



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@albanyuu.org](mailto:administrator@albanyuu.org).

Vol. '09-'10, Issue 1  
September 2009

**Minister**

Rev. Sam Trumbore

**President**

Linda Way

**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**

Sept. *Update*: Sept. 7

Oct. *Windows*: Sept. 21

# Windows

Newsletter of the First Unitarian Universalist Society of Albany

## Soul Matters: exciting the human spirit

The Dream Catchers have heard that our members hunger to deepen their spiritual lives and their sense of community at FUUSA. **Soul Matters** is a revision of our Small Group Ministry program to address that desire.

The inspiration for **Soul Matters** comes from the First Unitarian Church in Rochester, New York. Members and friends meet in facilitated small groups 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. The participants receive readings to consider and exercises to practice before the meeting to prepare the conversation. During the meeting people explore how the theme touches their values, lives and actions, hearing re-

sponses from others and how they are also touched. The creative interchange of conversation then inspires individual and collective spiritual deepening and personal growth and development.

Quaker theologian Parker Palmer describes this process as "A circle of trust." He writes: "It is the kind of carefully created space that invites the soul to make itself known. The kind of space where we can practice the paradox of "being alone together," a space that welcomes our inwardness even as it connects us to the gifts and challenges of community, and to the larger world." (from *A Hidden Wholeness*)

Rev. Trumbore, with the help of Pam Collins, will be replicating key elements of **Soul Matters**, continued on pg. 3

## Sam's Outlook

### Getting your needs met

Every year, the summer seems to zip by faster. Much as I vow to cherish each warm, sunny day (not so easy this year with all the cool weather and rain in July) and to make a dent in my stack of books to read for the fall (while also reading some fun books), here I am writing my September newsletter column.

The Trumbore family has had a quiet summer with trips to visit relatives. Our one fun trip was to New York City in August to see some plays that are part of the Fringe Theater Festival. Even when the weather isn't perfect, we live in one of the most beautiful places to spend a summer. There are so many wonderful plays, performances, festivals, and events that one can be endlessly entertained. And our natu-

ral recreation areas and parks are beautiful and abundant.

As I did last year, I led two summer services, served as Service Leader, and led meditation. Attendance has been good and the speakers engaging. New people have been coming and appreciating those services. We've had six to a dozen or more children attending as well. Our summer services continue to prove their value to our current and future membership.

I've also been spending more time in the office and attending meetings than in previous years. One important project I'd like to highlight here is a sermon and workshop on "The Power and Beauty of Needs: Promoting Unitarian Universalist Principles **Sam's Outlook**, continued on pg. 3

## From the President

For years as a teacher I expanded, camouflaged, and offered alternatives to the timeless September essay topics "What I Did on my Summer Vacation" or "Looking Forward to the Coming Year." And yet now, thinking about FUUSA, I find myself "*inside* the box" ready to recap summer highlights and look ahead to fall expectations and special events.

### GA: General Assembly and

**Grand Adventure:** Over 3000 UUs descended on Salt Lake City in June for the annual business meeting of the Unitarian Universalist Association. Sound dull? Not for a moment! GA is exhilarating, challenging, inspiring, and just plain fun! For four days everywhere we went (including Mormon Temple Square) we UUs were recognizable to each other – and not just by our nametags, T-shirts, and Birkenstocks, but by our smiles, vision, and sense of purpose.

Adding to the drama and excitement this year was the election of the Rev. Peter Morales as our new UUA President. While the campaign was hard fought and included a great deal of energetic and high spirited discussion, an overriding comment heard from both sides was how fortunate we were to have two such excellent candidates! At the closing ceremony, departing President Rev. William Sinkford put his stole on Rev. Morales, placed his hands on his shoulders, and offered a personal and moving charge. At that point I had to swallow the lump in my throat – and I know I was not alone in feeling tremendous gratitude for the history and continuity of our chosen faith as well as for the widespread wings of inclusion we seek.

Everyone attending GA has a unique and personal experience. While we share a number of collective memories, we attend different seminars and workshops and come away with different ideas and feelings. Those who attended our "Report from GA" summer service in July heard per-

sonal highlights from several of us and saw video clips from a number of events thanks to Sam, our recording guru. I reported on the UU University Track "Theology for a Secular Age" presented by the Rev. Galen Guengerich, Senior Minister at All Souls UU Church in New York City. Lois Griffin spoke about the denomination's "Stand on the Side of Love" campaign, and Ann Brandon testified to the power of creative arts and music. I reiterate these topics not only because they will influence our work this year but because each of us would be happy to tell you more – just ask!

