

Windows Update

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

Mid-February, 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

Newsletter of the First Unitarian Universalist Society of Albany

What's important to FUUSA's future?

Join in the next discussions

Last fall, about 90 FUUSAns gathered in small groups to discuss questions posed by the Dream Catchers, our congregation's strategic planning team. We heard four major themes as a starting point for our planning: community, spirituality, social justice, and spreading the UU word.

The sense of community was most frequently cited as the most satisfying aspect of being part of our congregation. And participants also told us that they were seeking deeper connections with others in the congregation.

We asked the question, "What do you long for in a religious community?" In addition to deeper connections, participants told us that they are looking for greater opportunities for spiritual engagement, in Sunday service and at other times.

To the question "What are we, as members of the FUUSA community, called by our UU values to do in this time and place," two strong answers emerged. Participants want FUUSA to spread our message and be the beacon of liberal religion in the Capital Region. And they feel we need to engage in social justice and service to others and get involved in our neighborhood.

The Dream Catchers will be hosting three opportunities for you to discuss what we've learned and how the congregation will carry these themes into our future. All will take place at FUUSA, and childcare will be available.

Saturday, Feb. 21 from 3:00 to 5:00 pm. This will be a "World Café," which is a fun way to engage in series of small group discussions about important questions!

Sunday, Feb. 22 Starts at noon, light lunch at 11:45

Sunday, Mar. 1 Starts at noon, light lunch at 11:45

We want to hear from as many people as possible. There is no prerequisite for participation! We encourage newcomers to join in.

The Dream Catchers have been charged by the Board of Trustees with making recommendations for our congregation's future. We plan to report at the May 2009 annual meeting and present the strategic plan in the fall of 2009. Any comments you would like to share with us can be sent to our e-mail address: --The Dream Catchers: Pam Collins, Dick Dana, Molly Daniels, Allison Lattin, Donna Meixner, Dave Munro, Leah Purcell, Peggy Sherman, Sam Trumbore, Linda Way

Board notes

Following are highlights of the January 22 Board of Trustees meeting. For further details, see Board Minutes posted in Channing Hall.

The Board examined data tracking membership statistics, pledge units, and the number of known visitors in the past several years. The "hard data" suggests that we are gaining about the same ratio of

new members to number of visitors as do other UU congregations. Therefore, attracting more visitors is important for increasing membership. While FUUSA's social, emotional and spiritual growth is much harder to capture on a spreadsheet, there are many positive indicators of increased energy and commitment in the congregation!

The Board was pleased to hear that the
Board notes, continued on pg. 2

Publication deadlines

Mar. *Windows*: Feb. 17

Mar. *Update*: Mar. 2

Annual Fellowship Dinner

Friday, April 3, 2009
at
Franklin Terrace, Troy

Nametag rehab

Sign up for a new printed nametag, rehab your old one, or make a new one—materials available every Sunday near the OLD nametag board. Please store your nametag on the new board in the hall by the coatroom from now on. The big old brown cabinet that is the base for the old nametag board will be disappearing from Channing Hall sometime...

P.S. Don't forget to WEAR your nametag at all church functions.

Food Pantry news

Here are some heart-warming statistics – 2008 food pantry final numbers. During 2008, 3039 households were served. Numbers are also kept for new households that are served, and they are very sobering, indeed. As the downward trend in the economy continued, our numbers of new households rose from 18 in February to 50 in December – a total of 315 for the year. We are also providing a new service for our clients who can't get to the pantry; we delivered to 229 shut-ins during the course of the year. Now hear this if you really enjoy statistics- broken down to the smallest units, we served a total of 110,430 meals in 2008!

Our generosity and good will are still very much appreciated and needed. Our next donations will be taken on Feb. 22. Lois Thomson, Jane Allen, co-chairs

Board notes, cont. from pg. 1
2009-10 Canvass Committee, chaired by Peter Brown, has already begun its work and is developing a plan for a face-to-face canvass similar to last year's approach. All agreed there is great value in making personal canvass calls that go beyond pledging: visits often result in valuable feedback, greater commitment to stewardship, and deeper personal connections--hence a strengthening of our FUUSA community.

Much of the meeting was spent discussing a proposed area-wide UU marketing campaign in the greater capital district. On the national level, the Unitarian Universalist Association has been committing significant resources exploring the question, *What will it take to grow our faith?* In focus groups, surveys and roundtable discussions, UUs across the country have responded with enthusiasm and commitment to the goal of strengthening and growing our movement.

