



WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

October, 2010

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Sunday Schedule

- 9:00 AM
Mindfulness Meditation
- 9:45 AM
Nursery/Toddler rooms open
- 10:00 AM
Service
Children's Chapel
(1st Sunday/mo.)
Religious Education
- 11:00 AM
Coffee Hour
- 11:45 AM
Forum (2nd & 4th Sundays/mo.)
Green Sanctuary Discussion
(3rd Sunday/mo.)
- 6:00 PM
War Healing Circle
(2nd & 4th Sunday/mo.)

Sundays at FUUSA

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs include Forum (social justice topics), Children's Chapel, Green Sanctuary Discussion (environmental topics,) War Healing Circle; social events, and adult education.

All are welcome!

Services

Oct. 3 "One congregation, many paths," The Rev. Sam Trumbore
As we consider the challenges of philosophical and theological diversity in our non-creed based congregation, it can be useful to hear about how other Unitarian Universalist congregations navigate these waters. Some of our sister congregations are doing some very innovative things that we might consider doing here. Music: FUUSA Choir

Oct. 10 Guest in our Pulpit: Imam Djafer Sebkhauoui
The proposed Park 51 Muslim community center in New York City has revealed latent anti-Islamic sentiment in the United States. Muslims are not newcomers to America as their existence here was known to our founders and part of framing the protection for the free exercise of religion. What is the state of affairs for American Muslims today? Imam Sebkhauoui serves Masjid Al-Hidaya, the first Mosque in Troy, New York and as a student chaplain at RPI. Music: FUUSA Choir

Oct. 17 "Can a New England rooted tradition have universal appeal?," The Rev. Sam Trumbore
Unitarian Universalist Association President Peter Morales, the first Latino serving in this office, is sensitive to the Eurocentric Protestant, New England bias found in our tradition. Any congregation located in a place that doesn't follow our weather patterns here, like Florida and California, notices this. Beyond the geographic bias, are there other biases in our religious tradition that are unwelcoming to non-New Englanders who share our values and commitments? If so, do we want to do anything about it? Music: Matt Edwards

Oct. 24 "The divided self," The Rev. Sam Trumbore
Inner personal disharmony lurks at a deeper level than the challenges of finding unity in a congregation that celebrates diversity. Freud insightfully labeled this disharmony, the eternal struggle between the id and the superego, moderated by the ego. Society, our workplace, our family and friends all make demands on us. Our values and commitments also make demands on us. How do we find wholeness while struggling with our own inner diversity? Music: Special Guest

Oct. 31 "Celebrating Samhain," The Rev. Sam Trumbore
Services, cont. page 3

Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary	Exceptions:
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	
11:45 AM	Forum (2nd & 4th Sundays/mo)	Emerson	
11:45 AM	Green Sanctuary Discussion (3rd Sun./mo)	B-8	
6:00 PM	War Healing Circle (2nd & 4th Sundays/mo.)	Emerson	

Events happening every week in the month of October

Tuesdays	10:00 AM	Philosophy Group	B-8	Exceptions:
	1:00 PM	Bridge	B-8	
Wednesdays	10:00 AM	Projects & Quilts	B-8	
	7:00 PM	Choir Rehearsal	Emerson	

All other events happening in the month of October

1-Oct Friday	5:30 PM	Pasta Night	Channing, Kitchen	23-Oct Saturday	8:45 AM	Getting to Know UU	B-8, Kitchen
3-Oct Sunday	11:45 AM	Oriel Committee	Stott/Joy Library		9:00 AM	NYSCU	Rochester
	1:00 PM	Rite of Passage	B-7, B-8 (*setup 12:30)		3:00 PM	AdEd: Tarot Card Reading	B-8
4-Oct Monday	6:15 PM	Religious Education Council	Channing	24 Oct Sunday	1:30	Going Deeper: Theme of Diversity	
5-Oct Tuesday	7:00 PM	Christian U Us	B-8	25-Oct Monday	7:00 PM	Wellspring	B-8
6-Oct Wednesday	6:30 PM	Gilbert Visit Workgroup	B-7	29-Oct Friday	5:00 PM	RoP Overnight	all spaces except Emerson
7-Oct Thursday	7:00 PM	OWL Parent Orientation	B-7	30-Oct Saturday	8:00 AM	RoP Overnight	all spaces except Emerson
8-Oct Friday	6:30 PM	Guilderland Plus Potluck	Dockter's, Berne		2:00 PM	Halloween Party	Channing, Kitchen
10-Oct Sunday	11:30 AM	Children's Chapel SL Meeting	B-1	31-Oct Sunday	3:00	J & B Metz concert	Emerson
	11:45 AM	Auction Committee	B-8				
13-Oct Wednesday	5:00 PM	Religious Services Committee	B-8				
14-Oct Thursday	6:00 PM	Comm. Coalition to Prevent Violence	26				
	7:00 PM	Program Coord. Council Meeting	B-8				
15-Oct Friday	5:00 PM	UU Weekend at Silver Bay	Silver Bay				
16-Oct Saturday	8:00 AM	UU Weekend at Silver Bay	Silver Bay				
17-Oct Sunday	8:00 AM	UU Weekend at Silver Bay	Silver Bay				
	5:00 PM	Parent Potluck	Channing, Kitchen, 24/25				
18-Oct Monday	12:00 PM	Channing Circle	Channing, Kitchen				
19-Oct Tuesday	5:30 PM	Endowment Trust Committee	Stott/Joy Library				
21-Oct Thursday	7:00 PM	Board of Trustees	B-8				
22-Oct Friday	9:00 AM	NYSCU	Rochester				

Forum
Sunday, Oct. 24, 11:45
"Wrongful Convictions": David Kaczynski

Looking Ahead
UU Weekend at Silver Bay, Oct. 15-17
Halloween Party, Oct. 30
Social Justice workshop with Rev. Gilbert, Nov. 6
Holiday Bazaar, Nov. 13-14
Rummage Sale, Dec. 10-11-NOTE CHANGE

News

Newcomer orientation Learning about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next “**Getting to Know UU**” session, scheduled for Saturday, **October 23** from 8:45 a.m. to noon.