### Highlights with the Abbas

**Family:** What a marvelous group of committed folks we have working regularly with our Iraqi refugee family. I have been fortunate to be welcomed at several special outings – and these times are treasured memories of summer, 2009.

A picnic with our family was held in Washington Park during the Fourth of July weekend. For me being with a number of families new to our nation was a particularly meaningful way to celebrate this holiday of American Independence and note a little of what is right with our country. Other summer fun included dancing with Hawraa at an outdoor Zydeco concert and paddling a canoe with Israa on the lake at Pyramid Life Center in the Adirondacks. (Dode learned how easily a canoe can tip over that day – but was still smiling and laughing when he got back to shore.) The hospitality and warmth with which we were welcomed at this beautiful Catholic retreat center in the Adirondacks truly made for a special and memorable day.

If you have not gotten to know our friendly and delightful family, I hope you will – for me it has been both a privilege and a joy!

**Dream Catchers:** While several of our Dream Catchers found them-

selves having lazy fantasies on the beach these past two months, work continued for FUUSA's strategic planning committee. Specific goals, objectives and implementation steps have been formulated and are being integrated into a comprehensive draft plan which we can expect this fall. At that point we will again ask for input from the congregation, most likely through a number of small conversations over a period of two or three weeks, such as we have had in the past. Kudos to Peg Sherman and the members of her team – and stay tuned!

### Capital Region Unitarian Universalists of New York

**(CRUUNY):** Remember the magic of our first four-congregation joint service last April? The magic continues! Our media campaign for the four capital region UU congregations – Albany, Schenectady, Saratoga and Glens Falls – will begin in September. We will celebrate the kick off of this campaign on Sunday, September 13 at 4PM at the First Unitarian Society of Schenectady. SEE ENCLOSED FLYER. You won't want to miss this special event!

**And...A Final Word:** I am continually awed and humbled by the talent, commitment, and wisdom within our congregation. So many people do so much – and we as a community are strengthened and blessed by their dedication. But truly..."it takes a village"...so if you are new to FUUSA or not now involved in a council, committee or church activity, I hope you will look around at the opportunities for service and volunteer when and where you can. I know you will be welcomed, and I sincerely believe that you will find greater participation in our congregational life personally rewarding and meaningful.

See you soon.

*Luide*

---

## Rev. John Corrado to visit

Rev. John Corrado, former minister at FUUSA (1976 - 1984) will be preaching here on September 27. He retired from his church in Grosse Pointe, MI, last June, having served there for the 25 years since he left our congregation. John looks forward to meeting FUUSA friends after the service. Plan to stay for coffee hour to say hello and wish John well in his retirement. After coffee hour you can earn an extra gold star by helping set up for the rummage sale.

---

## ***Soul Matters*** , cont. from pg. 1

this program here at FUUSA this year as a way to enhance our small group programming. **Soul Matters** groups will meet once a month (instead of twice) beginning in October. The format of the meeting will be similar to Small Group Ministry. Materials will be made available to the group members well ahead of the meeting to absorb, practice and reflect to allow for richer and deeper interaction in the groups.

We will be arranging **Soul Matters** groups during September. ***If you are interested in participating*** (open to friends as well as members), please contact Pam Collins or the office (463-7135) with: 1) your name; 2) your contact information; and 3) availability (days of the week and morning, afternoon or evening)

---

## FUUSA needs your time and talents

The Program Coordinating Council (PCC), with the able assistance of Amy Lent, has prepared the Time and Talents survey that is in the new brochure racks. (Check out the racks - they are an excellent example of a volunteer effort. Thanks to Reese Satin and Dave Metz). The purpose of the survey is to let everyone know about the wide range of activities available at

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

through a Language of Connection," the Rev. Deane Perkins (Glens Falls) and Philomena and I will be doing together, Saturday, September 26. The three of us continue to be very inspired by the work of Marshall Rosenberg called "Nonviolent Communication." We see Rosenberg's work as being very compatible with our UU values and as a method to encourage our personal and congregational growth and development.

"Needs" have a special meaning in this particular language of connection. We all have basic survival needs for food, water, clothing, shelter, warmth and safety. Abraham Maslow advanced the idea that once these basic needs are taken care of, higher order needs occupy our attention. Needs for connection, belonging, authenticity, and meaning are other universal human needs that can drive us. When those needs are met, we experience pleasant emotions. When those needs are not met, we experience unpleasant emotions.

