

## Sundays at FUUSA

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

**All are welcome!**

# WINDOWS update

Newsletter of the First Unitarian  
Universalist Society of Albany

Mid-Summer 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.)
- 7:00 PM  
War Healing Circle  
(2nd & 4th Sunday/mo.)

## Summer Services

### July 31 "Deepening the Spirit"

Dawn Dana, Tom Mercer, Dave Munro and Linda Way will share personal reflections on Wellspring, a UU spiritual deepening program in which they participated this past church year.

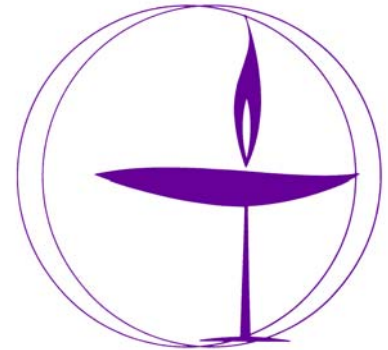
Aug. 7 Rev. Chris Antal

Aug. 14 "Living in a Sea of Prayer," Beth Dana

Aug. 21 Rev. Sam Trumbore

Aug. 28 Rev. Sam Trumbore

Sept. 4 Diane Cameron



### Homecoming Sunday—September 11

Bring water from your summer journeys!

#### **Dates to remember!**

The traditional year starts up again this fall with Services and Religious Education on Sundays at 10:00.

**Sept. 11 Homecoming Service** and Water Communion:  
Multi-generational

The Nursery will be open for infants and toddlers.

**Sept. 18 Worship Service**

First day of fall term of Sunday School for children and youth (toddlers through Senior High school).

The Nursery will be open.

# Calendar

## Events happening every Sunday at FUUSA

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

**Exceptions:** Children's Chapel, Forum, and Green Sanctuary discussions resume in the Fall.

## Events happening every week in the month of August

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:** No regular choir rehearsals until Sept. 7.

## All other events happening in the month of August

<b>26-Jul</b>	<b>Tuesday</b>		
5:30:00 PM	Kane and Lekakis Celebration	Channing Hall, Kitchen	
6:45:00 PM	Pastoral Care Associates	Room B-7	
<b>2-Aug</b>	<b>Tuesday</b>		
7:00:00 PM	Christian UUs	Room B-5	
<b>10-Aug</b>	<b>Wednesday</b>		
6:30:00 PM	Finance Committee	Room B-8	
<b>16-Aug</b>	<b>Tuesday</b>		
7:00:00 PM	War Healing Circle meeting	Room B-8	
<b>17-Aug</b>	<b>Wednesday</b>		
5:30:00 PM	Endowment Trust	Stott Lounge/Joy Library	
<b>20-Aug</b>	<b>Saturday</b>		
6:00:00 PM	Circle Dinners	Offsite	
<b>22-Aug</b>	<b>Monday</b>		
5:30:00 PM	Lifespan: Crash Course Continued""	Room 26	
<b>23-Aug</b>	<b>Tuesday</b>		
6:45:00 PM	Pastoral Care Associates	Room B-7	
<b>26-Aug</b>	<b>Friday</b>		
6:00:00 PM	Board Retreat	Channing Hall, Kitchen B-7, B-8	
<b>27-Aug</b>	<b>Saturday</b>		
8:00:00 AM	Board Retreat	Channing Hall, Kitchen, B-7, B-8	
11:30:00 AM	RE Ingathering Retreat	Emerson Alcove, Kitchen	
<b>2-Sep</b>	<b>Friday</b>		
5:00:00 PM	First Friday	Channing Hall	
<b>6-Sep</b>	<b>Tuesday</b>		
7:00:00 PM	Christian UUs	Room B-5	
<b>7-Sep</b>	<b>Wednesday</b>		
7:00:00 PM	Choir Rehearsal	Emerson Community Hall	
<b>8-Sep</b>	<b>Thursday</b>		
7:00:00 PM	Program Coordinating Council (PCC)	Room B-8	
<b>10-Sep</b>	<b>Saturday</b>		
9:30:00 AM	RE Volunteer Workshop	Channing Hall, Kitchen	
<b>11-Sep</b>	<b>Sunday</b>		
5:30:00 PM	Walker Book Club	Channing Hall, Kitchen	

### Looking Ahead

#### Sept. 11 Homecoming Sunday

Bring some water from your summertime voyages or your own backyard for Homecoming.



