



Sundays at FUUSA

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs include Forum (social justice topics), Children's Chapel, Green Sanctuary Discussion (environmental topics,) War Healing Circle; social events, and adult education.

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

January, 2011

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

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

Green Sanctuary Discussion

(3rd Sunday/mo.)

6:00 PM

War Healing Circle

(2nd & 4th Sunday/mo.)

Services

Jan. 2 "Hail and Farewell," Rev. Sam Trumbore

In death, we say goodbye each year to significant people who shape the world in which we live. Some are well known personalities. Others only become known to us during their 15 minutes of fame. Remembering these influential people and those from our own congregation we've lost is a way of taking stock of where we've come from and imagining where we are going.

Jan. 9 "Being Fair," Rev. David Weissbard

It is interesting that while justice was a central theme for the Hebrew Prophets, there is no mention of it in the Ten Commandments. I believe "fairness" is a central religious theme for many of us and that our successes and failures in applying it are worthy of exploration.

Jan. 16 "The Margins Hold the Center," Rev. Sam Trumbore

Those in the center of American culture may not recognize they are in the center. But those on the margins of American culture definitely know they aren't in the center. Yet those on the margins actually hold and support the cohesiveness of that center. Within Unitarian Universalism, those on the margins can move the center and make it bigger.

Jan. 23 "Moments of Bliss," Rev. Craig Schwalenberg

Unexpected, transcendent, transformative.

They are timeless...and yet, terribly, wonderfully brief.

They are Moments of Bliss.

Jan. 30 "Flavor Based Ethical Eating," Rev. Sam Trumbore

Celebrated young chef Dan Barber believes the way to a better world is through the pursuit of flavor. He thinks we don't make ourselves or the world better by giving up the enjoyment of eating food that tastes good. Could his hedonistic approach to food be a path to better health, local economic vitality, and ecological sustainability? This is the first of a two part sermon series on food ethics. Next Sunday: "Eating for Peace and Justice," February 5.



Some additional notes on the services appear on page 4.

Calendar

Events happening every Sunday at FUUSA

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

Events happening every week in the month of January

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

All other events happening in the month of January

2-Jan Sunday	11:45 AM	Social Responsibilities Council	B-8	21-Jan Friday	5:30 PM	Guilderland Plus Potluck	Joyner/Kleinbergers
3-Jan Monday	6:15 PM	Religious Education Council	Channing	22-Jan Saturday	8:45 AM	Getting to Know UU	B-8, Kitchen
4-Jan Tuesday	5:30 PM	Endowment Trust Committee	Stott/Joy Library		3:00 PM	Tarot Card Reading Class	B-8 (tentative date)
	7:00 PM	Christian UUs	B-8	24-Jan Monday	3:00 PM	Shelter Meal Prep	Kitchen
5-Jan Wednesday	6:15 PM	Partner Church Committee	B-7		7:00 PM	Wellspring	B-8
6-Jan Thursday	5:30 PM	Adult Ed Committee	Emerson alcove		7:30 PM	Monday Men	B-8
7-Jan Friday	5:30 PM	Chili Cook Off	Channing, Kitchen	25-Jan Tuesday	2:00 PM	Staff Meeting	Study
9-Jan Sunday	11:45 AM	Forum: Bruce Miroff	Emerson		6:30 PM	AdEd: When Faiths Collide	B-8
	1:00 PM	Rite of Passage	B-7, B-8 (12:30 setup)	28-Jan Friday	9:00 AM	Activity Fair setup	Emerson
	5:30 PM	Walker Book Club	B-7	30-Jan Sunday	11:30 AM	Get Connected Activity Fair	Emerson, Channing
	6:00 PM	War Healing Circle	B-8		12:00 PM	Lunch with the Minister	Van's Rest., Central Ave.
10-Jan Monday	3:00 PM	Shelter Meal Prep	Kitchen	31-Jan Monday	1:00 PM	Shelter Meal Prep	Kitchen
	7:30 PM	Monday Men	B-8				
11-Jan Tuesday	2:00 PM	Staff Meeting	Study				
	6:30 PM	AdEd: When Faiths Collide	B-8				
13-Jan Thursday	7:00 PM	PCC Meeting	B-8				
14-Jan Friday	6:00 PM	Meditation Retreat	Emerson, B-7 & B-8				
15-Jan Saturday	8:00 AM	Meditation Retreat	Emerson, B-7 & B-8, Ch. (lunch)				
16-Jan Sunday	11:45 AM	Green Sanctuary Presentation	B-8				
	5:00 PM	Parent Potluck	Channing, Kitchen, 24/25				
17-Jan Monday		Holiday - Office Closed					
	12:00 PM	Channing Circle	Channing, Kitchen				
	5:00 PM	Membership Committee	B-7				
18-Jan Tuesday	6:30 PM	AdEd: When Faiths Collide	B-8				
20-Jan Thursday	7:00 PM	Board of Trustees	B-8				