What I've been learning about this summer is the spiritual dimension of needs. Robert Gonzales, Nonviolent Communication leader, teaches needs are not just biological drives. He believes they have a spiritual component. By connecting to, what he calls the beauty of needs, one can experience inner transformation. Connecting to this beauty can be a powerful daily spiritual practice that I believe is very Unitarian Universalist

friendly.

As the Dream Catchers encountered during their research work in the congregation, we have tension between those more and less friendly to theistic beliefs and language. My vision of what Unitarian Universalism can be, as a place where those that do not believe alike can love alike and grow together, each in their own way, requires communal methods of inner growth and development that can work well independent of individual belief. This was originally one of my strong attractions to Buddhist insight meditation as a way of stimulating inner growth and development through direct personal experience. I'm deepening my appreciation of the methods and ideas of Robert Gonzales built on the work of Marshall Rosenberg as also an excellent personal and spiritual growth path that can be very effective in our congregations.

Too often we see our needs in competition with other's needs. The beauty of Gonzales and Rosenberg's understanding of needs and how to satisfy them gives us a vision of a way for all of us to get our needs met. What is required isn't power over others but rather creativity with others. Come and find out more in my sermon on September 20 and attend our workshop on September 26.

*Rev. Sam*



FUUSA -- you can Volunteer your time and talents and make a difference. The form will be provided to

new members as part of their orientation. Current members who would like to get more involved can take one of the forms and fill it out as well. After you fill it out just drop it in the Vice President's mail box and I will make sure it gets passed on to the right committee. - Chuck Manning

# Religious Exploration

## "Spirituality", other sticky words, and you

You've heard me put the word "spirituality" into a UU context. But, hold onto your hats, there are more potentially sticky words that have sprung up in many UU places, including the Dream Catcher's work here at FUUSA, and in Religious Education materials from the UUA. This has a direct impact on our RE Program for Children and Youth and also for our Adult Education Program.

Spirituality, faith, morality, ethics, theology, religion, identity, these are all terms that some of us may be thinking about carefully for the first time as UU's. Others may have been drawn into UUism specifically as a way to explore spirituality or faith development or ethical development. You may be wondering, since these words have specific meanings in creed-based religions, "why are we considering using them now?" These words contain rich concepts that can be valuable to us as UU's too. For example, for more than 10 years, spirituality has been used in UU religious education with the understanding described in "The Spirituality of Children" – a two-part workshop by Rev. Dr. Lindsay Bates and Cynthia Wade: "Spirituality describes the lifelong relationship with someone or something that is greater than one's self. While spirituality can be experienced in community, it can also be experienced in solitude."

Since in UUism there is no doctrine to determine that someone or something, part of Religious Education is exploring that for each individual. The other part is developing openness to this kind of relationship. In a Dream Catchers conversation last year, someone who taught RE in the 1960's told me that it seemed like the theme of each and every lesson back then was finding and celebrating "awe and wonder." I don't think you'd be too far off saying that this was a form

of spiritual development. We're not really talking about something new. Perhaps we're just taking closer look at what we're doing, and putting new things into the mix to consider.

The RE Council, at its June retreat, began looking at what these sticky words could mean for UU Religions Education Program. Bravely, we examined the word "faith". Can you believe, with all the differences in backgrounds of faith, generations, and current practices and beliefs among us, we came to a UU understanding of that word? "Faith" could be defined as how an individual uses the values promoted in our seven principles along with truths and experiences from our six sources to find meaning in life. Does that definition ring true for you too? Does it help you understand what Lifespan Faith Development includes?

With the work of the Dream Catchers already informing the work of the RE program, this promises to be an exciting year for us. The focus of the RE Council August retreat is revising the mission of the Council. I've been working with REC member, Don Odell and others to draft a philosophy of Adult Education for FUUSA. And the RE program for children and youth this year includes one of the new Tapestry of Faith curriculums. But wait, there's more! And I need your input on this. I will be involved with presenting two adult education offerings this year. I'd like one to focus on parenting as a UU. While the FUUSA community and RE program is a great support to promoting UU faith development in children, if parents brought their children to Sunday school each week we have classes, their children would receive only about 40 hours of religious education each year. Parents have told me that they need help. Luckily, there are many parenting curricula available. One is the two-session series I mentioned above; another is a six-session

course on "Parents as Resident Theologians." I could also create a course based on the book *Parenting Beyond Belief*.

