

Sundays at FUUSA

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs include Forum (social justice topics), Children's Chapel, Green Sanctuary Discussion (environmental topics,) War Healing Circle; social events, and adult education.

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

November, 2010

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(2nd & 4th Sundays/mo.)*

Green Sanctuary Discussion

(3rd Sunday/mo.)

6:00 PM

War Healing Circle

(2nd & 4th Sunday/mo.)

Services

Nov. 7 "Conspiring to Repair the World: A Post-Election Post-Mortem," The Rev. Richard Gilbert

The convergence of this congregation's emerging agenda for social justice work and the recent election reminds us that repairing the world is always unfinished business. Why do we do what we do as Unitarian Universalists? What keeps us going? How do we go about "standing on the side of love?" What can this congregation do to help build the Beloved Community?

Nov. 14 "Countering Despair over the Planet's Future," The Rev. Sam Trumbore *(in Sanctuary)*

Many who advocate and work for world community with peace and justice for all struggle to keep despair at bay. The challenges facing our future are daunting and progress is easily reversed. What others celebrate as a sign of the second coming, most of us believe can and should be ameliorated. How do we keep our spirits up when the world seems to be turning into hell? Music: Choir

Nov. 21 "Our Haudenosaunee Heritage," The Rev. Sam Trumbore

As we prepare to give thanks during our Thanksgiving dinners, let us also give thanks for our Haudenosaunee (or Iroquois) Heritage. Even if we don't have one drop of Native American blood, aspects of our society and life here have been shaped by the Haudenosaunee. This is also the Sunday Rev. Trumbore bakes his renown organic corn muffins (including gluten-free ones) for our tradition of a corn muffin communion to celebrate our heritage and harvest. Music: Choir

Nov. 28 "Creating World Peace," Sybil Allyson Stock

Each of us can help create U.S. peace-building policies. This service will provide information on alternatives to ending the conflict in Afghanistan. Diplomacy, negotiation, and development as foreign policy strategies and moral opportunities, will be presented as alternatives to the cycle of violence perpetuated by the use of military intervention. Come hear about the opportunities we have to turn our desire for peace into action by promoting policies that counter the U.S. reliance on the military to resolve global challenges.

Calendar

Events happening every Sunday at FUUSA

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

Events happening every week in the month of November

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions: Nov. 24 No choir rehearsal
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
	7:00 PM	Choir Rehearsal	Emerson	

All other events happening in the month of November

1-Nov Monday

6:15 PM	Religious Education Council	Channing
9:00 AM	Bazaar Piemaking	Channing, Kitchen

3-Nov Wednesday

6:30 PM	Evening of Healing and Reconciliation	Emerson
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5-Nov Friday

6:00 PM	SRC/Board Potluck	Channing or Emerson alcove, Kitchen (setup 5:00)
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6-Nov Saturday

8:30 AM	Social Justice Workshop	Emerson, 2 clsrms., Kitchen
5:30 PM	Dinner with Partner Church	Emerson, Kitchen
7:30 PM	Music: Buck2Fifty	Emerson, Kitchen

7-Nov Sunday

8:30 AM	Change of Time Breakfast	Channing, Kitchen
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8-Nov Monday

1:00 PM	Shelter Meal Prep	Kitchen
7:30 PM	Monday Men	B-8

9-Nov Tuesday

7:00 PM	Green Sanctuary/350	B-8
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10-Nov Wednesday

5:00 PM	Religious Services Committee	B-8
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11-Nov Thursday

9:00 AM	Holiday Bazaar & Craft Fair setup	Emerson
7:00 PM	PCC Meeting	B-8

12-Nov Friday

9:00 AM	Holiday Bazaar & Craft Fair setup	Emerson Channing, Kitchen
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6:30 PM	Guilderland Plus Potluck	Thomsons', Guilderland
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13-Nov Saturday

9:00 AM	Holiday Bazaar & Craft Fair	Emerson, Channing (lunch 11-2), Kitchen
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14-Nov Sunday

9:00 AM	Holiday Bazaar & Craft Fair	Emerson, Channing, Kitchen
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11:30 AM	Children's Chapel SL Meeting	B-1
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11:45 AM	Forum	tba
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5:30 PM	Walker Book Club	Walker's, Delmar
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15-Nov Monday

12:00 PM	Channing Circle	Channing, Kitchen
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16-Nov Tuesday

5:30 PM	Endowment Trust	Joy Library
7:00 PM	Christian UUs	B-8

17-Nov Wednesday

5:00 PM	Membership Committee	B-7
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18-Nov Thursday

7:00 PM	Board of Trustees	B-8
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20-Nov Saturday

3:00 PM	AdEd: Tarot Card Reading	B-8
7:00 PM	Dances of Universal Peace	Channing

21-Nov Sunday

11:00 AM	Bazaar Postscript	Channing
5:00 PM	Parent Potluck	Channing, Kitchen, 24/25

