

Summer Sundays

at FUUSA

June-July-August 2013

MEDITATION 9:00 a.m.

SERVICE 10:00 a.m.



June 16 "Meeting the Shadow," The Rev. Chris Antal

Carl Jung once said, "I'd rather be whole than good." Implied is that wholeness requires we live free from self-deception, pursue genuine self-knowledge, and accept ownership for the shadow that too often lurks hidden within our own being. How does this shadow manifest collectively in the wars America wages? What spiritual disciplines enable us to meet the shadow, create peace, and live more integrated and whole lives? *The Rev. Chris J. Antal is a Community Minister for the Church of the Larger Fellowship and recently returned from Afghanistan where he served as a chaplain for the U.S. Army.*

June 23 General Assembly Simulcast

We will watch a live simulcast of the General Assembly Worship Service, and join in singing hymns.

June 30 "Greatest Hits: A Daytime Evensong"

The FUUSA choir and friends will present "Summertime" in the format of this Spring's five Evensong services. Lots of music, inspirational prose and verse, and fun.

Continued on reverse

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 16 – Sept. 1

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and other activities while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Unlike the sequential lessons during the fall and spring terms, each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.



I am working in Summer Session most Sundays. Want to join me? I need adult volunteers; parents and current or past RE volunteers are eligible. Sign up in Channing Hall or use this google doc <http://tinyurl.com/b8z3d55>. Thank you. --Leah Purcell

Summer Sundays, continued

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July 7 "Clothed in Dignity," Joy Perkett

Joy Perkett is Faith Organizer/Campaign Coordinator at the Labor-Religion Coalition of NYS.

July 14 "Maria Mitchell: 19th Century Astronomer, Teacher, and Women's Rights Advocate," Sue Stierer

After discovering a comet at age 30, Maria Mitchell went on to be the first professional woman astronomer, Professor of Astronomy and Director of the Observatory at Vassar College, and a co-founder of the American Association for the Advancement of Women. Come meet her!

July 21 "The Wellspring Experience"

Wellspring is a spiritual deepening program that has been offered at FUUSA for three years. Participants from this year's class will share their insights and provide a sampling of their Wellspring experience.

July 28 "I'm a Believer!" The Rev. Amanda Poppei

Unitarian Universalism is creedless: there's nothing you "have to" believe in order to be a member of our faith. So are we non-believers? What does that even mean—to believe nothing? Amanda will make a case that liberal religionists of all stripes believe quite a lot...in fact, that they might even have faith. *The Rev. Amanda Poppei is Senior Leader of the Washington Ethical Society.*

The summer services are coordinated by Sue Stierer. If you can volunteer to help on a Sunday when you will be here, she'd love to hear from you. She has openings for Greeters and Ushers. You can reach Sue at 518-590-4448 and [sstierermendrin@yahoo.com](mailto:ss-tierermendrin@yahoo.com).



Aug. 4 "Fun," Vee Abbitt

Everyone should have it, and we could all probably use more of it. What is the role of fun in your life? *Vee Abbitt is a UU seminarian.*

Aug. 11 "General Assembly Reflections"

Reflections and a recap of their Louisville General Assembly experiences by some of FUUSA's GA attendees.

Aug. 18 "Musical Truth and The Impossible Sadness of The Human Condition," Chris Bystroff

In music we feel truth in harmony, happiness in the resolution of dissonance. But the future of our species looms dark and sad, like a dissonance that is too loud, too impossibly noisy to resolve. Force yourself to listen mindfully to the loudest and noisiest of all dissonances, and from mindful listening a resolution will come, and with the resolution of the greatest dissonance will come the greatest happiness.

Aug. 25 "The Spirit of Practical Yawning," Lou Rehder

Some notes and ideas on states of mind, including yawning, and on states of body, including Spirituality.



Sept. 1 "Inside Out" The Rev. Tom Chulak

To live a full life and to be true to our Unitarian Universalism we need to come primarily from the inside out, not the outside in. We need to begin with who we are not what others think we should be. On this Sunday (which happens to be my 65 birthday) I will reflect on the challenge of being ourselves at any age.