

Edited for the Web:  
Personal information  
and contacts removed,  
as well as children's  
last names. Web view-  
ers needing more infor-  
mation are invited to  
contact the church of-  
fice at [administra-  
tor@fuusalbany.org](mailto:administra-<br/>tor@fuusalbany.org).

Vol. '09-'10, Issue 2  
October 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

**Publication deadlines**

Oct. *Update*: Oct. 5

Nov. *Windows*: Oct. 19

# Windows

## Newsletter of the First Unitarian Universalist Society of Albany

### Share the good news

The good news we have to share is Unitarian Universalism—and more good news is the CRUUNY marketing campaign has begun! You may have heard the first spots on WAMC just last week.

You, too, can help spread the word by wearing a FUUSA tee shirt or putting a bumper sticker on your car. You can order a tee shirt in Channing Hall or pick up a FUUSA bumper sticker in the lobby.

### Soul Matters groups starting soon

Persons interested in participating in a Soul Matters group, or facilitating a group, should contact Pam Collins to sign up (482-0201).

These groups will meet once a month to consider a larger Unitarian Universalist theme relevant to their religious values, their lives and the way they live them in the world.

## Sam's Outlook

### Inspiring urgency rather than despair

The greater our awareness of the forces at work in the world, the greater one is tempted to despair of any hope for humanity. Much as my emotional self urges me to look the other way, I continue to pay close attention about what we are learning about the effects of human activity on our planet. This can be quite distressing at times.

I learned about the most recent terrors listening to a new favorite science podcast, the CBC radio show *Quirks and Quarks* (<http://www.cbc.ca/quirks/>). It is an excellent review of what is new and exciting in the world of science and technology. Their first show of the fall season (<http://www.cbc.ca/quirks/archives/09-10/qq-2009-09-12.html>) was titled "Oceans of Trouble."

Now, when I think of the oceans, I think of their vastness. Believing we can have a major impact seems remote - but I discovered how wrong I was. I knew about the dead zone at the mouth of the Mississippi river without marine life. Too much plant fertilizer washes down from the fields upstream and stimulates algal growth. When those creatures bloom and die, bacteria eat them and suck all the oxygen out of the wa-

ter, killing everything and creating dead zones for thousands of square miles. I learned that these zones number over 300 around the globe at the mouths of major rivers.

I knew corals were in trouble due primarily to temperature changes in the waters. The algae in the coral give it its color, a symbiotic relationship. When the delicate balance of the water temperature and chemistry changes, the relationship becomes unbalanced and the coral expel the algae. I knew we're over-fishing the oceans, driving species into collapse. What I hadn't considered in both cases were the far-reaching effects on other species that depend on the diversity of sea life. We're only beginning to grasp the kind of disruption we're wreaking.

I knew the ocean was one of the major sinks for all the carbon dioxide we're putting in the air. The oceans are a big reason why CO2 hasn't risen as fast as the amount we're dumping into the air. I learned something absolutely terrifying. The ph (acid vs. base) chemistry of seawater is changing all **Sam's Outlook, continued on pg. 3**

## From the President

### No Triskaidekaphobia\* at FUUSA....or...Happy Homecoming:

On Sunday, September 13, Emerson was full, smiles and joyful greetings were everywhere, and our water ceremony reflected summer travels of the congregation from backyards to Copenhagen. While summer services were extremely successful, there is still palpable excitement in September about the start of the new church year. This fall is especially exciting – and opening day was especially busy - as we also held the kick-off event for our major marketing campaign with the Capital Region Unitarian Universalists of New York (CRUUNY.)

**Shout It Out!:** CRUUNY launched our Shout It Out media campaign at a lively and fun filled celebration at the First Unitarian Society of Schenectady on September 13. Balloons and noisemakers, Matt Edwards' band, *Buck2Fifty*, and the cut-loose dancing of, among others, Rev. Sam Trumbore and Rev. Linda Hoddy, made for a festive event! In addition, Rev. Tom Chulak, our St. Lawrence District Executive, and Valerie Holton, the UUA marketing consultant who has been working with our four congregations since last year, outlined the specifics of the planned campaign.

For those who may be newcomers to us, CRUUNY consists of the four UU Congregations of the capital district region: Albany, Schenectady, Saratoga and Glens Falls. Last spring we collectively raised over \$20,000 for an area-wide media campaign to "shout it out" and let folks know who we are and what we offer as open-minded, welcoming and inclusive religious communities. We know there are those out there who would join us – IF they knew about us – and that, in a nutshell, is why we are launching this campaign. Market research has shown that far too many people have no idea who we are; others do know some-

thing about us and are even attuned to our liberal values, but have never found our doors or been invited in – and thus are denied the saving message and caring community we offer. We hope to change that!