#### Church office notes

Summer office hours will be Monday-Thursday, 9:00--12:00 during July and August.

You may well find staff here at other times, but we are committed to having someone here during the posted hours.

The next newsletter published will be the September Windows, with a deadline of Aug. 22.

## News

### Another great Plant Sale!

The FUUSA annual Plant Sale held on Saturday, June 4<sup>th</sup>, 2011, raised \$2,429! We had over 1,000 plants and over 120 varieties (not including all of the varieties of hosta that we had!) that came from gardens of numerous FUUSAns. Many thanks go to all the members of the Plant Sale Committee (Donna Meixner, Sandy Stone, Jan Satin, Carol Young, Amy Lent, Sigrin Newell, Paula Moskowitz, Roz Thomas, Linda Munro, Eileen Hoffman, and Dorry Campano). Thanks also to Nichola Dutre who helped out the day of the sale, as well as Peter Meixner and Chuck Manning for providing “traffic control” and parking for the sale. An extra thanks to Jon Newell, Reese Satin, Steve Moskowitz and Mike Babala for helping to transport and/or set up all of the tables, boards and sawhorses that we used to display the plants. Lastly, thanks to all of you who bought and/or donated plants for the sale. Without the work of all, the plant sale would not be such a success.--Barb Manning

### Save the date: Saturday, Sept 10

Orientation and development for Sunday school teachers and assistants

### A General Assembly report

The 50th General Assembly (GA) of the Unitarian Universalist Association of Congregations met in Charlotte, NC June 22-26, 2010. FUUSA was represented by delegates Kathy Harris, Thayer Heath (as an off-site non-voting delegate), Amy Lent, Chuck Manning, Barbara Manning, Dave Munro, Don Odell, Jacqui Williams, and Rev. Sam Trumbore. We joined a little over four thousand others, including just over two thousand delegates, at this GA.

The GA is where the annual business of the Association is conducted, and, true to our heritage, this GA did its business, not always in agreement with the UUA Board of Trustees.

While the focus was on the business before this assembly, there was a great deal of discussion and reporting on the next GA, the “Justice” GA in Phoenix. Check <http://www.uua.org/ga/index.shtml> for the latest news on the 2012 GA. Up-

### Flyers in this issue

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

- ◆ Art show flyer
- ◆ UU Weekend Registration form

dates will be available in upcoming issues of Windows and other FUUSA communications.

The GA overwhelmingly approved the Statement of Conscience (SOC), “Ethical Eating: Food & Environmental Justice,” which was proposed at GA 2008 in Fort Lauderdale. It is now up to the UUA, the member congregations, and FUUSA to implement this SOC. FUUSA’s Social Responsibilities Council (SRC) will be leading our efforts and they will be looking for FUUSA members and friends to move forward with its implementation.

The delegates spent time and energy on the Action of Immediate Witness (AIW) process (see <http://www.uua.org/justice/issuesprocess/index.shtml> for details on this process.) A motion to eliminate Actions of Immediate Witness from future General Assemblies was defeated. It was noted during the discussion that UUA staff can only advocate for a social action position if the position has been supported by a GA or if directed to do so by the President of the UUA. The GA voted to not have any AIWs at the “Justice GA” in Phoenix in 2012, and to resume a modified process in 2013. Three AIWs were approved in Charlotte: Protest Representative Peter King’s Hearings on “Muslim Radicalization” (<http://www.uua.org/justice/statements/statements/185341.shtml>); Support Southern California Supermarket Workers’ Struggle for Decent Wages and Benefits (<http://www.uua.org/justice/statements/statements/185342.shtml>); and Oppose Citizens United—Support Free Speech for People (<http://www.uua.org/justice/statements/statements/185343.shtml>). One AIW, calling for end to U.S. military involvement in Afghanistan, failed to get the necessary two-thirds vote for approval. A similar measure failed last year, too.

The General Assembly also approved three Responsive Resolutions at the close of the Sunday afternoon business session.

- ◆ The first celebrated New York State’s approval of marriage equality on June 24 and praised the role

that Unitarian Universalist congregations played in that campaign. It also calls on congregations to continue to advocate for equality.

