



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

March, 2011

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Sunday Schedule

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

Services

Mar. 6 "Effective Power Sharing and Ministerial Partnership,"
Rev. Sam Trumbore

For congregations to be strong and vibrant, they must share power with their minister. For a congregation to be dynamic, transforming and fulfilling, the minister must share his or her work of ministry. The effectiveness of a congregation requires a partnership of minister and congregation guided by shared purposes and principles. Yet, often these partnerships fail. Why? What can we do about it? Music: Choir

Mar. 13 Jacqui Williams

FUUSA member Jacqui Williams came to Unitarian Universalism in Glens Falls, and is organizer and director of Filling in the Gaps in American History. She is vice director of the UUA's Commission on Appraisal and is involved with Catalyst, an initiative to support anti-oppression, anti-racism, and multicultural work in the St. Lawrence District. Music: Choir

Mar. 20 "On Being Good Without a Higher Authority," Rev. Sam Trumbore

Historically, the Universalists claimed Jesus' death and resurrection meant every last one of us would be saved. The Calvinists strongly objected to this view. "Without the threat of hell, why would people be good?" they asked. In one form or another, many believe that the only reason people will be good is because of a threat of punishment, with God as the ultimate judge. Is that the case? Will some people be good without a threat? Without God? What is your answer?



Mar. 27 "The Authority of Personal Experience," Rev. Sam Trumbore

Unitarian Universalists look to reality for guidance in our religious lives. We rely heavily on our personal experiences and those we trust to orient our moral, ethical and spiritual lives. While many of us are aware of the strengths of this approach, we may be less aware of the weaknesses and pitfalls. Primary among those weaknesses are the limitations of our experiences beyond our own culture, our own class, our own abilities and disabilities, our own religion, our own ethnic or racial background. How can we feel confident in the authority of the guidance of personal experience when comes from a very limited source? Are the universals really universal?

Calendar

Events happening every Sunday at FUUSA

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

Events happening every week in the month of March

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

All other events happening in the month of March

1-Mar	Tuesday	7:00 PM	Christian U Us	B-8	18-Mar	Friday	5:00 PM	Parent Potluck	Channing, Kitchen, 24/25, 26
2-Mar	Wednesday	2:00 PM	SGM Patka	B-5	19-Mar	Saturday	8:45 AM	Getting to Know UU	B-8, kitchen
		3:30 PM	Art Show hanging	Channing			6:30 PM	Annual Auction	Emerson, Channing, Kitchen
3-Mar	Thursday	1:00 PM	Membership Committee	Stott/Joy Library	20-Mar	Sunday	12:00 PM	Skit Rehearsal	Sanctuary
4-Mar	Friday	6:00 PM	Bring a Story Potluck Supper	Channing, Kitchen			4:00 PM	Chris Antal Ordination	Emerson, Channing, Kitchen
5-Mar	Saturday	9:30 AM	Commission on Appraisal	Chan, Sanct, kit, classes	21-Mar	Monday	12:00 PM	Channing Circle	Channing
		7:00 PM	Dances of Universal Peace	Channing			5:30 PM	Lifespan: "The Crash Course"	Emerson
6-Mar	Sunday	11:30 AM	Artist Reception	Channing			7:00 PM	Lifespan: "Heart of Christianity"	B-8
		11:45 AM	Auction Committee	B-3/4			6:30 PM	SGM Collins	B-5
		11:45 AM	Social Responsibilities	B-6	22-Mar	Tuesday	1:00 PM	Staff Meeting	Study
		12:00 PM	Skit Rehearsal	Sanctuary			6:45 PM	Pastoral Care Associates	B-7
		12:30 PM	Rite of Passage	B-7, B-8	23-Mar	Wednesday	2:00 PM	SGM Patka	B-5
7-Mar	Monday	5:30 PM	Lifespan: "The Crash Course"	Channing	24-Mar	Thursday	6:30 PM	Finance Committee	B-8
		6:15 PM	Religious Education Council	Emerson alcove			7:00 PM	SGM Sherman	B-5
		7:00 PM	Lifespan: "Heart of Christianity"	B-8	25-Mar	Friday	3:00 PM	Refresh Restore Retreat	Kitchen, setup all spaces
		6:30 PM	SGM Collins	B-5	26-Mar	Saturday	8:00 AM	Refresh Restore Retreat	all spaces all day
8-Mar	Tuesday	1:00 PM	Staff Meeting	Study	27-Mar	Sunday	11:45 AM	Peace Team	B-7
		5:30 PM	Lifespan Group	B-7			12:00 PM	RoP Shelter Meal Prep	Kitchen, Channing
9-Mar	Wednesday	2:00 PM	SGM Patka	B-5			12:00 PM	Skit Rehearsal	Sanctuary
		5:00 PM	Religious Services Committee	B-8			6:00 PM	War Healing Circle	B-8
10-Mar	Thursday	7:00 PM	PCC Meeting	B-8	28-Mar	Monday	3:00 PM	Shelter Meal Prep	Kitchen
		7:00 PM	SGM Sherman	B-5			5:30 PM	Lifespan: "The Crash Course"	Channing
13-Mar	Sunday	12:00 PM	Congregational Conversation	Emerson			7:00 PM	Wellspring	B-8
		12:00 PM	Skit Rehearsal	Sanctuary			7:30 PM	Monday Men	B-7
		5:30 PM	Walker Book Club	Channing	30-Mar	Wednesday	2:00 PM	SGM Patka	B-5
		6:00 PM	War Healing Circle	B-8					
14-Mar	Monday	3:00 PM	Shelter Meal Prep	Kitchen					
		5:30 PM	Lifespan: "The Crash Course"	Channing					
		7:00 PM	Lifespan: "Heart of Christianity"	B-8					
		7:30 PM	Monday Men	B-8					
16-Mar	Wednesday	2:00 PM	SGM Patka	B-5					
17-Mar	Thursday	7:00 PM	Board of Trustees	B-8					

Looking Ahead

Apr. 8 Annual Fellowship Dinner

Apr. 22-23 Meditation Retreat

Apr. 23 Circle Dinner

Apr. 29 St. Lawrence District Assembly, Ithaca

News

What is ministry anyway, and who defines it?
Do you have an informed opinion about ministry, power and authority at FUUSA and in the UUA? The UUA Commission on Appraisal (COA) would like to hear from you. On Saturday, March 5, 2011, 9:30AM-2:30 PM right here at FUUSA.