What else? Adults have expressed an interest in a Rite of Passage program for adults in which they could learn about UU history and heritage, and also have a mentor to help them develop their credos. There are faith development curricula and programs for adults and the UUA is also rolling out new Tapestry of Faith curricula for adults that promises to be content based and well researched. I'll be surveying parents, and other adults about their interests and commitment level.

In the meantime, feel free to contact me or an REC member with your thoughts and questions. I hope you'll journey with the REC and me as this year we explore the meanings of these tricky, but valuable words as part of our living tradition.

In joy and service,



## Bringing It Home

How do you raise freethinking children without indoctrinating them? That's the question posed in the review of the book *Raising Freethinkers* by Dale McGowan and others. Though UUism strives not to indoctrinate anyone, this practical guide might be of help to secular parents and caregivers to help raise children to be moral, intellectual, and emotionally healthy. Like other resources I've recommended, it assures parents and caregivers that they do not have to know all the answers to the questions of life their children ask. Children want to know that their parents and caregivers care. This book gives tips and strategies to help children and adults explore life's meaning and purpose together.

## Social Responsibilities Council

### The Frank Chapman summer day camp hosted by FUUSA

FUUSA was host to a 6-week program from 8 am to 4:30 pm for about 20 children aged 5 to 13, with about 8 teen counselors and 4 adult leaders. All were served breakfast and lunch daily. The children gleefully learned a dance routine which they performed at the African American Day at the Plaza and at the closing ceremony at Emerson Hall. They also played games, went to Washington Park when the weather permitted, saw a morning performance of High School Musical, and went to the Bronx Zoo. All the children I spoke with said they had a really good time and the parents also said their children enjoyed the program. The program culminated with the 4 different camps from the different sites performing at Emerson Hall. The children, their counselors and the adult directors entertained us with their delightful singing and dancing. As Linda Way said, "Albany's got talent."

Norma Chapman (granddaughter

of the founder and member of the Albany County legislature) and Rev. Joy Allah, executive director spoke. They thanked FUUSA and extolled our facilities. Rev. Allah cited the fact that FCMI has successfully operated its summer camps for 15 years when others said they couldn't do it. The delightful program culminated with food for all in Channing. At the end volunteers from Chapman Institute did a bang up job of cleaning up.

Our thanks go to all the many people who made this program possible: The Chapman Institute, the children and their families, the paid staff, and to the FUUSA staff who were tolerant and helpful, to Linda Way and the Board, to Arlene Gilbert for her help with trying to find funding, and to the many FUUSA Volunteers, who spent hours acting as building monitors.

Standing on the Side of Love  
Lois Griffin

### News from Joy Library

Last November, Jack Atwater retired, after years of devoted service, as chair of the Library Committee and Sally Knapp and Arnold Patashnick agreed to co-chair. In January, the Library joined Library Thing (LT), "a social cataloging web application", which enables us to catalog our books online with Dewey call numbers (by which they are now being shelved) and gives us an online catalog, searchable 24/7. Yes, you'll soon be able to search it from home via a link through FUUSA's main page. Watch for an announcement in the next issue of *Windows*. See more about LibraryThing at: <http://en.wikipedia.org/wiki/LibraryThing>

**Do you have any of Joy Library's missing books?** As of this writing we have over 500 books cataloged in our database with more to go, BUT a number of books are missing! If you have any, please return them to the **RETURNED BOOKS** basket in the Library as soon as possible. We need to enter them in our catalog and re-label them. There's no fine, you can even be anonymous! You can sign them out again later. Questions? Email us at [joylibrary@albanyuu.org](mailto:joylibrary@albanyuu.org)

**Children's Books** Thanks to Ann D'Attilio, a collection of children's books has become an attractive "Children's Bookmobile" on a book truck. The books are "read and return" and are to be used in the building.

**New Books** Thanks to Arnold Patashnick, we have an exciting array of more than two dozen new titles shelved under New Books. We plan brief reviews in forthcoming issues of *Windows*.

**Open House** Look for more news from us. We cordially invite everyone to an "Open House" following church services, Sunday Oct 4.