**The Media Campaign Begins:** Our campaign will be conducted through print media, radio, direct mail, and on line. While the UUA has provided tremendous assistance in developing materials, thanks also go to the marketing folks in each congregation – including for us, Bruce Smith, Al DeSalvo, and publicity chair, Paula Moskowitz. Kudos to all! A few details on the campaign:

Radio spots have already begun on WAMC! A couple examples of what you might hear are: *The Unitarian Universalist Congregations of the Capital Region – Where people of different beliefs worship as one faith... or... The Unitarian Universalist Congregations of the Capital Region - teaching children to build bridges, not walls, in our increasingly multi-cultural world.* Our underwriting "buy" provides for seven spots per week at random times between 5AM and 9PM and runs for 26 weeks over the next 12 months. Each spot also directs the listener to CRUUNY's new website: [www.capitalregionuu.org](http://www.capitalregionuu.org). This new website is bright, attractive, and informative; it includes a number of photographs and lists the individual websites of our four congregations. Do listen for these ads on WAMC and check out the CRUUNY website - both will make you smile with pride and expectation!

Another on-line advertising tool we have purchased is Google AdWords. Most of us have noticed that when we search for something on Google, we often get "Sponsored Links" listed on one side of the page. These sponsored links have been triggered by specific words or phrases

from someone doing a Google search. For example someone searching for "churches without creeds" or "churches for interfaith couples" may now find on their results page and listed as a "Sponsored Link," [www.capitalregionuu.org](http://www.capitalregionuu.org). Now that's 21st century marketing!

The CRUUNY campaign is also using direct mail. This week we will be mailing 20,000 oversized and colorful postcards headlined "Imagine a religion that embraces many different beliefs...including yours" and again directs people to our websites and to our four congregations. This is a carefully targeted mailing to approximately 12% of the households in specific zip codes identified by each congregation. You may or may not fit the targeted profile; you may or may not get a postcard yourself; one neighbor may get one, another may not. We do know, however, that the UUA has had both extensive experience and proven success with direct mail advertising. So, if you do get a postcard, consider passing it on to someone else – someone, perhaps, you have been meaning to invite to FUUSA. For as valuable as marketing can be, personally asking and bringing a friend is still more effective! Let's all "shout it out" in whatever way we can!

**Reminder: Welcoming is the Task of All of Us:** Given the media campaign outlined above, we can expect an increased number of visitors in the coming weeks and months. Are we ready? The building looks terrific, RE is fully staffed and geared up, and our membership coordinator and membership committee have worked hard to be prepared. But welcoming is a task for all of us! We can all do something! Sign up to be a greeter, say hello to newcomers, help visitors find their way. No one is shy in his or her own house; we are all hospitable to guests in our home; and, for most **President , continued on pg. 3**

## From Joy Library

This is the first of what we hope will be a monthly column about new or interesting books in the Joy Library. Following, with their call numbers, are six recently added books. These six books and other new titles are currently shelved in the NEW BOOKS section.

♦**Johnson, Steven** *Invention of air : a story of science, faith, revolution, and the birth of America.* 2009. Joseph Priestley--scientist and theologian, protege of Benjamin Franklin--an 18th-century radical thinker who played pivotal roles in the invention of ecosystem science, the founding of the Unitarian Church, and the intellectual development of the U.S. 92 PRI JOH

♦**Church, F. Forrester** *Love & death : my journey through the valley of the shadow.* 2008. Sermons explore death in relation to love. Church concludes that to live is to love, that without love there can be no life. The terms life and love become interchangeable, and life-love is a risk we must all take. He speaks directly to the heart with a message of certain solace to anyone facing the loss of a loved one. 289.1092 CHU

♦**Osler, Mark William** *Jesus on death row : the trial of Jesus and American capital punishment.* 2008. Challenges Christian support for the death penalty by fitting the story of Jesus' trial and death into the modern criminal justice in the United States. An effective, and surprisingly gentle, case against the death penalty, aimed at the majority of American Christians who see no irony in supporting capital punishment while following one who was a victim of it. 232.96 OSL

♦**Wright, Robert** *The evolution of God.* 2009. Sweeping narrative from the Stone Age to the Information Age, unveiling a hidden pattern that the great monotheistic faiths have followed as they have evolved. Through

*Sam's Outlook, cont. from pg. 1*  
over the world as the CO2 dissolves into the water, making carbonic acid. Chemistry dictates all living creatures can survive only in a narrow pH range. If seawater were to become too acidic, it will disrupt all life and potentially kill all ocean creatures. We're moving that way very fast and the momentum of the amount of carbon dioxide in the air is huge.

No scientist had ever considered until recently that we could have this big of an impact on the oceans. Now it looks almost unavoidable. The scientists who discovered this are not a happy bunch of people. Contemplating the end of all life in the oceans and fearing that there may not be any way to avoid it doesn't make you want to get out of bed in the morning.

