

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

# Windows

Newsletter of the First Unitarian Universalist Society of Albany

Vol. '09-'10, Issue 9  
 May 2010

**Minister**

Rev. Sam Trumbore

**President**

Linda Way

**Intern Minister**

Chris Antal

**Church Administrator, interim  
 Membership Coordinator**

Amy Lent

**Director of Religious Education**

Leah Purcell

**Religious Education**

**Director Emerita**

Ann D'Attilio

**Music Director**

Matt Edwards

**Administrative Assistant/Sexton**

David Stone

**Rental Agent**

Lynne Lekakis

**Custodian**

Olga Oja

**Publication deadlines**  
 May Update: May 3  
 June Windows: May 17

**Proposed budget conversation**

The FUUSA Budget is an important document that guides our operations during the year. It establishes our priorities and supports our programs. The Finance Committee prepares the budget with input from FUUSA committees and groups. Then it is reviewed and adopted by the Board. The final step in the process is approval by the Congregation at the Annual Meeting. To provide an opportunity for more in-depth and less hurried budget discussions, the Board of Trustees has decided to sponsor a Budget Conversation prior to the Annual Meeting. This conversation will be held on May 11 at 7:00PM at FUUSA. Members of the Board and the Finance Committee will be at the meeting to present the 2010-2011 budget as well as to answer any questions. If you want to know more about where your pledge money goes, come to the meeting.

**Sam's Outlook**

**Realizing the dream**

The proposal of a quarter-time minister for next year, to continue the expansion of ministerial services we've experienced this year with our ministerial intern, Chris Antal, has generated a lot of conversation. Many are excited by the idea. Others have questions and concerns. This conversation needs to continue and to converge on a decision before we move forward on this proposal.

Whatever we decide to do, I don't want us to lose focus on the larger dream presented by our strategic plan. Here are a few sentences from the plan that resonate with me:

◆"Overwhelmingly, we feel that community

**Annual Meeting  
 Sunday, May 16**

*See page 8 for meeting details  
 and candidates' bios!*

**Meet the Candidates during coffee  
 hour, Sundays, May 2 and 9**

**Save the dates, the President is coming !!**

The president of the Unitarian Universalist Association, Peter Morales, is coming to be with us for the weekend of June 12 and 13. This is a BIG DEAL !! He will be speaking in Emerson Community Hall on June 12 at 3:00 PM and he will be participating in the four-congregation CRUUNY service on June 13 in Saratoga Springs. Let's make sure that we show him that we are a congregation that has "it", if you need to know what "it" is check out Peter's column in the Spring 2010 issue of UU World.

is one of the greatest benefits and joys of being a member of FUUSA...we long for more community and a deepening of the experience of community."

◆"FUUSA is the religious home of self-identified humanists and theists, atheists and Christians, agnostics and pagans and other who resist labels; and yet across the board we heard a longing to explore, deepen and share one's personal journey and search for meaning."

◆"...we are called to commit to significant and meaningful social justice work in our larger community...We must find new ways to weave social justice into the fabric of our

**Sam's Outlook, continued on pg. 3**

## From the President

Most of my recent columns have centered on activity right here within our busy congregation. We are, however, greatly enriched by our relationships with other UUs and our denominational leaders – so this month my focus is our wider UU circle.

**News and Update from the St. Lawrence District:** If you are new to our congregation or not familiar with the structure of our denomination, FUUSA is one of the 34 chartered UU congregations in upstate NY and northern PA that make up the St. Lawrence District of the Unitarian Universalist Association. Our congregation benefits from this relationship through District services, programs and support; and we, in turn, contribute a small percentage of our budget (just over 2%) to the District for its work. (We also pay per member dues of \$56 annually to the Unitarian Universalist Association – add mailings throughout the year and that, folks, is where the first \$100 of each member pledge goes.) As a small denomination (that's small in numbers, NOT, I know, in vision or significance to the world) connecting and networking with other UUs and other congregations broadens our perspective and is always valuable and enriching.

The St. Lawrence District (SLD) has been particularly busy this year. While FUUSA was developing its strategic plan through the Dream Catchers, the District organized a Futures Team and undertook its own long range planning effort. Tapped to chair the Futures Team was Dave Munro, who preceded me as FUUSA's president. We all knew that Dave could take his commitment and talent to another level and he did! Dave will be presenting the Long Range Plan of the Futures Team at District Assembly on April 24 and at that time he will also be running for the St. Lawrence

District Board. Robb Smith will be stepping down from the District Board this year having served two three-year terms ably and effectively; his service continues, however, as he is running for the SLD Nominating Committee and will continue to represent Interfaith Impact on its Social Justice Council. Others from FUUSA who serve on St. Lawrence District committees are Amy Lent and Jacqui Williams. We are grateful to all of these folks for their "service squared" to our congregation and denomination!

It is interesting and instructive to note that the St. Lawrence District's Long Range Plan in many ways complements and even parallels our own Strategic Plan. The stated Vision of the District Plan is to "*...Serve, Connect and Grow our congregations as we continually strive to Widen and Deepen the experience and impact of Unitarian Universalism.*" The Plan identifies five core ministries for its work: Ministries of Spirit, Health and Vitality, Connection, Social Justice, and Hope and Promise; and the plan outlines clear objectives and concrete actions within each Ministry. The Plan also identifies five key focus areas for realizing this Vision: Spiritual Deepening, Leadership Development, Multigenerational Community, Multiculturalism, and Communications and Technology, and again lists specific goals in each area. I am sure that you can note the parallels between our own Strategic Plan and that of the District – and that certainly means that we can look forward to sharing, working and growing together! If you would like to read the complete plan, or want more news about what is happening around the District, visit the SLD website: <http://www.sld.uua.org/> or speak to Don Odell, Denominational Affairs chair, or any of the folks noted above.

### Kudos to our District Executive:

Much of the credit for the dynamic work of the St. Lawrence District goes to the outstanding leadership and inspiring presence of the Reverend Tom Chulak, who has served as District Executive for the past nine years. As many of you know, Tom will be stepping down from this position sometime this summer. (He is building a house in Chatham and getting married in the fall!) Tom is brilliant, insightful, articulate and compassionate! He can succinctly pronounce an incredibly wise observation others have missed, and he can break rising tension with a meaningful anecdote and hearty laughter. Tom challenges our minds and lifts our spirits – as those of us who heard him last year at Silver Bay or have participated in workshops with him at other venues know so well. We thank him for all he has done and wish him the best as he goes on to the next chapter of his life and ministry – but we will miss him as a regular partner and our District Executive.

### CRUUNY to Explore Clifton Park:

The Capital Region Unitarian Universalists of New York (CRUUNY) will be holding the first of a series of informational sessions to explore interest in creating a UU congregation in the Clifton Park area on Sunday, May 16 at 3 PM at the Clifton Park Halfmoon Library. See the article elsewhere in this newsletter by the Reverend Linda Hoddy, minister of the Saratoga UU congregation, for more information. We have good news –and we are ready to share it!

Enjoy the merry month of May – remembering Emily Dickinson's words: "A little madness in the spring/ is wholesome even for the king."

Linda

**Sam's Outlook, cont. from pg. 1**

◆ congregation, while honoring and building on FUUSA's tradition of social action."

◆ "We believe that the membership of our congregations in the Capital Region could grow significantly if we are welcoming to newcomers and help start new congregations in places like Clifton Park...The most important benefit of a larger membership will be to advance the mission of our congregation and Unitarian Universalism in the Capital Region."

Do you hear the synergy above with the chalice lighting we repeat each Sunday? "Welcoming free seekers," "responding morally and ethically," "excite the human spirit," "inspire its growth and development," "sustain a vital and nurturing religious community." Our strategic plan translates our mission into a plan of action. I'm deeply committed to this mission and following this plan to bring it to life. If we stay focused on how to achieve this plan, I believe we will move our congregation to a new level of vitality.

