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as well as children's
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tor@fuusalbany.org).

Windows

Newsletter of the First Unitarian Universalist Society of Albany

Union Thanksgiving Service

Tuesday, November 24, 2009 at 7:30 p.m.

Westminster Presbyterian Church

262 State Street, (parking at 85 Chestnut).

For over seventy-five years, Temple Beth Emeth, Trinity Methodist Church, Westminster Presbyterian Church and the First Unitarian Universalist Society of Albany have gathered for a Thanksgiving service. All are welcome to attend. Non-perishable donations to the FOCUS food pantry will be accepted. The theme speaker this year is Carolyn McLaughlin, Albany Councilwoman to the 2nd Ward, and Democratic Candidate for the Presidency of the Common Council. (Joint choir performing: choir rehearsal at 7:00 p.m.)

Vol. '09-'10, Issue 3
November 2009

Minister

Rev. Sam Trumbore

President

Linda Way

Intern Minister

Chris Antal

Church Administrator

Amy Lent

Director of Religious Education

Leah Purcell

Religious Education

Director Emerita

Ann D'Attilio

Music Director

Matt Edwards

Membership Coordinator

Lynne Lekakis

Administrative Assistant/Sexton

David Stone

Custodian

Olga Oja

Sam's Outlook

To be born or not to be born: that is the question

On Columbus Day, I did a memorial service for Annie, a 57-year-old unwanted child with Down syndrome. Linda, her younger sister, called me and asked if I'd be willing to do the service. The two of them were unwanted by their mother who had them out of wedlock, later in life, after having a large family. A saintly couple was willing to take in the two girls and raise them. Then the adoptive father died when the girls were still young. Annie's care occupied the adoptive mother who didn't know how or didn't have the energy or time to help Linda through her grief. Linda began acting out and getting into trouble, finding herself pregnant at an early age. She had four children. She also has grand children and now a couple of great grandchildren.

I wondered if either Annie or Linda would have entered the world with today's reproductive options for women. I participated in a training the week before organized by Upper Hudson Planned Parenthood and led by a UCC minister from the Religious Coalition for Reproductive Choice (rcrc.org). We learned about all the options available to pregnant women who either do

not wish to carry the child to term or do not wish to be the primary parent for the child. There are a number of options besides abortion, such as open adoption or adoption by a family member that allow the mother to have a relationship with her child without the responsibility of being the primary caregiver.

Genetic testing is complicating a parent's ability to decide whether to bring a pregnancy to term. Down syndrome is one condition we've known how to detect for a long time due to obvious genetic abnormalities. The more we know about markers for genetic diseases, the more things we can test for. This is particularly true for in vitro fertilization. The embryos can be screened before they are implanted. We have tests for cystic fibrosis, Duchenne's muscular dystrophy, hemophilia, thalassemia, sickle cell anemia and Tay-Sachs disease among others. Many more are likely to be on the way as we discover the genetics of inherited diseases.

People with disabilities are very concerned about the message these screenings
Sam's Outlook, continued on pg. 3

Publication deadlines

Nov. *Update*: Nov. 2

Dec. *Windows*: Nov. 16

From the President

A personal reflection:

*"When a just man dies
Lamentation and praise
Sorrow and joy, are one."*

These words by W.H. Auden ("Elegy for JFK") came to mind recently at the death of the last Kennedy brother, Senator Ted Kennedy, and have echoed sorrowfully since. For me they capture much of the paradox of life, love, and loss; a paradox which also means that as our circles of caring and community grow, so, too, do the occasions of our grief and loss.

Whether the man or woman is a public figure we admire and respect, a friend with whom we have shared deeply, or a family member we love, death asks us both to celebrate life and mourn death - and we feel in our hearts both gratitude and grief at the miracle and mystery of life itself.

Three recent deaths, Senator Kennedy, the Reverend Dr. Forrest Church, and our own Ursula Poland, have reminded me of these truths, each in its own way. Three recent deaths of persons I admired who have had a great influence on our nation, our denomination, and our congregation respectively. I never met Senator Kennedy personally, I only met Rev. Forrest Church briefly, but, like many of us, I was privileged to know Ursula Poland quite well. Each of us, I know, carries many, many more names in our hearts - names of loved ones we have lost and others who may be ill or suffering. We rejoice at their presence in our lives, mourn when that presence is threatened or gone, and, on reflection, feel both awed and humbled at the difference one life can make.

For me, FUUSA helps. It helps in matters of life and death, in times of fear and doubt, in finding meaning in our lives. FUUSA give me ideals and

role models, courage and inspiration - and incredible companions along the way. Ursula Poland was one of these role models and one of these companions. She was a very special woman - a woman of endless compassion, tremendous courage, and great wisdom. We will all miss her.

Turning to congregational news - change at the welcome table: As many of you know, Lynne Lekakis, who has so ably served as FUUSA's first Membership Coordinator since this part time position was established in 2007, is moving on to new ventures. Although she will still be doing many things at FUUSA, she has decided to step down as Membership Coordinator. Lynne and the Membership Committee have set a high bar for greeting and welcoming guests and visitors and for celebrating and orienting new members. Their success is visible in the steady growth we are seeing in both visitors and membership - and we are grateful!