We’ll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You’ll learn about Unitarian Universalism and about our congregation, and you’ll get a chance to ask all the questions you’ve been collecting. We’ll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it’s a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can call Amy Lent interim Membership Coordinator (and Church Administrator) at the church office, 463-7135.

Lunch with the Minister Noon, Sunday, October 24, at Sukhothai on Central Avenue

Are you new to our congregation and would like to get to know our minister? Rev. Trumbore will be available on October 24 after the Sunday service for lunch and conversation about Unitarian Universalism, our congregation, religion, spirituality, philosophy, ethics, ideas ... and whatever else comes up! For October, we will meet at Sukhothai Thai Restaurant on Central between Lexington and Henry Johnson on the South side of the street. Please RSVP by 11:30 AM that Sunday to Rev. Trumbore (in person, email: lunch@uumin.org or call: 463-7135) so he'll know how many seats to reserve. NOTE! Space is limited! To ensure your space at the table, please call early!

Board Notes September 2010 meeting

Budget report At the end of our 2009-2010 fiscal year we had a budget surplus of approximately \$25,000 net income over expenses. A decision on where to allocate this surplus will be made at the

Services, continued

Oct. 31 “Celebrating Samhain,” The Rev. Sam Trumbore
Halloween has much deeper roots than the commercialized holiday we know it as today. In the Celtic religious tradition, it was known as 'Samhain' (pronounced SOU-win) which means summer's end. This holiday recognizes the seasonal transition, on the cross-quarters between equinox and solstice, from the light half to the dark half of the year. Children are invited to come in costume to this multi-generational Unitarian Universalist celebration, in the spirit of Samhain, of this seasonal transition. Music: John and Barbara Metz, piano and cello

October Board Meeting.

Report from the Community and Connections Charge workgroup. The draft charge prepared by the working group was:

The Community and Connections Committee’s charge is to assess how existing FUUSA councils, committees and events are promoting community and connections, to identify the gaps and to facilitate strategies to deepen and broaden the connections within our community and with our neighborhood.

There was a discussion of the charge and it was agreed that members of the workgroup attend the PCC meeting on October 14 at 7 pm. to discuss the committee charge. The workgroup will rework the charge and report back to the Board at the October 21 meeting.

Report on plans for the Rev. Dick Gilbert workshop on social responsibility action A Comprehensive Assessment Form has been completed by Social Responsibility Council (SRC) members. This will be reviewed by Board members and then forwarded to Dick Gilbert to help him make the workshop as meaningful for FUUSA as possible. The Board will have a conference call with Dick Gilbert during the October 21 BOT Meeting. The purpose of the call will be to exchange information with Dick to assure we have a productive workshop. Registration for the workshop will be at the SRC Table in Channing Hall.

Update on Girls, Inc. Amy reported that FUUSA

had received a gracious thank you note from Girls Inc for letting them use our building for their summer program and that many of the girls had made cards.

Standing on the Side of Love The SRC purchased a Standing on the Side of Love banner for \$150.

The Board passed the motion: *The Board endorses the principles and concepts of SOSL and incorporate them into our Social Justice actions.*

A Sense of Wonder

"A Sense of Wonder", a one-woman play based on the life and works of Unitarian Universalist Rachel Carson, author, marine biologist, foremother of the UU seventh principle and "patron saint of the environmental movement" will be performed on October 2 at Home Made Theater at Spa State Park. Call (518) 495-9698 for ticket info.

Still hoping for an answer....

We'd love to know the reason for an unmarked envelope--containing a significant amount of cash--which was found in the Canvass mailbox this summer. If you can tell us how much cash was in the envelope, and what we're supposed to do with it, we'll be grateful! Contact Amy Lent, church administrator (463-7135).

Occasional work available

We have three types of work available on an occasional basis: Building Steward, Set Up/Re-set crew, and Dishwashing. These folks to help out in various capacities before, during and after events. Sometimes they are rental events, sometimes church activities. These jobs can be done by adults or by teens with working papers.

If you would like more information, call Church Administrator Amy Lent at 463-7135.

Fall Rummage (clothing sale) postponed New dates Dec. 10-11

The Rummage Sale has been rescheduled to the first full week of December, starting Sunday, Dec. 5. This gives you lots of extra time to sort through your clothes and linens and to save the date on your calendar so you can work, too.

Joy Library Recommendations

Beginning Sunday, Sept. 26, from time to time, we will bring a book cart to coffee hour. Our selections will include books on current sermon and forum topics and books on Unitarian Universalism. A few interesting titles follow:

A House for Hope: The Promise of Progressive Religion for the Twenty-first Century.

John A. Buehrens, Rebecca Ann Parker. Beacon. 2010. [305.609 BUE]

"In lively and engaging language, *A House for Hope* suggests that liberal religious commitment is based on expansive love for life rather than adherence to narrow dogma. With chapters that reveal the political and personal relevance of the enduring questions at the heart of this theology, *A House for Hope* shows how religious liberals have countered fundamentalists for generations, and provides progressives with not only a theological but also a spiritual foundation for the challenges of the twenty-first century." <http://www.beacon.org/productdetails.cfm?PC=2117>

The Search to Belong: Rethinking Intimacy, Community, and Small Groups.

Joseph R. Myers. 2003. [262.2 MYE]

"A practical guide for those struggling to build a community of believers in a culture that wants to experience belonging over believing... Today terms like neighbor, family, and congregation are being redefined. People are searching to belong in new places and experiences. The church needs to adapt its interpretations, definitions, and language to make sense in the changing culture."

Organic Community: Creating a Place Where People Naturally Connect.

Joseph R. Myers. 2007. [253 MYE]

"Community is a fundamental life search and one of the key aspects people look for in a congregation. But community can't be forced, controlled, or easily created. The problem, says Joseph R. Myers, is that churches are too focused on developing programs instead of concentrating on environments where community will spontaneously emerge...."