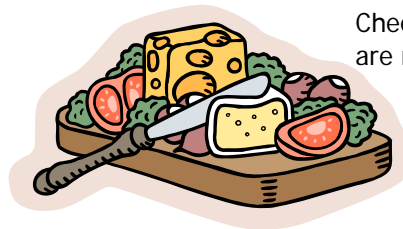
On the local level, for the past three years FUUSA has been exploring this question with the UU congregations of Schenectady, Saratoga and

Glens Falls. Now calling themselves the Capital Region Unitarian Universalists of New York (CRUUNY – formerly UU Metro) the four congregations are ready to partner with the UUA and move forward in an area-wide \$75,000 marketing campaign which includes affirming the concept and possibility of a new congregation in the Clifton Park area.

Al DeSalvo brought a wealth of background information to the Board about the joint planning efforts which led to the CRUUNY proposal. He reviewed and summarized surveys on regional demographics and consultations with UUA staff on effective marketing experiences. After considerable discussion and additional information from Linda and Sam, the Board voted to affirm the proposal for a Capital Region UU Marketing Campaign with attendant fund raising efforts. The kick-off to the media campaign will be a joint worship service of the four congregations on Sunday, April 26th in Saratoga. (Mark the date!)

As the Board adjourned, in the words of W.E.B. DuBois, "It is today that our best work can be done."

"I have this cheese.....now, what about the wine?"



Cheese and wine are naturals together.



Come to a relaxing and entertaining evening of cheese and wine pairing featuring the expertise of cheese meister **Eric Paul** and wine mavens **Peter Meixner, John Sherman, Rick Whitebread, and Al De Salvo.**

Saturday, Feb. 28 at 7 PM \$25

Sign up early to assure yourself a seat. Look for the reservation table in Channing Hall starting Sunday, Jan. 25 and each Sunday thereafter.

Social Responsibilities Council

The recent Forum on the refugee resettlement project in Albany was well attended and resulted in many FUUSAs expressing an interest in adopting a refugee family. We are in the process of setting up a meeting to explore next steps. If you were unable to attend the Forum, but are interested in more information, please stop by the SRC Table in Channing Hall during coffee hour.

The Criminal Justice and Prison Reform Committee of the SRC, as a member of the Capitol District Chapter of the Coalition For Fair Criminal Justice Policies is presenting Prison Health Care: *focus on mental health* on Saturday March 7th here at FUUSA.

Speakers include: Teresa Wuerdemann, Asst. Commissioner of DOCS Health Services; Dr. Timothy Whalen, Regional Medical Director., NE Region; Richard Miraglia, Associate Commissioner of Forensic Services for the NYS Office of Mental Health; and Doris Ramirez-Romero, Department of Corrections Director of Mental Health Services.

These mental health professionals will devote most of their presentation to answering questions submitted by the other participants. Following lunch everyone will be invited to tell their personal stories of prison mental health care. Please join us. The event is from 10 am - 3 pm. A light lunch will be provided.

There are several events relating to Single Payer Universal Healthcare coming up in February and March. This is an issue supported by SRC and the UUA as set forth in the Action of Immediate Witness resolution from the June 2008 General Assembly. The events are listed in the Regional Events of Interest.

Rudy Johnson has been appointed to the Social Responsibilities Council. Rudy has been active on

SRC since joining the congregation last fall. Welcome Rudy! SRC's composition includes the chair, 6 members elected by the congregation and up to 5 members appointed by the SRC elected members. Current members include: Chair – Donna Doran; Elected members – Ann Brandon, Barbara Cooley, Larry Gambino, Janean Sylvester, (1 vacancy); Appointed members – Joan Butcher, Lois Griffin, Rudy Johnson, Peggy Slocum, and Betsy Wright. Thayer Heath is an honorary lifetime member of SRC.

The next SRC meeting will be held on Sunday, March 1, at 11:40 in classroom B7. All are welcome to attend. In the meantime:

Please continue to bring any no-longer-needed blankets or warm jackets to FUUSA for distribution to the homeless. There are still many more cold nights left in our Northeast Winter! A collection box for the blankets will be in the coat room each Sunday morning.

Join in on the preparation of meals for the overflow Emergency Shelter. Meals are prepared at FUUSA and delivered to the shelter on the 1st and 3rd Mondays of each month from mid-November through mid-April. We'll also be preparing meals on the March 29 (the 5th Monday). This is a great opportunity to make a big difference while you enjoy the camaraderie of others. Contact *Barb Cooley* or *Lois Griffin* for details or check the calendar for specific dates and times.

