

Windows Update

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-April 2010

Minister

Rev. Sam Trumbore

President

Linda Way

Intern Minister

Chris Antal

Church Administrator, interim

Membership Coordinator

Amy Lent

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

May. *Windows*: Apr. 19

May. *Update*: May 3

Newsletter of the First Unitarian Universalist Society of Albany

FUUSA making our dreams real

Our annual Canvass has begun and our Canvass goal is \$400,291-- a \$23,262 increase from the 2009-2010 year. We need every member and friend to help us reach this goal. This increase will cover additional debt service on our new Emerson Community Hall, some program cost increases of about \$4,000 and \$14,000 toward implementing the Dream Catcher Plan.

Following the extensive work of the Dream Catchers, the Board of Trustees established a staffing plan committee earlier

this year and it was their work that provided the material for a proposed five-year staffing plan. We have had four congregational conversations to discuss this plan. As part of the Canvass we are looking for additional input from the congregation on this staffing plan as well as getting other ideas on how to implement the Dream Catcher Plan. The plan's future implementation will be guided by this feedback and additional discussions. As proposed, over the next five years as funds become available and ***Dreams, continued on pg. 3***

Board Notes

March Madness – FUUSA Style - means that at its March meeting the Board of Trustees focuses on the proposed budget for the upcoming fiscal year. This year the budget proposed to the Board by the Finance Committee showed a small deficit; the Board reviewed and adjusted several items in order to eliminate this deficit and present a balanced budget to the congregation. The Board heard presentations from Peter Brown, Canvass Chair; Chuck Manning, Chair of the Staffing Task Force, and Steve Moskowitz, Finance Committee Chair; and after initial questions and discussion, excused Sam and the staff so all matters including budget allocations for personnel could be discussed freely.

The 2010-2011 budget proposal agreed upon by the Board is the result of considerable and conscientious deliberation – and reflects the program goals of our vital and growing congregation including the possibility of hiring a part-time assistant minister. Several congregational

conversations have been scheduled to discuss these program goals and to provide the congregation with opportunities for questions, discussion and feedback. What an exciting time -- we have begun the effort to realize our dreams and implement our strategic plan!

In addition to its work on the budget for next year, the Board heard from Sam about the War Healing Ministry that Chris Antal is beginning in partnership with Soldier's Heart; and from Leah that the worship committee for our four-congregation service on June 13 (CRUJUNY) is hoping to sponsor a picnic following the service.

Finally, Linda reminded the Board about District Assembly in Syracuse, April 23-24 to which we are entitled to 5 delegates; and General Assembly in Minneapolis, June 23-27, to which we may send 8 delegates.

Minutes of Board Meetings are posted in Channing Hall, and all members of the Board of Trustees invite your questions, comments or concerns at any time.

Give Away the Plate

On the last two Sundays in April we will "Give Away the Plate" to local organizations: The two organizations are described below. The **Focus Food Pantry** collection, which is always on the fourth Sunday of the month, will also be on Sunday, April 25.

April 18: The **Crime Victim and Sexual Violence Center** is our Albany County Rape Crisis Center. We provide a 24 hour hotline for people who have been sexually assaulted including meeting victims in the Emergency Room for advocacy and support. We provide psychotherapy for victims of sexual assault as well as other crimes such as domestic violence. We provide advocacy in the courts for victims some they can have a voice with the district attorney's office and are aware of victim's rights. We provide prevention education regarding issues of sexual harassment, date rape, dating violence etc. (for the schools and other groups. This year we are celebrating 30 years of service to Albany County. Due to state cut backs regarding our grants we are having financial problems. On April 22nd we will be have our annual Take Back the Night at Albany Sage College, hope you can come.

April 25: Capital District Community Gardens is a non profit organization that provides lots in gardens to people who want to grow fresh vegetables and who live in urban neighborhoods. Over 100 lots are available in the region and are quickly signed up for each spring. In addition, there is a "Veggie Mobile" that provides fresh vegetables in urban areas year round.

