

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 [administra-](#)

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 and environmental topics), Children's Chapel, social events, and adult education.

All are welcome!

Services

Oct. 7 "Beloved Community," The Rev. Sam Trumbore
The term "Beloved Community" is a 1960's phrase Unitarian Universalist ministers love to use but many in our congregations don't recognize or understand. Rev. Trumbore stated last month he thinks the Justice GA 2012 actually had some success in creating it. This service will dig into the origins of this phrase, how it has been used and what value it might have as a purpose and identity for FUUSA.

Oct. 14 "Familiarity and Change," The Rev. Sam Trumbore and Viola Abbitt

Change is ever present in the world. However, many of us take comfort in what we know. How invested we are in the familiar determines whether we resist, embrace, or wholeheartedly bring about change. Today let's reflect on what puts us where we are on the continuum between something old and something new. Vee began her seminary training this fall at Meadville Lombard Theological School. Rev. Trumbore will be working with her as a "Teaching Pastor" this year.

Oct. 21 "Building a Larger Tent by Expanding Our Moral Foundations," The Rev. Sam Trumbore

Unitarian Universalists sometimes get accused of being the liberal wing of the Democratic party. We celebrate the moral values of independence and freedom, care for each other and protection from harm, fairness and reciprocity. On the other hand we tend to minimize other values like loyalty, authority, respect, purity and sanctity. Conservatives often rate these values as more important than liberals do. Many cultures around the world rate them higher than UUs do, too. Are we "ahead" of them or have we "taken a detour" into a moral cul-de-sac by minimizing them?



Oct. 28 "Keeping Memory Alive," The Rev. Sam Trumbore

Each year at this time, we remember those we have lost in the past year. Participants in this **multi-generational service** are encouraged to **bring a picture or a memento of a significant person** who has died in the past year or several years. Drawing on our pre-Judaic religious heritage, there will be a special remembrance section in this service to help us honor the memories of our departed relatives and friends.

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

October 2012

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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 and 4th Sundays)

Calendar

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
11:45 AM	Forum (some Sundays)	Emerson

Exceptions:

Events happening every week in October

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 October

2-Oct	6:00 PM	Wellspring Meeting	B-8
	6:30 PM	Finance Meeting	B-7
3-Oct	5:15 PM	Membership Ministry	B-8
5-Oct	5:00 PM	Pasta Potluck	Channing Hall
7-Oct	10:00 AM	Service	
	11:15 AM	New Member Reception	Emerson Alcove
	11:45 AM	Social Responsibilities Council	B-7
8-Oct	7:00 PM	Monday Men	B-8
9-Oct	7:00 PM	Class: What Moves Us	B-8
11-Oct	7:00 PM	Program Coordinating Council (PCC)	B-8
12-Oct	8:00 AM	NYSUCU Saratoga	Offsite
	8:00 AM	UU Weekend at Silver Bay	
13-Oct	8:00 AM	NYSUCU Saratoga	Offsite
	8:00 AM	UU Weekend at Silver Bay	
14-Oct	8:00 AM	UU Weekend at Silver Bay	Offsite
	10:00 AM	Service	
	11:45 AM	Forum	Emerson Community Hall
15-Oct	12:00 PM	Channing Circle	Channing Hall
16-Oct	6:00 PM	Wellspring Meeting	B-8
	7:00 PM	Class: What Moves Us	B-3/B-4
17-Oct	12:15 PM	Candle making workshop for FUUSA bazaar	B-8
	6:00 PM	Threshold Committee	Joy Library
18-Oct	7:00 PM	Board of Trustees	B-8
19-Oct	6:00 PM	Circle Dinner	Offsite
	6:00 PM	FUUSA Parent Group	23, 24/25, 26
20-Oct	10:00 AM	Getting to Know UU	B-7, B-8
	6:00 PM	Circle Dinner	Offsite
21-Oct	10:00 AM	Service	
	11:45 AM	Green Sanctuary Meeting	B-8
22-Oct	7:00 PM	Monday Men	B-8
23-Oct	7:00 PM	Class: What Moves Us	B-8
	7:00 PM	Class: What Moves Us	B-3/B-4
	7:30 PM	Peace - Planning mtg	Emerson Community Hall
24-Oct	12:00 PM	Bazaar Soup Mix Assembly	Channing Hall
	7:00 PM	Class: Parents as Social Justice Educators	B-7
26-Oct	6:00 PM	Rite of Passage Overnight	
27-Oct	8:00 AM	Rite of Passage	
	10:00 AM	Music Really Matters Production Meeting	
			Emerson Community Hall
	10:00 AM	RE Halloween Party	B-2, B-3/B-4, B-5, B-6,

