

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

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

June 2012

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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.)

## 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 and environmental topics), Children's Chapel, social events, and adult education.*

**All are welcome!**

## Services

June 3 "Sing Out for Justice" service at Round Lake, 10:30 a.m.

**\*\*No service at FUUSA today.\*\***

Come join UUs from all five local congregations at the Round Lake Auditorium for "Sing Out for Justice" (details on page 3 and directions in a flyer at the end)

June 10 "Celebration of Flowers and Song," The Rev. Sam Trumbore and Leah Purcell

Today we celebrate the end of our traditional Sunday School year. We will also be participating in a time honored ritual for this service called, "Flower Communion." Please bring a flower or some flowers, preferably from your garden, to be combined in a large display of flowers. We will also have a special guest musician Rebecca Maxwell with us to perform. This is a favorite "Sundae Sunday" too! Come celebrate the beginning of summer ... together!



## Summer Services start June 17!

*Our presenters will be:*

- June 17 Sue Stierer
- June 24 General Assembly Service
- July 1 Rev. Chris Antal
- July 8 Oriel Service (Ali Skebe, coordinator)
- July 15 Karuna Foudriat (UU Seminarian)
- July 22 Kimberly Debus (UU Seminarian)
- July 29 Wellspring (Betsey Miller; Jan McCracken; Dick Dana)
- Aug. 5 What Animals Mean to Me (Sally Knapp and Linda Hunt)
- Aug. 12 TBA
- Aug. 19 Sigrin Newell
- Aug. 26 Rev. Lynn Ashley
- Sept. 2 Diane Cameron Pascone

# Calendar

## Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
10:00 AM	Service	Emerson	
10:00 AM	Religious Education	Classrooms	
11:00 AM	Coffee Hour	Channing, Emerson	

## Events happening every week in the summer months

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
Thursdays	5:00 PM	Metta Meditation	26	

## All other events happening in the summer months

2-Jun	9:00 AM	Plant Sale	Offsite
	12:00 PM	REC Retreat	Channing [ Kitchen
3-Jun	10:00 AM	CRUUNY Service at Round Lake: Sing Out for Justice	
5-Jun	7:00 PM	UU Christians	B-5
6-Jun	5:30 PM	Endowment Trust Meeting	Stott Lounge/Joy Library
	7:00 PM	Choir Rehearsal	
7-Jun	6:30 PM	Finance Committee Meeting	B-7
	7:00 PM	SGM John Sherman	B-5
	7:30 PM	Board/PCC joint meeting	Channing, B-8
10-Jun	5:30 PM	Walker Book Club	Channing, Kitchen
11-Jun	7:00 PM	Monday Men	B-8
	7:00 PM	SGM English	B-5
12-Jun	6:00 PM	Lifespan Learning Committee	B-7
17-Jun	11:30 AM	Peace Team	B-7
	11:45 AM	Green Sanctuary Meeting	B-8
18-Jun	8:00 AM	Threshold Theory U	Emerson
19-Jun	12:00 AM	Threshold Theory U	Emerson
20-Jun	8:00 AM	CRUUNY Offsite GA	Channing, Emerson
	8:00 AM	General Assembly UUA - Phoenix	Offsite
21-Jun	8:00 AM	CRUUNY Offsite GA	Channing, Emerson
	7:00 PM	SGM John Sherman	B-5
22-Jun	8:00 AM	CRUUNY Offsite GA	Channing, Emerson
	2:00 PM	CRUUNY Offsite GA	
24-Jun	8:00 AM	General Assembly UUA - Phoenix	Offsite
25-Jun	7:00 PM	SGM English	B-5
27-Jun	6:30 PM	Wellspring Intro	B-8
4-Jul	9:00 AM	Holiday - office closed	
8-Jul	4:00 PM	Green Sanctuary Committee	offsite
23-Aug	6:45 PM	Board Meeting	B-8
25-Aug	12:00 PM	Charles Estey Memorial Service-Time TBD	Channing, Emerson, Sanctuary

## News

### Plan your day at Round Lake

#### Sunday, May 27

--Take home your nametag today to wear at Round Lake!

#### Sunday, June 3

(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 two ways you can car pool.

--Call a FUUSAn you know and arrange a car pool.

--Contact Sandy Steubing (ssteub@gmail.com) and she will help you find someone to carpool with.

—Come to FUUSA on June 3rd between 9:15 and 9:30 join an on-the-spot carpool.

#### **Sunday service: “Sing Out for Justice” at Round Lake Auditorium, 10:30 a.m.**

(off Exit 11 of the Northway)

Join hundreds of Unitarian Universalists as we sing out for justice with consummate musicians and



storytellers Kim and Reggie Harris. The Capital Region Unitarian Universalists of New York (CRUUNY) joint service will bring together members and friends from five congregations.

**Parking is limited. PLEASE CAR POOL!** See carpooling suggestions above. Flyer with driving and

#### Flyers in this issue

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

- ◆ **“Sing Out for Justice” service** at Round Lake with directions
- ◆ **Plant Sale** flyer
- ◆ **Sundae Sunday** flyer

parking directions is at the end of this issue.

#### **Picnic after the service**

Bring your own lunch OR buy sandwiches on site.

#### Sunday, June 10

--Home at FUUSA for “Celebration of Flowers and Song”, a multigenerational service and bridging ceremony, with lots of music and singing, and Sundae Sunday.

--Bring back your nametags!

