

## Unitarian Universalist Principles and Purposes

*We affirm and promote...*

*...The inherent worth and dignity of every person;*

*...Justice, equity, and compassion in human relations;*

*...Acceptance of one another and encouragement to spiritual growth in our congregation;*

*...A free and responsible search for truth and meaning;*

*...The right of conscience and the use of the democratic process within our congregation and in society at large;*

*...The goal of world community with peace, liberty, and justice for all;*

*...Respect for the interdependent web of all existence of which we are a part.*



**To sustain a vital and nurturing religious community**

### Need more information?

#### On Unitarian Universalism...

Visit the Joy library, the brochure rack, the minister, or [www.UUA.org](http://www.UUA.org).

#### On FUUSA membership or just getting on the mailing list...

See someone at the information table in the lobby during coffee hour, or call the office at 463-7135.

#### On Religious Education...

For children, see the Director of RE in the RE Office in the lobby; for adults, see the Adult Ed display in Channing Hall.

#### On social events, committees, congregational meetings, etc...

Our newsletter *Windows* is published the fourth Monday of each month, and a *Windows Update* is mailed the second Monday. Sign up for mailings at the information table in the lobby.

#### On anything else...

Try our friendly staff in the office— if it's happening in this church, they can tell you who, where, and when!  
Call 463-7135.



## Membership



## First Unitarian Universalist Society of Albany

405 Washington Ave.  
Albany, NY 12206  
(518) 463-7135  
[www.albanyuu.org](http://www.albanyuu.org)

Rev. Samuel A. Trumbore, Minister

*A welcoming congregation*

## *What does being a member of FUUSA mean?*

### **Membership means...**

...Joining a community that shares principles, purposes, and tradition. The living tradition we share draws on many sources:

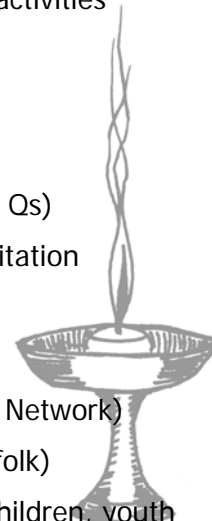
- Direct experience of the transcending mystery, affirmed in all cultures, that renews the spirit.
- Words and deeds of prophetic people, challenging us to confront evil with justice, compassion, and love.
- Wisdom from the world's religions, inspiring our ethical and spiritual life.
- Jewish and Christian teaching calling us to love our neighbors as ourselves.
- Humanist teachings which counsel us to heed science and reason, and warn against idolatries of mind and spirit.
- Spiritual teachings of Earth-centered traditions, celebrating the circle of life and teaching harmony with nature.

You can learn more about our principles and traditions by talking with our minister, Rev. Sam Trumbore; attending a Newcomer/New Members Class; reading literature from our library; subscribing to *UU World*, the Unitarian Universalist magazine.

### **Membership offers...**

...Support and fellowship in the form of many activities and services, such as:

- Sunday morning services and discussion forums
- Involvement in social activism
- Choir and other musical activities
- Book clubs
- Men's support groups
- Parents' Potluck
- Projects and Quilts (Ps & Qs)
- Sunday Mindfulness Meditation
- Small Group Ministry
- Bridge
- UUYAN (UU Young Adult Network)
- Channing Circle (retired folk)
- Religious education for children, youth and adults
- Connections with UUs around the country through the Unitarian Universalist Association of Congregations
- Dinners, potlucks, picnics, etc., etc...



*To learn more . . . visit the information table in the lobby during coffee hour.*

### **Membership assumes...**

...That members, to the extent of their abilities, will be

***Present***— taking an active part in the life of the FUUSA community.

***Participating***— sharing their time and skills through volunteer opportunities:

☞ Within the church

- Serving at coffee hour
- Singing in the choir
- Working on a committee
- Co-teaching an RE class
- Helping with Rummage Sale, Auction, Canvass, Fellowship Dinner, or other annual events

☞ And in the larger community

- Overflow Homeless Shelter
- **ARISE – A Regional Initiative to Support Empowerment**
- Focus Food Pantry
- Family Planning Advocates
- Interfaith Impact

***Pledging***—through the annual canvass and capital campaigns, giving monetary support for the work of the congregation.

*(For a complete list of committees and activities, with contact person and phone number, pick up the Committees and Social Programs brochure. There is truly something for everyone!)*