B-7, B-8

	11:00 AM	Music Really Matters Production Meeting	
			Joy Library
28-Oct	10:00 AM	Service	
29-Oct	12:00 PM	Baking Mix prep workshop for FUUSA Bazaar	
			Channing Hall
30-Oct	7:00 PM	Class: What Moves Us	B-8

*It's not too late
to sign up for Silver Bay!*



There is plenty of room for YOU at UU Weekend at Silver Bay!

You can sign up on Sundays at coffee hour, or you can call Linda Way at xxxxxxx.

Looking Ahead

- Nov. 2-3 Meditation Retreat
- Nov. 4 Change of Time Breakfast
- Nov. 10-11 Holiday Bazaar
- Nov. 22 Thanksgiving Potluck

News

Thank you for your generosity!

The UUA has written to thank FUUSAns for your donations to the LGBT Uganda Fund. \$505.45 was collected during the Aug. 12 service given by Rev. Mark Kiyimba.

Learn about Unitarian Universalism and FUUSA Newcomer orientation

We invite you to meet with others who are new to the congregation at our next “**Getting to Know UU**” session, scheduled for Saturday, Oct. 20 from 8:45 a.m. to noon.

We’ll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You’ll learn about Unitarian Universalism and about our congregation, and you’ll get a chance to ask all the questions you’ve been collecting. We’ll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it’s a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can call Amy Lent, Director of Member Services, at the church office, 463-7135. Childcare is available: please let us know you need it when you register.

Coffee hour observation

We have recently experienced a loss of money from the coffee hour donation trays. Please assist by being observant and help put a stop to this.

Flyers in this issue

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

- ◆ **Getting to know the Pastoral Care Associates**
- ◆ **Halloween Food Drive and Party**
- ◆ **Fundamentals of Healthy Youth Groups**

Where?

Last month we told you where to find your FUUSA staff after the reorganization of offices. Now, how about we tell you where to find the mailboxes?

The new rooms created by dividing Amy’s former office made spaces for Leah to have an office (on the West St. side), and for the new “work room” on the hallway side. This latter new space has the mailboxes, the photocopier, telephone, work table, paper cutter, and miscellaneous other supplies volunteers need. (The current work table we hope to supplant with a counter height surface to make it easier to do tasks--like collating and cutting--standing up. A few other improvements are also still in the pipeline.) In related news, we now have a laptop computer that can be used for presentations at meetings, or at the “guest desk” in Amy’s office.

Music news

Oct. 28 The FUUSA Junior Choir will meet in Emerson at **9:30** to learn a song to sing for the service! Any singer in the second through eighth grade is welcome to join.

Get ready—for the Holiday Bazaar!

