# Windows Update

Newsletter of the First Unitarian Universalist Society of Albany

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-October 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
Nov. *Windows*: Oct. 19
Nov. *Update:* Nov. 2

## Dream Catchers update

Dream Catchers is the name of the committee that was charged by the Board of Trustees with engaging the congregation in strategic planning for our future. During the last church year, we heard from many members and friends of FUUSA through a series of small group gatherings and meetings. Over the summer, the committee refined goals and objectives in four key areas identified by the congregation:

- Community and connection
- Theological and philosophical diversity
- Social justice
- Beacon of liberal religion

Our next step is to present a draft strategic plan to the Board of Trustees. We look forward to sharing the plan with the entire congregation.

## Debut of Ps & Qs quilt

Those who are going to the UU Weekend at Silver Bay, October 16 to 18, will be the first to view the newest quilt, hand-quilted and assembled by the Ps & Qs. It has been named the Dorothy Fischer Quilt and measures 81"x91" (Queen size). Dorothy was instrumental in planning it, picking out colors which were then used for blocks individually made by Ps & Qs stitchers, and helping us with her expert, but gentle, guidance toward the final result. Raffle tickets will be sold at $1 each or six for $5. The quilt will not be seen again until Sundays Nov. 8 through Dec. 13, when tickets will sold in Channing Hall at Coffee Hour. The proceeds are for the benefit of FUUSA's Art and Aesthetics Committee, with the allocation subject to the consent of the Ps and Qs.

## Board notes

The Board of Trustees held its fall retreat and is now ready to advance! All Board members plus Sam were able to attend the event that started on Friday night and went through Saturday. While new members were brought "on board," all members experienced new ideas and ways to look at their roles and the work ahead. The only people who dozed off were those who decided to sleep over!

An important focus of the retreat was leadership and what it means to be a congregational leader. Several activities took place, and true to our UU nature, a number of questions were explored such as: *What skills and qualities do leaders need? What challenges do Board leaders face? How does being a UU Leader differ from leadership in other settings? What do Board leaders do? What are our essential values? What do we expect of ourselves? What should we expect of ourselves? How do I perceive myself as a leader at FUUSA? What gifts do I bring? In what ways do I want to grow and strengthen my leadership as a UU?* Resources included materials from the UUA, the Alban Institute, and the St. Lawrence District. To view our full agenda and a list of those who attended go to our web site and click on "News."

A related strand of the retreat was growing self-awareness and getting to know more about one another. We spent time in deep listening and sharing personal experiences that felt in some way holy or transformational; and, in a lighter vein, built pipe cleaner models of our leadership and engaged in a risky game of musical chairs!

The Board also took a close look at "right relations" and the development of a Board

***Board Notes , continued on pg. 2***

# John and Barbara Metz in Concert

2:00 p.m., Sunday, Oct. 25

# Cello and Piano Together

**Featuring works by**
**Rachmaninoff, Schumann and Stravinsky**

**$12.00 Adults/$8.00 Students** **Emerson Community Hall**

***Board Notes , cont. from pg. 1***

covenant to outline the way in which we want to be and work together; it was agreed to pursue this idea further. Finally, Sam made a valuable presentation on *Policy Governance – is it for us?* As we anticipate the work of the Dream Catchers and look forward to growth, we know that now is the time to begin to consider institutional and governance questions.

What else could you expect of your Board on a retreat? Why, of course, to eat! Three delicious meals were cooperatively created and cleaned up. Much gratitude to all members of the Board – for each contributed time and talent to strengthen ourselves as leaders so that we might better serve our beloved FUUSA community.

## Trick or Treat for UNICEF at FUUSA

**Sunday, October 25**

On Sunday, October 25th children and youth are invited to wear some or all of their Halloween costumes and trick-or-treat for UNICEF at Coffee Hour.

