

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-tor@fuusalbany.org.

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

September 2012

In this issue:

- 1 Services
- 2 Calendar
- 3 News
- 4 Lifespan Learning
- 7 Our Community
- 10 Social Justice
- 10 Columns
- 14 Contact Us
- 15 Flyers

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)

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

Sept. 9 "Pouring, Blessing and Watering the Roots of Community", The Rev. Sam Trumbore

As is our yearly tradition to begin our fall season, we will be gathering water from our adventures over the summer in a common bowl. This water, symbolizing the merging of our lives in this religious community, once gathered, will water the roots of the plants and trees around our grounds.

Sept. 16 "Justice GA 2012: The Phoenix Rises", The Rev. Sam Trumbore

As Rev. Trumbore discusses in his column this month, something important happened at the yearly meeting of the Unitarian Universalist Association. He wrote: *The "gestalt" of the different workshops, plenaries, trainings and worship services, culminating in the night protest at the "Tent City" extension of the Maricopa County Jail created by Sheriff Joe Arpaio, was a sense of self-discovery and self-definition.* This service will be the beginning of a series of four services to explore further what was discovered and how that might move us toward a clearer definition of who we are and who we can be.

Sept. 23 "Crossing Borders", The Rev. Sam Trumbore

Unitarian Universalists have a natural, often unrecognized affinity for undocumented workers. We both cross borders some would rather we didn't cross. When the Rev. Dr. Martin Luther King, Jr. called upon ministers to join him in Selma, many Unitarian Universalists answered his call to cross the Edmund Pettus Bridge together. In the 70's and 80's we crossed borders of sexism and homophobia. Through personal study and interfaith work we cross borders of faith. Core to the practice of Unitarian Universalism is exploring those borders, especially the ones we may not even know stand in our way.

Sept. 30 "Prophetic Encounters", The Rev. Sam Trumbore

Many of us learn, grow and develop through personal relationships. Our friendships from an early age shape and mold our ideas and attitudes. The wider and more diverse those relationships, the wider and more tolerant we are likely to grow up to be. Sometimes those personal encounters are dramatically transforming. Dr. Dan McKanan has studied these kind of encounters that change lives and found patterns we will find useful in our own growth and development as individuals and as a congregation.

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 September _____

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 September _____

- 5-Sep Wednesday
 - 5:30 PM Caring Network Room B-8
- 7-Sep Friday
 - 4:00 PM Board Retreat Channing Hall
- 8-Sep Saturday
 - 8:30 AM Board Retreat Channing Hall, Sanctuary
 - 3:30 PM Orientation for new RE volunteers.. Channing Hall
- 9-Sep Sunday
 - 11:00 AM Homecoming Sunday/Picnic Potluck Channing Hall
- 10-Sep Monday
 - 6:00 PM RE Council Channing Hall
 - 6:30 PM Peace presentation planning Room 24/25
 - 7:00 PM Monday Men Room B-8
- 13-Sep Thursday
 - 7:00 PM Program Coordinating Council (PCC)... Room B-8
- 16-Sep Sunday
 - 11:30 AM Auction Committee Room B-8
 - 11:45 AM Forum Scott Kellogg Room B-5
 - 11:45 AM SRC Meeting Room B-3/B-4
- 17-Sep Monday
 - 12:00 PM Channing Circle Channing Hall
- 20-Sep Thursday
 - 7:00 PM Board of Trustees Room B-8
- 21-Sep Friday
 - 6:00 PM Meditation Retreat (Whole Building)
- 23-Sep Sunday
 - 11:45 AM Forum Alice Brody: women and children of Iran..
..... Emerson Community Hall
 - 11:45 AM Green Sanctuary Room B-8
- 24-Sep Monday
 - 5:30 PM CRUJUNY Pot Luck Dinner Channing Hall
 - 7:00 PM Monday Men Room B-8
- 25-Sep Tuesday
 - 6:00 PM Wellspring Room B-8

*Where in the world is.....
Your FUUSA staff?*

Some of us have moved, one has not.

Office spaces have been rearranged over the summer. The room formerly known as Amy Lent's office has been divided in two. The front half near the hall is now the home of the photocopier and the mailboxes. And the rear half (with the windows on West St.) is where you will find Leah Purcell, Director of Religious Education.

Office Administrator Stephanie Hayes is now located in the central office with the large window on the lobby (and reports the room is working very well as the reception space it was designed for!) On Sundays, as before, RE volunteers will staff this window to answer questions and hand out teacher packets.

Amy Lent, Director of Member Services and Communications, is in the office nearest the front door (with the windows on Washington Ave.) Also in this office is the 'guest desk' and computer for our hard-working volunteers.

The one who has not moved this summer is Rev. Sam. (Well, he didn't change offices. But, he did move to a new house!)

