



**Edited for the Web:**  
Personal information  
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invited to contact the  
church office at [ad-  
ministrator@albanyuu  
.org](mailto:administrator@albanyuu.org).

Vol. '09-'10, Issue 5  
January 2010

**Minister**

Rev. Sam Trumbore

**President**

Linda Way

**Intern Minister**

Chris Antal

**Church Administrator, interim**

**Membership Coordinator**

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**Director of Religious Education**

Leah Purcell

**Religious Education**

**Director Emerita**

Ann D'Attilio

**Music Director**

Matt Edwards

**Administrative Assistant/Sexton**

David Stone

**Rental Agent**

Lynne Lekakis

**Custodian**

Olga Oja

**Publication deadlines**

Jan. *Update*: Jan. 7

Feb. *Windows*: Jan. 19

# Windows

## Newsletter of the First Unitarian Universalist Society of Albany

### Get Connected!

**Sunday, Jan. 31**

You have probably heard—or noticed—that we have 61 (sixty-one!) committees and activities here at the First UU Society of Albany. (Exact number subject to re-count...) But, do you know what all these people are doing?

You will have a chance to see for yourself at **Get Connected!** After the service on January 31 (to be held in the Sanctuary) you will be invited to the activity fair set up in Emerson Community Hall. Each person visiting the fair will have an opportunity to win a prize, but the main prize can be had by all who attend—an opportunity to get connected to the many fabulous activities happening in this church community.

While enthusiasm here is not limited, table space is: Committee chairs are encouraged to reserve space at the fair ASAP by completing the form that was with the PCC minutes or by contacting Chuck Manning..

### Sam's Outlook

#### Practicing "Right Relations"

The FUUSA Board of Trustees spent an hour at its December meeting going over the four-page Strategic Plan the congregation passed the first Sunday of December. The conversation was animated and several directions were plotted out including addressing allocation of staff resources toward plan implementation, examining possible governance changes, and developing a "Right Relations Covenant."

As we went around the table, we realized many of the Board members didn't know what "Right Relations" was. The term has emerged out of the ether in the last several years but it hasn't been talked about much here. The Board decided we needed to do some education of the congregation

### Our new Rental Agent

The consulting firm of Kane and Lekakis has been retained as the FUUSA Rental Agent. Lynne Lekakis will be responsible for obtaining and coordinating rentals of our large spaces – the Sanctuary, Emerson Community Hall and Channing Hall. By retaining Lynne's firm, we have freed up Amy Lent to assume some of the Membership Coordinator responsibilities. If you have any connections with organizations that might be interested in renting these spaces, please let Lynne know by email or by calling her. These changes have been made on an interim basis until the Board has completed the staffing review recommended by the Dream Catchers.

about this terminology before we ask the congregation to work together to construct one.

Being nice to each other would seem like an obvious foundation for any religious organization. Jesus of course proclaimed, "Love to God and love to neighbor" as the Great Commandments. These commandments were the center of resolving an important split in Unitarianism at the end of the Nineteenth Century. Love is central to "sustaining a vital and nurturing religious community."

That is ... until we disagree. When two or more are gathered, disagreements spark, tempers flare and conflicts arise. One of **Sam's Outlook, continued on pg. 3**

## From the President

A decade ago folks were storing water, filling their fuel tanks, and taking a little extra cash out of the bank worried about widespread computer meltdowns as we turned toward a new millennium. Today those fears seem almost like signs from a simpler time. So much has changed – and yet, while ever mindful of our hurting world - we can choose to cultivate gratitude, work for peace, and celebrate often the love and joy to be found with family and friends. May it be so.

As we now look toward 2010, I asked members of the Board of Trustees and the Program Coordinating Council to send me in just a few words their hope, their dream, or their wish for FUUSA in the New Year. I was surprised at the number and the variety of responses I received. Imagination, creativity and vision are most assuredly alive and well in this our beloved community!

Here, with just a little editing, are the dreams and wishes I received or heard:

- Light the steeple so it shines continuously – saying to all of Albany, “Here We Are!”
- Grow in membership and in personal commitment
- Obtain a beautiful wall hanging to display in the front of Emerson
- Provide time to talk about the sermon after the service
- Develop a Circle of Care to provide support to one incarcerated person
- Exceed our canvass goal, begin to pay off our mortgage more quickly, and have the funds to extend our mission
- Ask everyone to join Facebook - there may be members of the congregation who share common interests and don't know it
- Make it a point to meet and greet someone new every week
- Build a community that supports learners of every age and stage of life

- Organize a multi-generational service trip – perhaps with other CRUUNY congregations
- Fill the sign-up-to-help sheets – *Fast!* Enjoy coffee? Sign up for coffee hour!
- Have more variety in Sunday Services – try services in the round
- Create additional adult education programs to connect folks in new and creative ways – don't exclude ideas because they don't seem “spiritual” enough
- Begin a lay ministry program
- Keep sidewalks free from ice all winter
- Take the word “church” off the Robin Street entrance – change it to read simply “Unitarian Universalist”
- Have more guest ministers and pulpit exchanges
- Excite young, old and in between so much about our strategic potential that everyone “digs in” to the work and fun to make our dream a reality
- Engage us in learning about, understanding, and adopting a daily spiritual practice
- Work toward becoming a carbon neutral congregation
- Fill each day with loving actions and gentle thoughts – greet others with a smile, a compliment and good wishes
- Have everyone bring a friend to FUUSA at least once a year
- Grow the choir and include more jazz and gospel songs
- Draw the strength from our community to overcome the irrational fears that prevent us from realizing the “angels of our better nature”
- Explore the possibility of an additional part time minister
- Have more services in the sanctuary - and use the organ!
- Partner with other groups to provide more frequent meals for the homeless
- Bring back the tradition of a New