**Adults**, please fill your pockets with change that day to help fill many UNICEF boxes.

## Memorial service for Ursula Poland

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

The memorial service will be in Emerson Community Hall, followed by a reception in Channing Hall. Please note this changed starting time: 4:00 pm is correct.

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

## Channing Circle in October

Our next Channing Circle will meet on Monday, October 19 at noon. Please bring you lunch and enjoy dessert prepared by Lois and Bob Thomson. Chris Antal, our intern minister will join us for lunch. Coffee and tea will be available.

Sue and Ted Wright will take us on a Elderhostel trip to the Atacama Desert in northern Chile and then to Easter island in the middle of the Pacific.

Look forward to sharing a meal with you at 12 noon on Monday, Oct. 19.

## Parenting intentionally

**within a Unitarian Universalist context**

Parenting is one of the most challenging, rewarding and important jobs on the planet. Parents often look to their peers, family and shelves at the bookstore to help them with this work. Often that search has mixed results.

As I heard from parents at the presentation I gave after the Pasta Dinner, parents are looking for support from their religious community: to create meaning in what are otherwise commercialistic holidays; in talking to children and youth about the big questions of life; in communicating with youth and creating a happy home life; in promoting their values; and in practicing rituals that bring meaning to the regular events of life. Like the instructions on an airplane ("Please put on your own oxygen mask before attending to the needs of your child."), parenting intentionally also requires parents to reflect on their own values and beliefs, and to nurture their own lives.

As your religious educator, I have resources that can help you with the strategies and internal work of parenting intentionally within a Unitarian Universalist context.

If you're interested in some workshops on these topics or a 4 to 6 week series of weeknight classes, please let me know. Or we can talk more about what you're looking for. Leah Purcell, dre@albanyuu.org, 463-7135.

## Choir…looking for you!

Sopranos, altos, tenors and basses are needed. The choir rehearses most Wednesdays at 7:00 PM. For more information contact Kathy Harris or Peter Brown.

# Chris' Chrysalis

For those of you who missed my debut column last month, let me once again explain my title. A chrysalis is a protective covering, a sheltered stage of being or growth. As a Ministerial Intern at FUUSA, I have just completed my first month of what will be a year-long process of formation and transformation on my path to ordained ministry. I'm glad to report that my first month has been great! I have been challenged by a number of first-time experiences. I thank Sam and my internship committee for facilitating my growth. FUUSA is my chrysalis!

Perhaps the most meaningful moments have been those times when I could share with the community intimate moments of joy and sorrow. I was honored to officiate at my first wedding ceremony, and share the joy of a lovely young woman, Jocelyn Certner, who grew up at FUUSA, and pronounce her and her groom Michael as husband and wife. And I will never forget the sacred moments I could share at the hospital bedside with family and friends as one of the pillars of our FUUSA community, Ursula Poland, breathed her last breath. When I can share such sacred moments as these I am reminded why I chose ministry as a vocation.

A number of you have taken time from your busy lives to meet with me and share your journeys into Unitarian Universalism. I have been touched deeply by these sacred stories and I appreciate all of you who have accepted my invitation for lunch. I took a wonderful walk through Washington Park with Ann Lapinski; enjoyed a meal with Bruce Smith at Deborah's Kitchen; dined with Judith Brink at Royal India; and shared lunches with Al De Salvo and Fred Boreali at Albany Medical Center's Choice's Café. I hold these sacred stories close to my heart and cherish them as great gifts. Thank you!

Many of you know I have a rather large family and have expressed concern about my wife Mitsuko and our five children. Self-care and keeping my life in balance has been a top priority. I am home three or four nights a week and we are finding creative ways to spend quality time together. One Sunday last month I needed to be at FUUSA in the morning and at Albany Medical Center for a couple hours in the evening. My kids had Monday off so my family came up and we spent the afternoon at the New York State Museum. I had accrued thousands of Marriott reward points since the Army put me up at a hotel while I was at Fort Jackson for three months, so I was able to cash in some of those points and we stayed at a hotel near the hospital. I was able to enjoy a pool party with my kids Sunday night and still be on time for work Monday morning!

