

# Windows

Newsletter of the First Unitarian Universalist Society of Albany

## Let us gather to celebrate!

Now that we have worshipped in the new and newly-named Emerson Community Hall, now that we have welcomed the public to an open house to see our new space, now that we have dedicated our new building and ourselves to “reaching out”, now that we are pretty much done with “building up”—let’s have some fun in our new hall! We have all worked long and hard and contributed in many different ways to the successful completion of this project—and YOU ALL deserve this

Vol. '07-'08, Issue 2  
October 2007

### Minister

Rev. Sam Trumbore

### President

Dave Munro

### Religious Education Director

#### Emerita

Ann D'Attilio

### Director of Religious Education

Leah Purcell

### Music Director

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### Membership Coordinator

Lynne Lekakis

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Amy Lent

### Administrative Assistant/Sexton

David Stone

### Custodian

Olga Oja

### Publication deadlines

Oct. Update: Oct. 1

Nov. Windows: Oct. 15

## Party!!!!

Saturday, Oct. 6, 7:00-10:30, FREE

Come celebrate our new building IN our new building.  
Music by DJ Art Stuarts, dancing, beverages, snacks.

No need to sign up to attend—we want you all to come! This party is free! If you would like to either bring food or volunteer at the event you can sign up at the new “Sign Up Site” in Channing Hall . Food donations must be FINGER FOOD (no forks). Volunteers are needed for set up, bartending, food organizing, clean up and prep for Sunday service. See signup sheets for time slots. Questions, call Meredith Mercer.

## Sam's Outlook

### The integral, evolutionary perceptual lens

The merger of Unitarianism and Universalism almost 50 years ago accelerated an identity struggle both denominations had been having for the last 100 years. The struggle for Unitarians began with applying reason to the Bible, seeing the humanity of Jesus through textual criticism and the recognizing potential nobility of the human spirit through the advance of science. The Universalists retained the Trinity but rejected irrational Calvinistic theology that permitted babies to be damned to hell because, before they were born, God had decided they were not among the saved. Both traditions rejected priestly authority to interpret scripture, reserving recognizing the truth to individual discernment.

Trying to find unity when people are

permitted to discern truth for themselves can be quite difficult. Since we prefer to get along with each other, the natural tendency is to accommodate difference. Over that 100 years before merger, that accommodating tendency led both traditions to expand their concepts of Ultimate Reality beyond exclusive Christian truth claims and exclusive theistic truth claims. We know what we don't all believe, what has been harder is to identify what we all do believe.

One of the truth claims that just about every Unitarian Universalist accepts is the process of evolution. The scientific evidence for evolution is overwhelming. There may be evidence of intelligence operating in the process of evolution but that evidence

**Sam's Outlook, continued on pg. 3**

# From the President

## Our Dedication Service

*Here are my welcoming remarks, delivered at our glorious Dedication Service on September 15, 2007:*

I have the honor of being the President of this wonderful congregation. I also have the good fortune of being President during the time that we are dedicating this magnificent new space, the Emerson Community Room. But the truth is that much, even most, of the ground work for this day was done during my predecessors' tenures- former Presidents Al DeSalvo, Ann Brandon, Jon Newell, Mike D'Attilio, the late Abby Jones, and Richard Onken. We owe each of them a debt of gratitude. And of course we thank so many other members of this congregation who have given their time, their talents, and their money, so that we can have this celebration today.

I want to introduce several special guests, each of whom will be addressing you in a few minutes. First is Ernie Hall, the past President of the Schenectady Unitarian church, and currently the President of the St. Lawrence District, which consists of about 35 UU congregations, located primarily in Upstate New York. I have had the pleasure of serving with Ernie several times as staff at the residential leadership school (known until recently as EAGLES) that is offered by the District every summer. Welcome, Ernie!

Next is the Rev. Dr. Tom Chulak, our District Executive. Tom's father passed away earlier in the week in Florida, and we are very grateful that Tom has made the effort to be with us today. Tom is one of the most passionate advocates of Unitarian Universalism I have ever met, and we are fortunate that he has shared that passion with us here at FUUSA. Over

the past few years, while others were focused on the physical aspects of this new space- hiring architects, overseeing construction, and carrying out a hugely successful capital campaign- the board of trustees and the Readiness Leadership Team were doing some visioning work regarding the future of our congregation. Tom facilitated a two day retreat in September 2005 for about 45 leaders in our congregation. We examined our congregation's history, exchanged stories about why we came to FUUSA and why we have stayed, shared how we were feeling about the building expansion, and developed some priorities moving forward. Altogether, our leadership has met with Tom almost a dozen times, and he has guided us as we addressed some key questions:

--are we ready for our new space?

--How does this new space fit within our larger vision of who we are as a religious community and what we want to become?

Tom, you have been an inspiration, a wonderful partner in our journey, and we all sincerely thank you, Jeanne Crane, and the St. Lawrence District.

