

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](mailto:administrator@fuusalbany.org).

## Sundays at Albany UU

*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 on Sundays include Forum (social justice and environmental topics), Family Chapel, social events, and adult education.*

**All are welcome!**

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

June 2016

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### Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

(1st Sunday/mo. Oct.-May)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

### Services

**June 5** "When we share love, we end up having more," Leah Purcell and Rev Sam Trumbore

Through word, song, ritual and an interactive activity, we'll explore how we share love with one another in at Albany UU. We'll honor our RE volunteers, and the inter connectedness of generations and the whole congregation This is the service for our annual Bridging Ceremony to recognize the transition of our graduating high school seniors from youth to young adulthood. Everyone is invited to celebrate Sundae Sunday after the service in Channing Hall with ice cream and non-dairy treats.

*Music:* Randy Rosette; Debbie McLeod and Matt Edwards

**June 12** "Peace and fellowship through flowers," Rev. Sam Trumbore

Flowers are used to celebrate the birth of Siddhartha Gautama (a.k.a. the Buddha). It coincides this year with our Flower Communion service created by Norbert Capek. We'll celebrate and interconnect both. **Please bring a few flowers to share**, especially native ones as well as ones blooming in your own garden. We'll create a beautiful bouquet to enjoy during the service, then take a different one home at the end.

*Music:* Alyssa Yeager

**June 19** "Charity AND Justice". Rev. Jim Ketcham

The theme for this Sunday's service is based upon these words taken from Talmud 303: "Do not be daunted by the enormity of the world's grief. Do justly now, love mercy now, walk humbly now. You are not obligated to complete the work, but neither are you free to abandon it."

*Music:* Ann Brandon

**June 26** "My Darling: A Love Affair With the Divine," Rev. Ian White Maher

An exploration into what it can mean when we fall in love with the sacred ground of our being.

*Music:* Alyssa Yeager



# Calendar

## Events happening every Sunday at Albany UU

9:00 AM Mindfulness Meditation .....Sanctuary  
 10:00 AM Service .....Emerson  
 Family Chapel (1st Sunday/mo. Oct.-May) .....Sanctuary  
 Religious Education ..... Classrooms  
 11:00 AM Coffee Hour.....Channing

Exceptions: Choir rehearsal ended for the summer.

## Regular events and meetings

CHECK the calendar below for changes to date, time and location

Sundays	5:30 PM	Walker Book Club (2nd)	Wednesdays	10:00 AM	Projects & Quilts (weekly)
	11:45 AM	Social Responsibilities Council (3rd)		12:00 PM	All Sides Considered (1st & 3rd)
Mondays	12:00 PM	Channing Circle (3rd)		5:30 PM	Green Sanctuary Committee (3rd)
	6:15 PM	Religious Education Council (1st)		7:00 PM	Choir Rehearsal (weekly)
	7:00 PM	Earth Spirits (2nd)	Thursdays	7:00 PM	Program Coordinating Council (2nd)
Tuesdays	10:00 AM	Philosophy Group (weekly)		7:00 PM	Board of Trustees (3rd)
	1:00 PM	Bridge (weekly)			
	7:00 PM	UU Humanists (2nd)			

## All other events happening in June

**1-Jun Wednesday**  
 12:00 PM All Sides Considered..... B-7  
 6:30 PM Practice group for Nonviolent Communication..... B-8  
 7:00 PM Capital Campaign Task Force ..... B-7

**3-Jun Friday**  
 5:30 PM Board Retreat..... B-8  
 6:00 PM REC retreat .....Channing

**4-Jun Saturday**  
 9:00 AM Albany UU Board Retreat ..... B-8  
 9:00 AM REC Retreat.....Channing

**5-Jun Sunday**  
 11:45 AM Green Sanctuary Committee Meeting..... B-8

**7-Jun Tuesday**  
 6:30 PM Creating Peace Through Connection-NVC..... B-3/B-4  
 6:30 PM Wellspring Sources ..... B-5  
 7:00 PM Class: Climate Change ... and You ... and Us ..... B-8

**8-Jun Wednesday**  
 7:00 PM Capital Campaign Task Force ..... B-7

**11-Jun Saturday**  
 8:45 AM Getting to Know UU ..... B-7, B-8  
 10:00 AM Service Associate training.....Emerson  
 5:30 PM Panama Auction Dinner and Slide Show.....Channing

**12-Jun Sunday**  
 11:00 AM Sundae Sunday .....Channing  
 5:30 PM Walker Book Club .....Channing

**14-Jun Tuesday**  
 6:30 PM Finance Committee.....Stott Lounge  
 6:30 PM White Privilege Study Group..... B-8

**15-Jun Wednesday**  
 5:30 PM Auction Committee.....Channing  
 7:00 PM Capital Campaign Task Force ..... B-7

**16-Jun Thursday**  
 5:30 PM Religious Services Committee ..... B-7  
 7:00 PM Albany UU Board Meeting .....Channing

**19-Jun Sunday**  
 11:45 AM Social Responsibilities Council Meeting ..... B-7

**20-Jun Monday**  
 12:00 PM Channing Circle Lunch .....Channing

**22-Jun Wednesday**  
 5:30 PM Endowment Trust Meeting ..... Stott Lounge  
 7:00 PM Capital Campaign Task Force..... B-7

**23-Jun Thursday**  
 8:00 AM UUA General Assembly-Columbus, OH

**27-Jun Monday**  
 5:30 PM Meaning Matters Potluck..... Channing  
 7:00 PM Meaning Matters (4th Monday) ..... B-8

**29-Jun Wednesday**  
 7:00 PM Capital Campaign Task Force..... B-7

**Summer Sundays at Albany UU!**  
 The 9:00 a.m. **Meditation** continues.

We have a **Service** at 10:00 a.m. The summer services are coordinated by Vee Abbitt, with a delightful list of guests in the pulpit.

**Children** of all ages meet for activities (in an air conditioned classroom) and youth are invited to help or to attend services. Childcare for infants and toddlers is provided by our paid staff.

**Coffee Hour** becomes Iced Tea and Lemonade (served in the Emerson Alcove.)

The **people** you've enjoyed all year are still here, plus it's a time we often get visitors who are on their summer voyages from elsewhere.