22-Nov Monday

1:00 PM	Shelter Meal Prep	Kitchen
7:30 PM	Monday Men	B-8

23-Nov Tuesday

7:30 PM	Union Thanksgiving Service	Emerson or Sanctuary
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25-Nov Thursday

2:00 PM	Thanksgiving Potluck	Channing, Kitchen
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28-Nov Sunday

11:00 AM	Bazaar Postscript	Channing
11:45 AM	Forum	Emerson

29-Nov Monday

1:00 PM	Shelter Meal Prep	Kitchen
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Green Sanctuary discussion

Sunday, Nov. 21, 11:45 am

Topic: Smart Water Use Leader: Kathy Macri

Looking Ahead

Holiday Celebration and Crafts Workshop, Dec. 11

Rummage Sale, Dec. 10-11

Multigenerational Christmas service (RE pageant), Dec. 19

Christmas Eve services, Dec. 24

News

Stepping toward carbon neutrality

(Excerpt from a recent press release)

As part of its commitment to environmental sustainability, the First Unitarian Universalist Society of Albany (FUUSA) is purchasing Renewable Energy Certificates (RECs) and Carbon Offsets. This Renewable Energy Certificate purchase will ensure that 100% of FUUSA's electricity use will be matched with wind energy entering the electricity grid from wind farms in New York State. **Certified** Carbon Offsets have been purchased to balance all of the direct greenhouse gas emissions from natural gas use for the church as well as 100% of emissions from church staff air and car travel and commuting. Member travel to and from weekly services and for church business has also been offset.

Chuck Manning, FUUSA president, says, "We are proud to support renewable energy, and to do our part for the environment. It is important to the First Unitarian Universalist Society of Albany to be a responsible global citizen and balance the emissions that we create."

First Unitarian Universalist Society of Albany will purchase approximately 70,000 kilowatt hours (kWhs) of Renewable Energy Certificates (RECs) and 100 metric tons of Carbon Offsets. Rev. Sam Trumbore, FUUSA Minister, says, "We are committed to creating a religious community that has a fundamental, bottom-line, commitment to living in harmony with the Earth." Thayer Heath, Chair of FUUSA's Green Sanctuary Committee, says that the offsets are just the latest move in a long line of programs initiated to reduce FUUSA's carbon footprint. Other efforts have included installing CFL bulbs and LED lights, recycling cell phones and ink cartridges, composting, home energy audits. An energy efficient building plan and the use of reused and recycled materials were priorities of the 2008 addition of FUUSA's Emerson Community Hall to its building complex. As Heath explains, these are only a few examples of steps FUUSA has implemented consistent with its commitment to being a "Green Sanctuary" - a congregation that lives out its commitment to the Earth by creating a sustainable life style for its members as individuals and as a faith community by becoming responsible stewards of the Earth.

Union Thanksgiving Service 7:30 pm, Tuesday, November 23 at FUUSA

Each year Congregation Beth Emeth, Trinity United Methodist Church, Westminster Presbyterian Church and the First Unitarian Universalist Society of Albany gather for a joint Thanksgiving service. Trinity, Westminster and FUSA (only one U in those days) all had fires that burned our buildings at different times at the beginning of the 20th century. While they were being repaired, we all worshiped at Congregation Beth Emeth's building. When our buildings were rebuilt, we began the tradition of having this joint service. This year, our theme speaker will be Joseph Bruchac, a native of the Abenaki people. In music, story and poetry, he will share with us a Native American perspective on the value of giving thanks. You can learn more about him on his web site: <http://www.JosephBruchac.com>

Please also bring canned goods for the Focus Food Pantry as your offering.

A fall tradition at FUUSA

Come to the FUUSA Holiday Bazaar & Craft Fair on Saturday, November 13 (9 am- 4 pm) and Sunday, November 14 (11 am – 3 pm.) There will be outside vendors selling pottery, Shaker baskets, jewelry, dried herb mixes, aprons, baby blankets, stained glass, jams and jellies, note cards, teas, birdhouses, as well as hand-made fair-trade Guatemalan textiles. Don't forget the wonderful food mixes, granola, applesauce, scarves, hand-painted slate tiles, hand-rolled beeswax candles, soaps and other fine crafted items made and donated by FUUSAns. Don't miss Granny's Attic where you can find great deals on quality items that have been "gently used." You can break up your shopping with a great lunch in Randy's Café and take home some frozen pies to bake for Thanksgiving or the December holidays. You can buy an assortment of things for that hard-to-buy-for relative or co-worker and have it bundled in a beautiful basket with ribbon. This is the perfect opportunity to do your holiday shopping in a leisurely and relaxing environment.

History & Archives Corner

If we do not remember the past, are we doomed to repeat it? That shouldn't be a problem for FUUSA as we have archives that include not only Unitarians in Albany since 1842, but also some information from the Universalists in the area from 1825 - 1879 and a few notes up till their dissolution in 1935.

Nevertheless, we very much appreciate that members save important documents concerning FUUSAns and their activities. Please do continue to save items you see or find. We do have one request, please make sure a date (including the year) appears on the item and, especially in the case of photos, and be sure that names are clearly listed. We really want to know who is in the photo now and 50 or 100 years from now!