### Green Sanctuary news

The next meeting of the Green Sanctuary Committee will be held on September 27 in Room B-7 at 11:45 am. Anyone interested in working on environmental issues is welcome. We continue to recycle ink cartridges and cell phones. If you have a bad CFL bulb, please bring it to the SRC table and we will dispose of it properly. We will start planning for the "350" climate action day on October 24 along with other UU congregations in the region. You can go to [350.org](http://350.org) for more information.

### Gimme 5 – Recycle #5 Plastics

The Green Sanctuary Committee will be starting a program in September to recycle #5 plastics. Bring in



your **CLEAN** #5 plastic items such as yogurt containers and we will send them to the Gimme 5 recycling center in Cortland, NY. So you will be recycling and supporting a New York industry at the same time. Stop by the SRC table to learn where the Gimme 5 recycling box will be located.

## Your chance to grow and learn

What would it be like to help our little ones grow in trust and caring? Or to help children the children are acquainted with our FUUSA community? Or perhaps you feel drawn to helping older children to examine and articulate their UU religious values and beliefs. Teaching children and youth helps adults learning about UUism and foster their faith or personal philosophy as they walk beside the children in religious exploration. At the time of the deadline for this issue, there were still a few openings for Sunday school teachers for the fall term. Contact Leah Purcell if you're interested in volunteering in our Sunday morning program for children and youth.

## New Orleans style Rhythm and Blues at FUUSA

### Buck2Fifty plays

**Friday, Sept 25, 7:30 to 9:30**

Join the choir for a great evening of New Orleans Style Rhythm and Blues and Jazz with Matt Edwards and Buck2Fifty, a local Rhythm and Blues band with roots in the New Orleans culture. Cost: \$15 adults; \$8 children under 10 years of age. This includes snacks and beverages. Proceeds benefit the coming Choir trip to Eastern Europe. Contact Kathy Harris for more information or reservations. Seating is limited to 100.

## Refugee Resettlement Project Seeking job leads for Iraqi refugees

All five of the Abbas/Kadum family are eager to work. They are progressing in their English learning. Alea is a gifted seamstress. Dargham, 29, is handy with tools and is interested in a full time job involving auto body work or as a mechanic. He would like a job working on autos, trucks, yard equipment or bicycles. Part time jobs are needed for: Israa, 26, a talented cook, would like restaurant work, possibly together with formal culinary training. Dode, 21, would like a job in a business office setting, possibly with a focus on computer technology. Hawraa, 16, will be

attending Albany High School for her junior year. She loves children and would make a good baby sitter.

If you have business connections, or know of opportunities in these occupational areas, please contact Jerry Deighan, our jobs coordinator. A couple of things to keep in mind are: 1) The family is learning English, but it is still a new language for them; and 2) Job locations would need to be either within walking distance from the FUUSA/West Hill area, or near one of CDTA's main bus lines.

## Caring Network

Caring Network members and volunteers respond quickly to assist members of our community who are in need of support. Throughout the summer months, Caring Network continued its mission to act on our UU principles and values of affirming the inherent worth and dignity of every person and cherishing each person's life in our community. Our activities included everything from making a phone call or delivering flowers, sending cards or cooking a meal, or visiting someone who can't get around to offering critically needed respite for caregivers.

Have you ever thought of volunteering but worried about time commitments? Perhaps joining the Caring Network or being an adjunct volunteer may be the perfect fit for you! In only an hour or two a month, you can make a difference in the lives of people who need to know that we, as the FUUSA community, truly care about each other in times of need. Interested? Please contact Sharon Babala to discuss how you can best participate in Caring Network.

## A gathering of humanists Sunday, September 20

If you are interested in religious or secular humanism, and are interested in a FUUSA gathering, please plan on attending a meeting at FUUSA at 11:45 AM after the service on Sunday, September 20. This will be an exploratory meeting with no set agenda. This meeting is to ascertain if there is interest, and what program activity might be of interest that fits in with FUUSA's programming. Questions? Contact Don Odell,

*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.

*Editor:* Amy Lent  
*Production:* Dave Stone  
*Contributors:* D. Odell, S. Trumbore, L. Griffin, L. Way, U. Poland, L. Purcell, D. Dana, S. Babala, I. Saulsbery, S. Longtin, C. Stetson, K. Harris, et al.  
*Newsletter Crew:* Many hands!

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

## Celebrate the Fall Equinox Sept 20

Come to Earth Spirits' Fall Equinox ritual. We'll be celebrating balance in the seasons, in night and day, and balance in our lives with the Spiral dance. This holiday is celebrated as the second harvest and we'll be celebrating that with creations using all those wonderful garden veggies and fruits. Blueberry pie!