However **pre registration is required.** Please contact Jacqui C. Williams (who is the vice chair of the COA) to register.

Congregational Conversation: **Safe Congregation Policy**

There will be a congregational conversation about the draft "Toward a Safe Congregation" policy on March 13 at noon. The Board of Trustees has reviewed the policy at two meetings and has voted to move the process of adoption forward by providing it to the congregation for comment. The policy will be available on the FUUSA website and hard copies are available in the office. We look forward to

Flyers in this issue

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

- ◆ Auction Premium Item
- ◆ Refresh Restore Retreat flyer

receiving your input at the meeting. If you have comments that you would like to share with us, you can discuss them with any member of the Board or send an e-mail to Dick Dana or Chuck Manning. Childcare will be provided during the meeting.

Personnel Committee report

The Personnel Committee announces that Dave Stone, our own Administrative Assistant/Sexton, will be retiring effective the end of January 2012. Dave has been employed at FUUSA for more than 20 years and we want to extend our very best wishes to Sandy and Dave as he enters the rank of retirees. He will be greatly missed and there is no way we can "fill Dave's shoes."

CALL FOR NOMINATIONS

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 15, 2011.

<u>Position</u>	<u>Term</u>	<u>Position</u>	<u>Term</u>
President	1 year	Religious Ed. Council Chair	1 year
Vice President	1 year	Social Responsibilities Council Chair	1 year
Secretary	1 year	Religious Education Council (4)	3 years
Treasurer	1 year	Social Responsibilities Council (2)	3 years
Asst. Treasurer	1 year	Nominating Committee (2)	3 years
Board of Trustees (2)	3 years	Endowment Trust (2)	3 years

Requirements for Elected Positions:

Any person holding an elected position must be an active member of FUUSA for at least 30 days prior to being elected and must not have a pledge in arrears (2009-2010 pledge year or previous). Candidates for the Endowment Trust must be members for at least 3 years.

Nomination Procedure:

Society members may contact anyone on the committee letting them know of their interest in the above positions or to suggest someone else you feel would be qualified. Call Dave Munro, Committee Chair, if you have questions. Committee members are: Dawn Dana, Kathy Harris, Allison Lattin, Jon Newell, and Jan Satin.

Nominations of candidates for any elected position may be made by presenting the Nominating Committee with a nominating petition signed by 25 active members of the Society. Petition forms can be found in the church office. The deadline for such petitions is April 3rd and may be put in the Nominating Committee's mailbox in the office.

However, we will nevertheless need "new shoes to fill" and are asking for your help. The Personnel Committee is working on a replacement process and will be providing more information in the ensuing months. You are welcome to contact any of the Personnel Committee members (listed below) should you have any comments and/or suggestions. — Mark Butt, Chair; Mary Myers, Bruce Rodgers, Jerry Deighan, Chuck Manning (representing Board of Trustees)

CROP Walk award for FUUSA!

It's official – FUUSA will receive the "Bronze Sneaker" award for Team UU's performance in the 2010 CROP Hunger Walk, where we raised over \$5500. We'll have a plaque engraved with our name to hang at FUUSA for the next year. Bravo for our Walk team and all of our loyal FUUSA supporters! Now let's KEEP that plaque – or perhaps we could upgrade to the Silver or Gold Sneaker awards...? Plan to participate in the 2011 CROP Hunger Walk on Sunday, May 1st. More information and sign-ups coming soon.

Home Hospitality needed

for March 19 and/or March 20

We anticipate many out of town guests for Chris Antal's ordination and several will need overnight accommodations. If you have space that you are willing to share, please contact e-mail Donna Doran or call Amy Lent at the FUUSA office (463-7135.). Let us know which night your room is available, and how many you can accommodate. Thank you!

UUA General Assembly June 22-26, Charlotte, NC

It is time to plan for GA 2011. Registration and GA housing opens on March 1. The best choices in GA housing go fast. Please go to <http://www.uua.org/> on March 1 and seek out the GA link. And, please consider being a FUUSA delegate. Contact

FUUSA President Chuck Manning or Denominational Affairs liaison Don Odell

If you have never been to a General Assembly, you have missed the opportu-



Annual Fellowship Dinner

6:00 p.m., Friday, April 8

at the Century House
997 New Loudon Rd., Latham

Choice of Entrée:

- ◆ Leg of Lamb
- ◆ Applewood Grilled Chicken
- ◆ Grilled Fillet of Salmon
- ◆ Eggplant Parmesan

\$29.50

FREE FUUSA-provided childcare at the Century House

Dinner will be followed by a skit and then dancing to the music of Matt Edwards and Buck2Fifty

Send in those RSVPs!! (If you did not receive an invitation in the mail, you can pick one up at the office.)

nity to join Unitarian Universalists in the thousands. General Assembly (GA) 2011 in Charlotte will mark the 50th anniversary of the merger of the American Unitarian Association and the Universalist Church of America. That anniversary will be celebrated and will reflect on our denomination's relevant achievements and struggles since then, and to chart new aspirations for the future we are determined to shape.

There will also be the opportunity to experience wonderful and uplifting worship services; participate in the democratic process in conducting the business of the denomination; hear terrific speakers; connect with craftspeople and artisans, social action groups, professional and educational resources, theological schools, UUA organizations and staff, Beacon Press, and the UUA Bookstore in the General Assembly Exhibit Hall; and network

with other congregation leaders, share best practices, and learn from one another. You will return to FUUSA reinvigorated and inspired to put your values to work; and witness for our faith in moving and exciting ways as we look forward to and prepare for a special "Justice" General Assembly in Phoenix, AZ in 2012.

Check the UUA website in coming days. Questions? Contact your Denominational Affairs liaison Don Odell.

Endowment Trust Annual Report 2010

Trust Purpose As stated in *The Declaration of Trust*, the purpose of the Endowment Trust is to invest and manage gifts and testamentary bequests made to the Society by its members and other individuals or entities. The primary objective of the Trust is to assure potential donors that their bequests will be honored and administered to protect in perpetuity a principal fund which will generate income which may be used from year to year to assist the Society in furthering its purposes, through Special Projects.

Trust Status At the end of 2009, the Trust had a value of \$688,752. During 2010, gifts to the Trust were made in the amount of \$22,032. Thus, without including earnings growth, the Trust should have been worth \$710,784 at the end of 2010. In order for the Trust to keep pace with inflation during 2010, the Trust should have had a value of \$721,415. In fact, at the end of 2010, the Trust was worth \$726,890. This is \$5,475 (0.7%) more than the inflation-adjusted amount. Given the very high proportion of the Trust that is devoted to the non-interest bearing loan to FUUSA's building fund, this is a respectable return on our investments.

