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Windows

Newsletter of the First Unitarian Universalist Society of Albany

Vol. '09-'10, Issue 10
 June 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

Mid-Summer *Update*: July 19
 Sept. *Windows*: Aug. 16

A
 WOW weekend
 for Capital Region UUs!

Saturday, June 12

at First UU Society of Albany

3:00-5:00 p.m.

Informal Conversation with Rev. Peter Morales, President, UUA

How can our congregations lead the way and be a beacon for those who seek a liberal and spiritual way to bring meaning to their lives? In Emerson Community Hall.

5:00 p.m.

Potluck supper with our guests from the other three UU congregations, in Channing Hall

Sunday, June 13

at the Saratoga Hilton, 534 Broadway, Saratoga Springs

(with childcare provided at UU Congregation of Saratoga Springs, 624 N. Broadway)

10:30 a.m.

Sharing Beloved Community

Our second annual celebration of Unitarian Universalism in the Capital Region, as members of all four congregations come together for a multi-generational, joint worship service with beautiful music by a joint choir. *(No Sunday service at FUUSA this day!)*

Sam's Outlook

Attending a birth

I'm always greatly relieved at the end of our yearly annual meeting. Seeing the budget get passed, new leaders get elected, and any other congregational business get done without any blood being spilled and a general good feeling by the end is always something to celebrate. So many things can go wrong if the group process isn't attended to carefully and concerns that arise from our members don't get resolved effectively. I was pleased to see our President, Linda Way, and our Parliamentarian, Kevin Purcell, run the meeting so well. Philomena and I had a quick lunch at

the Capital (Chinese) Buffet to celebrate another Annual Meeting successfully completed before I rushed off to the Clifton Park Public Library. The Capital Region Unitarian Universalists of New York (CRUUNY) had planned an exploratory meeting to see if there is interest to start a new congregation between exits 7 and 11 on the Northway. I was amazed to see the imposing architecture of the new library as I pulled in to the parking lot with ten minutes to spare.

I'd agreed to arrive early to help set up the Rev. Linda Hoddy's computer to project **Sam's Outlook, continued on pg. 3**

From the President

What a busy place we are, and not just on Sundays! Many evenings just about every space in the building is in use – either by us or by a variety of community groups and organizations! We are growing in numbers, in activities, in service, and in recognition and use by the wider community. In July and August we will be renting space to Girls, Inc. for their summer program – the light from our beacon continues to grow and shine!

Refresh Restore Retreat for Women: Several weeks ago we held the first of what we now hope will be an annual special event for FUUSA women! The Refresh Restore Retreat grew out of a festive (in truth almost raucous) reunion last December of women who had been together in small group ministry a few years ago. One member of the group mentioned that she was looking to get involved in something new...another remembered that as a small group we hoped to give back to FUUSA in service...a third said "something special for women"...and the idea took off! What pleased us most was that the retreat brought together women from six decades – women from their 20's to their youthful 80's to share, explore, express themselves, and have fun together! It was a real joy for those who planned the retreat to reconnect and work together, and we have been gratified by the positive evaluations we received from both workshop presenters and attendees. Thank you to everyone involved! I think we may well have begun a new special event!

Pastoral Care Associates Program: As explained in last month's issue of *Windows*, the Pastoral Care Associates program is a new initiative that is designed to complement and multiply the counseling and pastoral care that Sam provides. Members of the congregation who are selected for this program will be trained in com-

passionate listening skills and will receive ongoing professional support. We anticipate that by late fall trained Pastoral Care Associates will be available to all members and friends of the congregation; and, while most of us can use a friendly ear from time to time, we particularly aim to extend this ministry of caring presence and compassionate listening to those struggling with serious life issues or transitions. It has been both humbling and inspiring to work with Sam, Chris Antal, Leah Purcell, Sharon Babela and Bobbi Place (a former FUUSA member and now Chaplain at Ellis Hospital) in developing this program; I believe it will significantly enhance and extend our caring community. If you want more information ask one of those persons listed above; and if you are interested in becoming a Pastoral Care Associate you are invited to submit an application (available on our website under "file cabinet" and due by June 7th).