Contributions of **flowers from your garden** to decorate the service are welcome!

**If you can volunteer to help** on a Sunday when you will be here, we'd love to hear from you. We have openings for Greeters and Ushers. Call the office at 518-463-7135 to volunteer, or sign up at [members.albanyuu.org](http://members.albanyuu.org) under Volunteer Opportunities.

## Sam's Outlook

### Ah, the simple life!

Rev. Sam Trumbore

I want to make this time of year stretch out and last for months. The beginning of June is one of my favorite times of year. The days are warmer and longer. Wool hats, ski gloves, heavy coats and rubber boots have gone to the basement for storage. Gone are the worries about waking up and having to deal with ice on the windshield and snow in the driveway. The flowering trees right now are spectacular as the leaves pop out, covering the rest of the trees that a month ago looked bare and lifeless. Finally, we can eat outside in shorts and short sleeves, feeling the gentle breeze on our skin while smelling the scent of lilac in the air.

Yet, how many of us are pausing in our busy lives to relish these delicious days of late spring and early summer? More likely we're spending it looking at pictures of spring on Facebook and Twitter someone else has taken. The pressures of modern living only seem to get more intense with the expansion of electronic communication. I wondered twenty years ago how I was going to keep up with email. Now I'm monitoring Facebook, Twitter, and to a lesser degree Instagram and LinkedIn too. People text me and Facebook Messenger me (I'm on Viber too). Every morning ten or so of my meditation friends tell me, "Thanks for meditating with me" on Insight Timer App.

And those are the beginnings of the pressures many of us face each day in the fierce competition to get ahead in the global marketplace. To get ahead, one needs to look good (clothes, personal grooming, car, home in an attractive neighborhood) and have good connections (in professional and personal circles with professional and business associates, friends and neighbors). Parents see this in their workplace and worry for the future of their children. So they monitor their grades and sign them up for activities that will help them both have fun but also groom their college applications to get into the elite schools, a prerequisite for making the connections that will turn into the high powered careers that will bring them both wealth and satisfaction.

A newer stress today is developing competence in

communicating across cultures. In a globalized world, assuming American culture as the norm is less and less acceptable. In Asian cultures one must first establish one's level in the hierarchy of status before knowing what form of address to use.



One cannot competently offer or accept an invitation in the Middle East without an understanding of hospitality expectations and norms. Understanding the reality of emotional triggers set off by micro-aggressions is essential for developing better communication between races in the United States. None of this is simple.

All these pressures of modern life drive us to cope using the idea of "having more." Many people in the business world are driven by acquisition to project status and power. But there are subtler ways many of us get caught up in this same process. I get caught up in wanting more stuff so I can use less and less fossil fuel. I hungered for a Prius to reduce my gas consumption. I sold a car to raise cash for solar panels for my roof. Now I want a solar hot water heater for my roof like the one the Butts have on their house. I'd also like to put a "trombe wall" collector on the southern side of our house to assist in heating our home in the winter. I also love my gadgets. I get great joy from my rice and tea makers, my Contigo mug, and the fantastic new Vitamix brand blender we just bought. I can rationalize them but ...

Another response to the pressures of modern living is to simplify our lives and resist the demands for more. We know that if 7 billion people consumed stuff at the rate Americans do, we'd need several more planets to find all those resources. We may intuitively know that our happiness isn't dependent on all the stuff we have here. But turning that into action may not be as simple.

Here are some guides to consider if you are ready to simplify your life:

**Consume less.** Spend more on fewer items that affirm your values and your aspirations for others.

**Sam's Outlook, continued on page 4**

# News

## Annual Meeting election results

*Asterisk denotes incumbent continuing in their position.*

- President ..... Dick Dana
- Vice-President ..... Patti Jo Newell
- Secretary ..... Linda Hunt
- Treasurer ..... Kathy Harris
- Ass't. Treasurer ..... Michaela Pochily
- Religious Education Chair ..... David Quist
- Social Responsibilities Chair .... Jean Poppei

### Board of Trustees

Al Berzinis\*, Michael Hornsby\*, Jon Newell\*, Ben English, Annika Pfluger, Lee Newberg

### Endowment Trust

Sharon Babala\*, Tim Burch\*, Jan McCracken\*, Todd Thomas\*, John Cooley

### Nominating Committee

Molly Daniels\*, Mary Myers\*, Sandy Stone\*, Meredith Mercer, Kathy Hodges, Bob Franklin

### Social Responsibilities Council

Carol Butt\*, Karen Kaufmann\*, Matt Lesniak\*, Laura Paris\*, Ann Metzger, Elena Reynolds

### Religious Education Council

Meredith Andrews\*, Mark Butt\*, Pam Clements\*,

## Flyers in this issue

At the end of this newsletter you will find full page items on:

- ◆ Summer Services
- ◆ Endowment Trust report

Larry Schell\*, Sarah Stanwicks\*, Tulin Ture\*, Jim Hutchins, Amy Jesaitis, Becky Edvalson, Elizabeth Baldes, Tracie Tilgner

## Thank You!

At the Annual Meeting on May 15 I was unable to be there at the end, as I had hoped, to say a few words about Peggy and her leadership over the last three years. She still has a month and a half in her term, and I know she has things she wants to accomplish in the time remaining. But it needs to be said that we've come a long way as a congregation in the last three years, no small thanks to Peggy's leadership.

We've tackled some very difficult and potentially controversial issues, which Peggy has guided us through to resolution. We have matured as a community; we have grown closer together in subtle ways. And thanks to Peggy, we are facing our future in a more intentional way than we did three years ago.

Peggy has a steadiness of purpose and an equa-

## Sam's Outlook, continued from page 3

Buying organic produce from a local vendor or CSA can be a great way to offer good jobs to people who are striving to protect both our health and the ecosystem. Buying less clothing but of better quality using organic fair trade cotton made by workers who get union wages. Support "Circular Economics" that reuses what already has been extracted and generates no waste.

