

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

June 2011

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Sunday Schedule

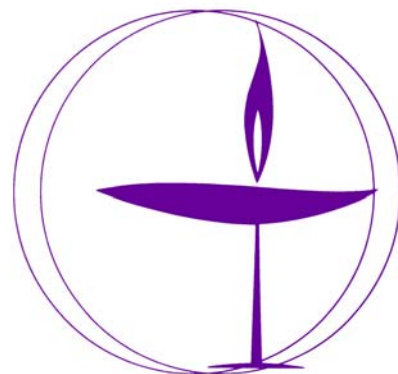
- 9:00 AM
Mindfulness Meditation
- 9:45 AM
Nursery/Toddler rooms open
- 10:00 AM
Service
Children's Chapel
(1st Sunday/mo.)
Religious Education
- 11:00 AM
Coffee Hour
- 11:45 AM
Forum (2nd & 4th Sundays/mo.)
Green Sanctuary Discussion
(3rd Sunday/mo.)
- 7:00 PM
War Healing Circle
(2nd & 4th Sunday/mo.)

Services

June 5 No service at FUUSA

Come join UUs from all five local congregations at the Round Lake Auditorium for a "UU Revival" (details on page 3)

June 12 "Growing Up," Leah Purcell and Rev. Sam Trumbore
June is a time of completion for our children and youth. Our kindergartners are getting prepared for first grade and our high school seniors will be leaving our religious education program and entering the adult world. Singer, song writer and performer **Ruth Pelham** will be with us for this **multigenerational service** to celebrate these transitions in their lives. During this service we will appreciate our Religious Education teachers. We'll also honor our high school seniors. For the first time we will be doing this by using a UU "bridging ceremony" to recognize their important life transition.



Summer Services start June 19!

Our presenters will be:

- June 19 Kim Debus
- June 26 Rev. Steve Wilson
- July 3 General Assembly Gleanings, with Chuck Manning
- July 10 Rev. Chris Antal
- July 17 Sigrin Newell
- July 24 Rev. Steve Wilson
- July 31 Wellspring Participants' Service
- Aug. 7 Rev. Chris Antal
- Aug. 14 Beth Dana
- Aug. 21 Rev. Sam Trumbore
- Aug. 28 Rev. Sam Trumbore
- Sept. 4 Diane Cameron

Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary
10:00 AM	Service	Emerson
10:00 AM	Religious Exploration: Summer Session	22,24/25,26
11:00 AM	Coffee Hour	Channing, Emerson
6:00 PM	War Healing Circle (2nd & 4th Sundays/mo.)	B-8

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

Events happening every week in the months of June and July

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: Choir: Dress rehearsal at Round Lake, Thurs., June 2; and a regular rehearsal at FUUSA on Wed., June 8 (both at 7 PM). We will resume rehearsals on the Wednesday after Labor Day.

All other events happening in the months of June and July

- 1-Jun Wednesday**
2:00 PM SGM Patka Room B-5
6:30 PM Green Sanctuary: Movie "Gasland" Channing Hall
- 2-Jun Thursday**
7:00 PM Interfaith Pride Service - Sharing Our Stories
Channing Hall, Kitchen
- 3-Jun Friday**
4:00 AM Friday Art Reception Channing Hall
- 4-Jun Saturday**
9:00 AM Plant Sale Salisbury Rd., Delmar
6:00 PM CRUUNY Dinner Emerson Community Hall, Kitchen
7:00 PM Dances of Universal Peace Channing Hall
- 5-Jun Sunday**
10:00 AM UU Revival Service Round Lake
- 7-Jun Tuesday**
7:00 PM Christian UUs Room B-8
- 8-Jun Wednesday**
6:00 PM Wash. Sq. Nbhd. Association Channing Hall
- 9-Jun Thursday**
7:00 PM Program Coordinating Council (PCC) Room B-8
- 10-Jun Friday**
7:00 PM Peace Team Movie Event Channing Hall, Kitchen
- 11-Jun Saturday**
9:00 AM RE Council Retreat Channing Hall, Kitchen
6:00 PM Eat and Greet" Potluck" Channing Hall, Kitchen
- 12-Jun Sunday**
10:30 AM Multi-Generational Sundae Sunday Channing, Kitchen
11:30 AM Auction Committee Room B-8
5:30 PM Walker Book Club Channing Hall, Kitchen
- 14-Jun Tuesday**
5:30 PM Lifespan Group Room B-7
- 16-Jun Thursday**
7:00 PM Board of Trustees Room B-8
- 19-Jun Sunday**
10:00 AM Religious Exploration: Summer Session Room 22,
Room 24/25, Room 26
- 25-Jun Saturday**
9:30 AM SRC/USCRI: Honoring Refugee Cultures
Emerson, Channing, Kitchen, Classrooms
- 27-Jun Monday**
5:30 PM Lifespan: Crash Course Continued Room 26
7:00 PM Wellspring Meeting Room B-8

- 28-Jun Tuesday**
6:45 PM Pastoral Care Associates Room B-7
- 1-Jul Friday**
5:00 PM First Friday Channing Hall
- 4-Jul Monday**
Holiday - office closed
- 25-Jul Monday**
5:30 PM Lifespan: Crash Course Continued Room 26
- 26-Jul Tuesday**
6:45 PM Pastoral Care Associates Room B-7

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 mid-summer *Update*, with a deadline of July 18.

News

Plant sale!

Saturday, June 4

Want to find hardy perennial plants that you know will grow in the great Northeast? Need advice on what to plant in your garden? Come to our annual plant sale that will be held Saturday, June 4 at 18 Salisbury Road, Delmar (Chuck and Barb Manning's house). Sale starts at 9 AM and ends at 2 PM. Look on the FUUSA website for the list of available plants. If you have any questions, call Donna Meixner or Barb Manning. (See the flyer at the end of this newsletter.)

Plan your day at Round Lake

Sunday, May 29

--Last day to buy tickets for the Brooks BBQ to be held at Round Lake after the service on June 5
--Take home your nametag today to wear at Round Lake!

Sunday, June 5

(No service or any activities at FUUSA this day)

Carpool to CRUUNY Service – Going Green

This will be an exciting service and we want to be as green as possible, so please plan on carpooling. Carpooling adds to our sense of Connection and Community as well as reducing our Carbon Footprint.

There are three ways you can car pool.

- Call a FUUSAn you know and arrange a car pool.
- Contact Sandy Steubing and she will help you find someone to carpool with.
- Come to FUUSA on June 5th between 9:15 and 9:30 join an on-the-spot carpool coordinated by Betsy Wright.

Sunday service “UU Revival Meeting”--Round Lake Auditorium, 10:30 a.m.