#### **Annual Meeting election results**

*Asterisk denotes incumbent continuing in their position.*

President	Chuck Manning
Vice-President	Peggy Sherman
Secretary	Donna Meixner
Treasurer	Sue Berzinis
Ass't. Treasurer	Mike Babala
Religious Education Chair	Paula Brewer
Social Responsibilities Chair	Karen Kaufmann

#### **Board of Trustees**

Al DeSalvo, Dick Dana\*, Bob Franklin, Katharine Harris\*, Rebecca Myer, Mark Yolles\*

#### **Endowment Trust**

Chris Jensen\*, Betsey Miller\*, Lee Newberg\*, Reese Satin\*, Todd Thomas

#### **Nominating Committee**

Meredith Andrews\*, Debbie Brown\*, Dawn Dana\*, Dave Metz, Paula Moskowitz, Linda Way\*

#### **Social Responsibilities Council**

Patty Burch, Frederick Eames\*, Ed Hancock, Jaye Holly, Martha Musser, Renee Panetta\*

#### **Religious Education Council**

Peter Costello\*, Owen Devine\*, Sarah Martin, Mary Myers, Annika Pfluger, Jennifer Quail, David Quist, Jan Satin, Tracie Tilgner\*

## Plant sale!

### Saturday, June 2

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 2 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 (xxx-xxxx) or Barb Manning ((xxx-xxxx.)) (See the flyer at the end of this newsletter.)

## Summer services at FUUSA

Chris Antal, Kimberly Debus, Diane Cameron Pascone 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 Chris Franklin at xxxxx or (xxx-xxxx.

## June 10 is Sundaes Sunday

The service and coffee hour on June 10<sup>th</sup> will be a celebration of our Religious Education Program. There will be lots of music and singing in the service; we'll thank our Religious Education volunteers, and we'll have a bridging ceremony for the graduating high school seniors,

Join us for making ice cream sundaes, or have some fruit or sorbet during Coffee Hour 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.

Volunteers are needed to help set up, serve and clean up in Channing Hall. Sign up in Channing Hall or contact Leah Purcell at dre@albanyuu.org or 463-7135

## CROP Walk kudos

It was another banner year for Team UU in the CROP Hunger Walk. Fifty-six hardy FUUSAs walked to fight hunger on May 6<sup>th</sup>, and we raised about \$5,200 for the cause. We had strong pledge support from our congregation, and our walkers also did a super job raising funds outside of

FUUSA. A few facts about Team UU:

◆ Our Rite of Passage youth and mentors started a great new tradition, walking before returning to FUUSA for their Sunday afternoon meeting.

◆ All told, 25 of our FUUSA children and youth walked – woo hoo, kids!

◆ Twelve family groups walked – those are family values we can especially appreciate.

◆ Our great custodian, Hadiya, stayed behind, but did her part for the cause, going “above and beyond” to clean up our lunch dishes. Tired walkers thank her!

◆ Albany Walk results are still being tallied, but it looks like FUUSA has a good shot at taking back the Bronze Sneaker plaque for 2012. Team UU rocks!

Bravo and thank you to one and all. At FUUSA, we know that, truly, there IS enough for all!



*The Bohn family walked!*

## Memorial Service for Charles G. Estey

A date has been set for a memorial service for Charlie Estey, so mark this on your summer calendar: Saturday, August 25. (Time TBD)

## Spring Rummage Sale

Thank you to all the members and friends of FUUSA who contributed items and/or volunteered to work the annual Spring Rummage Sale.

Over a seven-day period, 53 volunteers worked 221 hours to make the two-day sale a success. We had 282 customers and made \$1,656.71.

Following the protocol, 1/3 of the sale proceeds goes to FUUSA's general fund: \$552.23. The remaining \$1,104.48 is distributed to charitable organizations that were chosen by the volunteers. We will be able to help four charities with a contri-



bution of \$250.00 each.

The Fall Rummage Sale, which will be for clothing, is scheduled for Oct. 5 and 6.--Patty Burch, Rummage Sale chair

### Summer art show

The Art and Aesthetics Committee summer exhibit in Channing Hall will again feature works from the collection of the Albany Print Club. The Club has selected two dozen prints from 17th and 18th cen-

tury engravers of the Flemish and British Schools, among others. The prints are by luminary artists of the period such as Jean-Honore Fragonard, William Hogarth, Gerard Douwe and David Deuchar. Also included in the show are three later impressions from plates by Rembrandt van Rijn. Works of artists featured in this show are held in museum collections all over the world. The Albany Print Club show will open July 1 and run through September 2.

## Lifespan Learning

### Summer Session:

#### Sunday Morning Religious Education June 17 - Sept 2

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services

Unlike the sequential lessons during the fall and spring terms, each week of Summer Session is "stand alone" so you can bring your child whenever you like. Childcare for infants and toddlers will be provided by our regular nursery staff, Missy and Brandy. Visitors are always welcome.

Adult volunteers are needed. Sign up in Channing Hall. Attendance of our Summer Session has grown over the past three years. If you are you interested in volunteering this summer - *even one Sunday* - sign up in Channing Hall or contact Leah Purcell at dre@albanyuu.org or 463-7135.

### "So, what is this Wellspring?"

#### Wednesday, June 27, 7:00 pm

Come find out about Wellspring, 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. You may have heard talk about this "Wellspring"--come and find out what it is all about. This year was the second time it was given at FUUSA and seven of our FUUSAns, Pam Collins, Dave Street, Dick Dana, Lois Griffin, Karen Kaufmann, Jan McCracken and Betsey Miller participated in the program led by Tom Mercer and Linda Way. Feel free to talk to any of us about the pro-

gram.

This introduction will go over the Wellspring program, then you can hear directly from participants what they experienced. Next fall we will have a Wellspring class for our congregation led by Betsey Miller and another yet to be determined co-leader. If you cannot attend the introduction, feel free to contact Betsey Miller at xxx-xxxx to find out more information. The class is limited in size so the sooner you sign up the better. Also, there will be a service this summer on July 29 by the current Wellspring class which will provide more insight to the program.

### Summer Spirituality Conference

Sponsored by the St. Lawrence District Spiritual Deepening Advisory Council.

