

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-November 2009

Minister

Rev. Sam Trumbore

President

Linda Way

Intern Minister

Chris Antal

Church Administrator

Amy Lent

Director of Religious Education

Leah Purcell

Religious Education

Director Emerita

Ann D'Attilio

Music Director

Matt Edwards

Membership Coordinator

Lynne Lekakis

Administrative Assistant/Sexton

David Stone

Custodian

Olga Oja

Publication deadlines

Dec. *Windows*: Nov. 16

Dec. *Update*: Dec. 7

Newsletter of the First Unitarian Universalist Society of Albany

Celebrate Thanksgiving with family and friends at FUUSA!

Thursday, Nov. 26, 3:00-5:00 p.m. (2:00 p.m. set –up)

Channing Hall



Join us for a potluck dinner on Thanksgiving Day. Children are welcome. If you need transportation, let us know and we will try to work that out with others who are attending.

You can sign up in Channing Hall or call the office (463-7135) to let us know you are coming and select an item to bring. Please also bring games for kids after dinner to increase our family fun. Contact Millie Eidson if you have questions.

Board notes

There was perfect attendance at the Board of Trustees meeting on October 15! Reminder - minutes of Board meetings are posted on the bulletin board in Channing Hall or available upon request through the office.

A highlight of the October meeting was the presentation by Peg Sherman, chair of the Dream Catchers, of the final draft of the Dream Catchers "Strategic Plan for the First Unitarian Universalist Society of Albany." The Board thanked Peg and the Dream Catchers for what was approximately 18 months of conscientious work and commended them for including a variety of methods for gathering input from the congregation and leaders in the community. After making a few minor revisions to the plan, the Board agreed on the next steps in the process. The plan and a cover letter will be mailed to all members and friends of FUUSA by the end of October; several informational sessions with members of the Dream Catchers and the Board will be held in November, and the plan will be presented to the congregation for adoption on December 6 after the Sunday service. It is hoped

that the informational sessions will enable the congregation to review the plan, ask questions, and share the excitement of the vision being created. The Board recognizes that the time has come to transfer "ownership" of the plan from the Dream Catchers to the Board, the congregation, and the staff – all of whom will ultimately do the work needed to make the dreams that have been captured a reality.

In other Board business, Vice-President Chuck Manning was thanked for his leadership in addressing the vacancy for the Membership Coordinator position. Chuck worked creatively with different committees and individuals to craft an approach for handling the vacancy on an interim basis until the end of the fiscal year. And, when Dave Metz was not busy installing new bulletin boards in Channing Hall, he was wrapping himself around the books and making great progress in his new job as Treasurer. He and the Finance Committee plan to review designated funds to see if some have outlived their purpose. Finally, the Board received a request from the Senior High Youth Group to modify the Safe Congregation Policy and allow for a **Board Notes , continued on pg. 2**

Board Notes , cont. from pg. 1

sleepover at the home of one of their advisors.

That's just a taste of what the Board has been up to. Feel free to have a conversation with any Board member, or Sam, Leah, and Amy who also attend the meetings, if you have any questions or issues to discuss. Board members are: Linda Way, Chuck Manning, Dave Metz, Jan McCracken, Debbie Brown, Lois Griffin, Molly Daniels, David Street, Bruce Smith, Todd Gray, Dawn Dana, and Randy Rosette.

Channing Circle

Come join us on Monday, Nov. 16 for lunch (bring your sandwich, salad etc.) We will provide coffee, tea. Priscilla Crago and Barb Cooley are bringing dessert. Don Eberle will be speaking about investment issues that are specific to retirees and we will have time for questions at the end.

Thanks to all who offered to help out with Channing Circle's continuation. Lunch is noon and the program starts at 1:00 p.m. Look forward to seeing you.

Dream Catchers conversation**on FUUSA Strategic Plan**

Sunday, Nov. 15 at 12:00 noon

Enjoy the Holiday Bazaar, eat lunch at the café, and join us for a conversation!

Guilderland Plus potluck

The Guilderland Plus potluck dinner group will be hosted by Marilyn and Arden Dockter on Sat. Nov. 21, at 6:30 p.m. Please let them know what you are bringing.

The Ps & Qs quilt raffle

See the beautiful quilt in Channing Hall during coffee hour. Raffle tickets are \$1 each or six for \$5.