2010 Census jobs info

Sundays, Mar. 8, Apr. 5 and May 3, at noon in Room B3/B4. If you have questions please call Alison Coleman, 424-7078.

FORUM

Feb. 22, Emerson "Why Democrats may rue the day they took control of New York State government."

Get the latest news on Albany politics, as explained by **Jay Gallagher**, Capital Bureau Chief and columnist for Gannett News Service--always a fascinating experience.

Forums are in Room B-8 at 11:30 a.m. If child care is wanted during the Forum, please call the church office at 463-7135 by noon Friday before the Forum.

Upcoming Events

◆ **Single Payer New York** meeting, Monday, February 9, 2:00 pm, Saratoga Springs Public Library, Glasby Room. Contact Preed9@nycap.rr.com for information.

◆ **National Call-in Day** to Congress and President Obama in support of **HR676**. Thursday, February 12. Sponsored by the Leadership Conference for Guaranteed Healthcare. For details go to www.guaranteedhealthcare4all.org.

◆ **The 14th Annual 40 hour FAST** Together will be held from 8:00 PM on March 4 until noon on March 6. The event, sponsored by the Labor-Religion Coalition of New York State will focus on 'Wage Theft.' For details and information on how to get involved, see www.labor-religion.org.

◆ **Prison Health Care: focus on mental health** on Saturday March 7th from 10:00 am to 3:00pm here at FUUSA. (See details in SRC article)

◆ **Navigating the Healthcare Crisis**, Saturday, March 15, 1:00-4:00. Saratoga Springs Public Library, Community Room. Contact Preed9@nycap.rr.com for information.

◆ **Cover the Uninsured Week**, Mary 22-28. Check the website www.covertheuninsured.org for events in NYS.

Giving away the plate

We continue our practice of periodically "giving away the plate" to a community organization. Any money placed in the collection plate on **Sunday, March 1** that is not specifically designated toward your pledge or capital campaign contribution will be donated to Prison Action Network (PAN). Prison Action Network works in close collaboration with our Social Responsibilities Council's Committee on Criminal Justice and Prison Reform. PAN seeks to transform complaints into change by empowering the people most directly impacted by incarceration to become advocates for themselves, their incarcerated loved ones and the communities from which they come. Us-

Channing Circle

We meet again on Monday, February 16. The program "Would you know a kudu if you met one?" will feature pictures of wildlife in Africa taken during Priscilla Crago's trip to Namibia, Botswana, and Zimbabwe last summer. All members and friends of FUUSA are welcome to attend the program which will begin at 1 pm.

Channing Circle folk, which include all who are retired, regardless of age, should bring their lunch at noon. Dessert, supplied by members of the group, coffee and tea will be provided.

We will begin to plan summer outings. If you have schedules for summer programs in our area, please bring them with you. We hope that several of you will have suggestions for venues that interest you and that you might be willing to organize.

We look forward to seeing you all and hope you have circled future 3rd Mondays of the month on your calendar for the remainder of the church year.—Thayer and Ursula

ing their newsletter Building Bridges to communicate with people in prison and their families and advocates on the outside, PAN has organized annual Family Empowerment Days, which this year brought over 500 people together to choose a focus for their energy. From those meetings the Coalition For Fair Criminal Justice Policies has formed with a chapter in NYC and one in Albany. In Albany the issue chosen for this year is Prison Health Care, and their second event, in a year-long campaign, will focus on mental health care, and take place here at FUUSA on March 7. Your generosity in supporting these activities through your donation is very much appreciated.

Walker Book Club

The Walker Book Club will next meet on Sunday, February 8, commencing with a potluck supper at 5:30 PM at Lisa Walker's, Delmar. Bring your favorite dish to share, and a small contribution to cover beverages. If you need directions, call Lisa. Newcomers are always welcome.

Dates and books currently scheduled:

- ♦Mar. 8. Greg Mortenson & David Oliver Relin, Three Cups of Tea. Suggested by Barb Cooley and Winston Hagborg.

Spirituality Book Club

The Spirituality Book Club meets at noon on Sundays to discuss books on spiritual subjects. Upcoming books are:

- ♦Feb. 15: Think on These Things by Krishnamurti
- ♦Mar. 15: Proverbs of Ashes: Violence Redemptive Suffering and the Search for What Saves Us

If you have questions contact Philomena Moriarty Trumbore.