**When?** Sept. 20 at 7:00pm

**Where?** Channing Hall

There will also be a planning meeting on Tuesday, Sept. 1 at 6:30.

---

## Junior youth group forming

### Social justice, fun times and family support

This year Leah and Rev. Sam will be piloting a youth group for youth in eighth and ninth grades. We'll meet the afternoons of the second Sunday of each month, starting in October. At the same meeting time, the parents and caretakers of these youth are invited to gather for parent support. Watch for more details or contact Leah Purcell at the office or at [dre@albanyuu.org](mailto:dre@albanyuu.org)

---

## Message from the Assistant Treasurer

By now you should have received a fiscal year-end update on the status of your 2008-2009 pledge. Thank you to everyone who has fulfilled their pledge! You know how important this is to the effective operation of our congregation. There are pledgers who still owe on 08-09 – it is very important if you could finalize payments as soon as possible.

Some of you might notice on your pledge update letters that there is an overage credited to your account. If those funds should be credited instead to your 2009-2010 (the current fiscal year) please send me and/or Amy Lent ([alent@albanyuu.org](mailto:alent@albanyuu.org)) an e-mail to that effect **before September 30**. We will not be able to correct any overages after that date. If your additional contribution is intentional, we sincerely thank you for your generosity.

If you have any other questions or concerns about your update letter, feel free to contact me or Amy. An e-mail or phone message is very much appreciated. I apologize, but I can't always remember the correct details if you tell me face-to-face.-- Kathy Harris

---

## Fall 2009 Workshop Capital Region Unitarian Universalists of New York

### The Power and Beauty of Needs: Promoting Unitarian Universalist Principles Through a Language of Connection.

Led by: Rev. Deane Perkins, minister in Glens Falls, Philomena Moriarty, LCSW & Rev. Sam Trumbore, minister in Albany.

**Saturday, September 26, 9:00 am-3:30 pm**  
here at FUUSA

Vital, life-giving energies emerge through appreciating and embracing universal human needs. This workshop will provide knowledge, demonstration and practice of a language of connection grounded in Marshall Rosenberg's theory of Non-violent Communication that realizes our UU Principles. Using these methods of compassionate understanding and communication will enhance our individual wholeness, relationships and our UU communities.

**Registration:** \$20 (includes lunch)

Call 463-7135 to register – space limited!

For more information contact Sam at [minister@albanyuu.org](mailto:minister@albanyuu.org)

## Fall Rummage schedule

The Fall Rummage Sale is scheduled for Friday, Oct. 2 and Saturday, Oct. 3. That's only three weeks after our homecoming service.

We will sell gently used clothing for all ages and seasons, holiday decorations, bedding, sheets, towels, and table linens. Please--no worn out or soiled clothing because we have limited trash pickup.

We will set up for the sale after church on Sunday, Sept. 27. In addition to removing and stacking chairs we will need lots of help to bring our racks and shelves upstairs. Please plan to stay after coffee hour for this part.

**Sign up to help**--in Channing Hall starting September 13:

**Sorting and Hanging hours:** Monday, Sept 28 to Thursday Oct 1 at 3 PM.

**Sale hours:** Friday Oct 2 – 9:00 AM to 6:00 PM, Saturday Oct 3– 9:00 to 3:00 PM.

**Clean up hours:** Saturday 3 PM until we are done.

**Donation hours** begin Sunday, Sept. 27 after the church service, and continue through Thursday, Oct. 1. Donation hours: 9:00 to 9:00 PM, but nothing after noon on Thursday, please.

# PASTA DINNER

Sponsored by the Religious Education Council

**6:00 PM, Friday, Sept. 25** in Channing Hall

A simple meal and good company for individuals and families – For anyone who gets hungry for food and fellowship!

This is a fundraiser for the choir trip!

**\$4.00 per adult, \$2.00 per child**  
(Maximum of \$16.00 for families)

7:30 p.m. – 9:30 p.m.  
Friday, Sept. 25  
Emerson Community Hall

Sign ups we love! Helps us know how much food we need. *But walk-ins are welcome!*

*Volunteers are needed to shop, set up, serve and clean up. Sign up in Channing Hall or contact Leah Purcell for details.*

**\$15.00 adults**  
**\$8.00 children under 10**

Refreshments will be served

And at 7 pm, a short workshop:

## ***Spirituality and Parenting***

For caregivers and parents of babes, children, teens and beyond and for any interested adult.