Come see us in our new digs!

Looking Ahead

- Oct. 5 Pasta Potluck
- Oct. 12-14 UU Weekend at Silver Bay
- Oct. 19, 20 Circle Dinners
- Oct. 27 Halloween Party and Food Drive

News

Welcome Home!

Sunday, September 9

◆ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the re-gathering of our community.

◆ **Send a couple photos** of your summer for inclusion in the slideshow to dre@albanyuu.org by Sept. 5.

◆ **Plan on lunch after the service!** Join us for a church-wide picnic lunch in Channing Hall after the Homecoming service. Sandwiches, coffee, and other beverages will be served. If you'd like to contribute to the light lunch, please bring fruit, vegetables, cookies or other finger foods to share.

Music news

Sept. 9: We welcome you to the Homecoming Service with the FUUSA Junior Choir and the FUUSA Adult choir. 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.

Sept. 16: FUUSA friend Sybil Allyson and her musical partner Mark Smith will be providing thought provoking and uplifting vocal and guitar music to support the theme of justice.

Sept. 23: The FUUSA choir will be presenting songs about breaking down boundaries.

Sept. 30: Singer/songwriter Bob Warren returns to FUUSA to sing songs of "prophetic encounters". You can get a preview of Bob's music at www.bob-warren.com/.

Leaders connect at "PCC"

FUUSA's Program Coordinating Council is a way for leaders of our many committees and programs to stay connected with each other, to get advice and feedback from their peers, and to help shape programming that meets our congregation's needs. All committees, programs and activities are encouraged to send a representative to PCC meetings, which are held on the second Thursday of most months at 7 PM. The next meeting will be on Thursday, Sept. 13. This year, we hope to de-

Flyers in this issue

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

◆ **Picnic in the Park** flyer

vote the first part of each meeting to an in-depth topic or mini-workshop, to be followed by our "business" meeting where we will exchange information and coordinate programs!

E-mail Stephanie Hayes at shayes@albanyuu.org if you would like to be added to the PCC e-mailing list. PCC meetings are open to all who wish to attend.

Corpus Queer--Bodies in Resistance Monday, Sept. 24, 7:00 pm, Emerson Hall

The Sexual Orientation & Gender Identity (SOGI) Project at the University of Albany, School of Social Welfare, The Pride Center of the Capital Region, and FUUSA will host a public presentation by Del LaGrace Volcano celebrating twenty five years of photographic exploration and resistance from female masculinity to feminist femme fatales to VISIBLY INTERSEX. Volcano's 'corpus' consists of astonishingly tender images that complicate our understandings of gender through non-pathologizing heroic depictions of female and transgender masculinities as well as calling attention to the hermaphroditic traces of all human bodies. "I believe in crossing the line, not just once but as many times as it takes to build a bridge we can all walk across."

FUUSA Gardens, still blooming in spite of this summer's challenges!!!

Many, many thanks to the hard working volunteers who faced extremely difficult conditions this summer between the heat and lack of rain to maintain the gardens around FUUSA!!!!!! Gardening hats off to Hadiya Wilborn for doing a lot of watering - we, and the plants, are very grateful!!!!

Coming soon - information on the fall cleanup. A notice will appear in the Order of Service; last year the fall cleanup was in mid October.

Thanks again! --Paula Moskowitz, Chair, Dirty Fingernail Group (questions- contact Paula at xxxxxxxxxxxx

Two St. Lawrence District events
Igniting the Spirit: St. Lawrence District Leadership Conference, Saturday, Sept. 29, 9:30 AM-3:30 PM, First UU Society of Syracuse

Meet our new District Congregational Life Consultant Rev. Chris Neilson. (this position was formerly titled District Executive) and learn from other UU lay leaders experienced in areas of UU life.

For details, go to <http://www.sld.uua.org/pdfs/2012/2012Igniting%20the%20Spirit.pdf>.

For information about the New District Congregational Life Consultant, please see Dave Munro's (FUUSAn and President of St. Lawrence District) column at <http://www.sld.uua.org/>.

NYS Convention of Universalists annual meeting, Friday evening and Saturday, Oct. 12-13. at the Unitarian Universalist Congregation of Saratoga Springs.

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*.

FUUSA can send eight delegates to this annual meeting. If you wish to be a delegate, please contact FUUSA President Chuck Manning (chuckmanning@hotmail.com, 439-4226) or Denominational Affairs liaison Don Odell

(drodell31@yahoo.com, 482-4574). The latest details for this annual meeting can be found at <http://nyscu.org/>.