At the end of 2010, the Endowment was composed of a congregational building loan of \$575,000 (79%), a mutual fund portfolio of \$127,060 (18%), interest-bearing loans to the Community Loan Fund of \$15,000 (2%), and to the Honest Weight Food Coop of \$7,900 (1%), and a designated fund balance of \$1,930 (<1%).

Disbursements During 2010, the Trust made \$731 available for grants. It received only one application and subsequently made an award of \$450 to Albany County Cooperative Extension's Sum-

Show your support and be mad!

We are eagerly anticipating the "March Madness" Goods and Service Auction on **March 19th**.

Generous donations of fabulous items (ie. simple and gourmet meals, hike, yoga, cottage on lake, Holiday Sing, tarot reading, art, jewelry, ETC) are rolling in. Look for the large envelopes posted on the bulletin boards to get an early chance to bid on fixed price items: New items will be added every Sunday.

On upcoming Sundays you can sign up in Changing Hall to attend or to bid on the fixed price items on the bulletin board. The preliminary catalog of bid and fixed price items will also be available for your review on March 6th.



Come and join us at the Auction! An evening of fun, food, and supporting FUUSA...What could be better?!

mer Scene day camp program for inner-city youth. The combination of this year's allocation and unexpended funds from last year means the trust will entertain applications amounting to \$1,590 during 2011. We welcome proposals for using this money.

Gifts Received During 2010, gifts totaling \$22,032 were received in memory of:

- | | |
|-----------------|----------------|
| Ruth Estey | Mim Rider |
| Jay Gallagher | Fred Schroeder |
| John Harwick | Dan Sekellick |
| Alice Hotchkiss | Cassie Stevens |
| Ethel Morrison | Bill Webb |
| Matt Odell | Pola Yolles |
| Ursula Poland | |

The Trust Board takes this opportunity to publicly thank this year's contributors:

Anonymous, Murray & Estelle Block, Ann & Dave Brandon, Janet and Bertram Butlin, Barbara Clark,

Barbara Cooley , Priscilla Crago, Tom Curley & Marsha Stanley, Phil Currie, Daniels Financial Partners Inc., Barbey & Ned Dougherty, Corinne Ebbs, Ann & Don Eberle, Emily & Jonas Ettlinger, Muriel Frank , Mary Freeman, Fran and Bob Godgart, Julian & Joanne Goose, Katherine Henrikson , Mel & Sissy Horowitz, Charles and Barbara Lanigan, Penny LaRocque, Monk Larson & Dickie Wilson, Amy Lent, Barb & Chuck Manning , Mayfield Yacht Club, Ethel Morrison (bequest), Kay Moss, Don Odell, John & Sandra Philips, Ursula Poland (bequest), Steve Rider, Nathan & Susan Robfogel, Ruth Salter, Peter Schiff & Nancy Willie-Schiff, Fred Schroeder (bequest), Martha Schroeder, Margret P. Skinner, Sandra Smith, Abby Sugarman , Lois & Bob Thomson, Christine Torey, Sam Trumbore, Linda & Terry Way, WCNY – Emily Garrison, Lois & Bill Webb, Natalie Weinstein, Judy Zacek.

The Future It is a sad irony that our endowment often grows in proportion to the number of committed FUUSAns who die during a year. We on the Trust Board recognize the responsibility these gifts represent and devote our efforts to maximizing the impact of the memory of these treasured benefactors.

We invite interested FUUSAns and friends to consider small or large donations to the Trust for joyous occasions as well, and will be happy to discuss your contributions to our Greater Gifts Program.

Thank you for your continued support, Lee Newberg (Endowment Trust Chair,) Nancy Willie-Schiff, Reese Satin, (Vice Chair,) Todd Thomas, Peter Meixner, Dave Metz, Treasurer (ex officio)

**St. Lawrence District Assembly
April 29-30, Ithaca**

THE WIDER THE CIRCLE...THE DEEPER THE WAY: Becoming Whole as a Faith Community



Details about "D.A." will be in the *March Update*.

Caring Network: help needed

The Caring Network is looking for someone to take notes during Joys and Sorrows for two Sundays a month and write the column for the newsletter. Ann Lapinski has been doing this job for several

years and is looking for a replacement. Mary Ann Randall will continue her role on the other Sundays. This job is so important to help our community know when we are in need and when we can join in the celebration...please consider. Thanks,

Notes from Joy Library

Without Buddha I Could Not Be A Christian by Paul F. Knitter 2009 [261.243 KNI]

"...Knitter is a former Catholic priest and retired scholar of comparative religions who since the 1980's has been exploring Buddhism as a way of enlightening, enlivening and refreshing Christian theology. His problems are nothing new: the distance between creator and created, between humans and a divine Jesus; the presence of evil in a world controlled by an active god; Jesus' radical nonviolence and war in the name of God; the selfish nature of petitionary prayer and the exclusivity of Christian "truth." This book is Knitter's personal exploration of Buddhism as a means of addressing these issues and with an infusion of Eastern mysticism of rescuing Christianity from the literalists.

".... What the book made clear to me is that Buddhism presents a more unified, less contradictory vehicle for approaching the great unknowable. It does not require belief, it does not preach or moralize, and it begins where all things begin - you and your perception of the world. As the Dhammapada says in the first two verses: " All experience is preceded by mind, led by mind, made by mind. Speak with a peaceful mind and happiness follows..."

ShriDurga Amazon

Introducing Theologies of Religions by Paul F. Knitter 2002 [261.2 KNI]

"...with sagacity, and a very balanced approach, outlines the key issues and denotes major voices in each of ...[Knitter's] four models. These models explain how Christians can dialogue with other religions more seriously, and hopefully, even establish a partner-relationship. he stresses the point that there never has been, nor ever will be... 'one truth' that will apply to everyone....

"... Approximately 40% of US Christianity, which includes Fundamentalist, Evangelical, Charismatic and Pentecostal communities, believe the theology of the 'Exclusivistic' model...[which] stresses that

without a personal relationship in Jesus Christ there is no salvation. ... that God wants there to be only one religion - Christianity - the "one true religion."