I feel torn about passing on this

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the prisms of archaeology, theology, and evolutionary psychology, Wright's findings overturn basic assumptions about Judaism, Christianity, and Islam. 200.9 WRI

♦**Pipher, Mary Bray** *Seeking peace : chronicles of the worst Buddhist in the world.* 2009. The author explores her personal search for understanding, tranquility, and respect through her work as a psychologist and seeker. 294.3 PIP

♦**Ehrman, Bart D.** *God's problem : how the Bible fails to answer our most important question--why we suffer.* 2008. Discusses contradictory explanations for suffering put forth by various biblical writers and invites all people of faith--or no faith--to confront their deepest questions about how God engages the world and each of us.. 231.8 HER

We invite you to visit us in the Joy Library and take a look at the good old books and more than 30 new books!—Sally Knapp

information in my column. We need to know that our carbon emissions are directly related to the potential for the oceans to die. And knowing this is emotionally overwhelming. We can hope to be wrong but it doesn't look like that right now, far from it.

My hope is that by raising your awareness, you'll receive the message that this is urgent. The drastic reduction of carbon emissions is mandatory for the survival of numberless life forms. None of us acting alone can make any difference. But collectively, as a global community, there is the potential for hope.

Science points the way. We need to pay attention and demand a global response.

Rev. 

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## *President , cont. from pg. 2*

of us, FUUSA is in a very real way... home! Welcome!



*Forgive the vocabulary. When I was teaching, if the thirteenth of the month fell on a school day, we often interrupted the regular curriculum to play a vocabulary game everyone loved! I guess at this time of year I am still a bit nostalgic about years in the classroom.*



## Choir...looking for you!

Sopranos, altos, tenors and basses are needed. For more information contact Kathy Harris or Peter Brown.

# Religious Exploration

## Why do they come?

I write this on the evening of our first day Sunday school of the traditional year. As Rev. Sam remarked upon seeing the wave of scurrying humanity coming forward at Children's Time, there were many familiar faces this morning – some we've seen throughout the summer, and others had changed since we last saw them. And there were many new faces too. Everyone was excited - whether it was a gleeful or nervous kind of excitement. Surely they were wondering what would happen next. I was at the back of the hall, amazed and excited too, donning my "Eliot Pricklepuss the Porcupine" costume. I wasn't entirely sure what would happen next either. Would the skit be well received? Would I remember my lines? Would all those children find their classrooms easily after we left the hall? How were the youth doing in their groups downstairs? Then a seemingly stray thought entered my brain - Why do children and youth come to FUUSA on Sunday morning?

The most obvious reason children and youth come here, since we don't see any little ones getting off a CDTA bus on their own or biking by themselves down Wash. Ave, is that a family member or adult friend brings them here. But once here, what do they hope for?

My guess is that they want at the least, to sing a song they know and to hear a good story in the service. And then in Sunday school, as a 5th grader reported to his teacher today, they want not to be bored. What a low bar!

From my observations and conversations with children and youth, I think they really want the same things I hear a lot of adults say they want from their Sunday morning experience. We all want to be with friends and to have a chance to talk about

things we can't talk about with our friends during the week. We all want to ask questions; to share our stories; to move; to sing; to engage in rituals in order to make meaning of events in our lives; to feel accepted, valued and empowered; to have opportunities to work with others to do good in the world.

That's asking a lot to ask our Sunday School teachers! The RE Council and I are working to evaluate the curricula, provide new courses and enrich older ones. But that is only the "what" of Sunday school. There is also the "how". As UU's I think we are much more about the "how" than the "what". For us the content of the week's lesson is more of a springboard to get things going than an end goal. Religious education is primarily about relationships and how we treat each other. For us, the thinking and the experiences are closely intertwined. And so I try to support the teachers by also giving them resources to nurture and model kindness, acceptance, compassion and respect in their classrooms. I also encourage teachers to challenge children and youth and to be open to the challenges the youth and children offer. This is how we learn and grow. It's how we each develop our ideas of how to be in the world – our personal faith or philosophy.

Just as the "how" and the "what" are closely intertwined, so is learning and worship. Each Sunday school session includes ritual. Usually everyone has a "circle time" with chalice lighting, opportunities for sharing stories, and a message through a story or reading. The monthly Children's Chapel that I lead includes a message or lesson along with rituals like the chalice lighting, joys and sorrows, singing, meditation or prayer, and readings. Rev. Sam and I plan our multigenerational services to include

many elements to combine the "how" and the "what" in ways that are engaging to all.

So here's the bottom line, as I see it. Unitarian Universalist religious education is creating an environment where people feel empowered to travel their path of personal faith or personal philosophy. None of this is easy, but I don't think any of us signed up for the easy route when we became UU's. Certainly UU RE is a challenge worth aspiring to. Because whether our children, youth, or even we adults can articulate this, it goes to the heart of why we come on Sunday mornings.

Here's to another great year of religious education! May we all feel the comfort of support, the awe of empowerment and perhaps some slight discomfort of challenge in order to learn and grow and to be of service to others. Thank you, as always for your support of the RE program.

In joy and service,



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## Thank you RE volunteers!

Our corps of RE volunteers is 49 members strong! Thanks to all of you for stepping up to provide our children and youth a warm, respectful and compassionate place to learn and grow. Congratulations on this opportunity to develop your own personal faith or philosophy as well. In the words of our UU hymn

"From you I receive  
To you I give  
Together we learn  
And from this we live."