Forum

Sunday, Jan. 9, 11:45

"After November election: What comes next in American politics?," Bruce Miroff

Green Sanctuary discussion

Sunday, Jan. 16, 11:45 am

Topic: Nuclear power *Leader:* Arden Dockter

Looking Ahead

Feb. 5 Elegant Italian Dinner

Feb. 5 Karaoke

Feb. 26 Wine and Cheese Tasting

News

Lunch with the Minister Noon, Sunday, Jan. 30, at Van's on Central

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

True confession

As a member of FUUSA, I often volunteer to help out with various activities and events. Sometimes, I don't sign up or notify the person who is running

ML King Interfaith Memorial Service Rev. Trumbore to speak

7:00 pm, Saturday, January 15
Blessed Hope Worship Center
193 Central Avenue (corner of Robin)

Rev. Trumbore will be the guest speaker at the Capital Area Council of Churches' 38th annual interfaith memorial service for Dr. Martin Luther King, Jr. The theme this year will be "The Courage to Continue to Strive for Justice" and the music will be by the Capital District Youth of Promise Mass Choir & The Red Letters.

the event, I just show up. Usually, they are polite and say they are glad to see me. I know, however, from an inside source that this **"drives organizers nuts!"** They are often in a panic because they don't have enough sign-ups and then they end up making last minute phone calls. So my simple New Year's resolution will be to continue to help out when I can but to **always** sign up and let the organizers know I am coming. Hopefully, you all could make this a resolution, too.--Chuck

Food and holiday cheer...

The Holiday Crafts Workshop and Tree Trimming Party was a big success. Many ornaments were made, gingerbread houses decorated, and wreathes fashioned. Everyone enjoyed trimming the tree, the food, and the holiday cheer. Many thanks to those who helped plan the event and help out with the crafts. And special thanks goes to Dave Metz and his crew for getting the tree set up in Channing in time for the party.

The votes have been tallied!

The theme of the December Children's Chapel was generosity and the meaning of Christmas. After some discussion, the children cast their ballots on how to spend the collection money. It was decided that some of the money would go directly to FUUSA and that we would also be mindful of immediate needs as they arise during the year; the children voted that they would donate the rest of their money to an organization which helps animals by protecting the environment. If you know of a worthy organization that supports this goal, please let me know and I'll bring ideas to the children. Thanks. Leah Purcell



A good time was had by all at the holiday crafts and tree trimming party!!

Newcomer orientation

Learn 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 22 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.

The next “**New Member Recognition Sunday**” is February 6. If you are interested in becoming a member please call either Kathy Hodges, or Amy Lent at the church office.

New Member Sunday

On Sunday, February 6, we will welcome new members into our congregation. Newcomers who have recently signed our membership book, and others who want to join, are encouraged to come and be recognized.

Membership is open to all. To become a member of FUUSA you will start by signing an Intent to Join. There is no test of faith or belief requirement to join our community, only general agreement with the purpose of our organization. The expectations of membership are: participation on Sunday morning; involvement in and helping with our activities; and financial support of the congregation. Each expectation is flexible depending on each person’s ability to participate.

One officially becomes a member by signing the membership book in the minister’s office. And then we will welcome you to the congregation during the Sunday service on New Member Sunday! Please call either Kathy Hodges, Chair of the Membership Committee, or Amy Lent, Interim Membership Coordinator (at the church office, 463-7135) if you are interested in becoming a member.

Get Connected Activity Fair Sunday, Jan. 30

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, January 30th 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, and Small Group Ministry to Earth Spirits, Meditation Group, Life-span Learning, social and justice activities, Caring Network, Finance, and Religious Education Council. There is something for everyone. Come to Emerson Hall after the service on January 30th and explore the many opportunities available at FUUSA.

To make it even more fun, there will be a “raffle” to

participate in – one for kids and one for adults. Stay tuned for more!--Barb Manning

Service notes

Jan. 2 “Hail and Farewell,” The inspiration for this service came from a tape recording of a service with the same title and theme by the Rev. Jo Bartlett during his interim ministry here in 1997.

Jan. 9 Our guest in the pulpit today is Rev. Dave Weissbard, who lives in northern New York and is Minister Emeritus of the UU Church of Rockford, IL.

Jan. 16 “The Margins Hold the Center” The inspiration for this service came from the Rev. Abhi Janamanchi, minister in Clearwater, Florida, who spoke on this theme at General Assembly in 2009.

Jan. 23 Rev. Craig Schwalenberg, minister of the UU Society of Oneonta will be our guest speaker today (Rev. Trumbore will be speaking in his pulpit in Oneonta).

Change of Time Breakfast revisited

By now, the Change of Time Breakfast has become a hazy, though hopefully pleasant, memory. Belated praise, however, is due to the servers; to chefs Renee Panetta, Linda Hunt, and Al DeSalvo; and to dishwashers Trish and Bob Zima. Particular praise and thanks are due to Bob, who spent what must have been hours scraping and scouring every bit of spattered scrambled eggs off of the kitchen's massive ten-burner industrial stove. That was unsung heroism which deserves to be sung. Many told me how great the breakfast was. Thanks to all of the crew for making it so.--George Kleinberger

Your opinion matters!