Rite of Passage trip to Boston in May

A record number of FUUSA youth and mentors will be making the pilgrimage to Boston this spring as the culmination to our Rite of Passage Program. Twenty-eight of us will travel by car first to Lexington to visit Orchard House, the home of the Alcotts, and tour Walden Pond with an interpreter playing Henry David Thoreau. We'll also pay a visit to our friends at First Parish Church in Lexington. Then we'll travel on to Boston where we will be staying at a hostel. Sunday we'll visit some of the many famous UU congregations there and walk the Freedom Trail. Monday we'll tour the UUA headquarters, including the youth office. It should be a busy and exciting time, and a meaningful experience for our youth. Mark your calendars for the Rite of Passage service at FUUSA, Sunday, April 19, to hear about their experiences in the program and their belief statements. Please support the youths' fundraising efforts by attending their Elegant Italian Dinner, Saturday, March 7.

Committee on the Professional Ministry

This committee held its quarterly meeting recently. With an eye to seeing what has been accomplished and also where attention will be focused as the church year progresses, we reviewed Sam's goals and key responsibilities for 2008-09 which had been discussed in detail at our October meeting. The two-page document is posted on FUUSA's web site --click Minister. We invite your comments about Sam's ministry, verbal or written. If you would like to meet with the committee, please let us know. Committee members are: Meredith Andrews, Peter Brown, Al DeSalvo, Bruce Rodgers, Martha Schroeder, Nancy Willie-Schiff.

Spiritual practices

Try something different—at FUUSA!

Some of these are sponsored by outside organizations, some are by FUUSA. For more information on any particular practice, use the contact info provided.

The **Dances of Universal Peace** are simple circle and partner dances that use sacred phrases, chants, music, and movements from many spiritual traditions of the world. Led by certified leaders of the Peaceworks North America Network for the Dances of Universal Peace. No previous experience is necessary. Soft shoes recommended. All are welcome! \$5 donation requested. For information, call 518-392-9718, 518-669-2818 or 518-581-0493; farid@taconic.net. In Channing Hall Next dates at FUUSA: Feb. 21 and Mar. 21

Earth Spirits is a group of that includes members of FUUSA and others focused on exploring earth-centered spirituality. Our monthly meetings usually include a ritual and other activities including planning for the major public rituals. The group is open to anyone who is interested in learning more about earth-centered spirituality. It includes some members who have a great deal of experience and others who are just beginning to explore this path. The next meeting will be Wednesday, March 4, at 6:30. The spring equinox celebration will be held at 7:00 on Friday, March 20. For information call Betsey Miller at 518-869-0739.

Experience meditation in motion on the path of the **Labyrinth**. For over 3,500 years, this tool for walking meditation has provided those who journey its single, meandering pathway a place to slow down and relax. Put one foot in front of the other and slowly spiral your way to inner peace. You will also find a Labyrinth at FUUSA once a month when Jae Way and Connie Barber of OneSelf lay out their canvas Labyrinth in Channing Hall. For more information, visit www.oneselfcares.com or call Jae at 518-462-0017. In Channing Hall. Next dates: Feb. 21 and Mar. 21, 10:00 am-2:00 pm.

Holy Trinity National Catholic Church is a parish of the National Catholic Church of America; a Vatican-Free Catholic faith community which offers full participation in the life of the Church, including the sacraments of Marriage and

Holy Orders, without regard to gender, marital status or sexual orientation. Holy Trinity parish was founded in 1995 and is a member of the Capital Area Council of Churches, Inc. For further information contact the Pastor, Archbishop Richard Roy, at 518-434-8861 or visit our web site at www.nationalcatholicchurchofamerica.org. Meets Sundays at 6:00 p.m. in Room B-7

Meditation Retreats Several times during the year, usually fall, winter and spring, Rev. Trumbore leads a Friday night (6:30-9:00 pm) and Saturday (8:00 am-3:00 pm) meditation retreat at FUUSA. He offers basic instruction for Buddhist mindfulness meditation over the course of the retreat. This is sometimes combined with other spiritual practices, for example from Sufism, to deepen the participant's experience of each teaching.

Mindfulness Meditation Rev. Trumbore teaches basic Buddhist meditation beginning with a Buddhist reading and some instruction, followed by about 20 minutes of meditation. There is time for discussion and questions. The session concludes with a dedication of the value and merit of practicing for the benefit of all beings. In the Sanctuary, Sunday mornings from 9:00-9:45 am.