Finally, I want to introduce Gini Courter. Gini is the Moderator of the Unitarian Universalist Association, a network of congregations around the world that is over 1100 members strong. As Moderator, Gini presides over both board meetings of the UUA, as well as over General Assembly, our faith's annual gathering of ministers and congregants. Many of us who been to GA have been awed by Gini's performance there as she has been able to keep 6,000 people inspired, on track, and smiling (often laughing)- all at the same time. Here is some background on Gini: she first attended a UU congregation after a friend said to

her "I think you're a UU." The church was two miles from her parents' home, and her family had driven by the UU church every week on their way to a Methodist church. The church had poor signage so Gini always assumed it was a storage building for the neighboring community theater group. She soon joined, and here she is today, serving as Moderator- the highest and most important volunteer position within the UUA. Professionally, Gini is an information technology consultant, a nationally recognized speaker on office collaboration and productivity tools, the author or co-author of 28 books on technology. And- she collects teddy bears; she has more than 150 of them! While I can't give you this teddy- it belongs to our 19 year old daughter- I can loan it to you during your stay here in the Capital District.

\* \* \*

So, let us enjoy our day, let us embrace this beautiful space. But of course we know that we will not be judged by (or perhaps more correctly, as UUs, we will not judge ourselves by) how aesthetically pleasing our space is. Instead, we will measure our success by how deeply, how authentically, we live out our UU principles, as individuals and as a religious community. I will close by paraphrasing words recently penned by two of our members:

"Our congregation is the one place in Albany where, if we do it right, liberal progressive individuals. . . can come together in mutual respect to enjoy each other's company, to hear each other with open minds, to work together for causes we believe in, and ultimately to make the world a better, more loving place."

*Dave*

## Newcomers' gathering

Are you new to FUUSA or are you already thinking of becoming a member?

If so, you're invited to join us Saturday morning, October 27, at 9:00 a.m. for our **Newcomers' and New Members' Orientation** here at FUUSA. Come and meet our minister Sam Trumbore, other FUUSA members, and learn a little about our UU faith and about what happens in this wonderful congregation!

Come enjoy the fellowship! Coffee, bagels, and fruit are part of the time together starting at 9:00 am and finishing at 12:00.

Childcare is available with advance sign up. You can sign up at the Membership Table in the entry way or by calling the office at 463-7135. You'll be glad you did!

## Construction Corner

Dave Metz, September 24

Things have been a little slow these past two weeks now that the first services and the dedication of the Emerson Community Hall are behind us. Attendance of 290 at the first service was an incredible sight! The dedication went very well. (In his talk at the dedication, Tom Chulak commented that things happen in threes. Later, Bob Franklin reminded me that we now have only two sanctuaries, so maybe I need to call an architect...) As exciting as those events were, I was equally thrilled last Monday to walk into Emerson and see about 120 SUNY faculty and students hard at work in small groups as part of a class from Rockefeller College across the street. Feedback from the faculty and students was enthusiastic. It seems that we may have a hit on our hands! This week we get to see how well the hall works for the rummage sale. Multi-purpose indeed!

We're basically waiting on materials and contractors at this point. The new entryway on Washington Avenue is almost ready to be installed, but we need to get some electrical work done first. The sisal

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

comes from intelligence inside the process, not outside the process. Genes that sense their environment and turn on or off may be able to pass that information to offspring but God isn't twiddling the DNA strands to accomplish some grand design. Beautiful and wonderfully complex as living systems are to us, there are still plenty of tragic flaws that mar that beauty (as the aged know well).

We tend to think of evolution only in the context of random biological processes. Evolution may well be working in other places as well. Computer programmers are recognizing the most powerful way to get machines to think is to get them to learn by trial and error. Self-organizing computers use programmed goals, perceptual resources and actuators to take in information, act and compare the result to its goals. Just as a baby takes its first faltering steps, computers today are learning how to create their own feedback loops to control their actions. What researchers are seeing is cybernetic processes work the same for hardware as they do for "wetware."

Evolution could also be driving social biological processes. One of the neglected aspects of evolution that Darwin first identified was group selection. The organizing ability of groups can trump the superior fitness of the individual to survive. This

fabric for the corridor and lobby walls has not arrived. We need to put new flooring and base molding in the second floor bathroom before the plumber can come back to finish his work. And there are still some odds and ends from the final punch list on the new building that need to be completed. So the current slow progress may be the calm before the storm.

should be no surprise to us reflecting on the complex organization of our bodies. The similar principles of human organization also seem to be working at the cellular level. The intelligence of organizing may itself be its own force beyond energy and matter. Maybe it is the essence of spirit and spirituality.

Something happens when groups organize be it cells, neurons, or people. These organized groups develop emergent properties that no individual in the group manifests. At higher and higher levels of organization, greater properties emerge. When people organize together in a religious community and integrate awareness of these emergent phenomena back into the organizing process, amazing things can happen.

Bringing together evolutionary thinking with human systems that are widely inclusive but not bounded by what they include and open to emergence I believe is the future of Unitarian Universalism. This is an entirely new way to do religion that doesn't fit with the old paradigms. It doesn't promise us eternal security but it does allow us to find tremendous meaning by being a partner in the evolution of the Spirit of Life.

I'll be speaking more about this October 7<sup>th</sup>. Come listen!

*Rev. Sam*



Looks like we're going to need more hymnals in Emerson Community

Hall! Please, if you've got a hymnal at home, please bring it back to help fill the need. We'll see how it goes over the next few weeks, and then order more of both hymnals as needed.

## Religious Exploration

"Are you the new DRE?" I'm getting that question less frequently now, but if I haven't met you yet, I hope to soon. Members of the congregation continue to welcome me in my new role at FUUSA and although I have been a member here for 12 years, I am still putting some names to faces.