FUUSA's Committee on Professional Ministry (COPM) would like to hear from you. One of our responsibilities is to ensure that the professional minister—Reverend Sam Trumbore—receives feedback from the congregation on how well he's doing his job, both positive and negative.

There is no lack of activities and programs at FUUSA, and we are always reaching out to do more, both within our walls and in the larger community. We are also looking to plan our future based on our strategic planning efforts undertaken over the past couple of years. No matter how active we are and no matter how many programs we undertake or issues we address, the professional ministry is at the core of most everything we undertake. We want your feedback. Rev. Sam wants your feedback.

It's easy for you to share your thoughts with us. You can contact any one of us at church, by email or phone. You can give us your feedback at that time, or send us a letter, or ask us to arrange for you to meet with our entire committee, with or without Sam in attendance.

We prefer not to receive anonymous comments, because there is no way for us to follow up to get additional information, or to put the comments in context. But, if you are uncomfortable about expressing your opinion, we will respect requests for confidentiality.

If you're a member of a committee that would like one or more of us to meet with your committee, just ask. We already plan to reach out to three

groups that work closely with Sam: the Board of Trustees, the Religious Services Committee and the Religious Education Council. If you have suggestions for other ways for us to reach out to the congregation, please let us know. Our goal is to assure that varying points of view are heard and considered, that issues are resolved with dignity, fairness and justice for all involved, and that the congregation's interests are served. We look forward to hearing from you, anytime.

For a list of committee members, contact the office (463-7135).

From Joy Library

When Religion Becomes Evil by Charles Kimball. (2002) [291.211 KIM]

Religion and mid-East politics expert Charles Kimball offers a timely examination of the nature and signs of religious evil, while outlining the correctives to these corruptions within each of the major religious traditions. Grounded in his experience as a Christian working closely with Muslims and Jews at the intersections of politics and religion over the past twenty-five years, Kimball outlines a clear description of the five basic corruptions that manifest themselves in each of the major religious traditions. While no single tradition is exempt from these corruptions, each has the ability and means to identify and correct such tendencies within its own wisdom tradition. When Religion Becomes Evil offers a reliable guide to this urgent global issue, showing us that the ways in which people of faith understand and live out their deepest religious commitments will have profound consequences for the future of humanity. (Amazon)

In the Name of God: The Evolutionary Origins of Religious Ethics and Violence by John Teehan. (2010) [205.019 TEE]

"Drawing on evolutionary assumptions and evidence, Teehan ... argues that religion can be un-

derstood within the context of the natural development of human moral systemsHe succinctly and helpfully summarizes his evolutionary approach to the origins of human religiousness. Then he uses it to analyze the (Jewish) Ten Commandments and the (Christian) ethical teachings of Jesus and, finally, to show that religious violence is inherent in the in-group/out-group nature of religion itself. Teehan's naturalism is commendableAn informative ... study, best for specialists." (*Library Journal*, July 2010 quoted on Amazon)

Nonviolent Soldier of Islam: Badshah Khan: A Man to Match His Mountains by Eknath Easwaran. (1990) [954.035 EAS]

"Abdul Ghaffar Khan didn't have to struggle. Having been born into wealth and privilege, he could have cooperated with the British colonialists and lived the good life. But the violence endemic to his Pathan society, in which honor demanded that no wrong go unavenged, drove him to seek an alternative that could express the true spirit of Islam.

Ghaffar Khan found this path in Gandhi's movement of nonviolence, and in one of the most remarkable social transformations in history, he turned a people known for their fierceness into the largest army of nonviolent soldiers the world has ever seen. The *Khudai Khitmatgar* (servants of God, or Red Shirts, as the British called them) united in the cause of nonviolent revolution, fighting the British with passive resistance and non-cooperation. Although the price they paid under savage British suppression was enormous, they never buckled. They won the honor of all India, and Ghaffar Khan became known as the *Frontier Gandhi*. Ghaffar Khan also paid an enormous personal price, ultimately spending over half of his life in prison, first under the British and then under the Pakistanis, who squelched his call for a free Pathan homeland. *Nonviolent Soldier of Islam* a biography by the great spiritual teacher Eknath Easwaran, keeps Ghaffar Khan's spirit alive, a beacon for all who believe in freedom, dignity, and peace". (Brian Bruyan, Amazon).

Lifespan Learning

Mindfulness Meditation Training
January 14-15, 2011

This training, will be led by Rev. Trumbore, on Friday, 6:15 PM to 9:00 PM, and Saturday 8:00 AM to 3:00 PM. It gives the participants an opportunity to learn Buddhist mindfulness (or insight) meditation techniques or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There will be a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please register with the office (call 463-7135) if you'd like to participate. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for over 25 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 intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and opens the heart.