In recognition of the fact that a review of staffing may be part of our forthcoming strategic plan, it was decided not to replace Lynne immediately. Rather, for the rest of this fiscal year our own Amy Lent will be taking on a major part of the membership coordinator responsibilities. Administrative duties have been slightly rearranged, and both Chris Antal (our part time interim minister) and the Membership Committee have stepped up to make this transition workable. So...when you see Amy Lent on Sunday mornings, please remember that she is not wearing her administrator's hat; rather her focus will be on greeting and welcoming guests and visitors! In Amy's own words, for other church business on Sundays her answer remains, "please call me on Monday."

Our dreams have become a plan! Sixteen months ago, in June, 2008, we began a "Holy Conversation" to define our mission and envision our future. Enlivened and energized by the success of our new building, the strategic planning committee asked the congregation to engage in a bold exploration of our collective goals. The committee, chaired by Peg Sherman, adopted the name Dream Catchers - and for the past year the committee has sought your ideas, listened to and heard your longings, and worked to incorporate what has been heard into a comprehensive and visionary congregational plan. This draft plan was presented to the Board of Trustees in October and was unanimously accepted by the Board with great enthusiasm and gratitude! You will be receiving a mailing this week which includes a copy of the plan and outlines the steps for final review by the congregation. This review will include a series of small group conversations in November and a congregational meeting in early December. I hope you will agree that by building upon that which we have, honoring that which we cherish, and directing us towards our collective dreams, this plan outlines an exciting vision for our beloved community. Thank you Dream Catchers!

Linda



The Dream Catchers will outline the proposed **FUUSA Strategic Plan on Sunday, November 1 at 11:45 a.m.** A light lunch will be available. This is the first of three opportunities to discuss the plan, before the congregation is asked to affirm it at a meeting on Sunday, December 6.



HOLIDAY BAZAAR & CAFÉ

Saturday, Nov. 14, 9:00 AM – 4:00 PM

Sunday, Nov. 15, 11:00 AM – 3:00 PM
Emerson Community Hall

PARKING AVAILABLE at UAlbany's Hawley Lot at Washington Ave. and Robin St.

<i>Fine Arts</i>	<i>Sauces, Candy</i>
<i>Wreaths</i>	<i>Cookies, Breads &</i>
<i>Baskets</i>	<i>Pies for the holidays</i>
<i>Ornaments</i>	<i>Candles</i>
<i>Wood Crafts</i>	<i>Stained Glass</i>
<i>Gifts</i>	<i>Pottery</i>
<i>Needlework</i>	<i>Jewelry</i>
<i>Jams & Jellies</i>	

Come, have lunch and shop!
Soups, quiche, desserts & more!

Café will be open both days.

Circle dinner time again!

Join us December 5 for the start of this year's circle dinners! A circle dinner is a small gathering of FUUSAns at homes throughout the area to give folks a chance to share a meal organized by a host and have some enjoyable social time. It's a chance to meet someone new and to break our ever-growing congregation into smaller groups. We restarted circle dinners in the spring and had a very successful experience.

Sign up sheets will be in your order of service soon and on the wall in Channing Hall. It is easiest for us if you fill out a sheet instead of calling or e-mailing. Deadline for sign up is November 22. You can sign up as a host or guest.

We will notify the hosts by November 29 who their guests will be and then the hosts will notify their guests immediately after where they will be going for dinner and what they will be expected to bring. Come join us! -- Ann Lapinski and Andrea Smith

Sam's Outlook, cont. from pg. 1

are sending to parents who discover the woman is carrying a fetus with a birth defect. Advocates for the disabled fear parents-to-be may not have the total picture. They may underestimate the quality of life a disabled child can have as well as the satisfaction they may have parenting one.

Annie had a long, mostly happy life for someone with Down syndrome. She lived with her adoptive mother until her death about twelve years ago. Unlike the stereotype of the mentally retarded, Annie loved learning. She could read some and did a little writing, mostly copying words out of books. She liked coloring, crossword puzzles and find-a-word in the newspaper. Another kind of puzzle she liked and was skilled in doing had a thousand pieces. She participated in the first New York Special Olympics and took first place in the 300 yard dash. Another physical activity she enjoyed was dancing to Rock and Roll music, doing the twist and the swim to artists like Fats Domino.

One of the most memorable enthusiasms of Annie's life was work. She was a hard worker who deeply enjoyed the routine of going to work each day. In the sheltered industrial work she did, she was high functioning and productive. Annie was exceedingly proud she could earn a paycheck and contribute to the household income.

So should Annie have been born? As I watched her sister and step-brother sobbing and shedding many tears during the memorial service, I could feel their love for Annie. Yet would Linda have had a better life had her sister not been born? Would her mother have brought her into the world at all? Does technology really help in a case like this?

Rev. Sam

New photo directory in the works

Sunday, Nov. 1 is the last day to sign up for a photo appointment. Look for the sign-up table in Channing Hall **before** and **after** services. Appointments are between the hours of 3:00 and 9:20 p.m. **You must sign up in advance, please**

If you have questions, please contact Kathy Hodges.

Parents of Teens Group

Parents Of Teens Group will meet at FUUSA on Sunday, Nov. 9 from 1:00 p.m. to 3:00 p.m. in Room 26, at the same time the Junior Youth Group meets in B-8. The subject this month will be communicating with your teen. Bring your thoughts and ideas. All parents of teens are welcome. For more information contact Dick Brewer.