The model [of] the majority of mainline Protestant Churches and the Roman Catholic Church is the 'Inclusivistic' model. [It]... stresses that God is to be found in other religions, but Jesus Christ has come to 'complete' or 'fulfill' these other religions. This model wants Christians to dialogue with other faiths... the dialogue ... should present Jesus as being the "full, final and fulfilling" of their religion. ...The 'Pluralist' and 'Acceptance' models state that Jesus Christ is truly 'a' Savior, but, not the only Savior. These two models press the point people and their cultures are more different than they are alike and there is no one truth that will apply to everyone. There is no such thing as "one ab-

solute truth."

Throughout the book Knitter reiterates that at the heart of Christianity is the question of whom Jesus is. In every model Knitter returns to this foundational question. Ultimately, for the 'Pluralistic' and 'Acceptance' models Jesus Christ is the stumbling block.

But then if, in the case of the 'Exclusivistic' model and 'Inclusivistic' models Christians insist that Jesus Christ is the only Savior for all humankind, and that in Jesus God's expression is final . . . then there will be really can be no dialogue, nor relationship with other faiths. Jesus Christ, is in effect the crux of the book.

... a brilliant job in outlining the various approaches that Christian theology uses to engage other faiths. ... Allan M. Gathercoal, Amazon

Lifespan Learning

Adult Education

Sign up for classes at the Sign Up Site in Channing Hall or call the office at 463-7135. Courses are held at FUUSA.

The Heart of Christianity

March 7, 14, 21 and April 4, 11, 18

Mondays, 7:00 – 8:30 PM

led by Rev. Sam Trumbore

Lent provides an excellent time to explore the Christian part of our Unitarian and Universalist heritage, deepen our appreciation of it and, for some of us, faith in it. Marcus Borg, in his book, *The Heart of Christianity*, and Rev. Trumbore's February 27 sermon with the same name, both outline two different approaches to Christianity. One of those non-exclusive approaches has much compatibility with our Unitarian Universalist approach to religion. The purpose of this class will be to use Borg's book to better understand the two different approaches and find out if the liberal, contemporary understanding has value for our individual growth and development and our congregation. Please sign up at the Sign Up Site.

"Crash Course"

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

Sandy Steubing will present the "Crash Course"

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

Good news from Lifelong Learning and the Green Sanctuary

Congressman Paul Tonko will be visiting FUUSA on Monday, March 21st from 5:30 to 7:00 p.m. to discuss peak oil. He will be attending the 7th session of the "Crash Course" facilitated by Sandy Steubing.

The Crash Course is a DVD put out by Dr. Chris Martenson on the impact of peak oil and climate change on our economy. (Anyone is welcome to join us for any Monday session.) As the course teaches, there will probably be major societal changes as we go into energy descent. Not many public figures--or the media--has been willing to discuss these changes. We are lucky to have a representative who will. Mark this date on your calendar and please come if at all possible. This is a wonderful opportunity to make the point that hundreds of us are ready to live a lower consumptive lifestyle.

Our Community

Restore, Refresh, Retreat for women March 26

The workshop topics include poetry, yoga, meditative movement, creative card making and more. Childcare will be provided at FUUSA during the retreat. See flyer/registration form in this newsletter.

6 to 9 at 6:09 Circle Dinners

Would you like to get to know your fellow FUUSAns better? Circle dinners offer small groups a chance to socialize over a delicious potluck dinner in a private home. This is an extraordinary opportunity for newcomers to learn about FUUSA.

Forty-six members and friends signed up for the February 19 dinner. We have scheduled additional dinners on April 23 and May 21 and seven more during the next church year. While February 19 participants were all adults, we hope to also have family-oriented dinners and encourage families with young children to participate.

Please save these dates on your calendar. Sign-up forms for the April dinner will be available in Channing Hall beginning March 26 or you can contact Martha Musser. We hope you will take advantage of this opportunity to strengthen your connections with FUUSA and contribute to a vital, nurturing religious community.

FUUSA Parent Group

FUUSA Parent Group meets on Friday, March 18 for a follow-up discussion on Living and Teaching Ethics in Your Family. Leah Purcell, Director of Religious Education, will provide us with materials to 'jump-start' our discussion. Please join us for a potluck dinner at 6 PM, bring a dish to pass and a beverage. Our parent discussion at occurs at 7 to 8:30 PM. Childcare is provided. Please e-mail Paula Brewer if you plan on attending.

Studio Art Group forming

Are you interested in drawing/painting from life/still life? Let us know who you are! Call Arlene Gilbert or Marion Tischler.

Walker Book Club

The next meeting of the Walker Book Club is Sunday, March 13, 2011, at FUUSA at 5:30 PM in Channing Hall. Newcomers are always welcome.

Each meeting begins with a potluck supper, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover beverages. Winston Hagborg will bring wine. Larry Gambino will make coffee and tea and will close up after the meeting. Participants may choose to either: bring their own dishes, drinking vessels and eating utensils; or use dishes etc. at FUUSA and help with the dishwasher.

Dates and books currently scheduled:

- ◆ Mar. 13, 2011 - People of the Whale by Linda Hogan.
- ◆ Apr. 10, 2011 – The Imperfectionists by Tom Rachman.

Contact Linda Hunt at lhunt@nycap.rr.com with any questions or for a list of books suggested by participants for future months. Join the Walker e-list and participate in suggesting and choosing books to discuss.

Know your FUUSA neighbors!

We are expanding the Google map started by Sandy Steubing to include other uses beside carpooling.

Think of this—one Sunday you're sick, but your child wants to go to R.E. Who lives near you that might be able to give your child a ride? Check the FUUSA Neighbors map.

Or this—You would indeed like to save some gas, and want to carpool occasionally. Check the FUUSA Neighbors map.

Whether it's giving or getting help in an emergency, sharing tools, or having a cup of coffee together, it's nice to know who's nearby.

The map is only accessible to members and friends of FUUSA who have agreed to be listed on it. Sandy Steubing will manage the list, and add names as you give them to her, and send you a link so you can access the map. She will confirm with the office that each person is indeed a mem-

ber or friend of FUUSA. AND, if you decide at any time that you do not wish to be listed on the map any longer, she will remove your name.

You can ask Sandy about it at coffee hour, or call her. You can sign up anytime at the Sign Up Site in Channing Hall.