- ◆ The second called on UUs to begin to learn Spanish before coming to GA 2012 in Phoenix. (<http://www.uua.org/justice/statements/statements/185322.shtml>)
- ◆ The third called on the Board of Trustees, UUA staff, and the GA Planning Committee to facilitate a youth and young adult “action ministry” to train people around the issues that UUs will be involved with in Phoenix next summer. (<http://www.uua.org/justice/statements/statements/185325.shtml>)

Delegates also approved off-site voting by GA delegates. The change is meant to allow people who cannot come to GA to participate in the work of the association. Off-site voting was tested at this GA. More than 40 people, including Thayer Heath, were selected as off-site delegates by their congregations. They participated in plenary sessions, engaged in discussions and voted remotely. Their votes were recorded, but not counted, this year.

There is much more detail from the UUA at <http://www.uua.org/ga/2011/index.shtml>. -- Don Odell ,  
Denominational Affairs Liaison

## Notes from Joy Library

Not new but interesting, these books were recently added or replaced. **All currently shelved in “NEW BOOKS”**

**America, fascism, and God : sermons from a heretical preacher by Davidson Loehr. 2005. [261.7 LOE ]** “... among the best, and also among the most distressing and depressing books ... on what's wrong with America today. Probably because the author is a [Unitarian Universalist] minister, he ... manages to maintain some degree of optimism in the face of his own devastating analyses, but I find [it] ... cold comfort in the face of what he describes: a country that has ALREADY been taken over by Christo-fascists intent on ramming their religion and morality down everyone else's throats....

“... there are so many wonderful insights, expressed in such direct, easily-grasped, and striking language, that I felt like underlining just about every sentence!

*Just as chilling as Loehr's insights about the goals of fundamentalist religion are his observations about corporate America's "long and patient campaign to gain control of government," and its recent, near-total success. ...."*

*"Although Loehr occasionally touches on ... the role played by sexual attitudes in fueling the culture wars, .... He notes the hatred of men like Jerry Falwell and Pat Robertson toward "liberated women, abortion, and homosexuality," without taking note that this attitude-- ... underlies the whole fundamentalist agenda. ..."*

*"Despite my minor reservations, I consider this a brilliant book ...." (Amazon, 17 Jul 2011)*

## **The Inner Reaches of Outer Space: Metaphor as Myth and as Religion by Joseph Campbell. 1988. [291.13 CAM]**

*"... While our country was probing outer space, Campbell was travelling through the "wonderland of myth," ... exploring the far-reaching relationship between mythology and comparative religion. ... He writes, it "occurred to me that outer space is within inasmuch as the laws of outer space are within us; outer and inner space are the same" (p. 2). For Campbell, "the seat of the soul is there where the outer and inner worlds meet" (p. 5). "From the outer world," he writes, "the senses carry images to the mind, which do not become myth, however, until there transformed by fusion with accordant insights, awakened as imagination from the inner world of the body" (p. 5).*

*In this book, Campbell draws from Space-Age discoveries to demonstrate how mythology allows us to realize and participate in the "transcendence, infinity, and abundance" (p. xx) of religion. ... this book should be considered one giant intellectual leap for mankind." G. Merritt (Amazon Sun, 17 Jul 2011)*

**Why I Am Not a Christian and Other Essays on Religion and Related Subjects by Bertrand Russell. 1967. [211 RUS]** *While its tone is playful and frivolous, this book poses tough questions over the nature of religion and belief. Religion provides comfortable responses to the questions that have always beset humankind - why are we here, what is the point of being alive, how ought we to behave? Russell snatches that comfort away, leaving us instead with other, more troublesome alternatives: responsibility, autonomy, self-awareness. He*

tells us that the time to live is now, the place to live is here, and the way to be happy is to ensure others are happy. (Amazon Sun, 17 Jul 2011)

**Imagine All the People: A Conversation with the Dalai Lama on Money, Politics, and Life As It Could Be** by Dalai Lama XIV  
Bstan-dzin-rgya-mtsho 1999 [294.34 LAM]

"Fabien Ouaki ...asked the Dalai Lama for his thoughts on the everyday issues that fill our news, Trade Papers, and our lives. *Imagine All the People* is the record of these varied and

remarkable conversations. Covered are a wide spectrum of topics — political, social, personal and spiritual — including the media and education, marriage and sex, and disarmament and compassion. Blessed by His Holiness' buoyant and insightful thoughts, *Imagine All the People* allows readers to glimpse the spontaneous workings of an extraordinary mind at once of and above this world. ... includes the full text of 'The Global Community and the Need for Universal Responsibility.' " (Amazon Sun, 17 Jul 2011)

## Lifespan Learning

**Summer session for children and youth**  
Continues until Sept. 5

Summer session includes activities geared for children ages 3 through about 11 around a theme. Infants and toddlers are cared for by our paid staff. Older children and youth are welcome to help the younger children or to attend the service. We all gather for the "Lemonade Hour" at the back of Emerson Community Hall after the adult service ends.