"6 to 9 at 6:09"**Circle dinner time again!**

Join us Dec. 5 for the start of this year's circle dinners! A circle dinner is a small gathering of FUUSAns at homes throughout the area to give folks a chance to share a meal organized by a host and have some enjoyable social time. It's a chance to meet someone new and to break our ever-growing congregation into smaller groups. We restarted circle dinners in the spring and had a very successful experience. Sign up sheets will be in your order of service soon and on the wall in Channing Hall. It is easiest for us if you fill out a sheet instead of calling or e-mailing. Deadline for sign up is November 22. You can sign up as a host or guest. We will notify the hosts by November 29 who their guests will be and then the hosts will notify their guests immediately after where they will be going for dinner and what they will be expected to bring. Come join us! – Ann Lapinski and Andrea Smith

Union Thanksgiving Service

Tuesday, Nov. 24, 7:30 p.m.

Westminster Presbyterian Church

262 State Street, (parking at 85 Chestnut).

For over seventy-five years, Temple Beth Emeth, Trinity Methodist Church, Westminster Presbyterian Church and the First Unitarian Universalist Society of Albany have gathered for a Thanksgiving service. All are welcome to attend. Non-perishable donations to the FOCUS food pantry will be accepted. The theme speaker this year is Carolyn McLaughlin, Albany Councilwoman to the 2nd Ward, and Democratic Candidate for the Presidency of the Common Council. (Joint choir performing: choir rehearsal at 7:00 p.m.)

Eckhart Tolle discussion**group**

"The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly-you usually don't use it at all. It uses you," Eckhart Tolle

Those interested will meet, view and discuss an Eckhart Tolle DVD. This discussion is open for those who wish to understand and discuss with others Tolle's teachings. You may come even if you have not been to previous discussions.

Tolle describes his teachings as "a restatement for our time of that one timeless spiritual teaching, the essence of all religions." He writes that religions "have become so overlaid with extraneous matter that their spiritual substance has become almost completely obscured by it," that they have become "to a large extent divisive rather than unifying forces" and that they have become "themselves part of the insanity."

Tolle writes that "the most significant thing that can happen to a human being [is] the separation process of thinking and awareness" and that awareness is "the space in which thoughts exist." He claims "the primary cause of unhappiness is never the situation but your thoughts about it."

We will meet on the following Sundays at noon: Dec. 6, Jan. 3 and Feb. 7. Please bring lunch. Call Philomena Moriarty if you have questions.

Focus Food Pantry News

Our October donations to the Focus Food Pantry totaled a most welcome \$644.00. Our many clients and volunteers appreciate our generosity. Many thanks. Our next donations will be taken on November 22. —Lois Thomson, Jane Allen, co-chairs

Social Responsibilities Council

Our thanks go to Thayer Heath for all the work she did in helping to organize the 350 p.m. rally at the State Capital Oct. 17. We commend all the FUUSAns who marched in the rain, and those brave bicyclists who pedaled through the deluge.

Be sure to stop by the SRC table to learn about all the interesting things that are going on and how you can get involved. We invite you to join us at our next meeting that will be the first Sunday (as usual) in December, 8:30 a.m. Please note that this meeting is scheduled early on December 6 so that we can all attend the congregational meeting on the Dream Catchers report.

SRC Table—Now is the time to start purchasing colorful items from Guatemala as gifts for your family and friends. The Mayan women from Guatemala have made beautiful beaded pins, bracelets, "worry dolls", purses etc.

If you collect small bottles of shampoo, conditioner, lotions, etc. from your hotel room while you travel, please consider donating them for women in shelters. Please put

them in box at the SRC table designated for this purpose.

Prison Families of NY Speak with Judith Brink at the SRC table on ongoing issues with the prison system in NY State. Sign up to help families of prisoners by driving them so that they can visit their loved one. Learn more about the issues that confront prison families by attending the Albany Prison Families of NY Speaker Series on at the Women's Building, 373 Central Avenue on the second Monday of every month. This month (Monday, November 9, 7 to 8:30 p. m.) the Re-Entry Services Coordinator of Region 4, NYS Division of Parole and a NYS Parole Officer are the speakers. Contact Alison Coleman for details.

November Green Tips

- ◆ Turn off TVs and computers, including monitors, when not in use. Use a power strip to eliminate "phantom" energy.
- ◆ Turn the temperature of your water heater down to 120 degrees.
- ◆ Use a programmable thermostat to automatically turn down the heat when you are away and at night.