**When:** Sunday, July 29 through Wednesday, August 1.

**Where:** Notre Dame Retreat House, 5151 Foster Road, Canandaigua.

**Questions?** Rev. Douglas Taylor – co-chair of the Spiritual Deepening Advisory Council dtaylor@uubinghamton.org, or Kathy McGowan – trustee of the Saint Lawrence District Board kathymcgowanconsulting@gmail.com

**Registration cost \$325 includes room, board and all materials.** Registration opened May 15<sup>th</sup>. Registration form link: <https://sluud.wufoo.com/forms/st-lawrence-district-spirituality-conference/> Young Adult Scholarships available. [A deposit of \$100 is requested at time of registration, full payment due by July 15<sup>th</sup>]

### Joy Library Notes

For NEW TITLES see the NEW BOOKS SECTION. I'll return to listing classics, as I promised

last time, in the next issue.--SK

**The Righteous Mind: Why Good People Are Divided by Politics and Religion** by Jonathan Haidt Pantheon (2012). [201.615 HAI ]

"In *"The Righteous Mind,"* Haidt seeks to enrich liberalism, and political discourse generally, with a deeper awareness of human nature. Like other psychologists who have ventured into political coaching, .... Haidt argues that people are fundamentally intuitive, not rational. If you want to persuade others, you have to appeal to their sentiments. But Haidt is looking for more than victory. He's looking for wisdom. That's what makes *"The Righteous Mind"* well worth reading. Politics isn't just about manipulating people who disagree with you. It's about learning from them." William Saletan. *The New York Times* March 23, 2012 accessed online 5/17/2012

**Pity the Billionaire: The Hard-Times Swindle and the Unlikely Comeback of the Right** by Thomas Frank. Metropolitan Books (2012), [973.932 FRA]

"No one fools Thomas Frank, who is the sharpest, funniest, most intellectually voracious political commentator on the scene. In *Pity the Billionaire* he has written a brilliant expose of the most breathtaking ruse in American political history: how the Right turned the biggest capitalist breakdown since 1929 into an opportunity for themselves." Barbara Ehrenreich. Back cover

**The Occupy Handbook** by Janet Byrne Back Bay Books (2012), [339.2 BYR]

"Analyzing the movement's deep-seated origins in questions that the country has sought too long to ignore, [from] some of the greatest economic minds and most incisive cultural commentators ... to prominent labor leaders and young, cutting-edge economists and financial writers whose work is not yet widely known - capture the Occupy Wall Street phenomenon in all its ragged glory, giving readers an on-the-scene feel for the movement as it unfolds while exploring the heady growth of the protests, considering the lasting changes wrought,

and recommending reform. A guide to the occupation, *The Occupy Handbook* is a talked-about source for understanding why 1% of the people in America take almost a quarter of the nation's income and the long-term effects of a protest movement that even the objects of its attack can find little fault with." Amazon. Accessed online 5/17/2012.

**This Changes Everything: Occupy Wall Street and the 99% Movement** edited by Sarah van Gelder and the staff of YES! Magazine. Barrett-Koehler, Publishers (2011), [339.20973 VAN ] "The Occupy Wall Street movement named the core issue of our time: the overwhelming power of Wall Street and large corporations— something the political establishment and most media have long ignored. But the movement goes far beyond this critique. *This Changes Everything* shows how the movement is shifting the way people view themselves and the world, the kind of society they believe is possible, and their own involvement in creating a society that works for the 99% rather than just the 1%. Attempts to pigeonhole this decentralized, fast-evolving movement have led to confusion and misperception. ... the editors of YES! Magazine bring together voices from inside and outside the protests to convey the issues, possibilities, and personalities associated with the Occupy Wall Street movement.... " Amazon. Accessed 5/17/2012.

**End This Depression Now!** by Paul Krugman .W. Norton & Company (2012), [330.973 KRUG] "Starred review. Krugman (Fuzzy Math), winner of the 2008 Nobel Prize in Economics, takes an edifying and often humorous journalistic approach to the current economic crisis in this accessible and timely study. Rather than provide a mere postmortem on the 2008 collapse (though relevant history lessons are provided), Krugman aims to plot a path out of this depression. Krugman has consistently called for more liberal economic policies, but his wit and bipartisanship ensure that this book will appeal to a broad swath of readers—from the Left to the Right, from the 99% to the 1%." (Publishers Weekly )Accessed on Amazon 5/17/2012

## Our Community

Welcome, new members!

**Laura Cayford** was raised in Michigan's Thumb on a farm. She moved east and married an atheist



from Montreal. This prompted her to investigate Unitarianism which soon made her feel very comfortable. She lived in NJ 44 years, mostly in the NJ Shore area where she attended First UU Congregation of Monmouth County. The last 15 years she was privileged

to be in Asbury Park. Her daughter Vanessa lives in Albany, and she and Matt have Julia who is 3. Daughter Lenore lives in Springfield, VA with husband Ken. They have Aimee, age 11, and Zack, age 9. Since moving here last December Laura has been observing and learning to see where she can fit in. She looks forward to finding out the functions of various committees and she's hoping to do something for Planned Parenthood in Troy.

**Bill and Sarah Whalen** have been residents of Albany since 2008. Bill, originally from Southern IN, and Sarah, from the Capital District, met while serving in AmeriCorps NCCC in Denver, CO. Bill and Sarah fell in love, married, moved to the Capital District and started a family. Bill is currently writing his dissertation for his PhD in English at SUNY Albany where he also serves as the Business Agent for the Graduate Student Union. Sarah works at the New York State Department of Environmental Conservation. Bill and Sarah enjoy spending as much time as earthly possible with their two chil-



dren (ages 2 and 4), running, hiking, camping and exploring nature. Sarah loves to bake and Bill enjoys her baking.

**Marietta Angelotti** is an ex Roman Catholic, lapsed sometime Unitarian Universalist, who returned to FUUSA with her 6 year old daughter

Paula, and occasionally her husband Ray, after a break of 20 years. She was a hippie/punk teenager, then Philosophy major, now Family



Doctor committed to health care reform and still the search for the meaning of life. She loves FUUSA for the inspiring services, the welcoming congregation, Silver Bay, and the RE program. She hopes we start a Children's Choir as well.

We also welcome new member **Ashley Lynn Priemeu**, and hope to have her bio and photo in a future issue!

