Windows Update

Newsletter of the First Unitarian Universalist Society of Albany

Edited for the Web: Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at administrator@fuusalbany.org.

Mid-September 2009

Minister
Rev. Sam Trumbore

President
Linda Way

Church Administrator
Amy Lent

Director of Religious Education
Leah Purcell

Religious Education Director Emerita
Ann D'Attilio

Music Director
Matt Edwards

Membership Coordinator
Lynne Lekakis

Administrative Assistant/Sexton
David Stone

Custodian
Olga Oja

Publication deadlines
Oct. *Windows*: Sept. 21
Oct. *Update:* Oct. 5

If people don't know who we are, how will they find us when they need us?

Unitarian Universalists advertise in Capital Region!

Our non-dogmatic, non-evangelistic denomination is about to begin a marketing campaign right here in the Capital Region to spread our *"good news."* And *the good news* is Unitarian Universalism!

This campaign is the culmination of years of vision, hard work and planning by the ministers, lay leaders and members of the Albany, Glens Falls, Saratoga Springs and Schenectady congregations. In a tough economy we raised $20,000! We all should be proud.

These funds will be used for radio underwriting on WAMC beginning Sept. 14th (26 weeks from Sept. 2009 to October 2010), a direct mail campaign to over 15,000 households at the end of September, an internet Google AdWords campaign throughout the church year, and more. All the advertising will direct people to our new Capital Region website (www.capitalregionuu.org) or to our congregation.

You, too, can help spread the word!

—Pick up a FUUSA bumper sticker (at the Welcome table in the lobby) and put it on your car.

—Order a FUUSA tee shirt (in Channing Hall) and put it on you! Tee shirts will be ready in early October.

Let's do lunch

aka Lunchtime Conversations with our Ministerial Intern.

As many of you know, Chris Antal is our new intern minister at FUUSA. He will be here through May, 2010, and will contribute his special skills, insights and experience to our community. This is a terrific opportunity for us to learn from Chris and for him to grow through his interactions with us.

Of course, we will see Chris during services and we'll have a chance to chat briefly during coffee hour, but Chris would really appreciate the chance to have some one-on-one conversations over lunch. What a great way to spend your lunch hour!

The easiest way to arrange a time and place is to send an e-mail directly to ChrisAntal@AlbanyUU.org. If you don't use e-mail, please contact the office. If Chris isn't available when you call, he will get back to you. Please do reach out to him–we know you'll enjoy getting to know him!

FUUSA Fellowship Dinner survey

Should we change the Annual Fellowship Dinner? We want your opinion and suggestions so that we can increase participation at the event. Please fill out the survey we have prepared by going to the Survey Monkey web site below: http://www.surveymonkey.com/s.aspx?sm=TlvhBWuSNyewSD6Qj9G_2fYw_3d_3d The (very long!) link is also available in the Thursday Weekend Preview email or by email from the church office. If you would prefer to fill out a paper survey, you can pick one up in the church office or on the Programs bulletin board in Channing Hall. So far we have 24 responses but we would like to hear from many more of you by the end of the month. Thanks for taking the time to do this. —The Program Coordinating Council (PCC)

Flowers for Sundays

Welcome back! We hope it has been a wonderful summer for everyone and you enjoyed the gardens and the flowers provided by them for the summer services.

It is now time to get back to our scheduled flowers for Sunday. Please note the sign-up sheet in Channing Hall. We would appreciate as many people signing up as early as possible so that we know in advance what weeks you would like the flower committee to be arranging flowers. All you need to do is select a week, note your name and phone number, whether you would like to bring in your own flower arrangement or have one of the flower committee folk arrange it for you. You may bring the arrangement home with you or donate it to the Caring Network which will see that it gets distributed. There will be cards for you to complete with the message you would like to appear in the Order of Service and leave for Dave Stone in the office. Please let me know how much you would like to have the committee spend on flowers and if there is any request for colors, types, etc. You may make a check out to FUUSA noting that it is for the flowers or get the money directly to the flower committee person responsible for your flowers on a particular Sunday.

As always, we are looking for new members to the flower committee - anyone who enjoys flower arranging is welcome! Please contact Sandy Stone.

Soul Matters

Formerly known here at FUUSA as ***Small Group Ministry***

- Members and friends meet in facilitated small groups once a month to consider a larger Unitarian Universalist theme relevant to their religious values, their lives and the way they live them in the world.
- The participants receive readings to consider and exercises to practice before the meeting to prepare the conversation.
- During the meeting people explore how the theme touches their values, lives and actions, hearing responses from others and how they are also touched. The creative interchange of conversation then inspires individual and collective spiritual deepening and personal growth and development.