I really enjoyed all the new church year activities the congregation and the RE program hosted. Here are my highlights: the week-end of September 8<sup>th</sup> and 9<sup>th</sup> I facilitated the teacher workshop on "Teaching as a Spiritual Practice" and conducting awesome tours geared to children at the Open House with our REC chair, Mary Beth. Like the Pied Piper, I lead the children around Emerson Community Hall during Children's Time at the first service of the church year. The next weekend, with great honor, I presented the banner made by our children and youth as their contribution toward the Dedication Service of Emerson Hall. The next morning, with Tori's help, I lit the RE lantern for the first time and she and I led the children out of the service. As the DRE, I got to be a part of this community in so many ways and participate in so many events...BUT WAIT! THERE'S MORE!

Since I was a longtime and active member of our congregation before I was hired as DRE, I am in the unique position of being new on staff, yet I am familiar with a lot of ins and outs of the program. Usually when a DRE is hired, a member of the St. Lawrence District staff facilitates a "DRE Start Up" to transition from the old to the new. The focus is normally on understanding the role of the DRE in re-

lation to the REC, the Board, the minister and the rest of the staff, and also to gain an understanding of the duties of the DRE. I think we're way past that, considering all the work that we have done so far as a congregation. Last spring the RE Council surveyed the different "stakeholders" of the congregation: children and youth, teachers, parents, other members of the congregation. Through facilitated groups, surveys and a Congregational Conversation we discussed what the congregation liked in our RE program and what we were looking for in a new DRE

Rev. Sam and I have scheduled a unique DRE Start Up workshop on Saturday, October 20<sup>th</sup> with Debby Herman, the St. Lawrence District Acting Program Consultant for Lifespan Faith Development. You may remember Debby from her honoring Ann D'Attilio at the service we held in tribute to Ann last June. Debby is a former DRE and an experienced facilitator who has worked in helping with transitions. She has offered to look at the results of our work from the spring and will create and present a workshop for us, tailored to our needs. Remember, as Debby told us last spring, most DRE's serve a congregation for only three or four years and Ann's 18-year tenure here is extremely remarkable. As a result, we are now presented in a unique opportunity.

With the completion of Emerson Community Hall, there's a feeling of change in the air. Yet we must not forget that, under Ann's guidance, our RE program has long been a thriving component of our beloved community. It goes without saying that we

cherish and will want to retain many aspects of it. Debby will offer our DRE Start Up as an opportunity for everyone to share their thoughts about what they appreciate in our RE program and about where it is headed. In addition it will be a time for you to reflect on my work as DRE so far, and offer your guidance to me. I, in turn, will be able to share my visions and goals with you. We can also discuss the two new aspects of my job-- Family Ministry and Lifespan Education.

Who should participate in the DRE Start Up? Parents, teachers, REC members, Board members, other leaders of the congregation, and youth. We invite anyone with an interest in religious education and who want to support FUUSA as a vital and nurturing religious community to this important event. As both our own Dave Metz and Gini Courter from the UUA remarked at the Dedication Ceremony, with the building project nearly complete, our real work lies ahead. We have built up; now it's time for us to reach out.

Some of you may be disappointed that I have not specifically addressed the topic I promised you in my last column. I assure you that it is coming very soon. Do you remember what that topic was? If so, you did a nice job paying attention and if you can tell me the topic next time we meet, I'll give you a prize! Also, if we've never met and you introduce yourself to me saying "So you're the new DRE," I'll give you an appreciative handshake and a warm smile. What will you receive if you attend the DRE Start Up on October 20<sup>th</sup>? Come and see.



## Issues of Justice

The year is off to a busy start! The Social Responsibilities Council (SRC) held its first meeting in September, Forums are underway and the Green Sanctuary and Criminal Justice Committees are up and running.

Our beautiful new space is already providing new opportunities for Reaching Out to our wider community. Two upcoming public forums that are co-sponsored by SRC and will be held in the new Emerson Community Hall:

- Oct. 4: **Onondaga Land Rights and Our Common Future** – a 'speak out' in leading up to an upcoming historic court case. (see details in flyer)
- Nov. 18: **Public Forum on Universal Healthcare**

Please mark your calendars!

We hope you will also join us in attending the St. Lawrence District's second annual **Social Justice Conference in Syracuse on Saturday, October 20**. Our own Jay Gallagher will be the key note speaker, with workshops covering a broad range of issues to follow. Details and registration forms are enclosed. We're planning on car-pooling, so if you are interested in driving or riding, please let us know at the SRC table.

We look forward to sharing information with you about issues SRC is currently working on at the SRC table each Sunday.

The next SRC meeting will be held at 8:30 am on Sunday, October 7. All are welcome to attend.

### Green Sanctuary notes:

Did you know that 75% of spaces in our new building are lit by natural light?--The new building has waterless urinals and low flush toilets.--The roof has a white material to reflect heat to reduce the impact on air conditioning.--Local materials, such as lami-

nated beams assembled and cut in Utica and sandstone from NYS instead of China, were used as much as possible to reduce transportation costs--There is radiant heating in Emerson Hall--Plus many other environmental additions on the new building.