Summer session is a wonderful opportunity for children of different ages to interact. It offers families the ability to continue their usual Sunday morning schedule. It gives new families a chance to visit and learn about Unitarian Universalism and about our congregation.

Parents and those without children at home are invited to volunteer and join the fun. Signup sheets are posted in Channing Hall. Or see me if you have more questions.—Leah Purcell (email: dre@albanyuu.org; office phone: 463-7135)

### Essential Documents workshop

The Endowment Trust is seeking volunteer professional expertise for an "Essential Documents" workshop to be held in the early fall. The workshop will deal with living wills, healthcare proxies and powers of attorney and is intended to be free of charge to the participants who may be anyone who needs to create these documents for the first time or to update existing ones. If you or someone you know is an attorney or other professional with the requisite expertise and is willing to help, please

contact Dave Metz as soon as possible so the planners can discuss your availability and proceed with further announcements to recruit participants.

### The New UU – a religious education course for adults

With your help, I'd like to offer a new course which is part of the the Unitarian Universalist Association's Tapestry of Faith curricula. The curriculum, available online, is downloadable and adaptable and while it is intended for those new to Unitarian Universalism, it looks like it would be good for UUs old and new. It also provides a chance for newcomers and long-timers to connect and to examine their own stories in the light of their respective Unitarian Universalism. There are six sessions, and we could offer it at FUUSA on an ongoing basis beginning in 2011-2012. The six sessions are:

- ◆ Theology and Worship
- ◆ Where Do We Come From: Unitarian Universalists Roots?
- ◆ How We Grow in Faith - Philosophy of Religious Education
- ◆ Social Justice Philosophy and Practice
- ◆ How Are Decisions Made? Governance and Polity
- ◆ Membership

I am offering to co-facilitate each of these in the coming year, but, and here's the hitch, there must be a co-facilitator for each of them. It can be a different co-facilitator for each session. *However,*

*without these co-facilitators, this will not happen.* If you took the facilitation workshop last fall with Donna Meixner and Tom Mercer, I am looking for you. If you have background in any of these areas, I am looking for you.

If you want to read up a bit on this curriculum, please go to: <http://www.uua.org/religiouseducation/curricula/tapestryfaith/thenew/index.shtml>. If you want to discuss this with me, please feel free to contact me. And, please join me in this new effort.

Thanks, Don Odell

Sunday morning Religious Education offerings for children and youth

Fall RE classes begin Sunday, Sept. 18

### **Nursery**

Child Care provided by paid staff – Missy Millett and Brandy Luther

### **Two-year-olds**

Child care provided by volunteers (Mary Ann Lettau has volunteered in this team)

### **Pre-K** (older 3's, 4's and 5-year-olds)

**Fall and Spring:** Celebrating Me and My World: This yearlong program celebrates the wondrous qualities of children and the animals, things and people around them. It provides experiences to grow and trust and caring and to develop a self-identity and sense of connectedness with all life. (Cari Abatamarco has volunteered to teach in this team)

### **Kindergarten**

**Fall:** Special Times: Special Times acquaints children with the Jewish and Christian heritages out of which our Unitarian Universalist faith has grown, and engages them in celebrations of Jewish and Christian holidays and other “Special Times,” such as the Shabbat/Sabbath, Thanksgiving and everybody’s birthday. (Lee Newberg and Patiti Jo Newell have volunteered to teach in this team)

**Spring:** TBA

### **First grade**

**Fall:** Wonderful Welcome: This Tapestry of Faith curriculum helps children to identify intangible gifts

central to Unitarian Universalism such as friendship, hospitality and fairness, and share these gifts with others. (Cathi Wiltsey has volunteered to teach in this team)

**Spring:** Love Surrounds Us: This is also a Tapestry of Faith curriculum. This program explores all the Principles in the context of Beloved Community of family/home, school, and neighborhood. Participants engage in activities that emphasize the love they feel in community.