Spirituality Book Club

The next meeting of the Spirituality Book club is scheduled for Jan. 17 at noon after the service. Bring lunch. We will discuss Wherever You Go, There You Are.

The following meeting will be held Feb 14 at noon when we will talk about Robert Scardello's Silence: The Mystery of Wholeness (paperback.)

About **Wherever You Go, There You Are**: Jon Kabat-Zinn is familiar to many from his appearance on the Bill Moyer's 1993 PBS series "Healing and the Mind." As founder and Director of the Stress Reduction Clinic at Massachusetts Medical Center, Kabat-Zinn

teaches hundreds of people to reduce their stress and chronic pain through mindfulness meditation. In this book he teaches the technique to a general audience.

The author's writing style is straightforward and accessible. His simple sentences can often express profound ideas in ways that make the reader stop and think. The Buddhist origins of mindfulness meditation are evident at times, but Kabat-Zinn presents these ideas in ways that are understandable to a western audience. He draws from both East and West to present a thoughtful and practical approach to help those who are suffering from the stress of modern life.

FORUM

Nov. 22: **Patti Jo Newell**, Acting Chief Executive Officer, NYS Coalition Against Domestic Violence: **What would it really take to prevent domestic violence?** Surprisingly, not as much attention has been given to this question as one might think. Intervention demands so many resources, prevention has typically been relegated to the back burner, or even thought of as a luxury. But, finally, prevention has garnered the attention it deserves as communities begin to wrestle with this profound question in light of a pervasive and persistent problem.

11:30 a.m. Emerson Community Hall

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

Help for your food budget

Each month the Regional Food Bank prepares several packages of frozen food which are available for purchase by anyone interested. The coordinator of the FOCUS Food Pantry distributes the list, receives orders and answers questions. There is a deadline for the receipt of orders and payment which may be either cash, check or food stamps. Orders are prepared at First Presbyterian Church and are to be picked up there at the designated time. The SRC table will have order forms that will include the deadline for submission. — Jane Allen

Choir trip fundraiser **New Skete cheesecakes** are still available. You can put in your order in Channing Hall during coffee hour.

Joys and Caring Corner

Upcoming memorial services

Ursula Poland

4:00 p.m., Friday, Nov. 20

(Parking WILL be available even though it's not a Sunday at the University at Albany parking lots)

Mim Rider

2:00 p.m. Sunday, Nov. 29

If you would like to help with either reception, please call Jan Satin, Receptions chair.

Dinner with Chris Antal

The second in a series of suppers with Chris Antal, our intern minister, hosted by Dave and Sandy Stone, will be on Wed. Dec. 2 at 6:00 p.m. There is a sign-up sheet in Channing.

If you have already met with Chris one-on-one, or are on a Committee that has met with him, please wait to see if the spots are filled by others before you sign up. Space is limited to eight. A main course will be served. When signing up, please indicate if you will bring a salad, bread, dessert, or beverage. Questions? Please call Sandy or David Stone..

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

Humanist ministry

Sunday, Nov. 15, 11:45 a.m.

Rev. Sam Trumbore's October 18 sermon addressed "One Congregation: Many Paths". Rev. Sam noted that this motto of Cleveland's West Shore UU Church, expresses what we are about as Unitarian Universalists, and we call it being "non-creedal". He also notes that there is no test of belief to participate in or join a UU congregation, but that does not mean you can believe anything you want. What are those limits? And what is a

humanist response?

Please read the sermon, which can be found at Rev. Sam's web site: <http://www.uumin.org/sam/sermons/One-Congregation-Many-Paths.pdf>. Come join the discussion. Or contact Don Odell for assistance in obtaining a copy. Child care will be provided if we can know not later than Thursday, November 10. Refreshments? Bring your lunch from the Holiday Bazaar cafe.

Entertainment Books

You can buy one in Channing Hall during coffee hour, The price is \$35.