Some of the GS Committee new projects for this year:

- Have a section on environmental issues in the library set aside for members.
  - Assist Stan Reich's "I Care" project in the Delmar neighborhood.
  - The Exchange Program. Available: Mobile Phone, Loft Bed, 2 Turtles, 1 large Freezer, Coffee grinder Looking for: small spice or coffee grinder, small sail boat. If you're interested in any of the items come to the SRC table on Sunday during coffee hour.
  - Increase carpooling to come to FUUSA on Sunday and other times.
- Ongoing projects;
- 1-2-3 pledge
  - CFL Bulbs
  - Work toward completing the recommendations of NYSERDA's energy audit.

Mark your calendars for the Fall Series of lectures posted at the SRC table

*Brochure and registration available at SRC table.*

## BE THE CHANGE YOU WANT TO SEE Politics and Justice in New York State and Beyond

### A Social Justice Conference

sponsored by the SLUUD Social Justice Council  
October 20, 2007 – 9:00 am to 4 pm  
May Memorial UU Society, Syracuse

"ELIOT SPITZER: How the Former White Knight Was Knocked from His High Horse . . . and how if he paid attention to UU principles he wouldn't be in the fix he find himself

Speaker: Jay Gallagher, Albany Bureau Chief, Gannett News Service  
Member, First UU Society of Albany

## FORUM

NOTE NEW TIME AND LOCATION!

Focus of the Month

## Human Rights/ Government

- Oct. 7 **Rick Whitebread**—  
Green Energy Part II - tentative
- Oct. 14 No forum (UUWeekend at Silver Bay)
- Oct. 21 TBA
- Oct. 28 **Helen DesFosses**—  
Only One Year to Go! Reflections on the 2008 Presidential Election

*Forums are in Emerson Hall,  
11:30 a.m. Sunday*

### ARISE Public Meeting

**7 PM, Tues., Oct. 2.**

If you have not already signed up to attend the annual public meeting of ARISE at Our Lady of Victory Roman Catholic Church, Troy, please contact Don Odell or Dick Dana.

## The Philosophy Group chronicle

*To be a philosopher is not merely to have subtle thoughts, nor even to found a school, but so to love wisdom as to live according to its dictates a life of simplicity, independence, magnanimity, and trust. It is to solve some of the problems of life, not only theoretically, but practically.*--Henry David Thoreau (1817-1862), American naturalist, poet and philosopher.

Well, here we find ourselves in a new year, with a new building, and a new reason to feel good about ourselves. Let us hope this happiness lasts. The Philosophy Group has been in session throughout the summer and some more new members found time to join us on Tuesday mornings. All are welcome to join. We are open and spontaneous. You can attend whenever you have the time. No attendance is taken and no appointment is necessary.

We are currently in the midst of discussing the UU Principles. On 9/11 we discussed "Encouragement to Spiritual Growth." Imagine 15 FUUSANS talking about "Spiritual" for two hours!! On 9/18 we will be discussing "The inherent worth and dignity of every person." This principle was discussed in depth in an article in UU World relating to Torture by William F. Schulz, past Director of Amnesty International and Past President of UUA.

Coincidentally, the UUA is in the process of reviewing and reconsidering the UU Principles. FUUSA will be having discussions in order to supply input and feedback. Watch for the announcements.

Have a Happy New Year at FUUSA!!—Bob Therriault

## Religious Services Committee feedback forum

After many years of eager anticipation, we are finally holding services in Emerson Community Hall. The Religious Services Committee has been working with Sam and Matt to explore the possibilities of this new space. We've experimented with various seating arrangements, with how to move people through the flow of Joys and Sorrows, and with other elements of the service. Change is exciting. Change is difficult. Some of our experiments work well and others flop. That's ok - the important thing is to learn to use this new space most effectively.

We would like everyone in the congregation to be part of this learning. On October 28, after two months of exploration, the Religious Services will hold a feedback forum.

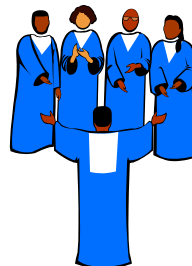
## Channing Circle

When we meet at noon on Monday, October 15th we will have the pleasure of hearing Susan Standfast Wright playing the dulcimer. She will tell us how she started and how she now plays for various groups. Then she will lead us in singing some familiar songs. As always all retired FUUSANS and friends are welcome to bring their lunch; dessert, tea and coffee will be supplied.

The program portion of our gathering, which begins at 1 pm may be attended by anyone who is free to come at that time.--Thayer Heath and Ursula Poland

## New time this year

The choir will be rehearsing at 7:00 pm this year, on Wednesdays as usual. Contact Music Director Matt Edwards if you are interested in singing!



On that Sunday, there will be a short questionnaire in the Order of Service. We invite you to give us your impressions of what is working well and what needs further work. After the service, members of the Religious Services Committee will be available for an informal meeting to talk with anyone who would like to share their ideas. Please come to help us figure out the many ways to use Emerson well.

Quick notes: \* The audio system is temporary. The permanent one is on order and will be installed soon. \* Please move to the center of the rows so others don't have to clamber over you to reach empty seats. \*Please don't talk in hallways outside Emerson when there is a service - your voices carry into the new space. —Sigrin Newell, Chair

## From UUCSS

The Unitarian Universalist Congregation of Saratoga Springs seeks person(s) to serve as accompanist/choir director. Please call 518-580-9264 for information.

*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.