(off Exit 11 of the Northway)

Here is your chance to experience a UU revival in an historic setting. The Capital Region Unitarian Universalists of New York (CRUUNY) joint service will bring together members and friends from five congregations.

The exciting multi-generational service will be led by the Rev. Scott Alexander, renowned for his uplifting message attesting to the power of our faith to

Flyers in this issue

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

- ◆ Plant Sale flyer
- ◆ UU Revival at Round Lake with REVISED directions

change individual lives and create positive change in the world.

Parking is limited. PLEASE CAR POOL! See carpooling suggestions above. Flyer with driving and parking directions is at the end of this issue.

Picnic after the service

Brooks chicken barbecue. Tickets sold (until May 29) at coffee hour at FUUSA, \$15 for adults and \$10 for children 12 and under.

Sunday, June 12

- Home at FUUSA for “Growing Up”, a multigenerational service and bridging ceremony, with Ruth Pelham (of the Music Mobile,) and Sundae Sunday
- Bring back your nametags!

Election results

Asterisk denotes incumbent continuing in their position.

President	Chuck Manning
Vice-President	Peggy Sherman
Secretary	Donna Meixner
Treasurer	Dave Metz
Ass't. Treasurer	Mike Babala
Religious Education Chair	Paula Brewer
Social Responsibilities Chair	Lois Griffin

Board of Trustees

Dick Dana*, Donna Doran*, Todd Gray*, Katharine Harris, Randy Rosette*, Mark Yolles

Endowment Trust

Chris Jensen, Betsey Miller, Lee Newberg*, Reese Satin*, Nancy Willie-Schiff*

Nominating Committee

Debbie Brown, Dawn Dana*, Kathy Harris*, Allison Lattin*, Dave Munro*, Linda Way

Social Responsibilities Council

Ann Brandon*, Frederick Eames, Rudy Johnson*, Karen Kaufman*, Renee Panetta, Sybil Allyson Stock*

Religious Education Council

Cate Bohn*, Peter Costello*, Owen Devine, Brian

Frank*, Leah Gaetano*, Melissa Ramirez, Amy Souza*, Peg Sutton, Tracie Tilgner*, Cathi Wiltsey*

Summer services at FUUSA

Chris Antal, Beth Dana, Steve Wilson, Kim Debus and others will be in our pulpit for summer services. Service leaders, greeters, ushers and musicians are needed. If you are willing and available to participate in these services, please sign up in Channing or contact Irene Saulsbery.

Interfaith Pride Celebration

Thursday, June 2, 7:00 PM, Channing Hall

Sacred scripture is full of great stories. The sacred text that is written anew in every generation is the story of each of our lives. To celebrate the stories of Capital Region lesbian, gay, bisexual and transgender people, and their allies, Advocates for Welcoming Congregations will help to launch Pride Week with its annual Interfaith Pride Celebration under the theme **Journeys of Faith: Everyone's Story is Sacred**. All are welcomed.

Well-known local storytellers Joe Doolittle and Christie Keegan will share personal stories of faith and connection to the LGBT community. Participants will be invited (but certainly not required) to share in a small group a story from their lives. Musical guests, the Albany Gay Men's Chorus, will add to the joy of the occasion. A dessert reception will follow the program. For further information, contact Rev. Tony Green.

Forum annual report

(Inadvertently left out of the Annual Report which was distributed at the annual meeting)

Coordinators: Ann Brandon and Karen Kaufmann Forums were held twice monthly in Emerson after Sunday morning service. Our excellent speakers this past year included: Lynne Jackson and Steve Downs (preemptive prosecution); David Kaczynski (wrongful convictions); Paul Rehm (Palestine/Israel); Bruce Miroff (fall elections); Don Stake and Susan Thompson (hospice); and Michael Rivest (boxing for inner city youth). Ideas for forum speakers are always welcome.

The Oriel

The Oriel, FUUSA's literary and arts publication, is now available. Since a limited number of copies were printed, be sure to pick up your copy during

coffee hour or in the office. Free to FUUSA members, \$5 for non-members.

Sundae Sunday

June 12

Join us for making ice cream sundaes, or have some fruit or sorbet during Coffee Hour in Channing Hall as a celebration of Religious Education for children and youth.



It's a multigenerational morning! During the service, we'll thank our Religious Education volunteers, we'll have a bridging ceremony for the

graduating high school seniors, and we'll sing with Albany resident Ruth Pelham, founder of the Music Mobile.

Volunteers are needed to help set up, serve and clean up in Channing Hall.

See the sign up in Channing or contact Leah Purcell at 463-7135 or dre@albanyuu.org. Coffee will be available in the back of Emerson after the service, for those who would like a quieter spot to gather.

FOCUS call for school supplies

Though August may seem far away, The FOCUS (Food Pantry) School Supply Project 2011 is right around the corner. Starting Sunday, May 29, there will be a labeled box in the FUUSA lobby for the school supplies. We will be collecting the supplies throughout the summer until August 28. The supplies will be used by the children whose families use the food pantry.

We hope to have supplies for the grades K-12. The following list is what supplies are needed: #2 pencils, pencil sharpeners, pens-blue and black ink, pink erasers, pencil pouches, pencil boxes, crayons--box of 24, colored markers, colored pencils, yellow highlighters, glue sticks, glue bottles, school scissors, spiral notebooks both wide-ruled and college-ruled, 3-ring binders 1", 1 1/2" or 2". Also: notebook paper--both wide-ruled and college ruled, marble composition books, pocket folders, 3-hole-punched pocket folders, 3" post-it/sticky notes, 12-inch ruler, combination locks.

Also we will need backpacks-BASIC ones- NOTHING EMBELLISHED OR TOO MANY ZIPPERS. The Focus Food Pantry will be packing the backpacks beginning Monday, August 29.

In lieu of supplies if it is easier for you, you can also send a check made out to FOCUS, earmarked on the memo line 'FOCUS ON Schools'. Mail the check to FOCUS Churches of Albany, 275 State Street Albany, NY 12210. Attn: Allan Tedrow.

Sunday, May 29 is the last Sunday of this church year that we will be passing the plate for the Focus Food pantry. Thank you for all of your support that you have given to the FOCUS Food Pantry this past year. Contact Patty Burch if you have questions.--Patty Burch and Renee Panetta

Spring Rummage Sale results

Thanks to your generous donations and the hard work of lots of folks we earned \$2500, one third of which will go towards the FUUSA operating budget and the balance will be donated to area organizations and FUUSA projects. We also earned \$1500 from sales of items on eBay. Items which were not sold at the spring sale were donated to the Friends of the Clearwater garage sale, the US Committee for Refugees and Immigrants, the Capital City Rescue Mission Free Store, the Clear View Center boutique and the Salvation Army.