—Chris Antal, Intern Minister

## Sunday morning activities...

Please respect our Religious Education program for children and youth on Sunday mornings. We are busy learning and building a community.

If you have a meeting in a classroom after RE programming, please wait in the hall until the participants have finished gathering their materials and have left the room. Our classes are scheduled to conclude at 11:20. In future, please schedule Sunday morning classroom use no earlier than 11:40 to give ample time for groups to switch places without confusion! We thank you.

## Time to put the gardens to bed

During the week of Oct. 19 we will be cutting back the plants at FUUSA (or at least those that need to be cut back) to prepare them for the winter months. Since we have four garden areas, we should be able to accomplish the job in only a couple of hours IF we have at least 8 - 10 volunteers. We are also going to plant a few iris in the Heron garden. Depending on the weather, we will start the project on either Monday afternoon Oct. 19 or Wed. Oct. 21. Assuming we may need a second day, will finish up on either Friday Oct. 23 or Sat. Oct. 24. If you can help out, please let me know your availability and I'll pick the day(s) with the most volunteers and let you exactly when to show up. Bring clippers, gloves, a trowel, and if you'd like to don! ate any lawn and leaf bags to the effort, bring them along as well. Please contact me. Looking forward to your assistance, Paula Moskowitz.

## Forrest Church

### Celebration of life

The memorial service held for the Reverend Dr. Forrest Church at the Unitarian Church of All Souls in New York City on October 3, 2009, can be seen in its entirety through the UUA website. In addition, you can access recent videos and sermons of Rev. Church and of the sermon in tribute to Forrest Church given two days after his death by the Rev. Galen Guengerich, senior minister of All Souls. Taking time to watch any of these services is a true and meaningful gift you can give yourself.

# Social Responsibilities Council

I was delighted that we were able to move our Iraqi family out of the neighborhood where they have been frightened by gunshots at night. There were 3 shootings within that number of weeks. Because we did not want our high school student to walk that unsafe territory to Albany High, I picked her up to drive her to her first day of school. As I did, I passed by at least a dozen other children on that block on their way to school.

What about those children and those families who are not able to move out of that neighborhood? We are leaving those streets to more urban decay and violence as we have for decades. Do we have a responsibility to try to do something about the decay and violence? There are efforts going on in Albany to improve the situation. (See the front page of the Albany Times Union, Sunday, October 4, The Harlem Children's Zone.)

There are also two committees that are working on violence prevention in Albany. If you are interested, please contact me or attend an SRC meeting on the first Sunday of the month.

Standing on the Side of Love,
Lois Griffin SRC Chair

## Rally and march against the wars

Bring the troops home from Afghanistan and Iraq—Stop bombing Pakistan

**Saturday, Oct. 17, 2009**
12 Noon, Rally at West Capitol Park
1:00 pm, March

October 2009 marks the eighth year of the U.S. war in Afghanistan, and seven years since Congress passed the resolution authorizing war against Iraq. October also commemorates the 40th anniversary of the Vietnam Moratorium, which brought hundreds of thousands into the streets to protest the war.

Speakers include Iraq Veteran Against the War Jimmy Massey, Dr. Shamshad Ahmad of the Muslim Solidarity Committee, and Connie Frisbee Houde, who will have just returned from Afghanistan

Endorsed by the Social Responsibility Council of FUUSA, the Social Justice Committee of FUSS, the Labor-Religion Coalition, the Interfaith Alliance, and many other local groups.

## Green Sanctuary

Join us on Saturday afternoon, October 24 at the Capitol West Park for the Albany 350 Rally. It is an international climate action event and it will occur from 2 to 5 p.m. There will be speakers and music. Environmental organizations such as the Sierra Club, Save the Pine Bush will distribute information.