### UU Weekend at Silver Bay, Lake George October 12 – 14

Time is growing short; you only have until June 17 to sign up and attend at LAST year's prices; after June 17 prices will increase. Members of the UU Weekend Committee will be available in Channing Hall before and after the service until June 17 (they will also be available at the CRUUNY service in Round Lake on June 3). After that date,

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.

you can download a registration form from the FUUSA web site ( <http://www.albanyuu.org/uuw.html>). Follow the instructions on the form and send the form along with your deposit to the address on the bottom of page 2.

For those that have never attended a UU Weekend, you are in for a most wonderful experience!!! You will find options such as going on a beautiful fall hike, attending a movement classes (yoga or something similar), or listening to a stimulating humanist and/or political discussion. You can choose to leave young children in a first class children's pavilion with fun kid activities, or attend activities as a family, for example the talent show and sock hop. Jim Scott will be our "artist in residence" for the weekend. Jim is an exciting acoustic guitarist, singer, and composer of powerful music that furthers the ideals of ecology, justice, and peace. In addition, Jon McPherson, the "Close To Home" cartoonist, will be the weekend's motivational speaker and cartoonist.

Hope to see you at UU Weekend! - UU Weekend Committee (Albany, Saratoga, Schenectady, Glens Falls. Two Rivers congregations)

### Garden news

We have a new, simple procedure for signing up to help keep the FUUSA gardens looking good over the summer. To volunteer, simply:

- ◆Go to the FUUSA website home page ([www.albanyuu.org](http://www.albanyuu.org)) and click on "Volunteer Opportunities" (it's under the upcoming Sunday's description and Forum).
- ◆After you sign in using your email address, you will see a drop down box in the upper left hand corner, click on the down arrow and you will see two options - Gardening and Sunday Volunteers; select Gardening.
- ◆You can now select a month and a week to volunteer (while it may seem that you are signing up for a specific Sunday, you can actually come in any time/day that week to garden). After selecting your "Sunday" (it says "sign up" on the date) a pop up box will appear indicating the number of filled and open slots. The calendar allows two people to volunteer, the number we hope to have each week. If any slots are filled, you can also

see the name of the volunteer(s) by clicking on "# Filled". If you would like to be reminded of the actual gardening chores or of the combination to the lock on the West Street garden shed, click on "See Full Details" and a description will pop up.

- ◆To volunteer, simply click on the orange box that says "Sign up here!" with the number of slots available. Your name will be entered as a volunteer that day/week. Families are most welcome to help with the garden chores. If you are signing up as a family, only one email address is needed! While the Sign Up By clicking on "See Full Details"

If you would like to volunteer to help but don't use a computer, or you would like to be paired with a "veteran" gardener, contact Paula Moskowitz at [pgmosk@earthlink.net](mailto:pgmosk@earthlink.net) or xxx-xxxx . Also, if you run across a problem while gardening or would like to let other gardeners know about tasks you were feel still need to be addressed, send an email to Paula Moskowitz. With your help, our gardens will be the "talk of the town" this summer!

### Joys and Caring Corner

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*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 May Ann Randall (mabrandall@gmail.com.)*

## Social Justice

Yes, I am looking forward to the last Social Responsibilities Council meeting that I will chair. (Yes, you can interpret that statement two ways.) It has been invigorating and inspiring to work with so many people committed to social justice. We will finish up the church year walking with the Gay Pride Parade, seeing how we can help those students in Albany schools who are struggling, working on a greener environment, and promoting the values of peace and justice in the world and in our community.

The work of the SRC will continue in the capable hands of those newly elected, Patty Burch, Ed Hancock, Jaye Holly, and Martha Musser and those continuing on the Council. Karen Kaufmann who ably served as vice-chair, will be the chair. Our thanks go to those whose terms ended, Ann

Brandon and Rudy Johnson, and to Sybil Stock who has resigned after serving for two years and to all who have been appointed for one year. Our thanks also to those who faithfully come and participate in an unofficial but valuable capacity. I have considered it a privilege to be associated with all these dedicated people.

Standing on the Side of Love,  
Lois Griffin

### School Supplies Project 2012-2013

Once again FUUSA will be joining with the other members of the Focus Food Pantry to collect school supplies for the upcoming school year. We will be collecting the supplies throughout the months of June, July and August.

The supply list was provided to us by the Albany City School District and what we need are the following: #2 pencils (sharpened), pencil sharpeners,

pens (blue or black,) 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-HARD -sides 1 1/2" and 2", Notebook paper (wide-ruled and college-ruled,) marble composition books, pocket folders, 3-holed punched pocket folders,

3" post-it/sticky notes, 12-inch rulers, combination locks.

The marked collection bin for the school supply items will be in the FUUSA coat room. Any questions, please feel free to contact Patty Burch (patty.burch@gmail.com) Thank you in advance for your help and oh yes-Have a great summer!--Patty Burch

## Columns

### Sam's Outlook

#### "People like us"

The Sunday Service on May 20, the day of our annual meeting, had a very different format. We had five chairs in the middle of Emerson Community Hall with the seats arranged in a U around them. Instead of a sermon as the focus of the service, the people in those seats had a conversation. Thankfully we have a recording of that service. If you missed the service, I encourage you to go to this URL <http://www.uumin.org/sam/sermons/threshold-service-2012.mp3> and listen to it. There was/is much to ponder in that conversation, more than any of us probably heard even if we were there. I know there was more than I heard because I listened to it a second time in the editing process before uploading it to my web site.

A stimulating theme Linda introduced to the conversation was the term, "PLUS," defined as People Like Us. One of the biggest challenges of being a religious tradition that doesn't explicitly define itself by beliefs is being implicitly defined by race, class, culture and economic means. People tend to want to socialize with their own tribe, a place where they feel safe, secure, seen and appreciated. Like attracts like.