Sponsoring Chris Antal: Chris Antal is now a Candidate for Fellowship as a Unitarian Universalist minister. One of the current requirements for UUA Ministerial Candidates is that they be sponsored by a UU congregation. Sponsorship in essence says that we have confidence that Chris has the potential and suitability to be a UU minister. That's it. Unlike this past year when Chris was our ministerial intern, sponsorship involves no expectation of providing ministerial opportunities; nor does it require any financial commitment on our part (although we may, of course, help him if we choose). At its May 13 meeting the Board of Trustees unanimously and enthusiastically voted to become the sponsoring congregation for Chris Antal; and, at our Annual Meeting on May 16, the congregation affirmed the Board's decision – again unanimously and enthusiastically. I

know we all look forward to seeing Chris complete his journey toward ministry – and we are delighted to have played a part in this journey with him!

A Personal Reflection and Thank You: When I became president of the congregation I thought I would never have anything to say in a monthly column – but on the contrary I have enjoyed having this opportunity and have never been at a loss for a topic or two! I have also received wide ranging advice from "write less" and "try humor" to "don't bother - few folks read it anyway." Try as I might my columns have been neither succinct nor funny - but I do thank all those who have kept reading anyway and have given me comments, critiques and suggestions. I will miss having this opportunity to share and communicate with you.

As I said in my annual report serving as president has been both far more rewarding and far more challenging than I anticipated. I have learned about myself (not always easy) and about congregational life, the incredible demands of ministry and institutional dynamics, and about current denominational patterns. When I've floundered, left things undone or made mistakes (and I certainly have!) others have stepped in to help. There are so many folks - both those we see and those "unsung heroes" whose contributions we may not see - who keep our congregation such a vital community! Our professional staff is remarkable, we have elected terrific leaders for next year, and our congregation is unparalleled in its collective talent and wisdom. It has truly been a privilege to serve as your president – **THANK YOU!**

Linda

Sam's Outlook, cont. from pg. 1
an introductory video about Unitarian Universalism. The library had a high tech projector that dropped out of the ceiling and projected an image that must have been ten feet high. I should have arrived earlier. Linda's computer had Windows 7 on it. Unfortunately, I wasn't familiar with how to get the software to turn on the computer's projection feature to send the screen image to the cable that went into the fancy control unit in the library's wall. But with some ingenuity (and maybe some divine intervention from the Goddess of computing), just as the program got started, I managed to get everything to work.

I looked out to see about 40 people in the room – a good number considering how magnificent the weather was outside. Linda welcomed everyone and explained the purpose of the meeting: to see if there was interest in creating a Unitarian Universalist congregation using the most contemporary ideas and technology that others are using around our Association.

We watched a 12-minute video then our outgoing District Executive, the Rev. Tom Chulak, stood up to speak. Instead of starting a speech, he just asked people why they were there on such a beautiful day. What were they looking for to make being there a priority? One older man had been part of starting several UU new

congregations over the last almost 50 years and thought he had one more in him. Two others thought Clifton Park needed a tolerant church that would be a welcoming and accepting community to all people. Several didn't want to drive as much as 40 minutes to get to the nearest UU congregation. A mother talked about wanting a congregation that would be a community for her children that would overlap with their school creating a positive peer group. Another wanted to be part of a liberal community doing social outreach and helping the Clifton Park area community, particularly those without social advantages or resources.

We split into two groups. Tom and Linda gathered together the people interested in forming a steering committee to get this new congregation started. Over 20 people sat in that circle. The Rev. Priscilla Richter from Schenectady and I formed a circle of people from existing UU congregations who wanted to support the new start. We had almost 15 of us in that group. Our brainstorming of ideas ranged from helping the new congregation with expertise in bylaws, to helping fund raise for hymnbooks and a chalice, to sharing religious education materials and curriculum. A couple from Saratoga Springs thought they had much to share since their congregation was just started

less than fifteen years ago. A very exciting idea was encouraging the CRUUNY youth to get together for a "con" or conference inviting Clifton Park youth and getting them interested in a new congregation. I thought to myself, "and the children will lead them."

After the meeting adjourned and everyone had left, the organizers sat together to debrief. We were glowing with energy as we contemplated what had just happened. The CRUUNY leaders had just participated in giving birth to something new in our cluster of congregations. None of the congregations would have dared to try something like this - but together we had just enough courage. And together, I believe, we can get this new congregation started.