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## Spirituality Book Club

The first Spirituality Book Club gathering will be at FUUSA on Sunday, October 4, 2009 at noon. We will be viewing and discussing an Eckhart Tolle DVD - bring your lunch.

## Channing Circle

Our next Channing Circle is on Monday, Oct. 19 at noon. Bring your lunch and enjoy dessert provided by some good people from our group.

Sue and Ted Wright will take you on a 2009 Elderhostel to the Atacama Desert in northern Chile and then to Easter Island in the middle of the Pacific Ocean. You will also get to know the local people and experience an evening of Polynesian dance.

Channing Circle is for all FUUSA members and friends who are fully retired. We look forward to seeing you on the 19<sup>th</sup>.



## Bringing It Home

### Helping children and youth with their "elevator speeches"

UU Minister and former president of the UUA, Rev. Bill Sinkford urged UU's to create their own speech to explain UUism in the time it takes for a typical elevator ride. You never know when this might come in handy. For children and youth, who are often in the religious minority most of the week, it can be reassuring to have a mental crib sheet about UUism in their pocket to pull out when talking to their peers about their religion. You can help your child by sharing your thoughts and listening to theirs. The tricky part is to say what we ARE, not just what we aren't. One idea central to UUism is that we are a covenantal religion, not creedal. More about this thought in the recent issue of "Quest" the publication of the UU Church of the Larger Fellowship. <http://clf.uua.org/quest/2009/09/belote.html>

## Social Responsibilities Council

### SRC Table

Come see the beautiful, colorful items from Guatemala which have just arrived. They make wonderful gifts and help the Mayan women at the same time. We continue to sell CFL bulbs, Fair Trade coffee, cocoa, chocolate bars. We will be getting a shipment of Organic Ethiopian coffee shortly.

We continue to recycle ink cartridges and cell phones. (No laser printer cartridges.) The boxes for the cartridges and cell phones are in the coat room. Honest Weight Food Co-op recycles batteries. Thank you for recycling.

### Green Sanctuary plans

On Saturday, October 24 join us at the Capitol for the International Climate Action event from 2 to 5 p.m. to stop climate change and to remake our world. It's to take a stand for a fair Copenhagen Climate Treaty that

meets the science. 350: signifies the safe upper limit of CO2 we need to get to. We will be marching down from FUUSA to the Capitol with many other groups and individuals concerned about the environment. There will be music, dance, speakers etc. This event will be held "rain or shine."

The committee continues to explore ways we can involve FUUSA members to continue our Green Sanctuary Movement. Some of our ideas will become reality soon.

If you are tired of receiving phone books from the following three companies, here are the numbers to call to cancel receiving them: Yellow Book 1-800-929-3556 selection #1; Verizon 1-800-888-8448 "next available agent"; Talking Phone Book 1-866-328-0026 or email: [distribution@talkingphonebook.com](mailto:distribution@talkingphonebook.com)

### October 25 Forum

The next forum will be on Oct. 25, from 11:30-12:30, in Emerson Community Hall. Stay tuned for speaker and topic!

# John and Barbara Metz in Concert

2:00 p.m., Sunday, Oct. 25

## Cello and Piano Together

Featuring works by  
Rachmaninoff, Schumann and Stravinsky

**\$12.00 Adults/\$8.00 Students**

**Emerson Community Hall**

## Guilderland Plus Potluck

Back into the "swing of things" and "better late than never", the Guilderland Plus group will emerge from hibernation on Fri. Oct. 23. Anita Patka, Bob and Lois Thomson will host the potluck supper in the Community Room in Heritage Village at 6:30 p.m. The room is large and well appointed, and Guilderland Plus means exactly that. We cordially invite all FUUSAns to join us. Please contact Lois Thomson for directions and to say what you'll bring for the meal. Hope to see you.

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## About Us

◆The Helderberg Madrigal Singers will present "Albany's Musical Heritage: 1609 and Beyond" on Friday, October 23, at 7:30 PM at the Boght Arts Center, 583 Boght Rd, Cohoes. Tickets are \$10 and can be purchased at the door or in advance at the web site [www.boghtarts.org](http://www.boghtarts.org), where you can also find directions. The venue is an historic church. See **Dawn or Dick Dana or Dave Metz** for more information.

◆**Julie Lomoe** has been chosen by the Friends of the Albany Public Library for "Local Book and Author of the Year" for her mystery novel ELDER-CIDE. She'll be honored at a luncheon on November 14th. \* Julie has also been chosen to moderate two panel discussions at the Poisoned Pen Web-Con, the first-ever international online conference for mystery writers and readers.

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**"Winter is coming! Winter is coming!** Gather your acorns and nuts! Pile up the wood! Tune up the snow blower or at least find the snow shovel."

AND .....

Order your New Skete cheesecake to have on hand for a delicious treat on the cold days or when company comes!

This 2010 choir trip fundraiser will help make any special weekend or holiday even more special. You can put in your order beginning Oct.11. See John or Sue Walko in Channing Hall after the Sunday service to see the wonderful varieties offered or contact them by phone or email.