Unitarian Universalism, by being a non-belief centered religion, is exploring just how much diversity people can accept. The kind of people who are attracted to a non-belief centered approach resist being defined and enjoy being with people who are unlike themselves. Yet that also stretches us and pushes against our own biases and preferences. The wider we stretch, the greater the potential discomfort.

In the conversation, that stretching was described in several ways. One was looking at inclusion, how wide a welcome can we offer? Will we welcome Republican NRA members who drive big trucks? What about single moms receiving public assistance? (I dated one such UU mother) And how about people who don't speak or write English fluently? Can you be a member here in good standing without education beyond high school for that matter?

This kind of inclusion tests us far more than belief in God or Jesus does. There is plenty of room here to have a conversation about spirituality and what that means to each of us. We mostly agree to respect each person's process of growth and development. There is far less room for conversations about absolute standards of morality and conforming to social convention. There isn't much room to have a conversation about socially beneficial connections between religion and state.

Michael joined the conversation to say something I found very interesting. As he put it, "You are not like me." His challenge in our congregation is to confront his own perception and test it. The experience of long term members is different – they hold the PLUS from the other end – they ask of the new people visiting the congregation, "are they like us?" If they think not, then their challenge is to offer welcome that challenges their perceptions. Michael enters confronting his felt experience that he is not a PLUS. And he is challenging that view, looking for commonality, inviting people into relationship to discover connection.

The struggle came up later in the conversation when Reed raised a concern about low income housing in Troy not finding support from the mayor. Michael pointed out that for us to take any position on his concern without knowing the local low income community and being in relationship with their

needs and wants would be a mistake. It would be dis-empowering rather than empowering to advocate for people without knowing who they are and what their wants and needs are. And if we do ask first, we may discover commonalities we didn't think were there at first.

I closed the service, striving to lift up spontaneously some insight from the conversation, drawing from the different voices we heard. I heard these phrases: “voting for the first time,” sharing power, “Bob Dylan,” “Philip Phillips,” “resist labels,” “an evolving faith,” “be willing to drop something and pick up something new,” our need to “communicate who we are” more effectively, among others that caught my attention.

The metaphor I used was rubbing two sticks together. Unitarian Universalism is a very young faith with enormous potential. As we experiment, we find better and better ways to attempt to create a pluralistic faith, a faith unlike any other religious tradition. We've generated a little bit of heat, but our potential hasn't burst into flame yet. Yet I sense energy building rather than dissipating in our association of congregations. Will the flame catch tomorrow, or in a year or five or ten or twenty years? We'll see. That is the threshold before us as Unitarian Universalists.

I have a lot of hope that we can be, as our UUA President Peter Morales says, a religion for our time. Making that real is the threshold we have before us. May we be one of the first congregations to figure out a way to stride across it. --Rev. Sam

## **Chuck's Chat**

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### **Why I stopped playing my dulcimer**

I have always loved music. When I go to a performance, I often have transcendent moments that take me outside of myself. Music has affected me that way most of my life. When I was in third grade, I started taking piano lessons. There were no transcendent moments when I played. In fact after struggling for six months to get me to practice, my teacher and parents gave up – I was no budding Mozart. Then in Junior High I started the trumpet. That was better than the piano and I stuck with it through High School but dropped it when I went to college.

After retiring, one of the things I wanted to do was try playing an instrument again. The Mountain Dulcimer seemed like a good choice. It only had four strings. You could use a noter (a small round dowel) to hold down all four at once. With Barb's encouragement, I joined the DAA (Dulcimer Association of Albany). They were a friendly group and were encouraging as I started out on my cardboard dulcimer. After a year it looked like I was going to stick with it. Barb bought me a real wooden dulcimer for my birthday. I continued to practice, attend dulcimer workshops, and got proficient enough so that I could play tunes that could be recognized. I was spending about 6 or 7 hours a week practicing.

After about two more years, other activities started impinging on my practice time. My daughter and son-in law started building a house with my help. My FUUSA involvement increased. There were other volunteer commitments as well. For a while I tried to keep up with my practicing but it was frustrating to limit it. One day I decided I would stop playing for a while. This was not an easy decision, but once it was made, my frustration decreased. There was a little more time for other things.

As an individual, making a decision to not do something that you like and feel is worthwhile is not easy. For an organization full of energetic and creative people, like FUUSA, making these decisions is even harder. At the same time, the need for some more focus to our FUUSA activities has come up as a recurring theme. It came up at the Unitarian Leadership Team Institute last summer. We filled a white board with all of the activities we do. Renee, one of the leaders, said it looks like we are “swirling squirrels”. The image of hamsters running on their exercise wheels came up. The idea that we need more focus also came up during the Stewardship Gatherings and at other FUUSA meetings. At a workshop at General Assembly last year, a minister from one of our fastest growing congregations said that deciding what not to do was one of the hardest decisions they have to make.

The Threshold Team has been struggling with this for about nine months. They do not have an answer yet. They feel better communication will help and we are working on that with Amy in her new

position. An expanded role for the Program Coordinating Council may also help. The Board will continue to wrestle with saying “no” sometimes. Asking if potential activities agree with our mission statement makes sense.

In the end, I think it has to come down to decisions each of us makes as individuals within our congregation. Pick one or two (or even more, if you can do it stress-free) FUUSA activities that you feel are most important both to you and to the congregation as a whole. Then work hard at those activities to make them a success. Doing this will mean not doing everything you would like at FUUSA or outside of our community. I think you will find it more satisfying. The other thing is, like my decision to stop playing the dulcimer, some time you can switch activities and start making a different kind of music again.--Chuck

## Religious Exploration

### The big and little pictures of Sunday school

The curriculum choices our Sunday school program for next year reflect the Religious Education philosophy that I have been discussing with the RE Council. So the topics are less “academic” and more experiential, with more emphasis on Unitarian Universalism and addressing the “big” questions of life: Where did we come from? Why are we here? What are our gifts and how should we use them? What happens when we die? Why are we sad and lonely sometimes? How can we celebrate our joys?