There will be a march from FUUSA to the Capitol gathering around 1:45 p.m. since parking around the Capitol is difficult. See you there!!!!

## "Doing Justice In An Economic Tsunami"

**Nov. 7, 2009, 9:30-4 p.m., UU Church of Amherst, NY**

The St. Lawrence UU District Social Justice Council presents "Doing Justice In An Economic Tsunami". The theme speaker will be Rev. John Buehrens, former President of the Unitarian Universalist Association and presently Minister, First Parish in Needham, MA speaking on "Maintaining a House of Hope."

In addition to the theme talk there will be a question and answer period and topical workshops including **health care**, **religious advocacy, racism and economic justice,** and **class issues in liberal religion.** Speakers will include FUUSA's Jaccqui Williams and Robb Smith.

Participation for youth at the conference is sponsored by the St. Lawrence District Youth Adult Committee (YAC.) Youth are invited to a sleepover Friday night and then participate with adults in the Saturday conference. Contact Kelly Masters at Kelly_Masters@hotmail.com.

Conference registration information and a detailed program is available on the St. Lawrence District website (www.sld.uua.org.. Hard copies are available at FUUSA, or contact Denominational Affairs Liaison Don Odell. Please let us know that you will attend so that we can coordinate transportation arrangements.

## FORUM

Oct. 25, **Paola Gutierrez Galindo** will speak on **"Stories of Mexico's Displaced."** Ms. Galindo is on a speaking tour for Witness for Peace to spread the message of how immigration to the U.S. by Mexicans is directly related to our NAFTA agreements. Growing up in Oaxaca, she now works in local indigenous communities to respond to the impacts of migration. She is the only member of her graduating class who is not living in the U.S. Most of her family is now living along the border and in California and New York.

Please come to hear her story and learn more about this issue that affects all of us.

*11:30 a.m. Emerson Community Hall*

## Looking at spirituality

**Clarifying your own feelings about spirituality and its role (if any) in how you practice Unitarian Universalism**

Spirituality ... faith ... religion ... truth ... god ... sin ... What does spirituality mean to you? Does it give meaning and depth to your Unitarian 'faith'? Or does it set the alarm bells ringing? Join us at this experiential workshop. We will use the Sedona Method to uncover and clarify the emotions and judgments that are woven into our notions of spirituality. The unconscious beliefs and feelings that often prevent us from seeing clearly what spirituality really means to ourselves. And whether or not it has any relevance to how we live our lives or practice our faith.

FUUSA Member Ryu Yoshida, will present this workshop with help from Leah Purcell. Please join us for lunch at noon -soup and beverages will be provided; bring your own sandwich if you like. The workshop will run from 1:00 to 3:00 in Channing Hall, Saturday, November 7th. Sign up in Channing Hall or e-mail Leah Purcell at dre@albanyuu.org.

## Change of Time Breakfast

For reasons lost in the mists of antiquity, Uncle Sam requires that we push the clocks ahead one hour in April and back one hour, now in November.

Some folks, of a less venturesome nature, would actually like to sleep during that extra now November hour. If, however, you are drawn to stick-to-your-ribs bagels, danishes, and eggs, thes the Change of Time Breakfast is absolutely for you. You can sleep any time. We do this only one day a year. Don't miss it, 8:30 a.m. Sun. Nov. 1!

## New photo directory

We will be printing a new photo directory of our church family at no cost to you or to the church budget! The directory will help all of us connect names with faces. It will capture some of what happens here and will be an ideal outreach tool.

Please participate! All we ask is that you have your picture taken by the professional Photographer and meet with the Portrait Consultant at the church. **On Sundays starting October 11,** we will be available in Channing Hall to set up your photo appointments with you. Scheduling will occur Sunday, Oct. 18 at Silver Bay, and then Oct. 25 and Nov. 1 in Channing Hall. Look for the sign-up table in Channing Hall **before** and **after** services. **Please sign up** as soon as possible to get the best appointment to fit your schedule.