Library, cont. page 13

Lifespan Learning

Going Deeper: The Theme of Diversity
1:30-2:30 PM, Sunday, October 24

Being a congregation that welcomes diversity is very important to us. But where are the limits and boundaries to that embrace? The services and programs this month and the links, references and articles found on the web page: www.albanyuu.org/themes/diversity.html, can stimulate personal reflection on diversity. Sunday afternoon, October 24 at 1:30pm, Rev. Trumbore will lead a discussion to go deeper than we normally can on Sunday morning into the theme of diversity. This facilitated interactive learning process is designed to stimulate the growth of awareness, understanding and insight. The results of this collective learning process will then help us build an even stronger community as we seek to implement this part of our strategic plan.

Parent Group
Sunday, October 24

FUUSA Parent Group will meet on Sunday, Oct. 24, for a discussion of "Children's Exposure to the Media." We begin at 5 PM with a potluck, followed by a parent discussion from 6 to 7:30 PM. Please bring a dish to pass and a beverage. Childcare is provided and a collection will be taken to pay our sitters. Contact Paula Brewer for more information. The November meeting of the Parent Group will be on Sunday, November 21.

Bringing Unitarian Universalist Values to Halloween!
TRICK OR TREAT for Food Pantry Donations
Then celebrate with a multigenerational party at FUUSA!

Saturday, October 30, 2:00 - 4:00

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

We invite families to "trick or treat" in their neighborhoods for food pantry items in the morning and come with the donations for a traditional Halloween party in the afternoon at FUUSA. The do-

THE ANNUAL INTERGENERATIONAL

PASTA DINNER

Sponsored by the Religious Education Council

5:30 PM
Friday, Oct. 1
in Channing
Hall



A simple meal and good company for individuals and families – for anyone who gets hungry for food and fellowship!

Sign ups we love! Helps us know how much food we need. *But walk-ins are welcome!*

Volunteers are needed to shop, set up, serve and clean up. Sign up in Channing Hall or contact Leah Purcell for details.

nations will be honored during the service the next day.

Flyers will be distributed through RE classes to help you alert your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!

If you are interested in volunteering for set-up, clean-up, or any other kind of helping out, please contact Tracie Tilgner.

Children's Chapel, and 5th and 6th Grade Service Leaders

Generally the first Sunday of each month, the children gather for their own worship service, called Children's Chapel, at 10:00 instead of going to the regular service. The Chalice Children (the 3 and 4 year old group) have their Children's Chapel in their classroom (room 24/35) with their teachers. The other children through grade 6 gather with me in the Sanctuary. This is a multi-age service that includes many elements of the adult service including sing-

ing, an offertory and Joys and Sorrows. It lasts about 20 minutes. Then the children go to their classrooms for Sunday school. Our first Children's Chapel this year is Sunday, October 3rd. The theme is Sit at the Welcome Table.

This year, I'd like to invite the 5th and 6th graders to learn to be service leaders for Children's Chapel. I will hold a series of instructional meetings with the 5th and 6th graders the second Sunday of each month at 11:30 in room B-1 from 11:30 to 12:15. Each month we'll learn something about worship by practicing it. We'll also create the following month's Children's Chapel together and choose who will be the service leaders for it. Any 5th or 6th grader is welcome to attend any and all meetings. The first meeting of Children's Chapel service leaders will be Sunday, Oct 10th.

Call the office or email me at dre@albanyuu.org if you have any questions.--Leah Purcell

Tarot Card Reading as a Spiritual Practice A Two-Part Workshop given by Alifair Skebe

3:00 PM to 6:00 PM

Saturday, Oct. 23 and Saturday, Nov. 20

Signup in Channing Hall or call the FUUSA office

Tarot, for some, is an entertaining pastime, a quick psychic trip with some lady in a darkened, red plush room in a Lark Street basement apartment. For others, it is a true divination tool that foretells

the future. While Tarot may hold in part these characteristics, it is certainly not the full picture. Tarot in recorded history dates back as far as the sixteenth century and is alchemically known as "The Book of Life," a way of securing focus on a person's immediate influences. Like a human life, unfinished and always open to environmental and psychological influence, the "Book of Life" can be shuffled and opened to any point on one's spiritual path: the past of "memories" or present circumstances. Through this, Tarot can suggest future action. Like life, the deck of cards, or pages of life's Book, is ever-changing and never set: according to Tarot practitioners, we all have the power to change our destinies. There is no fated prediction, no prophecy that must be fulfilled. As humans, we have the power to shuffle up our past and to create a future based on our choices and actions in any situation. Therefore, Tarot is a way of focusing our energies and gaining a perspective on questions in our lives. A "spread," or the setting down of cards related to a question, may reveal one's situation in a new way, which can be helpful in making decisions, alleviating distress, or seeing joy in the world.

Alifair teaches in the Department of English at the State University of New York, University at Albany and has been studying Tarot Card reading for the past 10 years.

Our Community

Christian UUs gather Tuesday, October 5

Unitarianism and Universalism have their roots in the Christian faith but have broadened the covenant to welcome all people who seek a religion based on the inherent sanctity of every person's free and responsible search for truth and meaning. Our efforts to be broadly welcoming require us to distance ourselves from most theologies because most religions claim a monopoly on truth. While we take exception to some Christians' assertion that their views represent the only true religion, we cannot reject all Christian ideas without diverging from our own principles. If you are interested in explor-

ing Christianity within Unitarian Universalism, join us at 7:00 PM on October 5 in Room B-8. For more information contact John Sherman.

Soon: Silver Bay!

Our wonderful UU Weekend at the Silver Bay Resort on beautiful Lake George is right around the corner - October 15-17. If you haven't signed up, and paid your deposit and even your balance, times a-wasting! The weekend not only promises spectacular fall foliage, but thought-inspiring workshops, a hike, talent show and great children's programs PLUS talks by former FUUSA Minister John Corrado and UU minister David Weissbard (whose mom, sister, daughter and grandsons are members of our own Society.) Participating in the UU Week-

end is also a wonderful way to deepen your connection with our and other UU communities. You can sign up for the weekend before and after the service on Sundays, or you can download the registration form from the FUUSA web site and send it in with your payment. Instructions are on the form. (<http://www.albanyuu.org/uuwregform.pdf>) - UU Weekend Committee (Albany, Saratoga, Schenectady, Glens Falls congregations)

Channing Circle

Monday, October 18

Channing Circle will meet at noon on Monday, Oct. 18. Bring your lunch and coffee, tea and dessert will be available. Bob Blank will present the program, "mortality questions", so come join us with old and new friends. Thanks to Anita Patka for helping with the set up.