Don't expect to see a new sign for it on the Northway soon, but when you come to the CRUUNY service with Peter Morales on June 13, look for them in our midst. Part of taking our values out into the world is helping to seed new congregations who want what we have. And someday, they will be our partners in advancing those values - just like Saratoga Springs is today.



First public meeting in Clifton Park a success!

The steering committee of the Capital Region UUs (ministers and presidents of the 4 regional UU congregations) has been meeting for 5 years. From the start, it recognized that the greater Clifton Park area (exits 8 through 11 along the Northway) was underserved by our existing congregations, all of whom are a significant drive from this area.

After our successful media launch this past fall, we decided that now is

the time to determine if we could generate interest in beginning a new congregation in this area – one of the fastest growing areas in the United States.

The first public meeting was held Sunday, **May 16**, 2010 in the Clifton Park library. Attendance exceeded our expectations, so we will continue our efforts to plant a new congregation there. District Executive Tom Chulak and CRUUNY ministers and presidents

were present. Rev. Linda Hoddy, who serves and started our Saratoga Springs UU congregation, took a lead role.

Members of the CRUUNY congregations were also in attendance to assist in the birth and growth of this potential congregation. A new congregation cannot come into being without such support.

Multigenerational Sundaes Sunday

June 6

Join us for making ice cream sundaes, or have some fruit or sherbet during Coffee Hour as a celebration of Religious Education for children and youth.

That morning we'll honor our Religious Education volunteers during the multigenerational part of the service (the first part of the service, when we usually have Children's Time). Then the children and youth will go to the Sanctuary to enjoy a performance given by Captain Jack. The adults will stay in Emerson for the rest of the service. We'll all meet together in Channing after the service and the children's program.

Volunteers are needed to help set up, serve and clean up in Channing Hall. See the sign up in Channing or contact Leah Purcell at 463-7135 or dre@albanyuu.org.



We have It—Let's show it!

Don't miss the opportunity to hear and speak with the Reverend Peter Morales, President of the Unitarian Universalist Association, when he comes to the Capital District June 12-13. Rev. Morales will be speaking from 3 to 5 PM on Saturday, June 12th here at FUUSA and at the four-congregation CRUUNY service in Saratoga on Sunday morning. Let's welcome him big-time!

Join in a potluck supper in Channing immediately after this gathering. Members from the other CRUUNY congregations are invited to join us for this event. This is a wonderful opportunity to build community and to meet our neighbors in the CRUUNY network. We need you to help us

make this a great success! Please sign up in Channing to volunteer to participate in the set-up and take down of tables and chairs, bringing food, dishwashing, etc. Pre-registration for this event is not required; however, help us ensure that we have enough seating and food by signing up in Channing Hall. You may also contact Irene Saulsbery to let her know that you will be attending or if you are able to volunteer to assist with this event.

If you need child care on Saturday afternoon please call the church office; on Sunday the joint service in Saratoga is intergenerational. (Child care available at the Saratoga church.)

Thank You from the Art and Aesthetics Committee

The Art and Aesthetics Committee would like to acknowledge that, because of a most generous donation from the P's and Q's, we have been able to purchase a new console table to be used in the hallway outside of Emerson. The demi-lune style cherry table will hold orders of service and other items for each Sunday service. We are most grateful for the continuing support from these members.

Save birds with hair and nylons

10:00-11:30 a.m.

Saturday, June 5

The oil spill in the gulf has us all worried about the devastating ecological impact. Is there anything we can do to help? It turns out there is something. Human and animal hair have the capacity to soak up lots of oil. When stuffed into old nylons or pantyhose, it can be shipped to the gulf and used to sop up some of that oil. Then the oil soaked hair can be seeded with mushroom spore that convert the oil into non-toxic chemicals.

So bring hair and nylons on June 5 to the back of Emerson Community Hall and we'll have a party to stuff lots of nylons with the hair you've collected from hair salons, barber shops and pet grooming shops. So start collecting hair now and bring it with you along with your used nylons and pantyhose.

Visit <http://www.albanyuu.org/hair-nylons-oil.html> for more information, a link to a youtube.com video, and flyers to take to solicit hair donations.

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Newsletter Crew: Many hands!

Send all submissions to:
Windows@albanyuu.org or to the church office.