## Found in Rochester Unitarian's newsletter:

### Director's R.E.port

I returned late Saturday night from First Unitarian Universalist Society of Albany, where I'd attended the dedication ceremony for their newly-completed Emerson Community Hall. Though it was a long day at the end of a very full work week, I felt energized.

FUUSA ("FEW-suh") sits on a wedge-shaped lot, nestled tightly into the fork of a busy road and bounded on its wide end by homes. Their efforts have long been hampered by a lack of space. Back in 1990, recognizing the many limitations of their current site, the congregation nevertheless decided to expand, rather than relocate. This was a complex and courageous decision, one that unequivocally affirmed FUUSA's identity as an urban church and a beacon of liberal religion and values in our state capital.

So there we sat, stood, laughed, and sang on Saturday – 17 years, over three million dollars, and count-

less obstacles later, rejoicing in FUUSA's new, light-filled worship space, the spiritually uplifting ceremony a testament to their vision and fortitude.

Yet they know that their hardest work is ahead of them. They are just beginning to embrace a culture of radical hospitality that will allow them to improve outreach to their immediate neighbors, to host more community events, to give more focused attention to the needs of current and potential members, and to shine an even brighter light out onto the world.

Thank you, FUUSA friends. As a witness to this exciting moment in your ongoing journey, I have gained a new appreciation for how a congregation can rally to better live out its mission in the context of its community.

Faithfully,

♥ Jan

*(Jan Gartner, Director of Religious Education at First Unitarian Church, Rochester)*

## Walker Book Club

The Walker Book Club meets next on Sunday, October 14 commencing with a potluck supper at 5:30 PM at Lisa Walker's. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

The Walker Book Club is named in memory of long time FUUSAn Vic Walker, who, with his wife Lisa, hosted the book club for many years. Lisa continues to elegantly host this monthly event for all members and friends of FUUSA. We meet monthly from September through June.

Dates and books currently scheduled:

- Oct. 14. Norah Vincent, Self-Made Man: One Woman's Year Disguised as a Man. Suggested by Carol Butt
- Nov. 11. Kurt Vonnegut, Slaughterhouse-Five. Suggested by George Allen and Linda Hunt.
- Dec. 9. Anne Tyler, Digging to America. Suggested by Winston Hagborg and Deborah Dewey.

## 2nd annual

### Holiday Bazaar/Café coming Nov. 16-17

Planners are seeking Vendors, crafters, workers. If you want to rent a table or know someone who would like to sell let us know. Are you knitting, sewing, baking, hammering, or painting?. We need lots of beautiful things to sell. Contact Jan Satin or any Bazaar committee member.

## Entertainment Books are here

It's a fun time and a new year, pick up an Entertainment Book Sunday in Channing Hall. No pre-order is necessary. Or, call John or Sue Walko.

## Neighborhood Potluck(s)

Welcome back to another year of fellowship and good cheer! Our first Guilderland (Plus) potluck group meeting will be held on Friday, October 26, at 6:30 p.m. (two weeks after Silver Bay). Please, contact our hosts, Arden and Marilyn Dockter.

The neighborhood potlucks meet semi-monthly for a potluck dinner in various homes. Newcomers are always welcome, as are new hosts!. Watch newsletter for dates/locations scheduled and call current host to RSVP. Call the church office if you would like to host a potluck.



## Program Guide—Fall 2007 Adult Ed and other programs

### Small Group Ministry (SGM)

Small Group Ministry- is it for you? Are you looking for more sustained conversation with a few people than is possible in Channing Hall, during coffee hour on Sundays? If you are, then SGM may be a good place for you.

A group of 7 – 10 people will covenant to meet twice per month during most of the church year, i.e. from late October until April or May. They are joined by a facilitator and together the group will set some ground rules for their meetings. They will get to know each other by having a 'check-in' time at the beginning of each meeting and then will discuss a topic of some substance. "Sources of Joy", "Gratitude and Generosity", "My spiritual Practice", are examples of topics. Members of the group have the freedom to choose their topics. The meeting ends with a 'check-out' to see how the group is doing and what will be discussed next time. Readings and poetry are introduced for lighting the chalice at the beginning and extinguishing it at the end of each session.

It is a wonderful opportunity for all, whether you are relatively new to FUUSA or have been here for a long time. The groups fall randomly into place by virtue of each person's availability. If you are working you will need to meet in the evening. Retired folk have a choice of daytime or evening sessions.

There will be a table in Channing Hall throughout September and the beginning of October to sign up for this program. Your questions will be answered by the person sitting at the table. You may also call the office and register there.--Ursula Poland, SGM Coordinator



### Mindfulness Meditation Retreat October 5-6

This retreat, led by Rev. Trumbore, on Friday 6:30pm to 9:00pm, and Saturday 8:00am to 3:00pm. 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.

Rev. Trumbore has practiced Buddhist insight meditation for over 20 years and is Past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be one of the best for Unitarian Universalists because it is light on ritual, ceremony and cultural baggage. It helps people train their minds to strengthen concentration and widen moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and opens the heart.

### COMING SOON! "Your Future Looks Green"

*A series of six lectures*  
Tuesdays 7:00-9:00 PM

Nov. 13--**Dr. Pamela Collins, DA**; "How Green is God: A look at the Intersection of Religion and Environmental Ethics"

Nov. 20--**Jill Knapp**; "The Benefits of Open Space Protection: It's More Than a Pretty View."