Shared experience

Small Group Ministry (SGM) offers an opportunity for members and friends to gather, form lasting relationships, develop community, and maybe even grow and gain a little insight as they think about and talk through the real questions of Life. Participants meet regularly and talk about the events of their lives, and about the ideas that engage them. SGM groups are not therapy or affinity groups and participants don't judge or offer advice. SGM is not intended to solve anybody's problems or reach consensus, but rather to hold and witness the amazing diversity of experiences and life journeys. The sessions are guided by a facilitator. SGM will begin in November. If you are interested in participating or want more information contact John Sherman at jsherman@nycap.rr.com.

ComUnity Potlucks

FUUSAns meet occasionally in members' homes in various neighborhoods for a potluck dinner. Newcomers are always welcome! Call the church office if you would like to host a potluck.

"Guilderland Plus" will meet in Berne

6:30 pm, Friday, Oct. 8

Hello, "Plussers" and Everyone, We will start our potluck meetings in October, hosted by Arden and Marilyn Dockter. Please make a note of Friday, October 8, at 6:30 PM, at the Dockters' home in

Berne. Please call the Dockters' for directions and food to share.

To those who are not familiar with Guilderland Plus: This originally was the Guilderland neighborhood potluck, but the group over time has incorporated folks from other neighborhoods and meets in different areas, too. So, whether you live in Guilderland or East Oshkosh, we would be delighted to have you join us. The "PLUSSE" the better!

Walker Book Club

Sunday, October 10

The next meeting of the Walker Book Club is Sunday, October 10. The Walker book club is graciously hosted by Lisa Walker, the wife of a deceased former FUUSA President. Each meeting begins with a potluck supper at 5:30 PM at Lisa Walker's, Delmar, followed by a lively discussion of the book of the month chosen by participants. 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: October 10: [Cutting for Stone](#) by Abraham Verghese.

Contact Linda Hunt for a list of books suggested by participants for future months.

About Us

The Helderberg Madrigal Singers (including **Dawn and Dick Dana and Dave Metz**) will be featured at the Medieval Faire at the Cathedral of All Saints in Albany on Saturday, October 23. Look for their performance at 12:30 PM in the downstairs café area.

John and Barbara Metz in concert

Cello and Piano Together: "Creative Freedom – Two Cello Classics and an Argentinian Masterpiece."

3:00 p.m., Sunday, October 31, 2010

Emerson Community Hall

\$12.00 Adults/\$8.00 Students

See attached flyer.

Coming to UU Weekend at Silver Bay?

We hope you will bring something special to contribute to the Silent Auction. Your 'gently used' (or brand new) treasures can raise money for the UU Weekend Scholarship fund, helping others to attend future UU Weekend retreats.

Holiday Bazaar No. 5

Bazaar planners are planning. Won't you join the group? We will welcome your skills. Our dates this year are November 13 and 14. We need help planning and your artistic crafty skills. We are also looking for vendors. Do you or a friend or relative want to rent a table? Are you sewing, knitting, painting, or what ever you do so you can donate your work for this great event? Contact Jan Satin or Barb Manning.

Joys and Caring Corner _____

f 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.

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@fuusalba.ny.org.

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)
Oct. 3	A. D'Attilio		M&S Babala	J&G Allen	
Oct. 10					L. Stix
Oct. 17	A. DeSalvo				
Oct. 24	K. Harris		D&D Dana	B. Manning	
Oct. 31	Dawn Dana		T&S Gray		

Social Justice

I am so happy to be part of this generous and giving congregation. We donated over \$1800 to the UUA-UUSC Joint Pakistani Relief Fund. If you were not at the service September 12, you can go to the UUSC web site and learn what is being done to help in this overwhelming tragedy and make a contribution. Saturday, September 18, we contributed refreshments and stood as silent witness to those in the City of Albany who have been victims of violence. On Oct. 16, we who are not going to Silver Bay will have an opportunity to march with the Schenectady UU's and others in support of gay marriage. And more than 30 of you have ordered Standing on the Side of Love tee shirts which we will wear when we support those who have been victims of injustice. If you would like a gold \$15 SSL tee shirt you can e-mail me.

There are many opportunities to show our support of others. We, who you elected, and the appointees of SRC want to know how you want to be involved. Rev. Dick Gilbert, UU St. Lawrence District Social Justice coordinator, will be here to help us in our planning on November 6, and we want as many of you as possible to participate. SAVE the DATE—November 6. Rev. Gilbert will also be in the pulpit on Sunday, November 7. We on the FUUSA board have been working to implement the Strategic Plan that came out of the Dream Catchers meetings. How can we best involve all of us in doing that, particularly in "Making a Difference in the Lives of Families and Children in the City of Albany? We already do many things to help. Can we do it better, more effectively and in ways that make us recognized as a "Beacon of Liberal Religion?"

Standing on the Side of Love,
Lois Griffin

SRC Table

Beginning in October, colorful and beautiful items made by Guatemalan women will be sold at the SRC table. Proceeds from the sale help support the women and their families. Check the table for information on Peace events, the New Yorkers for Zero Waste Platform, 350.org event on October 10, Transition Network, Save the Pine Bush etc.

Coffee from Equal Exchange is available as well as chocolate bars, cocoa. We continue to sell CFL Bulbs, equivalent to 60 and 100 watts.

Green Sanctuary news

Reminder that we recycle ink cartridges, cell phones, corks from wine bottles, sneakers, plastic containers and will take your used CFL Bulbs. The ink cartridges and cell phone boxes are in the coat room between the two doors on the shelf and the other items can be brought to the SRC table.

We had a successful discussion group on September 19 on Overpopulation and will continue our second discussion on the third Sunday in November on Nuclear Power.