FUUSA’s annual Holiday Bazaar & Craft Fair will

Multigenerational

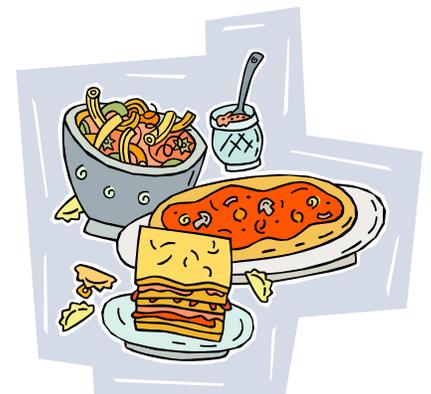
Pasta Potluck

Sponsored by the Religious Education Council
Friday, Oct. 5, 5:30PM in Channing Hall

Enjoy a good meal and great company. Information about Religious Education at FUUSA will be available throughout the evening. This is an excellent opportunity for all interested to find out about the wonderful RE programming being offered to children and youth!

Sign up to bring a food item or pay at the door (the cost is \$3 per adult, \$2 per child under 12, and a \$10 max per family). Volunteers needed. Sign up sheets for food items and volunteers in Channing Hall.

Contact Melissa Ramirez, xxxxxxx, if you would like to help with this event or have any questions.



be held Saturday, Nov. 10 and Sunday, Nov. 11, 2012. We are looking for volunteers to help make things to sell, set up the day before, bake, and work the days of the event. There will be outside vendors, tables with FUUSA-made and donated items, a bake sale, and a café serving lunch and snacks. If you are interested in purchasing a space to sell your hand-made items or just want to donate something that you have made for us to sell at the event, or help out in any of the areas mentioned above, please contact Jan Satin (767-3509) or Barb Manning (439-4226 or BarbaraC-Manning@hotmail.com).

Art for the Bazaar

Once again we will be showing and selling your original art work at the FUUSA Bazaar, Nov. 10 and 11. We need your paintings, fiber art, sculpture, and photographs to put the art in "arts and crafts". Please call Arlene Gilbert at xxxxxxto arrange to participate.

Fun and Savings...

...with the Entertainment Book discounts, 50% off and 2 for 1 offerings. Look at the options: "From fine dining out to fast food and carry out and entertainment-sports of all types including theatre, movies, museums, fun parks, golf, bowling, and exercise. Also included are travel, rental and hotel savings plus retail shopping and online discounts like flowers and wine and even auto services and car washes."

Reserve your Entertainment Book now for \$35. This is a FUUSA fundraiser. To order or get information contact John Walko at xxxxxxor leave your name on the sign up sheet in Channing Hall. There are a limited number of copies available.

NYSCU Annual Meeting at Saratoga Springs UU Friday and Saturday, Oct. 12-13.

FUUSA can send eight delegates to the annual meeting of the New York State Convention of Universalists. **It is important that our congregation be represented.** If you wish to be a delegate, please contact Chuck Manning (xxxxxxxxxxxx) or Don Odell (xxxxxx).

Registration forms can be found at http://nyscu.org/AM_brochures/2012/2012_AM_brochure.pdf.



Copies are also available in the brochure rack in the lobby at FUUSA. OR register on line at: <https://www.formdesk.com/uufirms/NYSCU>. All registrations must be complete by Oct. 8. Lodging details are also available on the registration form. If you are interested in lodging, please do that immediately, as the deadline is Oct. 1.

Theme: Caring: For Ourselves, One Another, and the World -- Many Forms. Keynote speaker: The Rev. Dr. Lee Barker, President, Meadville Lombard Theological School on *Ministry for the 21st Century: The View from a Theological School*.

Green Frogs plant mystery seeds

Have you noticed the flowerbox planter on the stage in Emerson? The Green Frogs (one of our 2nd and 3rd grade groups) planted seeds which didn't have any labels. What will come up? We'll all have to wait and see. On the first day of Sunday school the children heard the story of "The Everything Seed," which describes the origins of our universe in metaphoric language. Just like there was love in the original everything seed, the children and the rest of us can imagine that these seeds will unfold as love into Emerson Hall and into our hearts, so that we are always guided by love when we are together.

RE Reuse

The following items are needed for Sunday school activities:

Paper towel rolls

Egg cartons

Large (32 oz) yogurt containers with lids

You can drop these items off at the FUUSA office.