There's more activities and news from the St. Lawrence District (<http://www.sld.uua.org/>) and CERG (Central East Regional Group of the Unitarian Universalist Association, which serves UU congregations in the St. Lawrence District, and the Joseph Priestly, Metro New York, and Ohio-Meadville Districts) and located at <http://cerguua.org/>. Please check them out.

FUUSA Choir invites you...

Welcome to the 2012-2013 FUUSA year! The FUUSA Choir, directed by Matt Edwards, will have its first rehearsal on Wednesday, Sept. 5 at 7:00 pm in Emerson Hall, and plan on singing at the Homecoming service on Sept. 9. Rehearsals are most Wednesdays and we sing at the Sunday service about twice a month. The FUUSA choir will also be joining the Grinnell College Choir in concert in March 2013. Other concerts and events are planned, including a Pot-Luck Sing-a-Long in the spring. Come, make music and make friends! All voice levels are welcome as well as instrumentalists. For more information contact Matt at musicdirector@albanyuu.org, or Kathy Harris at xxxxxxxxxxxxxxxxxx

Lifespan Learning

RE Registration

Register your child or youth in Sunday school! You can download the [form](#) and mail it to FUUSA with your fees. You can also register at FUUSA on Sept. 9, 16 and 23. Members of the Religious Education Council will staff the RE Registration table in Channing Hall before and after the services. You can help them out by pre-printing the form and filling it out at home. The fees are not meant to be a barrier to families and can be waived. Contact Leah Purcell about that or any other question you have about the Religious Education Program.

Support for UU Play teaching teams

I'm very excited about UU Play, which we'll be using with the preschool and Kindergarten groups. Our goals are to help young children live Unitarian

Universalism through learning how to be in community and giving opportunities for creative activities. We are creating this program based on Spirit Play (www.spiritplay.net). Spirit Play is specifically designed for mixed aged groups of young children. We are adapting Spirit Play which uses the Montessori Method of teaching to foster independence. Instead we'll be focusing on helping the children learn how to relate to each other in compassionate ways and to learn what to do with their emotions. After a story and a time for sharing, there will be an extended amount of time for dramatic play, a group art project, or other group projects. Parents will be welcomed to the classroom at any time.

Since this is new for us, I'd like to have a meeting for all the volunteers of Spirit Play before the first day of Sunday school (Sept 16). If you join a UU Play team I teach you about the program AND give you

strategies to work with pre-school children and Kindergarteners that you can use right away to create a Sunday school environment that is intentionally devoted to religious questioning and helping children to learn to play together. Then I'll create a Face Book page for the team members to share successes and challenges and I'll give you more resources and tips through the term.

Contact me, Leah Purcell, at 463-7135 or at dre@albanyuu.org.

Mindfulness Meditation Training

Sept. 21-22

This training will be led by Rev. Trumbore on Friday from 6:00 pm to 9:00 pm, and Saturday from 8:00 am to 3:00 pm. It gives the participants an opportunity to learn Buddhist mindfulness 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 register at the Signup Site in Channing Hall or with the office (call 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. 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. This training will be repeated November 2-3, 2012, January 4-5, 2013 and March 22-23, 2013.

Two opportunities to meet Sharon Salzberg at FUUSA!

Joyously, the Capital Region again welcomes master spiritual teacher, Sharon Salzberg (www.SharonSalzberg.com) for a Dharma Talk and Full-day of Mindfulness Practice. All are welcome—whether an experienced practitioner or a curious beginner—to participate, learn and receive inspiration from this gifted and caring instructor. In a supportive setting, learn and put into practice mindfulness tools that will enrich and deepen your connection with life. Both the Dharma Talk and the Day of

Fall RE curricula set

See curriculum details in *Mid-summer issue of Windows*, or pick up on paper in the lobby.

Pre-School and Kindergarten

UU Play (Fall and Spring)

First Grade

Creating Home – A Tapestry of Faith Curriculum

<http://www.uua.org/re/tapestry/children/creatinghome/index.shtml>

Second and Third Grades

Love Will Guide Us – a Tapestry of Faith curriculum

<http://www.uua.org/re/tapestry/children/loveguide/index.shtml>

Fourth Grade

Sing to the Power— a new Tapestry of Faith curriculum

<http://www.uua.org/re/tapestry/children/index.shtml>.

Fifth and Sixth Grades

Windows and Mirrors, a Tapestry of Faith curriculum

<http://www.uua.org/re/tapestry/children/windows/index.shtml>

Seventh and Eighth Grades

Junior High level of Our Whole Lives (Fall and Spring)

Practice will take place in Emerson Community Hall.

“Awakening Courage, Faith and Compassion with Mindfulness”

Dharma Talk by Sharon Salzberg

Friday, Sept. 28, 7-9 pm

Free to the public- no preregistration is needed.