Year's Eve party

- Be so well known in the larger community that no one asks “What is Unitarian Universalism?”
- Live each day with courage and abiding gratitude

Our new strategic plan outlines broad goals and objectives – and just about all of the above ideas – and more – fit into those goals. I know that if I had asked others, I would have had additional (and equally intriguing) responses. We are a caring, committed, and creative community – and it is clear that we still believe, “YES WE CAN.” There is much to be done, many paths to be explored – and there is both the room and the need for every one of us on that path!

May all of us find ever more ways to stretch our minds, engage our hearts, and live our values through this marvelous gift of Unitarian Universalism that we have found.

**HAPPY NEW YEAR!**



**PLEASE NOTE:** *The vote at the Congregational meeting of December 6 approving the 2009 Strategic Plan was reported in the last issue of Windows Update as unanimous. While “technically” not inaccurate, there was one abstention and I sincerely regret that it was not so noted. I recognize that this omission may seem to contradict the spirit of openness and transparency for which we strive, and I am sorry. Be assured that the abstention will be noted in the minutes of the meeting.*

Mary Ann Lettau abstained and offers the following opinion: I was invited by Linda Way to explain my position on the Strategic Plan. I'm also clarifying the earlier report on the voting result. It was not unanimous, as stated in Windows. I chose to abstain from the congregational vote, solely because of the phrase “worship **Plan** , continued on pg. 3

**Plan , cont. from pg. 2**

services" in the text. I otherwise like the document, and respect the process and thoughtful UU's that fashioned it. That is why I didn't vote "no". Other words like religion, faith and church are perhaps flexible enough to be part of the "big tent" concept. But worship?: "1. reverence offered a divine being or supernatural power; a form of religious practice with its creed and ritual" . (Merriam-Webster) Whom/what is worshiped by our pagan UU's? the Buddhists among us? the atheists and agnostics? those who aren't sure, the philosophers, humanists and syncretists? This is not a frivolous or argumentative question to me. "Worship services" may be inviting to some but not to all. In fact, our web site under FAQ's says, "Generally speaking, MOST of us do not believe in spiritual beings, like saints, gods or angels". So why is the word included in the Strategic Plan? Why, for that matter, is it in the CRUUNY ad I heard on WAMC? Why use a word that is non-inclusive and does not represent what a majority of us are seeking when we come together in Emerson on Sunday mornings?

**Toward a Safe Congregation**

A Congregational Conversation on promoting youth and child safety within our FUUSA community

**Sunday, Jan. 24, 11:30 a.m.-1:30 p.m.**, Emerson Community Hall

We invite you to join us in discussion to help frame our values about working toward this essential goal in the context of our unique Unitarian Universalist and FUUSAn identities. We will use the World Café model, providing opportunity for several focused conversations to occur simultaneously. Light lunch fare and childcare will be provided. Please look for sign-up sheet in the New Year to help us plan for food, childcare, and stimulating discussion.-- Jean Poppei, chair, Safe Congregation Committee o

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

the hottest areas of conflict here in recent memory, and fundamentally difficult to resolve to everyone's satisfaction, has been the issue of promoting safety in our congregation with a Safe Congregation Policy. (If you'd like to look at it, go to the "file cabinet" on our web site albanyuu.org) I participated in constructing this policy and had no idea such opposition would arise as we started implementing the policy. The subject of most controversy swirled around whether we should do background checks for Religious Education teachers. This was something that we've never done before. In the past, it would have been prohibitively expensive and there wasn't a perceived need for it. Now, these checks are routinely done for employment and volunteer positions. Should we do them too and to what benefit? (If this peaks your interest, do come to our "world cafe" to discuss these issues after the Sunday service January 24).

When people come together and share time, space and materials, they will generate conflict. No Utopian social system will prevent conflict from arising. So the question arises, what are the limits and responsibilities within our FUUSA community as we attempt to resolve conflict? On one level, society sets down a few rules that we must follow. We cannot kill each other or beat each other over the head with blunt instruments. Threats and intimidation are probably

off limits too. Beyond what the law says, what kind of promises do we want to make to each other as members of this congregation about *how* we will resolve our conflicts? Asking this question moves us into the territory of defining right relations.

One might be tempted to think there is one right answer or one right method to resolve conflict. Not so. Our congregation is run democratically. Voting settles conflict. And there are other ways. Some of you may have heard me speak about Marshall Rosenberg's Nonviolent Communication strategies as one effective method of resolving conflict. The Quakers have a system of coming to consensus to resolve conflict. A great deal of energy has been put forth to look at how to resolve conflict when it gets really bad in places like Northern Ireland or Iraq. I hope we'd never need peace keeping troops in our congregation, but ... who knows what the future might hold?

We have had very difficult conflicts in our congregation's past. An organization doesn't last for over 165 years without having some really rough patches. Thankfully, much is going very well and there is much satisfaction in our congregation. The wolves are not at the door. What better time for us to examine how we treat each other and prepare to make some commitments to keeping the peace?