Lifespan Learning

“What Moves Us? “

Ten-session class beginning Tuesday, Oct. 9, 7:00pm

When we say "That service was very moving," "I always love that song," "I cry whenever we," "I feel safe here," "My heart is stronger," or "I'm ready for what comes next," we know what moves us as Unitarian Universalists: personal experience. These comments and so many others demonstrate every week that our religious feelings and practices are changing and transforming us through direct personal experience as a major source of our Unitarian Universalist faith. Yet, we often stumble when trying to explain our Unitarian Universalist theology of personal experience to ourselves and to others. We falter when we try to explain how our Unitarian Universalist faith heals, saves, liberates, holds, and moves us to ethical action and compassion.

The What Moves Us program peels back the doctrine-rich theological language that can prevent us from affirming our faith experiences with one another and in the wider world. Through shared direct experiences and reflection exercises, readings and lessons, and ethical deliberations, What Moves Us creates an adult faith journey for Unitarian Universalists who want to share what they already experience but have not been able to articulate: the spiritual power of our faith.

Rev. Trumbore, Leah Purcell, and others will be leading this 10 session class developed by Thandeka for the UUA through the middle of December. While participants in the class are encouraged to come to as many classes as possible to get the most benefit, individual classes can be attended as well.

Sign up in Channing Hall or call the office at 463-

Our Community

6 to 9 at 6:09: Circle Dinners on October 19 and 20

Want to get better acquainted with your fellow FUUSAnS? Circle Dinners provide FUUSAnS and visitors the opportunity to socialize over a delicious potluck dinner in a private home. Everyone is welcome, singles and couples, regardless of dietary restrictions.

7135.

“Parents as Social Justice Educators”
Six-session class beginning Wednesday, Oct. 24, 7:00 p.m.

Our children are creative, imaginative and caring. How can we nurture these qualities as we work together to repair a troubled world? *Parents as Social Justice Educators* is a 6 week program for parents and other adults to explore ways to help children find meaning in the world and to enable them to change the world for the better. This program also helps adults to be more articulate about their values, to connect their beliefs to their actions, and to share their visions with children.

Wednesdays from 7:00 to 8:30, Oct. 24 – Dec. 5 (skipping Oct. 31). Facilitated by Leah Purcell.

Sign up in Channing Hall or call the office at 463-7135 or email Leah at dre@albanyuu.org.

Support our youth and youth advisors

The St. Lawrence District is sponsoring training on the **Fundamentals of Healthy Youth Groups** for the CRUUNY cluster (Capital Region UU's of NY). See flyer at end of this newsletter.

Where: First Unitarian Society of Schenectady

When: 7pm Nov 2 to 9am Nov 4

Adult volunteers from FUUSA and the other congregations are needed to help with meals and to chaperone. These are the areas that need support the most:

Friday night chaperone shifts: 10pm-3am, 3am-8am

Serve and clean up Saturday dinner: 4pm-7pm

Saturday night chaperone shifts: 10pm-3am, 3am-8am

Contact Leah Purcell if you can volunteer.

In October, participants have a choice of Friday or Saturday night. If you would like to attend, you can complete the sign-up form in Channing Hall or email Martha Musser at the address below. In your email, please specify the number who will attend and whether you prefer Friday or Saturday night or can attend on either night. Also indicate if you are willing to host or need a ride.

If you would like to know more about Circle Dinners, please contact Martha Musser at xxxxxxx.

Last day to sign up: Sunday, October 7, 2012

Save these dates for future Circle Dinners! Saturday, Nov. 17 (proposed intergenerational dinner), Friday, Dec. 7, and Saturday, Dec. 8, Saturday, Jan. 26, Saturday, Feb. 23 and Sunday, Feb. 24, Friday, Mar. 22 (possible Seder at some hosts), Saturday, May 4.

CommUnity Potluck

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.