“Tools for Awakening Courage, Faith and Compassion with Mindfulness”

A Day of Practice with Sharon Salzberg

Saturday, Sept. 29, 9am – 5pm

Fee for the Day of Practice - \$75 For scholarship information - contact Karen Beetle (kabeetle-at-aol.com or 518-424-7516)

Link: www.organizingmindfulness.org

Can you see yourself here?



Many people have volunteered to teach Sunday school already, but more are especially needed for the younger children—toddlers through Kindergarten. There are openings in each of the teaching teams this fall. You can view the descriptions of the program for each group and more info about teaching in the midsummer issue of Windows. <http://www.albanyuu.org/July2012WindowsP.pdf> The fall

Joy Library notes

Newly added titles: Look for them in the new books section.

Working for Peace and Justice : memoirs of an activist intellectual. by Lawrence S Wittner. University of Tennessee Press, 2012 . [305.55 WIT]

It was a pleasure to read this lively upbeat memoir by Larry Wittner He is known to many of us, as an emeritus professor of history at the University at Albany, a labor activist, a leader in the peace movement , and a prominent member of Solidarity Singers. He is internationally known as the author of the award-winning three-volume, *The Struggle against the Bomb* and other works chronicling the history of peace movements. Wittner traces his ancestral history from the oppressed Jews in Eastern Europe to his family's immigration to this country and his father's work as a lawyer for the New York State Commission Against Discrimination which, at an early age, heightened his awareness of prejudice and discrimination. His boyhood in Brooklyn in the 1940s and 1950s and his personal struggle with shyness and a stutter portray a sensitive individual. Although an exceptionally bright and serious stu-

dent, he also had a reckless side with many exciting consequences, including narrow escapes in the Jim Crow south and a harrowing adventure in the Grand Canyon. For those of us who lived through the last half of the twentieth century, especially the turbulence of the 1960s, much will be familiar. I appreciated his candid discussion of his personal life which, I think, reflected the personal development of many people whose friends and even spouses changed as we evolved in those changing times. His persistent pursuit of both peace and justice, not always obviously rewarding, is inspiring. His exemplary but often modest life demonstrates that pursuing one's ideals even when they seem hopeless may ultimately have profound positive ripple effects.

semester runs from mid-Sept. through January. Parents and others have offered to help out, but each group needs at least three people to volunteer to lead the sessions. The time it takes to prepare for leading a session is about an hour at the most. Prep time is just reading through the lesson to familiarize yourself with it and spending a few moments in reflection. You'll find all the materials you need in your classroom. That way class time can be rewarding and fun for you. If teaching teams have 3 members, each volunteer can expect to lead a session once every three weeks and parents will volunteer to assist. For teams that have 4 volunteers, each member can expect to lead a session once a month and assist once a month.

I will hold an orientation for first time RE volunteers on Saturday, Sept. 8 at from 3:30 to 4:30 pm. In the month of September I meet with each team individually, to see how things are going for the group and to coach, support, cheer, and thank the volunteers. You can sign up in Channing Hall or contact me at dre@albanyuu.org or 463-7135.—Leah Purcell

SK

A Crime So Monstrous: face-to-face with modern-day slavery by E. Benjamin Skinner. Foreword by Richard Holbrooke. Free Press. 2009. [306.362 SKI]

"... in this unforgettable, highly readable account of contemporary slavery, author Benjamin Skinner travels around the globe to personally tell stories that need to be told. ... he has produced a vivid tes-

tament and moving reportage on one of the great evils of our time. There are more slaves in the world today than at any time in history. ... Skinner tells the story, in gripping narrative style, of individuals who live in slavery...., those who have escaped from bondage, those who own or traffic in slaves, and the mixed political motives of those who seek to combat the crime. Skinner infiltrates trafficking networks and slave sales ..., exposing a modern flesh trade never before portrayed in such proximity.[he] lays bare a parallel universe where human beings are bought, sold, used, and discarded. He travels from the White House to war zones and immerses us in the political and flesh-and-

blood battles on the front lines of the unheralded new abolitionist movement. At the heart of the story are the slaves themselves. Their stories are heartbreaking but, in the midst of tragedy, readers discover a quiet dignity that leads some slaves to resist and aspire to freedom. Despite being abandoned by the international community, despite suffering a crime so monstrous as to strip their awareness of their own humanity, somehow, some enslaved men regain their dignity, some enslaved women learn to trust men, and some enslaved children manage to be kids.... he has written one of the most morally courageous books of our time, ..." (retrieved from Amazon Thurs, August 23, 2012)

Our Community

It takes a village...

Actually, it takes a *congregation* to make Sunday happen at FUUSA! Volunteers are an essential part of our Sunday morning experience. Now that the new FUUSA year is beginning, please use the following link <http://www.volunteerspot.com/login/entry/14156664046> to sign up to be Coffee Hosts, Greeters, Lead Usher, Ushers, Welcome Table, Chalice Lighter. We look forward to seeing you all on September 9th.