**Share more.** There is no need for each person to own a power washer, a tall ladder or even a lawn mower or a snow blower. Neighborhood cooperatives facilitated with electronic communication can make the sharing economy an effective way to keep down the amount of stuff we accumulate – and maybe help us make new friends in our neighborhood.

**Do less.** Many of us (myself included) are impulsive

about when we jump into the car to run off on an errand or go shopping for food. By thinking and planning ahead, we could log many fewer miles using our cars. That small change could reduce our stress and create more free time and producing far less carbon dioxide. And you'll be happy to know that studies have shown, in many cases, the carbon footprint of shopping on line is smaller than getting in the car.

**Give more.** The greatest satisfaction in life doesn't come from getting but from giving. When I was videotaping members of our congregation for the Growth Through Service Video, the most common expression I heard was, "I get more than I give" or the satisfaction I receive far outweighs the cost of what I give. And giving of our time and talent can be really simple in a place like our congregation where there are opportunities to give each Sunday!—Rev. Sam

nimity that has served us well over the last three years, and I for one will miss her steady hand at the helm. Thanks, Peggy, for being our president.--Dick Dana

### Picnic time!

There is still room for *you* at the auction picnic to be held July 9 at Henry Hudson Park in Bethlehem. Call Jan and Reese Satin at xxxxxx for details.

### BreakFree demonstration

Green Sanctuary groups from around the region converged on Albany to join the Break Free from Fossil Fuels rally Saturday May 14th. We had eight folks from out of town arrive early and stay at the church Friday night, including a kayaktivist and a family of four from Maine.

On Saturday, we took the GA banner and marched with the ralliests, starting in Lincoln Park and ending at two places, the Port of Albany and the Ezra Prentice homes near the tracks. Everybody loved the banner and we had lots of yellow shirted UUs behind it, including folks from Kingston, Boston, NYC and somewhere in western Mass. There were several folks from UUSS, along with at least seven of us from Albany UU, including Sam. Neighbors joined the parade, or cheered from their apartment windows as we passed.

We chanted "Ban the Bomb Trains" and "Keep It In The Ground". At the Port of Albany many of the protesters camped on the tracks. The oil trains were nowhere to be seen--avoiding the bad publicity I suspect. Will fossil fuel disappear as quietly as the oil trains did on Saturday? Somehow I doubt it. – Chris Bystroff

### CROP Hunger Walk Report

A soggy but stoic crew braved the chilly rain for the CROP Hunger Walk on May 1. Several hundred Albany walkers joined forces to vote with our feet for a better world. Our Team UU had smaller numbers this year, with 17 walkers and 2 registration volunteers. Team UU was nonetheless successful in raising over \$4300, and the Albany Walk is on track to hit \$100K. Bravo, and thank you to Albany



UU for so generously supporting this cause.

### Guests in our Pulpit: summer line up

*Full schedule of summer services is at the end of this newsletter.*

**Rev. Jim Ketcham** is the executive director of FOCUS Churches, and is an ordained American Baptist pastor. He has served five churches in Minneapolis, MN, Rochester, NY and Painted Post, NY. Between pastorates, he served as Regional Director of Church World Service for Minnesota and the Dakotas, was one of three co-founders of the Minnesota Campaign to Ban Landmines and was twice elected President of the Board for Common Cause state organizations in both Illinois and Minnesota. Jim's passion for justice and advocacy on behalf of the disenfranchised led him to seek a church-related organization that provides both direct service and advocacy—which makes FOCUS Churches a perfect fit.

**Jim** describes himself as an "ecu-maniac" as he not only represents the third generation of ABC pastors in his family, he is also the third generation in his family to have worked for the National Council of Churches. You may be interested to know that Jim's first seminary appointment was to supervise the combined youth groups (LRY) of Unity Temple in Oak Park and Third Unitarian Church of Chicago, IL.

**Rev. Ian White Maher** was raised Unitarian Universalist in Portsmouth, NH. His pastor, Bob Karnan, inspired him to follow the call into ministry, which

## Board notes

*Jon Newell, Trustee*

On May 19 the Board reviewed the events of the Annual Meeting on the previous Sunday. Some members had spoken to advocate for a Capital Campaign to raise funds to help pay down the mortgage and accelerate the repayment of the Endowment Trust. Several reasons to do this were identified, including giving new members a chance to participate, and allowing others to add to a previous contribution if they wish to do so.

A member of the board agreed to explore this topic with several of the people who had been closely involved with the first Capital Campaign. As of this writing, on May 22, many of the leaders of the first Campaign have agreed to help, and an organizing meeting for a new campaign is scheduled this week. They expect that by early June, a goal will be set, a schedule will be outlined, and the first solicitations will begin. The timeline is short for several reasons – we want to take advantage of the discussions that prepared for the Annual Meeting, which provided the background of the financial picture and the possible alternatives. We need to have the Campaign completed, at least as far as having pledges in hand, before we begin dealing with the bank.

By way of reminder – we will owe the bank about \$860,000 next March, when our current mortgage is

up for refinancing. We will have at that time about \$300,000 in the Building Fund, so our net need in March is about \$560,000. If we can raise all that in new gifts, we can start paying the Endowment Trust back \$50,000 or more per year, which will make it whole in about 11 years, in 2028. If we can raise only part of that total, we can borrow less from the Endowment Trust than the \$170,000 authorized on Sunday, or borrow less from the bank, or some combination of those, depending on the amount we actually raise.

Taking a broader view of the Annual Meeting, it was an excellent demonstration of democracy in action. Not everybody got everything they wanted, but the business that needed to happen did happen, and the proposed compromise was accepted by a super-majority. Those who articulated objections were heard, and the Board has moved in the direction they suggested as a new next step. The Board is planning a 2-day retreat on June 3 and 4, with the incoming and outgoing members sharing ideas, experiences and plans. I hope to have many more details of the new Campaign ready for Board approval.



Ian first voiced at the age of 21. He is a graduate of Harvard Divinity School and the founding pastor of Original Blessing, in Brooklyn, NY. He hosts two podcasts exploring the devotional life, *Meditations by Ian White Maher* and *My Darling: Explorations of Devotion*. You can find his work at [www.ianwhitemaher.com](http://www.ianwhitemaher.com).