### **Second grade**

**Fall:** Faithful Journey. This Tapestry of Faith curriculum equips children with language and experiences to develop and articulate a strong Unitarian Universalist faith identity through historic and contemporary stories of Unitarian Universalist faith in action.

**Spring:** UU Superheroes. This values-based UU identity curriculum introduces children to stories of UUs who have acted with courage and wisdom in their attempts to live their lives full and make the world a better place for others.

### **Third grade**

**Fall:** Moral Tales. Every day our children go forth into a complex world where they are often faced with difficult decisions and situations. Moral Tales attempts to provide children with the spiritual and ethical tools they will need to make choices and take actions reflective of their Unitarian Universalist beliefs and values. (Tracie Tilgner has volunteered to teach in this team and Sara Rosenblatt to assist)

**Spring:** UU Superheroes. This values-based UU identity curriculum introduces children to stories of UUs who have acted with courage and wisdom in their attempts to live their lives full and make the world a better place for others.

### **Fourth and Fifth grades**

**Fall and Spring:** Spirit of Adventure. This program is designed to help children understand what it means to be a good Unitarian Universalist and to foster UU identity. The activities include lots more than arts and crafts and expose the children to a variety of role models from fields such as sports, medicine, science, building, exploring and the “web of



life”. (Amy Jesaitis has volunteered to teach in this team)

**Sixth and Seventh grades**

**Fall and Spring:** Neighboring Faiths: session in the program explore the history and development of different faith traditions. Participants will choose which religious groups to learn about, visit and relate to their own religious views (Millie Eidson, Lauren Tobias, Laura Churchill and Karen DeWillers have volunteered to teach in this team)

**Eighth and Ninth grades**

**Fall and Spring:** This will be a “coming of age” year for this group to learn about UU history and

heritage and the sources of Unitarian Universalism to formulate their own set of beliefs. They will draw from several UU curricula: How Can I know What to Believe? Popcorn Theology, and other UU curricula for youth.

**Senior High**

**Fall and Spring:** Our high school youth will informally explore ethical, social and political issues in their lives. They will also host a St. Lawrence District youth conference in October and prepare for their presentation of a Sunday worship service in the spring. (Shawn FitzGerald, Pete Costello, Joanna Heinsohn and Ilde Apelanz have volunteered to serve as youth advisors.)

***Our Community***

**6 to 9 at 6:09: Circle Dinners  
Saturday, August 20 Dinner**

We have scheduled a summer dinner for August 20. If you will be in town, take advantage of this opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with your fellow FUUSAns. While past participants have been adults, we encourage families with young children to sign-up either to attend or to host a family-oriented dinner. If you would like to attend a dinner or host a group, please contact Martha Musser at no later than Sunday, August 7. She will acknowledge your email. If you have not received an acknowledgement by August 8, please contact her again.

**Schedule for Fall and Spring**

We have scheduled six additional Circle Dinners for this church year. The dates are listed below. For four Dinners, participants will have a choice of two weekend nights. These choices are designed to avoid scheduling conflicts and allow more people to participate. In October and November participants can choose between Saturday and Sunday; in February and May, between Friday and Saturday. Sign-up directions for each dinner will appear in future Windows. If you have questions, please contact Martha.

**Save these dates for Circle Dinners:**

- ◆ Saturday, October 22 or Sunday, October 23

- ◆ Saturday, November 19 or Sunday, November 20
- ◆ Saturday, January 14
- ◆ Friday, February 17 or Saturday, February 18
- ◆ Saturday, March 24
- ◆ Friday, May 18 or Saturday, May 19

**It's time to sign up for Silver Bay!**

Our UU Silver Bay weekend and community building event is just around the corner: October 14 – 16. This much anticipated annual event will again be held at the Silver Bay Resort on beautiful Lake George. For those that have never attended a UU Weekend, there are many surprises in store, for example beautiful fall hikes, a first class children's pavilion with fun kid activities, a talent show, sock hop, movement classes (yoga or something similar), stimulating humanist and/or political discussions, music, a Sunday service and much, much more!