**The dates for photography and portrait viewing appointments are:**

Thursday, Nov. 5; Wednesday, Nov. 11; Monday, Nov. 23; Tuesday, Nov. 24

Appointments are between the hours of 3:00 and 9:20 p.m.

**You must sign up in advance, please**

If you have questions, please contact Kathy Hodges.

## Holiday Bazaar

Bazaar planners are hard at work planning the 4th annual Bazaar/Café. The bazaar will be held this year on Saturday, November 14 and Sunday November 15. We need help planning, and your artistic crafty skills. We are looking for vendors. Do you or a friend or relative want to rent a table? We are also looking for donations of arts, crafts, gift items and food stuff. You can sign up soon to donate and work. We need to know soon if you want to be a vendor. Contact Jan Satin or Barb Manning.

## First multigenerational event of the year a success

Hearts were warmed and stomachs filled at the Pasta Dinner on September 25. The event, sponsored by the Religious Education Council, was once again well attended. About 70 new comers and long time FUUSAns enjoyed each other's company and a home cooked meal. Afterwards, Leah made a presentation about resources she could offer about Spirituality and Parenting – Parenting Intentionally as a Unitarian Universalist. Many thanks go to all who volunteered to prepare, cook, serve and clean up the feast!

## Entertainment Books

2009 Entertainment Books have arrived! You can buy one in Channing Hall during coffee hour, The price is $35.

## Economic Distress Support Network ready to help

Has the economic downturn affected you or another member of our congregation you know about? If so, please contact Rev. Trumbore. He can help you assess what resources are available from or through our Economic Distress Support Network. It has already helped several FUUSAns and stands ready to be of assistance to others. Through our mutual support, we'll get through this current economic mess, together.

## Guilderland Plus Potluck

Fri. Oct. 23. Anita Patka, Bob and Lois Thomson will host the potluck supper in the Community Room in Heritage Village at 6:30 p.m. We cordially invite all FUUSAns to join us. Please contact Lois Thomson for directions and to say what you'll bring for the meal.

# Joys and Caring Corner

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

## Walker Book Club

The next meeting of the Walker Book Club is Sunday, Nov. 8. The meeting commences 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:

Nov. 8, The Zookeeper's Wife by Diane Ackerman. Suggested by Winston Hagborg.

Dec. 13, Olive Kitteridge by Elizabeth Strout. Suggested by George Allen and Lisa Walker.

## "Winter is coming!"

Order your New Skete cheesecake to have on hand for a delicious treat on the cold days or when company comes!

This 2010 choir trip fundraiser will help make any special weekend or holiday even more special. You can put in your order in Channing Hall

### ***Sunday Volunteers*** *Sign up in Channing Hall*

| | Lead Usher (1) | Ushers (3) | Coffee Hosts (2) | Greeters (2) | Chalice Lighter (1) |
|---|---|---|---|---|---|
| Oct. 18 | | D. Dana<br>C. Bohn | | J. Bolgatz | |
| Oct. 25 | | A. D'Attilio<br>K. Harris | B. J. Satin<br>I. Saulsbery | | |

## *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 October*

| | | | |
|---|---|---|---|
| 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: Sept. 30 choir rehearsal will be in Sanctuary

