



Sundays at FUUSA

Please join us on any Sunday for:

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

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

September, 2010

In this issue:

- 1 Services
- 2 Calendar
- 3 News
- 5 Lifespan Learning
- 7 Our Community
- 9 Social Justice
- 10 Columns
- 13 Contact Us

Sunday Schedule

- 9:00 AM
Mindfulness Meditation
- 9:45 AM
Nursery/Toddler rooms open
- 10:00 AM
Service
Children's Chapel
(1st Sunday/mo.)
Religious Education
- 11:00 AM
Coffee Hour
- 11:45 AM
Forum (2nd & 4th Sundays/mo.)
Green Sanctuary Discussion
(3rd Sunday/mo.)
- 6:00 PM
War Healing Circle
(2nd & 4th Sunday/mo.)

Services

Sept. 5 "Labor and Immigration," Larry Gambino

Exploring the relationship between labor policy and immigration policy, Larry will speculate on what impact a comprehensive immigration reform will have on labor policy.

Homecoming

Sept. 12 "A Reservoir of Community," The Rev. Sam Trumbore
Each year, the Sunday after Labor Day, our congregation comes back together to begin our fall season of services, programming and activities. We bring to that the water (real or virtual) we have gathered during our summer expeditions to symbolize the regathering of our community. Please remember to bring that water to pour into our common bowl, that represents the reservoir of community we create as we pour our lives together again this Sunday. ****NEW this year: Send photos of your summer adventures to dre@albanyuu.org. We'll select photos from everyone to display during the service.****

Sept. 19 "Hunger for Authentic Community," The Rev. Sam Trumbore

When many of our members are asked about the greatest source of satisfaction from participation in our congregation, they point to a sense of community. When we experience it here, it feeds an inner hunger, whetting our appetite for more. Creating and sustaining an authentic warm and loving community is very challenging. What are we doing right? What can we build on and expand to open the door wider?



Sept. 26 "Barriers to Authentic Community," The Rev. Sam Trumbore

How does one build authentic community? The heritage and traditions handed forward provide the base. Wise and compassionate leadership offer the inspiration and create the boundaries. Commitment and generosity provide the materials and support. In the process, so many things can go wrong. And the source of many of those problems start with "me." What interferes with the process of building authentic community? And what can "I" do about it?

Calendar

Events happening every Sunday at FUUSA

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

Events happening every week in the month of September

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	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 September

1-Sep Wednesday

5:30 PM	Public Relations Meeting	B-7
6:00 PM	Adult Education	Emerson alcove
7:00 PM	Pastoral Care Associates Training	B-8

6-Sep Monday

9:00 AM Holiday - office closed

8-Sep Wednesday

5:00 PM	Religious Services Committee	B-7
5:30 PM	Endowment Trust	Stott/Joy Library
7:00 PM	Pastoral Care Associates Training	B-8

9-Sep Thursday

6:00 PM	Committee to Prevent Violence	26
7:00 PM	PCC Meeting	B-8

11-Sep Saturday

8:00 AM	Wellspring	26, Kitchen
1:00 PM	RE Teacher Development	Channing, Kitchen

12-Sep Sunday

11:45 AM	Social Responsibilities	B-8
4:00 PM	East of Hudson	Murray's - Averill Park
5:00 PM	Cancer Support Group	Blanchard's
6:00 PM	War Healing Circle	Emerson

13-Sep Monday

6:15 PM	Religious Education Council	Channing
---------	-----------------------------	----------

15-Sep Wednesday

7:00 PM	Pastoral Care Associates Training	B-8
7:00 PM	Choir Rehearsal	Emerson

16-Sep Thursday

7:00 PM	Board of Trustees	B-8
---------	-------------------	-----

17-Sep Friday

6:00 PM	Meditation Retreat	Emerson, B-7, B-8
---------	--------------------	-------------------

18-Sep Saturday

8:00 AM	Meditation Retreat	Emerson, Channing, B-7, B-8
7:00 PM	Dances of Universal Peace	Channing

19-Sep Sunday

11:45 AM	Green Sanctuary Discussion	B-8
5:00 PM	Parent Potluck	Channing, Kitchen, 24/25

20-Sep Monday

9:00 AM	Windows deadline	
12:00 PM	Channing Circle	Channing, Kitchen

22-Sep Wednesday

7:00 PM	Pastoral Care Associates Training	B-8
7:00 PM	Choir Rehearsal	Emerson

24-Sep Friday

6:00 PM	Pastoral Care Associates Training	Emerson, B-7, B-8
---------	-----------------------------------	-------------------

25-Sep Saturday

8:00 AM	Pastoral Care Assoc. Trng	Emerson, Channing, B-7, B-8
---------	---------------------------	-----------------------------