Nov. 27--**Dr. John W. Delano, PhD**; "Human-induced climate change: How big an effort is needed to survive our mistakes?"

Dec. 4--**Michael P. Stangl, P.E.**; "Using Clean Energy Sources to Reduce Your Carbon Footprint."

Dec. 11--**Mark De Chiro**; "Home Energy"

Dec. 18--**Dr. Gary S. Kleppel, PhD**; "For the health of the land: The family farm, local food, and personal well-being."

*See Adult Ed table in Channing Hall for complete details.*

## Adult Ed

*Sign up for these programs at the Adult Ed table in Channing Hall during coffee hour.*

### Learn More about Integral, Evolutionary Spirituality

With Special Guest Carter Phipps

Rev. Trumbore will interview Carter Phipps and then lead a discussion on the topic of the Sunday sermon the day before. Carter Phipps is executive editor of *What Is Enlightenment?* magazine. In his eight years with WIE he has been responsible for some of its most in-depth investigative features, including the acclaimed "Is God A Pacifist?", a philosophical analysis of war, peace, and non-violence, and the "The Real Evolution Debate", a spiritual and scientific analysis of evolutionary worldviews. Phipps has also helped to forge the magazine's reputation as the premier popular magazine espousing integral ideas, including feature articles on the work of Ken Wilber ("A Philosopher of Everything") and Steve McIntosh ("Integral Politics Comes of Age"). From metaphysics to politics to science and technology, Phipps's work combines the careful rigor of

contemporary journalism with a passionate concern for the development of human culture.

Monday, Oct. 8, 7:00 pm to 9:00 pm  
Cost: \$5 donation.

### Going Deeper than Sunday Morning

A Sunday sermon is rarely long enough to open up a topic and explore it. Due to time constraints, there is little opportunity for feedback and discussion. Rev. Trumbore, along with guest presenters, will go deeper into the Sunday morning theme the next evening and include time for reflection and response from the participants. Participants will be invited to bring resources to share as well as their own thoughts. Led by Rev. Sam Trumbore.

*Mondays, 7:00 pm*  
*Oct. 8, Nov. 5, 12, Dec. 17*

## Program Guide—Fall 2007 Adult Ed and other programs

### **Race – The Power of an Illusion**

"Race – the Power of an Illusion" (DVD) challenges one of our most fundamental beliefs: that humans come divided into a few distinct biological groups. This definitive three – part series is an eye – opening tale of how what we assume to be normal, commonsense, even scientific, is actually shaped by our history, social institutions and cultural beliefs. The facilitator will be Don Odell.

*Tuesdays, 7:00 pm Cost: \$10*  
*Oct. 16--30*

### **Morals and Society**

What are our moral obligations (if any) to others? We will discuss philosophical views about the nature, scope, and foundations of our moral obligations, as well as specific circumstances, such as extreme poverty or past injustice, that might ground special moral obligations. Our main focus will be on three kinds of philosophical theory about right action: utilitarianism, virtue ethics, and deontological ethics.

The facilitator is Kristen Hessler, Assistant Professor of Philosophy, University at Albany, SUNY.

*Thursdays, 7:00 pm Cost: \$10*  
*Oct. 25--Nov. 15*

### **Relational Living: A Skills Workshop for Couples and Individuals**

Do you have the kind of relationship you really would like to be having with your partner? Are you tired of having the same fight? Do you find you treat each other more like co-workers but with less politeness? Are you willing to put aside the time to enhance your relationship and really be together? Join us in this two-part workshop designed to: Identify your stance in relationship; Resolve repeated arguments; Reduce emotional volatility; Increase satisfying interactions; Develop relational integrity

Presenter Kim Ploussard, LMHC, CRC is on the faculty of the Relational Life Institute and is a Relational Empowerment therapist with over 10 years experience counseling married, unmarried and gay/lesbian couples in emotionally committed relationships. Kim is married to co-presenter, David Pettie, ACSW,

LCSW who is a trainer with 23 years of clinical experience in mental health, identity and issues of aging.

Led by Kim Ploussard, and David Pettie.  
*Cost: \$35 couple; \$20 individual. Child-care and snacks will be provided free.*  
*Saturdays, 9:30 am—12:30 pm*  
*Nov. 3 and Dec. 1*

### **Caregiver Connection: Are You A Caregiver?**

Caregivers like you are the backbone of support to the blind, elderly and disabled in this country. Unpaid caregivers provide more care than hospitals, home care agencies and nursing homes combined. There are programs and services designed to support you in this important role. Help is Available. The Caregiver Connection can make life easier.: Assessing needs/things to look for; Resources for and responses to challenging situations; Group problem solving (brainstorming real-life challenges); Strategies for relieving stress.

The facilitators will be Laurie Milward, Elder Care Counselor and Tianna Pettinger, Licensed Social Worker (LCSW.)  
*Wednesdays: 7:00 pm Cost: \$5*  
*November 7, 14.*

### **Raising the Ashes: Inner Transformation Through Encountering Auschwitz**

Following up on her November 25 Sunday service sharing her experiences from an Interfaith Retreat at Auschwitz this fall, the three class sessions will explore honoring victims, bearing witness, healing and what those who commit inhumane acts have to teach us about forgiveness. Lenore Flynn is a nurse, Buddhist practitioner and meditation teacher who has been teaching mindfulness and meditation in the Capitol region since 1993. Led by Lenore Flynn.