One important innovation that we are trying this coming year is a different kind of programming for our preschoolers and Kindergarteners. We will be creating a curriculum, much like Spirit Play [www.spiritplay.com](http://www.spiritplay.com) which we are calling UU Play. Spirit Play is UU themed program using the Montessori Method. The advantages of this program are that it is story-based, so that the children can make their own meaning of the message, each according to their level of development. We will be able to choose what stories and themes to present. Some curricula are already available; in fact, we will be getting help and advice from Melissa MacKinnon, the DRE of the Schenectady UU congregation. They used Spirit Play for several years. This program will also allow us to address the different

learning styles of the children. Finally, having the preschool and Kindergarteners in mixed-age group will help us even out the enrolment of the classes. These two groups will use the biggest rooms upstairs.

The RE Council and I have decided to modify Spirit Play in order to adapt the Montessori Method to be more in line with our FUUSA culture. We don't plan to have the formalities of entering and leave taking, for example. And rather than having an adult who acts as “The Door Keeper”, the volunteers on the teaching teams will continue to work together much in the way they do now and we will continue to welcome parent volunteers in the room. We will encourage the children to play together and as well as offering choices for activities to follow up on the story. Some of the elements we are keeping from Spirit Play are encouraging children in a 3-year age span to learn from each other and helping the children think of Sunday school and their classroom as a special time and place.

Does UU Play sound like something you'd like to be involved with? I will meet with teaching teams of these groups before the fall to give them an orientation to the program and curriculum. And since this program requires “story baskets” for each session, I'll be working with volunteers over the summer to help choose the stories and get the materials together. You can express your interest in joining a team by signing up in Channing Hall. Let me know if you'd like to help with the materials.

Highlights about other aspects of the 2012-13 program:

- ◆ The groups have been reorganized to be in line with the grades the children are in school. This helps us pick suitable curriculum and programming and to create groups that are more evenly balanced in terms of numbers, gender, etc.
- ◆ The second and third graders will be in one “pool” and put into 2 groups – with second graders and third graders in each. This is because we are expecting 15 second graders and 5 third graders. The two groups will use the same curriculum and we'll look for opportunities for the groups to do projects and activities together.
- ◆ I will be meeting with the families of this year's Indigo group (next year's fourth graders) to talk



about the Our Whole Lives program for 4<sup>th</sup> graders. It's an 8 week session that addresses topics like healthy relationships, changing bodies, etc. in age appropriate ways.

- ◆ We have heard from senior high advisors and youth that they would like more substantive programming on Sunday mornings. I will be meeting with them to talk more about options for that, including new Tapestry of Faith curriculum designed for youth groups.

In joy and service,  
Leah

### Bringing It Home

Now that I no longer have to pick from the RE

Credentialing reading list, I'm planning to read this classic. Perhaps it might interest you as well.

### **NurtureShock: New Thinking About Children by Po Bronson, Ashley Merryman**

From the UUA Bookstore website - *One of the most influential books about children ever published, NurtureShock offers a revolutionary new perspective on children that upends a library's worth of conventional wisdom. With impeccable storytelling and razor-sharp analysis, the authors demonstrate that many of modern society's strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, NurtureShock gets to the core of how we grow, learn and live.*

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## Global forum on change at FUUSA in June

### **An invitation from Elissa Kane**

I invite you to join me for a global event that I have experienced as very intriguing and compelling on June 18 & 19 here in Albany.

Time sensitive opportunity - if you're interested, let me know you're thinking about it before June 1st so I can register Albany as a global "hub" (you can certainly register up to the program date).

Some of you may have heard me speak of Theory U, Otto Scharmer from MIT, and the Presencing Institute. Or you know that I have been studying movement and meditation with Arawana Hayashi who is also a senior Shambhala Buddhist teacher.

I've been intrigued by this social change framework that confirms my hunch that real change is made when we connect our hearts, our heads and our will, consciously and creatively. I have found the theory and the practice very optimistic and empowering.

I attended the first Global Forum in Boston last fall with over 300 change makers from around the world onsite and hundreds online. It was amazing how skillfully Otto Scharmer, Arawana Hayashi, Peter Senge and other change leaders connected the importance of personal awareness practices with the work of solving the worlds biggest problems.

Now we have the opportunity to participate in the 2nd Global Forum remotely, from Berlin, Germany, but here in Albany on **Monday & Tuesday, June 18 & 19, 2012.**

So, let me know if you're thinking about attending. It certainly promises to be fantastic.

-Elissa Kane, xxxxxxx

### **Program Details**

2nd Presencing Global Forum from Berlin, Germany, Monday, June 18th & Tuesday, June 19th, 2012. Live web streaming - broadcast in Central European Summer Time / Monday 5:30am - 6:30pm Eastern Standard Time (EST), Tuesday 5:30 am - 3:00pm EST. (The gathering organizers are proposing some adjustments for the time difference.)

The cost is \$90 for each participant for a group of 5 or more. If we have enough people, we'll register as a "hub" and participate together as a remote location. It is also possible to register as an individual. But this seems like a great opportunity to benefit from being together.

From the Website: The Forum is a platform for changemakers around the world who use awareness-based social technologies like presencing and are committed to reflecting on, and sharing, these experiences with colleagues across sectors and cultures.

The Presencing Institute's guiding intention is to pioneer practices and pathways for a society that is more sustainable, inclusive, and aware: Society 4.0. We live in a time of profound disruptions and beginnings, when emerging global communities like ours can have a big impact if we are able to act in a more intentional, collective, and conscious way.

<https://www.presencing.com/programs/global-forum-2012>

## Contact Us

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email: [board@albanyuu.org](mailto:board@albanyuu.org)

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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, 9:00-3:30

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

### Website

[www.albanyuu.org](http://www.albanyuu.org)

### Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or [administrator@albanyuu.org](mailto:administrator@albanyuu.org)).

To **rent classroom space** for a personal or non-FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or [administrator@albanyuu.org](mailto:administrator@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)).