26-Sep Sunday

11:30 AM	Lunch with the Minister	Van's Restaurant
11:45 AM	Forum	Emerson
1:30 PM	Theme of Community: Going Deeper	Emerson or tba
6:00 PM	War Healing Circle	Emerson

29-Sep Wednesday

7:00 PM	Pastoral Care Associates Training	B-8
---------	-----------------------------------	-----

Green Sanctuary discussion

Sunday, Sept. 19, 11:45 am

Topic: Overpopulation Leader: Chris Bystroff

Looking Ahead

Rummage Sale, Oct. 8-9

UU Weekend at Silver Bay, Oct. 15-17

News

Lunch with the Minister

Sunday, Sept. 26, at Van's on Central, 12:00 Noon

Are you new to our congregation and would like to get to know our minister? Rev. Trumbore will be available on September 26 after the Sunday service for lunch and conversation about Unitarian Universalism, our congregation, religion, spirituality, philosophy, ethics, ideas ... and whatever else comes up! For September, we will meet at Van's Vietnamese Restaurant on Central between Lake and Quail on the north side of the street. **Please RSVP** by 11:30 am that Sunday to Rev. Trumbore (in person, email: lunch@uumin.org or call: 463-7135) so he'll know how many seats to reserve. NOTE! Space is limited for this to be effective so call early!

Program Coordinating Council

The first meeting of the "PCC" is scheduled for Thursday, September 9 at 7:00 p.m. Committee chairs, watch your email for additional information. We hope either you or your representative will attend.

Let us welcome...

September 25 is an important day for the congregations that make up the Capital Region Unitarian Universalists of New York.

Being open to new people and making them feel welcome, respected and valued takes intentionality and practice. With the launch of our new marketing campaign last fall we started to do the assessment of just how welcoming we are to those that walk in our doors for the first time. We have already begun the process of improving our adherence to this Unitarian Universalist value through workshops and other trainings.

This fall we are bringing in Mary Jones, the professional Membership Coordinator from the Rochester UU congregation to move beyond the beginning steps of being welcoming. We now want to learn more about how to help people get connected both to congregants and to programming so that they can find a spiritual home with us.

We are continuing our marketing campaign this fall

with more advertising in radio and in the press, and another postcard mailing in September. The first incarnation of these efforts last year doubled the amount of visitors through our doors. We may have similar results this year. It is important that we continue to nurture the connections that we made last year with those who visited as a result of the first wave of our marketing campaign *and* welcome those who will be visiting us for the first time.

All of this is not just the minister's or the membership committee's job. If we intend to be honest about ourselves and to live out this value, the whole congregation needs to think about how we do this. It does not matter what group you are working with in the congregation; we all need to examine the ways in which we put this UU value into practice.

How does a new person feel the first time they participate in part of our music program, Religious Education program, or social action event? When we ask people to help out in the kitchen for the first time, do we make sure to do everything we can to help them feel like they have done a good job? During coffee hour do we send the signal that there is a place for them here and that they are valued?

Mary will be helping us to look at these very important issues with a focus on best practices in member integration and retention, including recent research presented at 2010 General Assembly. Participation in this workshop demonstrates a commitment to sharing our faith with those who seek a liberal religious community, and to learning and growing together. Variety of perspective, *your* perspective, is essential in strengthening the value of this experience. Please plan on joining us on September 25. More details will be coming soon.

Flowers!!

Hope you have enjoyed having flowers from our gardens enhancing the beauty of Emerson Community Hall this summer. Looking forward to September, keep your eyes out for a new plan for donating flowers that will allow more than one donation on a Sunday. --Sandy Stone, Flower Committee Chair

CRUUNY "on the cutting edge"

The Unitarian Universalist Association has just released the eighth short video in the exciting series, "A Religion for Our Time."

Episode Eight, "Cluster on the Cutting Edge," profiles four enthusiastic Unitarian Universalist congregations in upstate New York that are determined to grow by working together. Their Capital Region Unitarian Universalists of New York cluster is producing remarkable results, including a brand new congregation!

View the six-minute video: <http://www.uua.org/multimedia/religion8>

"A Religion for Our Time" highlights inspiring work in Unitarian Universalist congregations, including innovative projects relating to worship, social justice, membership, and fellowship. New episodes are added every few weeks to this page: <http://www.uua.org/multimedia/religion/index.shtml>

Congregational leaders may also wish to bookmark the new and expanded resources page. Visit often to view new videos and search for materials covering all areas of congregational life and governance: <http://www.uua.org/resources/index.shtml>

Our FUUSA gardens

This was a difficult summer for the gardens that surround FUUSA - unusually hot temperatures combined with inconsistent rainfall caused more than a little stress. However, thanks to many willing hands that watered, weeded, picked up trash, etc., our gardens looked pretty and survived the summer's challenge. I would like to thank all of those who gave up part of their summer to spend time in our gardens: Teddy Archer, Debbie Brown, Dorry Campano, John Cooley, Ann Lapinski, Mary Ann Lettau, Barb Manning, Donna and Peter Meixner, Becky and Russ Myer, Steve Moskowitz, Martha Musser, Sigrin Newell, Jan Satin, Jessica Semon, Jennifer Thomas, Sue Walko, Carol Young, AND, of course, the wonderful staff at FUUSA who helped us through the heat waves by keeping our plants from wilting! Many thanks, Dave and Olga!

