

Summer Sundays

at FUUSA

June-September 2015

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward



June 21 "Citizenship and Superpower," Rev. Chris Antal

We covenant to affirm and promote the democratic process within congregations and in society at large, yet democracy in America has been perverted by forces such as imperialism and militarism. How did we arrive at this point and where do we go from here?

The Rev. Chris J. Antal is the settled minister at the UU Congregation at Rock Tavern, New York. He established and led the Kandahar Crossroads UU Fellowship, and was ministerial intern at FUUSA from 2009-2010.

June 28 "Getting Stuck," Vee Abbitt

There are times in our lives when we feel stuck. Stuck in our jobs, stuck in our relationships, or just stuck in a rut. But when you really think about it, is getting stuck once in a while such a bad thing after all?

Vee Abbitt, who is a full time advocate for youth, is FUUSA's Summer Services Coordinator. She is also currently a seminarian at Meadville Lombard Theological School, and has been recognized as an Aspirant by the UUA.



July 5 "Do You Believe in Infinity?" Paul Axel-Lute

A mathematical contemplation.

Paul Axel-Lute grew up in Lakewood, New Jersey, worked as a law school librarian at Rutgers-Newark for forty years, and was a member of a small UU church for most of that time. He and his wife Melanie joined FUUSA in February.

July 12 "(Re)Building Together," Rev. Amanda Poppei

We don't really build our lives, or the world--rather, we are in a constant state of rebuilding. What does this mean for us as individuals?

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 21– Sept. 6

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.

Each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.



The summer services are coordinated by Vee Abbitt.

If you can volunteer to help on a Sunday when you will be here, we'd love to hear from you. There are openings for Greeters and Ushers. You can sign up by calling the office (463-7135) or at our homepage: www.AlbanyUU.org

Services continued on reverse

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What does it mean for our country, at this time, or for our community? Join the Rev. Amanda Poppei for this exploration.

Rev. Amanda Poppei grew up in this congregation and now serves the Washington Ethical Society in Washington, DC.

July 19 "Unitarian Universalists in Times of War,"

Rev. Eve Stevens

How does our faith tell us to answer in times of war? The answer has varied over the centuries. This service will provide an opportunity to think more deeply about our individual beliefs about war and peace and how our religious tradition unites us.

Rev. Eve Stevens is currently serving the UU Church of Utica, NY. She grew up in South Carolina, attended college in upstate NY and seminary in New York City, and she is enjoying being back in the area.

July 26 "Pilgrimage: A Journey to Self," Rev. Dr. Tom Chulak

One of the ways that I find out who I am is to travel. Coming face to face with familiar and unfamiliar environments and cultures challenges me to explore the core of my being. We'll explore the idea of pilgrimage within a UU framework, where the truth is open and no one journey is affirmed as necessary for salvation.

Rev. Dr. Tom Chulak is a FUUSA member and retired a UU minister.



Aug. 2 "Wellspring," Sharon Babala and Karen Kaufmann

We reach the stream of justice and drink, we find the apple of knowledge and eat, we speak of love and death, joy and forgiveness, we talk about what matters, we let our lives speak, and each soul calls to the other and answers. (From a poem called "Wellspring" by Philomena Moriarty). Come and hear our newest graduates of Wellspring: Foundation speak about their spiritual journey this year.

Sharon Babala and Karen Kaufmann are members of FUUSA and participants in the Wellspring program.

Aug. 9 "Humanism and Unitarian Universalism," Albany UU Humanists/Don Odell

This service will explore the changing role of Humanism in our congregation and within Unitarian Universalism, with reference to Humanism's historical roots.

Don Odell, leader and convener of the gathering, has been a member of FUUSA for over 47 years, and has been an agnostic/atheist/secular humanist even longer

Aug. 16 "Communicating in a Multicultural World," Sigrin Newell

Americans who travel often encounter very different views of time and space when visiting other cultures. We tend to feel that any way unlike our own seems unnatural. In turn foreigners think our ways are strange. Such clashing expectations can be fascinating when examined directly. Exploring different views of time and space is essential if we are to live our UU principles in a global world.

Sigrin Newell is a member of FUUSA.

Aug. 23 "Peace Pilgrim," Pat Lamanna

Abandoning her home and identity, Peace Pilgrim criss-crossed the U.S. on foot for 28 years, speaking about peace between nations, among individuals, and the most important inner peace. Pat tells her story, sings her songs, and gives an update on how this remarkable woman's memory is honored in her home town today.

Pat Lamanna is a singer-songwriter and a member of the UU Fellowship of Poughkeepsie, NY. She will get you thinking and singing.

Aug. 30 "It Hangs Over our Left Shoulder," Michael Czarnecki

As we walk down the path from childhood through adulthood, death follows us, close behind. This is not a morbid thought. If we accept that inevitability it actually frees us to live a more vital and vibrant life in the moment. Michael will share some poems and life stories reflecting on this acceptance of our mortality.

Michael Czarnecki is a poet and oral memoirist. He lives in the hills of the far northwest corner of the Susquehanna Watershed. He began FootHills Publishing in 1986, a small press devoted to poetry.



Sept. 6 "Legacy of our 2nd U," Rev, Phil Schulman
Universal Salvation is one of the two theological roots of our living tradition. Rev. Phil Schulman will explore the submerger and reemergence of Universalism and will suggest how it's leading us to offer a challenging and hopeful message of love and universal kinship.

Rev. Schulman has been engaged since 1989 in a ministry of organizing and supporting communities of care, and has advocated for democracy, self-determination, holistic approaches to healing, peer support, nonviolence, and human rights.