*Hint: The sampler gives you the opportunity to taste many splendiferous flavors!*

## Membership Musings

My favorite Benjamin Franklin quote is, "Rest assured that you can never rest assured; not in this life."

I suppose that means different things to different people, but to me, it means take nothing for granted, don't expect anything to stay the same, because change is inevitable.

So, you think, what has that to do with us? With the challenge to grow that has come from within, from the Capital Region Unitarian Universalists of NY (CRUUNY), and from the UUA, there will be change. Growth won't happen unless there is. The autumn is the perfect time to keep that in mind-leaves may shrivel and die, but the tree will be back bigger and better than ever pretty soon.

And we are ready for change, though it may not be easy. We have been going along in a very solid way, growing slowly and sustainably for almost a decade. The tree has its fer-

tilizer, it's been pruned and mulched, and now let's see how we'll do.

Simple changes in interpersonal communication may ease that change. Let's consider trying not to be exclusive in our conversations at coffee hour. Maybe something as simple as having eye contact is a small change one can try. Something a little bolder might be inviting someone to sit in the seat next to you rather than the one that is two chairs away or inviting someone you had a nice chat with to go out for lunch.

I'm sure that if we each remember to be our most friendly selves when we can, that change will wash right over us, like a spring rain.

We may not be able to rest assured, but we can certainly take a minute or two to appreciate new folks and each other. -Lynne

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## Holiday Bazaar

Bazaar planners are hard at work planning the 4th annual Bazaar/Café. The bazaar will be held this year on Saturday, November 14 and Sunday November 15. We need help planning, and your artistic crafty skills. We are looking for vendors. Do you or a friend or relative want to rent a table? We are also looking for donations of arts, crafts, gift items and food stuff. You can sign up soon to donate and work. We need to know soon if you want to be a vendor. Contact Jan Satin or Barb Manning.



*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  
*Production:* Dave Stone  
*Contributors:* D. Odell, S. Trumbore, L.Griffin, L. Way, L. Purcell, S. Knapp, T. Heath, L. Hunt, S. Walko, L. Lekakis, C. Antal, et al.  
*Newsletter Crew:* Many hands!

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

## Adult Education

### **Spiritual Autobiography: Nurturing Your Faith within the Six Sources of Unitarian Universalism**

*Led by Chris Antal, Intern Minister*

Each of us brings a lifetime of experience to their faith development. And that development is a lifelong journey. Using readings, practicing reflective exercises, and engaging in dialogue with exemplars from our congregation, the class will explore each of the six sources from our Purposes and Principles as a support for our growth and development. Throughout the course, participants will be crafting their spiritual autobiography and have opportunities to present their story to the group for discussion.

Classes will be on the following six Mondays from 7-9PM: 10/5, 10/12, 10/19, 11/2, 11/9, 11/16; (note there will be no class on 10/26)

### **Spirituality and Parenting**

How can you parent intentionally as a UU? Let's explore how families of all kinds can make meaning of holidays; create meaningful rituals at home; share our values as children grow up with competing pressures of our culture; and stay engaged with children as they become teenagers and young adults.

And let's not forget to ask, "What is our own spiritual nourishment?"

Time frame and times to be offered TBA. Contact Leah Purcell, if you're interested. Phone 463-7135; e-mail [dre@albanyuu.org](mailto:dre@albanyuu.org)

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### **Walker Book Club**

The next meeting of the Walker book club is Sunday, October 11. The meeting commences with a potluck supper at 5:30 p.m. at Lisa Walker's home, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

The Walker Book Club is named in memory of long time FUUSAn Vic Walker, who, with his wife Lisa, hosted the book club for many years. Lisa continues to elegantly host this monthly event for all members and friends of FUUSA. We meet monthly from September through June.

Dates and books currently scheduled:

- Oct. 11, FUUSA's own Julie Lomoe, author of "Eldercide" aka "Evening Falls Early". Suggested by Don Odell.
- November Selection, The Zookeeper's Wife Diane Ackerman. Suggested by Winston Hagborg.

## Mindfulness Meditation Retreat

**October 9-10, 2009**

This Oct. 9-10 retreat will be led by Rev. Trumbore, on Friday 6:30 p.m. to 9:00 p.m., and Saturday 8:00 a.m. to 3:00 p.m. It gives the participants an opportunity to learn Buddhist insight meditation techniques or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There is a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please register with the office (463-7135) if you'd like to participate. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for over 25 years and is Past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be one of the best for Unitarian Universalists because it is light on ritual, ceremony and cultural baggage. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and opens the heart.

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### **Humanist ministry**

**11:45 AM, Sunday, October 11 at FUUSA.**

The Fall 2009 issue of UU World has a feature article: "The gospel of inclusion: A black Pentecostal bishop embraces Universalism, befriends a Unitarian minister, and shakes up the largest congregation in the UUA" by Kimberly French. It raises issues as to the nature of diversity in Unitarian Universalism, and asks how might your congregation respond to such a change. What should your congregation do in addressing everyone's needs when people may share a similar theology and values, but prefer different styles of music and worship, and varying forms of God talk.