It's difficult to plan a date for the fall clean up of the gardens until we know what the fall weather will bring, and when our first killing frost will hit. I will

email everyone on the gardeners list to plan a fall clean up date. If you do not currently receive gardening emails but would like to help out this fall, just let me know and I'll be happy to add you to the list. You can reach me via email or phone. Again, many thanks to all those who battled the heat to help maintain our gardens this summer and my apologies to anyone I may have overlooked! — Paula Moskowitz

Joy Library: New Books Summer 2010

This summer, Arnold was able to pick up some books for the Joy Library at an estate sale. Among them are:

Under God: Religion and American Politics by Garry Wills. (322.109 WIL) Surveys American history to show how religion has often been a progressive force in politics and why the policy of a separate Church and state has, ironically, made the position of the Church stronger in the US.

The Illegitimacy of Jesus: A Feminist Theological Interpretation of the Infancy Narratives by Jane Schaberg. (232.921 SCH) Argues that the first chapters of Matthew and Luke are not about a supernatural conception but an illegitimate pregnancy and divine sonship.

Emerson and the Climates of History by Eduardo Cadava. (814.3 CAD) Brings together a wide range of materials from history, religion, philosophy, horticulture, and meteorology to argue that Emerson articulates his conception of history through the language of weather.

Solitude: Seeking Wisdom in Extremes: A Year Alone in the Patagonia Wilderness by Robert Kull. (204.092 KUL) Kull traveled to a remote island to seek spiritual answers. With only a cat and his thoughts, he wrestled with his inner storms.

Facing Death in Cambodia by Peter Maguire. (959.604 MAG) Story of Peter Maguire's effort to learn how Cambodia's "culture of impunity" developed, why it persists, and the failures of the "international community" to confront the Cambodian genocide. Written from a personal and historical perspective, *Facing Death in Cambodia* recounts Maguire's growing anguish over the gap be-

tween theories of universal justice and political realities.

More Money Than Brains: Why Schools Suck, College is Crap, and Idiots Think They're Right by Laura Penny. (306.097 PEN) A serious study wrapped in a scorchingly funny, fast-paced examination of how and why street smarts beat out academic smarts, dogma defeated inquiry and money triumphed over everything.

The Holocaust in Romania: The Destruction of Jews and Gypsies Under the Antonescu Regime, 1940-1944 by Radu Ioanid (940.531 IOA) Based on previously unavailable secret East European government archives. In stark detail, sheds light on the reality of the persecutions. Yet an elusive national policy and the opportunistic strategies of Romanian authorities allowed 300,000 Romanian Jews to survive. Foreword by Elie Wiesel.

Lifespan Learning

The Theme of Community: Going Deeper
1:30-2:30 pm, Sunday, Sept. 26

Creating authentic community is very important to our congregational life. The services and programs this month and the links, references and articles found on the web page: www.albanyuu.org/themes/community.html can stimulate personal reflection on community. Sunday afternoon, September 26, at 1:30 pm, Rev. Trumbore will lead a discussion to go deeper than we normally can on Sunday morning into the theme of community. This facilitated interactive learning process is designed to stimulate the growth of awareness, understanding and insight. The results of this collective learning process will then help us build an even stronger community as we seek to implement this part of our strategic plan.

Evolution of our Adult Education Committee

As I wrote in my December column last year, an important aspect of Lifespan Religious Education is having the programs for children, youth and adults all under one umbrella. The Religious Education Council has taken on the responsibility of holding that umbrella. While the primary focus of the RE Council and me is programming for children and youth, we would like to ensure that there is support for everyone in each age of life and in each stage of philosophical or faith development. The Council and I also look for ways to support multigenerational learning, fellowship, worship and social justice projects.

During the course of last year, the RE Council considered how best to meet the specific needs of adults. We adopted a Philosophy of Adult Educa-

tion, which I shared with the congregation in December. And in June, I put out a call for people interested in our work to come join us. What we came up with was a committee that has 6 members. I will serve on the committee as your religious educator. The other members are Don Odell, Paula Brewer, Dave Street, Jackie Citriniti and Karyn Loscocco. Don and Paula are also members of the Religious Education Council. We'll keep Rev. Sam up to date with our work and seek his input as we need it.

During the summer we met several times to consider what offerings to hold for Adult Education and how to do it. See the other articles in this section of the newsletter for more details. Once we have facilitators trained, we can offer even more courses later in the year.