**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, Jaye Holly

*Send submissions for all publications to:*  
[Windows@albanyuu.org](mailto:Windows@albanyuu.org) or to the church office.

### Publication deadlines

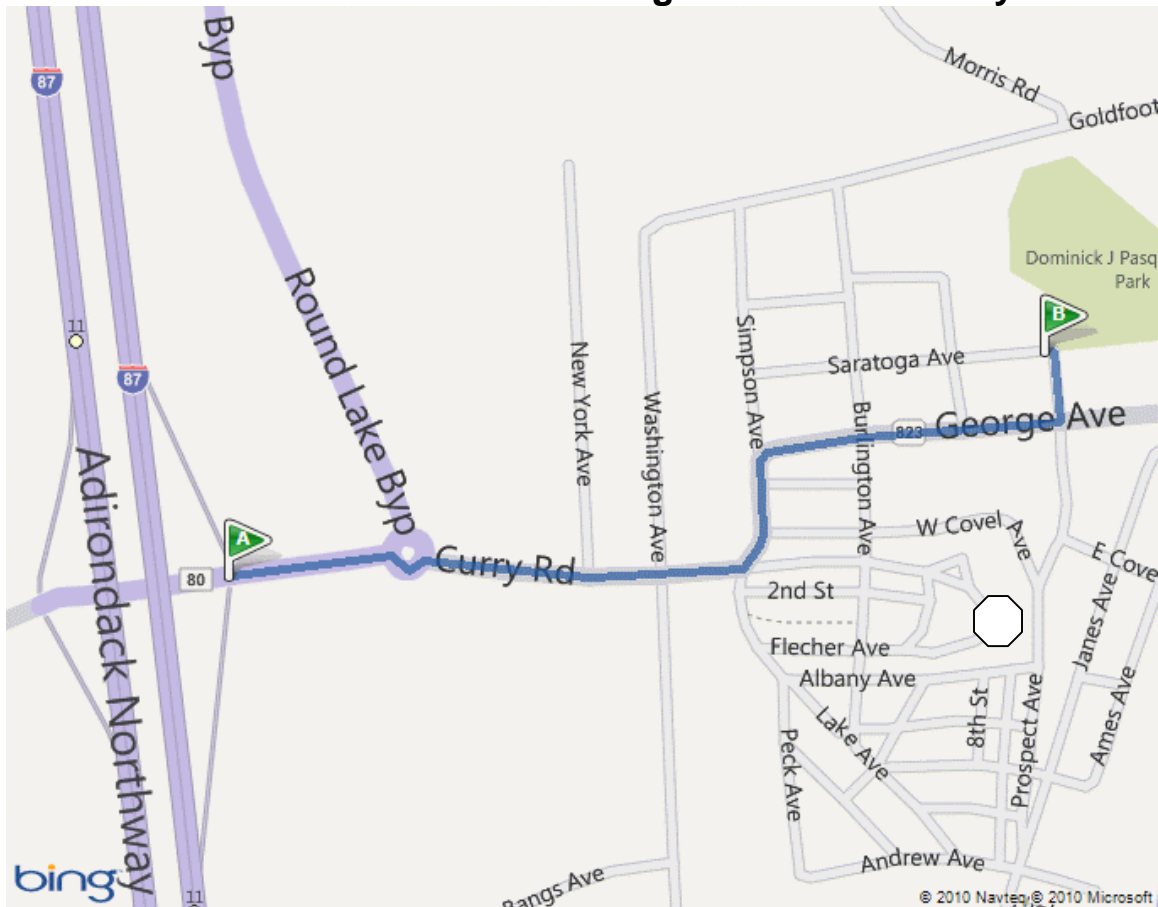
*FUUSA Preview* email: 9:00 a.m. Wednesdays

*Order of Service:* 9:00 a.m. Thursdays

*Windows:* 9:00 a.m. 3rd Friday of the month

## CRUUNY Joint Sunday service “Sing Out for Justice”—June 3, 2012

### Directions to General Parking from the Northway



: Auditorium (Handicapped Parking adjacent to building)

#### From the South

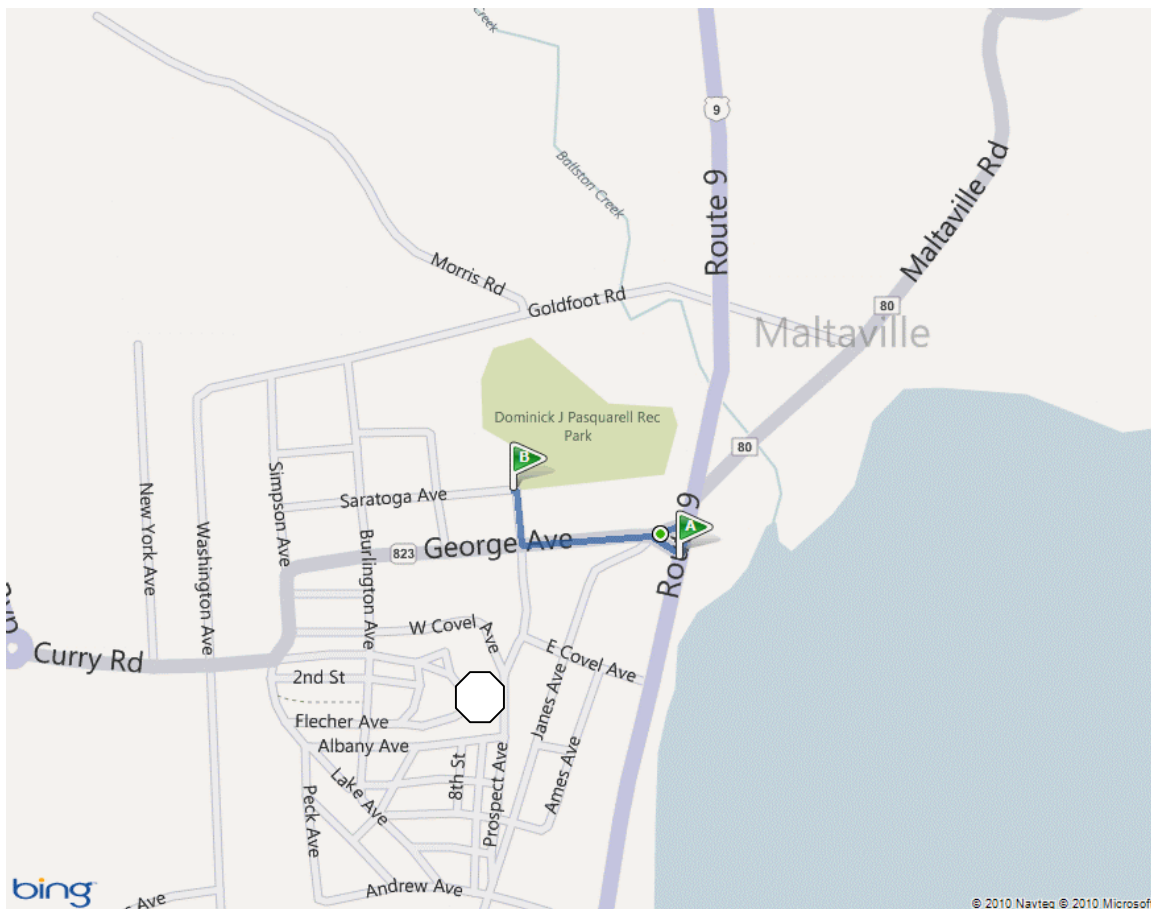
1. Take Northway Exit 11 and turn right onto Round Lake Road (CR 80)
2. At round-about continue straight onto Curry Road into the Village of Round Lake about 0.2 miles
3. Bear Left onto George Avenue (State Route 823) go less than 0.1 miles
4. Follow George Avenue to the Right go 0.2 miles
5. Turn Left onto Haven Avenue at the sign for the Recreation Field go 0.1 miles and look for the Standing on the Side of Love Parking Attendants