The staff automatically saves copies of "Oriel", "Windows", the "Order of Service" and regular RE activities as well as other on going FUUSA events. We do also appreciate having articles about our members and their activities. Please leave your finds in the History & Archives mail box in the office. Do keep in mind, due to (very small!!!) space, that we can only keep one of each item.

In an effort to keep better track of our valuable collection there is now a log sheet in the office for those who wish to borrow items from the Archives. Please see Amy Lent – she also has the key- if you need to take any item out of the building.

Thanks, and our archives will thank you! --Pat Bailey, History & Archives

Now let us sing!

On Sunday, October 17, Albany Pro Musica organized the "first ever community chorus extravaganza" which was held at Proctor's. FUUSA was well-represented in this choral presentation. Fred Eames, Dee VanRiper and Erik Eddy sang with the Mendelssohn Club of Albany. Peter Gerdine sang with the Octavo Singers of Schenectady. And in the Capital District Youth Chorale, Virginia Reed and Jackson Eddy sang. The unique thing was that Erik's father, Ralph Eddy, also sang in the Mendelssohn Club – the only family with three generations singing in the same choral festival! Con-



Lots of pasta! Food and fun were had by many at the pasta dinner sponsored by the Religious Education Council on October 1.

gratulations to all for a performance well done!

Children, youth, RE volunteers and the multigenerational Christmas service on Dec. 19 "Would You Like to Hold the Baby?" celebrates the beauty and metaphor found in the story of the birth of Jesus of Nazareth. This service does not require any memorization of lines or complicated rehearsing, but participants will need to meet with Leah Purcell who is organizing the pageant. Children and youth and RE volunteers are invited to be a part of the pageant and to sing in the choir. Please note the following dates for those who would like to participate.

- ◆ Sunday, Dec. 5, 11:30 to 12:00 – Selection of major parts of the pageant and costume selection – in the Sanctuary
- ◆ Sunday, Dec. 13, 11:30 to 12:30 – Rehearsal in Emerson Hall

From Joy Library

The Moral Landscape: How Science Can Determine Human Values. Sam Harris. [171.2 HAR] *"our failure to address questions of meaning and morality through science ...is ... the primary reason why so many secularists and religious moderates feel obligated to "respect" the hardened superstitions of their more devout neighbors...., Sam Harris tears down the wall between scientific facts and human values, arguing that most people are simply mistaken about the relationship between morality and the rest of human knowledge. Harris urges us to think about morality in terms of human and ani-*

mal well-being, viewing the experiences of conscious creatures as peaks and valleys on a "moral landscape." Because there are definite facts to be known about where we fall on this landscape, Harris foresees a time when science will no longer limit itself to merely describing what people do in the name of "morality"; in principle, science should be able to tell us what we ought to do To live the best lives possible. Bringing a fresh perspective to age-old questions of right and wrong and good and evil, Harris demonstrates that we already know enough about the human brain and its relationship to events in the world to say that there are right and wrong answers to the most pressing questions of human life. ... moral relativism is simply false—and comes at increasing cost to humanity. And the intrusions of religion into the sphere of human values can be finally repelled: for just as there is no such thing as Christian physics or Muslim algebra, there can be no Christian or Muslim morality." http://www.amazon.com/Moral-Landscape-Science-Determine-Values/dp/1439171211/ref=sr_1_1?s=books&ie=UTF8&qid=1287253857&sr=1-1

The Life You Can Save: Acting Now to End World Poverty. Peter Singer [362.5 SIN] "Building on principles of moral philosophy, Singer begins by discussing a moral problem: If you are walking to an appointment and see a child drowning in a pool, are you morally obligated to help that child? The obvious answer is "yes," regardless of the time spent or the damage to our clothing that may result. Singer suggests that we are, then, mor-

ally obligated to aid other children around the world if we are able to." <http://www.librarything.com/work/6006668/reviews>

Habits of the Heart: Individualism and Commitment in American Life. Robert N. Bellah, [973.9 BEL] "...continues to be one of the most discussed interpretations of modern American society, a quest for a democratic community that draws on our diverse civic and religious traditions. In a new preface the authors relate the arguments of the book both to the current realities of American society and to the growing debate about the country's future. With this new edition one of the most influential books of recent times takes on a new immediacy." <http://www.ucpress.edu/book.php?isbn=9780520254190>

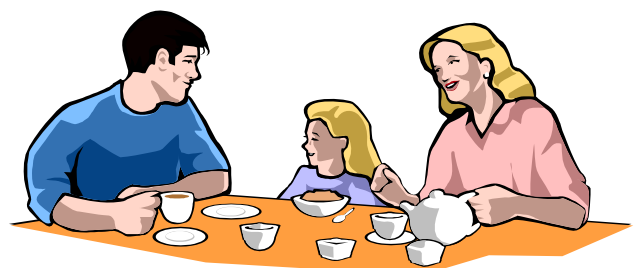
The Death of Josseline: Immigration Stories from the Arizona-Mexico Borderlands. Margaret Regan. **COMING SOON.** "Congregations are being invited this fall to engage in a "Common Read" of the new Beacon Press book on immigration issues. "...includes the accounts of what happened to several border crossers in recent years.... also describes the work of the Border Patrol, without vilifying it, and the humanitarian group, No More Deaths, which is a ministry of the Unitarian Universalist Church of Tucson. " <http://www.uua.org/leaders/leaderslibrary/leaderslibrary/interconnections/170934.shtml>Morrison-Reed, Mark D.