Adult Education

Sign up for classes at the Sign Up Site in Channing Hall. All courses are held at FUUSA.

New listings:

"For The Next 7 Generations"

February 11, 7:00 PM

Emerson Community Hall

Tom Mercer will be hosting an evening to view and discuss "For The Next 7 Generations", an inspiring film that reveals the importance of indigenous knowledge for our time.

In 2004 thirteen wise elder women shamans from all four corners of the world, moved by their concern for our planet, came together at a historic gathering, where they decided to form an alliance: The International Council of Thirteen Indigenous Grandmothers. This film is their story.

Four years in-the-making and shot on location in the Amazon rainforest, the mountains of Mexico, North America, and at a private meeting with the Dalai Lama in India, "For the Next 7 Generations" follows what happens when these wise women unite. Facing a world in crisis, they share with us

their visions of healing and a call for change now, before it's too late. This film documents their unparalleled journey and timely perspectives on a timeless wisdom.

Discussion and a free will offering in support of the work of The Grandmothers will follow the screening.

**Parenting Workshop
Living and Teaching Ethics in Your Family**

Friday, Feb. 18
Desserts at 6:30 PM – program starts at 7 PM
Channing Hall

Whether we like it or not, everything we do teaches values. Using the work of Dale McGowen, author of Raising Freethinkers, we'll each look at our own core values and parenting styles, and learn ways to help children develop their internal moral compasses. We'll practice activities you can use right away at home to set up and sustain a framework to practice ethics with reason and compassion.

This is a reprise of the workshop Leah offered at UU Weekend at Silver Bay.

Previously listed, see December Windows for full descriptions:

Interfaith Dialog: Etiquette and Rules of the Road When Faiths Collide

Tuesdays, Jan. 11- Feb. 1, 6:30 to 8:30 PM

Facilitated by Robb Smith, Executive Director, Interfaith Impact of NYS

Religious conflict is everywhere and growing. Working with excerpts from the book When Faiths Collide by Martin Marty we will look at suggested etiquette for interfaith dialog, pluralism and tolerance in world religions, pluralism in America, when dialog does and does not work, the role of the media, and other issues.

Crash Course

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

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

Our Community

**Chili Cook Off
Friday, Jan. 7**

Set up 5:30 pm, dinner at 6:00 pm

Potluck OR Pay

Sign up by Jan. 2 if you would like to bring a dish. If you would rather pay than bring food or beverages, the cost is \$3 per adult, \$2 per child under 13, \$10 max per family. Walk-ins are welcome to come (and pay), but sign up if you can, to help us plan. Bring board games for after dinner.

Sponsored by the Program Coordinating Council

Attention chili cooks!

(And anyone who brings a dish to a potluck supper at FUUSA....)

Some people may have food allergies or sensitivities and we never know what these may be. If you would like to list all the ingredients of your dish on

an index card or piece of paper it may enable some people to enjoy your food who might not otherwise.

For those with food allergies and sensitivities, bring something you are able to eat, and we will also have a table of single ingredient foods such as sliced vegetables, fruit, and meat to increase your options. We'll try this at the Chili Cook Off, and we'd appreciate your input on whether this helps make these community meals welcoming for all! —Leah Purcell and Amy Lent

Parent Group

Interested in how to live simply with your children? Join the Parent Group on Sunday January 16 as we discuss the book "Living Simply with Children." We begin at 5 PM with a potluck dinner, followed by a discussion from 6 to 7:30 PM. Please bring a dish to pass and a beverage. Childcare is provided and we pass the 'basket' to pay our sitter. For more information contact Paula Brewer.

Channing Circle

On Monday, January 17 at 12 pm, Channing Circle will have a presentation by Mark Yolles. All retirees are welcome. Bring a sandwich, soup or salad at noon and dessert, coffee and tea will be provided. Look forward to seeing you. -- Thayer

Walker Book Club

The next meeting of the Walker Book Club is Sunday, January 9 at FUUSA at 5:30 PM in Room B-7. Each meeting begins with a potluck supper at 5:30 PM, followed by a lively discussion of the book of the month chosen by participants. Newcomers are always welcome. Bring your favorite dish to share, and a small contribution to cover beverages. Winston Hagborg is in charge of bringing wine. Larry Gambino will make coffee and tea and will close up after the meeting. In January, participants may choose between two alternatives: either bring their own dishes, drinking vessels and eating utensils; or use dishes etc. at FUUSA and help with the dishwasher.

Dates and books currently scheduled:

♦Jan. 9, 2011 - The Housekeeper and the Profes-

**Need to talk?
FUUSA Pastoral Care
Associates are here
to listen!**



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albanyuu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Jon Newell, Phil Rich, Sharon Babala, Jan Satin, Jean Bolgatz, Randy Rosette, Mark Yolles and Robin Miller.

sor by Yoko Ogawa.

♦Feb. 13, 2011 - Extremely Loud and Incredibly Close by Jonathan Safran Foer.