Led by Lenore Flynn.  
*Mondays, 7:00 pm*  
*Nov. 26--Dec. 10*

### **Speaking Peace: A Workshop on Nonviolent Communication**

This workshop is an introduction to the work of Marshall Rosenberg, Ph.D. We will refer to his book *Nonviolent Communication: the Language of Life*. He is the founder and director of the Center for Nonviolent Communication and travels trough out the world mediating conflict and promoting peace. Philomena Moriarty is licensed clinical social worker and a psychotherapist with the Crime Victim and Sexual Violence Center. Dr. Anita Burock M. D. is a physician at St. Mary's hospital.

Led by Philomena Moriarty and Anita Burock.  
*Wednesdays, 7:00 pm*  
*Nov. 28 and Dec. 5*



### **The Great American Songbook Part I**

"Great American Songbook" is an informal term referring to the interrelated music of Broadway musical theater, the Hollywood musical, and Tin Pan Alley, in a period that begins roughly in the 1920s and tapers off around 1960 with the coming of rock and roll. Aside from the enduring popularity of this music in its original context, it also became (and remains) the central repertoire of jazz musicians. (In jazz, such tunes are simply referred to as "standards".) For its devotees, the GAS (as it is sometimes abbreviated) represents a level of musical and lyrical sophistication that has yet to be equaled.

Bob Therriault will host this program of recorded songs and provide background anecdotes which will be both interesting and entertaining. This program should prove to be very enjoyable.

*Thursdays, 7:00 pm Cost: \$10*  
*Nov. 29--Dec.20*

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

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## **New York State Convention of Universalists 179th Annual Meeting**

October 12-13, 2007 at Unitarian Universalist Society, Oneonta, New York

Keynote address by the Reverend Dr. John Buehrens, Former President of the Unitarian Universalist Association: **A House for Hope: Liberating the Spirit of Liberal Religion**

7:00 - 9:00 pm. Conference Program  
8:00 - 4:00 Saturday; workshops by Rev. Dr. Buehrens Rev. Tom Chulak, Diana Friedell Shirley Ferguson & Grace Smith

program and a registration form is available on our website [www.nyscu.org](http://www.nyscu.org)

Opening reception Friday evening at

A complete listing of the conference

## FUUSA Calendar—October 2007

1-Oct	10:00 AM	SGM - Griffin	21	18-Oct	7:00 PM	Board of Trustees	Rm. 26
2-Oct	10:00 AM	Philosophy Group	B 8	20-Oct	tba	DRE Startup	Channing
	1:00 PM	Bridge	B 8	21-Oct	8:30 AM	Green Sanctuary Committee	B 8
3-Oct	10:00 AM	Projects and Quilts	B 8		9:00 AM	Mindfulness Meditation	Sanctuary
	7:00 PM	Choir Rehearsal	Emerson		10:00 AM	Service	Emerson
5-Oct	6:00 PM	Meditation Retreat	tba		10:00 AM	Religious Education	clsrms
6-Oct	8:00 AM	Meditation Retreat	tba		11:00 AM	Coffee Hour	Emerson,
	7:00 PM	New Building Celebration Party	Emerson				Channing,
7-Oct	8:30 AM	SRC Meeting	Library		11:30 AM	Forum	Emerson
	9:00 AM	Mindfulness Meditation	Sanctuary	22-Oct	5:30 PM	Membership Committee	Rm. 26
	10:00 AM	Service	Emerson		7:00 PM	Monday Men	21
	10:00 AM	Religious Education	clsrms	23-Oct	10:00 AM	Philosophy Group	B 8
	11:00 AM	Coffee Hour	Emerson,		1:00 PM	Bridge	B 8
			Channing		7:00 PM	AdEd: Race	B 8
	11:30 AM	Forum	Emerson	24-Oct	10:00 AM	Projects and Quilts	B 8
8-Oct	7:00 PM	Monday Men	21		7:00 PM	Choir Rehearsal	Emerson
	7:00 PM	AdEd: Deeper..Sunday Morning	tba	25-Oct	7:00 PM	AdEd: Morals & Society	tba
9-Oct	10:00 AM	Philosophy Group	B 8	26-Oct	12:45 PM	Grannies for Peace	B 8
	1:00 PM	Bridge	B 8		6:30 PM	Guilderland Plus Group	Dockter's
10-Oct	10:00 AM	Projects and Quilts	B 8	27-Oct	9:00 AM	Newcomers Gathering	tba
	5:30 PM	FUUSA ARISE Core Team	B 8	28-Oct	9:00 AM	Mindfulness Meditation	Sanctuary
	7:00 PM	Choir Rehearsal	Emerson		10:00 AM	Service	Emerson
11-Oct	7:00 PM	PCC Meeting	Rm. 26		10:00 AM	Religious Education	clsrms
12-Oct		UU Weekend Silver Bay	off-site		11:00 AM	Coffee Hour	Emerson,
13-Oct		UU Weekend Silver Bay	off-site				Channing,
14-Oct	9:00 AM	Mindfulness Meditation	Sanctuary		11:00 AM	UNICEF trick-or-treat	Emerson,
	10:00 AM	Service	Emerson				Channing,
	10:00 AM	Religious Education	clsrms		11:30 AM	Forum	Emerson
	11:00 AM	Coffee Hour	Emerson,		2:00 PM	Metz Music Recital	Emerson
			Channing,	30-Oct	1:00 PM	Bridge	B 8
		UU Weekend Silver Bay	off-site		7:00 PM	AdEd: Race	B 8
15-Oct	10:00 AM	SGM - Griffin	21	31-Oct	10:00 AM	Projects and Quilts	B 8
	12:00 PM	Channing Circle	Channing		7:00 PM	Choir Rehearsal	Emerson
16-Oct	10:00 AM	Philosophy Group	B 8				
	1:00 PM	Bridge	B 8				
	7:00 PM	AdEd: Race	B 8				
17-Oct	10:00 AM	Projects and Quilts	B 8				
	2:00 PM	Veteran's Dinner w/ setup	Channing,				
			Kit.				
	5:30 PM	Bazaar Committee	Rm. B8				
	7:00 PM	Choir Rehearsal	Emerson				