Joys and Caring Corner _____

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

**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.

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

I was proud to be "Standing on the Side of Love" with UU's across the country to honor someone who represents that ideal on the Sunday before Valentine's Day. It was gratifying to see so many of you in those gold t-shirts to honor Lynne Jackson for her work and to have you contribute so generously, over \$1100, to her cause, Project Salam, which assists Muslim men who have been the target of preemptive prosecution. You can go on the Standing on the Side of Love web site to see what other UU's are doing and you can also click on their store to order your t-shirt if you do not already have one. There are more choices in sizes, styles, and colors now.

We will have more opportunities to stand with

those who are oppressed and discriminated against. In fact, there will be a rally in Albany March 1 in support of immigration rights. And we will continue to Stand on the Side of Love to support marriage equality for gay couples. Another opportunity to rally is in support of SNUG. (SNUG is guns spelled backwards.) The state has budgeted \$4 million for Operation SNUG which uses outreach to try to reduce violence. Albany is one of eight New York communities receiving funds. The program is up and running with violence interrupters hired and on duty. SRC has been a supporter of the Community Coalition to Prevent Violence, which has been a supporter of SNUG. As with so many programs, this one is also in danger of losing its funds. The Times Union had an informative article concerning this issue, Mon. Feb.

21. I have posted a copy of it on the SRC bulletin board in Channing.

I would also like to direct your attention to the letter to the Times Union, again February 21 and posted on our bulletin board. The heading reads "Homeless, youth deserve attention. The letter is by the U.S. Rep. Paul D. Tonko who states that 994 meals were served at the City Missions of Schenectady and Albany and the shelters provide 377, 947 meals and 89,744 nights of indoor sleep each year. He goes on to state "...our volunteer efforts return powerful dividends, as we repair the fabric of many individuals' lives and grow ourselves in the process." SRC thanks you at FUUSA who donate to Focus Food Pantry, cook, or give up a night's sleep for the homeless shelter.

Standing on the Side of Love,
Lois Griffin

Interfaith Impact of New York State.

SAVE THE DATE: Monday, May 16, 2011. IINYS advocacy day with the State Legislature. No skills required, but **numbers do count** as we advocate for liberal issues, such as ethics reform, marriage equality, reproductive rights. So, put this on your calendar, and sign up to participate.

Look for more details at <http://www.interfaithimpactnys.org> and join us. There is strength in numbers.--Don Odell, FUUSA IINYS representative

Pancake Fundraiser for the food pantry March 19

To All FUUSAns, friends and families: Please join FOCUS Affiliates and Council Churches for a wonderful event held as a benefit for the FOCUS Interfaith Food Pantry. The pantry is a fantastic operation providing a great deal of assistance in an underserved community. Our family will be volunteering at the event and we'd love to see you there!

Pancake Breakfast and Raffle!
Saturday, March 19th from 8am-11am
Delmar Reformed Church, 386 Delaware Avenue, Delmar, NY

The cost is only \$7 per person and includes pancakes, eggs, sausages, bacon and more!!! If you'd

like to order tickets, please call or e-mail to let me know how many and I'll be glad to get a hold of them for you. You are also more than welcome to create and donate baskets for the raffle we'll be holding @ the event. If you call or e-mail me, I'll be happy to pick it up.

To learn more about the pantry, you can visit their website (www.focuschurches.net) or connect with me at your convenience.

Thanks, Renee Panetta, FOCUS Interfaith Food Pantry Advisory Committee.

UUSC Guest at Your Table

We contributed a total of \$1,116.38 to the Unitarian Universalist Service's Guest at Your Table this year. Thank you to all who contributed. Let's do better next year, and we invite those of you who did not participate this year to join us in this most worthwhile effort.- Don Odell, FUUSA's UUSC local representative

Green Sanctuary news

Bike helmets for Easter bonnets

Earth Day is coming and the Green Sanctuary Committee is all over it. On Friday, April 22, we will participate in the noon Bicycle Flotilla sponsored by the Albany Mayor's Office of Energy and Sustainability. Saturday, April 23, will be Washington Square Neighborhood Clean-up Day. Sunday, April 24, we will car pool, bus or bicycle to FUUSA for Easter/Earth Day. Pledge to participate at the Green Sanctuary table during coffee hour. While you're there you can see how the FUUSA Neighbors map can help you plan your bike or car pool route. There is also available an air pressure kit you can borrow for your car tires ... so many good reasons to visit the SRC/Green Sanctuary table.

Prior to Earth Day, plan on attending Carol Butt's discussion on solar power on March 20.

Save the date – walk with the world!

The CROP Hunger Walk is coming up on Sunday, May 1. Save the date, and help make this our biggest, best Walk team ever. Watch for sign-ups and pledges at coffee hours starting in April. Join us in

voting with our feet for a better world. See Dawn Dana with any questions.

SRC Table

Long lasting LED night lights with sensors are now available at the SRC table. Fair Trade coffee, cocoa, chocolate bars and mini chocolates are also at the table along with colorful, handmade items from Guatemala. Please take a minute to read information at the table on the war on Afghanistan, reducing your energy use, safe water use and sign a petition to encourage CDTA to provide bus transportation on Morton Ave. for people living in the South End. Find yourself on the Google Map for car pooling.

Thanks for all the recycling you've been doing. New soles for sandals will be made from over 15 lbs of cork you've donated in the last 6 months. Don't forget sneakers you can donate to be recycled. We will continue to recycle ink cartridges (except for Laser and Epson) and cell phones. Bring your used CFL bulbs which will be disposed of properly.

UU United Nations headlines

1) **UU-UNO Responds to the murder of David Kato**

By Bruce Knotts, Director of UU-UNO

The UU United Nations Office (UU-UNO) is working with partners in Uganda and across North America to respond to the senseless murder of David Kato, who has been called the founder of the LGBT movement in Uganda. While he was in his room at home in the evening, someone came to his house and beat him to death with a hammer. Police left the crime scene unattended for several hours and said that the crime had been motivated by a robbery. However, David Kato, and many others have had their names, photographs, e-mail addresses and home addresses published across Uganda with readers urged to kill the homosexuals. Some of this incitement to violence has been funded by fundamentalist groups based in the United States. The UU-UNO and the UUA are working to oppose this campaign of hate, with our own Stand on the Side of Love. The UU-UNO and the UUA are raising funds to reinforce our efforts on the ground to protect and empower the margin-

alized, oppressed and threatened LGBT population in Uganda. You can help by donating to the LGBT/SOGI Human Rights Program of the Unitarian Universalist United Nations Office through the UU-UNO and UUA Fund for Uganda. (uua.org/Uganda) This program plays a unique role in the faith-based community at the UN: organizing support for and raising awareness about LGBT and sexual orientation/gender identity (SOGI) human rights. As with all of their efforts at the UN, their work depends on the support of UU-UNO members and the greater UU community.