Religious Exploration

Growing people of prophetic fire and guest at your table

Last fall, Dr. Rev. Richard S. Gilbert presented us Religious Educators of the Saint Lawrence District with two imperatives for growing people of prophetic fire within our congregations. One was to create change agents in the world to work for justice and specifically to combat the religious right, which, in his words "is unencumbered by thought, wealthy and commands power within our government." The second is to instill Unitarian Universalist values of compassion, community and tolerance within our children and also prepare them to work for these values in a hard world.

With the election of President Obama, the religious right now has less sway in Washington; however, as the Standing on The Side of Love campaign shows us, intolerance and injustice is still demonstrated in our country on the local and national levels and must be addressed. Rev. Gilbert's imperatives are a tall order, and are still valid. He is certainly no stranger to both religious education and social justice work, so to me, his words are more inspirational than daunting.

Children and youth are by nature compassionate beings that want to help others. However, it's important to keep in mind that most of the families in our congregation come from backgrounds of privilege, so it's up to all of adults at FUSSA, as educators of all the children and youth here, to honor a balance. While it is valuable and necessary to help our children and youth understand that their situation is not the norm, it's also important for adults not to sabotage their innocent impulses to help others in need. Rev. Gilbert urges us to be fierce in our work. "We must release our children from the cocoons of their secure, suburban, privileged lives and expand their horizons." But where do we start? And how can we make it

understandable, meaningful and engaging to the children and youth? The "where" is easy. We start everywhere - in the classroom, in multigenerational events, in religious services, in our homes.

How do we start? This fall, the Religious Education Council took a close look at its mission statement and at the events it sponsors. We brainstormed how to bring a social justice component to some events, like the Halloween Party and the Holiday Crafts Workshop. Our longstanding tradition of participating in Guest at Your Table program was identified as a wonderful program that is not only a social justice project, but also one that meets all the objectives of the Council's mission statement. It promotes UU values in our children and youth; it promotes stewardship; it offers an opportunity to formulate and celebrate one's UU identity; and it provides opportunities for spiritual, philosophical, ethical and faith development.

By bringing home a Guest at Your Table box, families and individuals learn about how the Unitarian Universalist Service Committee puts our shared principles into actions in the United States and around the world. Through a potent combination of advocacy, education and partnerships with grassroots organizations, UUSC promotes economic rights, advances environment justice, defends civil liberties and preserves the rights of people in times of humanitarian crisis. With each box comes a copy of *Stories of Hope*, written to teach children, youth and adults how the UUSC helps to change our world for the better. The stories introduce you to human-rights champions, Like Jacinta, a tailor and single mother of two in Kenya who is empowering other informal workers and street vendors to stand up for their rights.

When we share our blessings with our guests, we ensure, that UUSC and

people like Jacinta can continue their important work.

This month, I will make Guest at Your Table and the first, third, sixth and seventh principles the theme of Children's Chapel. I'll also offer the teachers an opportunity to teach lessons on the goals of the Guest at Your Table program. Rev. Sam and I will kick off this year's program at Children's Time in the service. I'll have copies of the *Stories of Hope* available for families and individuals. I hope each of us participates in Guest at Your table, not only to support the work of the UUSC, but also to develop the values of compassion, community and tolerance in within each of us and to work towards becoming the change agents that Rev. Gilbert urges us to be.

Deak



Bringing It Home

Getting to know your guests

During Guest at Your Table time (November through December) keep a colorful Guest at Your Table box — with photographs of special guests from around the world — in a prominent place in your home, like the dining room table.

You'll get to know your special guests by reading aloud to family and friends real-life stories from *Stories of Hope*. The stories are written at all reading levels and present the struggle for human rights in age appropriate ways for children to understand and relate to.

I'll have hard copies of the *Stories of Hope* soon, but you can take a look at them online at http://www.uusc.org/files/guest_StoriesofHope2009.pdf

Guest at Your Table

This year, join UUs around the country — and around the world — in welcoming a Guest at Your Table!

For more than thirty years, the Guest at Your Table tradition has helped UUs build lasting connections to UU principles and support the movement for universal human

rights. It is a simple and meaningful way to incorporate "faith in action" into your life.

Sharing our blessings through Guest at Your Table ensures that UUSC's human-rights work continues, while building UUSC membership. UUSC members are vitally important, as UUSC is an independent, membership-based organization that receives no funding from the UUA or the U.S. government. And thanks to the Unitarian Universalist Congregation at Shelter Rock in Manhasset, N.Y., gifts of \$100 or more are eligible to be matched, dollar for dollar, doubling your good works!

You can get your Guest at Your Table box or an envelope for your donations at the service on Sunday, November 22 or at the Religious Education Office. To find out who the special guests at your table are go to <http://www.uusc.org/myguests>. Boxes and envelopes will be collected in the RE office in January.



Children and youth and the Christmas service on Dec 20

Our Christmas service tells the story of the birth of Jesus of Nazareth within a Unitarian Universalist context. Children and youth are invited to be a part of the pageant and to sing in a choir. Please note the following dates for you child or youth to participate.