*Rev. Sam*

*NOTE: Rev. Trumbore will be away from January 3-13 at a silent meditation retreat. He will not be reachable. For any pastoral emergencies, please contact the office (518-463-7135) or Chris Antal, intern minister .*

**SAVE THE DATE:**

**April 17  
Party Hearty!**

**FUUSA's Annual  
Fellowship Dinner**

**Budget requests for 09-10 year  
due Jan. 10**

The budget request form can be found on www.albanyuu.org in the File Cabinet under Church Office at the bottom of the left side menu. Printed forms available in Channing Hall.

# Religious Exploration

## Partnering with Youth

It takes a special person to work with youth. Working with our youth requires adults to adapt to what may be a different model from how they were treated as youth. Many of us as youth had relationships with adults wherein the adults were in authority both in terms of lessons and morals to be learned and in terms of behavior. In Unitarian Universalist programs, adults and youth are partners: both youth and adults have responsibilities and needs; both are seeking opportunities for growth and development.

Of course, the needs, responsibilities and development are different for each. Adults must have satisfying social relationships outside of RE in order to be effective volunteers in the program. Adults must understand and hold youth responsible to safety policies. But there are more subtle and equally important qualities and skills for adults to work effectively with youth.

The Coming of Age Congregational Handbook describes what a youth leader *is*. Many of these qualities apply to both adults working with youth and to youth leaders. I invite you to review these qualities and abilities. Do you have or wish to develop these qualities? And think about what it would be like to work with youth to foster these qualities or to learn from youth leaders.

A good adult or youth leader is, among other things:

- Someone who recognizes personal limitations and asks for help when needed
- Someone who models inclusion and works actively to achieve community
- Someone who does not tell everyone what needs to be done but allows them to come to that conclusion through their own processes
- Someone who listens to others,

not just with the ears, but more importantly with the heart

- Someone holds the space for youth to be youth
- A person people trust and respect
- Someone who can pick out the main goals and desires from another's heartfelt, but disorganized ramble or rant
- Someone who is responsible and reliable
- Someone who practices being open and present
- Someone who leads by example, by consensus and by inspiration

In our congregation, we have many youth and many adult volunteers who exhibit or strive to develop these qualities. These are dedicated FUUSAns who are building our denomination and are supporting individuals in a crucial time in their lives. You've heard me say that our Sunday morning religious education program is a gift to both our children and youth and to the adult volunteers. To work with youth is especially a privilege and a responsibility because it allows you to be a "touch stone" for youth to develop their beliefs and to become strong, secure, resilient and compassionate individuals.

I honor those adult volunteers who have been working with our youth by naming them for you. The teachers of the eighth and ninth grade group this fall are Barb Manning, Ed Hancock, Elena Reynolds, Jim Hutchins, Linda Hunt and Mark Butt. The Senior High Youth Group advisors are D.J. Panetta, Jane Lax, Paula Brewer, Shawn FitzGerald, and Tracy Landers (who joined the team especially to help with the "con".) I honor the many congregants who support the youth through volunteering to give extra help with projects, especially the con the youth held in December. The Senior High youth

could not have hosted the district youth conference without the support of so many dedicated and generous adults in the congregation. I honor the leadership of the congregation which strives for good communication with the youth and which supports their efforts. I honor Rev. Sam for working with me to lead the Jr. Youth Group. Volunteers support the Jr. Youth Group too.

Perhaps I've inspired you to work with youth. There are many levels in which to get involved. You can look for opportunities to help out with occasional projects through *Windows* and the sign up board in Channing. Let me know if you are interested in being a sub or would like to occasionally lend a hand in the eighth and ninth grade Sunday school class, or if you'd like to teach this class in the spring semester. Consider becoming a mentor to a youth and joining the mentor pool for the Rite of Passage program. Rite of Passage will be run next year for ninth and tenth graders. Mentor orientations will take place this spring. Contact me if you'd like more info about how we partner with youth at FUUSA.

In joy and service,



*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.

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*Newsletter Crew:* Many hands!

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

## FUUSA history project

Ray Blanchard is spearheading a project to capture the individual histories of FUUSA members. Ray says he will be interviewing members of the congregation starting some time in late January, and will start with the eldest members first, which means many who attend the Changing Circle Group. These interviews will be a one-on-one conversation. They will be audio recorded and your photo will be taken. A CD will be produced to preserve our valued past and the people who are loved and admired. We need, for posterity, to preserve what we have. "You are FUUSA and your story is important."

## We need to hear from you!

Remember to fill out the **Time and Talents** survey at <http://www.surveymonkey.com/s/talents>. Paper copies are available on the brochure rack in the lobby as well. Leave the completed forms in the Vice-President's mail box in the church office.



## Bringing It Home

Experience the essence of youth through poetry and prose from across the ages and around the world. You can borrow a copy of *Coming of Age: A Treasury of Poems, Quotations and Readings on Growing Up* from the Religious Education office. It describes the journey from adolescence to adulthood and includes UU contributors. Available from the UU Association bookstore at <http://www.uuabookstore.org/productdetails.cfm?PC=561> for \$15. From the website: "Suitable for parents, teachers and clergy, and a wonderful keepsake for young adults."