CROP Walk report

Team UU had another successful CROP Walk on May 1. A few pledges are still trickling in, but it looks like our team total will be about \$3700, and the Albany Walk overall is on track to raise \$100K. We had 45 enthusiastic walkers on Team UU, 6 FUUSAns gave their time to help with Walk Day registration, and many more FUUSAns supported us with their pledges. A few facts about our CROP Walk team:

- ◆ Our littlest “walker” was in an infant carrier; our most mature walkers included several retirees – truly an intergenerational effort!
- ◆ Five of our families with small children walked – now that’s family values!
- ◆ Two of our young walkers charmed their Delmar neighbors with door-to-door pleas to help hungry children by supporting the “crop” walk, raising

nearly \$200 in the process!

- ◆ Fourteen children and youth from our RE program participated – way to go, kids!
- ◆ Our Walk team included three brand-new FUUSA members, and three more newbies helped with Walk registration – these good folks have hit the ground running, so to speak.

All told, FUUSAns have once again put their hearts and soles in motion for a great cause. Bravo to one and all!

Notes from Joy Library

Look for these among the NEW BOOKS in the Joy Library

Twelve Steps to a Compassionate Life by Karen Armstrong 2010. [177.7 ARM]

“It takes courage for a religious historian and writer of Armstrong’s stature to step out from behind the scrim of scholarship and analysis to offer guidelines for a spiritual practice designed to make humanity a kinder and saner species. With the boon of the prestigious TED Prize, Armstrong (The Case for God, 2009) worked with ‘leading thinkers from a variety of major faiths’ to compose a Charter for Compassion, which calls for the restoration of ‘compassion to the heart of religious and moral life’ in a ‘dangerously polarized’ world. Not content with merely stating lofty goals, however, Armstrong, a revered genius of elucidation and synthesis, now tells the full and profound story of altruism throughout human history. She turns to neuroscience and tracks the evolution of our brains and our natural capacity for empathy, and performs her signature mode of beautifully clarifying interpretation in a mind-expanding discussion of the history of the Golden Rule (‘Always treat others as you would wish to be treated yourself’), the essence of compassion and the kernel of every religious tradition. Exquisite and affecting explications of Buddhist, Confucian, Judaic, Christian, and Islamic commentary prepare the ground for meditation exercises meant to engender ‘open-mindedness’ and the cultivation of compassion, making for the most sagacious and far-reaching 12-step program ever....” – (Donna Seaman, The Booklist from Amazon. 5/16/11)

The Bond: Our Kinship with Animals, Our Call to Defend Them by Wayne Pacelle. 2011 [179.3 PAC] "... *The Bond is the passionate, insightful, and comprehensive examination of our special connection to all creatures, by one of America's most important champions of animal welfare. Wayne Pacelle, the president of the Humane Society of the United States, unveils the deep links of the human-animal bond, as well as the conflicting impulses that have led us to betray this bond through widespread and systemic cruelty to animals. Pacelle begins by exploring the biological and historical underpinnings of the human-animal bond and reveals our newfound understanding of animals, including their remarkable emotional and cognitive capacities. In the book's second section, Pacelle shows how the bond has been disastrously broken... In its final section, The Bond takes on the arguments of opponents and critics of animal protection and spotlights the groups and industries standing in the way of progress—from the National Rifle Association and agribusiness organizations like the American Farm Bureau, to surprising adversaries like the American Veterinary Medical Association and the American Kennel Club. Ultimately, Pacelle points the way to a new, humane economy—one not built on extraction, suffering, and killing, but on the celebration, stewardship, and care of animals. An eye-opening must-read, The Bond reminds us that animals are at the center of our lives, they are not just a backdrop. How we treat them is one of the great themes of the human story.*" (Amazon 5/16/11)

Veganist: Lose Weight, Get Healthy, Change the World by Kathy Freston. 2011 [641.563 FRE]

"In this cheery manifesto, healthy-living guru Freston (Quantum Wellness) promises readers who give up meat, dairy, and eggs that they will effortlessly lose weight, avoid cancer, heart disease, diabetes, and Alzheimer's, save money, help the poor, reduce their carbon footprint and animal suffering, and evolve spiritually. Freston, coining the word 'veganist,' puts a soft edge on the vegan lifestyle 'It's not about hard lines or purity or perfection but about intention and holding ideas loosely and taking steps in the direction of the kind of person you want to be.' She supports her claims with interviews from medical authorities like Dean Ornish and Neal Barnard, numerous stories from people who converted and changed their lives, and a few tales from animal rights activists who went undercover in the factory farm. The book provides 'tips for making the switch,' FAQs answered by Dr. Barnard, and sample menus, but no recipes, so readers used to meat and potatoes may be stymied by how to prepare 'flax seed and whole-grain pizza with classic margherita topping.' Even so, for the novice, this book offers a gentle, guilt-free path to a meatless (or even, as Freston says, 'vegan-ish') life." (Publisher's Weekly from Amazon 5/16/11)

PS. I personally recommend this book. Sally Knapp

Lifespan Learning

RE Calendar--springing into summer

May 29 **Sunday school** with multi-age groups

June 5 The **CRUUNY service** in Round Lake and picnic.

June 12 **RE Sunday** – Mult-gen service with Ruth Pelham

June 19 **Summer Session of RE starts.**

Junior Youth Group

Here's another opportunity for adults in our congregation to work with youth! Two years ago, Rev. Sam and I ran a Junior Youth Group for 8th and 9th graders. The way our program works, this group

will have one year of Sunday School programming together before they all join the Senior High Group as 9th and 10th graders. In 2011-12 we'll have another group of 8th and 9th graders who could participate in a Junior Youth Group. The goals are:

- ◆ To provide opportunities for social events
- ◆ To provide opportunities for social justice work
- ◆ To build community among this group
- ◆ To work with the senior high group to build community among the two groups and help the transition into the senior high group
- ◆ The Junior Youth Advisors could also volunteer to take the 9th graders to St. Lawrence District youth

conferences

In the model that Rev. Sam and I used, we met once a month, usually on a Sunday afternoon and we also had an overnight at FUUSA.

Sound good? Let me know if you're interested in being a youth group advisor. —Leah Purcell
dre@albanyuu.org or 463-7135

One reason I love summer

In the summer, I get to spend an hour with the children on Sunday mornings! And I hope you'll consider joining me for a Sunday or two. Summer Session of RE is a wonderful opportunity for children of different ages to interact with each other and with adults from the congregation. I plan the sessions with stories, games, music, and art that celebrate Unitarian Universalism. We meet in Rooms 24/25 and 26 upstairs, which are air-conditioned. Our nursery staff cares for the infants and toddlers. Sign up for one Sunday, or two or more in Channing Hall. Or contact me at dre@albanyuu.org or 463-7135 for more info. Thanks! Leah Purcell

Summer Sundays for Kids Religious Exploration: Summer Session

June 19 through Sept. 4

- ◆ Infants and toddlers will be cared for by staff in the Nursery.