In the spotlight

Hopefully you've heard the underwriting ads for Capital Region Unitarian Universalists on WAMC, ads which are part of the "Shout It Out" media campaign begun last fall by the Capital Region UUs of New York (CRUUNY), the four area congregations of Albany, Schenectady, Saratoga and Glens Falls. Each month WAMC "spotlights" a few of their new underwriters - and this month is our turn! The article, written by Ellen Asprooth, reporter for the St. Lawrence District, marvelously captures the purpose and spirit of our UU congregations and includes a photo from the Christmas candlelight service in Schenectady. If you haven't seen it, you can easily find the article on the WAMC website - and you will enjoy reading it! —Linda Way

Upcoming memorials

Memorial service for **Ruth Estey**, 10:00 a.m. Monday, April 19, Sanctuary, followed by a reception in Channing Hall.

Memorial service for **Dan Sekellick**, 5:00 p.m. Sunday, April 25, Sanctuary, followed by a reception in Channing Hall.

Memorial service for **Walter Goodwin**, Saturday, May 15, 2:00 pm, Sanctuary, followed by a reception in Channing Hall.

Two important dates to mark

The congregation will have an opportunity to ask questions about the proposed 2010-11 budget at a conversation on the budget at 7:00 pm on **Tuesday, May 11**.

Save the date, save up your questions, and bring them on the 11th.

Another date to save: **Sunday, May 16**, the annual meeting takes place at 11:45.

Vocalis Chamber Choir In Concert

A Cappella Through the Ages

From Medieval chant to the 21st Century, Vocalis spans music history. There is no more versatile instrument than the human voice. Join us as we illustrate the dynamic changes in choral music through the ages. The evening is sure to be filled with vocal surprises!

Monday, April 19, 2010 - 7:00 p.m.

Admission \$10/\$5

Emerson Community Hall

Sponsored by FUUSA Choir and
SUNY Albany Chamber Singers

Refresh, Restore, Retreat for women

Saturday, April 24

Register in Channing Hall during coffee hour

Workshops scheduled include meditative poetry, yoga, collage, Nia, and creative writing.

Registration is limited; sign up early. The cost is \$20 a person, including lunch. If the cost of the retreat, or childcare services you would need in order to attend, would prohibit you from coming, please let us know. A limited number of scholarships are available. (Childcare will not be provided at FUUSA the day of the retreat.)

Rite of Passage

Orientation for Prospective

Mentors, Saturday, May 1, 11:00 AM to noon

Mentor Job Description and applications are now available at FUUSA's website. Contact Leah Purcell at dre@albanyuu.org or call the office 463-7135 for more info.

Dreams, cont. from pg. 1

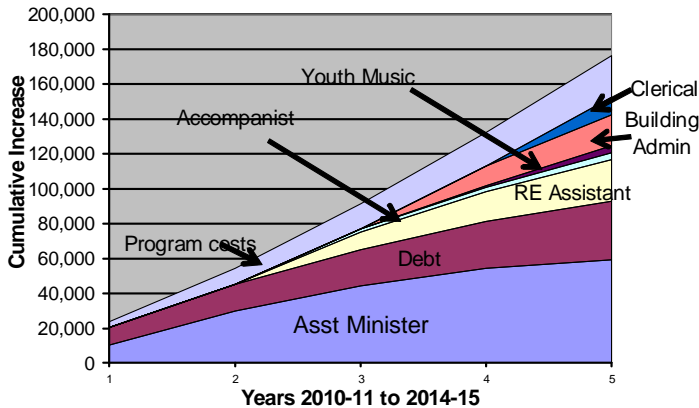
needs are identified, we could provide:

- ◆ A full-time Assistant Minister
- ◆ An RE assistant – part-time
- ◆ A building administrator – part-time
- ◆ A youth music position – part-time
- ◆ An accompanist – part-time
- ◆ An additional clerical person – part-time
- ◆ Professional PR Support