The Guilderland Plus potluck group will meet for a potluck supper on Friday, Oct. 26 at 6:30 PM. We will meet at the home of Arden and Marilyn Dockter in Berne. We urge one and all—from Guilderland or anywhere—to join the good food, good conversation, and fun. Call the Dockters at xx to RSVP, for directions, and to say what you would like to bring

Small Group Ministry

Small Group Ministry (often referred to as SGM) brings people together in small groups twice a month where they share matters of consequence in their personal lives as they talk about the meeting topic. Over the course of the year, members of the group learn to listen and really get to know each other and develop special relationships that many participants consider a highlight of their FUUSA experience. Groups will start meeting in October and new groups will be formed throughout the year as needed. If you are interested in participating as a group member or facilitator contact John Sherman at xxxxxxx or visit the Sign Up Site in Channing Hall.

UU Christians

FUUSA's Christian Group brings together people who value Jesus' teachings to explore the Christian part of our Unitarian Universalist heritage. Our group meets the first Tuesday of each month from 7:00 pm to 8:30 pm starting October 2, 2012. You are invited to join us. If you have questions contact John Sherman xxxxxxx

Channing Circle invites all FUUSA retirees!

Channing Circle invites all retired members and

friends of FUUSA to its next Brown Bag luncheon at noon Monday, Oct. 15. (Nota bene!) At the September meeting there was a brain storming session focused on how individual FUUSA members and the congregation deal with planning for death. Some of the topics for discussion on the 15th include the following, but are not limited to, role of the minister (Sam Trumbore will be attending), memorial service planning and alternatives for same, anatomical gifts, living wills, preplanning with an autobiography, Memorial Society, and such other issues as may be added. Coffee, tea, and dessert are provided, along with place settings. YOU are invited.

The annual holiday luncheon will be held at Ristorante Paradiso on a date to be determined. If you are not getting Channing emails and want to be notified of changes in scheduling, sign-ups, etc., contact xxxxxxx .

Walker Book Club

Join the Walker Book Club for the next book discussion on Sunday, Oct. 14, 2012. We meet the second Sunday of each month in FUUSA's Channing Hall at 5:30 PM. We read one book each month, from September to June and a longer book over the summer.

This informal group, which has existed for over 20 years and is named in memory of a treasured, deceased FUUSAn, offers participants the opportunity to search for UU truth and meaning by reading and discussing a wide-range of fiction and nonfiction books. Members greatly expand their reading horizons and develop a deeper sense of community and connections with other FUUSAns. The only rules are that the book must be available in paperback, either through libraries or at low cost, and the person who suggests the book must have read it recently. Newcomers are always welcome and the book club is open to all FUUSA members and friends.

The discussion is preceded by a welcoming potluck supper, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share and a small contribution to cover beverages. Use dishes etc. at FUUSA and help with the dishwasher or be green and bring your own.

The book for Oct. 14 is Caleb's Crossing, a novel by Geraldine Brooks. The story is inspired by the

life of Caleb, a member of the Wampanoag people who lived on Martha's Vineyard, and the first Native American to graduate from Harvard College in 1665.

For Nov. 11 we will read [The Swerve: How the World Became Modern](#), by Stephen Greenblatt. "In this gloriously learned page-turner, both biography and intellectual history, Harvard Shakespearean scholar Greenblatt turns his attention to the front end of the Renaissance as the origin of Western culture's foundation: the free questioning of truth."—Publisher's Weekly. Winner of the 2012 Pulitzer Prize for Nonfiction.

The choice for Dec. 9 is [The Other Side of the Bridge](#), a novel by Mary Lawson set in the small farming community of Struan, in Northern Ontario. "It's an age-old story—two brothers in love with the same woman—but in Lawson's masterful hands, the emotive tale of Arthur and Jake Dunn and the young woman who comes between them takes on a luminous originality."—Booklist.