- ◆ Ages 3-12 will gather in Room 24/25
- ◆ Come as many Sundays as your family would like to attend. The program is designed for a multi-age group.
- ◆ There is no "Kids' Time" in the service. Take your child upstairs before the service starts.
- ◆ The Nursery and Rooms 24/25 and 26 are air-conditioned.

If you'd like to volunteer to help with RE Summer Session, contact Leah at 463-7135 or dre@albanyuu.org

Introducing Wellspring

A program of growth and development
Tuesday, May 31, 7:00 pm

Come find out about the year long spiritual deepening program first developed by the Rev. Jen Crow, minister at First Unitarian in Rochester and now being used in other UU congregations. This year four FUUSAns, Dave Munro, Dawn Dana, Tom Mercer and Linda Way, participated with three members from Schenectady in a pilot Wellspring program led by the Reverends Trumbore and Richter. This introduction will go over the Wellspring program then you can hear directly from the participants what they experienced. Next fall we will have a Wellspring class for our congregation led by Tom and Linda.

Our Community

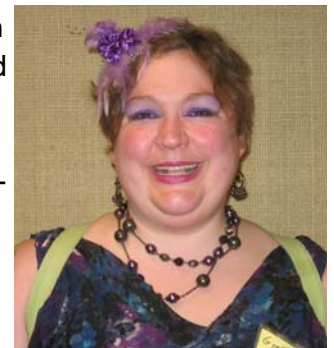
Welcome, new members!

Alyson Kelly is a second generation UU from Niskayuna, NY. She studied International Political Economy and Peace & Justice Studies at Fordham University in New York City. After graduation, she worked in Fair Trade education and outreach for the Labor-Religion Coalition of NYS in Latham. She is currently completing coursework at the University at Albany towards getting into a Masters of Public Health in Nutrition program and becoming a Registered Dietitian. Alyson loves the outdoors, is



passionate about social justice issues, and is excited to have FUUSA as a new part of her life.

Gretta Hansing is extremely happy to join this wonderful community. She loves to volunteer and especially advocate for people with disabilities and chronic pain, children, and the LGBT community. With 2 graduate degrees in child development and cultural studies in education, Gretta enjoys teaching parenting skills, family counseling, and being a nanny as well as babysitting. She is also a person with Fibromyalgia and recently got on social security disability. She asks for sup-



port from FUUSA relating to this chronic pain and chronic fatigue syndrome. In addition, Gretta loves making jewelry, reading, doing research, going to the movies, and going out to eat. Gretta recently got involved in lobbying and absolutely loves it. She enjoys the teachings of the Buddha in addition to the philosophy of Taoism.

Elisa Grimm and Scott Allen Scott and Elisa's tale is one of Midwest meeting Northeast in the Southwest. Scott grew up east of the Mississippi in Quincy, Illinois. Elisa grew up east of the Hudson in Croseyville, New York. They met and married west of the Rio Grande in Albuquerque, New Mexico. Now, when not enjoying the warmth of community here at



FUUSA, their son and daughter lead them in skipping rocks and throwing sticks into the Normanskill.

Jodi Novak Wey Between appearances on American Idol, Jeopardy, and the Wheel of Fortune, she has been busy penning submarine spy thrillers. Not really, but she does continue to hone her night owl skills working as an emergency veterinarian and, along with her husband Aaron, raising three small children: Jodi would like to express her appreciation for how welcoming our fellow members have been to her and her family over the past couple of months. She is looking forward to finally becoming a Unitarian Universalist and the path ahead.



**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.

**“Eat-and-Greet” Potluck
Saturday, June 11**

Hear ye, hear ye!!!

We’re looking for FUUSA members and friends to join us for a fantastic evening with food, friendship and fun...



Please join us on Saturday, June 11 for our “Eat and Greet” potluck; a multi-generational, community-building event!

Sign up in Channing Hall to attend and/or to volunteer to assist with the event (or e-mail Renee Pannetta)!

Our Iraqi family

The Abbas Family, whom we sponsored, arrived in Albany from Iraq as refugees two years ago June 1. With the help of many of you we furnished an apartment for them and helped them through the maze of paperwork with Social Services and other agencies, drove them to appointments, helped them with the English language, aided in a move to a different apartment, and answered many questions in orientation to our American culture. In return they showed their appreciation by always being so welcoming when we visited and introducing us to many of their customs and foods. And they have survived the Albany winters!

This June 26, Hawraa, now 18, is graduating from

Albany High School. Israa and Dode both work in the coffee shop at Albany Medical Center, and Dargham works at a restaurant. All, including their mom, Alea, continue to work at learning the English language. We are proud of all that they have accomplished in this short time. If you would like to send a graduation card to Hawraa Abbas, send it to 1112 Madison Ave., Albany, NY 12208.-- Ann Brandon



Cancer Support Group Sunday, June 5

Are you a cancer survivor? Currently undergoing treatment? A support person who needs some support? FUUSA's Cancer Support Group will be holding a meeting/supper on Sunday, June 5, at Sandy and David Stone's home in Albany at 5 PM. Although over the past year we have remained somewhat dormant, we do exist and would like to help anyone making this journey. We have members who have survived different kinds of cancer, male and female. If you are interested, please contact Dave or Sandy. We have a potluck supper so let us know what you would like to bring. (Dave always cooks chicken outside.)

Walker Book Club

The next meeting of the Walker Book Club is Sunday, June 12, at FUUSA at 5:30 PM in Channing Hall.

Try out the book club in June by reading three short stories from *How Nancy Jackson Married Kate Wilson*. The three stories are by FUUSA and author John Cooley. They are excerpted from a collection of Mark Twain's short pieces about young women and girls who break the mold of Victorian female gender roles, with commentary by the author. Packets of short stories are available in the office at FUUSA.

Each meeting begins with a potluck supper, followed by a lively discussion of the reading of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover

Outgoing "Rummage Queen" Carolyn Stetson passes the role on to Patty Burch during the spring sale. Many thanks to Carolyn for years of superb organizing: Does Patty know what she's getting into?

beverages. Participants may choose to either: bring and store their own dishes, drinking vessels and eating utensils; or use dishes etc. at FUUSA and help with the dishwasher.