This is an exciting time as we set out on this path to meet the needs of adults. I hope you'll join us on the journey. For the Adult Education Committee, Leah Purcell

I'd do it if only I was better at . . .

Would you love to facilitate an existing adult education workshop, but your facilitating skills need some refining?

Are you willing to share your knowledge and skills with fellow FUUSA adults but need some guidance in preparing a workshop?

The newly evolved FUUSA Adult Education Committee plans to offer a workshop on how to be a better facilitator. We are fortunate to have some great workshop/adult education resources available from the UUA as well as our past offerings, and all that is needed is workshop leaders with facilitation skills to help us offer them to our congregation.

Stay tuned for more information on this and other adult education offerings for this fall. —FUUSA's Adult Education Committee

How well do you know UU ??

The "New UU" is an adult education program for new and old UUs to learn more about who we are and what we believe.

- ◆ Learn more about UU traditions and history
- ◆ Examine your own personal history in light of our UU heritage and traditions
- ◆ Explore what it means to you to be a Unitarian Universalist
- ◆ Connect with newcomers and long-timers
- ◆ Be recognized for completing each of the sessions and for completing all six.

The Adult Education Committee of the FUUSA Religious Education Council would like to offer the New UU program in the 2010-2011 church year. It could be offered as: a six-session course, ninety minutes each class, which can be offered periodically (weekly, monthly, or some other period of time, on Saturdays or weekday evenings), as single offerings throughout the year, options based on interest.

The six workshops are: Theology and Worship; Where Do We Come From? Unitarian Universalist Roots; How We Grow in Faith - Philosophy of Religious Education; Social Justice Philosophy and Practice; How Are Decisions Made? Governance and Polity; Membership.

But we need to hear from you! Are you interested? There must be sufficient interest so that we may have qualified facilitators to lead the individual sessions.

A questionnaire about this and other adult education offerings will be provided as a supplement to the September Windows Update.

In the meantime, contact Leah Purcell if you are interested in the New UU or for more info. You can also check it out at <http://www.uua.org/religiouseducation/curricula/tapestryfaith/thenew/index.shtml>. --The Adult Education Committee

Mindfulness Meditation training

September 17-18

This training, will be led by Rev. Trumbore, on Friday 6:15 to 9:00 pm, and Saturday 8:00 am to 3:00 pm. It gives the participants an opportunity to learn Buddhist mindfulness (or insight) meditation techniques or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There will be a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please sign up at the Sign-up Site in Channing Hall or call the office to register (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.

RE-usable items needed for Sunday School

The Religious Education Program for children and youth needs materials that you may be recycling at home.

- ◆ Glass baby food jars and lids
- ◆ Large yogurt containers – no lids
- ◆ Shoe boxes

Please bring in these items to the RE office during September. Thanks! —Leah Purcell

Sunday Morning Mindfulness Meditation

This 45 minute gathering led by Rev. Trumbore begins at 9:00 a.m. each Sunday. After a 10 minute reading, the group sits silently together for 20 minutes. This is followed with 10 minutes of discussion. The gathering concludes with a 5-minute loving-kindness meditation.

Our Community

Neighborhood Potlucks

FUUSAns meet occasionally in members' homes in various neighborhoods for a potluck dinner. Newcomers are always welcome, as are folks from other neighborhoods. Potlucks are publicized in the newsletter. Call the church office if you would like to host a potluck.

East-of-Hudson Potluck: Sept. 12

All are welcome! We will be at the home of Scott and Karen Murray in Averill Park, co-hosted by Jan McCracken. Arrive any time after 4:00 pm, dinner will be at 6:00 pm. If you plan to come please call Jan McCracken by Sept. 8. Contact Jan.

Cancer Support Group

Sunday, Sept. 12

If you or anyone you know would like to have some support dealing with any variation of this disease, you are welcome to join us. We are a group of survivors and their significant others who meet, usually at FUUSA, the second Sunday of each month. The next meeting is Sunday September 12 and this time we will share hospitality at a member's home. Please contact me (Sandy Stone) if you would like more information.

Walker Book Club

Sunday, Sept. 12

The first meeting of the Walker Book Club for the 2010-2011 FUUSA year will be on Sept. 12. The Walker book club continues in honor and memory of a past FUUSA President, Vic Walker, and is graciously hosted by his wife, Lisa Walker. Each meeting begins with a potluck supper at 5:30 PM at Lisa Walker's, Delmar, followed by a spirited discussion of the book of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome. Dates and books currently scheduled:

- ◆ Sept. 12: New York: The Novel by Edward Rutherford
- ◆ Oct. 10: Cutting for Stone by Abraham Verghese
- ◆

Holiday Bazaar No. 5

Bazaar planners are planning. Won't you join the group? We will welcome your skills. Our dates this year are November 13 and 14. We need help planning and your artistic crafty skills. We are also looking for vendors. Do you or a friend or relative want to rent a table? Are you sewing, knitting, painting, or what ever you do so you can donate your work for this great event? Contact Jan Satin or Barb Manning.