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

Saturday, February 5 DOUBLEHEADER

Elegant Italian Dinner

6:00 pm
Channing Hall

Tickets:
\$25.00 per person



Menu:

- Tuscan bean soup
- Gourmet ravioli with homemade sauce
- Bread
- Salad
- Dessert
- Wine and other beverages

To benefit the Rite of Passage trip to Boston

Karaoke and Open Mike Night

7:00 - 9:30 pm
Emerson Community Hall

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



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

Sponsored by the Music Committee

CommUnity 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 Voorheesville

Friday, Jan. 21, at 5:30 PM.

The Guilderland Plus potluck dinner group will meet on Friday, January 21, at 5:30 p.m. at the home of Maria Joyner and George Kleinberger. Please call them for directions and pot luck to be shared.

Will we have seder this year?

We have a date for the seder on the FUUSA calendar (Saturday, April 16), but we need an organizer and a committee to make the dinner happen. If you would be interested in taking on the organization of this spring event, please call church administrator Amy Lent, 463-7135.



Don't wait too long to express your interest—inquiring minds need to know!

Budget requests due January 16, 2011

Committee budget request from the fiscal year July 1, 2011 - June 30, 2012 are due January 16.

The budget form for submission can be found on the FUUSA web site at <http://www.albanyuu.org/budgetform.pdf>, or in the File Cabinet. If necessary, the office can supply you with a printed form.

If you have questions please contact Steve Moskowitz, Finance Committee chair.

Joys and Caring Corner

Edited for the Web:
Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at administrator@fusalbany.org.

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

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Ann Lapinski or Mary Ann Randall.

Social Justice

I am writing this just after returning home from hearing Stephanie Weiner speak at FUUSA at a program co-sponsored by SRC. Ms. Weiner, in case you didn't attend or read about her in Windows is a peace activist whose home, along with

14 others, was raided because she is a peace activist. As I listened to her and other speakers, I was made aware of the "war on terror" being turned against those who are fighting for humanitarian causes. At FUUSA Sybil Stock is helping make us aware of what is happening and how we can take action. As Sybil spoke at the meeting to-

day, she spoke as a "Beacon for Liberal Religion. On Friday I attended a press conference arranged through the efforts of Robb Smith of Interfaith Impact, along with others, to speak out on behalf of immigrants who could be endangered through the cooperation of local police with immigration authorities. The story was reported locally by YNN. Again another Beacon of Liberal Religion. And Jacqui Williams spoke so eloquently to the Albany Common Council on behalf of community policing. Jacqui is also leading the fight to save Bath House #2. And then there are so many others of you willing to give time and money to many different causes. Sometimes it is easy to get discouraged, and depressed by what is and is not happening. We do not immediately see that "Change that we can believe in." No, Virginia, there is no Santa Claus. (But can you prove it?)

Just recently I was a victim of my own negativity. I have a little fish pond with three goldfish in it. They winter over in a tank in the garage, because if the water freezes totally, they cannot survive. So I set out a bucket to collect rainwater for their new quarters, and then I left home for a week. When I came home, the 16 inches of water in the bucket, had turned to 16 inches of ice. So, in the 10 inch deep pond, there must be three frozen fish sticks. Then my 10 year old friend came over. She always checks up on my fish and my cat. When I told her, the fish could not have survived, her response was, "Let's see." So we got the pick ax and took turns at the ice. Lo and behold, mirabile dictu, we broke through. It was not frozen solid. We got the fish net and found two of the three fish alive. Alas, the third was frozen, not to recover. But the two surviving fish are now hibernating in their winter quarters (as are many FUUSAns) but will come back to full life next spring. Sometimes we get discouraged. But we have to keep on hacking through the ice. We may not be able to do everything, but we can do something. Keep on "Standing of the Side of Love."

Lois Griffin

UUA "CSAI"
Congregational Study Action Issues underway, some important deadlines coming up:

♦Feb. 1, 2011: The vote closes in the Congrega-

tional Poll to approve placing the Draft Statement of Conscience (SOC) on Ethical Eating: Food & Environmental Justice on the Final Agenda for the General Assembly (GA) in 2011.

- ♦Feb. 1, 2011: This is also the deadline for submitting comments on this draft SOC.
- ♦Mar. 1, 2011: The deadline to respond to the Draft Congregational Study Action Issue *Immigration as a Moral Issue* using the preview comment form.

About the Social Witness Process. The Fifth Principle of Unitarian Universalism affirms and promotes the right of conscience and the use of the democratic process. In keeping with this, the way in which our denomination arrives at consensus on various social issues is by a democratically agreed upon process called the Social Witness Process, named as such because we bear witness to social inequity.

The Social Witness Process is facilitated by the Commission on Social Witness. It currently generates two types of consensus statements, Statements of Conscience, which result from study and action on a selected issue, and Actions of Immediate Witness. For more information, see the Social Witness Process page.

For more information contact socialwitness@uua.org.