Thank You in advance for all that you do!—
Stephanie

Channing Circle lunch Sept. 17

Meetings set for the fall

Channing Circle is a long established FUUSA activity group open to members and friends of FUUSA who are retired, in one sense or another. We get together on the third Monday of the month at noon for a brown bag lunch (with coffee, tea and dessert provided) followed often by a general discussion of media based items of recent interest brought by those wishing to share. We had a successful holiday meal during the holiday season last year at a nearby restaurant (Cafe Paradiso) and may do this again. The meeting dates for the fall, all third Mondays, are 9/17; 10/15; and 11/19. If you haven't been to a Channing luncheon you are cordially in-

Picnic in the Park sponsored by the Religious Education Council

Who: Everyone is invited

What: Bring your own picnic lunch, including drinks

When: After Sunday school on Sept 16 (starting around 11:30 until around 2:00)

Where: The playground at Washington Park

Why: for fun and fellowship among families, youth and adults

No sign ups required. Hope to see you there!



vited to come to our September lunch. Meet old friends and make new ones!

6 to 9 at 6:09: Circle Dinners Schedule for Fall and Spring

Circle dinners provide FUUSAns and visitors the opportunity to socialize over a delicious potluck dinner in a private home and get better acquainted with your fellow FUUSAns. Last year over 100 FUUSAns participated in one or more dinners. We hope to increase participation this year.

For this church year, we have scheduled dinners in

seven months. The dates are listed below. In three months, participants will have a choice of two weekend nights. These choices are designed to avoid scheduling conflicts and allow more people to participate. In October and December participants can choose between Friday and Saturday; in February, between Saturday and Sunday. In November, we are proposing an intergenerational dinner in which FUUSAnS of all ages will be encouraged to participate. Please save these dates on your calendar.

Sign-up directions for each dinner will appear in future Windows and the Order of Service. If you have questions, please contact Martha Musser at mmusser@nycap.rr.com or 434-2246.

Save these dates for Circle Dinners!

- October* Friday, Oct. 19, and Saturday, Oct. 20
- November* Saturday, Nov. 17 (proposed intergenerational dinner)
- December* Friday, Dec. 7, and Saturday, Dec. 8
- January* Saturday, Jan. 26
- February* Sat., Feb. 23, and Sunday, Feb. 24
- March* Friday, Mar. 22 (possible Seder at some hosts)
- May* Saturday, May 4

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.

Clarification

xxxxxxxxx

Thank you!

We are so grateful for FUUSA's assistance in celebrating our 69th wedding anniversary on August 19. Following Sigrin's excellent presentation and some splendid music, we loved the hugs and cards and chats. And what a pal Jan was to be our cake server! We thank you all. Eva and Hughes Gem-

mill

Walker Book Club

Join the Walker Book Club for the first book discussion of the 2012-2013 FUUSA year on Sunday, September 9, 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.

**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, Jean Bolgatz, Randy Rosette, Mark Yolles and Robin Miller.

On September 9, 2012, we will discuss the longer non-fiction book we chose to read over our summer hiatus – “The Warmth of Other Suns: The Epic Story of America's Great Migration,” by Isabel Wilkerson. This book chronicles the untold story of the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life. This exodus of almost six million people greatly changed America from 1915 to 1970.

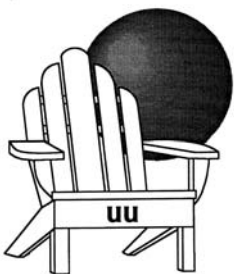
On October 14, we will discuss Caleb’s Crossing by Geraldine Brooks. This is the story of Caleb, a member of the Wampanoag people who lived on Martha’s Vineyard, and the first Native American to graduate from Harvard College in 1665.

Contact Linda Hunt at xxxxxxxxx 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.

UU Weekend at Silver Bay

Have you made your plans for the weekend of Oct. 12 – 14??? That's the weekend after Columbus Day, when fall is in its full color and beauty. It's usually cool - a welcome relief from the memory of a hot summer - and the thoughts of winter are only beginning to bud in your brain. The summertime crowds are gone and peace and calm is returning to the Adirondacks and Lake George area. It's also the weekend that area UU's and their friends head to the Silver Bay Resort on Lake George for a cooperative, family friendly weekend. Jim Scott will be our "artist in residence" for the weekend. Jim is an exciting acoustic guitarist, singer, and

composer of powerful music that furthers the ideals of ecology, justice, and peace. In addition, Jon McPherson, the "Close To Home" cartoonist will be the weekend's motivational speaker and cartoonist.