The purpose of the **Pagan Alliance Church** is to: Live in a manner which shows love and respect for all. Hold rituals on the agreed Sabbats and Esbats and any other special occasions. Work to Unite, in a loose alliance, all pagan groups. Learn from each other. We hold full moon rituals on the night of the Full Moon at FUUSA (usually in Room B-8) and Sabbats on Saturday, usually also at FUUSA). For more information, please visit <http://www.PaganAllianceChurch.org> or call (866) 650-3707

Zikr Circle Sufism, often called the Path of Love, is the mystic Love affair between the soul and God. Come experience directly the essence of this great Love for the Divine in the circle of zikr Divine Remembrance. The zikr circle is a powerful, direct experience of the divine Presence and belongs to all humanity. Come as you are, come to the circle of Love and come home to the One in all our Hearts! For more info contact Nur Habib nurhabib1@gmail.com In Channing Hall. Next dates: Feb.19, 7:30 pm

Thank You!

The Mitten Tree donations were gratefully accepted by the Refugee and Immigrant Center in Albany and by the Marillac Homeless Family Program in Albany. Thank you for your generosity.

Congratulations! This year we were able to raise \$628.51 through our Guest at Your Table program. Plus, our gifts of \$100 or more are eligible to be matched thanks to the generosity of the UU Congregation at Shelter Rock.

The keys to our kingdom!

We are running low on key fobs—those lovely little gray plastic thingammies that open doors to our building. We could buy more, but we'd rather get back any that aren't really getting used. Key fobs are issued on a long term basis to board members, committee chairs, SGM facilitators, and others who are responsible for activities in the building. If you have a fob in your possession from a time when you were responsible for some activity, but now are no longer doing that, we would greatly appreciate the return of the key fob. Key fobs are always available for short term use should you need one again! Please return any un-needed fobs to Amy Lent at the church office. Thank you!

DOUBLEHEADER

Saturday, March 7

6:00 p.m.
Channing Hall

Elegant Italian Dinner

Fundraiser for the Rite of Passage
program for their trip to Boston

Menu:

Soup, gourmet ravioli,
salad and bread, dessert, wine

\$25 per person

Your waitstaff will be the
youth in the program.

7:30 pm
Emerson
Community
Hall

Jeannie Gagné in Concert



JEANNIE GAGNÉ

photo by Susan Wilcox

Jeannie sings from the depths of her soul with rare skill and passion. Her four-octave range and unique vocal style go from strong blues-influenced singing from-the-gut, to lyrical, beautiful and sometimes haunting reflective singing. She performs jazz with equal agility, and is seen frequently in the Boston area and elsewhere. Her pop/rock sound has been compared to Bonnie Raitt, Sarah MacLachlan, Sheryl Crow and Margo Timmins of Cowboy Junkies.

Tickets:
\$10 per person,
\$20 family max

Sign up in
Channing Hall
during Coffee
Hours in
February.

Walk-ins are
also welcome.

SPONSORED BY THE RELIGIOUS EDUCATION COUNCIL

The UUiverse

Newsletter of the Religious Education Program
of the First Unitarian Universalist Society of Albany

RE Council

MaryBeth Nelligan-Goodman, Chair, '09
Jon Bick, '09
Carol Butt, '10
Laura Churchill, '10
Margery Eddy, '11
Linda English, '10
Linda Hunt, '10
Allison Lattin, '11
Karyn Loscocco, '09
Lee Newberg, '09
Don Odell, '11
Susan Patti, '09
Lauren Tobias, '11

RE Teachers

Nursery - To be announced
2 Year Olds - Laura Beberwyck, Molly Dianels, Ann Lapinski, Andrea Ricard, Sandy Stone, Deborah Vogel
Pre K - Marry Applegate, Patti Jo Newell, Renee Panetta, Jennifer Holmes with Darnell Rohrbaugh, Ruth Foster, and Josh Satin as aides
Kindergarten - Bill Baxter, Bruce Smith, Andrea Smith, Tracie Tilgner, Pete Costello
1st & 2nd - Jon Bick, Amy Sousiz, Sterling Post, Kathy Macri, with Amy Jesaitis and Karen Szary assisting
3rd - Millie Eidson, Jim Hutchins, Shobha Mathur, Jeannie Steigler
4th - Patsy Patrick, Dick Patrick, Mike, DeVolder, Winston Haggborg, Laura Churchill
5th & 6th - Mary Ann Randall, Dee VanRiper, Audrey Bennett, Pam Clements
7th & 8th - Peter Rawitsch, Lee Newberg, Elena Reynolds, MB Nelligan-Goodman, Kevin Purcell, Stacy Kitt, Mary Baxter, Ed Hancock
Senior High - D.J. Panetta, Jane Lax, Shawn Fitzgerald, Nancy Woods, Paula Brewer