#### From the North

1. Take Northway Exit 11 and turn left onto Round Lake Road (CR 80)
2. At round-about take first right onto Curry Road go 0.2 miles
3. Bear Left onto George Avenue (State Route 823) go less than 0.1 miles
4. Follow George Avenue to the Right go 0.2 miles
5. Turn Left onto Haven Avenue sign for the Field, go 0.1 miles and look for the Standing on the Side of Love Parking Attendants

## CRUUNY Joint Sunday service “Sing Out for Justice”—June 3, 2012

### Directions to General Parking from Route 9



: Auditorium (Handicapped Parking adjacent to building)

From the North

1. 0.7 miles south of the Route 9/Route 67/Round Lake By-Pass Circle turn right into the Village of Round Lake
2. Go 0.2 miles and turn Right on Haven Avenue toward Recreation Park

From the South

1. 2.5 miles north of Ushers Road turn left into Round Lake Village
2. Go 0.2 miles and turn Right on Haven Avenue toward Recreation Park



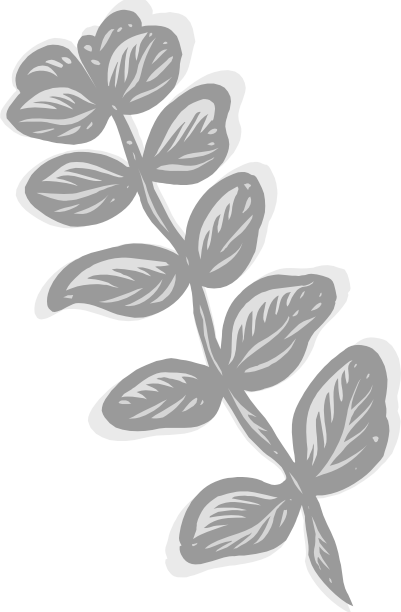
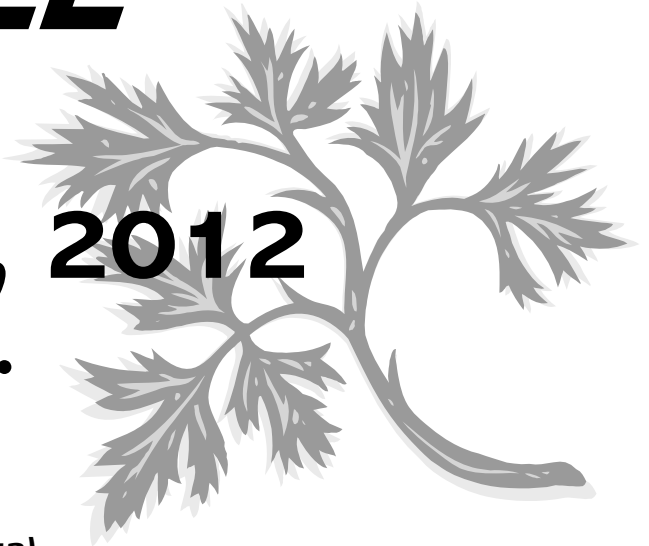
# ***PLANT SALE***

**Saturday, June 2, 2012**

**9:00 a.m. – 2:00 p.m.**

**18 Salisbury Road, Delmar**

*(off Delaware Ave., just west of Delaware Plaza)*



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**Want hardy, tested perennial plants that are known to grow in this area?**

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**Proceeds benefit First Unitarian Universalist Society of Albany**



On Sunday, June 10 we'll sing out the year and honor our Religious Education volunteers!

## We will celebrate the end of our traditional year of Religious Education with Rebecca Angel

Rebecca writes and sings her own material accompanying herself on guitar or piano. From her website "A unique clear voice, solid accompaniment on guitar and piano, crafty lyrics and soul-pulling music make Rebecca Angel shine. Put the voice of Sarah McLachlan, the stage presence of Ani DiFranco, and the imagination of JK Rowling and you have an idea of what Rebecca Angel is like."



Join us for Sundae Sunday after the service



Channing Hall  
Ice Cream, Sherbet, Fresh Fruit

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