Registration forms along with information on the weekend and the resort can be found on the FUUSA web site at <http://www.albanyuu.org/uuw.html> . Also note the opportunity on the registration form to volunteer to help

make this cooperative weekend a huge success!

If you have questions about the weekend, look for a UU Weekend volunteer in Channing Hall before and after the service starting in September.

Hope to see you at UU Weekend! - UU Weekend Committee (Albany, Saratoga, Schenectady, Glens Falls, Two Rivers congregations)

Welcome All to the RE Council's Multigenerational Pasta Pot Luck Dinner

Friday, Oct.5, 5:30 pm, Channing Hall

Enjoy a good meal and great company at the Multigenerational Pasta Potluck Dinner sponsored by the RE Council on Friday, October 5, starting at 5:30 pm. 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).

The evening includes a Religious Education Open House to be held after dinner.

This is an excellent opportunity for all interested to find out about the wonderful RE programming being offered to children and youth, and to take a tour of the classrooms.

Sign up to bring pasta dish, salad, dessert or beverages in Channing Hall. Volunteers needed; sign up sheet also in Channing Hall. Contact Melissa Ramirez, xxxxxxxxxxxxxxxxxxxx, if you would like to help host this event or have any questions.



Social Justice

Green Sanctuary meetings, forums

September's here! This year as last year Green Sanctuary forums will be held on the second Sunday of the month, and the committee meeting will be held on the third Sunday, with the exception for September only: forum (Sept. 16) and meeting (Sept. 23). New members of the committee are always welcome. Contact Chris Bystroff (xxxxxxxxxx) to be added to our email list.

Our first guest speaker will be Scott Kellogg from the Radix Ecological Sustainability Center right here in Albany. Scott and his wife Stacy run this educational center in South Albany as a green model for all of us. In addition he's the author of the book *Toolbox for Sustainable City Living*. Come join us as we honor Scott's work and learn from him on Sunday, Sept.16, at 11:45 in Emerson Community Hall.

Other forums planned include:

- ◆ **Oct. 14:** Emily Collins of the Albany Habitat for Humanity Re-store.
- ◆ **Nov. 11:** Susan van Hook of Ecovative, on Green Building Materials.
- ◆ **Dec. 9:** (tentative) "Growthbusters" the Movie.

All Green Sanctuary forums will be at 11:45 AM in Room B8 unless otherwise announced.

Peace Team Forum , Sept. 23, 11:45 a.m.

Alice Brody—Women Against War—Iran Project

If you are watching the news, you may have noticed that October is considered a last opportunity for the pro-bombing groups to initiate bombing Iran's nuclear research facilities.

Alice Brody will be at FUUSA to tell us about her visits to the Iranian people.

Alice traveled to Iran in July 2010 as a member of a 2-person Global Exchange delegation, whose goal was to build people-to-people ties with the Iranian people. Her trip took her from the great cities of Tehran and Esfahan to small towns and villages, where she had the opportunity to meet with Iranians from all walks of life.



Alice is an educator, who spent 17 years working for New York State United Teachers, designing and developing educational programs. Prior to that she was director of labor programs for the Cornell School of Industrial and Labor Programs in Albany.

Columns

Sam's Outlook

The feeling of justice and the work of love

Because we encourage our members and friends to discover and develop their beliefs independently, our leaders struggle with articulating a shared Unitarian Universalist identity that holds us together. Just beginning to talk about that shared center, particularly among our ministers, is likely to start an argument. Many of us jealously guard our individual beliefs, resisting the institutional urge toward self-definition that might exclude someone. Moving any closer than mutual tolerance can be quite difficult.

To my surprise, something happened this year in Phoenix at [our yearly General Assembly](#) of the [Unitarian Universalist Association](#). In spite of this re-

luctance to agree, we stumbled upon a moment of mutual solidarity in Phoenix. People felt it more than somebody said it. The "[gestalt](#)" of the different workshops, plenaries, trainings and worship services, culminating in the night protest at the "[Tent City](#)" extension of the Maricopa County Jail created by [Sheriff Joe Arpaio](#), was a sense of self-discovery and self-definition.

I have been reflecting on what happened to see if I can sift through it all and find clues that might lead me to a clearer expression of our identity. The result of this effort will be a series of four services that begin with a review of General Assembly, listening to the voices of some of our delegates who were there, and end with an exploration of "Beloved Community."

One element of what happened clearly had to do

with “justice” as this was our first “Justice GA.” We didn’t go to Phoenix to conduct our meetings in a business-as-usual way. The workshops were fewer and justice focused, more than any previous GA. The worship services were justice focused too. There were many small group opportunities to reflect on what we were discovering and learning. And social action was built into the programming.