Childcare provided.

**New Orleans R&B**  
featuring FUUSA's own Matt Edwards on Keyboard!

# BUCK2Fifty

...doubleheader...doubleheader...doubleheader...doubleheader...doubleheader...



## Channing Circle

Welcome back to another church year and mark your calendars for the third Monday of each month! Our first gathering will be at noon on Monday, September 21. As always, bring your lunch and enjoy dessert provided by some good people from our group. Coffee and tea will be brewed.

There will be a question for you that will require you to recall some event from your past that might astonish your listeners. No preparation is required and you will only speak for up to 3 minutes, or you may want to pass and just listen. We hope to have maximum participation as it is always interesting for us to share past experiences.

A reminder that Channing Circle is for all FUUSA members and friends who are fully retired. When we began this group five years ago we did set an age limit, but that has been lifted long ago. Please invite people to join us whom you know to be retired. We look forward to seeing you—Thayer and Ursula

---

## 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>).

---



## Choir...looking for you!

The FUUSA choir is seeking new members, especially those possibly interested in joining us as we sing our way across Eastern Europe in June 2010. Sopranos, altos, tenors and basses are needed. The choir rehearses most Wednesdays at 7:00 PM at FUUSA and we enjoy singing many Sundays throughout the church year. Rehearsals this year begin Sept. 9. Please come join the fun on Wednesday evenings. For more information contact Kathy Harris or Peter Brown,



## Walker Book Club

The Walker Book Club will resume its monthly meetings on Sunday, September 13 commencing with a potluck supper at 5:30 pm at Lisa Walker's home, 24 Roweland Ave, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa (439-6017). 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:

- Sept. 13. Geraldine Brooks, People of the Book
  - Oct. 11. Julie Lomoe, Eldercide. Updated with the new name, Evening Falls Early. Suggested by Don Odell. Note: The new renamed version should be available in late September, but only the title and cover illustration will be different from the original version of Eldercide. If you need further information or have questions about the book, e-mail Julie.
- 

## Directory

A draft copy of the 2009-10 directory of members and friends will be available in Channing Hall on Sundays for you to proofread your listing. Be sure to check your email address (funny how often those change!) Mark changes right on the draft. Or, if you know you have changes to make to your address or phone number or email, just send them to [dstone@albanyuu.org](mailto:dstone@albanyuu.org). The new directory will be available for distribution in early October.

## East of Hudson potluck

There will be an East of Hudson neighborhood potluck supper at the Atwaters' on Sunday, Sept. 27 at 5 o'clock. Anyone living east of the Hudson is cordially invited. The last one, in August, was cancelled due to the small number of RSVPs. We hope to get a much larger turnout this time; please try to join us!

Please let us know if you can attend by the previous Monday, Sept. 21 if you are coming and what dish you can bring. If you need directions, please call or email and we will give you the info. Gisele and Jack Atwater

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

### Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Sept. 6					
Sept. 13					
Sept. 20					
Sept. 27					

**Sunday Volunteers**  
 We need one Lead Usher, three Ushers, two Coffee Hosts, two Greeters and one Chalice Lighter every Sunday!  
 Sign up sheets will be up on the new bulletin boards in Channing Hall very soon!