**Vee Abbitt** is an attorney who works as an advocate for children. She is a member of the Unitarian Universalist Society of Schenectady and attends seminary at Meadville Lombard Theological School in Chicago, IL, and has been recognized as an aspirant by the UUA. She is also the Summer Services Coordinator for Albany UU.

The **Rev. Chris J. Antal** served Albany UU as a ministerial intern under Rev. Trumbore from 2009 to

2010 and was ordained during a ceremony in the sanctuary in March 2011. After serving five years as a military chaplain and deploying once to Afghanistan he resigned in protest of U.S. policy regarding armed drones, nuclear weapons, and preventive war. He currently serves as the minister of the Unitarian Universalist Congregation at Rock Tavern and a chaplain at the Philadelphia VA Medical Center. He lives with his wife and their five children in the Hudson Valley.

**Ann Lapinski and Mary Myers** have been members of Albany UU for many years and both participated in the Wellspring introduction course (formerly known as "Foundations") last year before co-facilitating the new version known as "Sources" this year. Ann raised her son and daughter in the church

and was active in the RE program when they were younger. She now regularly participates in the Sunday morning meditation practice led by Rev. Sam Trumbore before the regular church service. Mary's children were also involved in the church since they were young, and she has been involved with RE as a teacher, Rite of Passage mentor, and a member of RE Council. She currently serves on Nominating Committee.

**Diane Cameron** is a writer and teacher, and she works as the Development Director at Unity House in Troy. Diane is the author of two books, "Out of the Woods" about women in 12 step recovery, and a memoir, "My Mother's Donald" about war trauma and families. Diane is passionate about helping caregivers and she volunteers leading workshops about caregiving. A native of Pittsburgh, Pennsylvania—and still a Pittsburgh Pirate fan, Diane is married to David Pascone and they live in Guilderland, New York.

**Deb Morgan Bennett** is a second year seminary student at Starr King School for the Ministry. Her first career was as an executive chef and restaurateur where she explored the power of food to connect people and convince them they are not alone in this world. Deb was a CPE student chaplain last summer at Albany Medical Center with Albany UU's own David Munro and will be an intern minister beginning this fall at the Winchester Unitarian Society in Winchester MA. She lives in New Lebanon (in a 190 year old Shaker building) with her husband and cat Zeus (who thinks he's a dog). She has two daughters and two step children.

Deb is a member of the Pittsfield Unitarian Universalist Church in Pittsfield, MA where she leads services monthly.

**Philomena Moriarty** has recently published *My Moon Self* which is a combination of poetry collection and memoir. She uses mindfulness and other spiritual practices in her writing process, and views poetry as a spiritual practice. Philomena lives in East Greenbush and was a long time member of the Voorheesville Thursday Night Poets. She is also a psychotherapist in private practice and the wife of Rev. Sam Trumbore.

**Rev. Tom Chulak** is a retired Unitarian Universalist minister, and a member of Albany UU.

**Sigrin Newell** been active with the First Unitarian Universalist Society of Albany for nearly 30 years. During this time she has given sermons on the interdependent web, the symbolism of flowers, multiculturalism, adult learning and more. At the Silver Bay weekend she has led nature walks and sessions focused on adult sexuality, botany, and Goddess spirituality. She recently retired from Walden University, a distance learning graduate school where she worked with students earning their PhDs in education.

**Rev. Eve Stevens** grew up in Pendleton, South Carolina attending the Unitarian Universalist Fellowship of Clemson. She moved to upstate NY to attend Hamilton College where she majored in History. During her junior year of college she studied abroad in Uganda and Rwanda in the area of Peace and Conflict Studies. After college she worked as a substitute teacher in Albany County schools where she decided her calling was to ministry rather than teaching. She attended Union Theological Seminary in New York City with a concentration in Social Ethics, and completed Clinical Pastoral Education at Bellevue Hospital, serving as chaplain to the emergency room, a cardiac floor, a closed psychiatric unit and Rikers Island inmates. After graduating seminary in 2013 she interned at the UU Congregation of Fairfax, VA. Her husband Steve found work in Albany, NY where he now works for the Department of Environmental Conservation. This brought her back upstate to serve the UU congregation in Utica, NY.

**Rev. Emily McNeill** is the Lead Organizer of the New York State Labor-Religion Coalition, which works to connect, empower and mobilize people of faith to take action for economic justice in New York State. Originally from the Rochester area, Emily is ordained in the United Church of Christ. She holds an M.Div. from Union Theological Seminary in New York City, where she was a Fellow with the Poverty Initiative, a national network of grassroots and religious leaders organizing to end poverty. Prior to joining Labor-Religion Coalition she worked as a pastor in Washington State. She has a B.A. in journalism from Ithaca College.

## Growing Together

### Creating Peace Through Connection: A Two Hour Tour of Nonviolent Communication

**Tuesday, June 7**

6:30-8:30 pm Finding Peace Through Connection  
(please register)

8:30-9:00 a special presentation about Family HEART Camp (open to all)

Facilitated by Jan McCracken

Does communication with people in your life sometimes take negative turns? Have you felt baffled by hurtful responses that you don't understand? Do you find yourself in communication patterns that simply block connection and repeat themselves? Communication should not hurt!

We all want connection but our communication styles can actually create disconnection. There are basic tools that we can be used to find the extraordinary gifts we have to give one another, like trust, respect, support, choice, and understanding.

Nonviolent communication (NVC) is a practice for people who want mindful and meaningful connection to be their default experience in daily life. NVC teaches a simple set of skills that are not so easy to put into practice, but with a payoff of transformed relationships and more peace in self, families, organizations, and communities.

In this brief overview, we will learn the four components that create a model for the practice and engage in some "play" to demonstrate the power of the process that might just leave you wanting to dive deeper!

For more info on Family Heart Camp- New York go to [familyheartcamp.org](http://familyheartcamp.org).

**Please register by June 5. See box.** If childcare is needed please indicate that when you register and include names and ages of children.