Lifespan Learning

Bringing It Home The Time/Money Balance

We have the mantra "Families First" because in our fast-paced, 24/7 lives, making our families a priority is not easy. However, studies show the benefits that shared time offers our children. In addition to learning healthy eating habits, children of families that regularly sit down to dinner together show both increased academic performance and psychological adjustment, as well as lower rates of alcohol and drug use, early sexual behavior, and risk for suicide. Time together as a family, whether spent watching a TV program or playing a game or lying

in the grass finding shapes in the clouds, allows you to discuss your values with your children and to find out what their concerns and their joys are. Reading stories that open up discussions are valuable as well. I recommend two storybooks in particular. Odd Velvet by Mary E Whitcomb and The Table Where Rich People Sit by Byrd Baylor capture some special moments in family life that no amount of money can buy.—Leah Purcell



Our Community

Holiday Bazaar and Cafe

Nov. 13-14

We need your artistic, crafty and cooking skills. You can donate your favorite cookies or that special bread everyone asks you to make. Are you sewing, knitting, painting (or what ever you do) so you can donate your work for this great event?

Volunteers are also needed. You can help sell on Saturday or Sunday, help set up on Friday, or many other roles. Check the Sign Up Site in Channing Hall and sign up to volunteer.

Contact Jan Satin or Barb Manning if you have questions.

Welcome new member!

Thelma Gerdine Born in Laurel, Mississippi, I spent most of my first twenty years in the state. I earned a B. A. in French at Millsaps College and have done some teaching as well as retail art supply and custom framing. I have lived in North Carolina, South Carolina, Minnesota Texas, Indiana, Illinois, Virginia, New Hampshire and Troy, NY, which has been home since 1983.

Things I value include asking questions, quiet listening, learning new things (about and how-to), creativity, common sense, openness to others and getting to know good people like those I've met at FUUSA.

Small Group Ministry to begin

Members and friends of FUUSA are attracted by the diversity and sense of community they find here. Small Group Ministry (SGM), now in its ninth year, fosters community among diverse people by developing deep, personal connections between participants.

Small Group Ministry offers both newcomers and long-term members a way to engage meaningfully with others and to create or deepen relationships as they share personal experiences and insights. SGM is not therapy, debate, or social conversation - participants grow, grow close, and are enriched by sharing their own life experience and listening deeply to each other without questioning,

judging, or advising. Groups meet twice a month and are guided by a facilitator.

Groups will begin in November. If you are interested or want more information look for the sign-up table in Channing Hall or contact John Sherman. If you would like to join a group please complete the form indicating your availability and preferences of meeting times and return the form to the FUUSA office. (The sign up form is at the end of this newsletter, and is also available in Channing Hall at the Sign Up Site.)

A FUUSA Thanksgiving Feast

Thursday, Nov. 25, 2:00 p.m.

Channing Hall

Not planning to have Thanksgiving with extended family this year? Would you like to enjoy a dinner where each dish is someone's specialty? Why not join your fellow FUUSAns for Thanksgiving this year! On Thanksgiving Day, we will gather at 2 pm for appetizers and conversation. Dinner will be served at 3 pm.

Like any family Thanksgiving, you can enjoy more than just eating, so bring games to play. And after dinner is cleaned up, we'll show the 1947 version of the movie, "Miracle on 34th Street." Of course, this holiday is also an opportunity for us to be thankful for the blessings we have and for us to be generous to people in need if we can, so we will have a Guest at Your Table box to accept donations to the Unitarian Universalist Service Committee.

The Purcell family is coordinating the dinner and activities. Call Leah at the office (463-7135) or email her at dre@albanyuu.org to let her know you are coming and to select an item to bring.

CommUUnity Potlucks

FUUSAns meet occasionally in members' homes in various neighborhoods for a potluck dinner. Newcomers are always welcome! Call the church office if you would like to host a potluck.

"Guilderland Plus" will meet in Guilderland

Friday, Nov. 12, 6:30 p.m.

Hosted by Lois & Bob Thomson and Anita Patka at

222 Heritage Road, Heritage Village, Guilderland. Call the Thomsons for directions and to let them know what you will bring.

Partner Church dinner and music: Buck2Fifty
Saturday, November 6, 5:30 to 10:00 pm.
Emerson Community Hall

Partner Church and the Choir bring you a dinner with John and Csilla Dale, our UU representatives in Transylvania/Romania, followed by Matt Edwards' jazz group, Buck2Fifty (New Orleans R & B via Albany, NY!)