Sunday, Nov. 29, 11:30 to 12:30 - Children and youth choir rehearsal

Sunday, Dec. 6, 11:30 to 12:00 – Selection of major parts of the pageant and costume selection

Sunday, Dec. 13, 11:30 to 12:30 – Pageant rehearsal

Save a life

FUUSA will soon take delivery of an Automatic Electronic Defibrillator (AED), a relatively new life saving device that has appeared in public and private places all over the world. It is designed to allow a complete novice, with no experience, to re-start a heart that has either stopped or gone into non-productive fibrillation. Of course, successful use of the AED is more likely with some orientation and training, plus some basic CPR skills.

As part of the installation, all members of the staff at FUUSA will be trained not only in the use of the AED, but also on CPR and other follow-up steps that should be taken during and after the device is used. The training class will be open to all who are interested in learning this skill.

The odds that any individual will need to use either the AED or CPR is slim, but the ability to save a life when it is necessary is incalculable. The October 19 Times-Union included a story of a 45-year-old woman whose heart stopped during a soccer game. Fortunately for her, at least two of the bystanders knew CPR and she is recovering at Albany Med. They averted a certain tragedy because they knew what to do.

Specific date or dates for this training will be arranged once we know how many members and friends are interested. Cost of the training will be about \$25 per person. If you are interested, please contact Dave Metz either by cell phone or email.

Fourth annual bazaar, café and craft sale

November 14-15

Do you have a **Treasure** for Granny Jo's attic table? Soup for Randy's cafe? Art work for Arlene's gallery? Baked goods for Bake sale? Crafts to sell? We need needle work and any craft you are doing.

Watch for **volunteer sign up** in Channing Hall soon. We need your help to man all these tables.

Pie making will be Nov. 3 at 9:00 a.m. Bring your favorite peeler. -- Jan Satin and Barbara Manning

Be healthy this flu season

Take everyday preventive actions:

- ◆ Cover you nose and moth with a tissue when you cough or sneeze
- ◆ Wash your hands often with soap and water. Alcohol-based cleaners are also effective.
- ◆ Stay home from work, school and church if you experience flu-like symptoms.
- ◆ Try to avoid close contact with sick people.

Here at FUUSA we have installed dispensers of alcohol-based cleaner in three locations on the first floor. This way you can easily wash your hands (for example) after the service and before eating a bagel. Look for them next Sunday—and use them!

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.

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Newsletter Crew: Many hands!

Send all submissions to: Windows@albanyuu.org or to the church office.

Social Responsibilities Council

SRC will meet Nov. 1 at 11:45 AM. All interested persons are invited to attend. For those of you who are interested in youth programs in Albany, four community forums are being held by Albany Community After-school Network (ACAN.)

Wednesday, November 3, 6:30 PM

Arbor Hill: 200 Henry Johnson Blvd

West Hill: Koinonia Health Ctr. 340 1st St.

Monday, November 9, 6:30p.m

Pine Hills: St. Vincent's Community Center

North Albany: North Albany YMCA

Find out what is happening and see what you can do to make a difference.

Green Tips from the Green Sanctuary Comm.

- ◆ Lower your home thermostat and put on a sweater.
- ◆ Reduce driving two to three miles slower and save on gas.
- ◆ Keep using CFL bulbs to reduce your electric bill.

Overflow Homeless Shelter meals begin again

Now that November has arrived, it is time to think of the winter homeless shelter meals we've helped to provide these past five years. We'll again be cooking for the Overflow Homeless Shelter at the First Lutheran Church, the second, fourth, and fifth (when it occurs) Mondays of each month, November through April. Our first Monday this year will be November 8.

Lois Griffin and I have discovered that 2 people (or 2 adults and 1 youth) seem right for the actual cooking in the FUUSA kitchen. We begin about 3:45 and deliver the meal (for 25) at 6:15. However, there are ways to do this differently – as long as we provide our meals dependably.

A great variety of FUUSAns have volunteered in the past; folks at our church really pitch in! However, we are always looking for new recruits! Those who have helped before know the drill but please sign up on the bulletin board if you are still interested and/or new volunteers contact

Lois or me and we'll take your name and answer your questions. We'll set up a schedule early in Nov. for the rest of 2009.

If you are unable to cook on Monday afternoons, there's an opportunity for you as well! Usually, deserts and/or salads are prepared at your home and delivered to FUUSA on Sunday (well labeled) or Monday before 5. There will be a sign-up sheet on the bulletin board for that as well!

Money for these meals is a combined contribution from the spring rummage sale and SRC and we appreciate that support. FUUSA will reimburse your expense – just keep your receipt.

This is a wonderful way to create community at FUUSA while serving the downtown neighborhood community. Come join the crew! Sign up on the bulletin board now or contact Barb Cooley or Lois Griffin.

FORUM

Nov. 8: **David Soares**, Albany County District Attorney: **Racial profiling in Albany: Is it an issue?** D.A. Soares will address this question in light of the publicity surrounding the arrest of Professor Gates of Harvard, at his home, a few months ago. What kind of incidents are happening in Albany? What guidelines do the police have in stopping people, and do they follow them?

Nov. 22: **Patti Jo Newell**, Acting Chief Executive Officer, NYS Coalition Against Domestic Violence: **What would it really take to prevent domestic violence?** Surprisingly, not as much attention has been given to this question as one might think. Intervention demands so many resources, prevention has typically been relegated to the back burner, or even thought of as a luxury. But, finally, prevention has garnered the attention it deserves as communities begin to wrestle with this profound question in light of a pervasive and persistent problem.