## Guest at Your Table boxes to be returned

Please return your filled Unitarian Universalist Service Committee (UUSC) Guest at Your Table boxes to the RE office by Sunday, January 17. We hope you have been able to be generous to your Guest, and all donations are gratefully received. And, please remember that all contributions of \$100 or more are matched by the Shelter Rock UU Congregation. Becoming a member of UUSC is at



\$40.00 for an individual, \$75.00 for a couple or family, \$10.00 for a student or youth, \$20.00 for a student or youth couple, \$20 for a senior, \$40.00 for a senior couple.

We will add up the checks, change and bills in each box, and give proper credit to each person or family (make sure to put your name and address on the box). Let's join UU congregations nationwide in building connections to our shared values and the UUSC's work to advance human rights in the United States and around the world.

## Humanist Gathering Sunday, Jan. 10 (offsite)

We will gather at the Capital District Humanist Society's monthly meeting, which begins with refreshments at 12:30 with the meeting and presentation beginning promptly at 1:15PM, Sunday, January 10 at Room 224, Campus Center, Sage Colleges Albany Campus, New Scotland Ave. at Academy Road, Albany to hear **John Delano**, Distinguished Teaching Professor in the Dept. of Atmospheric and Environmental Sciences at UAlbany and a principal investigator in NASA's Astrobiology Institute program, and Associate Director of the New York Center for Astrobiology (NASA-funded) at RPI discussing **Newest Developments in NASA's search for Life Beyond the Earth**. John has provided his insights previously at FUUSA for the Green Sanctuary and Adult Ed programs, and is always an interesting speaker.

We will then return to FUUSA for a follow up discussion. Coffee/tea will be available. It will be helpful if you let Don Odell know if you are coming, particularly to FUUSA so that we can provide necessary accommodations. And if you want to be included on the FUUSA Humanists e-list, please let Don know.

—Save the Date—

The Religious Education Council Sponsored

## Spuds and Suds Night

A Multigenerational Event

**Friday, Feb. 5, Dinner served from 5:30 to 7:00**

Cost: \$4 per adult; \$3 per child ages 12 to 2;

2 and under, free (max of \$15 for families)

Dine on a baked russet potato, done to perfection and with your choice of toppings from our topping bar; beer and root beer. salad and fruit too.

After dinner, you're invited to stay and help make "CARE" Valentine's Day Packages to send to recent grads of our Religious Education program. Valentine's Day can be a difficult time for young people who are not involved in romantic relationships. Let's let our recent grads, many of whom are away from home, know that they are loved.

# Social Responsibilities Council

The Social Responsibilities Council will meet January 4 at 11:45 a.m. with hope for the New Year. You are invited to attend. In the city of Albany there are opportunities for change for the better. Albany will be choosing a new police chief and many citizens are advocating for community policing. There are opportunities for citizens of Albany to make their voices heard in the selection of the chief and in how the policing is implemented. Additionally, a state grant is pending to be implemented to reduce

the violence in Albany. You can learn more by attending the Community Coalition to Prevent Violence which will meet at FUUSA on January 14 at 6 p.m.

SRC will have a table at Martin Luther King Jr. Holiday Memorial Observance at the State Convention Center on January 18, 10:00 a.m. to 1:00 p.m. We hope to see you there.

Standing on the side of love,  
Lois Griffin

## Green Sanctuary notes

Many thanks to the second and third grade classes for suggesting two waste baskets for recycling paper. The waste baskets will be located in the upstairs' and downstairs' hall for all the classes to use. Look forward to other suggestions from them to help reduce our carbon footprint.

If you have ideas that FUUSAns can implement come to the SRC table in Channing. Our next committee meeting is on Sunday, Jan. 3<sup>rd</sup> at 8:30 am. All are welcome.

## January Green Tips

- ◆ Use a microwave or toaster oven to cook small portions and a conventional oven or stove-top for larger items
- ◆ Wash full loads of clothing and dishes
- ◆ Try car-pooling whenever possible
- ◆ Turn off the lights when leaving a room

## Spirituality Book Club

Our next meeting is January 17th at noon after the service - bring lunch. We will be discussing Wherever You Go, There You Are by Jon Kabat-Zinn

Feb 14 book will be Silence: The Mystery of Wholeness by Robert Sardello

## How do you want your news?

The Green Sanctuary committee would like to remind you that you have the option to save a tree or two by choosing to receive your FUUSA newsletter in electronic form only! If you would like to make this switch, please email Dave Stone at [dstone@albanyuu.org](mailto:dstone@albanyuu.org) and let him know at which email address(es) your household would like to receive Windows and the Update.

## Join a team!

Would you like to volunteer in our Sunday morning Religious Education program for children and youth?

The spring semester starts Sunday, Feb. 6. Contact Leah Purcell at [dre@albanyuu.org](mailto:dre@albanyuu.org) or call her at the office if you're interested in joining a team or continuing your commitment from the fall semester. Visit the FUUA website for more info about each class at <http://www.albanyuu.org/recurriculum.html>.

A workshop and orientation for NEW volunteers to the program will be held on Saturday, Jan. 6 from 1:00 to 3:00 pm. Leah will also meet with each teaching team at the beginning of the semester at a time suitable for the members in each team.

## Channing Circle

These days we mostly experience poetry in silence, but most of us discovered poetry by listening to it. Our parents and teachers read us poems, and every now and then we had to learn a few lines and recite them in class. The listening was at least as important as the reciting.

At noon on Monday, **January 18**, we can give our favorite poems a chance to be heard. Along with your lunch, bring a poem – one you've written or one that has become your own over the years – and read it out loud for us. Jane and George Allen and Lois and Bob Thomson will provide dessert. Coffee and tea will be available as well and an audience of friends.