Channing Circle

Monday, Sept. 20

Looking forward to our first lunch on Monday, September 20 at noon. All retirees are welcome. Bring a sandwich or salad; dessert, coffee or tea will be provided. It will be a time to meet new and old friends and share our summer adventures. Looking forward to seeing you all again.

UU Weekend at Silver Bay

Our 17th annual UU Weekend at Silver Bay is NEXT month, the weekend of Oct. 15 - 17 at the Silver Bay Resort on beautiful Lake George! Have you sent in your registration form yet? If not, now's the time so you do not miss one of the best the events our community (FUUSA and neighboring UU societies) sponsor! This year will include wonderful programs and guest speakers, plus a super kids program. Not only is the Rev. John Corrado (a former and well loved FUUSA minister) going to be our Jeanne Blank Memorial speaker, but the Rev. David Weissbard will travel to Silver Bay to lead our Sunday morning service. There will be a campfire, at least one hike, movie time for the young kids, healthy movement and mediation, along with thought provoking workshops. Don't delay and miss your opportunity to make new friends and deepen your connection to our and other UU communities (registration is open to members of all UU congregations, visitors and friends.) The registration form can be found on our web site: <http://www.albanyuu.org/uuwregform.pdf>. If you have any questions about the weekend, look for a Silver Bay volunteer in Channing Hall after the service (starting September 12.)

Are you interested in being a Service Leader?

The Service Leader plays an important role in Sun-

day services, especially by assisting in service preparation and preparing the Call to Celebration. Each service leader is asked to serve once or twice a year, so your time commitment is limited. Training will be scheduled for new service leaders in the Fall. If you would like to participate, please forward an e-mail of interest to RSC@albanyuu.org or call Irene Saulsbery.

Remember that Sunday morning volunteers are also needed to help ensure the smooth running of services and coffee hour. Please be sure to sign

up in Channing Hall to act as an usher, greeter or coffee hour host. No special training needed!

Rummage!

The fall rummage clothing sale is October 8 and 9. We will sell good quality clothing for all seasons, ages and sizes, household linens and holiday decorations. Sign-ups start Sunday, September 12.

Nearby UU congregation seeks DRE

Director of Religious Education 10 hours per week to manage the ***DRE, cont. on next page***

Joys and Caring Corner _____

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

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 Ann Lapinski

Sunday Volunteers		Sign up in Channing Hall at the Sign Up Site.			
	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Sept. 5					
Sept. 12	Welcome back! We need one Lead Usher, three Ushers, two Coffee Hosts, two Greeters and one Chalice Lighter every Sunday!				
Sept. 19					
Sept. 26					

DRE, continued

children's /youth RE program for the Unitarian Universalist Congregation of Glens Falls. Ability to design, staff and coordinate program. Work many

Sundays. For information call Rich at (518) 745-5752 or send cover letter and resume to Rich Myette, 22 Hunter St., Glens Falls, NY 12801.

Social Justice

Philomena Moriarity, who has been a therapist for the Crime Victim and Sexual Violence Center (CVSVC) for ten years, has informed me that the center is in danger of drastic cuts in its staff. This is an Albany County program serving the county for 35 years that is facing staff cuts by the County Legislature. Although a county program, the CVSVC is funded by grant money from three sources: the Department of Health, the Office for Victims of Crime, and the Department of Criminal Justice. It is already down to 13 positions from 17 and is facing a possible cut of 4 more positions. One of the positions lost is the coordinator for their volunteers for the 24 hotline. The Agency provides, at no cost to the client, counseling, therapy, advocacy, and psycho-education as well as going to court when needed. Their clients include victims of rape, sexual abuse and harassment, domestic violence, assault, attempted murder, and families of homicide victims. If these cuts are made, the victims who cannot afford insurance and have to pay out of pocket will be left without these needed services. We urge you to write or call your Albany County Legislator to oppose the elimination of these positions. The following is a model letter that you can adapt:

"Dear (legislator's name)

Federal law recognizes the need to protect victims of sexual and domestic violence. The need becomes more imperative during tough economic times. The Albany County Crime Victim and Sexual Violence Center has been providing an array of services free of charge to residents of Albany County for 35 years. Those who have benefited from these services include vicim of child sexual and physical abuse, rape and sexual assault, domestic violence, and other violent crimes. The Crime Victim and Sexual Violence Center provide free therapy to victims and their families as well as court advocacy throughout the criminal justice process.

I respectfully request that you oppose any proposal to eliminate positions at this agency and to stop cutting local funding. These cuts have devastating effects on programs proven to have positive impacts on children and families.

I urge you to support the Albany County Crime Victim and Sexual Violence Center whose work directly affects the well being of members of our community."