**"UU Weekend is a gift we give ourselves to reconnect with each other, with nature, with our own selves."**

This year, our 18th, also provides countless community building opportunities from sharing a table at a meal with someone you do not already know, to informal porch and comfy Inn couch chats. Whether you participate in every possible workshop, or take the time to just wind down and enjoy the beautiful fall nature, you will return home refreshed and renewed.

As this is a cooperative weekend (that means we all pitch in and volunteer to help out in some way, small or large), this is also the best time to reserve your spot to present that program/workshop you've always wanted to lead, or to get your "choice" volunteer assignment.

This UU weekend offers multiple opportunities to meet new friends and deepen your connection to our beloved community. A printable registration form can be found on the FUUSA web site (<http://www.albanyuu.org/uuwregform.pdf>). After Labor Day you will also be able to sign up in Channing Hall on Sunday's, before or after the service – just look for the UU Weekend table. So get ready to sign up to attend, to volunteer, and, to help make our 18th Annual UU Weekend an outstanding success! -- UU Weekend Committee

### Walker Book Club

Start reading the summer book so you, too, can participate in the September 11 meeting of FUUSA's Walker Book Club. The book is: Snow by Orhan Pamuk. This novel, first published in Turkey, encapsulates many of the political and cultural tensions of modern Turkey. A Turkish poet who spent 12 years as a political exile in Germany witnesses firsthand the clash between radical Islam and Western ideals.

One participant said, "I participate in FUUSA's Walker Book Club because I get the chance to read books chosen by the group that I might not

otherwise have selected on my own. However, after the book discussion, I'm glad that I read the book." Another participant said, "Even if I don't like a particular book that the group picks, the discussion is always interesting and the potluck dinner and desserts are wonderful." Try out the Walker Book Club for yourself.

### About Us

--**Charles Semowich** will be playing carillon concerts at Riverside Church in NYC (largest carillon in the world) on August 2 and 28.

### Caring Network: help needed

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

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

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

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



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



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

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

## **Social Justice**

The need for Social Justice continues even when we are in vacation mode. I am sure that most of you are following the news both the national and the local. And there is a great deal of social concern in both areas. I hope you respond to those calls of advocacy. We rejoice in the fact that NY State has marriage equality. But will we have irresponsible hydrofracking? And will we get a US debt ceiling that doesn't cut funds to those most needy while rewarding the rich? I am a firm believer that our voices together can make a difference.

Please be sure to read the report in this issue concerning denominational affairs by Don Odell .

Lydia's House—to whom we gave away the plate—called wanting to write a thank you note to everyone who contributed. So if you donated cash, you can let me know and I will forward the

information.

As most of you know by now, I have moved to Albany and am looking forward to casting my vote on the Library Budget. My new phone and address are listed in the directory of our FUUSA website, and I have a new e-mail address.

Standing on the Side of Love.

Lois Griffin

### **FOCUS on SCHOOLS**

Did you know that basic and necessary school supplies are not provided for our children?

Focus partners are now collecting school supplies for children ( K-12) who use the Interfaith Food Pantry.

There is a large plastic container in the foyer at FUUSA that is marked : Focus School Supplies.

Supplies needed are:

#2 pencils, pencil sharpeners, pens-blue or black, colored pencils, colored markers, crayons-box of 24, yellow highlighters, glue sticks, school scissors, spiral notebooks both wide-ruled and college-ruled.

3-ring binders-1', 1 1/2", 2". Notebook paper-both wide-ruled and college-ruled, marbled composition books, 3" post-it notes, 12-inch rulers and combination locks.

We will be collecting until Sunday August 28, 2011.

If it is easier for you we are also taking monetary donations.

You can mail your check to FOCUS Churches of Albany 275 State Street Albany, NY 12210. Attn: Allan Tedrow

If you have any questions feel free to contact Patty Burch at [patty.burch@gmail.com](mailto:patty.burch@gmail.com)

See you in September!

## Columns

### Chuck's Chat

#### Sometimes it IS simple

Many times it seems hard to put our faith's principles into action. This summer, for once, it was easy.

Barb and I took the train to the UU General Assembly in Charlotte in June. We enjoy riding the train. It is relaxing; it forces you to slow down. There is time to read, sleep, talk, and watch the scenery roll by. We also felt greener because our carbon footprint would be lower taking the train. Finally, since we were stopping to stay in Washington, D.C. for a couple of days, the 15-17 hour ride would be broken up.