Please read the article. Come join the discussion. In addition to the hard copy of the magazine, it can be found at the following link: <http://www.uuworld.org/life/articles/145503.shtml>. Or contact Don Odell for assistance in obtaining a copy. Child care will be provided if we can know not later than Thursday, Oct. 8. Light refreshments will be available.

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### **FUUSA Yahoo group and Facebook group**

For those FUUSAns who would like to keep in touch outside of Sunday services, especially with those FUUSAns 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.

## **NYSCU Annual Meeting**

**Oct. 16-17, in Rochester**

NYSCU (New York State Convention of Universalists) is holding its 181st Annual Meeting at the First Universalist Church of Rochester, NY. The Keynote speaker will be The Rev. Dr. Richard S. Gilbert, Minister Emeritus, First Unitarian Church of Rochester, NY addressing "The Missing U in Unitarian Universalism: Our Universalist Heritage, Its Meaning for Today and Tomorrow".

FUUSA is a member of the NYSCU and we would like to be well represented. Please contact Denominational Affairs liaison Don Odell at [drodell31@yahoo.com](mailto:drodell31@yahoo.com) or 482-4574, or FUUSA President Linda Way if you want to attend and be a delegate. And do so promptly please.

Brochure and registration form available in PDF or Word format at <http://nyscu.org/> and at FUUSA.

## **UU Weekend at Silver Bay**

UU Weekend at Silver Bay – a "soft place for Unitarian Universalists to Fall", Oct.16 – 18, 2009 - don't miss our 16th annual UU Weekend at the beautiful and historic Silver Bay resort on Lake George, NY. The fun begins on Friday with children's programming all weekend, workshops (lectures, crafts, spirituality, music, and movement), outdoor activities such as hiking, kayaking and bird watching, delicious food, a hilarious Talent Show (bring your special talent!) worship, dancing, and much more! Pack your good will, your cares and hopes, a warm sweater and find a soft place to land! Watch for the Silver Bay table in Channing Hall or download a registration form from our FUUSA web site ( <http://www.albanyuu.org/uuwregform.pdf>).

## **Entertainment Books**

Good news: Your 2009 Entertainment Book has arrived! You can pick it up in Channing Hall on Oct. 11.

For \$35 you'll get: Free admission to the Schenectady Planetarium, the tang museum, the Lake George Steamboat Company, Proctors, NYS Theatre Institute, SPAC, New York City Ballet, Philadelphia Orchestra and others; Free green fees at many golf courses; Savings at Valvoline, American Airlines, Bella Napoli, Dick's Sporting Goods, Super KMart, Black Creek Nursery, Party Land, Grand Union Regal Cinemas, Harry and Davids, National Car rentals and on and on and on

Contact John and Sue Walko via email or phone, or see them in Channing Hall beginning Oct. 11 to get your book!

### **FUUSA Soul Matters Signup—Fall 2009**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to be in a group.

*Please enter preferred meeting time in the table below. Rank preferences with one as highest.*

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Morning							
Afternoon							
Evening							

Have you been in a small group ministry/covenant group before? YES NO

*Please return this to FUUSA office, 405 Washington Avenue, Albany, NY, 12206*

# UU Weekend at Silver Bay Oct. 16 – 18, 2009

## REGISTRATION FORM

Please submit a separate form for each household/family group sharing a cottage.



**It's not too late to register!**  
 General registration and housing questions:  
 Randy Rosette,

Family/Group Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

E-Mail Address \_\_\_\_\_

UU Group: \_\_\_ Albany \_\_\_ Glens Falls \_\_\_ Schenectady

Other: \_\_\_\_\_

\_\_\_ Check here if you would like us to find you a roommate.

Name of roommate if sending in separate registration form: \_\_\_\_\_

**Please list all individuals in your group.** Print clearly, we use this information for nametags.

Kids grade 8 or under are assigned to program groups based on grade in school:  
 Infant – PreK; K-2; 3-5; 6-8

First Name	Last Name	Kids' Ages	Kids' Grades

**Lodging Options** Prices include programs, snacks, lodging, and meals. Please put 1 for first choice; 2 for second choice. Calculate cost based on first choice. **Rooms are assigned according to date deposit is received. Registrations received after Sept. 21 must pay the higher rate.** If information about staying less than the full weekend is desired, contact Randy Rosette.

**Handicapped Access** If you need handicapped accessible accommodations YOU MUST REGISTER BY SEPT. 21. These rooms are in short supply.  
 **Need assistance at meals**