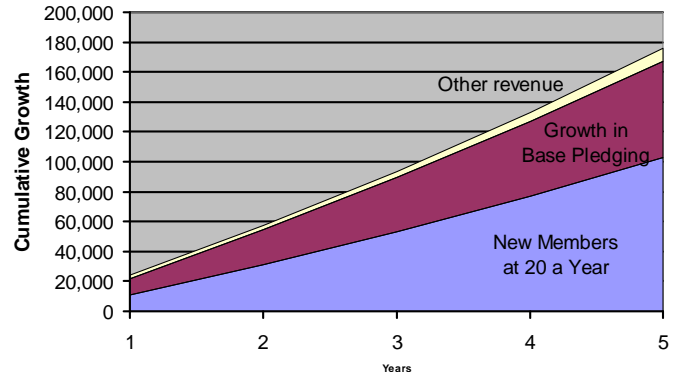
These graphs describe how this proposed staffing plan might be achieved. The likely increase in support from new members, matched with modest growth in our base support, would make this type of plan possible.

We are already a highly vibrant and responsive congregation. Implementing the Dream Catcher Plan will make us even better. Please welcome the canvass worker who calls on you and share your comments on how you would like to see the Dream Catcher Plan implemented. Thanks!

Projected Growth in Program



FUUSA Projected Revenue Growth 2010-2015



No photo – No freebie

Or, Where's my photo directory?

Olan Mills has informed us that we will be getting 200 free copies of the new Photo Directory. The company took 147 photographs of us – and if you had your picture taken you will, as advertised, receive a free copy of the directory (which we will receive in a few weeks). The other free copies we will save for the Membership Committee to give to new folks joining the congregation.

We are able to order additional directories - and we plan to buy 50 extra copies at a cost of \$5 each. Therefore, if you want one, but you did not have your picture taken and are not in it, you may purchase a photo directory for \$5 when we receive them. We aren't looking to make money here, but we are looking to be fair – so we will sell the directories on a first come, first served basis. That's the best we can do this year for FUUSA's new "Face Book"! Linda Way

Come celebrate Earth Day at FUUSA on Sunday, April 25

Service—Pam Collins will give the sermon "Teddy Bear's Picnic" at 10:00 am

Forum—Green Sanctuary Committee will show the video "The Story of Stuff" with Annie Leonard at 11:45 with time for discussion.

Neighborhood—Clean up the "Stuff" in the neighborhood from 12:30 to 1:00 pm

Childcare available. Snacks afterwards

FUUSA Youth Group: Rodino Family fundraising lunch

Please support our FUUSA Youth Group and enjoy a wonderful lunch on Sunday April 25! The FUUSA Youth Group is hosting a fundraising lunch with all of the proceeds going to the Rodinos, a family facing expenses resulting from two members' diagnosis of Huntington's disease. (Eight-year-old Rachel died Wednesday, April 7 as this newsletter went press.) Lunch will be available in Channing Hall from after the service, until 1:30 PM, which means you can also attend the Earth Day Forum and have a bite to eat before helping clean up the neighborhood for Earth Day. The Youth Group will also provide coffee and snacks for Coffee Hour.

Social Responsibilities Council

STAND AGAINST RACISM. Of course, who would argue against that? I daresay no one at FUUSA. But how do we not just say it, but do it?

On May 2 we will have the opportunity to make a statement and commitment. The YWCA is sponsoring the weekend of April 30 to May 2 to "stand against racism. SRC together with the adult education class "Building the World You Dream About" will be marching with signs and tee shirts to show our support on May 2. Stop by the SRC table in Channing during coffee hour to learn what you can do. We are also standing against discrimination on April 5 by marching and demonstrating against the injustices against the Muslim community by the use of "preemptive prosecution."