Practically every Sunday I speak about the value of religious community. Visitors to our congregation need to hear what our long term members know from direct experience. Our congregation can hold,

support, encourage, care for, challenge, and inspire each other in a way that few other institutions can do.

We live in a world of increasing isolation and compartmentalization. Sadly, the Internet permits people to find and relate only to those who are like them. How many people spend hours upon end interacting with a screen rather than a real person? Civilization is increasingly becoming virtual. Do it all on-line rather than face to face. FUUSA is different. We can be face to face once a week with people who share our values, even if they don't share our beliefs. We test each week the supposition that we need not think alike to love alike. In our congregations we are finding out how to build a sustainable community of diverse faith (or lack of faith) perspectives.

Practically every Sunday I speak about the value of religious growth and development. Rather than telling people how to think and believe, we create an open space for people to look inward to find and affirm what they already think and believe. Then, in creative exchange with other members and friends, they are free to grow and develop what they think and believe. We do religion from the inside out.

Regularly I bring to the attention

of our congregation the needs and opportunities beyond the walls of our congregation. Working with the West Hill Ministerial Fellowship in our neighborhood, sitting on the Board of Interfaith Impact that advocates for our Unitarian Universalist values in the New York legislature, monitoring the initiatives of the UUA including the Standing on the Side of Love campaign, are a few of the ways I seek to connect our congregation to ways we can make a difference. This year I plan to work even more closely with our Social Responsibilities Council to align my efforts with their initiatives.

Finally, I am deeply committed to providing the opportunity for everyone in the Capital Region who shares our values and approach to religion a home. If that home is Albany, or Schenectady or Clifton Park or yet another location, my commitment is to work to serve all those who have yet to discover us, and will have their lives positively transformed once they do.

Let us stay focused on the mission and the strategic plan and work together toward these ends.



**Share the Light,  
share the love**

**Chalice Lighter Sunday  
May 2, 2010**

**Come to the service  
to find out what it means  
to be a Chalice Lighter!**

**FUUSA PLANT SALE**

**Saturday, May 29, 9:00 a.m. – 2:00 p.m.**

at the Mannings' house , 18 Salisbury Road, Delmar

*Reasonable prices and sturdy homegrown  
perennial plants. Check [www.albanyuu.org](http://www.albanyuu.org) after  
May 21 for list of plants available!*

**Plant donations:** Call Barb Manning for drop off times. If you need help digging and potting, call Donna Meixner

## New Congregation

by Rev. Linda Hoddy

### Are There UU's in Halfmoon and Clifton Park? Can we create a UU congregation for the 21<sup>st</sup> century?

An organizational meeting will be held at 3 PM, Sunday, May 16, to talk about the possibility of a new UU Congregation in Clifton Park. If you have friends living in that area who might be interested in Unitarian Universalism, please let them know about the meeting. It will occur in the community room at the new library, 475 Moe Road.

In 2003, our New Congregation task force of the St. Lawrence District identified the Halfmoon-Clifton Park area as THE most promising area in our district for a new congregation. We know that people don't like to drive more than five miles to attend worship, yet there is a gap of 37 miles between our congregations in Albany and Saratoga Springs, and 24 miles between Schenectady and Saratoga Springs. In that gap are thousands of people moving in to work at the new chip fab plant in Malta.

Statistics tell us we should have about 10,000 UU's in the Capital District (.1% of the population.) Yet, in our current congregations we serve only about 1,100. We believe our movement is well positioned to serve people who believe there is truth to be found in many religions, and that spirituality is expressed in many

forms. We are a multicultural faith for a multicultural world. We envision this 21<sup>st</sup> century congregation will take full advantage of emerging technology and new ways of worshipping, including contemporary music and intergenerational activity.

Starting a new congregation now will allow us to take full advantage of the continuing media campaign of Capital Region Unitarian Universalists of New York (CRUUNY). We will be continuing underwriting programs on public radio (WAMC) and targeted mailings to thousands of households as we begin our fall season.

The meeting on May 16 will inform attendees about our faith and offer opportunities to become part of the steering committee and task forces which will undertake the organizing work. We anticipate many months of organizing before public worship begins. We also welcome those who would like to help share our faith, even though you will not be members of the future congregation, but will remain members of one of our existing congregations. If you share the vision of sharing our faith beyond our existing congregations, we will welcome your assistance in organizing this new congregation. Come catch the excitement.

Details about the meeting can be found on the CRUUNY website. [www.CRUUNY.org](http://www.CRUUNY.org) For further information, contact Rev. Linda Hoddy, minister@saratoga-uu.org, phone 518 527 1238.

## Hearts and soles in motion – CROP Walk

All signs point to strong participation by FUUSA walkers in the CROP Hunger Walk on Sunday, May 2. Watch for the CROP Walk table at coffee hour and sign up to walk or pledge to support other walkers. Team UU rules! Come join us.

## Sunday morning volunteers

Help us have a smooth running Sunday morning. We need greeters, ushers and coffee hour hosts each Sunday to have our Sunday service and coffee hour run smoothly. Please sign up at the sign-up bulletin board in Channing Hall this morning. You will be glad that you did.

## About Us

◆The Helderberg Madrigal Singers will present "Revels in the Cheerful Spring" on Friday, April 30, 7:30 PM, at the Boght Arts Center, 583 Boght Road, Cohoes. (The venue is an historic Dutch Reformed church.) General admission is \$10. See the **Danas or Dave Metz** for additional information.

◆FUUSA member **Richard Maturro** will do a reading from his newly published fourth novel, *Perseus*, at the Spencertown Academy Arts Center on Saturday, May 15, 4-6 PM. Included in the book are 24 original drawings by artist and FUUSA friend Mary Trev Thomas. The event is free and open to the public. A book signing and reception will follow. For directions and more information contact [www.spencertownacademy.org](http://www.spencertownacademy.org).

◆All FUUSAns are invited to see the exhibit "Art Quilts and Sculptures" by **Mary and Stan Reich**, from May 1-31, at the Broadway Art Center, 488 Broadway, Albany (Reception May 7, 5-9 PM)

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*Newsletter Crew:* Many hands!

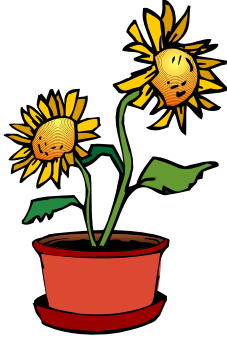
Send all submissions to:  
[Windows@albanyuu.org](mailto:Windows@albanyuu.org) or to the church office.

## Summer session for children and youth

This June marks the beginning of the third year of year-round Sunday morning programming for children and youth. The summer session which runs from June 20 to Sept. 5 is different from what we offer the rest of the year. It's much more informal. We don't use curricula. Instead, each week, I design activities geared for children ages 3 through about 11 around a theme. Infants and toddlers are cared for by our paid staff. Older children and youth are welcome to help the younger children or to attend the service. We all gather for the "Lemonade Hour" at the back of Emerson Community Hall after the adult service ends.

The number of attendees in summer session has grown these past two years and I'd like to plan for growth this year. I also have some new ideas for how the programming would work. Instead of having just one large classroom for the children, I'd like to use both of the large (air conditioned) upstairs classrooms. We'll all gather in one of the rooms. Then those who would like can come to the second room for a child-oriented worship, with the lighting of the chalice, circle time sharing, songs and stories followed by some activities based on the theme of the worship. The first room will be for free play.

Summer session is a wonderful opportunity for children of different ages to interact. It's a place for children to be while adults attend their service. It offers families the ability to continue their usual Sunday morning schedule and gives new families a chance to visit and learn about Unitarian Universalism and about our con-



## Multiplying FUUSA's pastoral care services

*"Overwhelmingly, we feel that community is one of the greatest benefits and joys of being a member of FUUSA." - from our Strategic Plan.*

Being in community means supporting each other in our sorrows and concerns as well as celebrating our joys. When one of us reaches out to someone else with compassion, both are nourished and the community is strengthened. And, practically speaking, our congregation is just too large for one minister to do all the pastoral care our congregation wants and needs. We do have a wonderful Caring Network willing to drive people to appointments, bring in a covered dish, provide respite care, send cards, etc. They do a great job – but they are not trained to offer lay pastoral support.