If you want to participate in this process at any point or have questions about the process, please contact Don Odell, your Denominational Affairs liaison. He would be delighted to give you more details. If we, the member congregations, and we, the members of our congregation, do not participate in this process, a democratic process will not happen.

Forum

January 9, 11:45 AM, Emerson

After November election: What comes next in American politics?

Bruce Miroff, Political Science Professor at University at Albany, and FUUSA member, will discuss the repercussions of the November election. What will we and the president be facing in the next two years? Professor Miroff, who specializes in Ameri-

can political theory and the presidency, has delivered guest lectures at numerous American universities, and in the summer of 2009 was a State Department lecturer in Brazil. He was given the Excellence in Teaching Award and is a Collins Fellow at U Albany.

UU-UNO (United Nations Office)

Having recently volunteered to be the FUUSA envoy for the UU-UNO, I want to describe a bit about this active office. Their work is focused primarily on three areas:

1) **International LGBT Human Rights**

(Lesbian, Gay, Bisexual, Transgender. In over 80 countries people can be *criminally prosecuted* based on presumed sexual orientation or gender identity—sometimes with fatal consequences.

2) **Every Child is Our Child.** As part of the Millennium Development Goals, the UNO offers essential resources and health care assistance to orphans and vulnerable children in Ghana. Children are helped in obtaining a primary school education, giving priority to girls to promote gender equality. HIV/AIDS prevention is taught, starting in Grade 2.

3) **Women: Security+Peace.** Promotes education and advocacy in three areas: the effects of armed conflict on women; the importance of women's role in peacebuilding; and U.S. ratification of the Convention on Elimination of all forms of Discrimination Against Women.

Following is an excerpt from Bruce Knotts, Executive Director:

"The one power that every nation must respect is the power of an aroused and committed public. So my advice to you is: get involved, fight oppression, work for peace, stay the course, don't give up, remain connected to others in the work, support social justice, grow your congregations, support your national institutions (CUC and UUA), support your service committees (USC and UUSC) and support the world-changing work of the UU-UNO. Only the UU-UNO brings Unitarian and Unitarian-Universalist values into United Nations deliberations. Despite our small size and meager budget the UU-

UNO is one of the most influential faith-based organizations (out of about 400) at the United Nations. The UU-UNO helped start Religions for Peace, it headed the faith-based caucus for the establishment of the International Criminal Court and currently heads the Faith and Ethics Network for the International Criminal Court, and it has the only faith-based GLBT advocacy program at the United Nations." Go to their web site:www.uu-uno.org, to learn more and make a donation to support this important work.--Ann Brandon

Volunteers requested

On Thursday, December 9 at 8 PM, Lois Griffin and I volunteered overnight at the Mission's Overflow Shelter at St Peter's Episcopal Church downtown on State St. I am hoping that a thumbnail sketch of the evening will encourage a few of you to volunteer along with us in the new year.

The clients who are chosen to sleep at St. Peter's are the "cream of the crop." They are very courteous and appreciative; some are even chatty! Our duties involve bringing out an evening and morning snack, making coffee, and remaining more or less awake during a night. A staff member is present but sleeps; we doze in easy chairs in the hallway. It's about like taking a red eye flight or an overnight train, sitting up – it's not bad!

By 6:30 AM, all clients were gone and by 7 Lois and I were on our way home. We are each looking for another FUUSAn to volunteer with us early in 2011. It's a men's facility if there are any men who would like to volunteer.

Contact us if you are interested in knowing more or are willing to volunteer in January, February or March.--Barb Cooley and Lois Griffin

Green Sanctuary

On Sunday, January 16 at 11:45 AM, our third Green Sanctuary discussion group led by Arden Dockter will be held in Room B-8. The topic is nuclear power and some of the new designs and projects being planned. Whether you are pro or con on the use of nuclear power, it helps to have information on what is being planned in that field.

Arden's professional field is Medical Radiation Physics and he received his undergraduate degree from Concordia College in Minnesota and his M.A. in Medical Physics at UCLA. Arden has worked in Medical Physics since 1974 and is presently semi-retired.

SRC Table

LED night lights with sensors are now available at the SRC table along with our usual Fair Trade coffee, cocoa and chocolate bars. Colorful, handmade items from Guatemala are still at the table. Please take a minute to read information at the table on energy use, safe water use etc.

FUUSA Car Pooling - coming to your neighborhood!

The Green Sanctuary committee has yet another idea to save on gas, save the planet, and increase our community involvement at the same time. Wouldn't it be nice to be picked up this winter instead of sitting in your cold car. Or, wouldn't it feel good to give someone a ride so they don't have to sit in their cold car. Answer? Car Pool!

The FUUSA Car Pool sign up sheet is on the Sign Up Site bulletin board in Channing. We've got a super-duper Google map started that needs your location before it's whole. The rest of the details are on the sign-up sheet.

See you on the map!--Sandy Steubing, Green Sanctuary committee

Have you fed your Guest At Your Table?