I am happy to report on some happy events co-sponsored by SRC at FUUSA. The most recent was the New York State Prisoner Justice Conference, March 27. Over 57 organizations participated. Naomi Jaffe for the NYS Prisoner Justice organizing team writes "The Social Responsibilities Council and this conference in particular, is a model for what can be achieved through collaboration between faith based communities and social justice organizations." Thanks to Judith Brink for the many hours she devoted to this endeavor and to the other volunteers. Another such worthwhile use of Emerson was the Iraqi Spring Festival March 21 where over 200 persons came together for celebration and mutual support. My thanks to all of you at FUUSA whose generosity makes possible the use of our facility.

Our next meeting will be May 2, at 11:30 (note earlier time due to the CROP Walk). If you are interested, please join us. If you would like to be on the SRC list serve to receive notices and information, e-mail me, Lois

Griffin or Dave Stone (dstone@albanyuu.org).

SRC Table

Come to the SRC Table to get information on issues of Justice, Peace, and the Environment. Pick up a survey on energy efficiency in your home, take a pledge, and find out about items that we are recycling. Niki will recycle your sneakers and there is a box in the coatroom for collecting them. Coffee from Central America countries and Ethiopia is for sale as well as Fair Trade chocolate bars and cocoa.

Green Sanctuary

FUUSA will have a bicycle rack in the near future thanks to Dave Metz who submitted a grant to the city of Albany which has been approved. There will be space for 12 bikes and it will be located on the Washington side of FUUSA near the building. We want to encourage members to get out and ride instead of driving to FUUSA.

Our Earth Day Service on Sunday, April 25 will be led by Pam Collins followed by a Forum on "The Age of Stuff" with members of the committee available for questions. Lunch will be available as part of a fundraiser conducted by the Senior High group and after lunch there will be a general clean up around the outside of FUUSA, so bring your working gloves! Bags will be provided. Hope to see you there as we work together as stewards of the earth.

The **Capital District Labor Religion Coalition** is having its 13th Annual Joseph Powers - Jeanette Dworkin Memorial Awards Dinner and Silent Auction at the Schuyler Inn, 575 Broadway, Menands. Tickets are \$50. Gathering begins at 6:00 p.m., and the dinner is at 7:00. Please con-

FORUM

Apr. 25 Earth Day Forum

20-minute video "The Story of STUFF" followed by discussion of "stuff", followed by neighborhood clean-up of "stuff" !

11:45 a.m. Emerson Community Hall

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

tact Larry Gambino for more information.

"Expanded and Improved Medicare for All -- Round 2!"

May 15, at FUUSA

Capital-Hudson Regional Conference of Single Payer New York and Capital District PNHP

Please join with single payer activists and supporters from the greater Capital District and the Hudson Valley for this important meeting. Learn more about the state of health care reform and why we still need to strengthen our grassroots movement for Expanded and Improved Medicare for All.

We are very pleased to have three important and dynamic speakers: Steffie Woolhandler, MD, Physicians for a National Health Program (PNHP) and Harvard University Medical School, Terry O'Neill, President of the National Organization for Women (NOW), and Rose Roach of the California School Employees Association

The conference will be held at FUUSA from 9:30 a.m. - 3:30 p.m. on May 15. Doors open at 9:00. A \$10-20 contribution is requested to cover lunch and other costs.

To pre-register, send an e-mail note to Euthemia@nycap.rr.com with your name and e-mail address.

Welcome, new members!

Ildefonso Correas Apelanz was born in Buenos Aires, Argentina and came to the United States in September 2000. His entire family lives in Argentina. He learned English, earned an Associates Degree in Business Administration and Bachelor's Degree in Latin American Studies and Economics. He has also finished his course work towards a Master's Degree in Latin American Literature. Ildefonso's favorite sport is soccer and he is a devoted fan of the River Plate soccer team in Argentina. Currently an ESL Instructor and Coordinator at the Saratoga County Economic Opportunity Council, he loves teaching and is passionate about changing peoples' lives through education. He is madly in love with his fiancée, Ingrid, who has changed his life forever.