## FORUM

**Jan. 10**, Our ministerial intern, **Chris Antal**, will speak on **UUs and the Military**, with a focus on the relationship between UU congregations, military families, and veterans. Chris will discuss his perspective as a UUA-endorsed chaplain candidate in the U.S. Military, and present models of military ministry, such as UUniforms in Norfolk, Virginia. A discussion on the relationship between FUUSA and Capital-District veterans and military families will follow.

All are invited. If childcare is wanted, please call the church office at 463-7135 by noon Friday before the Forum.

*11:30 a.m. Emerson Community Hall*

If child care is wanted, please call the church office at 463-7135 by noon Friday before the Forum.

## Building the World We

### Dream About:

An anti-racist/multicultural, "Welcoming Congregation" curriculum on race and ethnicity

◆ **Mondays, Jan. 25-Apr. 19** (except Feb. 15) : 7:00 to 9:00 pm

◆ Facilitated by Jacqui C. Williams and Chris Antal

◆ Sign up at the Sign Up Site in Channing Hall, free.

The title of this new adult education offering from the UUA clearly explains its intent. What might not be so obvious is why it's being offered at FUUSA. The introduction to this course states, "Open and honest conversation about race and oppression, is probably one of the most challenging and potentially divisive experiences individuals and congregations can face. The experience is difficult, in part, because people are willing to discuss racial issues, yet they fear what such a conversation will bring to the surface. For persons socialized into a white ethnic/racial identity, feelings of guilt and hopelessness can become overwhelming. For persons [of] marginalized racial/ethnic groups, race-talk raises unpleasant and painful memories. Even in the midst of this angst and pain, however, we must still proceed."

This offering is in line with one of the goals of FUUSA's Strategic Plan; to "integrate anti-racism, anti-oppression and multi-cultural work to address institutional and personal barriers to acceptance and inclusion."

Our Ministerial Intern, Chris Antal, is a twelve-year partner in a multi-racial marriage and has immersed himself in multi-racial communities over the past fifteen years. He frequently ministers across racial and cultural boundaries in his work as a chaplain in both the hospital and military setting. He recently became a

member of UU Allies for Racial Equity.

Jacqui C. Williams joined FUUSA this past June and has been a Beyond Categorical Thinking (BCT) facilitator for the UUA since 2001. Professionally, she has created and coordinated trainings on issues around sexual violence and been an active advocate for reproductive justice for nearly twenty years. Jacqui is also a member of the UUA Commission on Appraisal and co-chair of Catalyst, the SLD anti racism/anti oppression/multicultural work group.

### The Power and Beauty of Needs:

Promoting Unitarian Universalist principles through a language of connection

◆ **Saturday, January 16**, 9:00 a.m. - 3:30 p.m., at FUUSA

◆ Led by: Deane Perkins, Philomena Moriarty & Sam Trumbore

◆ Registration: \$20 (includes lunch) call 463-7135 or email dstone@albanyuu.org to register - space is limited!

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

For more information contact Rev. Sam at minister@albanyuu.org

### Mindfulness Meditation

#### Retreat

**January 29-30**

This retreat, will be led by Rev. Trumbore, on Friday 6:30 p.m. to

9:00 p.m., and Saturday 8:00 a.m. to 3:00 p.m. It gives the participants an opportunity to learn Buddhist insight meditation techniques or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There is a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please register with the office (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.

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### Building Bridges

#### A Young Adult event

**January 9**

Have you "bridged" out of youth group and are asking yourself, "What bridge?? I don't see any bridge?" or are you a young adult (18 to 25 years) looking to connect with other UU's of your generation? If so, please plan on attending FUUSA's Building Bridges Young Adult event: discussion groups—workshops—music—a coffee house—a worship service—games,—good times.

This will be a great opportunity to connect with other young adults and to help design a "bridge" for young adults in this area and across the District. If you are a young adult or young adult ally who would like to help build the bridge between youth and adulthood and/or would like to register for this event, please contact Tracy Landers.

## Newcomer orientation

### Learning about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next **"Getting to Know UU"** session, scheduled for Saturday, January 23 from 8:45 a.m. to noon.

We'll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site) in early January, or you can call Amy Lent interim Membership Coordinator (and Church Administrator) at the church office, 463-7135.

The next **"New Member Sunday"** is February 7. If you are interested in becoming a member please call either Kathy Hodges, or Amy Lent (numbers above.)

## From Joy Library--Some parental guidance

The Religious Education Department donated many books to Joy Library to make them more accessible to parents and caregivers of children. Thanks to Ann D'Attilio for suggesting these books for you to check out (in both senses of the phrase).

