

Mop a floor....paint a door!  
Cook a feast....walk a beast!

Have a party on your boat.....  
Sew rainbows on a coat!  
Repair a crack....massage a back!

Shop for cars.....chart the stars!  
Wash a window till it shines.....  
Share your cottage in the pines!

Bake some bread.....make a bed!  
Share your tickets.....white wash pickets!

Giggle with babies.....gossip with ladies!  
Feed the fish.....grant a wish!

Design a room....build a loom!  
Cater a dinner.....photo the winner!

Teach a dance or alter pants.....

Whatever you do best  
Help make auction 2010 a success!

*Dream up your special offering: Donation forms are available in the lobby and on the Sign Up Site in Channing Hall. Please return your form before March 1.*

**Channing Circle  
Monday, January 18, at noon**

All retirees are welcome for a poetry reading facilitated by Abby Sugarman. Bring a sandwich, salad and coffee and tea will be available. Jane and George Allen, and Bob and Lois Thomson will provide our desert. Abby will facilitate the poetry reading at 1 p.m. so bring one of your own poems or one written by someone else. Look forward to seeing you. --Thayer Heath

# Joys and Caring Corner

## Donating to Joy Library

Donating to the Library is not a solution to cleaning out your attic.

Space is limited. We will soon be discarding many orphan books which have been abandoned on our doorstep. We generally discard duplicate copies of books the Library owns; earlier editions of books for which there are later editions; items in poor condition; books with lots of highlighting or underlining. We do not collect textbooks or fiction, **except selected** classical literature or fiction written by FUUSA members. We do **selectively** collect items about:

- ◆ Unitarian Universalism or other spiritual traditions;
- ◆ Social and ethical issues;
- ◆ Philosophy, theology or Bible study with a liberal religious perspective;
- ◆ FUUSA history or other issues of interest to our congregation.

If you have books you want us to consider, be aware that, unless we want them, they may be discarded or sent to the Book Nook downstairs unless you tell us you want them returned.

**Please bundle donations** and leave them in the Library in the designated Donation Location together with a copy of the donation form (available in the Library).

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

### Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Jan. 17	K. Harris	A. Patti D. Dana	B. B. Baxter B. Cooley	R. Halliday	D. Newberg
Jan. 24	D. Odell	K. Murray	T.&B. Zima	J. McCracken	E. Colton-Heins
Jan. 31			J. & S. Walko		

## Events Happening Every Sunday at FUUSA

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

Exceptions:

## Events Happening Every Week in the Month of January

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

Exceptions:

## All Other Events Happening in the Month of January

<b>14-Jan</b>	<b>Thursday</b>	6:00 PM	Coalition to Prevent Violence/SRC	26	<b>22-Jan</b>	<b>Friday</b>	9:00 AM	Wine and Dine for UU Weekend Prep	
		7:00 PM	PCC	B-8					Emerson, Kit., Ch.
		7:00 PM	Soul Matters-Patka	Stott/Joy Library	<b>23-Jan</b>	<b>Saturday</b>	9:00 AM	Newcomers Gathering	B-8
<b>15-Jan</b>	<b>Friday</b>	6:00 PM	Guilderland Plus Potluck	K. Harris'			6:00 PM	Wine and Dine for UU Weekend	
		7:00 PM	ML King Service	St Paul's Episcopal, Albany					Emerson, Ch., Kit.
<b>16-Jan</b>	<b>Saturday</b>	9:00 AM	Power and Beauty of Needs	Emerson, Ch., Kit.	<b>24-Jan</b>	<b>Sunday</b>	11:30 AM	Congregational Conversation	Emerson
		3:00 PM	Soul Matter-Yoshida	B-8				"Toward a Safe Congregation"	
<b>17-Jan</b>	<b>Sunday</b>	11:45 AM	Auction Committee	B-8	<b>25-Jan</b>	<b>Monday</b>	7:00 PM	Building the World We Dream About	26
		12:00 PM	Spirituality Book Club	B-7			7:30 PM	Monday Men	B-8
		7:00 PM	Men's Group	B-6	<b>28-Jan</b>	<b>Thursday</b>	7:00 PM	Finance Committee	B-8
<b>18-Jan</b>	<b>Monday</b>		Holiday—office closed				7:00 PM	Canvass Committee	Channing
		12:00 PM	Channing Circle	Ch., Kit.	<b>29-Jan</b>	<b>Friday</b>	6:00 PM	Meditation Retreat	all spaces (time approx.)
		7:00 PM	Soul Matters-Sherman/Way	Stott/Joy Library	<b>30-Jan</b>	<b>Saturday</b>	8:00 AM	Meditation Retreat	all spaces (time approx.)
<b>19-Jan</b>	<b>Tuesday</b>	6:30 PM	Green Sanctuary	B-7			3:00 PM	Talking About Spirituality	B-8, Kitchen
<b>20-Jan</b>	<b>Wednesday</b>	3:00 PM	Soul Matters-Johnson	B-8			6:30 PM	Karaoke/Open Mic Night	Emerson
		5:30 PM	Caring Network	B-7	<b>31-Jan</b>	<b>Sunday</b>	11:30 AM	Get Connected Activity Fair	Emerson
		6:30 PM	Earth Spirits	B-8					
<b>21-Jan</b>	<b>Thursday</b>	9:00 AM	Wine and Dine for UU Weekend Prep	Kitchen, Channing					
		7:00 PM	Board of Trustees	B-8					