Catered dinner from 5:30-7:30 and music from 7:30 - 10:00. The proceeds will benefit FUUSA and Partner Church. You can come for dinner or just for the music afterward. Friends and families welcome! For more information call Kathy Harris or Peter Brown.

Don't miss a great evening of music, dance, refreshments and friends.

Holiday Celebration and Crafts Workshop
Sponsored by the Religious Education Council

For the first time REC will combine the tree trimming and the holiday crafts workshop for a festive event to be enjoyed by all FUUSAns both young and old. In a change from previous years, the event will now have its own dedicated date and time on Saturday morning, December 11 from 9:30 am-11:30 am.

Our focus will be on creating a festive community event where all FUUSA members can enjoy some tree trimming fun, holiday crafts and wreath making. There will be plenty of treats, hot chocolate, and holiday music. Come join the fun!

Walker Book Club

The next meeting of the Walker book club is Sunday, Nov. 14,. The Walker book club is graciously hosted by Lisa Walker, Delmar. Each meeting begins with a potluck supper at 5:30 PM, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

Dates and books currently scheduled:

- ◆ Nov. 14 – Let the Great World Spin: A Novel by Colum McCann.
- ◆ Dec. 12 - Remarkable Creatures by Tracy Chevalier.

Contact Linda Hunt at :lshunt@nycap.rr.com for a list of books suggested by participants for future months.

Monday Men's Group openings

The Monday Men's Group has openings for three new members. The group meets the second and fourth Mondays of the month at 7:30 pm. We share our joys and concerns in a safe supportive setting. If you would like to learn more about the group speak to Dee Van Riper, Fred Barker, Phil Rich, or Arden Dockter.

Change of Time Breakfast

Sunday, Nov. 7

seatings at 8:30 and 9:00 a.m

Featuring delicious eggs with orange juice, bagels, Danish, coffee (regular and decaf) and tea
\$5.00 for adults and children 10 and over;
\$2.00 for children under 10.

Christian UUs

If you are interested in exploring Christianity within Unitarian Universalism, join us at 7:00 p.m. on November 16, 2010 in Room B-8. For more information contact John Sherman.

Joys and Caring Corner

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

Social Justice

Rev. Sam, Mary Ann Lettau, Karen Kaufmann, and I were "Standing on the Side of Love" with FUSS and others during the Saturday, October 16 march for marriage equality. We marched in Troy in hopes that the election will enable the Assembly to give the same rights to gays that straights have. And speaking of elections, I believe that there is no more important Social Responsibility than to be an informed voter.

And speaking of being informed, I hope all of you will be at the **Social Justice Workshop led by Rev. Dick Gilbert on November 6**. It will be an opportunity to learn and to focus our energy and commitment. If you haven't signed up, you can call me, or email me. We look forward to having Rev. Gilbert in the pulpit on Sunday, November 7, after which our regular SRC meeting will be held at 11:45 am.

Standing on the Side of Love,
Lois Griffin

Is there a Guest at YOUR table?

On November 21, we'll open our Guest at Your Table program during kids' time.

When we bring home our Guest at Your Table boxes

and place them prominently where we regularly gather, our families and friends have the chance to delve into several real struggles for justice and how UUSC advances human rights in the United States and around the world.

With each box comes a copy of *Stories of Hope*, which helps children, youth, and adults learn more about how UUSC works to change our world for the better. The stories introduce human-rights champions like Carolina Lara, a youth leader of a movement in Ecuador that successfully lobbied to have the human right to water included in the country's new constitution.

Consider making it part of a mealtime ritual to read through one of the stories and discuss its meaning and how we can help. When we share our blessings with our "guests," we ensure that UUSC and people like Carolina can continue their important work.

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 the impact of your support!

If you miss picking up your Guest at Your Table box, you can do so at the RE office at FUUSA or by talking with Don Odell, our UUSC local representative.

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)
Nov. 7	K. Harris	M. Myers	B. Bateman E. Hoffman		
Nov. 14	A. D'Attilio		C. Strebelt M. Tilgner		C. Wiltsey
Nov. 21		M.&C. Butt	R. Fogarty M. DeVolder		
Nov. 28					

Green Sanctuary news

Our second discussion will be on Sunday, November 21 in room B-8 at 11:45 am. Kathy Macri will be leading the discussion on Smart Water Use. Kathy is the Interagency Policy Coordinator at the NYS Environmental Facilities Corporation and in the Corporate Sustainability Office Executive Division. Come join us on this important topic.

On Saturday, October 30, the St. Lawrence District's Fifth Annual Social Justice Conference is being held in Syracuse entitled "Spinning the Interdependent Web; Eco-Justice and Unitarian Universalism." Thayer Heath will be leading one of the workshops on

"Green Sanctuaries."

The Green Sanctuary Comm. is preparing a new pledge form for members to sign up and work toward reducing their carbon footprint. It will be distributed soon. **Green Tips:** Carry your own reusable bottle. Buy fewer, larger bottles, and refill them..