*How Do You Spell God?* by Marc Gellman. How world religions answer the big questions: How should we live? What happens after we die? Why does bad stuff happen to good people? How can we talk to God? May help you provide some answers to your children. [200 GEL]

*Do Children Need Religion?* by Martha Fay. Ideas to help children balance the structure and comfort of religion against the rewards of making sense of the world on their own (pretty much the UU way). Looks at ideas about the origins of life and the meaning of death and assists parents to instill a moral code in their offspring. [248.8 FAY]

*The Questioning Child and Religion* by Edith F. Hunter. Oldie, but goodie provides further guidance for parents dealing with children's questions. [268.432 HUN]

*Today's Children and Yesterday's Heritage* by Sophia L. Fahs. Another oldie but goodie by famous UU religious educator Sophia Lyon Fahs. Addresses the issues of a child's attitudes toward life and the child's religious background. [268 FAH]

*Circle Round: Raising Children In The Goddess Tradition* by Starhawk. Ways to foster family through celebrations that honor the sacredness of life and our Mother earth. [291.1 STA]

*Nurturing Spirituality In Children* by Peggy D. Jenkins. Simple lessons to heighten children's spiritual awareness. [291.4 JEN]

*The Spiritual Life of Children* by Robert Coles. Insight based on 30 years of observation on the religious and spiritual lives of children. Salvation and righteousness, experiences of God, and ways of understanding the meaning of their lives are highlighted. [291.4 COL]

**Books , continued on page 9**

## Call for nominations

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 16, 2010:

| Position                              | Term    |
|---------------------------------------|---------|
| President                             | 1 year  |
| Vice President                        | 1 year  |
| Secretary                             | 1 year  |
| Treasurer                             | 1 year  |
| Asst. Treasurer                       | 1 year  |
| Board of Trustees (2)                 | 3 years |
| Religious Education Council Chair     | 1 year  |
| Religious Education Council (4)       | 3 years |
| Social Responsibilities Council Chair | 1 year  |
| Social Responsibilities Council (2)   | 3 years |
| Nominating Committee (2)              | 3 years |
| Endowment Trust (2)                   | 3 years |

### Requirements for Elected Positions:

Any person holding an elected position must be an active member of FUUSA for at least 30 days prior to being elected and must not have a pledge in arrears (2008-2009 pledge year or previous.) Candidates for the Endowment Trust must be members for at least 3 years.

### Nomination Procedure:

Society members may contact anyone on the committee letting them know of their interest in the above positions or to suggest someone else you feel would be qualified. Call Chris Jensen, Committee Chair, if you have questions. Committee members are: Donna Doran, Chris Jensen, Dave Munro, Jon Newell, Jan Satin and Sue Walko.

Nominations of candidates for any elected position may be made by presenting the Nominating Committee with a nominating petition signed by 25 active members of the Society. Petition forms can be found in the church office. The deadline for such petitions is April 4 and may be put in the Nominating Committee's mailbox in the office.

## Unsung Hero

The unsung hero award is presented three times a year to members of FUUSA who work on projects behind the scenes, whose volunteer work has occurred over a number of years in a variety of capacities, and who have not been publicly recognized recently. The following presentation was made to Jan Satin in November:

Today, our unsung hero award is given to someone who speaks her mind. She had a chance to do this at meetings of the Board of Trustees. Where she said, "Let's stop talking about doing something, and just do it." That is a short, but clear statement of one of her guiding philosophies. She is always doing. We are fortunate that much of her doing happens here at FUUSA. She joined in 1989. Her first involvement was as a member of the Decorating Committee, but she didn't stop there.

Soon she was working in Religious Education, where we benefited from her skill as a teacher. She worked for 13 years teaching elementary grades in the Ravenna-Coeymans School District. She taught in the FUUSA RE program for many years, served on the RE Council, and became RE chair.

She served on the FUUSA Board for 3 years as RE Chair and then for 3 years as a Board member. In preparation for her Board duties, she and Reese attended the week-long district leadership training program – EAGLES (now called "UULTI" (Unitarian Uni-

versalist Leadership Training Institute). Apparently attending as a couple was unusual, we think the only other FUUSAns who did it were the Esteys.

Once Jan retired in 2003, her FUUSA activity increased exponentially. She said, "We should have a craft fair." Notice Jan did not say, "I think we should have a craft fair" or "Let's form a committee to discuss the process for having a craft fair." She just did it. The craft fair has been a great success for the four years it has been running. Her pie-making mornings have become a FUUSA tradition, and under her leadership the bakers made and sold 49 pies this year. For the craft fair she has also made uncountable numbers of Christmas decorations and other sewn crafts. She manages the large craft fair committee with skill and the event is a great addition to the FUUSA calendar. Another of Jan's post-retirement roles is head of the receptions committee. The importance of this behind the scenes role has become more obvious after the recent memorial services. For each of these, Jan has organized a tasteful array of delicious food, skillfully arranged in Channing Hall. Organizing these events is an open-ended commitment that Jan took on. In addition to coordinating the food and beverages, she also is in charge of clean-up and table cloth washing. As part of this job, Jan also became part of the ad hoc kitchen committee along with Eileen Hoffman and Randy Rosette. In her specific role as the

Pantry Princess, she has managed to bring order to an area that was in chaos.

But the Craft Fair and the receptions are not enough to keep Jan busy, she serves on the nominating committee and the intern committee. Add to this her sewing at Ps and Qs and her work with the Caring Network, where she has delivered food and provided transportation, and the Garden Plant Sale Committee. The list is exhausting.

In addition to working for FUUSA, Jan is very active in other community activities. As a literacy volunteer she taught a man how to read to his grandchild. Being able to read led to his promotion at his job. She serves on the board of Cooperative Extension. For the Albany Symphony, she hosts visiting musicians and helps coordinate the Tiny Tots concerts. Once in a while she even plays bridge.