Spotlight on Kindergarten

by Tracie Tilgner

Our Kindergarten class this year is a truly fantastic group of children! Our curriculum this year is "Treasure Hunters." This program addresses issues that children face daily, explores the meaning of the UU Principles and values, and emphasizes an accepting and caring community. It's been so much fun to be on this journey with our students! Each child has made a treasure box, and each week we explore UU principles while creating a new "treasure" for our boxes. Recently, we discussed our visions of the future and made "Dream Cloths" to put under our pillows. Our little "Treasures" have such exciting plans for when they grow up: we had future ballerinas, fire fighters, and even the captain of a space alien airplane! We've tackled a wide range of subjects, from holiday celebrations to world hunger, and the children embrace each new topic with enthusiasm.

I can't forget to thank the parents of our group – they have been very involved in our class, and the regular attendance of our students has made it possible for them to develop a feeling of community within our room that could not have been achieved otherwise.

The real treasure for us has been having the opportunity to share time with such a wonderful diverse group of young people. Five- and six-year-olds have such an interesting perspective on the world and it's been a joy and a privilege to see things through their eyes. If you ever have a chance to stop by and visit, please do so! We're looking forward to an exciting spring semester full of adventure.

Spotlight on the 4th Grade

by Patsy Patrick

The fourth grade has spent the first term learning about the books and stories in the Hebrew Bible. We learned the creation stories by creating our own worlds in dioramas, compared the different versions of the Noah story, build the Tower of Babel, made Abraham's family tree, designed a coat for Joseph, made a four part mural of Moses' life including the burning bush, and stormed the walls of Jericho. In the spring we will move on to the stories of Jesus' life and teachings in the New Testament. We are also working on something special for a worship service in March.

I would like to add that I am grateful for all those who volunteer in the RE program. We are lucky to have an enrollment of about 130 children and youth and 62 adult volunteers.

We welcome these teachers joining teams this spring: Molly Daniels in the toddler room; Marry Applegate and Patti Jo Newell to the Pre-K room; Bill Baxter to Kindergarten; John Bick to first and second grade; Jeannie Steigler and Shobha Mathur to third grade; and Mike DeVolder to fourth grade. We also thank these people who are comming off the teams: Jennifer Thomas from the toddler room, Seema Chaudhari and Linda English from pre-k; Meredith Andrews from Kindergarten; Susan Patti from first and second; Lauren Tobias and Karen DeWillers from third and Larry Gambino from fourth.

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Spotlight on 7th & 8th Grades

This year our 7th and 8th grade classes are participating in “OWL – Our Whole Lives, Faith and Sexuality”. “OWL” serves as a cornerstone for our middle school RE program. The immediate goal of this powerful curriculum is to help our adolescents understand their own developing sexuality in the context of our shared UU principles. Many people focus on the sexual content of the course. (The slides, whether individuals have seen them or not, are always a big topic of conversation and so they are shown to the parents as part of their orientation.) However, the youth actually spend many of their class sessions exploring concepts of sexualization in American culture, sexual orientation and presupposed gender roles, healthy relationships (both sexual and non-sexual) and communication skills.

This initial encouragement for youth to begin exploring who they are, how they view society’s expectations, and how they present themselves to the world sets the stage for deeper spiritual exploration in subsequent RE classes such as “How Do I Know What to Believe” and “Rites of Passage”.

Welcome, new members!

Larry Enoch lives in East Greenbush with his wife Judith. He is an Occupational Safety and Health Manager for the New York State Office of General Services and Judith is most of the biology department for the Distance Learning Center of Empire State College. Their son, Declan, is in the advertising business in Ireland, and their daughter Hannah is in graduate school at Yale. He grew up on Long Island but has lived in the capital region for many years. He likes to read, garden, fish and take swings at golf balls.



Holli Rossi and Terry Murphy come to us from Troy. They were married here in the Sanctuary in November 2007 after coming to FUUSA that September.



Holli works as an administrative coordinator for the Science and Tech-

nology Center at Albany Law School. She enjoys hiking and cross-country skiing, non-fiction writing, and beading jewelry. At FUUSA, she has been involved with the holiday bazaar and making cakes for the FUUSA birthday celebrations.