Ingrid Espinosa, born in Colombia, South America, has been living in the U.S. for 20 years and in Albany for 3 1/2 years. She obtained a Master's degree in Public Administration from the University of Connecticut and has worked in the non-profit and state government sector for most of her career. Before moving to Albany, Ingrid lived in Connecticut where she worked to protect the rights of immigrants in her community; she helped organize two marches that brought thousands of people on to the streets of her small city. She also ran for public office and, even though she was not elected, she enjoyed meeting

her neighbors and listening to their concerns. Ingrid loves helping children discover their potential and making people around her feel happy. She enjoys running, tennis, rollerskating, and a newly-discovered passion for swimming.

Ingrid and Ildefonso feel thankful that their spiritual journeys have brought them to this congregation, where they feel free to ask questions and explore their beliefs among loving and courageous people.

Dickie Wilson and Monk Larson are returning members of FUUSA – Dickie having originally joined this congregation in 1972 and Monk in 1986. Monk has been a Unitarian since 1950 when he joined the church being formed on Long Island by the Reverend Lon Ray Call.



Dickie and Monk have not been around FUUSA much since 1993 which is when they began to spend half the year in Florida and the spring/summer half of each year in Albany – but this was when we did not yet have regular summer services. Then, in 2004, after twelve years of the snowbird life, they moved year round to Flat Rock, NC. There they were active in the Unitarian Universalist Fellowship of Hendersonville, serving on various committees and singing in the choir.

Dickie and Monk are especially interested in social justice issues – they have been active participants in numerous peace activities, having

demonstrated and witnessed for peace up and down the East Coast from the four corners in Delmar to NY City, Washington DC and of course with their last congregation in Hendersonville, NC.

Dickie has already rejoined the FUUSA choir and plans to get involved with the Social Responsibilities Council. Monk is a former attorney and teacher; for many years he taught a popular summer course on the First Amendment at Chautauqua Institution. Dickie is a retired R.N.

They are happy to be back among old friends and closer to Monk's family – and we are delighted to have them back!

Jessica Semon grew up in Warrensburg, NY and moved to South Troy from Saratoga Springs about a year ago. She attended Crane School of Music at SUNY Potsdam, Adirondack Community College and SUNY New Paltz, "dabbling," she says, in music, music education, art, technical theater and scene design, radio broadcasting and music therapy.

Jessica has been going through an awakening in the last few years, and her focus now is spiritual growth and learning to love herself. She is interested in health, food and cooking, nature, literature, music, energy healing, meditation and spirituality. At FUUSA she participates in the choir, a Soul Matters group, and meditation. She looks forward to more activities here including gardening, helping with the Oriel, and getting involved with Social Responsibilities. She is grateful for the welcome she has received and feels as if she has "found her people."



MORE new members!

Kelly Fairbairn grew up in Colonie and has lived in the capital district area most of her life. She works for the New York State Library as a technical assistant. When not working she spends most of her available time knitting and petting her five beloved cats. She has felt very welcome here, is excited about becoming a member, and looks forward to being more involved with FUUSA.

Kathleen Diina-Feldman is a native of Buffalo. She works as a paralegal at Harris Beach by day and is working toward her MBA at SUNY Albany by night. Kathleen loves running and biking, and these activities take her all over the capital region. She also enjoys cooking and baking, which, she says, is why she has to run and bike so much!

Mike Keefe-Feldman is originally from the Boston area. He works as the Online Managing Editor at the PBS TV and classical FM radio station, WMHT. Mike also teaches writing in the evening as an adjunct instructor at Adirondack Community College. He enjoys playing basketball and the guitar.

Transition: Keeper of the Jades

Next time you see Sharon Hoffman, give her a big "thank you!" Sharon is a fairly new FUUSAn who has taken over the care and feeding of the jade plants in the Sanctuary. Sharon's great knowledge and experience with plants meant that the "training" by Chuck and Barb Manning was very short. Although this is a very necessary task to be performed at FUUSA, it is not one that is noticed as long as the plants stay healthy. Hats off to Sharon for stepping up and getting involved!