To sum up, I remembered one of my early impressions when we visited the Satins' house. I noticed a large mural of fish painted on their garage. I asked Jan about it. She said, "My grandchildren were here. They said they wanted to do some sort of art project. They asked if we could paint on the garage." She said, "Why not, let's do it, so we ended up with a fish mural." It is that kind of spirit that has earned Jan the unsung hero award. She continues to be an example for all of us, on how to get things done.—  
Chuck Manning

## Books , cont. from page 8

*Small Wonder: How To Answer Your Child's Impossible Questions About Life* by Jean G. Fitzpatrick. Love, the value of money, the nature of the universe, death, random violence, poverty, etc. [649.1 FIT]

*Something More: Nurturing Your Child's Spiritual Growth.* by Jean G. Fitzpatrick More guidance for parents in this tome. [649 FIT]

*10 Principles For Spiritual Parenting: Nurturing Your Child's Soul* by Mimi Doe. Helps parents clarify for themselves what really matters and helps them help their children to do the same. [649.1 DOE ]

## Wine and Dine for UU Weekend Saturday, January 23

See flyer in this issue for details!

Sign up during coffee hour in Channing Hall.

# Joys and Caring Corner

## Guilderland Plus Potluck

The Guilderland Plus Potluck group will meet at 6:00 PM Fri. Jan. 15 at the home of Kathy Harris, in Albany. Please contact her to let her know you are coming and what you'll bring.

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

## Walker Book Club

The next meeting of the Walker book club is Sun. Jan 10. The meeting commences with a potluck supper at 5:30 PM at Lisa Walker's, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

Jan. 10 book: Water for Elephants by Sara Gruen (John Cooley, Winston Hagborg)

Selection for Feb. 14: DesCarte's Bones Russell Shorto (Don Odell)

## Calling all artists and authors!

Poetry, prose and art submissions are being accepted for inclusion in the 29<sup>th</sup> Edition of the Oriel, FUUSA's literary and arts magazine. Whether you are a wordsmith or an artist, your contribution is welcome. The deadline for submissions is fast approaching! Be sure to submit your material no later than January 20. If you would like a copy of the guidelines for submission, please contact Irene Saulsbery.

## Sunday Volunteers Sign up in Channing Hall

|         | Lead Usher (1) | Ushers (3)              | Coffee Hosts (2)          | Greeters (2)  | Chalice Lighter (1) |
|---------|----------------|-------------------------|---------------------------|---------------|---------------------|
| Jan. 3  | K. Harris      | A. D'Attilio<br>D. Dana | A. Patka                  | J. & S. Walko |                     |
| Jan. 10 | C. Manning     | J. McCracken            | M.J. Blasi<br>M. DeVolder |               | A. Newberg          |
| Jan. 17 |                |                         | S. & M. Babala            |               | D. Newberg          |
| Jan. 24 |                | 6                       | T. & B. Zima              | J. McCracken  |                     |
| Jan. 31 |                |                         | J. & S. Walko             |               |                     |

## Events Happening Every Sunday at FUUSA

|          |                                    |                   |
|----------|------------------------------------|-------------------|
| 9:00 AM  | Mindfulness Meditation             | Sanctuary         |
| 10:00 AM | Service                            | Emerson           |
| 10:00 AM | Children's Chapel (1st Sunday/mo.) | Sanctuary         |
| 10:00 AM | Religious Education                | Classrooms        |
| 11:00 AM | Coffee Hour                        | Channing, Emerson |

Exceptions:

## Events Happening Every Week in the Month of January

|            |          |                                      |             |
|------------|----------|--------------------------------------|-------------|
| Mondays    | 10:30 AM | Pre-School Playgroup Wash. Pk. or 23 | Exceptions: |
| 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     |