Terry has been an art teacher at Catholic Central High School for the past 25 years. He has worked in a variety of art media in the past, and more recently has taken to painting. Terry is presently involved in a Small Group Ministry here at FUUSA and has had one of his woodcut prints published in last year's edition of the Oriel.

Matt Sundheim grew up in Levittown, PA outside of Philadelphia, and he moved to Albany to work on a Master's degree in Biodiversity, Conservation, and Policy at U Albany. He is still working on his thesis, which will likely involve urban planning and/or landscape conservation. Since moving to Albany, he has become an avid curler, and if anyone is curious about the sport, he would love to talk about it with them.



A Community Passover Seder

Led by Rev. David Weissbard

Saturday, April 4, 4:00 PM
Sign up Sundays or call the church office (463-7135)

Everyone welcome !

**General Assembly
Salt Lake City, Utah
June 24 -28**

If you would like to be a FUUSA delegate to General Assembly (GA)—the UU Happening of the Year—please let Linda Way or Don Odell know soon. This GA will surely be an exciting one as we will be electing a new president of the Unitarian Universalist Association. We are entitled to 9 delegates. If you haven't been to a GA, perhaps *now is the time!*

General Assemblies make overall policy for carrying out the purposes of the Association and direct and control its affairs. Voting at each regular and special General Assembly is by accredited delegates from certified member congregations and trustees. And, there are many workshops, presentations and activities.

GA registration and housing reservations open March 2. Note the opening date for housing reservations in particular--frequently the best housing is taken early.

Call for nominations

The Nominating Committee has issued a call for nominations for the following positions to be elected at the Annual Meeting on May 17, 2009. See February Windows or call Chris Jensen, Committee Chair, if you have questions (783-9202).

Position	Term	Position	Term
President	1 year	Religious Ed. Council Chair	1 year
Vice President	1 year	Social Responsibilities Council Chair	1 year
Secretary	1 year	Religious Education Council (4)	3 years
Treasurer	1 year	Social Responsibilities Council (2)	3 years
Asst. Treasurer	1 year	Nominating Committee (2)	3 years
Board of Trustees (2)	3 years	Endowment Trust (1)	3 years

Walk with the world!

Save the date

The CROP Hunger Walk is coming up on Sunday, May 3, 2009. "Team UU" has been registered for the Walk and we're aiming to make this our biggest, best Walk team ever. Watch for sign-ups and pledges at coffee hours starting in late March. Join us in voting with our feet for a better world.

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 Irene Saulsbery or Ann Lapinski.

Sunday Volunteers

Sign up in Channing Hall or call Eileen Hoffman or for Greeters Lynne Lekakis.

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter (1)
Feb. 15	A. D'Attilio	B. A. Brandon J. Butcher	S&A Berzinis		A. DeWillers
Feb. 22	D. Odell		T. Henderson		A. Radin

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	Religious Education	Classrooms
11:00 AM	Coffee Hour	Channing, Emerson

Exceptions:
Feb. 15 Service will be in Sanctuary

Events Happening Every Week in the Month of February

Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8

Exceptions:

Wednesdays	10:00 AM	Projects & Quilts	B-8
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All Other Events Happening in the Month of February

10-Feb	6:30 PM	AdEd: "Owning Your Religious Past"	B-8	19-Feb	5:30 PM	Public Relations Committee	Channing
	7:00 PM	SGM Sherman	Stott/Joy Library		7:00 PM	Finance Committee	B-8
	7:00 PM	Dream Catchers	B-7		7:00 PM	SGM Street/Boreali	Stott/Joy Library
11-Feb	3:30 PM	Staff Meeting	Study		7:00 PM	Service Rehearsal	Emerson
	5:30 PM	ARISE Core Team	B-7	20-Feb	6:30 PM	Guilderland Plus Potluck	Gambino/Hunt's
12-Feb	5:00 PM	Safe Congregations	B-7	21-Feb	10:00 AM	Labyrinth to 2:00	Channing
	7:00 PM	PCC Meeting	B-8		10:00 AM	Service Rehearsal	Emerson
15-Feb	11:45 AM	Green Sanctuary Committee	B-7		3:30 PM	Dream Catchers World Café	Channing
	12:00 PM	Spirituality Book Club	B-8		7:00 PM	Dances of Universal Peace	Channing
	1:00 PM	Darwin Lecture	Emerson	22-Feb	11:30 AM	Forum: Jay Gallagher	Emerson
16-Feb	Holiday - Office Closed				12:00 PM	Dream Catchers Discussions	Channing
	10:00 AM	SGM Perkins	B-8		6:30 PM	Whirling Rainbow Lodge	B-8
	12:00 PM	Channing Circle	Channing	23-Feb	1:00 PM	Windows mailing	Channing
	7:00 PM	SGM Street/Boreali	Stott/Joy Library		3:30 PM	Shelter Meal Prep	Kitchen
17-Feb	9:00 AM	Windows deadline			7:30 PM	Monday Men	Stott/Joy Library
	6:30 PM	AdEd: "Owning Your Religious Past"	B-8	24-Feb	6:30 PM	AdEd: "Owning Your Religious Past"	B-8
	7:00 PM	Service Rehearsal	Emerson		7:00 PM	SGM Sherman	Stott/Joy Library
18-Feb	1:30 PM	SGM Patka	B-8	26-Feb	7:00 PM	Board of Trustees	B-8
	5:30 PM	SGM Murray	B-8	28-Feb	7:00 PM	Wine Tasting	Channing, Kitchen