Evening of healing and reconciliation

Wednesday, Nov. 3, 6:30-8:30 PM

A unique dialogue with Vietnamese guests hosted by Soldiers Heart, co-sponsored by SRC. Info in Channing Hall. RSVP to Don Odell.

Columns

Sam's Outlook

Keeping the faith through action

Our congregation and Unitarian Universalism are deeply committed to social action. We envision a better world and do not expect that divine forces will somehow make it happen. If there is some kind of preordained divine plan, it will take real people taking real actions to make it happen.

I don't believe there is a divine plan, at best a divine aspiration or hope. All too often oppression is dressed up in the clothes of a divine plan. Every time we go to war, God is claimed to be on our side. The early Puritan colonists came to these shores to create the New Jerusalem that didn't include the Native population. The "settling" of the western United States followed the call of Manifest Destiny. From Wikipedia I found that journalist John L. O'Sullivan, an influential advocate for the Democratic Party, wrote an article in 1839 which did predict a "divine destiny" for the United States based upon values such as equality, rights of conscience, and personal enfranchisement-- "to establish on earth the moral dignity and salvation of man". While these are indeed laudable values, elevating it to divine destiny can justify all kinds of violence to carry out God's plan.

Sullivan did what so many people do, put their desires into the mouth of God. I'm so grateful most Unitarian Universalists don't do that. Up until recently, we've considered what is best for humanity rather than referring to some commandment from scripture to guide us. But that is changing as our

ability to harm the planet has dramatically increased.

Today, many of us are going beyond humanity and considering what is best for life on this planet. Moving from an extraction culture to a sustainable culture, I believe, is the challenge of our century. Reducing carbon emissions and human population are critical to prevent mass starvation and death as water resources are depleted, soil quality degrades, and ocean fisheries collapse. Unlike the rosy view at the beginning of the 20th century of progress, onward and upward forever, the 21st is looking pretty bleak right now.

All that said, critical to preparing people for the lifestyle changes required will be discovering an inner sense of joy, happiness and satisfaction that does not arise from material consumption. As Americans and Northern Europeans have led the way propagating consumerist values, we must take the lead in mending our ways. We know better than most that "stuff" doesn't make you happy. Yes, electricity and indoor plumbing are wonderful benefits of modern living – but how much electricity and water do we really need? And how does it connect with our quality of life?

One counter to my own materialistic tendencies is contemplating Buddhist monks. They know what a burden possessions are. They accept offerings of food for sustenance, have a couple of robes, some toiletries and a bowl. They have almost nothing but are some of the happiest people you'd ever want to meet.

I know a little of that happiness and peace from my own experience at meditation retreats. Those ex-

periences have changed my approach to social action. Everyone in the world cannot live like the American middle-class, which would bankrupt the planet's resources. We need to be thinking about how we get to a much more modest lifestyle that will be as rewarding and satisfying – if not more so. My peace and happiness is vastly diminished knowing that it comes at great cost to others and jeopardizes the diversity of life on this planet.

I don't believe God put us here so we could use this planet as a launching pad to heaven. The only divine plan I can imagine is that we are here to love each other and participate in furthering the creative, evolutionary process of life. That could be God's plan, as it does line up with lots of religious teachings, but I don't need a God for that plan to make perfect sense to me.

And that plan doesn't require any belief – it's all about social action.

Rev. Sam

Chuck's Chat

Lately I have been struggling with a common problem. How do I find time to do everything I want to do? Sometimes I pack many things into one day. This Sunday, for instance, I read the New Yorker, attended the Blank lecture and worship service at Silver Bay, enjoyed a concert of local choral groups at Proctors, participated in a Co-op meeting in Albany, and then talked for two hours with my son and daughter-in-law in Portland, Oregon. This is a clear example of the "trying to cram everything in" method of dealing with the problem of not enough time.

There are always multiple opportunities to do interesting, rewarding, and meaningful activities but never enough time to do them all. As I got up one morning recently, I was struck by a possible solution. I realized I do not have to be present in person at everything, if part of our FUUSA community is present representing us. One of the advantages of FUUSA's size is that our members participate in a wide range of events and activities. Because of this connection, I feel we can be at an activity or event in spirit even if we are not there in person.

A couple of examples.

◆ There was a demonstration in Troy on Saturday,

October 17 -- the Wedding March in support of Gay Marriage. I thought for a while about trying to go to the march and also go to Silver Bay.

"Cramming everything in" sometimes goes to extremes. After talking to Barb (who often provides me with a reality check) it soon became clear that it was crazy to try and do both Silver Bay and the march. There was a strong UU presence at the march. At least 25 people from the First Unitarian Society of Schenectady were there as well as a number from FUUSA carrying the Standing on the Side of Love Banner and wearing those great yellow-gold T-shirts. I was not there in body, but I was there in spirit.