### 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: No Children's Chapel in September

### Events Happening Every Week in the Month of September

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

Exceptions: No choir rehearsal Sept. 2; Sept. 30 rehearsal will be in Sanctuary

### All Other Events Happening in the Month of September

1-Sep	8:00 AM	Floor cleaning	all spaces	19-Sep	9:00 AM	Board Retreat	
	6:30 PM	Earth Spirits Meeting	B-8				Channing, Kitchen, B-8
2-Sep	8:00 AM	Floor cleaning	all spaces	20-Sep	11:45 AM	Humanist Meeting	Emerson alcove
3-Sep	8:00 AM	Floor cleaning	all spaces		7:00 PM	Earth Spirits Fall Equinox	Channing
	6:30 PM	Finance Committee	B-8	21-Sep	12:00 PM	Channing Circle	Channing, Kitchen
5-Sep	8:00 AM	Channing Painting	Channing	24-Sep	7:00 PM	Finance Committee	B-8
6-Sep	10:00 AM	RE Summer Session	Classrooms	25-Sep	6:00 PM	RE Intergen. Pasta Night	Channing
	11:30 AM	SRC Meeting	B-7		7:30 PM	Choir Fundraiser Concert	Emerson
10-Sep	7:00 PM	PCC Meeting	B-8	26-Sep	9:00 AM	Power and Beauty of Needs workshop	
12-Sep	9:00 AM	RE Teacher Development					Emerson, B-7, B-8
			Emerson, classrooms	27-Sep	11:30 AM	Forum	Emerson
	7:00 PM	Dances of Universal Peace	Channing		11:30 AM	Rev. John Corrado Reception	Channing
13-Sep	12:30 PM	Ethel Morrison Memorial Service			11:45 AM	Green Sanctuary Committee	B-7
			Sanctuary, Channing		12:00 PM	Rummage Sale Setup	Emerson
	5:00 PM	Walker Book Club	L Walker's	28-Sep	9:00 AM	Rummage Setup	Emerson
	5:00 PM	Cancer Support Group	B-8		7:30 PM	Monday Men	B-8
14-Sep	7:30 PM	Monday Men	B-8	29-Sep	9:00 AM	Rummage Setup	Emerson
17-Sep	7:00 PM	Board of Trustees	B-8	30-Sep	9:00 AM	Rummage Setup	Emerson
18-Sep	6:00 PM	Board Retreat					
			Channing, Kitchen, B-8				

## Help launch our Capital Region UU Media Campaign

The four UU churches —Saratoga Springs, Glens Falls, Albany, and Schenectady—will come together for a kickoff

Let the Capital Region know  
about our warm and wonderful  
UU Congregations

## CELEBRATION

4 p.m. Sunday, September 13, 2009  
at First Unitarian Society of Schenectady  
1221 Wendell Ave., Schenectady



**Food for the Soul – Inspiring Words from the Rev. Dr. Tom Chulak**

Music to make you tap your feet!

The Antics of Children –Yes, they are welcome! Nursery Care for our Youngest

**Food for the Body – Good Eats!**

---

**First Unitarian Universalist Society of Albany**

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

Non-Profit  
Organization  
**U.S. Postage  
PAID**  
Albany, NY  
Permit No. 301

RETURN SERVICE REQUESTED



Welcome  
Home!

Homecoming Service, Sunday, Sept. 13, 10:00 a.m.  
Bring some water from your summer travels!

---

## ***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 begin on Sept. 20 and are held from 10:00-11:20. The Sept. 13 service is intergenerational. Every week the nursery opens at 9:45.

**Sept. 6 "Labor and Religion" --Larry Gambino**

Larry Gambino will address the question: What is your reality about Labor Unions? Musician: Dorothy Haverly

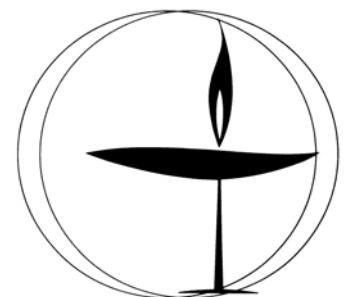
**Sept. 13 "Standing on the Side of Love"--The Rev. Sam Trumbore**

We return for this multi-generational service, with water from our adventures over the summer, to initiate our fall season. At UUA General Assembly in Salt Lake City and nationwide this September, the UUA initiated a major campaign promoting respect for the inherent worth and dignity of every person. It will confront exclusion, oppression and violence based on identity. Let us come back together in the spirit of inclusion and consider supporting this program as a congregation.

**Sept. 20 "The Beauty of Needs" --The Rev. Sam Trumbore**

Self reliant, independent, rugged individualists often do not have an appreciation for their needs. Certainly survival needs are obvious but needs for connection and meaning may not be so obvious. Yes, we can survive without them, but can we thrive? When one explores what needs really are, their satisfaction becomes much more important. Being willing to even see the beauty of all needs as universal human qualities can become a life transforming spiritual practice.

**Sept. 27 Guest in Our Pulpit--The Rev. John Corrado**



# SHOUT IT OUT!



Let the Capital Region know about  
our warm and wonderful  
UU Congregations

Please join us for a



## CELEBRATION

**Help us launch our Capital Region UU Media Campaign**

4 p.m. Sunday, September 13, 2009

First Unitarian Society of Schenectady

1221 Wendell Ave.

**Food for the Soul – Inspiring Words from the Rev. Dr. Tom Chulak**

Music to make you tap your feet!

The Antics of Children –

Yes, they are welcome!

Nursery Care for our Youngest

Food for the Body – Good Eats!