### Climate Change ... and You ... and Us

Tuesdays, May 31, June 7 at 7pm , Room B-8

Follow up to Rev. Trumbore's sermon on April 24 with the same title (available on our web site on our sermons page). The class will explore themes developed in the sermon from Naomi Klein's book This



Can you find three Albany UUs in this picture from Family HEART Camp?

Changes Everything, supplemented with video and a presentation on "Circular Economics," a positive vision of where the world needs to move as it renounces "extractivism." *No reading necessary* for this class that will begin shaping our congregation's direction for green moral leadership in the fall. To register, please see box.

### White Privilege Study Group Brave New Voices Slam Poetry Tuesday, June 14 at 6:30pm

*No preparation needed for this meeting.* We'll watch short YouTube video clips of youth performing emotionally evocative slam poetry and respond to what comes up for us watching them.

The White Privilege Study Group's goal is to help those society identifies as white to investigate the privilege America has given to them and not given to those whom the society does not identify as white.

#### Three ways to sign up for a class or event:

—Send an email to [Registration@AlbanyUU.org](mailto:Registration@AlbanyUU.org)

—Sign up at the Sign Up Site in Channing Hall

—Call the church office, 463-7135

If childcare is offered, please let us know you need it when you register. (Include names and ages of children.)

## Religious Exploration

### Simplicity isn't always so simple

Leah Purcell, Director of Religious Education

Earlier this spring I read the book, *A Life of Being, Having, and Doing Enough* by Wayne Muller and I looked forward to sharing what I had learned from it with our Parent Support Group. Muller talks about how so much prestige is associated with “being busy” in our society and that being busy is seductive and is actually a way to avoid being “present” for each moment. He talks about how much pressure parents put on themselves to make sure all their children’s needs are met by arranging structured activities.

I thought I had some great advice for parents – to follow the lead of their children and resist what I call “the activities industrial complex”. The example in the book was of a parent who planned an outing at the park after a spate of rainy days. But when the time came to go to the park, one child said they would prefer to read their book. And the other wanted to have a friend over to the house. As Muller relates the story, the parent was frustrated that the children weren’t appreciating and engaging with this wonderfully planned outing at the park. Muller’s point was that often we spend so much energy “doing for” others that we don’t make the time or space to simply “be” with those we care about.

“But my kids **don’t** always know, Leah,” insisted one parent in our group discussion. I encouraged him to continue.

“Sometimes they don’t know they really want to go to the park and get out into the fresh air, until I **make** them go. And when we get there they’re really happy that they made the effort to come. “I think I might have a “Well, maybe, but...” look on my face when the parent in the group continued, “It’s kind of like Sunday school; first thing Sunday morning, the kids don’t want to come, but when they get here, they have a great time.” Ok, he had me on that one!

All of this is to say that even trying to simplify isn’t simple when it comes to parenting, and no doubt, in other aspects of our lives. So I turned to our Soul Matters June packet of materials on the theme of Simplicity. I share it with you here to offer a way to

create balance.

*“I think you should learn, of course, and some days you must learn a great deal.*

*But you should also have days when you allow what is already in you to swell up inside of you until it touches everything. And you can feel it inside you. If you*

*never take time out to let that happen, then you just accumulate facts, and they begin to rattle around inside of you. You can make noise with them, but never really feel anything with them.”— Elaine Konigsburg*



*This quote reminds us that simplicity is not just about pruning the world outside of us, but also about making space for the world inside us. The real tragedy of busy lives is often not about being overwhelmed by outside voices, but being cut off from our inner voice. Simplicity in this sense is less about clearing away the trivial and more about making room for the divine to speak.*

So here’s your assignment: **Make time to listen. It is as simple as that.** As Konigsburg puts it, “allow what is already in you to swell up.” There are a myriad of ways to make space: meditation, walking in the woods, turning off the radio on your way to work. The goal is to have the experience of simplifying your schedule and your listening enough to fit the experience that Konigsburg describes in her quote.

Let me know if you’re able to pull that off – and what you heard.

In joyful service,

Leah



**Parents and caretakers:**

**Please help me serve you better by participating in this survey on my resources for families**

**<https://www.surveymonkey.com/r/RMMCMRK>**

The goal of the group is to help those who society identifies as white to **recognize** this situation, **learn** in detail and specifics, generally and personally, how bad this is for everybody, and **motivate** members and friends of our congregation to work to dismantle and end the whole racist system. We alternate between reading a book and media presentations to facilitate the recognition and learning process that will lead to participation in action. Led by Rev. Trumbore.

### KISIRE 2016-17 (Keeping It Simple In Religious Education)

Next year we'll continue to use the Soul Matters themes in Religious Education. This is how I align the curricula for most of the groups, the Family Chapel, the UU's in Action Session, Parent Support group, Sunday Sparklers (weekly newsletter) and my blog posts to one overarching idea each month. This way parents, children and RE Volunteers have a broader and deeper sense of what is being offered on Sunday morning and I can give everyone ways to bring the spiritual and faith development message home.

Next month, my fellow UU Religious Educators from around the country who follow the Soul Matters themes and I will be working together to planning how to align the Tapestry of Faith curricula and create materials for volunteers along the monthly themes of the year. We start with *Covenant* in September and end with *Zest* in June.

Also starting in the fall, I'm considering offering another way to help with our RE volunteers' spiritual and personal growth needs - through a hybrid small group ministry. Perhaps we could kick off with a pot-luck and then meet monthly or bi-weekly through an on line platform like Zoom. Small Group Ministry

provides opportunities for deeper relationships and opportunities for deeper spiritual exploration and search for meaning.

Are you interested in joining others on a spiritual journey through volunteering in RE this coming fall? Contact Leah at [dre@albanyuu.org](mailto:dre@albanyuu.org)



### Religious Education for Children and Youth Summer Session June 19 – Sept 4

Do you have a skill you'd like to share with children one Sunday this summer? Or would you like to help out? I'm soliciting volunteers for **Maker-space Workshops** - "one shot" projects for children to experience working together, solving problems, making mistakes, and trying again. Your Maker-space could be bike repair, how to write a letter; how to save money/balance a check book; gardening; cooking; spiritual practices like yoga or nia; how to design flyers and posters, learning through using Legos, or other skills.