Forum: Wrongful Convictions

October 24, 11:45 AM-12:45 PM, Emerson

David Kaczynski, Executive Director of New Yorkers for Alternatives to the Death Penalty, will speak on wrongful convictions in New York. The Innocence Project reports that New York leads the nation in the number of wrongful convictions, but lags in laws designed to address them.

David will speak on the reluctance of prosecutors to seek justice for the wrongfully convicted, and what we can do to protect the innocent from being wrongfully convicted.

If child care is needed, call the church office by noon of the preceding Friday.

St Lawrence District 'Survey Monkey' questionnaire on environmental initiatives

Please take a few minutes to fill out on-line "Survey Monkey" questionnaire at <http://www.surveymonkey.com/s/MDJKQHM>. (Just 18 questions – and the district is seeking responses from as many members as possible.) The St Lawrence District is working in collaboration with the UU Ministry for Earth (UUMFE) to strengthen and support environmental work. As part of this project, members of each congregation are asked to the survey to help identify ongoing activities/interests and to determine where support may be needed. Let's help to work toward the "Green Revolution in Religion" that was called for during this year's UUA General Assembly.

Social Justice conference in Syracuse Saturday, October 30:

"Spinning the Interdependent Web: Eco-Justice and UUism – an Environmental Justice Conference":

Sponsored by the St. Lawrence District Social Justice Council – at May Memorial UU Society of Syracuse, featuring Rev Kate Braestrup, Maine Warden Service chaplain. Kate is an award winning author and sought after speaker. Her keynote address is entitled "Momma's All Right: Love, Death and the Environment." The program also includes case studies from congregations on their environmental projects, workshops on hydro-fracking, Green Sanctuary and community gardens, among other issues and projects. Workshop and registration information is available through the District Website at www.sld.uua.org or contact Harsey Leonard or Dick Gilbert.

See page 13 for an article on Kate Braestrup, keynote speaker. Additional details and sign up sheets for rides to the conference will be available at the SRC table during coffee hour. Conference brochure is included in this newsletter.

Columns

Sam's Outlook

Healing listening for emotional support

Life has its battles, sorrows and regrets,
But in the shadows, let us not forget
We who now gather, know each others pain.
Kindness can heal us, as we give we gain,
Listen together to our heart's own song.

This familiar hymn verse from "Here We Have Gathered," with a slight modification in the last line, speaks of both the reality of difficulty in all our lives and the need we have for each other to help us endure those hard times. One of the most effective acts of kindness we can offer is listening.

J. Krishnamurti wrote that "to pay attention means we care, which means we really love." Buddhist teacher Tara Brach, in her book *Radical Acceptance* added to this quote, "Attention is the most basic form of love. By paying attention we let ourselves be touched by life, and our hearts naturally become more open and engaged."

We are a doing culture. When someone is in pain, we want to do something to fix it. Often this makes complete sense for a physical injury that needs to be cleaned, dressed and bandaged to prevent in-

fection. Emotional injuries are a little different. The use of a scalpel to try to cut out a negative feeling would never work. Yet we often try to figuratively cut off a feeling of wounded pride or ego by denying it. "Don't feel bad about that insult by a co-worker; he doesn't know what he is talking about." "Don't feel bad, I think you're a good hearted person." "Today was a hard day for you but things will be better tomorrow." These comments, while probably true, are often not effective ways of being helpful to another in emotional distress. A better response is just to say, "I'm here to listen."

"90% of being helpful to another is just showing up and shutting up," is an often quoted balm to nervous newbies to healing listening. What most of us don't realize is just how helpful an attentive listening presence is. I know how helpful the quiet, caring presence of another person has been for me, especially when I'm dealing with a really difficult, painful situation that doesn't have any easy answers. Just having someone listening to me, especially when I'm not feeling very lovable, soothes the pain of the separation I'm feeling. Usually, what I really need is the emotional support to get clear about and then to make the hard choices I already know I'll need to make.

With close to 400 members, the showing up part can be hard for me. I'm grateful most people are

not in crisis most of the time. But far more would benefit from this kind of healing listening than I can attend to as frequently as might be helpful.

This is one reason we're initiating a Pastoral Care Associate program this fall. During the month of September, the nine people who applied and were selected for this listening ministry have been doing weekly training sessions. During the service on October 24, they will be honored and commissioned to serve as healing listeners in our congregation to provide emotional support. The details of how the program will work are still being worked out but the goal is clear, to increase the level of emotional support available for our members beyond what one minister can provide. Stay tuned!-- Rev. Sam

Chuck's Chat

As promised last month here is a summary of what we accomplished at the Board Retreat. Some of the ambitious goals for our Retreat in late August included :

- ◆ Achieving an understanding of the Strategic Plan
- ◆ Preparing a set of "next step" actions for this year to begin implementing the Strategic Plan
- ◆ Have fun

I believe we achieved these goals. I feel blessed to be surrounded by such a group of caring, committed and talented individuals who are now on the Board. We worked very hard but very well together. Food at the retreat was excellent with different board members working together to prepare and then clean up after each meal. This cooperative spirit carried over to our discussions of the Strategic Plan and how to move forward. Friday night we tried to condense the broad themes of the Strategic Plan into six word pithy statements. Examples of these were:

- ◆ **Social justice:** Expanding member involvement in community action
- ◆ **Beacon of Liberal Religion:** Identify UU values to articulate transformation
- ◆ **Theological and Philosophical Diversity:** Opportunities for inspiration in diverse community
- ◆ **Community and Connections:** Step up, con-

nect, be of service.