(Your closing and signature)

A further blow to the attempt to reduce violence in the City of Albany has been the budget cuts by the State which has drastically reduced the money to fund SNUG, modeled on the Chicago Cease Fire Program to reduce gun violence. This has been the program that the Community Coalition to Reduce Violence has worked so hard to bring to Albany.

On the brighter side, the Peace Conference at the Crowne Plaza was a huge success. Several of us FUUSAns attended and were informed and energized. And we marched in support of the Muslims who have been victims of preemptive prosecution. Sybil Stock will be chairing a FUUSA work group on the 2010 Statement of Conscience, "Creating Peace" adopted in June at GA. This statement is broad and inclusive and there are so many ways we can participate in "Creating Peace." Come to our SRC meeting following coffee hour on Sept. 12 to see how you can be a part of social responsibility.

We are also encouraged by the groundbreaking federal court ruling overturning Prop. 8 in California. So by the time you read this, gay marriages may be taking place in California or the ruling may have been overturned. Whichever the case may be, we need to send a message to our members of Congress to overturn the Defense of Marriage Act (DOMA). And we are gladdened by Pres. Obama speaking out in support of religious freedom in regard to the building of the mosque/cultural center on public property and also by Mayor Giuliani sup-

porting religious tolerance.

Looking forward to seeing you Sept. 12.

Standing on the Side of Love,

Lois Griffin, chair

Green Sanctuary news

On Sunday, September 19 at 11:45, the Green Sanctuary Committee will begin the first of five discussion groups to be held every other month and led by members of the Committee. Chris Bystroff will lead the first discussion on the issue of **Over-population**. Come share your ideas and concerns. Our other topics are:

◆Nov. 21 - Nuclear power

◆Jan. 16 - Smart water use

◆Mar. 20 - Solar power

◆May 15 - Sustainable Living.

SRC Table

Come check out information on the new Peace Committee along with information on other issues affecting us as members of the congregation.

Items from Guatemala women's collective, CFL Bulbs, Coffee, Chocolate bars, will continue to be available. The small profit we have made over the years as made it possible for FUUSA to purchase 100% wind power in NYS and helped FUUSA to become carbon neutral.

Columns

Sam's Outlook

Sunday service themes for the month

Those who are not regular public speakers may tremble at the thought of filling 20 minutes of time every Sunday and calling it a "sermon." I remember how scary that was when I first stood in the pulpit of the Unitarian Universalist Fellowship of Charlotte County, Florida in September of 1993. Like many beginning their first settlements, I cramming everything I learned in seminary into those first sermons. By the end of my first year, I'd exhausted those topics and didn't know what I'd talk about next September.

I used to plan my sermons around topics that I found fascinating. I'd read the New York Times Book Review and wait for a quickening of attention or a buzzing in my head that would tell me this book or idea might be a good source for a sermon topic. At our yearly Unitarian Universalist Association annual meeting (known as General Assembly), I'd feel my heart beat a little faster during the plenary, or a worship service, or a workshop, when someone would say something inspirational I thought I could bring home to my congregation. When this would happen, I'd jot that sermon idea in my PDA and file it away for future use. At last count, I have over 350 service topic ideas in that list.

Now I'm in a very different place when I contem-

plate putting together a service. I know that some of the topics that excite me will fail to inspire most people, leaving the congregation scratching their heads and wondering what I was talking about. I've learned the questions and concerns of the congregation should be what I strive to address, rather than my personal enthusiasms. The topics that connect and inspire usually come to me through our relationships with each other, the yearnings, the struggles, the losses, the heartbreak, and the joys, the celebrations and shared convictions that move through our congregation.

After 17 years of offering services, I'm much more aware of the limits of what I can say in one Sunday service. And if I address an important topic in the life of our congregation on only one Sunday morning, all those who weren't there that Sunday miss the message. I've heard people come up to me and ask why I don't speak on a particular topic. I'll point out the services I've offered on that topic over the last few years and they'll respond, "Oh, I must have missed those Sundays."

Other Unitarian Universalist ministers have recognized this problem and developed a solution I'll be using this fall. They call it "theme based ministry." The programming of the congregation is coordinated with a theme for the month. The general theme, such as "dedication," "spirit" or "compassion," organizes the Sunday service topics, religious education for children and adults, social action, and other special programs. Rather

than skating on the surface of topics, working with them for a month allows a greater access to the depth of that topic. And going deeper can help facilitate inner growth, development and transformation.

The first three topics I'll be working with for the months of September, October and November are, Community, Diversity and Justice. I chose these three areas to help us focus on the first three areas of our new strategic plan. Our members greatly value the community we have created here and want more of it. We love the idea of religious freedom this community affirms, but struggle inwardly when those around us do not believe the same things we do. We hurt when we witness injustice and oppression and want to be part of building a peaceful and just world community.