Contact Linda Hunt at xxxxxxx with any questions about the group or if you want to have your name added to the Walker Book Club mailing list to find out what other books we are considering reading over the next several months.

Coming in November

The recently re-named: **'George Kleinberger Memorial' Change-of-Time Breakfast**

The Change-of-Time Breakfast will be held on Sunday, Nov. 4, with first seating at 8:30 a.m. and second seating at 9 a.m. If possible, please sign up in advance (but as always, you can also pay at the door). Sign up in Channing Hall during coffee hour any Sunday in October.

Adult entry will be \$5.00; children 5-12 will be \$3.00. Children under age 5 will be at no charge.

To sign up to attend, volunteer for this event (or with any questions) please e-mail Renee Panetta at xxxxxxx .

Joys and Caring Corner_____

**Need to talk?
FUUSA Pastoral Care
Associates are here
to listen!**



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albanyuu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Jon Newell, Phil Rich, Sharon Babala, Jan Satin, Randy Rosette, Jerry Deighan, Bruce Rodgers and Sandy Stone.

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.
Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to May Ann Randall (mabrandall@gmail.com.)

Social Justice

**Forum
Sunday, Oct. 21, 11:45AM**

Chuck Manning, of SOMS Technologies , will present a Green Sanctuary Forum on MicroGreen Oil Filters for your car. Everyone is invited to hear this fascinating talk on how to keep your oil cleaner, longer while reducing CO2 emissions and achieving

a reduction in overall oil use.

Reduce, Reuse, Recycle

Hold that mantra and live by it. On Tuesday, Oct. 2 the Green Sanctuary Committee and other FUUSAns (that's you!) will be spend the evening at WAMC taking calls for their pledge drive. Contact Martha Musser at mmusser@nycap.rr.com if interested. Due to Silver Bay weekend, the GSC will hold it's meeting on Oct. 14 and the Forum on Oct.

21. Come join us for all or any of our activities.

Tool sharing

Have you ever wondered about the efficacy of every owning a tool that you use twice a year? Would you like to be part of a Tool Share program?

Sandy Steubing has offered to establish a lending

and borrowing database for FUUSA. For example she has a hand drill and a solar oven that she'd be glad to lend out. What do you have? What do you need? If interested contact her at ssteub@gmail.com.

Columns

Sam's Outlook

Tweaking the Sunday Service for movement

If you've been to one of the September Services this fall, you'll notice there have been some changes. The service begins now with singing favorites from our hymnal starting five minutes before the service begins. Rather than ringing a bell followed by announcements, the Call to Celebration begins the service with an engaging personal story from me or from a member of the congregation to frame the service and welcome everyone to our Sunday celebration of life. Then we delight to a stimulating musical introduction to the service. By the time we light the chalice and repeat the chalice lighting words, the goal is to have the congregation emotionally engaged and ready for the service to begin.

Serving the whole person and not just giving a stimulating lecture has been a struggle for many Unitarian Universalist ministers, including me. Fifty years ago, some congregations begrudgingly sang a hymn to begin the service, had ten minutes of announcements, then launched into a forty minute lecture by the learned minister, followed by a question and answer period, often with erudite members trying to stump the speaker or undermine his (and mostly it was "his") argument. The ideal they emulated was the college lecture experience. Success was having the participants in the service leave with a new idea or insight without having their emotions disturbed save a satisfying sense of intellectual stimulation. This is the kind of Unitarianism my family enjoyed at our Unitarian Fellowship in Newark, Delaware.

Now, I don't wish to denigrate this kind of worship as I greatly enjoy an interesting lecture skillfully delivered. Yet I am more than my intellect, much more. Having experienced now a wide range of religious services within Unitarian Universalism and beyond

over a lifetime, I know that a Sunday service can be more than just intellectual stimulation. Most importantly, small changes or tweaks can make a big difference when the emotional flow of the service becomes primary.