On Saturday morning we brainstormed ideas on actions FUUSA could take within the four areas of the Plan. Rev. Sam, Leah, and Amy were a big help in adding ideas to our lists. By the end of the morning we had nearly 100 action items written on large sheets of newsprint taped to the walls in Emerson Community Hall. Then the hard work began; sorting and prioritizing these 100 items into "next step" actions for this year. A one page table resulted from these discussions that included columns for: a) the action item, b) the first step, c) timing, and d) the responsible person or group. A few of the items from this list are highlighted below:

- ◆ **Social Justice:** Work with Social Responsibility Council to involve more of the congregation in Social Action projects, participate in the social justice workshop that will be led by Dick Gilbert on November 6, and conduct Adult Education Workshops on social action.
- ◆ **Community and Connections:** Prepare a charge for a new Community and Connections committee, choose a chair, and begin "to broaden and deepen connections within the FUUSA community, within and across generations". As an example of the type of activities that could be initiated, the Religious Education Council and Social Responsibilities Council are co-sponsoring a Spaghetti Supper on October 1 and inviting the families from the Girls, Inc. after-school program to participate. Another example is that the Board will be asking the Youth Group to choose a Youth representative to attend Board meetings as a non-voting participant.
- ◆ **Theological and Philosophical Diversity:** Rev. Sam has formed a Worship Cabinet to work with him "to offer worship services that are a source of challenge, inspiration, and joy."
- ◆ **Beacon of Liberal Religion:** The Board passed a resolution endorsing the denominational Standing on the Side of Love campaign and encouraging the Social Responsibility Council (SRC) to incorporate the campaign into its activities. SRC has ordered a banner that we can display on our building and carry in parades. By the time you read this, you will all have had the opportunity to

purchase “Standing on the Side of Love” T-shirts by signing up for our bulk order. Then when we participate in local demonstrations, like the one on September 18 in Townsend Park, we will be seen as an identifiable group making a statement about our religious values in a social context.

The Board is working very hard to bring into reality the dreams we all shared as we developed the Strategic Plan. What we can achieve on this journey depends on each of us.

“It will happen simply by virtue of all us working together as one in the spirit of cooperation and hope, gathered not by common belief but by common values and common need. I urge you to be a part of that work.” Modified quote from *Victoria Weinstein minister at First Parish Unitarian, Norwell, MA*

Yours in Community and Service,
Chuck Manning

Religious Exploration

What is worship?

UU minister Rev. Dick Gilbert explains his philosophy of worship in a training session for religious educators:

“Although one can set forth no official definition of worship satisfactory to all Unitarian Universalists, worship as the celebration of life is perhaps most generally accepted...This celebration deals with ultimate concerns, the values and meaning which ought to be operative in human life.”

Worship seems to be a natural human activity, especially for children and youth. It is an act of ordering the world, while being open to the possibilities of the world. It seeks to make meaning of our lives: our experiences of awe and wonder, and the happy moments and disappointments. Worship can occur on a personal level for our own growth and development, and it can also occur in community, which builds our connections to others.

Much of our Sunday school program is intellectual stimulation. Of course we want our children to learn about our UU history and heritage and about different religious traditions. We want to teach them our values of caring for our congregation, our denomination and for the environment, and of honoring the inherent worth and dignity of each person.

In Sunday school there is lots of talking, moving and creating. But our Religious Education Council and I also understand the value and importance of giving children and youth opportunities to practice Unitarian Universalism in many different ways. The chalice lighting that the younger children use says that UU's have open minds, loving hearts and helping hands. In more than one way, worship is the “heart” of what we do.

So while there is usually a message imbedded in worship, there does not always need to be a lot of talk from those leading the service, especially in worship for children and youth. This holds true of multigenerational services, the first part of the regular service, Children's Chapel, and the opening and closing times of Sunday school. The lighting of the chalice, the hymns, the musical performances, the flower arrangement, creating other visual pieces, the community greeting, the experience of sitting relatively quietly in a large group for a few moments, moving stones for Joys and Sorrows, the offertory - all these non-didactic elements on Sunday morning help to create a time and space for children which is different from rest of their lives. For them as much as for us adults, it is an opportunity unlike any other to turn inward and go deeper, and to reach out and connect with other people.

Von Ogden Voght, minister of the first Unitarian Church in Chicago in the 1920's and '30's was a theoretician of worship who tried to see worship from the individual's point of view. He suggested that we pay attention to elements of the service that are receptive and reflecting and those that are expressive and evocative. For Voght, the process (the ordering and the rhythm) is just as, if not more, important than the content of the service. People of all ages bring their whole lives to the worship space. Life happens on a national, congregational, and personal level each week, and sometimes we need to hear about or honor those, even if they don't fit neatly into the theme of the service.

At First UU Society of Albany we support one another in our individual searches for truth and meaning, but I think it is our time together in worship, especially when we welcome people of all ages, which unites us as a congregation. With the help of the Religious Education Council and Rev. Sam, I

strive to tend to the religious needs of our children and youth. But as adults, whether you are a volunteer in our Sunday school program, a visitor to Children's Chapel, or you come to the regular or multi-generational services, I hope you too will look at

these times as opportunities to bring meaning to your life, whatever tender or powerful experiences life may unfold for you.

In joy and service,
Leah

"Momma's All Right: Love, Death and the Environment"

Keynote Address by Rev. Kate Braestrup at the Social Justice conference in Syracuse on Saturday, October 30 (see page 10 and attached brochure for more information or visit the Social Responsibilities Council table during coffee hour.)

Kate Braestrup profiled

The daughter of a foreign correspondent, Kate Braestrup spent her childhood in Algiers, New York City, Paris, Bangkok, Washington, DC and Sabillasville, Maryland. She married James Andrew "Drew" Griffith in 1985. Shortly after the birth of their first child in 1986, Griffith joined the Maine State Police, and the family moved to midcoast Maine.

Educated at the Parsons School of Design/The New School and Georgetown University, Braestrup originally thought of herself primarily as a writer. She had published a novel, *Onion*, in 1990, after all, and occasional essays in national publications. More children arrived, but she expected to be able to continue combining motherhood and the writing of fiction and non-fiction for the foreseeable future.

Trooper Griffith was killed in a car accident while on duty in 1996. Kate Braestrup was left a widowed mother of four children between the ages of 3 and 9. Life would not and could not ever be the same as it had been.

As it happened, Drew Griffith had spent the last year of his life thinking about, researching and finally committing himself to becoming a Unitarian Universalist minister, a plan that was naturally discussed extensively with his wife. In this way, unwittingly, he had prepared the way for Kate Braestrup to recognize and develop her own vocation. She entered the Bangor Theological Seminary in 1997, and was ordained in 2004. Since 2001, she has served as chaplain to the Maine Warden Service, joining the wardens as they search the wild lands and fresh waters of Maine for those who have lost their way, and offering comfort to those who wait for the ones they love to be rescued, or for their bodies to be recovered.