2) The UU-UNO is proud to invite you to attend the 2011 Annual Intergenerational Spring Seminar, "Empower Women for a Better Tomorrow" to be held April 28-30. The Youth program begins on April 27. Every April, youth and adults from around the United States and Canada gather in New York City for an exciting and educational Intergenerational Spring Seminar. All participants gain a deep understanding on a topic of global concern and have a lot of fun in the wonderful intergenerational environment. Past seminars have focused on water, poverty, HIV/AIDS, human trafficking, peacekeeping and climate change. This year's topic is "Empower Women for a Better Tomorrow. During these four days approximately 75 youth and advisors stay at one of our Manhattan based UU congregations, learning, making friends, and mobilizing. Not only do youth attend the conference but many also take on important leadership roles in its planning and execution. If interested, contact the office for more information on how to participate. Visit the website at <http://www.uu-uno.org/> to register.

3) **Merger.** Over the past several months, leaders of UUA and the UU United Nations Office (UU-UNO) have been investigating the possibility of working more closely together. Though the UU-UNO has been an independent organization since 1971, it was originally a department of the UUA, and its mission aligns very closely with the UUA's International Vision Statement.

Collaborative work between the two organizations has been increasing steadily during recent years, and the mutual benefits of re-integrating the UU-UNO into the UUA have become apparent. Discussions between the organizations are ongoing,

and there is optimism that an agreement will be reached during the current fiscal year. “We have an historic opportunity to bring our various capacities together in order to more effectively pursue a peaceful, just and sustainable world

community on behalf of Unitarian Universalism,” said UUA President Peter Morales.--Ann Brandon , UU-UNO Envoy for FUUSA

Columns

Sam's Outlook

The balance of power

The people's uprising in Tunisia in January and in Egypt in February gladdens the heart of those of us who believe in nonviolent community organizing and social reform. The self-immolation of an abused and violated street fruit vendor Mohamed Bouazizi in Tunisia and the death of Khaled Said, an Egyptian man beaten to death by police in Alexandria in June (exposed by people's hero Google executive Wael Ghonim via a Facebook page called We are All Khaled Said), were the matches that lit the fuse for the explosion of public outrage and demands for regime change. Ordinary people without organized leadership were able to use social media sites (Facebook, twitter, and cell phones) to organize their outrage and take to the streets. The Middle East is in the beginning process of revolutionary change that could lead to greater democracy and human rights for the residents of the region. And the textbooks of effective revolutionary movements are about to be rewritten.

Key to these movements is both the imbalance and abuse of power. Presidents Hosni Mubarak and Zine el-Abidine Ben Ali both had already lost the popular support of the people. They used their military to hold onto power through suppressing dissent. The real power behind the throne, the military, did the power calculus and saw propping up an unpopular dictator wasn't very smart. The military figured turning against a popular uprising of the people when your leader is old and ailing wouldn't be in their self-interest. And suppressing a popular uprising with the media's cameras recording it, as happened in Bahrain, doesn't generate international goodwill either. And, in an increasingly interdependent world, dictators are finding world opinion matters a lot.

The revolutions in the Middle East are a macro-

version of the same processes that can happen in any organization or community of people. I'm fascinated by how power is gained, maintained and lost. Gaining, holding and losing power is a dynamic process that rarely stays settled for long. Individuals or groups who don't have power are always ready to vie for it and those who possess it will do whatever it takes to hold on to it. Maintaining popular support is crucial to any leader who wants to retain power. Whether you are a dictator, a president, a CEO or a democratically elected office holder, without a strong base of support, particularly of the people with coercive power, you will not be holding power for much longer.

My mother, may she rest in peace, was always horrified when I discussed the power dynamics in Unitarian Universalist congregations. She didn't think ministers should be paying much attention to those dynamics. I would chuckle to myself at her naiveté. The tensions designed into how power is shared in our congregations requires skillful balancing by the key leaders to maintain congregational harmony. It's one of the intuitive abilities that has kept me mostly out of trouble during my years of ministry in Albany. That balance is maintained both by what I do, what I don't do, and how I respond when I do the wrong thing.

I, as a Unitarian Universalist minister, have no institutional power. I have no vote at Board of Trustees meetings. I cannot sign checks. Our congregation owns all the assets, comes up with the budget, raises the funds and makes all the policy and decisions. But I am not “employed” by the Board either. I do not report to the President. I serve at the pleasure of the membership as a whole who called me through a democratic vote and can dismiss me the same way. Power resides with the members of our congregation that they delegate to the Board, the officers and key standing committees. What I get delegated to be in charge of is about 20 minutes on three to four Sunday mornings each month.

Even though the bylaws carefully lay this out, the reality of power sharing in a Unitarian Universalist

congregation is a lot more complicated than the document can capture. When power is well shared, congregations thrive. When that power is poorly shared, congregations turn against their minister and each other. And things can get very ugly, very fast. I'd venture to say, effective power sharing is an art that cannot be encoded in bylaws, rules and procedures. It takes skilled leaders dedicated to common purposes and principles.

The Unitarian Universalist Association Commission on Appraisal has decided to study these congregational power dynamics and how we deal with authority. They will be soliciting your input on Saturday, March 5 from 9:30 AM to 2:30 PM. Everyone is welcome to attend (though you need to sign up if you want lunch).

Thankfully we do a pretty good job of power sharing here. I'll be exploring how that works during my sermons this month centered on the theme of "authority."—Rev. Sam

Chuck's Chat

Magic all around us

I got the idea for this column after reading an essay by Rev. Joan Van Becelaere, Ohio-Meadville District Executive. She quoted from a meditation written by Howard Thurman -- "Magic All Around Us.":

There's magic all around us.

*In the rocks and trees, and in the minds of men,
Deep hidden springs of magic.*

*He who strikes the rock aright may find them
where he will.*

*I seek new levels of awareness
of the meaning of the commonplace.* (Thurman)

Rev. Van Becelaere goes on to describe an exercise one of her college professors asked her to do. "We were instructed to intentionally clear our minds at the beginning of a walk. Then we were to try and look at each element in our surroundings as if we were seeing it for the very first time in our lives. If we saw a tree, we were to imagine that it was the first time we had ever seen a tree. We were to do the same with fences, houses, grass, weeds, dogs, telephone poles, squirrels, etc. If we heard something, we were to listen as if it were a sound never before heard by a human. If we felt or smelled

something, we were to treat it the same way. Then we were to go back home and write for 30 minutes about the experience."