On behalf of the Unitarian Universalist Service Committee (UUSC), thank you for sharing your blessings through Guest at Your Table. Now we ask that you please bring in your boxes, cash, checks, etc. into the RE office not later than January 16. All cash contributions will be totaled and the receipt on the box cover returned to the contributor (s). Checks made payable to the UUSC (Guest at Your Table in memo line) will be forwarded to the UUSC.



And remember, if you have been generous to your guest at a level of \$100 or more, your contribution will be matched by the Shelter Rock UU Congregation. And by contributing at the following levels, you become a member of the UUSC: \$40 for individuals, \$20 for seniors, and \$10 for youth. Let's join UU congregations nationwide in building connections to our shared values and the UUSC's) work to advance human rights in the United States and around the world. -Don Odell, your UUSC local representative.

Columns

Sam's Outlook

Moving Beyond Regrets

As 2010 comes to an end and before 2011 begins, one's thoughts tend to drift back over the past year. Some will have positive memories and accomplishments to celebrate. Others, though, will encounter sadness, losses and regrets. Tough economic times meant many people lost jobs and haven't found new ones. Many homeowners continue to be "upside down" on their mortgages, paying more than the house is currently worth. And a few lost loved ones or ended relationships that left them in grief and mourning.

Regret is a negative emotional response that arises when considering the past. Regret often ex-

presses disappointment with personal actions or inactions that cannot be revisited or revised. John Greenleaf Whittier's poem *Maud Muller* captures the emotion of regret very well. The poem begins with Maud, a simple young peasant woman, out raking newly mowed hay. A judge on his horse rides by and asks her for a drink of water which she offers him in her tin cup. The judge praises the water, the pastoral scene and her beauty then rides off. Maud longs to be his wife and enjoy a privileged existence. The judge thinks of her and the simple beauty of country life. But the judge takes a rich wife and Maud an uneducated, poor husband (followed by many children.)

How much of our lives do we linger, as Maud and the judge do, over the life we didn't live and the choices we didn't make? I deeply regret whatever I

did to contribute to getting hit by a car going probably 40 miles an hour when I was twenty. Much as I love serving as a minister, sometimes I think about the life I didn't live as an electrical engineer and perhaps as an entrepreneur. This was particularly acute during the dot-com boom in the 1990's when anyone with a half-baked idea could start a company, take it public and make a killing in the market. We have so many adorable children in our congregation who touch my heart. Philomena and I started procreating rather late in our reproductive lives and during times of financial hardship. Sometimes I regret not having one more child ... longing for a precocious little girl who would become an academic like my sister.

And yet, if I'd taken another path, aspects of my life I cherish probably wouldn't have happened. The seed for my passion for ministry was planted as a consequence of that nasty traffic accident that broke my right leg. The leg didn't heal correctly, putting me in an emotionally vulnerable place, which probably opened the door to a completely unexpected, life transforming, and spiritual awakening experience. If I had ignored the urge to go into ministry, I never would have met the love of my life, my wife Philomena, through Carl Thichener, the minister in Williamsville, New York. We met during my internship at the First Unitarian Church of Rochester in 1988. I doubt I would have left the San Francisco Bay Area to go to Western New York for any other reason. And while I'm sure I'd enjoy raising another child, having raised one, I'm now aware of my parenting limitations. At this point in my life, I'm happy to enjoy other people's children.

Regrets do come unbidden into our minds, but it is our choice whether to give them our energy and attention. Whatever our circumstances today, whether wealth and privilege like the judge or the squalor and poverty of Maud, each day presents new choices and opportunities. Whatever we have done in the past, today we can offer our hearts and kindness, our insights and understanding, and our passion for fairness and justice. Let us remember these words from the end of Whittier's poem:

Alas for maiden, alas for Judge,
For rich repiner and household drudge!
God pity them both! and pity us all,

Who vainly the dreams of youth recall.
For of all sad words of tongue or pen,
The saddest are these: "It might have been!"
May the New Year bring you happiness and joy
so regrets will not haunt you.

Rev. Sam

Chuck's Chat

One part of our mission statement says that: "we strive to respond to moral and ethical issues in our local, national and world communities". In our Strategic Plan we agreed to "we are called to commit to significant and meaningful social justice work in our larger community". Clearly, we are committed to Social Justice work.

The November Social Justice workshop attended by over 40 FUUSAns was a clear example of how we are moving forward to implement that part of our Strategic Plan and mission. We all learned a great deal from Rev. Dick Gilbert. Dick is a shining example of how to combine a life of service and social justice. For 32 years he served as the Senior Minister at the First Unitarian Universalist Congregation in Rochester and now he is the Social Justice Coordinator for the Saint Lawrence District.