11:30 a.m. Emerson Community Hall
If child care is wanted, please call the church office at 463-7135 by noon Friday before the Forum.

Adult Education

Looking at Spirituality

Clarifying your own feelings about spirituality and its role (if any) in how you practice Unitarian Universalism

Saturday, Nov. 7, 1:00 p.m. to 3:00 p.m. in Channing Hall

Spirituality ... faith ... religion ... truth ... god ... sin ... What does spirituality mean to you? Does it give meaning and depth to your Unitarian 'faith'? Or does it set the alarm bells ringing? Join us at this experiential workshop. We will use the Sedona Method to uncover and clarify the emotions and judgments that are woven into our notions of spirituality. The unconscious beliefs and feelings that often prevent us from seeing clearly what spirituality really means to ourselves. And whether or not it has any relevance to how we live our lives or practice our faith.

FUUSA Member Ryu Yoshida, will present this workshop with help from Leah Purcell. Please join us for lunch at noon---soup and beverages will be provided; bring your own sandwich if you like. Sign up in Channing Hall or e-mail Leah Purcell at dre@albanyuu.org. The number of participants is limited to 15.

Channing Circle

Channing Circle, FUUSA's group of "Young at Heart Seniors", met on October 19 to enjoy lunch together and an interesting slide show of Chile and Easter Island presented by Ted and Sue Wright. We welcomed Chris Antal and enjoyed lunch with him. He enjoyed meeting our members and gave a brief memorial remembrance of Ursula Poland. Our program also included "pass the mike" to remember Ursula and all that she meant to us.

Channing Circle will have its next luncheon on November 16 at noon. Bring your sandwich; dessert and coffee/tea will be provided. Our guest speaker will be Don Eberle, long time member of FUUSA who will speak to us about finance in the light of us seniors.

If you are retired, we cordially invite you to join us and meet FUUSAns for lunch and an enlightening talk.

Special bulletins and the Weekend Preview

The church office sends a Weekend Preview email message every Thursday to every email address we have. If you are not currently getting these messages, and would like to, please contact Dave Stone at the office and ask to be added to the mail list for the Preview. Please know that we treat this mail list very carefully and do not send to it other than special bulletins of timely importance and the upcoming weekend news.

Humanist ministry

Sunday, Nov. 15, 11:45 a.m.

Rev. Sam Trumbore's October 18 sermon addressed "One Congregation: Many Paths". Rev. Sam noted that this motto of Cleveland's West Shore UU Church, expresses what we are about as Unitarian Universalists, and we call it being "non-creedal". He also notes that there is no test of belief to participate in or join a UU congregation, but that does not mean you can believe anything you want. What are those limits? And what is a humanist response?

Please read the sermon, which can be found at Rev. Sam's web site: <http://www.uumin.org/sam/sermons/One-Congregation-Many-Paths.pdf>. Come join the discussion. Or contact Don Odell for assistance in obtaining a copy. Child care will be provided if we can know not later than Thursday, November 10. Refreshments? Bring your lunch from the Holiday Crafts Fair.

About Us

◆**Joan Butcher**, a member of the Capital Pride Singers, urges FUUSAns to attend CPS's concert on Sun. November 15 at 6 pm in Emerson Hall. The concert theme is EXPRESS YOURSELF: a variety of choral and ensembles selections will have something for everyone. Tickets are \$10. Come and find out why other FUUSAns found CPS so much fun!

◆**Robb Smith**, who is president of the Memorial Society of the Hudson Mohawk Region, tells us the group's annual meeting will be in Channing Hall on Sunday, November 1, at 2:00 p.m. Newcomers are invited to come learn about funeral consumers issues and the Memorial Society and get the new price comparison of funeral services.

Ps & Qs quilt raffle

For each Sunday in November beginning November 8, raffle tickets will be available for the latest quilt, hand-quilted and assembled by the Ps & Qs (Projects and Quilts). It has been named the Dorothy Fischer Quilt and measures 81" x 91" (Queen size). Dorothy was instrumental in planning it, picking out colors which were then used for blocks individually made by Ps & Qs stitchers, and helping us with her expert, but gentle, guidance toward the final result.

Raffle tickets will be sold at \$1 each or six for \$5. Bring your adhesive name-and-address stickers to place on your tickets to save giving yourself writer's cramp. Like potato chips, you will find it impossible to get only one. The sale will continue through Dec. 13, when the drawing will be held.

The proceeds are for the benefit of FUUSA's Art and Aesthetics Committee.

From Joy Library

Following are two books which may be of interest. They are displayed in the NEW BOOKS section.

"Worse Than War: Genocide, Eliminationism, and the Ongoing Assault on Humanity"

by Daniel Jonah Goldhagen. Public Affairs. 2009.

"... to exclude mass murder from the realm of conscious action offers an exculpation of its own, both to the killers and to ourselves -- for how could we, ordinary folk who cherish life, descend to such madness? In this magisterial and profoundly disturbing "natural history" of mass murder, Daniel Jonah Goldhagen calls for an end to such willful blindness. ... Goldhagen insists that even the worst atrocities originate with, and are then propelled by, a series of quite conscious calculations by followers as much as by leaders. "We must stop detaching mass elimination and its mass-murder variant from our understanding of politics," Goldhagen writes. "Eliminationist politics, like the politics of war, is a politics of purposive acts to achieve political outcomes, often of ultimate ends and often of desired power redistribution." "Worse Than War" is, in effect, "Everyone's Willing Executioners."—James Traub. *The New York Times* October 18, 2009.