### Oriel

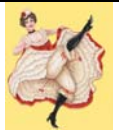
#### Last Call!

There is still time to submit original works of poetry, prose and art for inclusion in the 29th edition of the **Oriel**, FUUSA's literary and arts magazine. Send your literary and artistic contributions to: **oriel-submission@albanyuu.org** by **January 20**. For additional information, please contact Irene Saulsbery or Terry Way.

### Walker Book Club

The next meeting of the Walker book club is Sun. Feb. 14. The meeting commences with a potluck supper at 5:30 PM at Lisa Walker's, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome. Selection for Feb. 14: DesCarte's Bones Russell Shorto (Don Odell)

### Can Can with the Choir!



Please bring your (clean) re-usable beverage containers—or receipts for those you've already returned—to support the FUUSA Choir's tour of Eastern Europe.

There is a container in the coat-room for bottles and cans, and an envelope for receipts.

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**First Unitarian Universalist Society of Albany**

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

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## *Sunday Services*

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

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

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

**Jan. 17** “**Mark Twain and the Descent of Man from the Higher Animals**”, John Cooley

During his fifty year literary career Mark Twain wrote over sixty animal stories and sketches, and, with the able assistance of David MacLeod and others, I will present dramatic readings of a few of them. Most are amusing, after all he was a humorist, but some are more philosophical, as Twain absorbed Darwin’s theory of “the ascent of Man from the Lower Animals.” During Mark Twain’s world travels, his widening knowledge of human cruelty forced him to renounce Darwin for his own theory, “to be named ‘the Descent of Man from the Higher Animals.’”

**Jan. 24** “**Walk the Talk**”, Chris Antal

UUs talk about anti-racism, anti-oppression and multiculturalism, but do we live with integrity and congruence? Chris will share how his own experience guiding a multi-cultural group of semi-nary students on a Civil Rights Pilgrimage to Georgia and Alabama sparked an inner struggle to overcome personal barriers to acceptance and inclusion, and “walk the talk.” The intent is to open a conversation about how race and oppression create systems of injustice and inequity in our congregation and community, which will continue over the next twelve weeks in the FUUSA course, *Building the World We Dream About*.

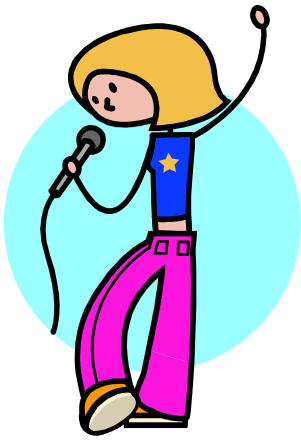


**Jan. 31** “**Plug In, Turn On, and Get Fired Up!**” The Rev. Sam Trumbore (Sanctuary)

During the research process for our new Strategic Plan, our members and friends said “community” was one the things they valued here most. Why is that? What is it about sitting in a Sunday service with people you care about, or going to a productive committee meeting, or a potluck at someone’s house that people enjoy so much? Be sure to come for this abbreviated service and discover all the different ways to experience community here during our “Get Connected!” fair after the service.

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Saturday, January 30, 2010  
6:30 – 10:00 p.m.



# Karaoke and Open Mike Night at FUUSA

Admission: \$10/person  
\$4/children under 10  
(Family max \$20)

**YOUNGSTERS < 13: 6:30 - 7:30 P.M.**  
**TEENS AND ADULTS: 7:30 - 10:00 P.M.**

*Beverages and light snacks included in admission with pizza available for a small fee.*

This event is sponsored by the FUUSA Choir  
as a fund-raiser for its Eastern European Tour

Emerson Hall  
405 Washington Avenue  
Albany, NY

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# Spuds and Suds Night at FUUSA

A Multi-generational Gathering

Sponsored by the Religious Education Council

Come load your baked potato with your favorite toppings, and drink some suds (beer or root beer) Salad and fruit too.

## After dinner activity:

Making valentines and loading up packages with goodies to send to our recently graduated youth



Everyone is invited to come join in the fun!

**Friday, February 5<sup>th</sup> –**  
Dinner served from 5:30-7:00  
In Channing Hall

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

Sign ups are great! (so we know how much food) but walk-ins are welcome!