The summer book is: *The Warmth of Other Suns - The Epic Story of America's Great Migration*, By Isabel Wilkerson. Read this longer book over the summer and join the Walker book club again on September 11 at FUUSA.

Contact Linda Hunt at with any questions or to suggest books for 2011-2012. Join the Walker E-List and participate in suggesting and choosing books to discuss.

A celebration of the life of John Louis Rose will be held June 11, 11 AM- 2 PM at the Tanglewood Center's Highland Manor House, Lenox, MA.

John was an environmental engineer who specialized in the design of waste and water treatment plants. John loved gardening, nature and classical music, and particularly enjoyed ushering at Tanglewood. He was a past member and participated in activities of FUUSA, believed strongly in community service, and participated in many political and social causes. Memorials can be sent to Meals on Wheels at: <https://www.mowaa.org/sslpage.aspx?>

Copies of the full obituary, and location of the celebration at Tanglewood, are available in the FUUSA office.

Joys and Caring Corner _____

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.

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 (alapinski@nycap.rr.com) or Mary Ann Randall (mabrandall@gmail.com.)

Social Justice

It was great to see so many FUUSA faces at the Interfaith Impact and Reform Jewish Voice at Advocacy Day on Monday, May 16. For me it is an inspiring day of democracy in action. It is an opportunity to find out what our elected officials are thinking and to influence that thinking. One young man from Brooklyn who will become a rabbi next year related that his legislator will vote to curtail reproductive rights because of the numerous phone calls from his constituents. How numerous? Seventy! So, yes, input can make a difference. Sign those petitions, make those phone calls. Show

your elected officials that you care about progressive legislation.

Although we think that the year is ending with summer approaching, it is the start of a new year. Our work will not go on vacation over the summer. I want to thank all of you who have supported social responsibilities in so many ways. I especially want to thank those of you who have served on the Council as elected and appointed members: Judith Brink, Larry Gambino, Ed Hancock, Don Odell, Robb Smith, and Jacqui Williams. We look forward to the continued interest and participation of all of you who have attended SRC meetings and supported social justice activities.

Standing on the Side of Love
Lois Griffin

FOCUS

“Food for thought”...

As we are partners with FOCUS for the food pantry, but not currently involved in the other programs offered by FOCUS, I wanted to take this opportunity to mention several other benefits FOCUS provides to local community members in need:

FOCUS Interfaith Food Pantry serves 275+ families each month, providing a six day supply of food and personal items. Volunteers are needed to bag groceries, register pantry guests, restock the storage area, and help guests with food selections.

FOCUS Winter Breakfast is a seasonal soup kitchen that serves breakfast to over 125 guests each morning, providing a hot, nutritious breakfast and take-away lunch. We have about ten volunteers each morning to help cook and serve breakfast, set-up and clean-up the facility, and generally provide a hospitable and safe space for breakfast guests.

Sample month for breakfast program (March)

- ◆ Breakfast was open 15 days (Tuesdays, Wednesdays, Thursdays)
- ◆ 2,844 meals were served, including bagged lunches
- ◆ On average, there were 117 breakfast guests per morning
- ◆ Busiest Day: Tuesday, 3/29 with 150 guests

Community Harvest Garden is a joint project between FOCUS and St. Paul’s Episcopal Church to use church space to grow and provide fresh, local produce for guests of FOCUS Interfaith Food Pantry. Volunteers will be needed this summer to plant, weed, mulch, water and harvest the garden. We are also looking for volunteers to help conduct demonstrations on gardening, healthy cooking, and nutrition.

Advocacy We have opportunities to meet with city, county, state and federal lawmakers to work on implementing just public policies. We need participants for our local events, people to help lobby through the Faith and Hunger Network, and people

to support our stances on state and federal issues with Bread for the World and Ecumenical Advocacy Days.

Special Events We need volunteers to help advertise, coordinate, and staff our fundraising events. In the past year, some FOCUS events have included a pancake breakfast, a spaghetti dinner, a golf outing, and Restaurant Nights.

Drivers are needed for food pick-ups at the Regional Food Bank, and for food deliveries to senior housing units.

If any of these opportunities sound like something you’d be interested in being part of, please don’t hesitate to contact Renee Panetta.

IINYS Advocacy Day

FUUSA members and friends Carolyn Bradley, Ann Brandon, Patty Burch, Jerry Dieghan, Larry Gambino, Lois Griffin, Karen Greene, Julie Lomoe, Chuck Manning, Tom Mercer, Martha Musser, Don Odell, Robb Smith, Cora Stackelberg, and Rev. Sam Trumbore participated in the Interfaith Impact of NYS (IINYS) and Reform Jewish Voice (RJV) annual advocacy day at the Capitol on Monday, May 16.

We visited various legislative offices, including a meeting with the Senate Majority Leader Dean Skelos, and had a meeting with the Secretary to the Governor, Steve Cohen, advocating for marriage equality for same-sex couples, a Reproductive Health Act, and an independent redistricting commission. It was with a positive sense of purpose that we advocated for a liberal religious perspective on these issues, and a sense of accomplishment was felt by all. Thank you for participating. And thank you to Thayer Heath for being the carpool coordinator at First Lutheran.-- Don Odell, FUUSA liaison to IINYS, and IINYS secretary, and Robb Smith, FUUSA member and IINYS Executive Director

Green Sanctuary

Chris Bystroff and I wish to thank all of you who have participated in the work of the Green Sanctuary this year. Whether you came to a presentation, carpooled to FUUSA, or just monitored your energy usage, all is important for our future. We are

considering holding meetings this summer so let us know if you're interested. We may take a field trip, for example, to a CSA. There is much to work to do in terms of the projects people pledged to fulfill.

In conjunction with the new Lifelong Learning committee, Crash Course Continued will meet through the summer on the 4th Monday of the month starting at 5:30. This is oriented towards individual and family preparation for peak oil.

To keep informed, go to our Wikispot at <http://fuusa.wikispot.org/>. Or, you can write me, Sandy. Remember each new habit to step away from fossil fuels, no matter how small, is important in fighting climate change and in preparing for energy descent.

May you all have a wonderful, energy efficient summer.—Sandy Steubing

Peace Team

FUUSA is now a certified **Peace Advocate Congregation**, due to the enormous amount of work for peace in a variety of contexts that we have engaged in, in the past few years. Please stop by the SRC table during coffee hour to peruse the literature, and sign the Petition to President Obama to End the Wars in Afghanistan and Pakistan, if you would like to, and have not done so, yet.

Peace movie night at FUUSA

Friday, June 10, 7:00 PM

The FUUSA Peace Team will be showing "The Singing Revolution," a documentary about how Estonia gained its independence from Russian rule through a non-violent "singing revolution."