In 2006, Braestrup married the artist, Simon van der Ven. Between them, van der Ven and Braestrup have a total of six children, all of whom are now sauntering, tip-toeing or being pushed up to and across the threshold of

adulthood. Braestrup is the author of a novel, *ONION* (Viking, 1990), the New York Times bestselling memoir *HERE IF YOU NEED ME* (Little-Brown 2007), which was named by Time Magazine as one of the ten best books of 2007, and *MARRIAGE AND OTHER ACTS OF CHARITY* (2010). Her latest book, *BEGINNERS GRACE* (Free Press/Simon and Schuster, will appear in November, 2010). Braestrup has also written numerous essays for *More*, *The New York Times*, *O Magazine*, *Readers Digest* and other publications. She won the 2007 Barnes and Noble Discover New Writers prize, was a National Book Award finalist, and has received an honorary Ph.D., conferred by Unity College in 2010, and news of an incipient grandson (due in November) means Braestrup may now be called Reverend Doctor Granny (though she seldom insists on this).

Library, continued from page 4

Salted With Fire: Unitarian Universalist Strategies for Sharing Faith and Growing Congregations Scott W. Alexander. 1995. [289.132 ALE]

"UU leaders discuss historical and modern interpretations of UU evangelism and offer ideas and practical advice for congregational growth."

Son of Mountains: My Life as a Kurd and a Terror Suspect Yassin Aref. 2008 [364.1092 ARE]

"In 1970 Yassin was born to illiterate farming parents, grew up under the rule of Saddam Hussein, encountering tremendous poverty, brutality, and repression; as a teenager, he sympathized with the Kurdish peshmerga (freedom fighters) & risked his life opposing the dictator's genocide against the Kurds. In 1999 he and his family were given refugee status by the UN and sent to Albany to begin a new life. He worked at several low-paying jobs until he was appointed imam of Masjid as-Salam (House of Peace), a small Albany mosque. The 2004 FBI raid on the mosque and Yassin's arrest, which was nationally reported as a victory in the "war on terror." His trial and conviction in 2006 tore his family, the mosque, the community and city apart. The book ends with a compelling essay by volunteer lawyer Stephen Downs that details how the government's case against him was not a "sting" but a frame-up--an elaborate fiction presented in court as fact--with lives, families, and Constitutional rights sacrificed to our post-9/11 climate of fear."

Contact Us

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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

Address: 405 Washington Avenue, between Robin Street and Lake Avenue, Albany, New York 12206

Main entrance is on Washington Avenue. Rear entrance is on West St. Both have ramp access. The building is fully handicapped accessible.

Parking: Parking is available on the street. On Sundays (and for some special events) FUUSA has permission to use the University at Albany's downtown campus parking lots: the Hawley Lot on Robin Street at Washington Avenue and the Thurlow Terrace Lot on Western Avenue.

Office hours

September-June: Monday-Thursday, 9:00-4:00

July-August: Monday-Thursday 9:00-12:00

Windows is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

Editors: Amy Lent, Irene Saulsbery

Send all submissions to:

Windows@albanyuu.org or to the church office.

Next publication deadlines

Oct. *Update:* Oct. 4

Nov. *Windows:* Oct. 18

John and Barbara Metz in Concert

Sunday, October 31, 2010, 3:00 p.m.



Cello and Piano Together “Creative Freedom – Two Cello Classics and an Argentinian Masterpiece.”

Beethoven’s Opus 102 No. 1, marked “Free,” was an expressive breakthrough into that composer’s final period. In his cello sonata of 1949 Prokofiev maintained his own creative freedom in the face of possible censorship from the Soviet Composer’s Union “a small victory over the Soviet musical bureaucracy.” Alberto Ginastera’s *Pampeana N.o 2*, a rhapsody for cello and piano, will round out the program.

\$12.00 Adults/\$8.00 Students

First Unitarian Universalist Society of Albany
Emerson Community Hall
405 Washington Avenue, Albany, NY

Bringing Unitarian Universalist Values to Halloween!

TRICK OR TREAT

For Food Pantry Donations

Then Celebrate with a

Multigenerational Party at FUUSA!

Saturday October 30th, 2:00 - 4:00

Games, Food, Craft-making, and Fun for All Ages!

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

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

Flyers will be distributed through RE classes to help you alert your neighbors ahead of time about the trick or treating. The party is free; any and all food pantry donations will be gratefully accepted; and everyone is invited! So grab your costume and join the fun!!!



What is the use of a house if you haven't got a tolerable planet to put it on?

Henry David Thoreau, 1854

Conference Theme

This year the SLD Social Justice Council is partnering with the UU Ministry for Earth to explore the intersection between UU's traditional social activism to achieve a more just society and the Green Sanctuary movement's efforts to ameliorate our ecological impact on our Earth home. It has become increasingly evident that threats to the environment are threats to the principles of justice and compassion that form the very basis of our core values.

Displaced citizens of New Orleans' Lower Ninth Ward, unable to return to their neighborhoods after five years, are a perfect example of this intersection. More recently, the Gulf oil spill demonstrates our government's inability or unwillingness to effectively oversee worker safety and stewardship of the environment in the face of the relentless pursuit of profits by large corporations. Closer to home, issues surrounding natural gas drilling employing hydrofracking, an environmentally questionable process developed by Halliburton, are creating controversy and dividing communities while threatening our water supplies.

Four workshops will focus on examples of the convergence between the objectives of Social Justice and Ministry for Earth. In some congregations, the effort to "green" our buildings and grounds has morphed into a social action plan. Elsewhere, a UU congregation's small community garden has grown into an interfaith example of stewardship of the earth while enriching the lives of economically disadvantaged citizens. The environmental and societal costs of hydrofracking will be borne by everyone in any community where drilling takes place.