This is why Rev. Sam has been working with ministerial intern Chris Antal, President Linda Way, Caring Network Chair Sharon Babala, Director of Religious Education Leah Purcell and Ellis Hospital Chaplain Bobbi Place, to develop a **Pastoral Care**

gregation. It's all good...

...but I can't do it alone. And I'll want to take some Sundays off. I need some adults to help. Parents and those without children at home are invited to volunteer and join the fun. If you plan to attend a few services at FUUSA this summer, please consider helping with the children's program one of those Sundays. Signup sheets are posted in Channing Hall. Or see me if you have more questions.

Thanks and here's to a glorious and revitalizing summer!

Leah  
email: dre@albanyuu.org  
office phone: 463-7135

**Associates** program. Pastoral Care Associates will be trained to offer pastoral listening and emotional support to members and friends of our congregation. This will extend pastoral care to more people **who are not in crisis** than Rev. Sam can counsel. Rev. Sam will continue to offer as much and probably more pastoral care as well as supervise the Pastoral Care Associate team. The goal of this program is to **multiply** the amount of pastoral care our congregation can give to our membership.

The Pastoral Care Associates program will begin providing services in October. Associates will be intensively trained for this role during the month of September. A fuller description of the program, a job description and applications to serve in this role will be available on our web site albanyuu.org and in the FUUSA office beginning Sunday, May 2. Applications need to be submitted by June 7. If you have more questions, please contact Rev. Sam or any of the people listed above.

## Channing Circle

**May 17, 12 noon**

Channing Circle will meet on Monday, May 17 at noon. Please bring a sandwich or salad. Coffee, tea and dessert will be available. Eva Gemmill has graciously stepped in since Mary Applegate is not available to be with us on that day. Eva will provide us with more rich history of FUUSAns of the past. Don't forget to bring your calendars to sign up for summer events. All are welcome.

## Upcoming memorial

Memorial service for **Walter Goodwin**, Saturday, May 15, 2:00 pm, Sanctuary.

# Religious Exploration

## Why do they volunteer?

I just finished reviewing the numbers on our Religious Education program for the Annual Report, (which will be available one line and distributed at the Annual Meeting on May 16). These numbers tell quite a bit about what goes on upstairs and downstairs on Sunday morning. There were 148 children and youth enrolled in the RE program, up from 143 last year, and there were 12 new families. Between 60 and 90 children and youth attend most Sundays. Each semester this year 47 FUUSAns signed up to work in the Sunday school. Most committed to work in teams (for each group of children or youth) leading one session each month and assisting one session each month. Others volunteered to help out once a month. Many were inspired and saw the added benefit of being with their

### Tracie Tilgner:

When I first started getting involved here at FUUSA, I immediately thought that RE was the place for me. I have two young children in the RE program, and having worked as both a daycare provider and high school teacher in the past, I thought it was a perfect fit. And I was right! The time I spend in the classroom with our energetic group of 6 and 7 year olds is always so full of energy, fun and friendship. If you've ever spent a significant amount of time with children in this age range, you know how honest, open and insightful they can be. It warms my heart every week to see how caring and loving they are with each other, and it makes me so proud to be able to help in my small way to help them explore what it means to be a UU. I say I "teach" RE, but really I do more learning than teaching. I'm able to share an exploration of life and spirituality with these amazing little people, and I am honored to have such wonderful "teachers."

### Winston Hagborg:

I have been a member at FUUSA for

groups more often, so on any given Sunday about 27 volunteers were in the classrooms.

Of course these numbers can't tell you why people in our congregation volunteer. I can tell you that I make supporting the volunteers my most important priority, but even that doesn't get at the core of what inspires these volunteers. So I have invited a few of them to share their thoughts with you.

Would you like to explore Unitarian Universalism with children and youth as your co-adventurers? Talk to Leah or one of the Religious Education Council members. Or look for the sign up sheets in Channing Hall. Descriptions of the curriculum will be on FUUSA's website soon.

In faith,



\* \* \* \* \*

the past 20 years. During those years, I have taught almost every year for at least one semester, often most semesters. There are many reasons why I teach. One reason is learning of the UU faith through the eyes and words of children. For example, today in the 5<sup>th</sup> grade we learned about trustworthiness through the story of Mohammad's wife's support in her husband's spiritual vision. This despite the fact she was 15 years older than Mohammad and far more established within their community, and eventually would endure considerable hardship for her support of Mohammad. Later, the class participated in a trust walk, with one student wearing a blind fold while guided by a partner, then and we talked about what it felt to trust that partner "though you were in the dark", not unlike Mohammad's wife. This is pretty typical of our RE lessons, presenting very abstract, complex ideas in down to earth, engaging fashion that we can all understand, through stories, activities, and crafts. In fact, I find I learn about our UU principals in a richer way through teaching them in this fashion to our children. Of course, beyond the

lessons, I enjoy working with and getting to know other adults that are my fellow teachers. Finally, most important for me, is getting to know and appreciate the young people in our community. I find teaching RE is a very special way to be an active part of FUUSA.

### Renee Panetta:

The kids in the Pre-K classroom give of themselves so openly. It's pure, unadulterated enthusiasm along with a healthy dose of amusing stories, many hugs and the occasional construction of building-block versions of Albany (or NYC if they're really into it). After moving up the grade levels with my girls for many years, there was a need for teachers in other grades about 4-5 years ago. I taught in the Senior High program for a year, but then the same need arose for the younger grades. I regressed back to Pre-K and have been there ever since!

In addition to the joy of the children being such a wonderful reward, the ease of teaching this age group is amazing. Leah **always** has a great lesson plan sent via email and the prep time its inconsequential. It's fun; it's creative and it's different every week. Come once a month or weekly to teach; it's so worthwhile.

### Randee Hartz-Beeche:

I have been an RE instructor for the past five years. It should come as no surprise that the best part of this job is working with the kids. They are the unknown variables who make the lesson you've prepared an exciting adventure! It is such fun to listen to their responses, questions, and insights, and share their delight when you've all enjoyed a particular discussion, special guest, or experience. I have found the curriculums interesting, fun, and easy to create lessons with. Leah provides support whenever needed and insures that each grade level has multiple teachers to share responsibilities throughout the year, all of which makes the job a breeze – well, almost! But, why do I really do it? Where else do you have an opportunity to make a difference in the spiritual growth and development of a child? Being an RE teacher is both a privilege and a pleasure – try it and see!

## Social Responsibilities Council

I have just written the Social Responsibilities Council (SRC) annual report and been thinking about what we have done and what we plan to do. The congregation is supportive and generous. The Jr. High Class with Leah Purcell cooked for the homeless shelter; the Sr. High with Jr. High support is hosting a fundraising lunch April 28 to benefit the Rodino family. These young people are to be commended for their social consciousness. Not only is the lunch raising money for a worthy cause, it is sustaining those who are participating in a clean-up of our neighborhood. The

following Sunday, after the SRC meeting at 11:30, many of us will be participating in the CROP Walk and we will be wearing our "Stand Against Racism" shirts. In June we will be displaying our flag in support of the Gay, Lesbian, Bisexual and Transgendered. As Philomena Moriarity in her sermon on sexual violence urged us to "speak out," we need to speak out against all kinds of intolerance and injustice. So keep on standing against racism and standing on the side of love. Meet with SRC Sunday at 11:30 and march with us.—Lois Griffin

### Green Sanctuary

Earth Day will have passed by the time of this newsletter, but continue to recycle, recycle, and recycle. The Green Sanctuary Committee is working on ways to make FUUSA more "green" by contributing some of the funds from our designated fund towards renewable energy. Right now the committee is researching the best way we can do this so look forward to more upcoming news on the subject.