Groups will begin meeting in October.

If you are interested in participating *complete the form (located in Channing Hall) or call Pam Collins.*

Call for Facilitators

This year Small Group Ministry will experiment with something new. Rev. Sam Trumbore will lead facilitators in "Soul Matters," a version of SGM based on a program developed by Rev. Scott Taylor at the Rochester UU. If you've been a facilitator before and would like to try this new approach, or if you've never been a facilitator but are interested in giving it a try, now is the time to be a part of the adventure.

People interested in facilitating should contact Pam Collins.

You're invited!

Joy Library open-house Oct. 4

Complementing the Library's lovely setting in Stott Lounge (2nd floor of new building) we've made some changes to make the Charles R. Joy Library more useful to all:

♦Books are now shelved by Dewey call numbers

♦UU Authors, FUUSA Authors and UU Biographies identified by green labels (work in progress)

♦Online catalog gives you access 24/7 from anywhere (through FUUSA's website)

♦Bookmarks, to take home, show you how to find a book in the online catalog

♦Printed author and title book catalogs in the Library

♦Over two dozen exciting new titles shelved under "New Books"

♦Tell us how the library can help you or your FUUSA committee.

Come see the Joy Library after Church, Sunday, Oct. 4th!

The RE program flourishes because of its volunteers

And we need a few more flourishing touches! I need just four more volunteers to work with our younger spiritual guides. Both our pre-school group and the second/third grade group need another teacher. As a member of a teaching team you'll be in the classroom twice a month: one Sunday you'll prepare (with my help) and lead the session and one Sunday you'll help one of your team mates in the classroom. I also need two volunteers to help a three-year-old boy who needs extra help to stay focused. Again, you can expect to help out with him twice a month. Let me know if you're interested in any of these opportunities. Thanks, Leah Purcell: office 463-7135; e-mail dre@albanyuu.org

Chris' Chrysalis

Last Saturday I was with my three sons and two daughters at Stony Kill Farm in Dutchess County. Stony Kill is just a few miles south of our house, so I like to go there when I can with my children and give my wife some time off. One of our favorite parts is the nature museum, and last Saturday we spent over an hour there. We shared a special moment observing a caterpillar hanging from the top of a cage constructing its chrysalis. Then I listened to my nine year old (an expert on the subject) explain to me the process that occurs during that three week period of transformation. In less than three weeks time that caterpillar will emerge as a monarch butterfly.

The image of a caterpillar in a chrysalis came to my mind when Amy suggested I come up with a title for my regular column. A chrysalis is a protective covering, a sheltered stage of being or growth. At this point in my journey I identify with that caterpillar at Stony Kill and I see FUUSA as my chrysalis. As a Ministerial Intern at FUUSA, I have just begun what will be a year-long process of formation and transformation on my path to ordained ministry. I am excited about what is ahead, and grateful to those who have stepped forward to offer me support in this time. Especially I would like to mention Rev. Sam Trumbore, my supervisor, who has modeled Unitarian Universalist hospitality with his warm welcome into the community. Also I am grateful to my intern committee: Donna Doran, the chair, Sandy Stone, Fred Boreali, Linda Way, and Jan Satin. We had our first meeting on August 30 and I feel privileged to work with them over the next year.

I will close with this affirmation: Unitarian Universalism is an association of *congregations*, and the formation of our ministers needs to take place in the context of caring congregations. My experience is that FUUSA is a caring congregation. I am here to learn from you. I invite you to approach me directly or approach any one on the internship committee and share your experience of me. I value feedback from the community and I have been told that I am a good listener. —Chris Antal, Intern Minister

FUUSA Yahoo group and Facebook group

For those FUUSAns who would like to keep in touch outside of Sunday services, especially with those FUUSAns who sometimes don't make it to Sunday services, you can take advantage of our Yahoo and Facebook groups. The Yahoo group is a fairly active, unmoderated, but secure email group (only verified members are allowed to join). There are only a few FUUSAns currently on the Facebook group, and we haven't really done much with it yet, but you are welcome to join. Whether you choose to accept other FUUSAns as your Facebook friends with access to all your personal information is separate and of course up to you. To join either group, send an email with your name and email address to Millie Eidson. Make sure your name is the same as your name on Facebook, if you want to join that group. Millie will verify your FUUSA membership status with Dave Stone and then add you in.—Millie Eidson

Choir...looking for you!