As I was reading this, an exercise occurred to me that each of us could do as we come to FUUSA on Sunday morning. We could listen to the music as if we had never heard music before. The readings or the sermons could lead us to new thoughts or reflections if we listened to them with a fully open mind. We could absorb the energy of the community coming together. Or we could concentrate on getting to know one person better. None of us know every person we will see as we come to the service. Imagine trying to find the "deep hidden spring of magic" within one other person that morning. It could be a newcomer with a yellow name-tag, or it could be a familiar face that you recognize. It could even be someone who you have known for a few years. But instead of asking them about the weather or where they live, see if you can find out what they really care about. Then go home and write for 30 minutes about your Sunday experience.

I have made a discovery that if I have a goal to write something about a person or experience, then it becomes much easier to do something like the exercise I am suggesting. When I became Vice-President a few years ago, one of my main concerns was writing up the Unsung Hero Award biographies. Linda Way assured me that it would be easy and fun. As usual, she was right. It was fun because it gave me an excuse to purposely take a sincere and deep interest in someone else who I usually did not know that well. I had a goal of learning enough to write a five minute presentation about them. It turned out to be both easy and fun for both of us. The new member bios I get to read now also provide an opening into what a person values.

Carefully observing our beloved community on a Sunday morning with an intentionally clear mind is a way to reach a greater appreciation of what we have together. We are an amazing group of people. We are a unique collection of self-selected seekers and visionaries. We owe it to each other to "know us better." There are many opportunities – Small Group Ministry, Men's Groups, Book Clubs, Circle Dinners, Pot Lucks, Auction Events,

and yes, even Coffee Hour. Think about how you can intentionally get to know us better at a deeper level. My hope is that we will all learn to “strike the rock aright and find the deep hidden springs of magic.”—Chuck

Religious Exploration

Spiritual activities for children – and the rest of us

Have you ever wondered, “How do I integrate my heartfelt beliefs into my daily life and how can I help my children to do the same?” In Sunday school each week the groups start their time together in a circle. Usually they start with a chalice lighting; sometimes they share personal stories of their week, and then there is a focus to bring everyone’s attention to what they will be doing together that morning. Some of our newer curricula in the Tapestry of Faith (ToF) program are very intentional about offering spiritual activities as an important element of the program.

“Creating Home”, a ToF curriculum that the Kindergarten/first grade and the second grade groups are using this spring, explains in its introduction, “Each session of this program includes spiritual activities such as chalice-lighting and exploration of a labyrinth, and structures ways for participants to practice rituals such as hospitality and saying grace. Most young children love ritual, and the use of ritual in the sessions mirrors the use of ritual in family homes, in faith homes [like congregations], in the wider Unitarian Universalist community, and beyond... These spiritual activities familiarize children with specific practices, which their families or your congregation may continue after the life of this program, and they provide a common experience for the group. Practicing rituals together builds community and reminds children of their connections to something deep and more significant than their own experiences, wants and needs.”

Perhaps that last sentence resonates for you. How many of us adults would like to be reminded of our connections to something deep and significant? With all the demands and stresses of daily life, it is easy for us to meet each day with a dogged determination to get the job done, or to simply make it through to the next day. Having something that engages us with the miracle of life, with all its joys

and disappointments, can bring a sense of wholeness and peace to us as individuals and to our families. Walking a labyrinth, journaling, knitting, running, can be spiritual activities that you as an individual can practice regularly, and saying table graces, sharing reflections at the end of the day, singing or social justice projects can be spiritual activities for families.

The “Creating Home” curriculum suggests that the children learn how to walk a labyrinth. But of course you need a labyrinth to do that! And so Anne Savage and I mapped out and drew an 11’ diameter 3-circuit classical labyrinth in a basement classroom. The first lesson explains, “For many hundreds of years — since long before anyone in the room was born — people around the world have used a labyrinth for meditation. When you meditate, you keep your body still, and relaxed. You keep your mind still and relaxed. You keep your feelings relaxed, too. Many people believe mediation helps them open up their minds to new ideas and their hearts to new feelings.”

This time of the year, as the winter drags on, and first warm days turn the ground to mud, can be an invitation explore spiritual activities. You can walk our labyrinth in room B-2 when it’s not in use by the Sunday school classes. You can also go online to find labyrinths in our area. May you find ways to open yourself to be more mindful, more compassionate and more engaged with life.

In faith,
Leah

Bringing It Home

Everyday Spiritual Practice – Simple Pathways for Enriching your Life, edited by Scott W. Alexander

This book gives the basics of how to go about engaging in a spiritual practice in ways that are joyful and satisfying. There lots of suggestions of different kinds of spiritual practice, from different ways of meditating to running to knitting to poetry.

Stop by the RE office to borrow my copy. - Leah

**Newcomer orientation
Learning about Unitarian Universalism and
FUUSA**

We invite you to meet with others who are new to the congregation at our next **“Getting to Know UU”** session, scheduled for Saturday, **March 19** from 8:45 a.m. to noon.

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

Cancellation notices

In the rare event we cancel activities at FUUSA due to inclement weather, we will put notice of the cancellation on the website’s homepage: <http://www.albanyuu.org/>. So, if you’re coming in for an evening meeting and the office is already closed, check the website if you’re concerned there might have been a cancellation.

ChurchDB update

Many FUUSA members have already logged on for the first time to our new online database “ChurchDB”. The link was sent to members the last week of February, although a few addresses bounced. Some of the email addresses in the database were wrong, and we’re checking our lists to see if we have a newer address for you. If you are a member and did not get the email from me, please send me an email from your correct email address. (Send to administrator@albanyuu.org) This will speed the process of getting your email address correct in the database, and sending you a

link for access.

Access is password protected. Each family can set their own preferences for the Privacy Settings which allow or disallow contact info to be viewed by others. You can update your own contact info (e.g. email addresses!) and upload family or individual photos.

The benefits of access to the database are many. First and foremost, you will always have the most current contact information at your fingertips for members, friends and visitors. You will be able to check the status of your pledge payments (and only yours, I might add) and there’s even a place to check if you don’t want us to send paper pledge statements any more. Within a week or two the calendar module in ChurchDB will be ready and you will be able to see the entire FUUSA calendar, both our events and rental events. This should prove very helpful to ALL of us as we negotiate trying to plan meetings or events in this very active community! Other online features we will be using include: room reservations, event sign up, and Religious Education sign up. Committee chairs will be able to manage their groups online, and communicate easily amongst the group. And there’s more—but I’ll save other features to tell you about as we get closer to using them.