The Green Sanctuary Committee has suggested that FUUSA save paper and energy by reducing the amount of paper newsletters we print and mail by using more electronic methods of communication. The Program Coordinating Council approved the concept at its April meeting. Stay tuned for more information!

The bicycle rack is on its way and it would be great to have a "Bicycle Sunday" when it's ready for use.

### RE Calendar Notes for Spring

Sunday, **May 30** (Memorial Day Weekend): The **last day of Sunday school**

Sunday, **June 6**: **RE Volunteer Recognition** Sunday: The children and youth join the rest of the congregation for the first part of the service to honor our dedicated Religious Education Volunteers, after which the children and youth have special programming in the Sanctuary. Everyone is invited to have ice cream sundaes in Channing Hall following the programming and the end of the adults' service. Volunteers are needed for the making, serving and cleaning up of the sundaes. See the signup sheets in Channing Hall.

Sunday, **June 13**, 10:30 am **at the Saratoga Hilton**: The **four-congregation, multigenerational service**. "Sharing Beloved Community: A Celebration of Unitarian Universalism in the Capital Region" with guest presenter, Rev. Peter Morales, President of the UUA. Childcare for infants, toddlers and pre-schoolers will be available at the nearby UU congregation of Saratoga Springs.

Sunday, **June 20**: **Summer Session** begins and runs through Sept 5.

## FORUM

**May 9, A Visit to Iran** Ted Wright, SUNY emeritus professor of political science and member of FUUSA, recently made a two-week visit to Iran with a delegation from the Fellowship of Reconciliation. He will relate his experiences with the people he met and his impressions of this enigmatic country.

**May 23, The Ever Expanding Universe** Heidi Newberg, Physics Professor at RPI and member of FUUSA, will update us on the latest discoveries of this amazing universe in which we live.

*11:45 a.m. Emerson Community Hall*  
If child care is wanted, please call the church office at 463-7135 by noon Friday before the Forum.

### Late news!

Our ministerial intern Chris Antal has successfully completed the next step on his journey to becoming a UU minister. On April 23rd Chris was granted Candidate Status by the Regional Sub-Committee on Candidacy. This step was a big deal—so when you next see Chris, congratulations are definitely in order!

## **Annual Meeting** Sunday, May 16, 2010

- 10:00-11:00 **Service**  
 11:00-11:45 **Coffee Hour PLUS**  
 11:30-11:45 Parents take children to assigned rooms for **childcare** and sign them in with caregivers  
 11:45 **Annual Meeting** starts in Emerson Community Hall

Families needing child care should reserve space by calling the office at 463-7135 so that we will be prepared with sufficient caregivers and snacks.

Copies of the proposed budget and any resolutions to be presented at the meeting may be picked up in Channing Hall starting May 2, and a Budget Conversation will be held on Tuesday, May 11 at 7:00 pm. Members of the Board of Trustees and the Finance Committee will present the 2010-2011 budget and answer any questions.

Limited absentee ballots available: see information below.

Read about the candidates here—meet them at coffee hour, May 2 & 9.

### **Offices to be elected**

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

### **Contested Elections\*\***

#### **Board of Trustees**

(3 year terms—2 to be elected);

- Dick Dana  
 Donna Doran  
 Linda Hunt  
 Paula Moskowitz

#### **Endowment Trust**

(3-year terms, 2 to be elected)

- Al DeSalvo  
 Bob Franklin  
 Reese Satin  
 Nancy Willie-Schiff

#### **Nominating Committee**

(3-year terms, 2 to be elected)

- Mary Applegate  
 Dawn Dana  
 Kathy Harris  
 Jan McCracken

### **Uncontested**

#### **Religious Education Council** (3-year terms, 4 to be elected)

- Paula Brewer  
 Peter Costello  
 Tracie Tilgner  
 Cathi Wiltsey

#### **Social Responsibilities Council** (3-year terms, 2 to be elected)

- Karen Kaufman  
 Sybil Allyson Stock

\*Ex-officio member of Board of Trustees

\*\*The bylaws call for the Board of Trustees, Endowment Trust, and Nominating Committee to be contested.

### **OFFICERS TO BE ELECTED**

(1 year terms)

#### **PRESIDENT**

##### **Chuck Manning**

I am honored to be asked to serve as the President of FUUSA. I have been an active member for over 35 years. During that time I have served in many capacities including Vice-President, Board of Trustees, Canvass Committee and Canvass Chair, Finance Committee, RE Teacher, Endowment Trust Chair, Architect Committee Chair, Green Sanctuary Committee, and RE Council. This is an exciting and vital time for our congregation as we move forward. My goal for the year will be to work with the Board and the congregation to begin implementing the recommendations of the Strategic Plan. I will be reaching out to many of you to help with this process and I look forward to your support. May we continue the journey to fulfill our Dreams.

#### **VICE-PRESIDENT**

##### **Peggy Sherman**

John and I knew that we had found our religious community when we came here with our 2-year old son Nate in 1984. Our son Will was born the next year, and I remember how grateful I was for the Sunday service as a weekly hour of reflection. As we became more involved, this community helped our sons grow into independent adults and became a source of inspiration, support and challenge in our lives.

In our strategic plan, our congregation has identified ways to make even more of a difference in the lives of our members and in the larger community. As vice president, I intend to work with FUUSA's professional and volunteer leaders to implement those goals - - the hopes and dreams expressed in so many Dream Catchers conversations.

My FUUSA experience includes serving as treasurer, board member, RE teacher, and member of the nominating committee, endowment trust, Readiness Leadership Team and Dream Catchers. My professional career has been in state government financial management. I look forward to serving FUUSA in this new role.

### **Absentee Ballots**

FUUSA's bylaws provide for the use of absentee ballots for elections. They are to be used by members who are home-bound or who will be out of town on the day of the annual meeting, May 16, 2010. Request a ballot from the church office. Ballots will be available from Sunday, May 2 to Friday, May 14. **Completed ballots, sealed in an envelope, must be received in the church office on or before 11:00 AM on Friday, May 14.**



## SECRETARY

### Donna Meixner

I appreciate being asked to serve as the Secretary to the Board of Trustees. When my husband Peter and I first came to FUUSA over twenty years ago, we knew from the beginning we'd found a special community. Over the years, I've been privileged to be involved in a variety of ways within the Congregation. I've served on the Membership, Nominating and Bazaar Committees and as Chair of the Personnel Committee. I was a member of the search committees for the Religious Education Director and the Membership Coordinator. And, one of my favorite involvements has been my time spent with my fellow gardeners tending the FUUSA grounds and organizing and participating in the annual Plant Sale.

Most recently, I was a member of the Dream Catchers Strategic Planning Committee. Serving on the Board would allow me to continue the work the Dream Catchers started. Leadership at FUUSA is ever exciting, fulfilling and challenging. I look forward to having the opportunity to serve in this new role.

## TREASURER

### Dave Metz

Dave Metz currently serves as FUUSA's Treasurer. This also makes him an ex officio member of the Finance Committee and the Endowment Trust. He is also a member of the Choir, the Building Use Committee, and the Buildings and Grounds Committee. He was Project Manager for the construction of Emerson Hall as well as remodeling of the RE Building and Channing Hall. Raised an Episcopalian, he became a Unitarian in 1973 in Ft. Collins, CO, and has been a member of FUUSA since 1979. He has served on the Nominating Committee, Canvass Committee, as Chair of the \$1.4 Million Capital Campaign in 2004 and as Chair of the Endowment Trust. Dave is retired from a career as a telecommunications consultant to higher education and medical centers. Dave and his wife Barb, whom he met at FUUSA, live on their farm in East Greenbush.