"Surrender: Appeasing Islam, Sacrificing Freedom"

by Bruce Bawer. Doubleday. 2009.
"...many liberals and others on the European left are making common cause with radical Islam and then brazenly and bizarrely denying both the existence of that alliance and in fact the existence of any Islamist threat whatever..."

"...it's when he turns to Europe that Bawer is able to provide example upon example of how the West is be-

coming its own worst enemy. He cites, for instance, the welcome offered by the former mayor of London, Ken Livingstone, to the Muslim cleric Sheik Yusuf al-Qaradawi, who supports suicide bombing and the execution of homosexuals. Livingstone proudly hugged Qaradawi in public at City Hall.

"That alliance between a man who is presumed to be a proud liberal -- Livingstone was a member of the same Labour Party as the prime minister at the time, Tony Blair -- and a Muslim cleric who would return the West to barbarism was far from unique. But Livingstone is a politician. He is accountable to voters for his behavior, and he was voted out of office.

"More pernicious, perhaps, is the refusal of institutions that depend on freedom of speech for their very existence to stand up for that freedom. Bawer analyzes the story of the 12 cartoons of Muhammad published in the Danish newspaper Jyllands-Posten in September 2005, which is emblematic of the "surrender" of his title. When the paper was attacked by radical Muslims for daring to mock Muhammad, solidarity from other newspapers in supposedly free nations across the globe was paltry. The response of political leaders was even worse. Rather than confronting a blatant, indeed self-proclaimed, attempt to ensure that Islam could not be treated like any other subject in a free country -- that is, mocked, criticized or satirized -- politicians and editors simply cowered in fear of retaliation. Even those newspapers that offered words of support to Jyllands-Posten refused to reprint the cartoons..."—Stephen Pollard. *The New York Times*, July 26, 2009

Odd jobs for our Iraqi refugees

The Abbas family are interested in odd jobs, at least until they find more regular employment. Alea, Dargham, Israa and Dode would appreciate working for FUUSA members or their friends. Jobs like: sewing, working on cars, helping prepare & serve meals, yard work, painting, basement clean-out, and child care/baby sitting are some of the skills they already have. If you know of anyone who'd like to have some help in and around the home, would you please contact members of our Refugee Resettlement Project (RRP), or Jerry Deighan.

Of course, if you know of any more regular jobs (unskilled) that are on or near a bus line,, please let us know, as well. Thanks.

Memorial service for Ursula Poland

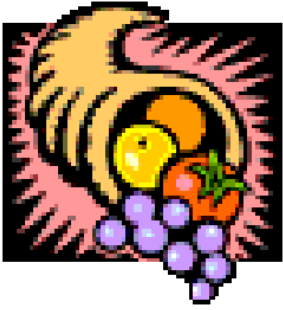
4:00 p.m., Friday, Nov. 20

The memorial service will be in Emerson Community Hall, followed by a reception in Channing Hall. Parking WILL be available on this day at the University at Albany parking lots

If you would like to help with the reception, please call Jan Satin, Receptions chair.

Delicious cheesecakes

Delicious Nuns of New Skete Cheesecakes are being sold to raise money for the FUUSA choir's concert tour. Half cakes at \$16 and sixteen slice cakes at \$28 in many flavors are available. Order yours now for delivery the Sunday before Thanksgiving. These cakes are frozen so will last throughout the winter holidays. You can place your order in Channing Hall or call John and Sue Walko.



A FUUSA Thanksgiving Feast!

Thursday, Nov. 26, 2:00 p.m.
Channing Hall

Not leaving town to spend Thanksgiving with extended family? Tired of cooking all that food and not being appreciated enough by your family? Why not join us for Thanksgiving this year!

On Thanksgiving Day, we will gather at 2:00 p.m. for appetizers and conversation, serving dinner at 3:00 p.m. This family friendly event and dinner will have kid friendly food (but no separate child-care).

Call the office (463-7135) to let us know you are coming and select an item to bring. Please also bring games for kids after dinner to increase our family fun. Dinner will be coordinated by Millie Eidson. Contact Millie if you have questions.

Welcome, New Members!

Deborah Rodriguez has lived in Schodack for 23 years with her husband, three children and two dogs. Her eldest daughter is a lawyer, who

is married and lives in Hartford. Her son and youngest daughter attend college. She is a registered nurse who works



for the State Health Department's Wadsworth Laboratory. She wants to learn how to make stained glass someday.

Heidi Pangratis recently moved to Albany from Cooperstown, NY where she owned a small publishing business. Her son, Jetta, 28, also lives in



Albany. Her parents are from Clinton, NY and they were all members of the Unitarian Universalist Church of Utica. She is currently completing coursework to finish her certification and plans to

work in Albany as a Substance Abuse Counselor. Her spiritual path has been varied, as most UU's, but she most closely identifies with Wicca and most recently, with the guidance

of our minister, Buddhism.

Kabel and Sarah Stanwicks were married at the Unitarian Meeting House in Madison, WI in October 2006. They moved to Albany in early 2008. They play in the Delmar Community Orchestra together—Kabel on



alto saxophone and Sarah on oboe. The two of them enjoy theater, cross-country skiing, biking, traveling, and cooking.