The barriers to community, diversity and justice are not just "out there," they inwardly block us as well. The inner work of overcoming those cultural barriers and human predispositions needs sustained attention that a religious congregation like ours can offer. Providing that sustained attention through the programming you'll see offered this year can make a positive difference. I encourage your participation to go deeper using these themes this year as a way to build both the congregation and the world we dream about.--Rev. Sam

Chuck's Chat

I hope you have all had a great summer. Barb and I have had many rewarding and memorable experiences. One of the highlights was on August 2 when 20 members of my family got together to celebrate my brother and his wife's 50th wedding anniversary. Relatives from Oregon, Florida, California, Colorado, Massachusetts, New Hampshire, and New York took a cruise together on Lake George. Connections were made among relatives who had never met before. After this inaugural get together at this scale, everyone was excited about trying to have another reunion next summer.

From a Unitarian Universalist perspective this summer was similar in many ways to our family reunion. Barb and I went to General Assembly (GA) for the first time and I went to the Unitarian Universalist Leadership Team Institute (UULTI), also for the

first time. At both of these events I was struck by how much larger our UU movement is than we see by just participating in Albany. At GA over 3,800 UUs gathered together for five days of learning, worshiping, and doing the business of the Association. I felt connected to a global movement that has a prophetic message for the world. I learned it is possible for thousands of UUs to gather together, debate in a civil and polite manner, and move forward to reach decisions on important issues. The impact of what we decided was emphatically reinforced when, watching CNN, I saw UUs protesting the Arizona Immigration Law wearing Standing on the Side of Love t-shirts. Later I read that some of them, including Peter Morales, UUA President, were arrested for civil disobedience. Our movement is continuing its tradition of being involved with the world.

UULTI was a smaller regional gathering with about 40 attendees. There, in a beautiful setting overlooking Canandaigua Lake, I participated in a series of workshops and discussions with other UUs from 11 congregations. Even though this was at a different order of magnitude than what I experienced at GA, it was no less meaningful. Congregations at UULTI ranged in size from a fellowship that is just getting started to one with over 900 members, but we share many of the same opportunities.

I would recommend that you all attend one or both of these events at some time during your UU journey. At both GA and UULTI we sang the UU song Woyaya (#1020 in the Teal Book.)

"We are going heaven knows where we are going, but we know within.

And we will get there, heaven knows how we will get there but we know we will.

It will be hard, and the road will be muddy and rough, but we will get there, heaven knows how we will get there, but we know we will."

Those words sum up my feelings as I begin my first year as President of FUUSA.

Much of what I learned at GA and UULTI, I hope to bring to FUUSA. By the time you will be reading this, the Board will have met in their annual Re-

treat. Our goal for the Retreat is to consider how we can begin implementing the Strategic Plan. Next month I plan on writing about what we concluded at the Retreat and how we can move forward as a congregation in the context of a powerful global movement. Stay tuned. We have an exciting year ahead.—Chuck Manning

Religious Exploration

The home/church school connection

Survey for Families in Religious Education

Most often, families come to FUUSA to join a multi-generational religious community of people who have morals, ethics and values similar to their own. Our tradition does not set up Sunday school to stamp out little UUs – our Religious Education program strives to instill UU values, to foster UU identity, to promote stewardship and to offer opportunities for all the participants to develop and grow religiously.

The RE Council members and I often hear comments, both positive and critical from parents and caretakers on the experience their children have in the RE classrooms and we make adjustments as best we can. The Council and I are now offering families the opportunity to give us their feedback of the program overall. We value the vantage point parents and caretakers have on how we're doing and how we can improve.

So how can we make our program the best it can be? How did your children respond to the RE program this past year? Going forward, what should we promote, and what should we leave behind? We have created a simple survey so that we gather input from all the families and then we can act on them. The survey will be emailed or mailed to parents and caretakers on Sept 1.

Parenting as a Unitarian Universalist and the Parent Potluck group

Parents and caretakers are the primary religious educators of their children, but the RE program is here to help, and so this fall we are looking at revitalizing our Parent Potluck Group. FUUSAns have found many ways of connecting with each other including the multigenerational events recently; however some parents and caretakers want more.

Happily there is a fortunate alignment of expressed needs by parents and caretakers, and a volunteer willing to explore a way to meet those needs. The volunteer is Paula Brewer, who is a member of the Religious Education Council and Adult Ed Committee member, and who also participated in the Parent Potluck for many years and in the Spirituality and Parenting Workshops last spring. She would like to explore the possibility of restarting the Parent Potluck Group. The intent of this group will be to provide an opportunity for fellowship and for parent-to-parent support. The specific goal will be helping parents and caretakers to foster in their children the UU values and ideals that they hold.