Sunday Volunteers Sign up in Channing Hall

	Lead Usher (1)	Ushers (3)	Coffee Hosts (2)	Greeters (2)	Chalice Lighter
Nov. 15	A. D'Attilio	A. Patti	L. Way		O. Tobias Wallingford
Nov. 22	C. Manning	B. Thomson L. Thomson	A. DeSalvo		
Nov. 29	D. Dana	S. Smith	J. King		J. Eddy

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 November

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 November

15-Nov	Sunday			22-Nov	Sunday		
	11:00 AM	Holiday Bazaar/Café	Emerson, Channing		11:30 AM	Bazaar Postscript	Channing
	11:45 AM	Humanist Ministry	26		11:30 AM	Dream Catchers Meeting	B-6
	12:00 PM	Dream Catchers Strategic Plan Conversation	B-8		11:30 AM	Forum: Patti Jo Newell	Emerson
	7:00 PM	Men's Group	B-6	23-Nov	Monday		
16-Nov	Monday				1:00 PM	Windows mailing	Channing
	9:00 AM	Windows deadline			1:00 PM	Shelter Meal Prep	Kitchen
	12:00 PM	Channing Circle	Channing		3:00 PM	Olan Mills photo shoot	Emerson
	4:00 PM	Holiday Crafts Workshop Planning	Channing		7:30 PM	Monday Men	B-7
	7:00 PM	AdEd: Spiritual Autobiography	26	24-Nov	Tuesday		
17-Nov	Tuesday				3:00 PM	Olan Mills photo shoot	Emerson
	7:00 PM	Soul Matters - Sherman/Way	Stott/Joy Library		6:30 PM	Finance Committee	26
18-Nov	Wednesday				7:30 PM	Union Thanksgiving Service	Westminster Presbyterian
	5:30 PM	Caring Network	B-7	26-Nov	Thursday		
19-Nov	Thursday				3:00 PM	Thanksgiving Potluck (setup 2 PM)	Channing, Kit.
	7:00 PM	Board of Trustees	B-8	29-Nov	Sunday		
	7:00 PM	Finance Committee	B-8		11:30 AM	Children's Choir Rehearsal	Emerson
20-Nov	Friday				11:30 AM	Green Sanctuary Committee	B-7
	4:00 PM	Ursula Poland Memorial	Emerson, Channing		2:00 PM	Mim Rider Memorial	Sanctuary
21-Nov	Saturday			30-Nov	Monday		
	3:00 PM	Soul Matters-Yoshida	B-8		1:00 PM	Shelter Meal Prep	Kitchen
	6:30 PM	Guilderland Plus Potluck	Dockter's				
	7:00 PM	Dances of Universal Peace	Channing				

Children and Youth and the Christmas Service on Dec 20

Our Christmas service tells the story of the birth of Jesus of Nazareth within a Unitarian Universalist context. Children and youth are invited to be a part of the pageant and to sing in a choir. Please note the following dates for you child or youth to participate.

Sunday, Nov. 29, 11:30 to 12:30 - Children and youth choir rehearsal

Sunday, Dec. 6, 11:30 to 12:00 – Selection of major parts of the pageant and costume selection

Sunday, Dec. 13, 11:30 to 12:30 – Pageant rehearsal

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RETURN SERVICE REQUESTED

**HOLIDAY
BAZAAR & CAFÉ**

Saturday, Nov. 14, 9:00 AM – 4:00 PM

Sunday, Nov. 15, 11:00 AM – 3:00 PM



*Come, have lunch and shop!
Soups, quiche, desserts & more!
Café will be open both days.*

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.

Nov. 15 *"Beyond Heaven and Hell,"* Dan Berggren

Through the ages people have thought and taught about places of good and evil, real and imagined, in an afterlife or this one. This service offers a variety of views including the Old Testament, colonial minister Jonathan Edwards and public radio's Garrison Keillor.

Nov. 22 *"Educating the Heart,"* The Rev. Sam Trumbore

The ancient Greeks debated whether or not virtue can be taught or whether it is an innate quality we have or don't have. Unitarian Universalists who embrace the inherent worth and dignity of humanity lean toward believing the heart can get bigger through education. And bigger hearts are thankful and grateful. Rev. Trumbore will be making his delicious, fresh, lactose free (and gluten free) corn muffins again this year for our yearly Thanksgiving corn muffin communion.

Nov. 29 *"My Arranged Marriage,"* Chris Antal, Intern Minister

I married a stranger. On Nov. 29, 1997, less than three weeks after we first met, I stood with Mitsuko, my Japanese bride-to-be, in a mass wedding ceremony of several thousand couples at the Robert F. Kennedy Stadium in Washington, D.C. This year we celebrate twelve years of our international, multi-racial, arranged marriage. Join me on our anniversary as I reflect on formative encounters with my own "whiteness", examine my decision to participate in an arranged marriage, describe the critical incident, and attempt to integrate this part of my own religious journey with Unitarian Universalism.