FUUSA's Endowment Trust Provides day camp scholarships for Albany youth

At its May meeting, the Endowment Trust Board awarded a grant for scholarships for Albany inner city 7-12 year-old children for the Summer Scene day camp. The camp is sponsored by Albany County Cooperative Extension with funds from Albany City and County sponsored by Albany County Cooperative Extension. Its theme this year is "Thinking Green." Youth will be challenged to gain an understanding of their daily impact on our environment through hands-on learning activities during July and August.

This program has traditionally been free for participants, but this year government support has been reduced and participants are being required to pay \$30 per week or \$150 for the five week program. This grant of \$450 will underwrite the tuitions of three children who would otherwise not be able to attend.

As an inner city church with a strong commitment to environmental action, the Trust Board believes this grant promotes FUUSA's mission by providing meaningful, life-changing activities to those of our neighbors who are otherwise least likely to spend a productive summer. We should all be proud of our Trust contributors.

The Trust Board has received only one application so far this year. \$300 remains in this year's grant appropriation for mission-related proposals. Applications are available on the bulletin board in Channing Hall and may be returned to any member of the Trust Board or the Endowment Trust box in the office.

Thank You, Linda

On Sunday **May 16**, the Congregation at FUUSA gave Linda Way a spontaneous standing ovation in recognition of her service as President and Vice-President for the last five years. She certainly deserved the praise. Linda's service has been full of carefully planned actions and spontaneous acts. She is a leader with incredible empathy and a caring nature that has enhanced our worth as a community. At each Board meeting she provided opening words that brought us together and closing words that made us think. Under her leadership, most Board meetings were fun, with good humor, even when there were disagreements. Beyond her hard



work and long hours as President, she continued many other activities at FUUSA. She served as a member of the Dream Catcher's Committee and the Ministerial Intern Committee. She was always there to help on any task that came up; the President always seemed to be "in the building". As part of the Caring Network, she provided sympathetic support to members who were grieving or had other emotional needs. Linda's genuine caring nature brought great comfort to many individuals and an overall tone of peace to the congregation. We will miss her on the Board and thank her for all she did to lead FUUSA into the future as a beacon of liberal religion.

Pastoral Care Associates program

Applications are due by **June 7** for those wishing to serve as Pastoral Care Associates. Associates will be trained to offer pastoral listening and emotional support to members and friends of our congregation.

The Pastoral Care Associates program will begin providing services in October. Associates will be intensively trained for this role during the month of September. A fuller description of the program, a job description and applications to serve in this role is available on our web site albanyuu.org and on the bulletin board in Channing Hall. If you have more questions, please contact Rev. Sam.

Upcoming memorial

There will be a memorial service for **Lori Taylor**, sister of Tracie Tilgner, 10:30 a.m., Saturday, June 26, Emerson Community Hall.

Summer service note

Chris Antal is seeking musicians and service leaders for the services on June 20, July 11, and July 18. Those interested should contact Chris.

Church office notes

Summer office hours will be Monday-Thursday, 9:00--12:00 during the period from July 5 to August 20.

You may well find staff here at other times, but we are committed to having someone here during the posted hours.

The next newsletter will be the mid-summer *Update*, with a deadline of August 16.

Religious Exploration

UUA support in creating authentic multigenerational community

Rev. Peter Morales, President of the Unitarian Universalist Association has some bold ideas for how to support our congregations to become true multigenerational communities. In a letter to the national organization of religious educators, Rev. Morales explained how the UUA is working at the national level to “support congregations and religious professionals (including ordained ministers serving congregations and in community ministry, religious educators, musicians, and administrators) in a more integrated way.” The goal is to foster “collaboration and integration of all our ministries and among all our religious professionals” in order to “give *more* emphasis to lifespan religious education and to intergenerational integration in our congregations.” These goals are in line with those of the Religious Education (RE) Council and Rev. Sam and I. So how have we been doing this year?

I’ve worked with both Rev. Sam and Chris to make intergenerational time in the service and multigenerational services engaging to all ages. We strive to make it more participatory, with lots of music and opportunities for movement; and with a message for all – and one that challenges adults. Not only did we have multigenerational services for holidays, but Chris and I also created one that focused simply on an important aspect of Unitarian Universalism, which was telling stories. We’re moving toward making multigenerational services a norm, rather than an exception for the traditional “special” Sundays.