## ASSISTANT TREASURER

### Mike Babala

My wife Sharon and I have been involved with FUUSA for the last 15 years. A year and half ago, I retired from the NYS Dept. of Health. In my 26 years there, I held a variety of administrative functions. I also served as a PEF Shop Stewart. Previously, I worked at the VA Medical Center and at another private hospital. My educational background is a MS in Public Health Administration and a BA in Psy-

chology from SUNY Oswego. Now that I am retired, I am available to be of more service to FUUSA. With this in mind, and having many years of experience working with documentation, I welcome the opportunity to do a good job as the next Assistant Treasurer.

## BOARD OF TRUSTEES

(3 year terms—2 to be elected)

### Dick Dana

Since joining FUUSA more than 25 years ago, I have had the opportunity and pleasure to serve in many leadership roles, from chair of the Music Committee and the Personnel Committee, to co-chair of the Book Sale Committee, and a member of the Board of Trustees for several years, including two years as Vice President of the Board. Most recently, I have served as chair of FUUSA's ARISE Core Team and the Refugee Resettlement Project.

Other committees I have served on include Dream Catchers, the Nominating Committee, the Religious Education Council, the Canvass Committee, and several incarnations of the New Building Committee. Now that my role in ARISE is smaller, Dream Catchers has finished its work, and our Iraqi family is moving up and out to family independence, I was very pleased to be asked by the Nominating Committee to run again for Board of Trustees.

### Donna Doran

I am indeed honored to run for a position on the Board of Trustees at 1st UU Albany. It would be my privilege to serve as a trustee.

I have been a member of FUUSA since the mid-1980s. During that time, I served as chair of the Social Responsibilities Council (2006-2009) – a role that included a seat on the Board, I have been on the Canvass Committee, was a Rite of Passage mentor, our family hosted visitors from our Partner Church, and I regularly participate in the Rummage Sales. I am currently chair of the Internship Committee, a member of the Nominating Committee, a member of the St Lawrence District Social Justice Council, and I serve as the SRC representative to the Capital District Alliance for Universal Healthcare. I also had the privilege of attending the UU Leadership Institute in 2007. Through these activities, I have learned a lot about the organizational structure of FUUSA, our district and the UUA – and my appreciation of the kindness, compassion and abilities of our members continues to grow.

On a personal note, my husband Bill and I are 'semi-retired' and live in the town of Scho-dack. We enjoy traveling, puttering and having time to spend together with our friends and family. My former career responsibilities in-

cluded extensive work in healthcare policy and outcomes research with oversight responsibility for major contracts.

I look forward to working toward the continued health of our congregation! Thank you for considering me for election to the Board of Trustees.

### Linda Hunt

I began attending FUUSA services in September, 1991, and joined shortly thereafter. I have taught various RE classes, including Timeless Themes, Popcorn Theology and OWL, and have served as a mentor for the Rite of Passage Program. I will complete my second RE Council term in the spring of 2010, during which term I have used my laptop computer to take and distribute minutes of REC meetings. I also record minutes and submissions to Windows for the Walker Book Club. I am an active member of FUUSA's choir, assist the auction committee, periodically cook for the Change of Time Breakfast and join in the fun performing annual dinner skits. FUUSA has been an important part of my family life with husband Larry Gambino, daughters Lindsey and Lauren and my various guide dogs.

I have worked as an attorney for New York State for nearly thirty years and am a member of the New York State Bar. After attending the University of Michigan Law School and becoming a member of the Michigan Bar, I practiced family law for Michigan Legal Services, specializing in domestic violence cases. My hobbies include cooking and baking, reading, snowshoeing, kayaking and singing. I love FUUSA, people, dogs, chocolate and tea.

### Paula Moskowitz

I started coming to FUUSA approximately 18 years ago and have stayed because my family found a welcoming, active, caring community. Recognizing that our Society works only if and when its members and friends personally invest in the three "P's" listed in the How to Join section of our web site (Presence, Participation and Pledging), I have tried to fulfill all three responsibilities.

In the area of participation, I have taught RE; served on the RE Council; was on the 50/50 Committee (we successfully met our challenge of raising \$50,000 to match a similar donation, so we could buy property where Emerson Community Hall now sits); served on the committee that acted as liaison between FUUSA and the architects developing the plans for our new building; am Co-Chair of Public Relations; serve on the Silver Bay Weekend Committee; am a member of the Program Coordinating Council; and, chair the Gardening Committee. Over the years, I have

**Candidates, continued next page**

### **Candidates, continued**

also ushered; greeted; served as coffee hour host; helped sort rummage; assisted with receptions; dug, donated and helped at the plant sale; cooked homeless shelter dinners; and donated and helped with the Holiday Bazaar.

I believe the breadth of my volunteer and professional experience enables me to understand and appreciate the range of perspectives that the Board must take into consideration as decisions and policies are made.

### **RELIGIOUS EDUCATION COUNCIL**

--Chair (1 year term)

#### **Molly Daniels**

I have been a member of FUUSA for 8 years along with my husband, Mark Daniels. I am a lifelong UU - attending different congregations in the different states I have lived. I was an RE Youth Representative at River Road Unitarian Church as a teen. Then as an adult, I was the Youth Group Advisor at the Unitarian Universalist Society of Middleboro, then on the RE Committee there. I am a parent of two youngsters (4, and 7) who attend RE here at FUUSA. I have taught in the 2 year old room, first grade, second grade, and I am currently the Chair of the RE Council and looking to serve another year. I have previously served as a RE Council member for two years and I was honored to be able to serve on the Dream Catchers Committee.

### **RELIGIOUS EDUCATION COUNCIL**

(3 year term unless specified)

#### **Paula Brewer**

I came to FUUSA when I first moved to Albany in 1992. My attendance and activity in the church increased after the birth of my daughter in 1996. Since that time I have been active in the religious education program as a teacher and serving on REC under the previous DRE. I also coordinated the parent potluck get togethers. Currently, I am an advisor for the senior high youth group as well as a canvasser for this year.

My spouse, Richard, recently joined the congregation and my 13 year old daughter, Anna, is in the 8/9 th grade RE class.

#### **Peter Costello**

I am honored to be asked to serve on the Religious Education Council. My wife, Morgan, and I began attending FUUSA in 2004 when we moved to Albany from Colorado (for me, a return home). In February of this year I was asked to complete the term of an open

RE Council seat and have found the group to be vibrant, thoughtful advocates for the education of FUUSA's children. I have also been assisting in the 8th and 9th grade classroom this semester so that I can contribute and gain perspective from both sides of the RE Program. Morgan teaches in the Pre-K classroom and our children, Ronan, age 6, and Conor, age 4, regularly attend RE classes. As with many families at FUUSA, we value the RE Program as a way to together explore and develop meaning, ethics and our human spirit. I look forward to continuing to support the thriving RE Program through service on the RE Council.

Outside of FUUSA, I work as an attorney for the NYS Energy Research and Development Authority ("NYSERDA"), assisting programs for the research and development of renewable energy and energy efficiency technologies.

#### **Tracie Tilgner**

My name is Tracie Tilgner. I have been attending FUUSA for over three years now with my husband, Mark, and our daughters, both of whom are enrolled in RE classes.

When I first came to FUUSA, it was with a desire to find a sense of community and a spiritual home for my family. Prior to having my children, I was a teacher, and I have always had a love of working with children. When I began teaching RE two years ago, I realized how important it was to help children explore and enrich their spirits in a warm safe environment. I have tried to expand my involvement with the RE program, and the greater FUUSA community, through participating in additional events such as the RE Halloween party and the CROP Walk. I would very much like to continue to support the FUUSA RE community through service on the RE council. Thank you for your consideration.