Helping Matt, Leah and me make those kind of tweaks in the service is the reason I encouraged our Board to bring in Thandeka as a consultant. She has studied, lectured and written articles on, and practiced developing ways to make UU worship much more emotionally satisfying without compromising the intellectual content that is a signature of our approach to religion. We've learned from her we often have many of the right pieces to make a good service but we don't integrate them together in a way that supports the feeling tone of the service. Often Unitarian Universalist service designers pay too much attention to the intellectual content of what we do and not enough to how each part feels and then how the parts feel when we fit them together.

We all know this problem from personal experience. Think of how easily a romantic evening can be wrecked and the feeling of affection and intimacy dissipated by inept planning or accidental disruption. Think of the many times someone's cell phone has rung and broken the mood of a beautiful performance. Emotions are very, very fragile. It takes special skill to allow them to build throughout the service to an emotionally satisfying uplift and release by the end. This is when a religious service achieves the experience of worship, when the congregation feels affirmed and their spirits are nourished.

The lynchpin is music. Music speaks directly to the emotions. When words and music are well coordinated they magnify each other. The musical component of the spoken word is important too, as is the movement of the body. Facial expression also carries the feeling of the words. But speaking in

worship is different from acting, particularly in the sermon. Sermons, first and foremost must be authentically spoken from the heart without artifice. They must speak the truth wisely and lovingly honoring the ongoing relationship of speaker and listener.

Thandeka's guidance and encouragement is helping Matt, Leah and me work more closely together to integrate all the parts of the service into a more satisfying whole. From the response we're getting, you're noticing what we're doing and it's working. Not that we're masters of this by any means. But more than ever we're taking the emotional design of the service much more seriously than in the past.

So if you haven't been around this fall yet as you hold on to the last vestiges of summer, know that there are some exciting things happening in the services each Sunday as we join together in the celebration of life.—Rev. Sam

Chuck's Chat

Joy and Wonder

I have resisted the temptation to ramble on about my granddaughter Aven in every column. I did write a column about her shortly after she was born. That column was about my Joy and Wonder at her birth. Lately, I have been watching her experience Joy and Wonder. Each time she makes a new discovery, she gets a wide mouthed, four-toothed grin. The latest example was when she found she could stick her thumb into the loop at the end of a small whisk and then hold the whisk up in the air to show it to me. Pure Joy and Wonder at this new found skill.

Sometimes I am concerned, because I don't see that same sense of Joy and Wonder among folks around me. But it is there, if you look for it. Gayle Woods was a great help to Barb and I when we had our Indian Auction Dinner a couple of weeks ago. During the dinner she commented on how much she liked our sponges. Barb showed her the magic of Pop-Up Sponges. We get them at the Co-op. They start out as as a dehydrated hard yellow block (1/8" X 3/4" X 3 1/2"). Add water and they grow into a soft yellow sponge (3 1/4" X 4 1/4" X 3/4"). Gayle's delight at this discovery was like Aven's

only more verbal. "I have to get my mom to buy some of these."

My experience meeting Thandeka proved that Joy and Wonder can be present at any age. Her conversation is filled with words like – wonderful, excellent, love, glorious, and beautiful. She has a positive sense of Joy and Wonder that is obvious regardless of the circumstances. Her train from Boston was supposed to arrive on Friday night at about 5:45. It was delayed in Pittsfield by a stalled freight train. Rev. Sam picked her up at the station at 7:15. He had supper for her to eat in the car on the ride back to FUUSA. When she got there, she immediately met the Board and ran a workshop. Afterward, as I was driving her to our house (where she was staying), I made the comment, "you must have had a pretty stressful time because the train was so late." "Oh no", she said. "I love the train and always have reading to catch up on. I was able to wait at the station in Pittsfield and do more reading." For me, her ability to be so calm, relaxed and positive about her delay was a moment of Joy and Wonder.