Option	Type of Lodging	Adult per weekend		Child (6-17) per weekend		Your Cost
		By 9/21	After 9/21	By 9/21	After 9/21	
___A	Central Bath Double: Spengler	\$175	\$190	\$121	\$136	_____
___B	Central Bath Single: Spengler	\$219	\$234			_____
___C	Central Bath Quad: Inn (limited/no heat)	\$158	\$173	\$104	\$119	_____
___D	Central Bath Triple: Inn (limited/no heat)	\$166	\$181	\$114	\$129	_____
___E	Central Bath Double: Inn (limited/no heat)	\$190	\$205	\$134	\$149	_____
___F	Central Bath Single: Inn (limited/no heat)	\$246	\$261			_____
___G	Private Bath Quintuple: Inn	\$166	\$181	\$113	\$128	_____
___H	Private Bath Quad: Inn or Bayview	\$179	\$194	\$123	\$138	_____
___I	Private Bath Triple: Inn or Bayview	\$194	\$209	\$140	\$155	_____
___J	Private Bath Double: Inn or Bayview	\$227	\$242	\$173	\$188	_____
___K	Private Bath Single: Inn or Bayview	\$320	\$335			_____
___L	Cottage*: pricing per person/bedroom: Single	\$270	\$285			_____
	Double	\$198	\$213			_____
	Child in cottage			\$146	\$163	_____

**\*Cottagers additional info needed:**  
 Circle number of bedrooms in cottage: **2 / 3 / 4** Bedroom Cottage  
 Please submit a separate form for each household/family group sharing a cottage.  
 List family names with whom you will be sharing cottage:

**Estimated total cost for your lodging & meals** \_\_\_\_\_  
**Optional:** Friday Buffet (5:30 – 8:15 pm) \_\_\_\_\_  
 \_\_\_# Adults @ \$9.00 \_\_\_# Children (6-17) @ \$4.50 \_\_\_\_\_  
**Optional:** Gift to UU Weekend Scholarship Fund..... \_\_\_\_\_  
**Total Due for your party** \_\_\_\_\_

**This is a cooperative weekend. Everyone should volunteer.**  
**Give me an assignment**   
 or  
**Here is what I'd like to do:**

**Calculate what to send now:**  
**Non-refundable Deposit:** Minimum \$50 per person \_\_\_\_\_  
 non-refundable deposit is due with registration  
**Total sending now** ..... \_\_\_\_\_  
**Balance Due by Oct. 2, 2009** ..... \_\_\_\_\_

## Office Notes

•Address changes cost us money! (each time a newsletter is returned.) Please inform us of your address change *before* you move, or stop your mail for vacation, or make a seasonal move to the warmer climes.

•Announcements for either Windows, Windows Update or the order of service should all be sent to the same address: windows@albanyuu.org. If you have something you want printed on a specific date, put the issue name and date in the subject line. Other wise we'll run it whenever it seems appropriate! Newsletter contributors wishing to receive email reminders about the Windows deadline should contact Amy Lent.

•To reserve a room for a FUUSA activity, you can email or call administrative assistant Dave Stone

•To rent space for a personal or non-FUUSA activity, contact church administrator Amy Lent.

Church office phone 518-463-7135

Dave Stone dstone@albanyuu.org

Amy Lent alent@albanyuu.org

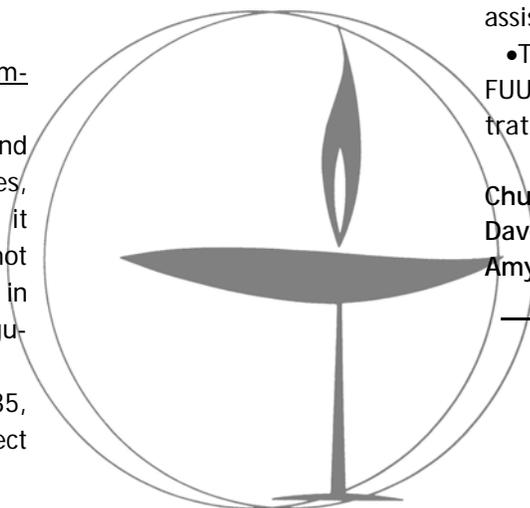
*If you need the services of the Caring Network, please call the office during regular hours at 463-7135.*

## New directory soon!

The 2009-10 FUUSA Directory of Members and Friends will soon be printed.

If you are new to our community and would like to be listed, please send names, address, phone, (and email if you wish it included) to the church office. You do not need to be a FUUSA member to be listed in the directory: friends who participate regularly need to stay connected, too!

Contact the church office at 463-7135, or alent@albanyuu.org to add or correct your listing.



## Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Oct. 4	D. Odell	T. Archer K. Harris		A. DeSalvo	A. Radin
Oct. 11			J&R Ssatin	T. Archer	
Oct. 18	D. Dana				
Oct. 25	A. D'Attilio				

# Change of Time Breakfast

**November 1, 2009**

## Events Happening Every Sunday at FUUSA

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

Exceptions:

## Events Happening Every Week in the Month of October

Mondays	10:30 AM	Pre-School Playgroup Wash. Pk. or 23	Exceptions:
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

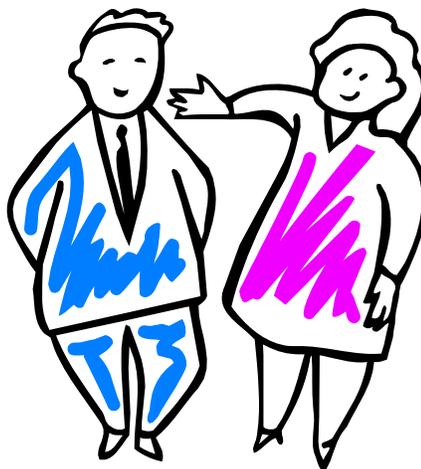
## All Other Events Happening in the Month of October