#### **Cathi Wiltsey**

My family and I relocated to the Albany area just over 2 years ago, when my husband accepted a position at Albany Medical Center. I was, at the time, a stay at home mom to our daughter. I have since gone back to work teaching math and science part time. While living on Long Island, I discovered UUFSSB (Unitarian Universalist Fellowship at Stonybrook). It was, to me, fantastic. It offered me a (for lack of a better way of saying) 'religious' community that fit. A place to believe what I feel to be true and to share and learn from like minded people. What better place is there to introduce and expose my daughter to varied beliefs so she can someday make her own educated decision as what she holds true? When we moved, I was anxious to find a simi-

lar community and happily I have here are FUUSA. I'm excited to be getting involved with the religious education council. Having a child just starting the program, I am very invested in making it run as well as it can.

### **SOCIAL RESPONSIBILITIES**

**COUNCIL—Chair (1 year term)**

#### **Lois Griffin**

I have been chair of SRC for a year and have found it interesting and challenging. There are so many opportunities to do positive work. My interest in good government led me to the Unitarian Church. When I was a member of the League of Women Voters in Broome County, I was searching for a spiritual home, and so I asked those intelligent, dynamic Leaguers where they went. And Lo and Behold many of them attended the Unitarian church in Binghamton.

So after my divorce and my 2 daughters went off to college, I moved to Albany as a VISTA volunteer and started attending FUUSA. But it wasn't until after my retirement as a high school English teacher that I really became active serving on the SRC committee, Green Sanctuary, and in other volunteer capacities.

Besides my commitment to FUUSA, I am on the board of the League of Women Voters. Other fun things I do include playing tennis, playing bridge, enjoying good movies, plays, and music, reading and discussing books, and, of course, just socializing.

### **SOCIAL RESPONSIBILITIES**

**COUNCIL (3 year terms unless specified)**

#### **Karen Kaufman**

About three years ago, I found my spiritual home at FUUSA, and I became a member in December 2008. I immediately became involved in SRC, because "giving back" is one of the core values that brought me to FUUSA. I have enjoyed the experience and been impressed with the dedication and enthusiasm of the folks who participate in SRC and would be honored to become an elected member and make a further contribution to SRC's great work.

Personally, I'm a lawyer and lifelong public servant with a morbid fascination with state politics. I practice yoga and meditation, love outdoor activities, and live with my beloved Welsh Corgi, Ruby, in an old farmhouse on three acres in semi-rural Rensselaer County.

#### **Sybil Allyson Stock**

I first came to FUUSA in the fall of 2007,

drawn by the interesting forum topics I saw listed in the newspaper calendar and by the enthusiastic recommendation by a friend's aunt for Unitarianism. I was pleased and impressed by the welcoming ways of the members of this congregation, who enabled me to feel at home right from the start.

For these past three years, I have attended many SRC meetings without being a voting member, bringing attention to peace-related activities taking place in the community; have performed music at the Oriel Coffeehouses twice, and plan to do so again this spring; was thrilled to be invited by Larry Gambino to provide the music for last September's service on Labor, brought Hanukah songs to both the regular and children's services on that theme, and am looking forward to performing and leading songs for the upcoming Earth Day related service.

Outside of FUUSA, I'm the single mom of a teenage daughter who I adopted from Paraguay. Professionally, I work as a holistically-oriented physician/psychiatrist and psychotherapist, with a private practice in Slingerlands and Saratoga Springs. I am also a folk-singer and songwriter, specializing in socially conscious music that I perform in cafes and at political and music events. I'm a member of Women Against War, and have helped to organize (and obtain SRC co-sponsorship for) a Peace and Sustainability Conference and several presentations on Afghanistan, that all took place at FUUSA. I'm honored that I was invited to be on the slate for an elected seat on SRC, and hope to serve our congregation by continuing to focus on working on peace and justice issues, and bringing them to the attention of our members.

## **ENDOWMENT TRUST**

(3-year terms, 2 to be elected)

### **Al DeSalvo**

I joined FUUSA in 1987 and I have been an active member from the beginning including previous terms on the Endowment Trust as well as serving as Chair. I am well versed in financial analysis and investment and believe my previous experience with the Endowment Trust will serve the congregation well as we move into our post-expansion future. I thank the Nominating Committee for approaching me and consider it an honor to serve our community in this capacity.

I began my volunteer work at FUUSA preparing the basement classrooms for the new 'church year' and helping with the rummage sale. I have also been a 3-year President of the congregation during the planning and execution of our expansion program. I served two separate terms as Vice-President, and mem-

ber of the Board of Trustees.

I have also been a committee member and actively involved with the Canvass, the Capital Campaign, auction, annual dinner, long range planning, forum, building use, property management to name a few. Presently, I am working with our region-wide "UU Metro group" that is developing a plan for raising the awareness and expansion of Unitarian Universalism in the Capital Region. I am also on the building use committee and one of the head ushers for Sunday services. I enjoy ushering, being service leader, coffee hour host and undertaking other special projects.

### **Bob Franklin**

I have been a member of FUUSA since 1988, and would be pleased to serve as a member of the Endowment Trust, if elected. In years past, I have been a member of the Board of Trustees, served on and was chair of the Membership Committee and was a member of the RE Council. My wife, Carolyn and I have taught in the pre-K class for a number of years. Currently, I am a member of Arts and Aesthetics, the Annual Dinner and the Silver Bay Weekend Committees. The long-term financial health of FUUSA is a vital concern for us all. Managing our resources in these uncertain times will require effort and time. I would welcome the opportunity to share this responsibility as a member of the Endowment Trust.

### **Reese Satin**

I've been at FUUSA since 1989. I've served in a number of leadership roles, been a major event chair, done fundraising and long-range planning. My financial work at FUUSA has been as Treasurer, Finance Committee member and arranging and monitoring the financing of the building expansion. Currently, I'm completing my third year as an Endowment Trust Trustee and second year as Trust Chair.

I believe an organization's real values are expressed in how it uses its financial resources. If re-elected to the Endowment Trust, I would continue to work to conserve and grow FUUSA's endowment and direct funding to those projects and programs consistent with the Society's bylaws, mission and core values.

### **Nancy Willie-Schiff**

I am honored to be a candidate for a second term as a member of the Endowment Trust, a valuable asset for our Society and its future that deserves support from all of us. Over the nearly 30 years that I have been a member of FUUSA, I have served on many committees and groups, including the Mission Statement Committee, multiple long range planning committees, the Board of Trustees, the Committee

on Professional Ministry, and the Finance Committee, which I chaired for many years. It is always a pleasure to work with other FUUSAns to advance the mission and goals of our congregation and I would welcome the opportunity to serve once again

## **NOMINATING COMMITTEE**

3 year terms—2 to be elected)

### **Mary Applegate**

Hello! My name is Mary Applegate, and I am running for a position on the Nominating Committee. I have been a Unitarian Universalist since 1976 (in four very different congregations), a FUUSA member for about ten years, and a member of the Membership Committee ever since joining FUUSA. In the lead-up to the opening of Emerson Hall, I served as a member of the Readiness Leadership Team, helping to think through what we needed to do to prepare for this new phase in our congregational life. These and other FUUSA activities have allowed me to get to know a wide array of new and long-standing FUUSA members, which will be a valuable asset for serving on the Nominating Committee.

In my life outside of FUUSA, I am the associate dean at the UAlbany School of Public Health and a long-time public health physician. Through my work in public health, I have a strong commitment to social justice and extensive experience working with diverse groups of individuals to accomplish collective goals.

### **Dawn Dana**

I would welcome the opportunity to serve on the Nominating Committee and to assist in identifying and encouraging leadership capabilities throughout our congregation. I have been a FUUSA regular since the early 1990s. I am currently completing a term on the Board of Trustees and serve on the Finance, Personnel and Canvass Committees. Past roles have included Assistant Treasurer, Volunteer Coordinator, and RE teacher. I am excited to be participating in the Choir tour of Eastern Europe this summer. My husband Dick and I have two young adult children. In my day job, I am Program Director at Novus Engineering.