Workshops led by activists will focus on these themes and more. Welcome to the conversation – a conversation we hope will energize our UU Communities.

REVEREND KATE BRAESTRUP

Keynote speaker

Kate Braestrup is a Unitarian Universalist Community Minister and law enforcement chaplain to the Maine Warden Service. Her *New York Times* bestselling memoir, *Here If You Need Me*, won the Barnes and Noble Discover Award for non-fiction and the UUAs Melcher Book Award in 2008. Her most recent book is *Marriage and Other Acts of Charity*, and her next book, *Beginner's Grace*, will publish in November. Her magazine articles have appeared in *The N Y Times*, *The Boston Globe*, *MORE*, *Good Housekeeping*, and *O, The Oprah Magazine*.



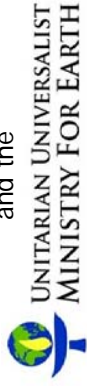
UNITARIAN UNIVERSALIST
MINISTRY FOR EARTH

Connecting and inspiring an active community of UUs for environmental justice, spiritual renewal, and shared reverence for our Earth home. We envision a world in which all people make reverence, gratitude, and care for the living Earth central to their lives. Our purpose is to inspire, facilitate and support personal, congregational and denominational practices that honor and sustain the Earth and all beings. We affirm and promote the seven principles of the UUA, including: "Respect for the interdependent web of all existence of which we are a part."

**St Lawrence District
Social Justice Council**

The purpose of the **Social Justice Council (SJC)** is to support the work of justice-making within and among the Unitarian Universalist congregations of the district, by connecting issue-oriented groups with one another and providing them with information through conferences, workshops, denominational training events and worship services while providing a vehicle for amplifying their collective voices to the larger community.

The **St Lawrence** District
Social Justice Council
and the



Present the Fifth Annual
Social Justice Conference
Spinning the
Interdependent Web:
Eco-Justice and Unitarian Universalism



Theme Speaker:

Reverend Kate Braestrup
Unitarian Universalist
Community Minister
and

law enforcement chaplain to the
Maine Warden Service.

October 30, 2010

May Memorial UU Society
3800 East Genesee Street
Syracuse, NY 13214

Fifth Annual Social Justice Conference Schedule

- 8:30 Registration at door
- 9:00 Continental Breakfast
- Courtesy of First UU of Syracuse
- 9:45 Welcome and Greetings
- 10:00 In gathering Worship:
Rev. Jean Wahlstrom
May Memorial UU Society

10:30 **Keynote Rev. Kate Braestrup**
Momma's All Right:

Love Death and the Environment
Q & A Moderated by Rev. Dick Gilbert

12:00 Lunch Social Hall

12:45 **Plenary Session** Social Hall

Rethinking Social Justice Issues

Within an Eco-Justice Framework

Moderator: Rev. Richard Gilbert
Response by: Rev. Kate Braestrup

1:30 Break and move to Sanctuary

1:40 Eco-Justice in Action

Congregational Case Studies

2:20 Break and move to workshops

2:30 Selected Workshops

3:35 Closing Worship:

AFTERNOON WORKSHOPS

Workshop 1 Green Sanctuary

First UU Society of Albany

Thayer Heath and Chris Bystroff will facilitate an interactive discussion on 'going green.' Three congregations in our District - Albany, Amherst and Schenectady have achieved Green Sanctuary certification, and 5 congregations are candidates - Canandaigua, Saratoga, First Universalist of Syracuse, May Memorial of Syracuse, and Binghamton. Others are initiating specific 'green' projects. No matter where you are in the process, this is a perfect opportunity to exchange information, ask questions, share your ideas and explore interesting ways to accomplish and maintain Green Sanctuary status.

Workshop 2 UU Society of Canton Community Gardens

In 2005, members of the Unitarian Universalist Church in Canton voted to adopt UShare as their church-wide social action project. Volunteers organize and maintain two gardens on public land in Potsdam and Canton. Since they started in 2005 they have annually delivered roughly 2000 pounds of fresh, organic produce to 17 food pantries and neighborhood centers in 14 different townships. Join co-chairs Jan DeWaters and David Bradford for an overview of this very successful interfaith community garden project.

Workshop 3

Hydrofracking UU Congregation of Athens and Sheshequin, Pa

While we in New York State are anxiously awaiting legislation that would postpone issuing permits for natural gas drilling using a process known as hydrofracking, in Pennsylvania permits have been issued by the thousands and drilling is a reality. For our sister congregation in Athens and Sheshequin, PA the drillers have arrived. Parish Minister Reverend Darcey Laine charged her parishioners to "take cameras with them as they traveled throughout the area so we can share photos and stories of living with the reality of hydrofracking in your backyard, and consider how our faith communities can respond."

Workshop 4

UU Ministry for Earth Faith and Environmental Justice: The Context of Our Work

Why are Unitarian Universalists and other religious denominations taking on environmental justice work? How is this work grounded in our faith, and where do we fit in? Rowan Van Ness, Environmental Justice Program Associate at the Unitarian Universalist Association of Congregations and the Unitarian Universalist Ministry for Earth, will lead this workshop on the historical context of this movement; highlight strong examples of what congregations are doing to be engaged; and provide an opportunity for deeper reflection on the environmental justice problems, solutions, and their sources; through discussion-styled conversations.

REGISTRATION FORM

Pre-registration fee: \$30

(Pre-register by October 22)

Registration fee at door: \$35

Students: \$10

Lunch included.

Make checks payable to: "St. Lawrence District"

and mark "For SJC Conference"

Mail registration form and check to:

St. Lawrence District

PO Box 1045

Buffalo, NY 14240-1045

Name: _____

Congregation: _____

Address: _____

Telephone: _____

E-mail: _____

Request for display table _____

Please provide details for special dietary concerns or accessibility needs.

Childcare and Friday night hospitation available only with pre-registration.

Child Care Needed _____Ages _____

_____Friday Night Home Hospitality needed

Workshop Preference

Please check first choice:

Workshop 1 Green Sanctuary _____

Workshop 2 Community Gardens _____

Workshop 3 Hydrofracking _____

Workshop 4 UUMIFE Faith _____