◆ A group of FUUSAns worked last Wednesday to put the gardens around the building to bed for the winter. I showed up late and did a few token shovel scoops but started to feel that I had not done enough. Then I realized, all of the garden workers were part of our beloved community. As a supporter of the community, I was also a supporter of their work.

Every week there are dozens of small and large activities at FUUSA and in the larger world that we would like to participate in. We cannot do them all. If each of us does at least some of them, we will all benefit knowing we share in the work and are represented. That is the power of our community.

So, enjoy doing what you have time for. Appreciate what others from FUUSA do. Let them know that you support their work, even if you cannot always be there with them. As individuals within this beloved community our own time is limited. Combining all of our time together creates the potential to get everything done, without "cramming it in".

In peace and love,
Chuck

Religious Exploration

Love is something when you give it away

"Generosity in an outward expression of understanding the blessing of abundance and, in turn, being a blessing to others. Stewardship is the practice of using all we have been blessed with wisely and with care." Laurel Amabile, office of Stewardship and Development, Unitarian Universalist Association.

When I ask parents and leaders in our congregation what qualities they would like to see our children and youth to develop the answers are usually compassion, responsibility and integrity. We want our children and youth to *know* about Unitarian Universalism and to *act* in ways that make positive contributions to others and also contribute to their own wellbeing. Quoting Laurel again, “Giving is reciprocal, involving giving and receiving which becomes a single beneficial act that transcends notions of gain and loss. The nature of this relationship is co-creative and transformative to both giver and receiver.” More simply stated in “The Magic Penny” song, which we sing as the offertory in Children’s Chapel each month, “Love is something when you give it away. You end up having more.”

Laurel was one of the presenters at a leader’s training I attended. She was very impressed that a congregation was wise enough to send its Director of Religious Education to a learning track on stewardship. I have found that an understanding of stewardship and generosity has helped me support the Religious Education program and families in instilling compassion in children. When planning multigenerational activities, the Religious Education Council and I look for ways to offer opportunities for people of all ages to be generous. An important part of the Halloween party now is honoring the donated food pantry items the children “Trick or Treat” for. They also Trick or Treat for UNICEF at coffee hour. Later in the year, we’ll send packages of goodies to our recently graduated young adults. We’ll be starting the Guest at Your Table program this month. Families are encouraged to put a box on their dinner table and to talk about generosity at home. And I’ll have a Guest at Your Table Box at the FUUSA Thanksgiving Feast to accept donations.

Children’s Chapel is an opportunity for me to teach the children about generosity. Collecting the offering has been an important part of the service each month. And for the past two years, I have worked with the children to help them select a charity to donate the money to at the end of the year. The first year they chose Greenpeace, and last year the World Wildlife Federation. However, last year, in January, when I explained that sometimes crises occur that need immediate attention, the children

eagerly agreed to donate that day’s donations to relief efforts in Haiti. You can see how engaged the children are in the world!

This year I would like to talk to the children about supporting their own religious community. My guess is that it won’t feel as noble to the children to give money to support FUUSA – to help pay for the heat, the mortgage, the materials, staff salaries – as it is to work to save the environment or homeless families. Still, I hope to inspire them to allocate a percentage of their donations to keeping their own church going strong and to give a percentage to the causes they feel passionate about.

When I talk to families about stewardship and generosity, the question often arises, “Is there enough?” As our “Give Away the Plate” initiative has shown, people give more when more is asked of them. There is enough time, talent and treasure out there. The next question often is “How much should we give?” My response is that it’s not the specific amount of money that is important— it’s how much the donation affects you. I remember once reading that the ancient Jews built their temples on the most valuable pieces of land. Instead of cultivating all the fertile land, some of it was dedicated to worship and community space. The people simply had to do without the food that could have been grown there. Surely they felt what they had given up and that made what they sacrificed for more all the more important to them. As I’ve said before, being generous as Unitarian Universalists and specifically as FUUSAns helps families feel engaged in our community.

I’ve suggested to families that they have their children earn the money that they donate to the collection at Children’s Chapel. Or that, especially for older children, they plan to set aside a percentage their allowance for charitable giving. A donation doesn’t feel as meaningful if it’s just whatever you happen to have left over. And the message seems to have been getting through, because now I see children eagerly reaching into their own pockets to pull out their donation instead of turning to their parents when we start to sing, “The Magic Penny.” They are experiencing that when you give away your time, talent and treasure, you end up having more – more love, more good will, more community.