Come and find your voice for non-violence. Share in the experience of the Estonian people and join in a discussion about signing a new song for peace and justice in our time.

(Note: This movie may not be suitable for young children. Youth would be welcome with parent's understanding that parts of the film show real violence. For a discussion of appropriateness for children, go to http://www.singingrevolution.com/blog/2008/05/the_films_rating_is_it_appropr.



Rev. Sam, Sybil Allyson Stock, and Chuck Manning showing the Peace Advocate Congregation plaque at the annual meeting on May 15.

shtml.)

We will take up a collection to pay fees for the public showing of the film.

Honoring Refugee Cultures: An Afternoon of Food, Dance and Stories

Saturday, June 25, 1:00 - 4:00 PM

Emerson Community and Channing Halls

Explore the diverse histories and cultural traditions of local refugee communities through performances, narrative and food samplings. Silent Auction of refugee art and offerings from local businesses. Suggested donation, \$5—\$15. Co-sponsored by the FUUSA Social Responsibilities Council, all FUUSAns are invited.

Green Sanctuary presents "Gasland"

Wednesday, June 1, 6:30 PM

The largest domestic natural gas drilling boom in history has swept across the United States. The Halliburton-developed drilling technology of "fracking" or hydraulic fracturing has unlocked a "Saudi Arabia of natural gas" just beneath us. Albany sits directly on top of the Utica shale deposit. But is fracking safe? Come to see Gasland, a documentary by Josh Fox, on Wednesday, June 1st, 6:30 at FUUSA.

Columns

Sam's Outlook

Fifty years of consolidation!

Fifty years ago, the joining of the American Unitarian Association and the Universalist Church of America came to completion at our first General Assembly in Boston, Massachusetts, May 12, 1961. At our 50th General Assembly coming up in Charlotte, North Carolina, there will be much pomp and ceremony as we mark the occasion. We'll be marking the occasion in our congregation November 13th this fall. Considering how hard our first ten years were, it's amazing we endured. But endured we have. We are a strong, unified, liberally religious organization with an open future before us. The future for our growth and development looks very bright.

Those first years however were rough. Our first president, The Rev. Dana McLean Greeley, former president of the American Unitarian Association, spent lavishly on developing the new association, anticipating significant growth like we'd seen in the 1950's as baby boomers brought their kids in for religious education. Sadly he didn't foresee the turbulence of 1967 and 1968. And then the "Black Empowerment Controversy" started with a delegate walk-out in 1969. Hundreds of thousands of dollars promised for black empowerment had not been allocated for this purpose because the UUA was running out of money. The Rev. Bob West, elected that year to the presidency, had to pull the Association back from bankruptcy. But to the delegates it looked like renegeing on a promise to work for racial justice. The Rev. Eugene Pickett wrote:

Desegregation and integration were the goals of our racial justice efforts, but the rise within the civil rights movement of the black power movement—with its emphasis on oppression and its call for racial separation—had a devastating effect on Unitarian Universalism, as well as on most of the mainline Protestant denominations.

Since the early 1970's that saw the lowest membership numbers in our congregations, our mem-

bership numbers have steadily come back. A few highlights of the last 40 years have been:

- ◆ The UUA provided early leadership in welcoming lesbians, gays and bisexuals as members and in our clergy in the 1970's. (Our congregation was one of those leading congregations.)

- ◆ In 1977, the General Assembly adopted the Women and Religion Resolution, pledging to challenge sexist language, assumptions, and practices. Women started flowing in larger numbers into our ministry in these years.

- ◆ 1985 saw the passage of our Purposes and Principles that now identify a solid core of values that guide how our congregations relate to each other and how our religious

education programs pass them on.

- ◆ In 1989, The Welcoming Congregation program is introduced, helping congregations genuinely embrace gay, lesbian, bisexual, and transgender people.

- ◆ In 1992, The General Assembly commits the UUA to becoming "racially and culturally diverse" and in 1997 votes to become an "anti-racist, multicultural association."

So where might the UUA be headed in the future? I see the direction in the last bullet point: diversity. Diversity is the challenge of the twenty-first century. How do people of vastly different cultures, beliefs and values share a planet together without trying to subjugate or exterminate each other? We're running that experiment in our non-creedal congregations. What I've seen in the almost twenty years since we committed to becoming more diverse is the potential for diversity as a path of inner and outer growth and development. Young adults who've grown up in integrated schools with people from different religions and cultures and ethnicity know this from personal experience. They've seen how being with people who are really different enhances their existence rather than threatens it. Diversity works for religion too. We grow wider and deeper more through our differences than our similarities.



50th anniversary chalice

So three cheers for who we are today and who we are becoming. This is a very exciting time to be a Unitarian Universalist. Let us grow and develop together as our tradition evolves toward its potential.—Rev. Sam

Chuck's Chat

Annual Meeting remarks—May 15, 2011

A few weeks ago we were having a discussion in Men's Group about the history of Unitarian Universalism. Brian Carr asked, "How could a religion survive on shared values rather than a specific creed?" He pointed out that often values can be interpreted differently, resulting in very different opinions on the same controversial issue. For example the seventh principle, "Respect for the interdependent web of all existence of which we are a part" can lead some to become vegetarians or vegans while others continue to be omnivores. As we continued to talk it led us into the question, what are our historical roots as UUs? We all knew about Michael Servetus and the rejection of trinitarianism, but there were many gaps as we tried to establish a timeline between the early Unitarian movement and where we are today.

After the meeting I decided to do a little research. I visited our excellent library. I found the book, A Pocket Guide to Unitarian Universalism. This book itself is historic. It was first published in 1954 and then was updated in 1960. I expected the updating to account for the merger between Unitarianism and Universalism. The book did not address that, it was not very Universalist friendly. Still, my historical understanding was clarified. But what struck me as more relevant to our experience of Unitarian Universalism today, and also provided an answer to Brian's question, was a section in the Chapter "What do Unitarians Believe?" It said, "Unitarians (and I would add Universalists) believe that the church is a fellowship of human beings who have gathered together in order to deepen and strengthen each other in the major concerns of religious life. Variety of belief, temperament and background within the church is not a disaster but an opportunity. For religion is a vast and many-sided reality. No single person has a spirit spacious enough to encompass all truth."