Albany UU annual dinner tune goes world-wide!

I received an email a few weeks ago from the Public Relations Officer at the Sydney (Australia) Unitarian Church saying "I am trying to establish the author(s) of a lovely funny tune entitled "You are Theist, I am Humanist", which a contact in Denmark (of all places) suggests was written by your presumptive members, Meg and Scott Bassinson. Can you please confirm...?" Albany, Australia, and...Denmark?

Yes, indeed, Meg and Scott wrote this song for a FUUSA annual dinner skit not too many years ago. And it was printed recently (with attribution) in The SUN (Sydney Unitarian News). You can see and hear it performed by Joyce Dowling and Connie Coombs of the Davies Memorial UU Church in Camp Springs, Maryland, at: youtube.com/user/dmuuc. And now you can read it here.

Oh, and by the way—heed this advice—miss our Annual Fellowship Dinner on Friday, April 3 at the Franklin Terrace, and you risk missing another fabulous skit with great songs!

Thanks to Mike McPhee of The SUN for letting me in on this! —Amy Lent

YOU ARE THEIST, I AM HUMANIST

(To the tune of "Sixteen Going on Seventeen")

You are theist, I am humanist,
I think that you're naive;
You have no proof to offer as truth –
You simply say, "I believe."

New Age bubbles get you in trouble,
Lost in a feel-good fluff;
True understanding is quite demanding,
Praying is not enough.

Totally unprepared are you
To make a case that's plain;
Maybe those pagan chants and drums
Have ruined your poor brain!

You need someone saner and wiser
Telling you what to do;
You are theist, I am humanist,
I – will think – for you!
I am theist, you are humanist,

You're locked inside your head;
You're existential, self-referential,
Claiming that God is dead.

Occam's razor, Pascal's wager,
Soul-less tautology;
Wisdom traditions, not erudition,
Make much more sense to me.

Totally unprepared are you
To let go of your mind;
How 'bout a leap of faith, my friend,
You may like what you find!

When you find that you're out of answers,
You won't know what to do,
I am theist, you are humanist,
I – will pray – for you!

We cannot agree on anything,
Each has a point of view;
I am theist – I am humanist,
That's why we're UU!

Reproduced with the
kind permission of the
authors, Scott and
Meg Bassinson.

First Unitarian Universalist Society of Albany

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RETURN SERVICE REQUESTED

Darwin at 200: His Legacy
Sunday, February 15, 1:00 pm



Lectures by
Drs. P. Thomas Carroll and Sherrie Lyons
(discussion and reception will follow)

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 for children are at 10:00: the Nursery opens at 9:45.

Feb. 15 "Darwin at 200" --The Rev. Sam Trumbore (Sanctuary)

Few discoveries have had such a big impact on the religious world as the discovery of natural selection. Many believers in a Creator couldn't swallow the idea that all life evolved randomly from the simplest cells formed out of amino acids. Unitarian and Universalist clergy had to decide whether they were on the side of reason and science or Biblically based theology. We'll honor this great man this morning and his influence on us. (Be sure to stay for the afternoon lectures!)

Feb. 22 "Would you have been an abolitionist?" (Emerson)

Abolitionist John Brown used his home in the Adirondacks as a station on the Underground Railroad and then as a base for his raid on the arsenal at Harper's Ferry. The support of Emerson, Thoreau, and Frederick Douglas was essential in building Northern support for this raid, which was the catalyst for the Civil War. John Cooley and Sigrin Newell will explore the life of this controversial hero/martyr/madman and David MacLeod will enact Brown's dramatic oratory style, in recognition of Black History Month.