Rev. Morales has also talked about engaging and integrating congregants across the age span in social justice work. From his article in the

latest edition of *UU World*: “I am convinced that we too often fail to recognize how much our children, youth, and young adults need to give. Hanging out is not a spiritual practice. Joining hands to work for something we care about is. Service is an essential part of faith development. We need to do so much more to engage the idealism and energy of our young people.” Rev Sam and I collaborated this year to create and pilot a Jr. Youth Group. We have found that our 8th and 9th graders have a strong interest in social justice work. We gave them opportunities to “hang out” to create community, but also opportunities to serve others. Also this year, the Senior High Group supported one of their members, Leah Condemini, to raise money for a family she’s very close to who are in need. Offers to step and help out with the Rodino Family fundraiser came not only from the Senior High group and their advisors, but also from the Board, RE teachers, parents, and the Jr. Youth Group. And the FUUSA community came out to buy lunch and desserts and make donations – enough to raise over \$1,100 for this family.

The RE Council hosted the multigenerational events which have been it’s tradition these past few years – the Pasta Dinner and Spuds and Suds Night. Loading up Valentines Day “CARE” packages for our recently graduated young adults was a multigenerational project added to Spuds and Suds night. At Halloween this year some children Trick-or-Treated for local food pantries and celebrated with a party to which everyone was invited. The next day, we honored the collection at our multigenerational Wheel of Life service. I started a Mystery Buddy program for some of our children and members of Chan-

ning Circle to get to know each other.

The Council and I created a philosophy of Adult Education to guide the work of a newly formed Adult Education Committee. This committee will have input and support from the RE Council, and Rev. Sam and I will serve on it as well. We are looking at programming to inspire both newcomers and longtimers and give them opportunities to foster their growth and development.

Where shall we go from here? The term “Religious Education” is not mentioned in our Strategic Plan, but we can look at each area through a multigenerational lens. In what new ways can RE foster community and connection? How can it provide opportunities for reflection and deepening of spiritual, philosophical and theological beliefs and practices? How can it be a more of a part of the social justice work of the congregation? What part does it have in becoming a beacon of liberal religion to project our UU identity into the Capital Region?

What Rev. Morales has said of UU congregations rings true for me when I think about FUUSA and plans for the year ahead. “The truth is that we do care deeply about the same things. We share a vision. In our congregations, there is love, idealism and energy waiting to be released.”

I can feel that energy, love and idealism here. I am so looking forward to expanding our good work of the RE program and exploring new ways to fulfill the dreams and possibilities of our congregation. I am so grateful we to be a part of this vital work as we set forth on this journey together.

In joy and service,

Sunday Morning Religious Education

Summer programming

The Summer Session of Religious Education for children is a ministry to our families that would like to maintain a consistent Sunday morning routine, or who would like to opportunity to stay connected with their religious community through the summer. Summer Programming for children also welcomes families who are new to us. The summer is a time when many people look for a religious home and we would like to welcome them and their children.

This June starts our third year of year-round programming at FUUSA. Sunday morning session for children ages 3 through 12 will be made up of activities to promote UU values and community: art projects, games, worship, and fun for children. Middle school and high school youth may help with the children or attend the service. As in previous years professional staff will take care of our younger children and infants.

Since attendance went up last year from the previous year, I'm planning and staffing for more children this year. I'd like to use two rooms for programming. We'll gather in room 24/25, which is air-conditioned, with informal entering activities. Then we'll move to room 25 (also air condi-

tioned) for a Children's Chapel. We'll sing songs, have a time for joys and sorrows, perhaps some movement, and a meditation or a story. After that, (around 10:40), the children can choose to stay in room 26 for follow-up activities, or return to room 24/25 for more free play. We'll clean up at 11:00 and then join the adults in Emerson for "Lemonade Hour"

Summer Session will run from June 20 through Sept. 5 with two exceptions:

- FUUSA will be closed for Independence Day, Sunday, July 4.
- I am leading a Multigenerational Service, "The Golden Mountain", on Sunday, July 25. The nursery will be open that day.

I'm excited! But I'll need more volunteers. If you can help - even one or two Sundays between June 20 and Sept 6 - please sign up in Channing Hall or contact me at FUUSA's office 463-7135 or via email dre@albanyuu.org. If you would like to help FUUSA be a multigenerational community, if you have older children who have grown up in our congregation, if you would like to help us be welcoming to newcomers, please consider joining me in this ministry. And you may find that you are ministered to as well.