The first meeting will be Sunday evening, September 19 at 6:00 pm in Channing Hall. Paula will facilitate a discussion on how the group will be run and what time frames work best. The Parent Potluck will be a participant-facilitated program. I'll have resources (websites, blogs, books and other discussion material) available for participants to review at the first meeting. All parents and caretakers are invited. No signup is required; just bring a dish and beverage to share. Childcare will be provided, and a free-will donation will be collected to cover cost of childcare.

Here's to another year of growing and developing together as UUs!

In joy and service, Leah

Bringing It Home

Whether you are interested in joining the Parent Potluck or not, reviewing material generated outside our congregation can be enormously helpful in your parenting. I enjoy blogs because they come in "bite-sized" chunks. Tandi's blog is among those I recommend: <http://tandik.wordpress.com/>

I thought this post: <http://tandik.wordpress.com/2010/05/18/a-note-about-gratitude/>, for example, was a great example of religious education being embedded in the home. And what parent couldn't relate to the importance of anger solidarity every now and then? <http://tandik.wordpress.com/2010/04/20/anger-solidarity/>. Here is some good practical advice: <http://tandik.wordpress.com/2010/04/13/spiritual-support-plan/>.

Contact Us

Board of Trustees 2010-2011

email: board@albanyuu.org

Executive Committee

Chuck Manning, President
Peg Sherman, Vice President
Dave Metz, Treasurer
Donna Meixner, Secretary

Trustees

Debbie Brown
Dick Dana
Donna Doran
Todd Gray
Randy Rosette
Dave Street

Ex-officio Members

Sam Trumbore, Minister
Molly Daniels, Chair Religious Education Council
Lois Griffin, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

Mike Babala, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore strumbore@uumin.org

Church Administrator, interim Membership

Coordinator

Amy Lent administrator@albanyuu.org

Director of Religious Education

Leah Purcell dre@albanyuu.org

Music Director

Matt Edwards mge01@yahoo.com

Administrative Assistant/Sexton

David Stone sexton@albanyuu.org

Rental Agent

Lynne Lekakis kaneandlekakis@gmail.com

Custodian

Olga Oja

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-Thursday, 9:00-4:00

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

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

Editors: Amy Lent, Irene Saulsbery

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

Sept. *Update:* Sept. 6

Oct. *Windows:* Sept. 20

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.albanyuu.org

We've gone green(er)!

We are reducing paper consumption by sending our newsletter electronically. If you are reading this newsletter on paper you are holding one of the few copies we have actually printed!

We want to keep ALL our readers, but we ask you please to consider switching to the electronic version if you have access to email.

If you would like us to send you an electronic version to see what it's like, we can do that.

Contact David Stone at the FUUSA office 518.463.7135 or sexton@albanyuu.org for either a sample or to make the switch!

Thank you!

First Unitarian Universalist Society of Albany



405 Washington Avenue, Albany, NY 12206

518-463-7135

A Welcoming Congregation

Family name

Health Alert

Registration Fees

___ RE fees paid in full

Office Use Only

Religious Education Program Registration

Annual Registration Fees

	<i>One child</i>	<i>Two children</i>	<i>Three + children</i>
Pledging Families:	\$35	\$50	\$65
Non-Pledging Families:	\$50	\$70	\$85

Make check payable to FUUSA.

Church year 2010-2011

Date _____

Parent (Guardian) #1

Name

Address

Home Phone

Cell Phone

E-mail

Parent (Guardian) #2

Name

Address

Home Phone

Cell Phone

E-mail

Children being registered:

Last Name

First Name

Date of birth

Grade

Last Name

First Name

Date of birth

Grade

Last Name

First Name

Date of birth

Grade

Last Name

First Name

Date of birth

Grade

Turn page over

Health Information

Is there anything we should know about your child/children that will help us to relate supportively? Please list allergies and describe special needs.

Child's Name _____ Notes _____

Child's Name _____ Notes _____

Child's Name _____ Notes _____

Child's Name _____ Notes _____

I give my permission for emergency medical treatment to be given to my children.

Parent/Guardian signature

Date

Our U.U. Religious Education Program is a cooperative endeavor which includes formal teaching (church school) and intergenerational events. Parents are expected to help in some way each year. Do your part by signing up to help with any activities that you can.

Mark 1 for Parent #1 and 2 for Parent #2: Select one or more

Regular

- Team Teach a class (2 Sundays/mo. for 1 term)
- Youth Group advisor
- Rite of Passage mentor
- Our Whole Lives. instructor
- Serve on Religious Education Council

Occasional

- Substitute teach
- Assist with intergenerational activities
- Present craft for holiday craft workshop
- Make phone calls from home
- Recruit volunteers
- Music

Thank you!

Photos may be taken of your child(ren) and used for FUUSA/RE program purposes, including posting on the Web. We will NEVER identify your child. Sign here if you DO NOT wish that we use photos of your child(ren).

Parent/Guardian signature

Date