Contact me at [dre@albanyuu.org](mailto:dre@albanyuu.org); 518-487-1536 or message me on Face Book with your ideas and questions.

Unlike the sequential lessons during the fall and spring terms, each week of Summer Session is "stand alone" so parents and caretakers can bring their children whenever they like. There is no registration for Summer Session and visitors are always welcome

Childcare for infants and toddlers is provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Parents and caretakers bring their children to room 24/25 starting at 9:45 and sign their children in on the sign in sheet. Children are to be picked up and signed out as soon as the service ends. We all have "Lemonade Hour" together in the back of Emerson.

We'll need volunteers each week in the summer to assist the Maker-space leader and lead and assist the "Free Play room" Contact me or sign up at <http://vols.pt/H4kimg>—Leah Purcell

### Joy Library

New books: find them in the new book sections.

**GRATITUDE** by Oliver Sacks. Knopf (2015). [306.9 SAC ] *"My predominant feeling is one of gratitude. I have loved and been loved. I have been given much and I have given something in return. Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure."* —Oliver Sacks *"During the last few months of his life, [Sacks]... wrote a set of essays in which he movingly explored his feelings about completing a life and coming to terms with his own death. 'It is the fate of every human being,' Sacks*

writes, "to be a unique individual, to find his own path, to live his own life, to die his own death." Together, these four essays form an ode to the uniqueness of each human being and to gratitude for the gift of life.' Facing my own 80th birthday, this book was a joy to read. -SK

**WHEN BREATH BECOMES AIR** by Paul Kalanithi. Random House (2016), [616.99 KAL ] An Amazon Best Book of January 2016: "*WHEN BREATH BECOMES AIR is a powerful look at a stage IV lung cancer diagnosis through the eyes of a neurosurgeon. When Paul Kalanithi is given his diagnosis he is forced to see this disease, and the process of being sick, as a patient rather than a doctor--the result of his experience is not just a look at what living is and how it works from a scientific perspective, but the ins and outs of what makes life matter. This heart-wrenching book will capture you from page one and still have you thinking long after the final sentence. -Penny Mann [Amazon]*

**DARK MONEY: THE HIDDEN HISTORY OF THE BILLIONAIRES BEHIND THE RISE OF THE RADICAL RIGHT** by Jane Mayer . Doubleday (2016). [973.932 MAY ]. "*Why is America living in an age of profound economic inequality? Why, despite the desperate need to address climate change, have even modest environmental efforts been defeated again and again? Why*

*have protections for employees been decimated? Why do hedge-fund billionaires pay a far lower tax rate than middle-class workers? The conventional answer is that a popular uprising against "big government" led to the rise of a broad-based conservative movement. But as Jane Mayer shows in this powerful, meticulously reported history, a network of exceedingly wealthy people with extreme libertarian views also played a key role by bankrolling a systematic, step-by-step plan to fundamentally alter the American political system. When libertarian ideas proved decidedly unpopular with voters, the Koch brothers and their allies decided on another path. If they pooled their vast resources, they could fund an interlocking array of organizations that could work in tandem to influence and ultimately control academic institutions, think tanks, the courts, statehouses, Congress, and, they hoped, the presidency. The political operatives the network employs are disciplined, smart, and at times ruthless. And their efforts have been remarkably successful. Libertarian views on taxes and regulation, once far outside the mainstream and still rejected by most Americans, are ascendant in the majority of state governments, the Supreme Court, and Congress. Meaningful environmental, labor, finance, and tax reform has been stymied. DARK MONEY is a book that must be read by anyone who cares about the future of American democracy.*

## Our Community

Welcome, new members!

**Stacey and Jon Thayer** live in Troy with their new daughter xxxxx. Jon was born and raised in Lake Placid. He was raised heavily immersed in a Southern Baptist congregation so, as one would expect, it's been a long winding spiritual journey to Unitarian Universalism. Jon knew he wanted to join the congregation when, after his first service, he left feeling calm and peaceful: the polar opposite of the alienation and guilt he feels after traditional Christian services.



He is joining the congregation to actively participate in an open, accepting and service based community. Jon is currently employed at the New

York State Department of Financial Services working on health insurance regulation. (i.e. Affordable Care Act implementation). Jon enjoys a wide range of outdoor activities and is looking forward to getting involved in more service based projects.

Stacey was drawn to Albany UU in the Fall of 2014 during a time of great uncertainty. She was pregnant with twins and there was a lot of ambiguity surrounding the viability of the pregnancy. She and her husband lost their identical twin daughters, xxxxxxxxxxxxxxxx that November at twenty and one-half weeks. They then took a break from any sort of socializing but were pleased to return and took comfort in the services and the Albany UU community a few months after their loss.

Raised Catholic, Stacey no longer agrees with many of the doctrines, but appreciates the social justice and service aspects to the Catholic religion, which she is grateful is such an integral part of the Albany UU congregation. To date, she has mainly been a silent observer in this UU community but is now interested in meeting other families with young chil-

dren and looks forward to watching Annabel grow up in this congregation.

**Roger and Barbara Kessel** moved to Beverwyck, a senior living community in Slingerlands, 18 months ago. Their journey to Albany UU started, however, many years earlier on Cape Cod where they lived for 15 years after Roger retired from practicing law. During a visit from their son Tyler and daughter-in-law, Ela told them about an interesting UU church across the street from her SUNY/Albany classes. After learning more about Unitarian Universalism on UUA's web site they joined a UU church on Cape Cod.



Roger and Barbara are avid readers, particularly now that most of their outdoor activities are behind them. Barbara favors novels; Roger poetry and non-fiction. They both enjoy all forms of cultural arts and during election seasons are unrepentant news junkies.

### Newcomer orientation

#### Learn 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, June 11** from 8:45 a.m. to noon.

We'll start with coffee and snacks and getting to know each other: new folks, Membership Commit-

tee, 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 send an email to [registration@albanyuu.org](mailto:registration@albanyuu.org). You can also call the church office, 463-7135. Please let us know when you register if you will need childcare (and how many children and their ages.)

### Who's missing?

From time to time one of the Albany UU family is absent for a protracted period for some unexplained reason. You can help us help each other by letting the Membership Committee know if you notice someone is absent for a while.