Learning was another element. Immigration, for those of us who are citizens and have been for several generations, may not be an issue we think about all that much. Here in the Capital Region, Immigration and Customs Enforcement (ICE) may not cause us to shake in our shoes fearing indefinite detention and deportation. Many of us may not know anyone who is an undocumented worker. Many of us are unaware US immigration law severely restricts the ways non-residents can visit, work, stay and become US citizens. Yes, we also heard, figuring out what a just immigration policy should be is not easy either. Yet what became clear to me through study is that what we *currently* have *needs* to be fixed.

Hearing individual stories helped us empathize with the level of emotional harm to and devastating disruption of good, hard working people’s lives due to our immigration policy. Hearing those stories and speaking face to face with real people affected by these policies allowed us to be personally affected. Learning about the harsh conditions in the tent city county jail extension where temperatures can reach 145° F and that humiliate those incarcerated helped us recognize the punitive dimension of current Arizona enforcement policy.

The last element I’ll mention woven through the whole GA was worship. Several times a day, we had opportunities to remind ourselves of a greater vision of who we can be as human beings and how we can be in community together. That vision is the work of creating a Beloved Community. For the time we were in Phoenix, we worked to create that kind of community together. We may not know how to describe what Beloved Community is, but we can sense it when we are in the presence of it. I think we were tasting that presence in Phoenix more than ever.

An intersection of learning, feeling and action with

compassion, love and justice connected deeply for us with what it means to be a Unitarian Universalist. We do not gather each Sunday only to contemplate our own religious journey. We do not gather each Sunday only to charge up our spiritual or emotional batteries to face another work week. We do not gather each Sunday only to strive to right wrongs and work for justice. We do not gather each Sunday only to learn something new and take home a fresh insight to contemplate.

There is a bigger, evolving purpose for Unitarian Universalism that we have not yet put into words. There is a greater vision of religious community, dare I say, of Beloved Community, that seeks to come to life through us. I’m honored to be part of that vision as it grows in us here in Albany, New York.

May we be worthy of that purpose as we join together once again this fall in the celebration of life.
—Rev. Sam

Chuck’s Chat

Lucky Chuckie

The nickname my family gave me when I was growing up was Chuckie. As I got older, around 11, this nickname felt childish to me. I wanted to be called Chuck. Yet the nickname continued to follow me. Even a few years ago, my in-laws would often use the old nickname. Barb had a similar experience with her name and the nickname Barbie. We both felt that we were very unlucky to have these names that could be subverted with an “ie”.

Looking back on this presumed bad luck, I realize now how insignificant my “bad” luck was compared to my good luck. I was born a white male, into a solidly upper middle class family in the United States, raised by two loving parents, and provided with a solid set of genes. What are the odds of that? Considering the millions of other children born in the world that year, it was like winning the lottery.

Although I do not want to here, nor do I have the insight to, delve into the question of what “I” actually means; it is imaginable that if I was “unlucky” I could have been born as a woman in Afghanistan and had a very different life.

Today, some of the political rhetoric implies that luck has nothing to do with success or happiness. Anyone can succeed and be happy, if they only work hard and live in a free country. These statements are inevitably made by successful people who have been lucky. They sometimes acknowledge their luck, but usually proclaim it was their hard work that made them what they are today. My own view is that their ability to work hard was the result of a lucky combination of inherited characteristics and positive influences in their lives. They did not choose their parents. In their formative years, they did not choose who would be the people that would shape their character. Once they were old enough to make choices, most of their personality had been formed. I do not want to discount the possibility that influences later in life can still create positive change, but it is much more difficult and still may depend on the luck of meeting the right person or being in the right place at the right time.

So, what does being a Unitarian Universalist teach about my responsibility as a lucky person? Each of the seven principles provides some guidance, but the two that address this most for me are:

The inherent worth and dignity of every person – As I meet and interact with other people it is critical that I am non-judgmental and humble. Although I can try and be empathetic, I realize that in most cases that is impossible. This was re-enforced during the workshops on anti-racism and anti-oppression that I attended at General Assembly this year.

Justice, equity and compassion in human relations – There is inherent injustice in the world. Some folks have it easy and some folks have it hard. My response to this, as a lucky one, is to try to live by the following quote from Edward Everett Hale:

“I am only one. But still I am one.

I cannot do everything, but still I can do something.

And because I cannot do everything

I will not refuse to do the

Something that I can do.”

To me this means working for justice, giving generously financially, and using part of my time to serve others.