--Leah Purcell

Performance reviews

The Personnel Committee works with the minister to set goals and review the work performance of our staff annually. If you have comments (positive or areas of concern) about the work performance of particular staff members, we would like to include that information in upcoming evaluations. The Personnel Committee liaisons for each staff member are listed here, and we request that you contact the appropriate liaison with your comments. Alternately, you can provide comments to the Personnel Committee chair, Todd Thomas, if you wish. Thank you in advance for taking the time to provide feedback for our staff.

- ◆ Leah Purcell, Religious Education Director - Todd Thomas, Liaison
- ◆ Matt Edwards, Music Director - Bruce Rodgers, Liaison
- ◆ Amy Lent, Church Administrator - Mary Myers, Liaison
- ◆ Dave Stone, Administrative Assistant & Sexton - Mark Butt, Liaison
- ◆ Olga Oja, custodian - Dawn Dana, Liaison

Neighborhood Potluck

East-of-Hudson Potluck will be on **July 11** at 4:00 pm, at the home of Scott and Karen Murray in Averill Park. Bring a summertime dish or dessert. RSVP to Jan McCracken.

Spring Rummage Sale

Thanks to everyone for your generous support of the spring sale, both through your donations and through your time. We are able to assemble and disassemble our store within hours and because of that we sell many more items to our grateful neighbors. So far we have raised \$2650 and expect to sell several other culled items to add to that total. After the sale we donated our unsold items to the Albany City Mission Free Store, the U.S. Committee for Refugees & Immigrants, The Albany Damien Center Treasure Chest, the Salvation Army, and the Friends of the Clearwater.

Special thanks to all the Rummage Sale workers who priced every single item and to all our helpers who put away the chairs and put up the shelves.

Are you seeing as clearly as you should?

I lost my glasses - I think at FUUSA. They look very much like a pair that is now in the lost and found. If you have a pair of glasses at home and they aren't quite right, perhaps the ones in the lost and found are yours and you have mine.--Linda Way

Curricula for Children and Youth

Since we've had some successes with the new Tapestry of Faith curriculum, the Religious Education Council and I are looking at using more to replace some of our very old curriculum. Some of the benefits of Tapestry of Faith are that it offers ways to "do religion" each week (not to just learn about religion); it addresses multiple learning styles; it integrates many sources in each curriculum; and it's all online, downloadable, and includes information and follow up activities for families for each lesson. We're also using some of our favorite traditional curricula.—Leah Purcell

Offerings for Fall 2010:

Pre- School – **Chalice Children** – Following the premise that children learn best through direct experience, this program is designed to nurture children's spiritual growth, creativity and connection to the Unitarian Universalist community by inviting them in "hands-on" rituals such as simple rhymes, finger plays, games and other activities. Topics include the UU chalice, concepts of birth and death, the great forces of nature and how to make choices and overcome difficulties

Kindergarten and First Grade – **Treasure Hunting** – This program uses the theme of treasure hunting as a concrete way of involving children in the excitement of the search for meaning in life. It addresses the issues that children face daily, explores the meaning of Unitarian Universalist principles and values, and emphasizes and accepting and caring community.

Second Grade – **Special Times** – Using our fourth UU source – Jewish and Christian Heritages, this program engages children in celebrations of the year and other "special times" such as Shabbat/Sabbath, Thanksgiving and everybody's birthday. The celebrations help them understand appreciate the special qualities of worship

and celebrations, to honor diversity and universality in religious traditions, and to grow in UU community and religious meaning-making.

Third and Fourth Grade – **Timeless Themes** – one of our favorite curricula that introduce children to religious literature that is central to North American culture and to UU heritage. Children become familiar with their cultural heritage and to the human issue that inspired these scriptures – the timeless themes of transcendent power, human responsibility, love and freedom, speaking out against injustice, respect for the beliefs of others, love of one's neighbor and forgiveness.

Fifth and Six Grade – **Amazing Grace** – a Tapestry of Faith curriculum that guides children through ways to determine right from wrong and act on their new understandings. Its purpose is to equip them for moving safely and productively through middle and high school years, when they will be continually tugged toward both end of the ethics continuum. Through Amazing Grace, they come to depend on their UU identity and resources as essential to their movement toward understand, independence, and fulfillment of personal promise.