1-Oct	9:00 AM	Rummage Setup & Donation Hours	Emerson	13-Oct	6:30 PM	350/Green Sanctuary	B-8
2-Oct	9:00 AM	Rummage Sale	Emerson	15-Oct	7:00 PM	Board of Trustees	B-8
3-Oct	9:00 AM	Rummage Sale	Emerson	16-Oct		UU Weekend retreat	Silver Bay
	9:00 AM	Service Leader Training	Sanctuary			NYSCU Convention	Rochester
4-Oct	11:30 AM	SRC Meeting	B-7	17-Oct		UU Weekend retreat	Silver Bay
	11:30 AM	Joy Library Open House	Stott/Joy Library			NYSCU Convention	Rochester
	12:00 PM	Spirituality Book Club	B-8		7:00 PM	Dances of Universal Peace	Channing
5-Oct	9:00 AM	Windows Update deadline	office	18-Oct		UU Weekend retreat	Silver Bay
	6:15 PM	Religious Education Council	Emerson, Kitchen	19-Oct	9:00 AM	Windows deadline	office
	7:00 PM	AdEd: Spiritual Autobiography	B-7		12:00 PM	Channing Circle	Channing, Kitchen
6-Oct	6:30 PM	350/Green Sanctuary	B-8		7:00 PM	AdEd: Spiritual Autobiography	B-7
7-Oct	5:00 PM	Religious Services Committee	B-8	20-Oct	6:30 PM	350/Green Sanctuary	B-8
	6:30 PM	Public Relations Committee	Channing	24-Oct	9:00 AM	Newcomer Gathering	B-8
8-Oct	7:00 PM	PCC Meeting	B-8	25-Oct	11:30 AM	Forum	Emerson
9-Oct	6:00 PM	Meditation Retreat	Emerson, B-8		2:00 PM	J & B Metz Concert	Emerson
10-Oct	8:00 AM	Meditation Retreat	Emerson, B-8, Kitchen	26-Oct	1:00 PM	Windows mailing	Channing
11-Oct	11:45 AM	Oriel Editorial Committee	Stott/Joy Library		7:30 PM	Monday Men	B-8
	5:00 PM	Cancer Support Group	Webb's home	31-Oct	9:00 AM	SLUUD Event	Syracuse
	5:30 PM	Walker Book Club	L Walker's		10:00 AM	Bazaar Pie Making	Kitchen, Channing
12-Oct	1:00 PM	Windows Update mailing	Channing				
	7:00 PM	AdEd: Spiritual Autobiography	B-7				
	7:30 PM	Monday Men	B-8				

## Hi! My name is...

When you wear your nametag, you are saying something about yourself beyond your name. Just by pinning it on, you say:

- I am an open person who wants to know others and be known.
- I am aware that our church is too large for me to know everyone and for everyone to know me.
- I am a courteous person, who relieves others of the struggle of trying to remember all our names;
- I am a realistic person who knows there is a constant stream of visitors to our church, and that they will never get to know us without our help.



P.S. If you need a new nametag printed, you can sign up for one at the Sign Up Site in Channing Hall

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**First Unitarian Universalist Society of Albany**

405 Washington Avenue  
Albany, NY 12206  
518-463-7135  
www.albanyuu.org

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## ***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.



**Oct. 4**      **“Faith without Certainty”** --Chris Antal, Intern Minister

Religious liberals share a commitment to open-ended inquiry and realize that truth is not given once for all time. This commitment is expressed in the UUA covenant to affirm and promote “a free and responsible search for truth and meaning.” Chris Antal will share a critical life incident when his family encountered religious intolerance and how that experience of oppression led him away from a standpoint of religious certitude to a Unitarian Universalist standpoint of exploration.

**Oct. 11**      **“Who Discovered What?”**--The Rev. Sam Trumbore

Most likely, your high school history teacher passed on to you many lies and distortions about American history, starting with Columbus who almost certainly didn't discover the Americas. Exposing these lies is critical to comprehending the legacy of the harmful and unwholesome practices of European settlers. Understanding and acknowledging the damaging effects of that history is critical for creating a more harmonious world.

**Oct. 18**      **“One Congregation: Many Paths”** --The Rev. Sam Trumbore

This expression is the motto of the Cleveland's West Shore UU Church. It expresses simply and beautifully what we are about as Unitarian Universalists. We call it being “non-creedal.” There is no test of belief to participate in or join a UU congregation. But that doesn't mean you can believe anything you want. Come find out what the limits are.

**Oct. 25**      **“Creating Free Will”**--The Rev. Sam Trumbore

Evolutionary Psychology is suggesting that human behavior is completely determined by our genes and our environment. This seems to strike at the heart of the idea of humanity having any free will. Perhaps the evolutionists have over-reached in their triumphal pronouncements. Could free will be created rather than innate or absent? If so, what are the consequences?

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