Considering all of this I guess calling me Chuckie

was not nearly as big a deal as I once thought. I have been lucky. What matters now is trying to follow the UU Principles by leveraging that luck for my remaining years.--Chuck

Religious Exploration

Justice as a family value

I've been hearing for a while that families would like to practice their Unitarian Universalist values through events at FUUSA. This summer I encouraged parents to participate in the FOCUS back to school drive. I've learned Justice GA and other trainings that service work becomes religious work when it includes learning and reflection. So I gave families information about FOCUS to share with their children before the event and questions for reflection afterwards. If your family engaged in this opportunity for learning, service and reflection, I'd very much like to hear what your experience was.

This year I am planning to attend the monthly meetings of the Social Responsibilities Council so that I can look for other events to engage families in learning/service/reflection opportunities. As I also learned at Justice GA, there are unique benefits and considerations in making service work multigenerational.

- ◆ Talking about social action and justice-making experiences across the generations is important.
- ◆ With fresh eyes, children and youth may make connections from their social action experiences that adults don't.
- ◆ Children and youth may be missing context or history to more fully understand an experience.
- ◆ It is important for adults to be vulnerable and show it. Children and youth need to understand that adults often feel uncertain, awkward, confused and frustrated in doing justice work.
- ◆ Children also need to hear from adults the personal joy, excitement and satisfaction that rewards this work.

The Religious Education Council is also interested in finding ways for children, youth and families to live their values. We are using Tapestry of Faith curricula in five of the groups. The ToF curricula are very adaptable. Each session includes many activi-

ties to choose from, including one called “Faith in Action”. I’ll be helping the RE volunteers to include these activities in the Sunday school sessions. The Indigo Butterflies (4th grade) will be using a new ToF curricula called “Sing to the Power” which strives to empower the children and teach them how to engage in social justice work. The children choose a project in the first session of each unit, then plan the project in the second session, do the project around the time of the third session, and reflect on the project in the last session of that unit. Also the REC is considering having a social justice theme for Workshop Rotation, which will take place for the elementary aged children this January. And the Board has approved of the creation of a Youth Adult Committee, (which will be a subcommittee of the REC) to will help the senior high youth to engage with projects within the congregation and other events, including service projects.

What else can families do? Paula Brewer, our REC Chair recommended a training which she attended at Justice GA: “Justice as a Family Value” The Power point slides are available online at www.uua.org/re/families/ga/200424.shtml. Much of this workshop addresses best practices for congregations, but there also slides that might be useful to families. Here are two examples:

Family Life Diversity – If it is one of your personal values, how do your children know it?

- ◆ Family doctor, dentist, other professionals are diverse in ethnicity, physical ability or in other ways.
- ◆ The children and adults that the family regularly socializes with are diverse in class, ethnicity, phys-

ical ability or in other ways.

- ◆ The places that you frequent with your children for shopping, eating out and recreation have a diverse clientele
- ◆ You live in a diverse community and the school programs of your children are integrated, not just the school building.

Talking to children at home

- ◆ Talk to your own children and family members.
- ◆ Children need to hear things more than once.
- ◆ Parents may need help in talking to children. Valuable resources include Families pages of UU World, forums, small group ministry for parents, that help parents find the right words.

I’d also like to support FUUSA parents and RE volunteers in talking to children and youth about difficult issues. I found a panel discussion at Justice GA, “Talking about Immigration with Children and Youth” that I think will be helpful in this work. I’ll be sharing some of those ideas with the youth advisors. And I’ll be offering a workshop at UU Weekend on talking to children and youth about harsh realities of the world and faithful responses to injustice. Perhaps parents might also want to form a small group ministry for themselves, with special attention to supporting families in social justice work.

In faith,
Leah

Contact Us

Board of Trustees 2012-2013

email: board@albanyuu.org

Executive Committee

Chuck Manning, President
Peg Sherman, Vice President
Sue Berzinis, Treasurer
Donna Meixner, Secretary

Trustees

Al DeSalvo
Dick Dana
Bob Franklin
Katharine Harris
Rebecca Myer
Mark Yolles

Ex-officio Members

Sam Trumbore, Minister
Paula Brewer, Chair Religious Education Council
Karen Kaufmann, Chair Social Responsibilities Council

Elected Officer (not on Board of Trustees)

Mike Babala, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Director of Member Services and Communications

Amy Lent, membership@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Music Director

Matt Edwards, mge01@yahoo.com

Office Administrator

Stephanie Hayes, administrator@albanyuu.org

Rental Agent

Lynne Lekakis, kaneandlekakis@gmail.com

Custodian

Hadiya Wilborn

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)

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, Jaye Holly

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

Picnic in the Park



- *sponsored by the Religious Education Council*

Who: Everyone is invited

What: Bring your own picnic lunch, including drinks

When: After Sunday school on Sept 16 (starting around 11:30 until around 2:00)

Where: The playground at Washington Park

Why: for fun and fellowship among FUUSA families, youth and adults

No sign ups required. Hope to see you there!



First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.albanyuu.org