In joy and service,
Leah

Contact Us

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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

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

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

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

Office hours

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

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

Building use

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

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

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

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

Editors: Amy Lent, Irene Saulsbery

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

Nov. *Update:* Nov. 1

Dec. *Windows:* Nov. 15

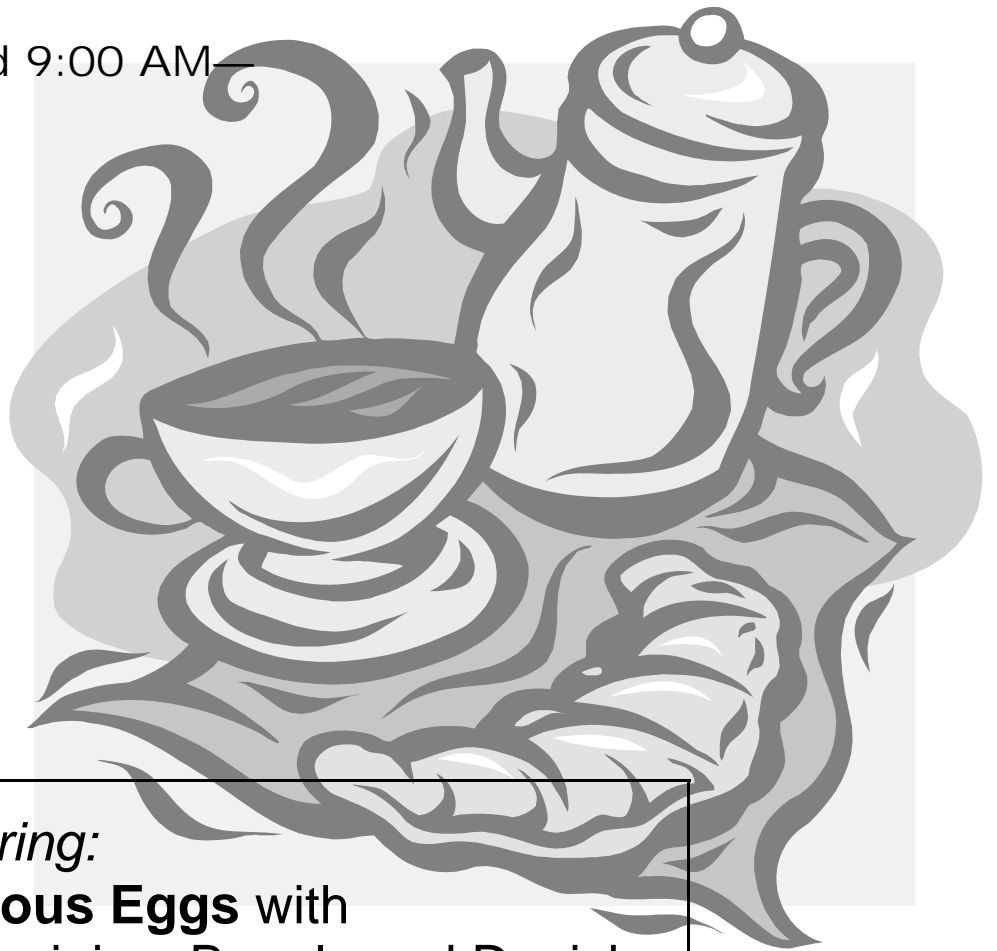
Change of Time Breakfast !!!

Sunday, November 7, 2010

Seatings at 8:30 and 9:00 AM
STANDARD time

**\$5.00 for Adults and
Children 10 and over;
\$2.00 for Children under 10**

**Make reservations in
Channing Hall during
coffee hour on
Sundays Oct. 24 and 31.**



Featuring:

Delicious Eggs with
Orange juice, Bagels and Danish,
Coffee (regular & decaf) and Tea



Holiday Craft Fair & Bazaar

Saturday, Nov. 13, 9:00 AM – 4:00 PM

Sunday, Nov. 14, 11:00 AM – 3:00 PM

Offering a diverse selection of quality handcrafted items

Stained Glass

Natural Soaps

Fine Art

Gift and Decorative Items

Pottery

Ornaments

Needlework / Hand knits

Beeswax Candles

Jewelry

Homemade Kitchen Crafts

– *jams, jellies, sauces*

– *candy, cookies, breads*

– *soup and cookie mixes*

– *pies for the holidays*

*Shop for one-of-a-kind treasures in **Granny's Attic**
and that special book in our **Used Book Nook***

Featuring...

Come shop and stay for lunch!

Randy's Café

Serving delicious homemade soups, chili, quiche, desserts & more

Café will be open both days.

Location: First Unitarian Universalist Society of Albany
405 Washington Avenue (at Robin St.), Albany, NY

Free Parking at UAlbany's downtown Hawley Ave. Lot at
Washington Ave. & Robin St.

Visit our website at www.albanyuu.org for more information and driving directions.

GIVING LIFE THE SHAPE OF JUSTICE

A workshop led by Rev. Richard S. Gilbert
Social Justice Coordinator
St Lawrence UU District

Do you have a passion for social justice, but are not quite sure what to do about it? Or, do you have limited time, but want to make a difference?

Come join with fellow FUUSAns as we learn how we *can* put our values into practice!

November 6, 2010
8:30 am – 3:00 pm

First Unitarian Universalist Society of Albany
405 Washington Ave, Albany, NY

Preregistration requested:

In person – Social Responsibilities Table during coffee hour,

By e-mail to:

- Lois Griffin (ohgriffin@gmail.com) or
- Donna Doran (thedorans1@verizon.net)

Lunch is provided
Childcare is available with pre-registration

No charge for the event, but donations will be gladly accepted.