Sopranos, altos, tenors and basses are needed. The choir rehearses most Wednesdays at 7:00 PM. For more information contact Kathy Harris or Peter Brown.

Fall garden update

Thanks to many willing hands our gardens looked beautiful this summer, in particular I would like to thank: Debbie Brown, Dawn and Dick Dana, Larry Enoch, Mary Ann Lettau, Seema Chaudhari, Barb Manning, Donna and Peter Meixner, Steve Moskowitz, Sigrin Newell, Joe Norton, Ursula Poland, Jan Satin, Carol Young, Trish Zima AND, of course, the wonderful staff (Dave S. and Olga) at FUUSA who helped us through the August heat wave by keeping our plants from wilting!

There will be a fall clean up of the gardens, date to be announced - but probably not until after the Silver Bay Weekend, so we can cut back what has been hit by the frost and make sure our beautiful plants are neatly away for winter. The date will be posted in the Order of Service. If you'd like to help out, just let me know (email or phone Paula Moskowitz). Again, many thanks to the "dirty fingernail group"!

Sept. 27—a very busy day!

Rev. John Corrado, former minister at FUUSA (1976 - 1984) will be preaching. John looks forward to meeting FUUSA friends at a reception in Channing Hall after the service.

Senator Neil Breslin to speak at Forum Join us in Emerson Community Hall at 11:30 to hear his priorities for the upcoming legislative year, and his views on the June coup in the state senate.

Rummage Sale set up All hands on deck to move the rummage shelving into Emerson! It worked great at the spring sale, so let's do it again. Stay a few minutes after coffee hour to help carry and assemble.

Social Responsibilities Council

Lois Griffin, new chairperson of the Social Responsibilities Council, held a brief inaugural meeting on Sept. 6, leading a short review of ongoing projects and of new ones, including a lively discussion of the Standing on the Side of Love philosophy. More will be explored on that in coming weeks.

Thayer Heath made an important announcement of the upcoming International Climate Action day, scheduled for Sat. Oct. 24, in the park near the Capitol. The event will feature a program of music, dance and speakers. The aim is to call attention to a meeting planned for Dec. 7 in Copenhagen, where a new climate treaty is to be signed to replace the Kyoto Protocol.

International Climate Day is alternatively called 350.org, which is the amount of carbon per million that nations have to reach to reduce their carbon footprint. We are now in the high 300s. Representatives from a wide variety of groups are to be invited. The hope is to get FUUSA members of all ages involved in the day.

International Climate Action Day

Saturday, October 24

The international climate action day is designed to energize countries and cities in the US to increase awareness about the upcoming meeting on December 7 in Copenhagen to sign a new climate treaty to replace the Kyoto Protocol.

A planning group, 350/Green Sanctuary, has been meeting to have an event in Albany on that day which will include music, dance and speakers etc. The park next to the Capitol will be the location. If you're interested please come to one of our meetings on Tuesday nights at 6:30 pm at FUUSA.

Next Meeting of the Green Sanctuary Committee is on September 27 in Room B-7 at 11:45. Anyone interested in working on environmental issues is welcome. We continue to recycle ink cartridges, cell phones. If you have a bad CFL bulb, please bring it to the SRC table. We will take care of disposing it properly. We will start planning for the "350" climate action day on October 24 along with other UU congregations in the region. You can go to 350.org for more information.

Directory

A draft copy of the 2009-10 directory of members and friends will be available in Channing Hall on Sundays for you to proofread your listing. Be sure to check your email address (funny how often those change!) Mark changes right on the draft. Or, if you know you have changes to make to your address or phone number or email, just send them to dstone@albanyuu.org. The new directory will be available for distribution in early October.

Rummage sale

The Fall Rummage Sale will be held October 2nd and 3rd. Sorting begins Monday September 28th. Sign up sheets are on the walls to work in Channing Hall. Donations of gently used clothing and household linens will be accepted starting Sunday Sept 27th after the service and every day that week through Thursday at noon (nothing after 12 please.)

We need help on Sunday the 27th after the reception and Forum to move out the chairs and move in the racks to Emerson. Please plan to stay an extra half hour so we can finish this quickly. Thanks

Forum is back!