## *All Other Events Happening in the Month of October*

| | | | |
|---|---|---|---|
| 15-Oct | 7:00 PM | Board of Trustees | B-8 |
| 16-Oct | | UU Weekend Silver Bay | Silver Bay |
| | 7:30 PM | NYSCU Convention | Rochester |
| 17-Oct | | UU Weekend Silver Bay | Silver Bay |
| | | NYSCU Convention | Rochester |
| | 7:00 PM | Dances of Universal Peace | Channing |
| 18-Oct | | UU Weekend Silver Bay | Silver Bay |
| 19-Oct | 9:00 AM | Windows deadline | office |
| | 12:00 PM | Channing Circle | Channing, Kitchen |
| | 7:00 PM | AdEd: Spiritual Autobiography | B-7 |
| 20-Oct | 6:00 PM | Workshop Planning | Emerson alcove |
| | 6:30 PM | 350/Green Sanctuary | B-8 |
| | 7:00 PM | Soul Matters—Sherman | Stott/Joy Library |
| 22-Oct | 7:00 PM | Soul Matters—Patka | B-8 |
| 24-Oct | 9:00 AM | Newcomer Gathering | B-8 |
| 25-Oct | 11:30 AM | Forum | Emerson |
| | 2:00 PM | J & B Metz Concert | Emerson |
| 26-Oct | 1:00 PM | Windows mailing | Channing |
| | 7:30 PM | Monday Men | B-8 |
| 31-Oct | 9:00 AM | SLUUD Event | Syracuse (time, location tba) |
| | 1:00 PM | Multigen. Halloween Party & Food Drive | Channing, Kitchen |

### FUUSA'S Joy Library online catalog

If you missed the Joy Library Open House and would like to access our online catalog, following are instructions:

Go to :
**http://www.librarything.com/catalog/joylibrary1885**

**The next step is VERY important**
Look for:
**"Joylibrary1885 has a suggested style for viewing this library (use it)"**

Click **"use it"**

Look for a box "**Search this library"** Type search terms in box, typing over **"Search this library"**

Click on: **"Search"**

*For specific searches:*
Click arrow for drop-down list for search limiters such as:
**Titles/authors or subject, etc.**
Click on: **"Search"**

*See "Search Tips..." at the end of the list for more tips.*

## 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.

## UU Weekend at Silver Bay Oct. 16-18, 2009



1964. For more information, contact Julie Lomoe.

**First Unitarian Universalist Society of Albany**
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Albany, NY 12206
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**Change of Time**

**Breakfast**

**8:30 a.m. Sun. Nov. 1**

## 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.

**Oct. 18 "One Congregation: Many Paths" --**The Rev. Sam Trumbore
This expression is the motto of the Cleveland's West Shore UU Church. It expresses simply and beautifully what we are about as Unitarian Universalists. We call it being "non-creedal." There is no test of belief to participate in or join a UU congregation. But that doesn't mean you can believe anything you want. Come find out what the limits are.

**Oct. 25 "Creating Free Will"--**The Rev. Sam Trumbore
Evolutionary Psychology is suggesting that human behavior is completely determined by our genes and our environment. This seems to strike at the heart of the idea of humanity having any free will. Perhaps the evolutionists have over-reached in their triumphal pronouncements. Could free will be created rather than innate or absent? If so, what are the consequences?

Bringing Unitarian Universalist Values to Halloween

# Trick or Treat

## for Food Pantry Donations

Then Celebrate with a Multigenerational Party at FUUSA

*Games, Food, Craft-making*

Saturday, October 31, 1:00 to 3:00 in Channing Hall

The **Religious Education Council** is sponsoring a Halloween Party to support a food drive for a local food pantry.

We invite individuals to "trick or treat" in their neighborhoods for food pantry items in the morning and come with the donations for a traditional party at FUUSA in the afternoon. The donations will be honored in the service the next day.

Watch for materials to help people alert their neighbors ahead of time about the donation trick-or-treating.

The party is free; any and all canned goods will be gratefully accepted; and everyone is invited. Wear your costume if you want to!

# Change of Time
# Breakfast !!!

Sunday, November 1, 2009

Seatings at 8:30 and 9:00 AM—
STANDARD time

**$5.00 for Adults and
Children 10 and over;
$2.00 for Children under 10**

**Make reservations in
Channing Hall during
coffee hour starting Oct. 4.**

*Featuring:*
**Delicious Eggs** with
Orange juice, Bagels and Danish,
Coffee (regular & decaf) and Tea