There are many times at FUUSA when there is a sense of Joy and Wonder. Emerson Community Hall filled to capacity for our Coming Home service. The congregation singing "Standing on the Side of Love" together. These moments happen every time we come together in Beloved Community. In the words of Forrest Church,

"If our religion doesn't inspire in us a humble affection for one another and a profound sense of awe at the wonder of being, one of two things has happened. It has failed us, or we it. Should either be the case, we must go back to the beginning and start all over again. We must reboot our lives until the wonder we experience proves itself authentic by the quality of our response to it."

I do not think we need to reboot at FUUSA. Joy and Wonder are already here. I do believe that we can more intentionally improve the authentic quality of our response. Aven, Gayle, and Thandeka all responded to the world as individuals. One of our goals for the year is to grow that authentic response to Joy and Wonder in our Beloved Community.

Religious Exploration

Children's Chapel, the work of the people

It has been said that for Unitarian Universalists, worship is a celebration of life. At our congregation we hold these celebrations in several forms. Children's Chapel is an opportunity to create a community among children of many ages and for those children to have a religious experience and to celebrate their lives.

Much of the time in Chapel is creating and hearing music, in dynamic meditation and prayer and in engaging rituals. It also includes a lesson, during which I tell stories of character and spirituality, UU history and world religions, and the children have an opportunity to respond.

A standard liturgy is the glue of any worship. The lighting of the chalice, the hymns, the musical performances, creating visual pieces, the community greeting, the experience of sitting relatively quietly in a large group for a few moments, moving stones for Joys and Sorrows, the offertory—all these elements on Sunday morning, whether in Children's Chapel or the "big" service, help to create a time and space for children which is different from rest of their lives. For them as much as for us adults, it is an opportunity unlike any other to turn inward and go deeper, and to be present to one another and to give meaning to our time together and to events in our lives. Liturgy can be thought of as "the work of the community".

Children create their own community in Children's Chapel. Adults who come to Children's Chapel are also part of the community. Everyone is involved, "at work". It's an opportunity for me to connect with the children and hear their responses to what I present to them. This is the time and place created for them to share their thoughts and hear the thoughts of others in the community.

Children's Chapel is held the first Sunday of each month, starting at 10:00. The children in the Red Cardinals and Orange Foxes groups (preschoolers and Kindergarteners) have Children's Chapel together in one of their large classrooms upstairs. (On October 7th, it will be in the Orange Foxes room, #26). Children in Yellow Ducks, Green Frogs, Blue Parrots, Indigo Butterflies, and Violet

Spiders come to the Sanctuary for their Children's Chapel. (There is no Message for All Ages in the "big" service when there is Children's Chapel.)

After Children's Chapel (around 10:20) the children go to their regular classrooms for Sunday school, which ends at its regular time (11.20)

Part of Children's Chapel is practicing stewardship. Each time we take a collection. During one of the Children's Chapels, we will decide where to donate the majority of the collection. (A portion goes to FUUSA each year.) Stewardship is more meaningful when it is felt by the children. So parents, please talk to your child about how he or she can earn some money or use some of their gift money to give to the collection at Children's Chapel. And have them bring the money in their own pockets or wallets. Anything, including pennies, is a fine contribution to the Children's Chapel, as long as they are given in a meaningful way.

Parents and other adults are welcome to come to Children's Chapel. It's a powerful way for families to connect with each other. When Children's Chapel is over, the adults who are not volunteering in Sunday school join the "big" service in Emerson Hall.

The theme of the October Children's Chapel is "Welcome!"

In joy and service,
Leah

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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, 9:00-3:30

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

Website

www.albanyuu.org

Building use

To **reserve a room** for a FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or administrator@albanyuu.org).

To **rent classroom space** for a personal or non-FUUSA activity, contact Office Administrator Stephanie Hayes (463-7135 or administrator@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)

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

Publication deadlines

FUUSA Preview email: 9:00 a.m. Wednesdays

Order of Service: 9:00 a.m. Thursdays

Windows: 9:00 a.m. 3rd Friday of the month

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