One of the first exercises we did at the workshop was to list the Social Justice activities that we are already doing here at FUUSA. The list below, in no particular order, shows how many and varied they are (and I would add that I am sure there are some that we did not list because we ran out of time):

1. Focus Food Pantry monthly collection and donation
2. Homeless Shelter Meal Preparation
3. Give Away the Plate Sundays for a variety of organizations
4. Rummage Sale two times a year with 2/3 of the proceeds going to community groups
5. Partner Church Program to Support Transylvanian Congregation
6. Adopting a family at Christmas by the Senior High Group
7. Habitat for Humanity Houses
8. Providing meeting space for community groups such as AA, NA, Co-op, etc.
9. Crop Walk
10. Iraqi Family Support
11. Returning veterans healing circle

12. Forums on social justice issues – once or twice a month
13. Environmental discussions sponsored by the Green Sanctuary Committee
14. Working toward Carbon Neutrality by purchasing Green Power and Carbon Offsets
15. Sunday tabling, letter writing and petition signing
16. FUUSA Peace Team and Initiatives including participation in the First Coalition Peace Conference
17. Participation in demonstrations such as the Marriage Equality March in Troy
18. Albany City Council Testimony on various issues
19. Actively support Interfaith Impact for statewide lobbying
20. Participate in the West Hill Neighborhood Association
21. Participate in the Labor/Religion Coalition
22. Active in ARISE
23. Host the local Albany committee to prevent violence
24. Prisoner and prisoner family support

This list demonstrates that under the leadership of the Social Responsibility Council, we are a very active group. There are opportunities within this list for every member of FUUSA to assist in our Social Justice work. Most of us have participated at one time or another. If we are successful in implementing the recommendations from the Dick Gilbert workshop, I expect that there will be more opportunities for all of us to get involved. Social Justice work fulfills our vision as a Beacon of Liberal Religion. Working together we will be able to accomplish the charge from the closing words of the workshop:

“It goes one at a time. It starts when you care to act. It starts when you do it again after they say ‘no’. It starts when you say WE and know who you mean, and each day you mean one more person.”

In peace and Standing on the Side of Love,
Chuck

Religious Exploration

Embracing Hope

The day before the multigenerational Christmas

service is dawning as I write this. Rev. Sam and I have all the elements in the service and the homily ready. Everything is set for the pageant. Almost. Today I will finish my Christmas shopping and also look for a fake beard for Charlotte, who is playing Joseph. Of course, I hope we have good weather, that everyone stays healthy, and that the pageant will not be worthy of a spot on “America’s Funniest Home Videos”. Mostly, though, I hope that we will be touched by the message of the Christmas story, by words of the homily, by the music, and by the connection we make with others in the service. I hope that we are inspired to always embrace hope.

By the time you read this, all the words will have been spoken, all the songs will have been sung, and the pageant, whether perfect or flawed, will be over. What now? The short days and long nights may tempt us to hunker down, and to isolate ourselves from each other as well as to protect ourselves from the winter weather. But can we continue to say “yes” to life? Let’s work to fulfill our longings to making meaning of our lives and make connections with others. How? As your Director of Religious Education, I have some suggestions...

Check out the offerings for adults in the Lifespan Learning section of this and upcoming editions of *Windows* and for announcements in the *Windows Update*. Some courses and workshops will be held at FUUSA, of course, but we’re also considering a community book read and there are ways to get materials on line.

Teach Sunday school. The Christmas service invites you to hold the baby - “to nurture, to care for, to delight in and to take responsibility for another human being.” Serving on a teaching team gives you an opportunity to do all those things. And you won’t go it alone. Volunteers serve on teaching teams, with support from me and the Religious Education Council. Experienced RE volunteers help the newer ones along and I’ll schedule meetings with the teaching teams in February to help them get the most of their time in the classrooms and their time in preparing the sessions. Having teaching teams also allows RE volunteers to attend services regularly. One particular need we have is for adults to work with youth. The Senior High group is looking for volunteers to serve as advisors

this year and next year. If you would like to work with youth and want to have an opportunity to engage in the youth empowerment model with mutual respect between youth and adults, here is your chance. The RE Council and I will be organizing the teaching teams in January, so please contact one of them or me if you're interested.

But wait: there's more! You've made it to the end of the newsletter and the end of my column. If you want other ways to get connected at FUUSA, consider going back and reading – or rereading – the rest of *Windows*. Also check out the new books in

Joy Library. Get involved in a social justice project. Come to social events. Come to the *Get Connected Fair* on Jan 30. Call Rev. Sam or a Pastoral Care Associate if you are troubled. Come to meditation. Come to the services.

The invitation of the Christmas service remains. Reflect on your own ideas and feelings about life's deepest meaning. Live with hope and in the spirit of wonder. Practice compassion and good will.

In joy and service,
Leah

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

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Jan. 2	K. Harris				
Jan. 9	A. D'Attilio	J&N Thompson, C. Searing		P. Patrick H. Mabee	
Jan. 16	K. Harris		M. Myers F. Barker		K. Myers
Jan. 23					
Jan. 30					

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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, 9:00-4:00

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

Building use

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

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

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

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

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Photos: Chris Strebel

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

January *Update*: Jan. 3

February *Windows*: Jan. 17