**First Unitarian Universalist Society of Albany**  
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**Celebrate!**  
October 6  
7:00-10:30  
FREE!

## ***Sunday Services***

***SERVICE is at 10:00 a.m.***

Religious education classes for children are held from 10:00-11:20: the Nursery opens at 9:45. October 28 is an intergenerational service.

**Oct. 7**      **“Integral, Evolutionary Spirituality”**--The Rev. Sam Trumbore

As Rev. Trumbore's column this month explains, Integral thinking brings a new philosophical lens to apply to many academic disciplines including religion. It integrates biological theories of evolution into human consciousness and behavior. The integral approach allows us to include the insights and wisdom of different religious traditions and also transcend them by synthesizing a broader more inclusive understanding without invalidating those traditions. The truth is to be found in the whole AND in each part. NOTE: This sermon has a follow up adult education meeting October 8.

**Oct. 14**      **“Why You Shouldn't Be a Unitarian Universalist”**—The Rev. David Blanchard

The Rev. David Blanchard, former minister of the First Unitarian Universalist Society of Syracuse and former Jeanne Blank speaker at UU Weekend will be our guest this Sunday for this intriguing topic.

**Oct. 21**      **“Competition and Cooperation”**—The Rev. Linda Hoddy

Some say our society has become much more competitive in recent years, and cooperation and competition certainly come with different spiritual envelopes. Sometimes competition corrodes the soul. Even our UU congregations sometimes see themselves in competition with one another, for members, for ministers, for prestige within the denomination. But is competition always bad? When might it be good to compete? When is it better to cooperate?

**Oct. 28**      **“The Dead are Alive in Us”**—The Rev. Sam Trumbore

Taking inspiration from the Day of the Dead service in Mexico, we will remember our friends and relatives who have died but who still live on in our hearts and memories. Everyone is welcome to bring a picture or a memento of that person that will be gathered to create an altar to honor them. This will be an intergenerational service.

## Onondaga Land Rights and Our Common Future

*A Speak Out leading up to the October 11 hearing in Albany Federal Court*

### **Thursday, October 4 at 7 pm**

First Unitarian Universalist Society, Emerson Hall  
405 Washington Ave., Albany, NY  
Program is free and open to all

"With the initial court hearing of the historic Onondaga Nation's Land Rights Action scheduled for Thursday, October 11 in Albany, it is timely to share critical information about this issue with residents of the Capital District," notes Neighbors of the Onondaga Nation (NOON) organizer Andy Mager. "The speakers will provide an overview on the historical background and current status of the Onondaga Land Rights Action, highlighting its call for justice and environmental restoration."

#### **SPEAKERS:**

**Oren Lyons:** Faithkeeper of the Turtle Clan of the Onondaga Nation, Oren Lyons has been a clear, persistent, and respected voice for the Haudenosaunee, and for Indigenous people throughout the world. He has participated in many of the most significant events for Indigenous people over the past four decades. Oren is Distinguished Professor of American Studies at SUNY Buffalo.

**Joe Heath:** Onondaga Nation General Counsel for over 20 years, his legal work has included civil rights issues (famously the Attica trial), criminal defense, child abuse and environmental protection.

**Carol Baum:** A staffperson at the Syracuse Peace Council and member of Neighbors of the Onondaga Nation since its founding in 2000, Carol has worked for peace, social justice and environmental protection for nearly 30 years. The program is free and open to the general public.

#### **WHY NOW?**

On October 11 at 10 am, the Onondaga Nation will begin to argue their historic Land Rights Action in Albany Federal District Court. This is only the latest stage in the Onondaga's centuries-long effort to maintain their culture and way of life. The most traditional of the Haudenosaunee Nations (Iroquois), the Onondagas are not interested in taking land from anyone or building casinos. The Onondagas are seeking recognition that their land was taken from them illegally and environmental restoration in their territory.

Organized by NOON, an educational and advocacy organization based in Syracuse which recognizes and supports the sovereignty of the traditional government of the Onondaga Nation, and co-sponsored by the Social Responsibilities Committee, First Unitarian Universalist Society of Albany.

For more information see: [www.peacecouncil.net/noon](http://www.peacecouncil.net/noon) or [www.onondaganation.org](http://www.onondaganation.org)

Neighbors of the Onondaga: (315) 472-5478