## All Other Events Happening in the Month of January

|        |          |                       |                                   |                    |         |                          |                   |                                    |              |
|--------|----------|-----------------------|-----------------------------------|--------------------|---------|--------------------------|-------------------|------------------------------------|--------------|
| 1-Jan  | Friday   | Holiday—office closed |                                   | 18-Jan             | Monday  | 12:00 PM                 | Channing Circle   | Ch., Kit.                          |              |
| 3-Jan  | Sunday   | 8:30 AM               | Green Sanctuary                   | B-7                | 7:00 PM | Soul Matters-Sherman/Way | Stott/Joy Library |                                    |              |
|        |          | 11:45 AM              | Social Responsibilities           | B-7                | 20-Jan  | Wednesday                | 3:00 PM           | Soul Matters-Johnson               | B-8          |
|        |          | 12:00 PM              | Tolle Discussion Group            | B-8                |         |                          | 6:30 PM           | Earth Spirits                      | B-8          |
|        |          | 7:00 PM               | Men's Group                       | B-6                | 21-Jan  | Thursday                 | 9:00 AM           | UU Weekend Scholarship Dinner Prep |              |
| 4-Jan  | Monday   | 6:00 PM               | Coalition to Prevent Violence/SRC | B-7                |         |                          |                   | Kitchen, Channing                  |              |
|        |          | 6:15 PM               | Religious Education Council       | Ch., Kit.          | 7:00 PM | Board of Trustees        |                   | B-8                                |              |
| 9-Jan  | Saturday | 10:00 AM              | Building Bridges (Young Adults)   |                    | 22-Jan  | Friday                   | 9:00 AM           | UU Weekend Scholarship Dinner Prep |              |
|        |          |                       | Emerson, Channing, Kit, B-7 & B-8 |                    |         |                          |                   | Emerson, Kit., Channing            |              |
|        |          | 10:00 AM              | SRC Workshop on Violence          | 26                 | 23-Jan  | Saturday                 | 9:00 AM           | Getting to Know UU (Newcomers)     | B-8          |
| 10-Jan | Sunday   | 11:45 AM              | Forum: UUs and the Military       | Emerson            |         |                          | 6:00 PM           | UU Weekend Scholarship Dinner      |              |
|        |          | 1:00 PM               | Parents of Teens Support Group    | Channing           |         |                          |                   | Emerson, Channing, Kit.            |              |
|        |          | 1:00 PM               | Junior Youth Group                | B-8                | 24-Jan  | Sunday                   | 11:30 AM          | Congregational Conversation        | Emerson      |
|        |          | 5:00 PM               | Cancer Support Group              | B-8                | 25-Jan  | Monday                   | 7:30 PM           | Monday Men                         | B-8          |
| 11-Jan | Monday   | 5:00 PM               | Membership Committee              | B-7                | 28-Jan  | Thursday                 | 7:00 PM           | Finance Committee                  | B-8          |
|        |          | 7:30 PM               | Monday Men                        | B-8                | 29-Jan  | Friday                   | 6:00 PM           | Meditation Retreat                 | all spaces   |
| 14-Jan | Thursday | 6:00 PM               | Coalition to Prevent Violence/SRC | 26                 | 30-Jan  | Saturday                 | 8:00 AM           | Meditation Retreat                 | all spaces   |
|        |          | 7:00 PM               | PCC                               | B-8                |         |                          | 3:00 PM           | Talking About Spirituality         | B-8, Kitchen |
|        |          | 7:00 PM               | Soul Matters-Patka                | Stott/Joy Library  |         |                          | 6:30 PM           | Karaoke/Open Mic Night             | Emerson      |
| 15-Jan | Friday   | 6:00 PM               | Guilderland Plus Potluck          | K. Harris'         | 31-Jan  | Sunday                   | 11:30 AM          | Get Connected! (Activity Fair)     | Emerson      |
|        |          | 7:00 PM               | ML King Service (time approx.)    | off-site tba       |         |                          |                   |                                    |              |
| 16-Jan | Saturday | 9:00 AM               | NVC Workshop                      | Emerson, Ch., Kit. |         |                          |                   |                                    |              |
| 17-Jan | Sunday   | 7:00 PM               | Men's Group                       | B-6                |         |                          |                   |                                    |              |

### Sunday Services , cont. from back page

is to open a conversation about how race and oppression create systems of injustice and inequity in our congregation and community, which will continue over the next twelve weeks in the FUUSA course, *Building the World We Dream About*.

**Jan. 31 "Plug In, Turn On, and Get Fired Up!"** , " The Rev. Sam Trumbore (Sanctuary)

During the research process for our new Strategic Plan, our members and friends said "community" was one the things they valued here most. Why is that? What is it about sitting in a Sunday service with people you care about, or going to a productive committee meeting, or a potluck at someone's house that people enjoy so much? Be sure to come for this abbreviated service and discover all the different ways to experience community here during our "Get Connected!" fair after the service.

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**First Unitarian Universalist Society of Albany**

405 Washington Avenue  
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## ***Sunday Services***

***Mindfulness Meditation, 9:00 a.m., Sanctuary***

***SERVICE is at 10:00 a.m., Emerson Community Hall except as noted***

Religious education classes are held from 10:00-11:20 a.m.. The nursery opens at 9:45 a.m.

**Jan. 3 "Come as You Are ... But Don't Stay That Way,"** The Rev. Sam Trumbore

This title came from a quote from an evangelical minister serving a large New England Christian church. The church has a reputation for being open and welcoming in ways similar to our congregations. When asked for the difference between their approach to religion and Unitarian Universalism, he responded, in either an evangelical or a UU congregation, "you can come as you are," but in an evangelical congregation "you don't stay that way." Is this true ... for you?

**Jan. 10 "Religious Freedom: This We'll Defend,"** Chris Antal

One way to deepen our knowledge of UU history and values is to consider the place of religious freedom in our shared heritage. Join us as we commemorate Thomas Jefferson's Virginia Statute of Religious Freedom (1786) and the first edict of religious toleration in history (1568), defended by Unitarian Minister Francis David and declared during the reign of the first and only Unitarian king, John Sigismund. To connect our past to the present moment, Chris will reflect on his personal commitment to religious freedom and the need for UU chaplains in the military.

**Jan. 17 "Mark Twain and the Descent of Man from the Higher Animals",** John Cooley

During his fifty year literary career Mark Twain wrote over sixty animal stories and sketches, and, with the able assistance of David MacLeod and others, I will present dramatic readings of a few of them. Most are amusing, after all he was a humorist, but some are more philosophical, as Twain absorbed Darwin's theory of "the ascent of Man from the Lower Animals." During Mark Twain's world travels, his widening knowledge of human cruelty forced him to renounce Darwin for his own theory, "to be named 'the Descent of Man from the Higher Animals.'

**Jan. 24 "Walk the Talk",** Chris Antal

UUs talk about anti-racism, anti-oppression and multiculturalism, but do we live with integrity and congruence? Chris will share how his own experience guiding a multi-cultural group of seminary students on a Civil Rights Pilgrimage to Georgia and Alabama sparked an inner struggle to overcome personal barriers to acceptance and inclusion, and "walk the talk." The intent

***Sunday Services , continued on pg. 3***

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