Ruth Rivera is the mother of three sons – 16; 14; and 12. She and her children live in Albany with their seven cats. Ruth enjoys reading, exploring the paranormal, spending time with loved ones, and volunteering for causes she is passionate about. She currently works part time for Auto Ease, an auto broker that assists people with the buying and selling of cars.



Ruth was drawn to FUUSA by curiosity – and now feels at home. She especially appreciates our liberal philosophy and the level of commitment from members who work to make a positive impact on the world. She is excited about joining the congregation and looks forward to getting to know more people here.

(Ed. note: We hope to have photos of Kelly, Mike and Kathleen to share with you in next issue!)

Join the CROP Walk Crew

Marshall McLuhan got it right: "There are no passengers on Space-ship Earth. Everybody's crew." The "CROP" in the CROP Hunger Walk stands for "Communities Responding to Overcome Poverty." Will you join our community in raising funds to alleviate hunger at home and around the world? Come together with fellow FUUSAns and hundreds of your Capital Region neighbors in the CROP Hunger Walk on Sunday, May 2. See Dawn Dana at coffee hour to sign up to walk or to pledge your support for other walkers.

A Gathering of Humanists Sunday, April 18, 11:45 AM

We will meet at FUUSA at 11:45 AM, Sunday, April 18. Child care will be arranged if we are notified not later than Thursday, April 15.

The questions to be discussed are: What effect does science have on religious beliefs? Will science continue to bring about such effects in the future and what will such effects be? George Allen has volunteered to provide a little historical background based on his reading of The Invention of Air by Steven Johnson, which outlines Joseph Priestly's lifelong work in science and religion. In Georgian England, Priestly upset established religion when in 1774, assisted by his friend, Rev. Theophilus Lindsey, he founded the first official Unitarian Denomination, which openly denied the divinity of Jesus Christ and the existence of the Trinity. He published several materialist philosophical tracts that questioned the notion of the soul while minister at Shelburne. These were political acts as well as theological ones. Later in his life he emigrated to the States where he greatly influenced many including Ben Franklin, John Adams and Thomas Jefferson, and profoundly influenced their thoughts about scientific inquiry.

A Gathering of Humanists is an effort for secular and religious humanists at FUUSA to discuss issues of interest, and is intended to complement the programs at and mission of FUUSA. If you are interested in joining the Gathering of Humanists e-list, please contact Don Odell.

Correction: Joy Library

The author of the book The Holocaust by Bullets, that had been reported missing from the library, is Father Patrick Desbois.

Rummage Sale

Rummage Sale week begins May 2, which is the first day you can bring donations to FUUSA (after the service, please.) The sale setup starts after the service with the grand moving of the chairs and the bringing in of the tables. Do plan to stay and help from 12 to 12:30. Sign up to work Monday 9 AM through Thursday 3 PM on sorting and pricing. The sign up chart is in Channing on the west wall. The sale begins Friday May 7 at 9 AM until 6 PM and continues again Saturday May 8 at 9 AM until 3 PM. Clean-up and re-donations begin immediately after that, and continue until the chairs are reset in Emerson. Help is needed particularly Friday morning for the beginning of the sale (always very busy) and for clean-up after the sale Saturday afternoon (we get tired by then.)

As you sort through your donations of household items please discard broken, chipped and flaked dishes and pots and pans. We can clean stained sheets and towels and other household linens, but mending is beyond our timeframe. We cannot sell older style TVs and tape players so please dispose of these locally. Donate books and magazines to your local Friends of the Library sale. If you need pickup service for your donations call Carolyn Stetson or email. Thanks for everything that you do to make our sales successful.

Channing Circle

Monday, April 19, 1 PM

All are welcome to join us on , April 19 as Roland Hummel speaks about his association with noted sculptor, George Rickey.