Sarah was dedicated at the First Unitarian Society of Madison. She received her Bachelor's in Geography and her Master's in Library and Information Studies. She moved to Connecticut in 2005 to work as the Map Librarian at the University of Connecticut; this is where she and Kabel met. She now works as a Youth Services Librarian at the Albany Public Library.

Kabel was raised in Connecticut in an agnostic home. He was involved heavily in music growing up and went on to earn a bachelor's degree in music; he is currently writing about Bach's sacred cantatas as he completes a graduate degree in historical musicology. He is now a member of the Library faculty at the University at Albany, where he

serves as Head of Circulation and Media Services.

Linda and David Richards live in Guilderland and have five children. Dave is a civil engineer for the department of Transportation and



Linda is a personal trainer at Sunnyview Lifestyle Wellness Center. They love to travel,

hike and kayak.

Kevin and Lisa Barron have lived in Loudonville for 40 years and have attended FUUSA intermittently during that time. Kevin was a neurologist at Albany Medical College where he was chairman until recently, and he continues to practice and teach.

Lisa is a retired social worker and psychotherapist working with mentally ill patients



at the county mental health clinic. She is now painting portraits and landscapes and is interested in politics and environmental issues. They have 2 children living in Boston with 4 grandchildren with whom they visit often.

Both are concerned with preserving special land in the area and are involved with the Mohawk Hudson Land Conservancy and the Cornwallville Conservation Corporation and like to walk in these preserves. They love to travel, listen to opera and classical music and they enjoy nice wines and good company. They would like to join at this time to be part of a community which is warm, welcoming and reflects their own spiritual and world views.

Joys and Caring Corner

Joys and Caring will return next issue.

If you have personal joys or sorrows you would like printed, please send them to Irene Saulsbery and Ann Lapinski.

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

FUUSA Yahoo group and Facebook group

For those FUUSAs who would like to keep in touch outside of Sunday services, especially with those FUUSAs who sometimes don't make it to Sunday services, you can take advantage of our Yahoo and Facebook groups. To join either group, send an email with your name and email address to Millie Eidson. Millie will verify your FUUSA membership status with Dave Stone and then add you in.

Walker Book Club

The next meeting of the Walker Book Club is Sunday, Nov. 8. The meeting commences with a potluck supper at 5:30 p.m. 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 always welcome.

Dates and books currently scheduled:

Nov. 8, The Zookeeper's Wife by Diane Ackerman. Suggested by Winston Hagborg.

Dec. 13, Olive Kitteridge by Elizabeth Strout. Suggested by George Allen and Lisa Walker.

Focus Food Pantry news

Our generosity exceeds all bounds! Our September 27 donations totaled \$653!

Many thanks from our food pantry clients who are so in need. Here are some statistics for your edification: In July we served 283 households - 599 individuals - 10,782 meals! Included in these numbers delivery to 49 shut-ins.

We were duly honored for our generous contributions in kind to the Focus community's school supply project. Nearly 150 children were supplied with brand new school supplies to start their school year on the right foot. We were awarded a certificate of thanks posted on the RE bulletin board.

Our next food pantry donations will be received on November 22.

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.

Cancer Support Group

The Cancer Support Group will hold its monthly meeting and potluck supper at FUUSA on Sun. Nov. 8. We invite anyone surviving cancer, including significant others, to attend the meeting at 5:00 p.m. and/or the supper at 6:00 p.m., for sharing information and support. Started many years ago by Ursula Poland and husband Ozzie, continuing this group will be a tribute to her!

Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Nov. 1	K. Harris		T&L Henderson	S. Babala	
Nov. 8	A. Desalvo		Woods family		O. Tobias-Wallingford
Nov. 15	A. D'Attilio	A. Patti	L. Way		
Nov. 22	C. Manning	B. Thomson L. Thomson	A. DeSalvo		
Nov. 29	D. Dana		J. King		

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:

Nov. 1 is a multigenerational service.
Nov. 8 is Children's Chapel.

Events Happening Every Week in the Month of November

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
	7:00 PM	Choir Rehearsal	Emerson

Exceptions:


All Other Events Happening in the Month of November

1-Nov	8:30 AM	Change of Time Breakfast	Channing	15-Nov	11:30 AM	Holiday Bazaar/Café	Emerson, Ch., Kit.
	11:45 AM	SRC Meeting	B-7		11:45 AM	Humanist Ministry	26
	11:45 AM	Dream Catchers Strategic Plan Conversation	26		12:00 PM	Dream Catchers Strategic Plan Conversation	B-8
2-Nov	9:00 AM	Windows Update deadline		16-Nov	9:00 AM	Windows deadline	
	4:30 PM	Intern Committee	B-2		12:00 PM	Channing Circle	Channing
	6:15 PM	Religious Education Council	Ch., Kit.		4:00 PM	Holiday Crafts Workshop Planning	Channing
	7:00 PM	AdEd: Spiritual Autobiography	26		7:00 PM	AdEd: Spiritual Autobiography	26
3-Nov	9:00 AM	Bazaar Pie Making	Kit., Ch.	19-Nov	7:00 PM	Finance Committee	B-8
5-Nov	1:00 PM	Olan Mills photo shoot	Emerson		7:00 PM	Board of Trustees	B-8
	7:00 PM	Dream Catchers Strategic Plan Conversation	B-8	20-Nov	4:00 PM	Ursula Poland Memorial	Emerson, Ch., Kit.
7-Nov	1:00 PM	Spirituality Clarification Workshop	Ch., Kit.	21-Nov	6:30 PM	Guilderland Plus Potluck	Dockter's
8-Nov	11:30 AM	Forum: David Soares	Emerson		7:00 PM	Dances of Universal Peace	Channing
	1:00 PM	Parents of Teens Support Group	26	22-Nov	11:30 AM	Bazaar Postscript	Channing
	1:00 PM	Junior Youth Group	B-8		11:30 AM	Forum: Patti Jo Newell	Emerson
	5:00 PM	Cancer Support Group	B-8		11:30 AM	Dream Catchers Meeting	B-6
9-Nov	1:00 PM	Windows Update mailing	Channing		11:45 AM	Green Sanctuary	B-7
	7:00 PM	AdEd: Spiritual Autobiography	26	23-Nov	1:00 PM	Windows mailing	Channing
	7:30 PM	Monday Men	B-8		3:00 PM	Olan Mills photo shoot	Emerson
11-Nov	3:00 PM	Olan Mills photo shoot	Emerson		7:30 PM	Monday Men	B-7
	7:00 PM	Wash. Sq. Nbh. Assoc.	Channing	24-Nov	3:00 PM	Olan Mills photo shoot	Emerson
12-Nov	7:00 PM	PCC Meeting	B-8		6:30 PM	Finance Committee	26
13-Nov	9:00 AM	Bazaar/Café Setup	Emerson, Ch., Kit.		7:30 PM	Union Thanksgiving Service	Westminster Presbyterian
	1:30 PM	Grannies for Peace	B-7	26-Nov	2:00 PM	Thanksgiving Potluck	Channing, Kit.
	4:00 PM	Holiday Bazaar/Café	Emerson, Ch., Kit.	29-Nov	11:30 AM	Children's Choir Rehearsal	Emerson
14-Nov	9:00 AM	Service Leader Training	Sanctuary				
	10:00 AM	Holiday Bazaar/Café	Emerson, Ch., Kit.				

Mark your calendar now –
the 2010 UU Weekend
is Oct 15-17, 2010!!!!

Entertainment Books

Entertainment Books for 2009 - 2010 are in. For \$30 you have access to savings for everyday items. Oil change, tire, home furnishing, clothing, golf, roller-skating, grocery, restaurant and movie coupons help make life easier for everyone. Get yours at a table in Channing Hall. Extras were ordered but are going fast.

Kids:  **Be a Sunday Chalice Lighter.**

Sign up at the Sign Up Site in Channing Hall.

First Unitarian Universalist Society of Albany
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Albany, NY 12206
518-463-7135
www.albanyuu.org

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RETURN SERVICE REQUESTED

Change of Time Breakfast

November 1, 2009

Sunday Services

Mindfulness Meditation, 9:00 a.m., Sanctuary

SERVICE is at 10:00 a.m., Emerson Community Hall except as noted

Religious education classes are held from 10:00-11:20 a.m.. The nursery opens at 9:45 a.m.



Nov. 1 "Honoring the Saints: A Wheel of Life Service," The Rev. Sam Trumbore

Each year, we celebrate our major births/beginnings, milestones/transitions, and deaths/endings in this multi-generational service. Participants are invited to bring a picture or an object to signify the important milestones in our lives. These will be gathered during the service into a common altar to honor them.

Nov. 8 "Ethical Eating," The Rev. Sam Trumbore

The UUA is working on a Statement of Conscience on this topic. People are thinking more and more about what they eat from a number of perspectives. One is health. Another is damaging environmental effects and destructive methods of production. Yet another is examining the ethics of taking life. First, do we have any ethics about what we eat? Second, if we decide to start building one or revising one, what are the foundations?

Nov. 15 "Beyond Heaven and Hell," Dan Berggren

Through the ages people have thought and taught about places of good and evil, real and imagined, in an afterlife or this one. This service offers a variety of views including the Old Testament, colonial minister Jonathan Edwards and public radio's Garrison Keillor.

Nov. 22 "Educating the Heart," The Rev. Sam Trumbore

The ancient Greeks debated whether or not virtue can be taught or whether it is an innate quality we have or don't have. Unitarian Universalists who embrace the inherent worth and dignity of humanity lean toward believing the heart can get bigger through education. And bigger hearts are thankful and grateful. Rev. Trumbore will be making his delicious, fresh, lactose free (and gluten free) corn muffins again this year for our yearly Thanksgiving corn muffin communion.

Nov. 29 "My Arranged Marriage," Chris Antal, Intern Minister

I married a stranger. On Nov. 29, 1997, less than three weeks after we first met, I stood with Mitsuko, my Japanese bride-to-be, in a mass wedding ceremony of several thousand couples at the Robert F. Kennedy Stadium in Washington, D.C. This year we celebrate twelve years of our international, multi-racial, arranged marriage. Join me on our anniversary as I reflect on formative encounters with my own "whiteness", examine my decision to participate in an arranged marriage, describe the critical incident, and attempt to integrate this part of my own religious journey with Unitarian Universalism.