The prime contact on the committee for this is Elizabeth Berberian. Her email is: xxxxxxxxxxxx; and her phone is xxxxxxxxxxxx. You may also contact the church office (518-463-7135) and Tammy or Amy will contact the Membership Committee for you.

### Channing Circle

#### June 20 at noon, Channing Hall

The next gathering of the Channing Circle will be on Monday, June 20. Bring your lunch and join us. Coffee, tea and dessert will be served.

Following is the annual report submitted by outgoing chair Thayer Heath, and omitted accidentally from the printed report:

The purpose of Channing Circle is to involve members of FUUSA over 70 or those who have retired to meet monthly for lunch at FUUSA. It is a social group as well as one interested in sharing interesting programs created by its members such as poetry reading, places of travel, collections of various kinds, life stories, etc.

Channing Circle provides an opportunity for older members of FUUSA who have contributed to FUUSA over the years both in time and money to remain involved and share with one another their journeys.

**Need to talk?  
FUUSA Pastoral Care  
Associates are here  
to listen!**

Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email [listeners@albanyuu.org](mailto:listeners@albanyuu.org), contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Dave Munro, Chuck Manning, Phil Rich, Jan Satin, Randy Rosette, Sandy Stone, and Lisa Barron.



A new chair, Kathy Hodges, will take over with the help of others in the group to plan future programs.

## Albany UU Humanists

Albany UU Humanists regularly meet on the second Tuesday of the month. The next meeting will be on Tuesday, June 14 at 7 PM in Room B-7 at Albany UU (please note room change). We may meet during July and August. Please look for announcements in upcoming weekly previews on that.

At the May meeting we finished discussing the Eleven Commandments for Atheists. We also discussed Freethinker Friendly congregations, based on a workshop the UU Humanists presented at the 2015 General Assembly.



Come and join us at the June meeting.

Among the topics being considered is "Good without God," an ongoing theme with the UU Humanists and the American Humanist Association. And, still in development is the review - and discussion - of the recent dialogue on Atheism v. Humanism.

The discussions ranges widely, and there are usually handouts. Please join us. You are encouraged to join the Albany UU Humanist egroup (see below) for additional background and information,

For those interested in learning more about Humanism in Unitarian Universalism, visit the UU Humanists website at <http://huumanists.org>. There you will find the UU Humanist blog and some related Facebook groups. There is also the American Humanist Association's website at <http://americanhumanist.org>.

To join the Albany UU Humanists conversations, visit the Albany UU website ([albanyuu.org](http://albanyuu.org)) click on Groups and add your name to the Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact Don Odell (xxxxxxxxxxxxxx) to be added to the egroup. I look forward to seeing you on June 14, and around Albany UU on Sunday mornings. -Don Odell

## Albany UU gardens

Now that we have entered the active growing season, our gardens could really use your help!!!! If only two volunteers come in each week, the gardens can be kept at their "blooming best". If you are interested in gardening over the summer, you can sign up on

the Albany UU web site home page ([www.members.albanyuu.org](http://www.members.albanyuu.org)). Under Volunteer Opportunities you will find "Gardening at FUUSA sign up to help". Pick your week(s) and come any time that week to help us keep the gardens tidy. No volunteer commitment is too small! I will be happy to send you more detailed gardening instructions and add you to our email list if you are not already on it. If you are new to Albany UU gardening I can also pair you with a more experienced gardener. For more details or to volunteer, contact Ilene Kane by email: xxxxxxxxxx or by telephone: xxxxxxxxxx.

## Position open: UUSS

**Congregational Life Coordinator.** Unitarian Universalist Society of Schenectady, membership 400, seeks a part-time (28-hour/week) Congregational Life Coordinator. The congregation is in an extended interim time during which many aspects of governance and programming are transforming, and a ministerial search process is under way. The purpose of the position is to help to welcome and integrate newcomers (individuals and families) into congregational life, supporting the transition from first-time visitor to engaged member, and providing program support for the lifespan religious education programs for 130 children/ youth and a growing number of adults. The ideal candidate will have experience in Unitarian Universalist congregational life, excellent interpersonal and organizational skills, and be excited about serving in a dynamic context. UUSS is a UUA fair compensation employer located in the upstate Capital Region of New York. Start date is August or September 2016. Full position description available at <http://bit.ly/1swDuS9>. Applicants are asked to provide a resumé and cover letter outlining relevant experience and interest in the position. The position will remain open until a suitable candidate is identified; for preferred consideration, send application materials by June 9, 2016.

## Social Justice

### SRC recommends

On June 11, **join other UUs** from the area to march in the **Pride Parade**. This is one of the biggest celebrations in the Capital Region and the largest PRIDE in upstate New York! The Capital PRIDE Parade & March steps off at noon in Washington Park, at the intersection of Robin and State Streets. From there we will march down State Street, over Lark Street, up Madison Avenue and back into the park at the intersection of Madison and New Scotland Avenues.

Wear your yellow Standing on the Side of Love shirts and march behind the CRUUNY banner. This may be one of the last CRUUNY banner events as now, with the addition of the Kingston UUs, we are Hudson Mohawk UUs! We will gather in the park near the Henry Johnson Blvd. entrance a few minutes before noon. Volunteers are there to help

people find our position in the parade (with the other faith groups).

Immediately following, stay for the Capital PRIDE Festival & Rally which will take place all afternoon. There will be fabulous entertainment on the festival stage and activities for the entire family! With tons of great vendors, all types of food and drink, and fun-filled family zone, fire eaters, spinners, face painters, mini-golf, as well as amazing entertainment, the 2016 Capital PRIDE Festival & Rally will be a great family-friendly celebration of the LGBTQ community and our allies!

### Mini-fundraisers for the playground, anyone?

Please consider having a yard sale this summer and donating the proceeds to the Albany UU fund for the new playground at Sheridan Prep grade school. We urge you to encourage friends, family and others to add to your "stuff" to sell to enhance your proceeds or to have their own sale for the school, as well. Thanks, the Social Responsibilities Council.

### Going to miss a Sunday?

You can listen to the entire Albany UU Sunday service at home or on your mobile device.