We got on the train in Albany, chose seats next to the window to enjoy the view of the Hudson River Valley and settled in. An older woman came on with her son carrying her large suitcase. He gave her a hug, left her with the suitcase, and got off the train. She sat across from us with her suitcase on the seat next to her. She smiled at us and we started a conversation. As the train started moving, the conversation ended and she said, "You two are a wonderful couple." That left us with a nice glow.

The train stopped in Hudson and she started to get off. We asked where she was going. "Back home to Charlottesville, Virginia, after visiting my son and grandchildren for two weeks." She did not have much experience on the train and knew that she was supposed to change trains in New York City. While we explained that there were a number of stops before we got to New York, it was clear to us

that she was nervous and unsure about making that connection. We offered to help her out, and make sure that she got off at Penn Station (and not before) and make sure that she got her next train.

As it turned out, the train to Charlottesville and the train to Washington were the same. When we got to Penn Station she came with us to the Waiting Area. She offered to watch our luggage while we got our lunch, as she had brought her lunch. While we were eating, she was busily writing on a sheet of paper. Then, it looked like she was copying what she had written onto another sheet of paper. After eating, the three of us boarded the connecting train together. While waiting in line, she gave Barb the sheet of paper and she said "I've written a little poem for the two of you." The train was very crowded. Our seats were a distance from hers, but we were on the same car. It turned out that Charlottesville, VA was a number of stops after we got off in Washington, so we made sure the conductor knew that she was to get off at Charlottesville.

After settling in we read what she had written. This is what it said:

#### **Great Attitude**

*Thank you both for your kindness*

*God shows his Love and so do thee*

*I could have been sad,*

*With your help, I am glad*

*That you are in my path, peace.*

*With a nice smile, right from the heart,*

*God is with you all, and always will be,*

*Because very soon, your grandchild you will see.  
Isn't God good, he knew your heart from the  
start,  
Another joy to fill both of your hearts  
Because of kindness, joy and most of all your  
Love.*

She signed her name -- Bettina. It is not always easy living the values of our faith but this time it was simple. Reaching out to help another person we made a connection that turned out to be more meaningful than we had expected. Bettina's gift to us was far greater than what we gave her. It was a wonderful start to our General Assembly experience. —Chuck Manning

## Religious Exploration \_\_\_\_\_

### If not for you....

While most of us want to savor summer, for many of us, it's time to get things in line for the fall. One proverb has been passed about in my online DRE community in recent days:

*For want of a nail the shoe was lost.  
For want of a shoe the horse was lost.  
For want of a horse the rider was lost.  
For want of a rider the struggle was lost.  
For want of a struggle the cause was lost.  
And all for the want of a horseshoe nail.*

Can you guess where a Religious Educator's mind might take this? I like the version of Rev. Randy Becker, Acting Lifespan Program Consultant, Florida UU District:

*For want of a teacher the class did not happen.  
For want of a class the young mind was not  
opened.*

*For want of an open mind old prejudices were not  
challenged.  
For want of challenge nothing changed.  
For want of change our vision of the world was  
not fulfilled.  
For want of vision people continued to suffer.  
All for the want of a teacher.*

Think back to a time when someone nurtured you and how much that meant to you. No doubt you were unaware of the commitment that adult had made. But when the call for volunteers went out, that memorable person in your life did not say "Surely there is someone more capable than me," or "Not this time."

There are so many ways that our wonderful religious community works to excite the spirit and inspire its growth and development. Our community brings meaning to lives because individuals have said yes to the opportunity to be generous, to be present, and to nurture others. Our RE program is a way for you to foster Unitarian Universalism in children and youth and so have a part in fulfilling the vision of the world.

Now is the time. I'm putting out the call for volunteers for teaching teams for the fall. Please consider what your response will be. In this issue of *Windows* you'll find a list of curricula that might help you decide which team you'd like to join. Each team needs 4 teachers. Assistants are welcome additions to the teams too. You can sign up in Channing Hall or contact me at [dre@albanyuu.org](mailto:dre@albanyuu.org) or 463-7135.

In joy and service,  
Leah Purcell

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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](mailto: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](mailto: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](mailto:kaneandlekakis@gmail.com)).

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#### Next publication deadlines

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