Seventh and Eighth Grade – **Our Whole Lives** – lead by specially trained volunteers - *Our Whole Lives* helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, *Our Whole Lives* not only

provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

Senior High Group – **Life Issues**: Our high school youth informally explore ethical, social, & political issues in their lives. They will also enact their values by doing a service project and prepare for their Sunday Worship Service.

Garden Maintenance

If you enjoy seeing the changing variety of flowers and plants in our FUUSA gardens, please sign up to help keep them looking their best this summer! There is a sign up sheet in Channing Hall - sign up to come in one or more weeks over the summer to help weed, dead head, water, etc. Now that we have four gardens to maintain, we are asking for two people to sign up for each week (please include your contact information on the sign up sheet). You only need to come in one day during the week you have signed up for, and you get to choose the day! Bring your garden gloves, tools and kneeling pad. Instructions will be posted in Channing Hall and extra gardening supplies are in the large basement storage closet. Any questions, contact Paula Moskowitz.

Sunday Services at FUUSA—June-July 2010

(August services will be in the mid-summer Update)

June 6 "Lifelong Faith Development," Rev. Sam Trumbore

What does faith development look like in a Unitarian Universalist congregation? A number of our members may not even want to use the word "faith" so this is an important question. Leah and Rev. Sam think the best way to discuss faith development is with stories. Come hear a few stories of what faith development looks like and reflect on whether you too might find this valuable.

June 13 NO SERVICE AT FUUSA

June 20 "Healing the Father Wound," Chris Antal

Many of us have been wounded by our birth fathers. This wounding -- a result of neglect, absence, abuse, control, or a lack of affirmation and blessings at various stages of life -- can lead us to live depressed, anxious, and angry lives. Join in supportive community this Father's Day as we face these wounds and learn proactive remedies for ourselves, our fathers, and our children.

June 27 "General Assembly Worship 2010"

Ever wondered what it would be like to attend a service with 3000 or 4000 Unitarian Universalists? You can do it virtually by attending this Sunday. The Sunday worship service at General Assembly will be streamed live on the Internet this year. Rev. Sam will set up Emerson Community Hall to show that service. We will be virtually there along with them as the service will start at the same time our service starts.

July 4 No service Happy Fourth of July!

July 11 "A Christianity I Can Live With," Chris Antal

You can be Christian and still be open-minded! Drawing from recent work in the field of theology of religions, we will consider four models for a Christian approach to religious pluralism, and discover ways of being Christian that still respect the diversity of belief in our denomination and world.

July 18 "The Lone Ranger Comes Home," Chris Antal

Chris will share his own journey from a place of radical individualism and self-reliance to a greater appreciation of religious community and a genuine sense of belonging. Come rediscover the significance of *covenant* to Unitarian Universalism and why we commit to both a *free* and *responsible* search for truth and meaning.

July 25 "The Golden Mountain," Multigenerational Service led by Leah Purcell

This service is centered on a story about recognizing the beauty that supports our lives. As we each dedicate this summer morning to celebrate our community, let's see if a gathering of all ages can together create an experience that inspires transcending mystery and wonder.

Summer Sundays for Kids

Religious Exploration: Summer Session

June 20 through Sept .5 (two exceptions: July 4 FUUSA closed; July 25 multi-generational service)

Infants and toddlers will be cared for by staff in the Nursery.

Ages 3-12 will gather in Room 24/25

Come as many Sundays as your family would like to attend. The program is designed for a multi-age group.

There is no "Kids' Time" in the service. Take your child upstairs before the service starts.

The Nursery and Rooms 24/25 and 26 are air-conditioned.

If you'd like to volunteer to help with RE Summer Session, contact Leah at 463-7135 or dre@albanyuu.org



Joys and Caring Corner

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

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Ann Lapinski (fbarker@nycap.rr.com).

Sunday Volunteers

Sign up in Channing Hall at the Sign Up Site.

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
June 6	A. D'Attilio	K. Harris, J. Seimon, K. Diina-Feldman	Barrons	T. Archer	
June 13	NO SERVICE at FUUSA today				
June 20					
June 27					

Can Can with the Choir!



Please bring your (clean) returnable beverage containers—or receipts for those you've already returned—to support the FUUSA Choir's tour of Eastern Europe.

There is a container in the coatroom for bottles and cans, and an envelope for receipts.