Time: 11:30-12:30

Place: Emerson Community Hall

On September 27, Senator Neil Breslin will be our speaker for Forum. Join us to hear his priorities for the upcoming legislative year, and his views on the June coup in the state senate.

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

Eckhart Tolle DVD and discussion

Eckhart Tolle is a spiritual teacher who has written many books the most famous of which are The Power of Now and The New Earth. Tolle's speaking is very melodious and soothing. When I was listening to him while driving, I found myself much more present and calm when I left the car, walking to work. The main message is about living in the present moment. (Stop and smell the roses), in our busy, busy world I find that this is a message worth repeating over and over to get oneself out of one's head and into life. Last year Oprah Winfrey had a webcast that went all over the world in which she interviewed Tolle and he spoke on his philosophy. I was impressed by the millions of people who tuned in and responded to this philosophy. I found out that my brother and sister-in-law in Ireland had been reading The Power of Now as well.

Several people have been asking about having an Eckhart Tolle discussion group here at FUUSA. In order to estimate how much interest there is the first Spirituality Book Club gathering will be Sunday, October 4th , 2009 at noon and we will be viewing and discussing an Eckhart Tolle DVD - bring your lunch.

THE ANNUAL INTERGENERATIONAL

PASTA DINNER

Sponsored by the Religious Education Council

6:00 PM, Friday, Sept. 25 in Channing Hall

A simple meal and good company for individuals and families – For anyone who gets hungry for food and fellowship!

$4.00 per adult, $2.00 per child

(Maximum of $16.00 for families)

Sign ups we love! Helps us know how much food we need. *But walk-ins are welcome!*

Volunteers are needed to shop, set up, serve and clean up. Sign up in Channing Hall or contact Leah Purcell for details.

And at 7 pm, a short workshop:

Spirituality and Parenting

For caregivers and parents of babes, children, teens and beyond and for any interested adult.

Childcare provided.

...doubleheader...doubleheader...doubleheader...doubleheader...

This is a fundraiser for the choir trip!

7:30 p.m. – 9:30 p.m.

Friday, Sept. 25

Emerson Community Hall

$15.00 adults

$8.00 children under 10

Refreshments will be served

New Orleans R&B

featuring FUUSA's own Matt Edwards on Keyboard!

BUCK2Fifty

Joys and Caring Corner

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

Summer RE a success thanks to volunteers

To be together and have fun. Those were the main goals of our RE summer programming for children. Parents and caregivers appreciated having a UU-themed, friendly environment for their children whether they attended occasionally or throughout the summer. And we were able to welcome visitors. I got a chance to be with the children and it was lovely to see children of different ages interact. I'm grateful to the RE volunteers who helped out or ran the show while I was away!—Leah Purcell

Refugee project

Seeking job leads

All five of the Abbas/Kadum family are eager to work. If you have know of opportunities, please contact Jerry Deighan, our jobs coordinator.

Earth Spirits' Fall Equinox ritual

Sunday, Sept. 20 at 7:00 pm, Channing Hall

Celebrating balance in the seasons, in night and day, and balance in our lives with the Spiral dance. This holiday is celebrated as the second harvest and we'll be celebrating that with creations using all those wonderful garden veggies and fruits.

A gathering of humanists

Sunday, Sept. 20 at 11:45 AM

Emerson Alcove

If you are interested in religious or secular humanism, and are interested in a FUUSA gathering, please plan on attending an exploratory meeting to ascertain if there is interest, and what program activity might fit in with FUUSA's programming. Questions? Contact Don Odell.

East of Hudson potluck

Sunday, Sept. 27 at 5 o'clock, at the Atwaters'

Anyone living east of the Hudson is cordially invited! Please let us know if you can attend by Sept. 21, and what dish you can bring. Please phone or you can email us. If you need directions, please call or email and we will give you the info. Gisele and Jack Atwater

Fall 2009 Workshop
Capital Region Unitarian Universalists of New York

The Power and Beauty of Needs: Promoting Unitarian Universalist Principles Through a Language of Connection.

Led by: Rev. Deane Perkins, minister in Glens Falls, Philomena Moriarty, LCSW & Rev. Sam Trumbore, minister in Albany.

Saturday, September 26, 9:00 am-3:30 pm
here at FUUSA

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.