We are excited to announce summer programs you can choose to attend. Thanks to Mark Yolles, Abby Sugarman, Ann Eberle, Bob and Lois Thomson who met to start planning programs for the Fall. If you are interested in planning, please contact Thayer Heath.

Look forward to seeing you on the 19th.

Your opinion matters!

FUUSA's Committee on Professional Ministry would like to hear from you. One of our responsibilities is to ensure that the professional minister – Reverend Sam – receives feedback from the congregation on how well he's doing his job – both positive and negative. During this year, his tenth anniversary year as our minister, Sam has asked us to do this better than we have done it in the past.

It's easy for you to share your thoughts with us. You can contact any one of us at church, by email or phone. You can give us your feedback at that time, or send us a letter, or ask us to arrange for you to meet with our entire committee, with or without Sam in attendance.

We prefer not to receive anonymous comments, because there is no way for us to follow up to get additional information, or to put the

Meredith Andrews
Peter Brown (Chair)
Al DeSalvo
Margie Eddy
Ben English
Nancy Willie-Schiff

comments in context. But, if you are uncomfortable about expressing your opinion, we will respect requests for confidentiality.

If you're a member of a committee that would like one or more of us to meet with your committee, just ask. We already plan to reach out to three groups that work closely with Sam: the Board of Trustees, the Religious Services Committee and the Religious Education Council.

If you have suggestions for other ways for us to reach out to the congregation, please let us know. Our goal is to assure that varying points of view are heard and considered, that issues are resolved with dignity, fairness and justice for all involved, and that the congregation's interests are served.

We look forward to hearing from you, preferably before May 1, and to seeing how well our new approach works.

Beltaine.....Maypole!

12:45, May 2, at 6 Mile Waterworks

Celebrate the season of Spring with the time honored tradition of a Maypole dance.

Join FUUSA's Earth Spirits for their annual Beltaine celebration. We will gather at 6 Mile Waterworks at 12:45 on Sunday, May 2. The Maypole will begin at 1:00. Afterwards, there will be a potluck lunch. In order to leave only our footprints on the earth, we will ask you to bring your own table setting and beverage. Also bring drums, rattles and other noisemakers. Let's have fun and raise a lot of noise and energy! Children welcome.

"Cause summer is a-cummin' in and winter's gone away-O!"

Six-Mile Waterworks is shown on maps as Lake Rensselaer Park. See flyer posted in Channing Hall for directions.

Joys and Caring Corner

Junior Youth Group

**Overnight: Friday, April 30–
Saturday morning, May 1**

We'll start with dinner Friday evening, and have games, mask making, introduction to the Rite of Passage Program and a movie. Senior High youth are invited to come for dinner and evening activities.

Adult Awake Chaperones are needed: Here's your opportunity to learn more about youth programming at FUUSA. If you've already had a youth go through the program, it's an opportunity to "give back."

Two shifts: Friday night/early Saturday morning, April 30/May 1:

- Midnight to 3:30 AM and
- 3:30 AM to 7:00 AM

Two adults are needed for each shift. Individuals must be over 25 years of age, and who have been active in the congregation for at least a year. Sign up in Channing Hall or contact Leah Purcell: 463-7135 or dre@albanyuu.org.

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

Focus Food Pantry News

Well! Spring sprang this past month, and FUUSA "sprang" to the food pantry call once again! Our total contribution of \$490 is a very tidy sum. Those of us who volunteer and particularly the recipients of our generosity thank one and all. Our next donations will be received on Sunday, April 25.

Again, many thanks, Lois Thomson and Jane Allen, co-chairs

About Us

The Helderberg Madrigal Singers will present "Revels in the Cheerful Spring" on Friday, April 30, 7:30 PM, at the Boght Arts Center, 583 Boght Road, Cohoes. (The venue is a historic Dutch Reformed church.) General admission is \$10. See the **Danas** or **Dave Metz** for additional information.

Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Apr. 18	C Manning	M & S Babala	R Yoshida M Devolder	M & J Eddy	
Apr. 25	K Harris		Youth Group		

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 April

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:

All Other Events Happening in the Month of April

14-Apr	Wednesday			25-Apr	Sunday		
	10:30 AM	Playgroup	24/25		11:30 AM	Forum	Emerson
	5:00 PM	Religious Services	B-8		12:00 PM	Rodino Luncheon/Youth Group	Channing, Kitchen
	7:00 PM	Beauty of Needs Group	B-7		5:00 PM	Dan Sekellick Memorial	Sanctuary, Channing
15-Apr	Thursday				6:00 PM	War Healing Circle	Emerson
	6:00 PM	Skit Dress Rehearsal	Emerson	26-Apr	Monday		
	7:00 PM	Board of Trustees	B-8		7:30 PM	Monday Men	B-8
17-Apr	Saturday			28-Apr	Wednesday		
	6:00 PM	Annual Fellowship Dinner	Century House		10:30 AM	Playgroup	24/25
18-Apr	Sunday				7:00 PM	Beauty of Needs Group	B-7
	11:45 AM	Green Sanctuary	B-7	30-Apr	Friday		
	11:45 AM	Auction Planning Meeting	B-3/4		6:00 PM	Jr Youth Group Sleepover	Channing, Kitchen, bsmt. clsrms.
	11:45 AM	Gathering of Humanists	Emerson alcove				
	11:45 AM	Oriel Meeting	B-6				
	12:00 PM	Intern Committee	B-8				
19-Apr	Monday						
	10:00 AM	Ruth Estey Memorial	Sanctuary, Channing, Kit.				
	12:00 PM	Channing Circle	Channing, Kitchen				
	7:00 PM	AdEd: Building the World	26				
	7:00 PM	Vocalis Concert/Choir Committee	Emerson, Kit.				
20-Apr	Tuesday						
	7:00 PM	Soul Matters-Sherman/Way	Stott/Joy Library				
	7:00 PM	Beauty of Needs Group	B-7				
	7:00 PM	Green Sanctuary/350	B-8				
21-Apr	Wednesday						
	10:30 AM	Playgroup	24/25				
	3:00 PM	Soul Matters-Johnson	B-8				
23-Apr	Friday						
	6:00 PM	Retreat Setup	Emerson, Ch., Kitchen (no other use), B-7, B-8, 26				
24-Apr	Saturday						
	10:00 AM	Refresh & Restore Retreat for Women	Emerson, Sanctuary, Channing, Kitchen, B-7, B-8, 26				
	7:00 PM	Dances of Universal Peace	Channing				

Sunday morning volunteers! It takes four ushers, two greeters, and two coffee hour hosts every Sunday to help make the Sunday service run smoothly. Volunteers are needed for all Sundays. Please check the sign up bulletin board in Channing Hall. This is a great way to meet people on Sunday morning and to become more acquainted with our congregation.

First Unitarian Universalist Society of Albany

405 Washington Avenue
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Non-Profit
Organization
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RETURN SERVICE REQUESTED

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.

Apr. 18 "Take Back the Night," Philomena Moriarty

We all live in a night of darkness and violence – just by being alive on planet Earth. How can we take it back – change it – empower ourselves in the wake of this? This sermon will explore these themes as well as celebrate the 30 year history of The Crime Victim and Sexual Violence Center of Albany County (our local Rape Crisis Center) and highlight the upcoming "Take Back The Night" annual demonstration on April 22 at Sage College. Music: Randy Rosette and Matt Edwards, flute and piano duets

Apr. 25 "Teddy Bear's Picnic," Pam Collins

Childhood and the outdoors go together like peanut butter and jelly – or at least they used to. In our modern world, children are spending less and less time outdoors, leading some to worry that there will be disastrous consequences resulting from this increasing alienation from nature. Perhaps it's time to be more proactive about getting the kids outside. Grab the bears and let's go.. Music: Sybil Stock, guitar and vocals