The chapter identifies five different ways members

of a congregation express their religion:

- ◆ Some members express their religion in a deep passion for social justice – we saw that this year at FUUSA in numerous activities including the excellent social justice service, the continuing work of the Social Responsibility Council, and by our designation as a Peace Advocate Congregation.
- ◆ Some members express their religion in simple acts of personal kindness and helpfulness – we saw this last year in the hundreds of actions by the Caring Network, by the Pastoral Care Associates, and by each of us in our relations with each other.
- ◆ Some members continue an intense and serious search for knowledge – we saw this in many of Rev. Sam's sermons, in the Philosophy Group, and in the religious education program for children and adults.
- ◆ Some members have a continuing spiritual practice – we saw this in our continued support for meditation and the start of the Wellspring program
- ◆ Some members express their religion in their interaction with other members of the congregation – this is the community and connections component of our Strategic Plan. This is cited by many members as the most important aspect of our congregational life. We strengthened this during the year with our regular on-going social activities -- the annual dinner and auction, but we also added additional affordable potlucks, circle dinners, and other events.

Returning to Brian's question, I found an answer, based on my observations of our congregation over the past year. Even though we all express our religion uniquely, I believe that we at FUUSA will not only survive but that we will grow together. Our Strategic Plan shows us where we want to go. The work we are beginning as a Threshold Congregation will show us how to get there. In these times of personal, local, national and international travail and strife people turn to their religious institutions for solace and comfort. We provide a unique place where that solace and comfort can be found. As I quoted Laurel Sheridan at the recent joint Board/PCC dinner:

*“Take from life its coals, not its ashes
Fan the flames of love and justice;
Join hands and hearts in common endeavor;
And there will be no limit
To what we can achieve together.”*

Thank you for your support in the past year. I look forward with eager anticipation to working with you all for another year as your president. --Chuck

Religious Exploration _____

Workshop Rotation for elementary aged children
What if we could find a way to make Sunday school even better? – a way that addresses the different ways that children learn? – a way that involves more adults in our congregation in the lives of children? a way that helps children *practice* Unitarian Universalism – not just learn *about* it?

Yes, there is a way and it’s called Workshop Rotation. Here’s how it works:

- ◆ The same story is presented over several weeks (usually 4-6), using a variety of learning approaches. These could include art, audiovisual, drawing/storytelling, games/puzzles, quiet reflection, music/worship, cooking, social justice, creative movement, science, etc.
- ◆ Classrooms become workshops, designated by workshop type, rather than age.
- ◆ Adults with areas of expertise become workshop leaders and are recruited to present a particular approach for the duration of the workshop unit only. Each week they gear their workshop for a particular age group.
- ◆ Children “rotate” through the various workshops, one each week, until the unit is completed.
- ◆ RE volunteers serve as “shepherds” to guide the children through the workshop and serve as an additional pair of hands.

Why story-based?

- ◆ Stories can stir the soul and inspire children to create meaning for themselves.
- ◆ Stories can be told in different ways and from different perspectives.
- ◆ We can draw on all six Sources of Unitarian Universalism by telling stories.

- ◆ We can pick what value to teach by the selection of the story for the unit.
- ◆ Having all the children learn one story over the course of the unit helps build community, and it offers opportunities for children (and adults!) to formulate and celebrate their Unitarian Universalist identity and beliefs.

How would we get started?

The RE Council and I have been learning about and considering Workshop Rotation as a model of curriculum presentation for the past two years. Our incoming RE Chair, Paula Brewer, recently attended a workshop for religious educators on this model and she visited Rochester Unitarian, where Workshop Rotation has been very successfully implemented for two years. The REC and I have decided to have a “trial run” next year. We plan to offer programming using this model for the month of January 2012 for the elementary grades (first through fifth grade, maybe Kindergarten, too).

Watch for more information about exciting trial run in the fall. If you have an area of expertise that you think might be good to use for a workshop with children, I hope you’ll consider joining us in this. The RE Council and I will pick the theme and story, and I’ll be helping the workshop leaders plan their workshops and adapt them for different ages of children. You can learn more about Rochester Unitarian’s program at http://www.rochesterunitarian.org/RE_WA.pdf.

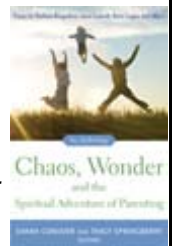
In joy and service,

Leah

Bringing It Home

Consider adding to your summer reading list **Chaos, Wonder and the Spiritual Adventure of Parenting**, Edited by Sarah Conover and Tracy Springberry

From the UUA Bookstore: *This collection of essays from bestselling authors Barbara Kingsolver, Anne Lamott, Barry Lopez, Scott Russell Sanders and others reflects on how parenting challenges, enriches, and magnifies our spiritual selves. Parents will find in these essays moments of joyful recognition and compassionate understanding for the unique spiritual adventure of raising children.*



About Us

Charles Semowich will perform a carillon concert on the famous Albany City Hall Carillon on June 5 at 1:00 PM. It can be heard at various locations near City Hall. Printed programs will be available in front of City Hall

**88th Annual Pilgrimage
Unitarian Church of Barneveld
Sunday, June 19**

Guest Speaker John Zogby: “Secular Spiritualism and the New American Dream”

Details here: http://uuchurchbarneveld.org/pilgrimage_2011.htm



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

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (1)	Chalice Lighter (1)
June 5	NO SERVICE AT FUUSA—	Come join the fun at Round Lake!			
June 12	A. D'Attilio				C. Tilgner
June 19					
June 26					
July 3					
July 10					

Contact Us

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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

Website

www.albanyuu.org

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.

Editors: Amy Lent, Irene Saulsbery

Photos: Chris Strebel

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

Mid-summer *Update*: July 18

Capital Region Unitarian Universalists of New York

Now Is The Time!

A Unitarian Universalist Revival

**Join us for a celebration of Unitarian Universalism
in the Capital Region**

Sunday, June 5, 2011, at 10:30am

Round Lake Auditorium

2 Wesley Ave, one half-mile east of Northway Exit 11

Featuring

Rev. Scott Alexander

*Author of **Everyday Spiritual Practice**,
Salted with Fire, and **The Welcoming
Congregation***