Registration: $20 (includes lunch)
Call 463-7135 to register – space limited!
For more information contact Sam at minister@albanyuu.org

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 September

Mondays	10:30 AM	Pre-School Playgroup	Wash. Pk. or 23
Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8
Wednesdays	10:00 AM	Projects & Quilts	B-8
	7:00 PM	Choir Rehearsal	Emerson

Exceptions: Sept. 30 choir rehearsal will be in Sanctuary

All Other Events Happening in the Month of September

16-Sep	7:00 PM	Choir Rehearsal	Emerson
18-Sep	6:00 PM	Board Retreat	Channing, Kitchen, B-8
19-Sep	8:00 AM	Board Retreat	Channing, Kitchen, B-8
20-Sep	11:45 AM	Gathering of Humanists	Emerson alcove
	11:45 AM	Green Sanctuary	B-7
	7:00 PM	Earth Spirits Fall Equinox	Channing
21-Sep	9:00 AM	Windows Deadline	
	12:00 PM	Channing Circle	Channing, Kitchen
22-Sep	6:30 PM	350/Green Sanctuary	B-7
23-Sep	7:00 PM	Choir Rehearsal	Emerson
24-Sep	7:00 PM	Finance Committee	B-8
25-Sep	6:00 PM	RE Intergen. Pasta Night	Channing
	7:30 PM	Choir Fundraiser Concert	Emerson
26-Sep	9:00 AM	Power and Beauty of Needs Workshop	Emerson
27-Sep	11:30 AM	Forum	Emerson
	11:30 AM	John Corrado Reception	Channing
	12:30 PM	Rummage Sale Setup	Emerson
28-Sep	9:00 AM	Rummage Setup & Dropoff	Emerson
	1:00 PM	Windows Mailing	Channing
	7:30 PM	Monday Men	B-8
29-Sep	9:00 AM	Rummage Setup & Dropoff	Emerson
	6:30 PM	350/Green Sanctuary	B-7
30-Sep	9:00 AM	Rummage Setup & Dropoff	Emerson
	5:15 PM	Caring Network	B-8
	7:00 PM	Choir Rehearsal	Sanctuary

UU Weekend at Silver Bay

Oct. 16-18, 2009

Sign up on Sundays in Channing Hall.

Don't miss our 16th annual UU Weekend at the beautiful and historic Silver Bay resort on Lake George, NY. The fun begins on Friday with children's programming all weekend, workshops (lectures, crafts, spirituality, music, and movement), outdoor activities such as hiking, kayaking and b! ird watch-ing, delicious food, a hilarious Talent Show (bring your special talent!) worship, dancing, and much more. Pack your good will, your cares and hopes, a warm sweater and find a soft place to land! Watch for the Silver Bay table in Channing Hall or download a registration form from our FUUSA web site (http://www.albanyuu.org/uuwregform.pdf).

Channing Circle

Welcome back to another church year and mark your calendars for the 3rd Monday of each month ! Our first gathering will be at noon on Monday, September 21. As always bring your lunch and enjoy dessert provided by some good people from our group. Coffee and tea will be brewed. There will be a question for you that will require you to recall some event from your past that might astonish your listeners. No preparation is required and you will only speak for up to 3 minutes, or you may want to pass and just listen. We hope to have maximum participation as it is always interesting for us to share past experiences. A reminder that Channing Circle is for all FUUSA members and friends who are fully retired. When we began this group five years ago we did set an age limit, but that has been lifted long ago. Please invite people to join us whom you know to be retired. We look forward to seeing you - Thayer and Ursula

Walker Book Club

Next book scheduled:

Oct. 11. Julie Lomoe, Eldercide, Updated with the new name, Evening Falls Early. Suggested by Don Odell. Note: The new renamed version should be available in late September, but only the title and cover illustration will be different from the original version of Eldercide. If you need further information or have questions about the book, e-mail Julie.

Junior youth group forming

Social justice, fun times and family support

Watch for more details or contact Leah Purcell at the office or at dre@albanyuu.org

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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 begin on Sept. 20 and are held from 10:00-11:20. The nursery opens at 9:45.

Sept. 20 "The Beauty of Needs" --The Rev. Sam Trumbore
Self reliant, independent, rugged individualists often do not have an appreciation for their needs. Certainly survival needs are obvious but needs for connection and meaning may not be so obvious. Yes, we can survive without them, but can we thrive? When one explores what needs really are, their satisfaction becomes much more important. Being willing to even see the beauty of all needs as universal human qualities can become a life transforming spiritual practice.

Sept. 27 Guest in Our Pulpit--The Rev. John Corrado