So, if you haven’t logged on to ChurchDB yet, may I suggest you do so soon and start finding your way around. You are going to find this is a very useful tool. Contact me if you have questions: administrator@albanyuu.org or 518-463-7135.--Amy Lent, Church Administrator

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

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Mar. 6	A. DeSalvo	P. Moriarty L. Hunt	L. Gambino	J. Bolgatz	
Mar. 13	D. Odell			B. Manning	
Mar. 20	K. Harris		T. Henderson	L. Webb	J. Dorsey
Mar. 27	A. D’Attilio				

Contact Us

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email: board@albanyuu.org

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Matt Edwards

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David Stone sexton@albanyuu.org

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Lynne Lekakis kaneandlekakis@gmail.com

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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

Address: 405 Washington Avenue, between Robin Street and Lake Avenue, Albany, New York 12206

Main entrance is on Washington Avenue. Rear entrance is on West St. Both have ramp access. The building is fully handicapped accessible.

Parking: Parking is available on the street. On Sundays (and for some special events) FUUSA has permission to use the University at Albany's downtown campus parking lots: the Hawley Lot on Robin Street at Washington Avenue and the Thurlow Terrace Lot on Western Avenue.

Office hours

September-June: Monday-Friday, 9:00-4:00

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

Building use

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

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

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

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

Editors: Amy Lent, Irene Saulsbery

Photos: Chris Strebel

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

March *Update:* Mar. 7

April *Windows:* Mar. 21



FUUSA AUCTION 2011

PREMIUM ITEM AVAILABLE FOR YOUR BID!!

One Week Resort Accommodations for up to 4 people

Exciting Destinations:

Orlando, Florida

Mexico- Cancun, Acapulco, Puerto Vallarta

Colorado Springs

Baja California

Spain

Many other locations available *in and outside of the US*, dependant on date requested

****Minimum Bid \$500* (Valued at \$800 plus)

**Resort Week must be used before September 2012

Typical Accommodations Include: Sleeps up to four guests, kitchen facilities, separate living and dining areas, pool, television and many other high quality resort amenities in fantastic locations!

****How to Place Your Bid:** (minimum of \$500 for this premium offering)

1. Attend the March Madness Auction on March 19 at 6:30pm at FUUSA **OR**
2. If you cannot attend, e-mail your Best Offer to: rosette_jensen@juno.com by March 16 at the latest. The winner will be notified after the auction.

For more details about this special item, feel free to contact the donors: Randy Rosette or Chris Jensen 783-9202 or e-mail rosette_jensen@juno.com



Saturday, March 26, 2011

9:30 – 3:00

at FUUSA

Refresh Restore Retreat

for FUUSA Women

This is the second of what we hope will become an annual tradition at FUUSA: A retreat for women by women. We recognize the importance to us of our community of women. We offer the women of FUUSA an opportunity to come together, to be restored and refreshed. And to bond as a community.

Please come join us. You deserve it.

Timeline for the day:

- 9:30 Registration and coffee/tea
- 10:00 Ingathering
- Workshops-Lunch-Workshops
- 2:15 Closing
- 3:00 (Optional) Cooperative clean up

Cost is \$20 a person, includes lunch. **Registration** is limited; sign up early. Deadline to register is March 18, 2011. No refunds after that date unless we are able to give your space to someone on the waiting list. Workshop space will be limited; first come, first served. If the cost of the retreat would prohibit you from coming, please let us know. A limited number of scholarships are available.

Childcare will be provided onsite. Children may participate in the adult lunch which will be a simple soup and salad meal or may bring their own lunch.

Morning Workshops

a. Memoir Poetry Writing, with Ann Lapinski

Come to a workshop that will help you explore yourself and your own history through the writing of poems. We'll talk about journaling using poems instead of prose. We will be writing poems, sharing them and giving each other support during the workshop.

b. Africa to America; Story Telling Through

Dance with Maryann Luther

Feel grounded and connected to your senses by exploring folkloric, sacred, and freestyle dance expression through West African, Modern and other cultural dances. This workshop is accompanied by the pulsating and joyful rhythms of the djembe (one of many African percussion instruments). No dance experience necessary.

c. Eat Happy with Amy Jesaitis

Explore ways that women can experience healthy and happy eating. Take a look at what you eat and ways to incorporate healthy eating practices into your life while enjoying food. We'll talk about women and weight issues and how to come to a place of contentment for yourself.

Afternoon Workshops

d. Dreamwalker: A Dance into our Feminine

Unknown, with Richele Corbo

Let your inner adventurer come out and step into the unknown through the music, movement, and magic of NIA. Come, come, whoever you are and step into the moment with others who are also moving with Joy. Whether You are bold or bashful, give yourself this gift of an hour to explore, let go of your fears, and uncover the gifts within You. Comfortable clothes are a must for this energetic, yet soothing dance.

e. Art from the Heart with Christine Lapinski and Patty Schardt

Participate in a stressless, nonjudgmental experience in the process of using watercolor, ink, and paper to design a square or two that is you! No experience necessary.

f. Healing Touch with Celeste Bouche

Nontraditional health-related practices that involve the hands, based on the assumption that people are energy fields, are becoming increasingly popular. One of the most widely used is Healing Touch, a practice rooted in a variety of belief systems, including Theosophy, spiritism, and Buddhism. Come learn more about this healing technique and the value to can have as an "add on" to traditional medicine.

Name: _____

Email: _____

CONFIRMATION will be by email so please print clearly. If you don't use email, what is your phone number? _____

Make check payable to FUUSA (put Women's Retreat in the note line)
 _____ Amount enclosed _____ Scholarship requested

Please rank your workshop preferences 1st choice thru 3rd choice

Morning workshops (1 thru 3):	Afternoon workshops (1 thru 3):
_____ a. Memoir Poetry Writing	_____ d. Dreamwalker (Nia)
_____ b. Story Telling Through Dance	_____ e. Art from the Heart
_____ c. Eat Happy	_____ f. Healing Touch

Childcare needed? List children's names and ages: _____

MAIL TO: Women's Retreat, FUUSA, 405 Washington Ave., Albany, NY 12206