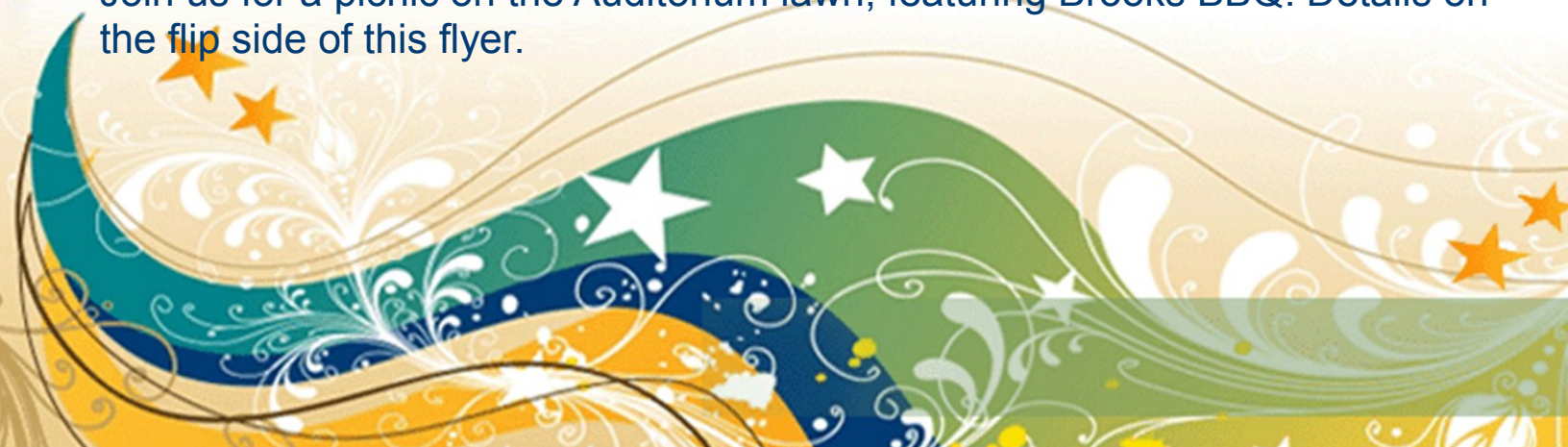


Plus music!

Familiar songs to sing together, selections from the joint choir, our new youth band, and even a few played on the Auditorium's historic Ferris tracker organ.

Picnic After the Service!

Join us for a picnic on the Auditorium lawn, featuring Brooks BBQ! Details on the flip side of this flyer.



Picnic!

Join us after the service for
Lunch on the Auditorium grounds!

Featuring Brooks' Famous chicken and ribs,
and all the fixin's!
(Plus a tasty vegetarian option.)

You must buy tickets in advance!

Get your tickets
NO LATER THAN MAY 29th.

Adults \$15
Kids \$10

Children and Child Care

The service is multigenerational, involving people of all ages. We will also provide nursery care for our newborn to pre-K congregants at the Village Hall, about 50 yards from the Auditorium ("V" on the map). **If you will need nursery care, please notify your congregation's Director of Religious Education no later than June 2.**

Name Tags

We encourage you to pick up your name tag from your church on Sunday, May 29th, and bring it with you to the Auditorium on the 5th.

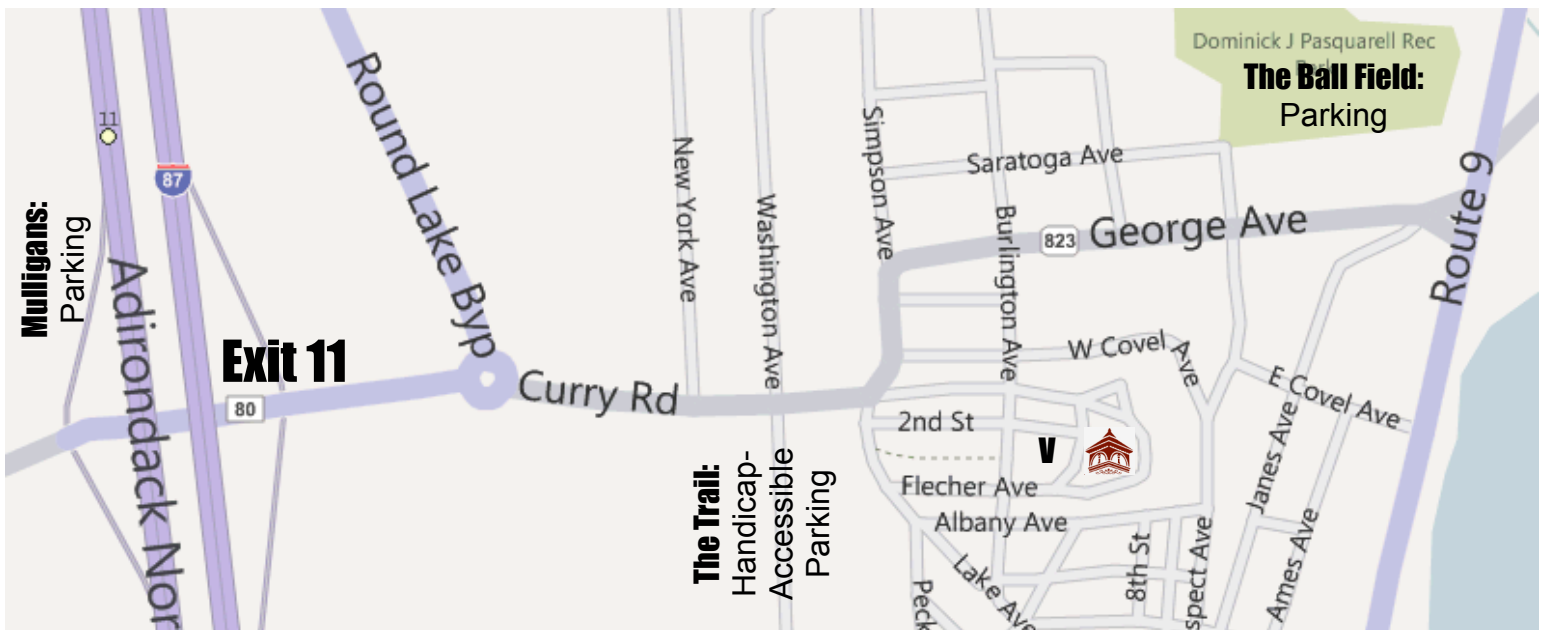
Breakfast Before the Service?

Unfortunately, there are only two restaurants in Round Lake, and neither is open for breakfast. We recommend you stop on the way in Clifton Park or Malta.

The Round Lake Auditorium is located a half mile off Northway Exit 11, at 2 Wesley Avenue.

NOTE NEW PARKING LOCATION! Parking is limited. PLEASE CAR POOL!

The main parking areas will be at the Ball Field (Pasquarell Recreation Park) and **Mulligan's Restaurant!** If you park at the Ball Field, we hope you will walk to the Auditorium. (about 600 yards with a hill part of the way). There also will be a shuttle bus running from the Ball Field and Mulligans starting at 8:45. Accessible/Handicapped parking will be at the Trail. There will be attendants to help you park and find the Auditorium from all locations.





POTLUCK



Please join us for an Eat
and Greet Potluck Dinner

Saturday, June 11th, 6pm-8pm

It's this easy:

- 1) Sign up for dinner and a dish to share
or pay-to-play
- 2) Decide if you're willing to volunteer to
help with/at event
- 3) Come and have fun!!!