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 June

Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8
Wednesdays	10:00 AM	Projects & Quilts	B-8
	10:30 AM	Playgroup	24/25
	7:00 PM	Choir Rehearsal	Emerson

Exceptions:

All Other Events Happening in the Month of June

1-Jun	10:00 AM	Philosophy Group	B-8	15-Jun	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8		1:00 PM	Bridge	B-8
	6:30 PM	RoP Dinner & Meeting	Emerson alcove	16-Jun	10:00 AM	Projects & Quilts	B-8
	7:00 PM	Beauty of Needs Group	B-7		10:30 AM	Natural Family Support Group	24/25
2-Jun	10:00 AM	Projects & Quilts	B-8		3:00 PM	Soul Matters-Johnson	B-8
	10:30 AM	Natural Family Support Group	24/25		7:00 PM	Choir Rehearsal	Emerson
	5:30 PM	Caring Network Meeting	B-8	17-Jun	6:00 PM	Board Meeting	B-8
	7:00 PM	Choir Rehearsal	tba	20-Jun	9:00 AM	Mindfulness Meditation	Sanctuary
4-Jun	6:30 PM	Rite of Passage Potluck	Emerson alcove, Kitchen		10:00 AM	Service	Emerson
5-Jun	9:30 AM	RE/SRC	Emerson alcove		11:45 AM	Green Sanctuary	B-7
	10:00 AM	Labyrinth	Channing (setup 9, done 4)	22-Jun		Choir European Tour	abroad thru July 6
6-Jun	9:00 AM	Mindfulness Meditation	Sanctuary		10:00 AM	Philosophy Group	B-8
	10:00 AM	Service	Emerson		1:00 PM	Bridge	B-8
	10:30 AM	Sundae Sunday Children's Program	Sanctuary	23-Jun	10:00 AM	Projects & Quilts	B-8
	11:00 AM	Coffee Hour	Channing		10:30 AM	Natural Family Support Group	24/25
	11:00 AM	Sundae Sunday	Channing, Kitchen	24-Jun	7:00 PM	Finance Committee	B-8
	11:45 AM	Social Responsibilities Council	B-8	25-Jun	6:30 PM	UU Parent Potluck	Channing, Kitchen, 24/25
8-Jun	10:00 AM	Philosophy Group	B-8	26-Jun	10:30 AM	Lori Taylor Memorial	Emerson
	1:00 PM	Bridge	B-8	27-Jun	9:00 AM	Mindfulness Meditation	Sanctuary
	7:00 PM	Green Sanctuary/350	B-8		10:00 AM	Service: General Assembly live feed	Emerson
9-Jun	10:00 AM	Projects & Quilts	B-8		6:00 PM	War Healing Circle	Emerson
	10:30 AM	Natural Family Support Group	24/25	29-Jun	10:00 AM	Philosophy Group	B-8
	5:00 PM	Religious Services Committee	B-8		1:00 PM	Bridge	B-8
	7:00 PM	Choir Rehearsal	Emerson	30-Jun	10:00 AM	Projects & Quilts	B-8
11-Jun	7:00 PM	Mystery Buddy	Channing, Kitchen		10:30 AM	Natural Family Support Group	24/25
12-Jun			3:00 PM				
		Conversation with UUA President	Emerson				
	5:00 PM	Potluck Supper	Channing, Kitchen (12:00 setup)				
13-Jun	10:30 AM	CRUUNY Joint Service (no events at FUUSA)	Saratoga Hilton				
			Stone's home				
	5:00 PM	Cancer Support Group	Emerson				
	6:00 PM	War Healing Circle	Emerson				

First Unitarian Universalist Society of Albany

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RETURN SERVICE REQUESTED



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.

SEE PAGE 11 for complete descriptions!

June 6 "Lifelong Faith Development," Rev. Sam Trumbore

June 13 **NO SERVICE AT FUUSA** (see elsewhere in this issue for information on joint service in Saratoga Springs)

June 20 "Healing the Father Wound," Chris Antal

June 27 "General Assembly Worship 2010"

July 4 **NO SERVICE** Happy Fourth of July!

July 11 "A Christianity I Can Live With," Chris Antal

July 18 "The Lone Ranger Comes Home," Chris Antal

July 25 "The Golden Mountain," Multigenerational Service led by Leah Purcell