### **Katharine Harris**

I first came to FUUSA in the spring of 1999, just as Davidson Loehr was telling his stories. I immediately joined the choir and was asked to be the chair of the Music Committee soon thereafter. In that capacity the Music Committee/Choir has arranged many concerts including in the 2009-2010 season: GB5, John and  
**Candidates, continued next page**

### **Candidates, continued**

Barb Metz, Karaoke Night, Vocalis, Findley Cockrell and Buck2Fifty.

I signed the membership book in 2000. I have been in the Annual Dinner skit for most of my years with FUUSA. I was asked to be the Sunday Volunteer Coordinator in 2003 and served in that capacity for four years. In 2007 I was elected to the Assistant Treasurer position and have served the allowable 3 terms.

I also serve on the Green Sanctuary Committee, work on the Rummage Sales and the Auction, often serve as head usher when the choir is not singing, work in the kitchen for receptions, the Bazaar and the Auction, and, with many others, is one of the last to leave the building after events.

### **Jan McCracken**

I've enjoyed being on the Board of Trustees and the Executive Committee while serving as Secretary for the past three years. I grew up in this congregation and have been an active adult member since 1994. The nominating committee is instrumental in identifying who among us is ready to fill a variety of positions to get our good work done, maintain our vitality, and forge new pathways into our future. This committee may even be looking to reinvent itself during this exciting time as our strategic plan is implemented. If elected, I hope to play an active role in encouraging, enticing, and developing FUUSA members to become leaders with vision and strong helping hands.

### **Spirituality Book Club**

**May 23, 12 PM**

The Next Spirituality Book Club is scheduled for May 23, 12 PM after service. The book is Loving-Kindness by Sharon Salzberg. In this book the author shows how we might cultivate loving kindness: a path for opening the heart, creating inner well-being and healing ourselves and others. Salzberg is a spiritual teacher and one of the founders of the Insight Meditation Society in Barre, Massachusetts

### **Walker Book Club**

**May 9, 5:30 PM**

The next meeting of the Walker book club is Sunday, May 9. The meeting commences with a potluck supper at 5:30 PM at Lisa Walker's, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are

Join us!  
Come and Enjoy  
an Evening of Poetry and Music

# ORIEL COFFEEHOUSE

6:30 pm

Friday, May 14

Emerson Community Hall

Participate by  
Sharing your musical or poetic talents

OR

Volunteer to serve as a Barista, set-up or take-down crew  
or donate a Dessert

**Admission: Free**

Soups and bread and dessert will be available for purchase.

Please contact the committee at [oriel-submission@albanyuu.org](mailto:oriel-submission@albanyuu.org)  
or call Irene Saulsbery.

always welcome.

Dates and books currently scheduled:

- May 9: *To the Lighthouse* by Virginia Woolf.
- June 13: Short Stories :Uncle Wigley in Connecticut by J. D. Salinger. Foster by Clare Keegan

### **A Gathering of Humanists**

We have completed our gatherings for the 2009-2010 FUUSA year. However, we look forward to resuming activities in the Fall 2010. This gathering is intended to complement the programs at and mission of FUUSA. So, if you are interested in secular or religious humanism, and want to be included in the communications and programming of the Gath-

ering of Humanists, please contact Don Odell to be added to the FUUSA e-list.

### **Parents of Teens Group**

**May 23, 12 PM**

The Parents of Teens Group will meet Sunday, May 23 at 12:30 PM, the same time as the Junior Youth Group. Our topic will be suicide, cutting and other self-destructive behavior. All parents of teens are welcome. For more information contact Dick Brewer.

## How do you want to get your FUUSA news?

We open this topic inspired by the Green Sanctuary Committee to reduce the printing and mailing of paper newsletters. And at first the solution seemed obvious—make an improved 'easy to read on screen' newsletter and distribute it by email as a pdf and print paper copies for those who don't use email. But we got to thinking—there are so many other ways to communicate these days, we'd better do a little homework first. (Please note—I don't even know the names of all the new technologies—but I heard a string of about 20 of them at District Assembly last weekend!)

This is a good time to do this. One of the goals in our strategic plan is: To foster a congregational culture

of service, where members are encouraged and supported in contributing their "time, talent and treasure" to the work of the community. And the two objectives listed under that goal are:

- ◆ Use new technologies where appropriate to enhance people's opportunity to connect and get involved.
- ◆ Improve methods of "getting the word out" so that people are better able to make decisions about what they can do to participate and support the work of FUUSA.

So let's start by asking ourselves "How do I want to get my FUUSA news?"

I would like to hear from you with your thoughts on these topics:

- ◆ Method "What technology(ies)—new or old—works best for you?"

◆ Content "What type of information do you want in our publications?"

◆ Frequency "How often do you want to receive news and information on FUUSA programs in order to participate fully?"

This is just the beginning of the conversation, and I look forward to the process of formulating a communication plan that works for ALL our members and friends. Please feel free to contact me at the church office (Monday-Friday, usually 9:00-5:00) 463-7135 or by email [administrator@albanyuu.org](mailto:administrator@albanyuu.org). Remember, please, to not interrupt the Sunday morning welcoming of guests by trying to start a conversation with me on this topic at the Welcome table! I am looking forward to hearing from you.-Amy Lent

## UU Weekend sign-up

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

You may think it's early to sign up for "*a Soft Place for Unitarian Universalists to Fall*"-- our UU Weekend at Silver Bay--a wonderful community-building event. In fact, the weekend held at the Silver Bay Resort on beautiful Lake George isn't until October 15-17, but did you realize that one criterion that determines your room assignment is the date you signed up and paid your deposit?

This year, our 17<sup>th</sup>, will feature Rev. John Corrado (a former and well-loved FUUSA minister) as our Jeanne Blank Memorial speaker. This is also the best time to reserve your spot to present that program/workshop you've always wanted to lead, be it a yoga or other movement class, a stimulating humanist or political discussion, a music based program, a hike, or any of many possible other fun and/or educational programs. Wonderful activities will also be offered for the kids.

It is at this multi-UU congregation weekend that you may well meet new friends and deepen your connection to our beloved community. You can sign up in Channing Hall on Sundays starting on May 2, before or after the service. Sign up to attend, and hopefully to volunteer, to help this weekend continue its fun-filled successful tradition!

## *Beltaine.....Maypole!*

**12:45, May 2, at 6 Mile Waterworks**

*Celebrate the season of Spring with the time honored tradition of a Maypole dance.*

Join FUUSA's Earth Spirits for their annual Beltaine celebration. We will gather at 6 Mile Waterworks at 12:45 on Sunday, May 2. The Maypole will begin at 1:00. Afterwards, there will be a potluck lunch. In order to leave only our footprints on the earth, we will ask you to bring your own table setting and beverage. Also bring drums, rattles and other noisemakers. Let's have fun and raise a lot of noise and energy! Children welcome.

"Cause summer is a-cummin' in and winter's gone away-O!"

Six-Mile Waterworks is shown on maps as Lake Rensselaer Park. See flyer posted in Channing Hall for directions.

## St. Lawrence District election results

### Board Of Trustees 2010-2011

President: Karen Palmer  
 Vice-President: David Munro  
 Secretary: Nancy Reed  
 Rev. Frances Manly  
 Katie Replogle  
 Bill Parke  
 Youth Representative: Tyler Dewey

### UUA Trustee:

David Friedman

### Nominating Committee 2010-2011

Karen West  
 Robb Smith  
 Rev. Lynn Ashley  
 Jan Gartner

### Deep, dark secret!

Sometimes, just occasionally, I go to introduce someone--whom I've known here at FUUSA for years--to a newcomer, and I forget *their* name!

Sound familiar? Ever happened to you?

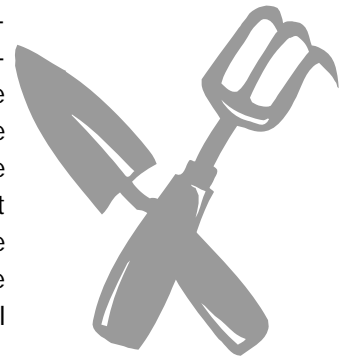
Think about being the newcomer—and the awesome task of learning names when everyone is new.

Don't keep your name a secret—wear your nametag! If you don't have one, you can have one made for you: sign up for a nametag at the Sign Up Site in Channing Hall.

## Dig 'em!

As you are cleaning out your gardens this spring, take those extra perennial plants and small bushes--the plants that don't like your soil, the ones that have gotten too big, the ones you no longer like, any that just need to be separated and given more space--and pot them up for the FUUSA Plant Sale. The plant sale will be Saturday, May 29, from 9:00 a.m.

to 2:00 p.m. Once you have plants potted, or if you need pots, call Barb Manning for drop off times..If you need help digging and potting, call Donna Meixner.



## Think...Fall?

# UU Weekend at Silver Bay

## Oct. 15-17, 2010

*Sign up on Sundays in Channing Hall.*

### Sunday Volunteers

*Sign up in Channing Hall at the Sign Up Site.*

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
May 2	A. DeSalvo	G. Kleinberger, M. Joyner, J. Semon	M. Myers	B&D Campano	
May 9	D. Odell	J. Lomoe	A. DeSalvo L. Gambino	D&R Blanchard	
May 16	D. Dana	A. Patti	R. Fogarty M. Bell		
May 23			L&K Barron		
May 30					

## Can Can with the Choir!



Please bring your (clean) returnable beverage containers—or receipts for those you've already returned—to support the FUUSA Choir's tour of Eastern Europe.

There is a container in the coatroom for bottles and cans, and an envelope for receipts.

## Events Happening Every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary
10:00 AM	Service	Emerson
10:00 AM	Children's Chapel (1st Sunday/mo.)	Sanctuary
10:00 AM	Religious Education	Classrooms
11:00 AM	Coffee Hour	Channing, Emerson

Exceptions:

## Events Happening Every Week in the Month of May

Mondays	10:30 AM	Pre-School Playgroup	Wash. Pk. or 23
Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8
Wednesdays	10:00 AM	Projects & Quilts	B-8
	10:30 AM	Playgroup	24/25
	7:00 PM	Choir Rehearsal	Emerson

Exceptions:

## All Other Events Happening in the Month of May

<b>1-May Saturday</b>	8:00 AM	Jr Youth Group Sleepover	Channing, Kitchen
<b>2-May Sunday</b>	11:30 AM	Social Responsibilities	tba
	11:45 AM	Crop Walk Lunch	Channing, Kitchen
	12:00 PM	Rummage Sale Setup	Emerson (all week)
<b>3-May Monday</b>	6:15 PM	Religious Education Council	Channing, Kitchen
<b>4-May Tuesday</b>	1:00 PM	Gardening workday	gardens
	7:00 PM	Beauty of Needs Group	B-7
<b>5-May Wednesday</b>	10:30 AM	Playgroup	24/25
<b>7-May Friday</b>	9:00 AM	Rummage Sale	Emerson
<b>8-May Saturday</b>	9:00 AM	Rummage Sale	Emerson
<b>9-May Sunday</b>	11:30 AM	Forum	Emerson
	11:45 AM	Green Sanctuary Committee	B-7
	1:00 PM	Junior Youth Group	B-8
	1:00 PM	Parents of Teens Support Group	Channing
	6:00 PM	War Healing Circle	Emerson
<b>10-May Monday</b>	7:30 PM	Monday Men	B-8
<b>11-May Tuesday</b>	7:00 PM	Budget discussion	Emerson alcove
	7:00 PM	Green Sanctuary/350	B-8
<b>12-May Wednesday</b>	10:30 AM	Playgroup	24/25
	7:00 PM	Beauty of Needs Group	B-7
<b>13-May Thursday</b>	6:00 PM	Coalition to Prevent Violence/SRC	26
	7:00 PM	Board of Trustees	B-8

<b>14-May Friday</b>	9:00 AM	Oriel Coffeehouse setup	Emerson
	1:00 PM	Oriel Coffeehouse cooking	Kitchen, Channing
	6:00 PM	Oriel Coffeehouse	Emerson (time approx.)
<b>15-May Saturday</b>	2:00 PM	Walter Goodwin Memorial	Sanctuary, Channing
	7:00 PM	Dances of Universal Peace	Channing
<b>16-May Sunday</b>	11:45 AM	Annual Meeting	Emerson
	11:45 AM	Annual Meeting Childcare	24/25
<b>17-May Monday</b>	12:00 PM	Channing Circle	Channing, Kitchen
<b>18-May Tuesday</b>	7:00 PM	Soul Matters-Sherman/Way	Stott/Joy Library
	7:00 PM	Beauty of Needs Group	B-7
<b>19-May Wednesday</b>	10:30 AM	Playgroup	24/25
	3:00 PM	Soul Matters-Johnson	B-8
<b>23-May Sunday</b>	11:00 AM	Reception - Chris Antal	Channing, Kitchen
	11:30 AM	Forum	Emerson
	12:00 PM	Spirituality Book Club	B-7
	1:00 PM	Soul Collage Auction Workshop	B-8
	5:00 PM	Cancer Support Group	B-8
	6:00 PM	War Healing Circle	Emerson
<b>24-May Monday</b>	7:30 PM	Monday Men	B-8
<b>26-May Wednesday</b>	10:30 AM	Playgroup	24/25
	7:00 PM	Beauty of Needs Group	B-7
<b>27-May Thursday</b>	6:30 PM	Finance Committee	B-8
<b>29-May Saturday</b>	9:00 AM	FUUSA Plant Sale	18 Salisbury Rd Delmar

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**First Unitarian Universalist Society of Albany**

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www.albanyuu.org

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RETURN SERVICE REQUESTED



**May 2 is Rummage Kick Off!**

Starting AFTER the service on Sunday, May 2  
you may start bringing in donations. And then  
stay to help clear out Emerson Hall—Please!

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## *Sunday Services*

*SERVICE is at 10:00 a.m.*

Religious education classes for children are held from 10:00-11:20: the Nursery opens at 9:45.

**May 2** “Building the World We Dream About,” Rev. Sam Trumbore

For twelve weeks, twenty or so members and friends of our congregation have explored what factors might encourage greater diversity in our membership. We have examined the internal prejudice that can interfere with welcoming that diversity. We’re discovering building the world we dream about requires raising our personal awareness to these often unrecognized internal barriers. Come celebrate our progress and consider joining us in this work.

**May 9** “This I Believe”

As Unitarian Universalists, we honor the voices of members of our congregation in their individual search for truth and meaning. This service provides an opportunity to hear the personal reflections on life from FUUSAns Mark Yolles, Reese Satin and Patti Jo Newell. Music: Choir

**May 16** “Deeds NOT Creeds,” Rev. Sam Trumbore

As this is the day of our Annual Meeting, let us return to the core values of our congregation. The statement that “you can believe anything you want and be a Unitarian Universalist” is false. Wide as our range of beliefs are, our core values narrow the beliefs that are acceptable within our walls. One of our highest values is our commitment to action.

**May 23** “Singing Out Our Values,” Rev. Sam Trumbore

In a month, our FUUSA choir will be packing for their trip to Eastern Europe. This service will feature some of the songs they will be singing in their concerts that highlight the values of our congregation and Unitarian Universalism. Whether their hearers are Unitarians or not, English speakers or not, the universal language of music will touch their hearts. Come this Sunday and feel the love. Music: Choir

**May 30** “Interfaith in Action: The Four Chaplains,” Chris Antal

This Memorial Day we will share a ritual to honor those in our collective memory who died in military service and recall the uplifting story of “the immortal four chaplains” who gave their lives in World War II living out the charge of the Army Chaplain Corps: Courageous in Spirit, Compassionate in Service. Music: Choir

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