The two most recent services are available as MP3 files on the Albany UU website. Here is how to access:

Go to <http://members.albanyuu.org/wp/>. Select Member Login on the website menu. Select Secure Site. Type user: fuusan. Type password: Emerson405.

Our sermon archive (select Services/Sermons on the website menu) has pdf files of sermon texts (when available) and audio files of sermons. You can also request the office put a service on CD for you.

# Summer Sundays

at Albany UU

June-September 2016

## 9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

## 10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward

## June

### June 19 "Charity AND Justice," Rev. Jim Ketcham

The theme for this Sunday's service is based upon these words taken from Talmud 303: "Do not be daunted by the enormity of the world's grief. Do justly now, love mercy now, walk humbly now. You are not obligated to complete the work, but neither are you free to abandon it." *Rev. Jim Ketcham, a self-described "ecu-maniac," is the executive director of FOCUS Churches, and is an American Baptist pastor.*

Music: Ann Brandon

### June 26 "My Darling: A Love Affair With the Divine," Rev. Ian White Maher

An exploration into what it can mean when we fall in love with the sacred ground of our being. *Rev. Ian White Maher is founding pastor of Original Blessing, in Brooklyn, NY. He hosts two podcasts exploring the devotional life (www.ianwhitemaher.com.)*

Music: Alyssa Yeager

## July

### July 3 "Fallen Rock Zone," Vee Abbitt

We see signs with these words on the highway all the time. Are these markers of events past, or harbingers of things to come? How much should you worry about the "fallen rock zones" you pass through on the road...and in life? *Vee Abbitt is an attorney who works as an advocate for children, a member of Schenectady UU, a student at Meadville Lombard Theological School, and an aspirant recognized by the UUA.*

Music: Sean Obach

### July 10 "Peace, Privilege and Pain," Rev. Chris J. Antal

Privilege often shields us from pain. Yet to heal from war and create peace we must be willing to remain with and carry our fair share of pain. *The Rev. Chris J. Antal was ordained at Albany UU in 2011. After serving five years as a military chaplain, he resigned in protest of U.S.*

## RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

### Summer Session: June 19– Sept. 4

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and Maker-space Workshops while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.

We'll need volunteers each week in the summer to assist the Maker-space leader and lead and assist the "Free Play room" Contact Leah Purcell or sign up at <http://vols.pt/H4kimg>



*The summer services are coordinated by Vee Abbitt.*

*If you can volunteer to help on a Sunday when you will be here, we'd love to hear from you. There are openings for Greeters and Ushers. You can sign up by calling the office (463-7135) or at our resource page: [www.Members.AlbanyUU.org](http://www.Members.AlbanyUU.org)*

**Services continued on reverse**

# Summer Sundays

at Albany UU

June-September 2016

## August

**Aug. 7 "Poetry as Spiritual Practice,"** Philomena Moriarty

For centuries we have used poetry to connect with our spiritual selves. Words matter. Words tug at our souls. Words from the Psalms to the poems of Mary Oliver resonate with something deep inside of us. This service will be a celebration of poetry to help us rediscover the poetry within. *Philomena Moriarty uses mindfulness and other spiritual practices in her writing process, and views poetry as a spiritual practice.*

Music: Randy Rosette

**Aug. 14 "American Politics: A Unitarian Universalist Response,"** Rev. Tom Chulak

We are in the midst of a Presidential Campaign that is challenging the whole country. This Sunday, I would like to respond to what is happening from a Unitarian Universalist perspective. *Rev. Tom Chulak is a retired Unitarian Universalist minister, and a member of Albany UU.*

Music: Ann Brandon and Randy Rosette

**Aug. 21 "My Life Flows on in Endless Song,"** Sigrin Newell

We describe our lives in many ways. Life is a messy closet, a neat row of scrapbooks, a road. We could compare our lives to a musical composition. As we quest for meaning in our lives, the metaphors we use shape our experience. An educator, *Sigrin Newell has given numerous sermons during her 30 years at Albany UU, and led nature walks and sessions focused on adult sexuality, botany, and Goddess spirituality at UU Weekend.*

Music: Al DeSalvo and Kathy Harris

**Aug. 28 "One Cell in the Body of Unitarian Universalism,"** Rev. Eve Stevens

As Unitarian Universalists, we spend a lot of time thinking about the individual search for truth and meaning. What does it mean to be on an individual journey in community? If it's all about finding our unique path on our own, why do we even need spiritual community? Join us as we explore these ideas. *Rev. Eve Stevens is the minister at the UU Church of Utica.*

Music: Al DeSalvo and Chris Bystroff

## September

**Sept. 4 "Moral Movements"** Rev. Emily McNeill

Labor Day is more than just the end of summer. It's an important occasion to honor the labor movement's contributions to society and to recommit to work for economic justice. This is work that must engage our deepest moral commitments. *Rev. Emily McNeill, lead organizer of the New York State Labor-Religion Coalition, was ordained in the United Church of Christ and holds an M. Div. from Union Theological Seminary.*

Music: Ann Brandon

*policy regarding armed drones, nuclear weapons, and preventive war. He currently serves as the minister of the UU Congregation at Rock Tavern and as chaplain at the Philadelphia VA Medical Center.*

Music: Randy Rosette

**July 17 "Wellspring,"** Ann Lapinski & Mary Myers  
Come to the annual Wellspring service and listen to reflections of how this spiritual deepening program has impacted the lives of some of the members who participated this year. We will also hear from someone who took the introduction course years ago and has continued the journey of spiritual deepening with advanced levels of Wellspring classes. *Ann Lapinski and Mary Myers are both long-term members of Albany UU and both participated in the Wellspring introduction course before co-facilitating this year.*

Music: Elena Karpoff

**July 24 "Coming Home: Baseball and American Spiritual Life,"** Diane Cameron

Home is where we can be safe in both baseball and in our spiritual lives. Hear about the spiritual lessons of baseball and consider the power of memory, passion and spirituality embedded in America's greatest pastime. *Diane Cameron, a writer and teacher, works as the Development Director at Unity House in Troy. Diane is the author of two books, Out of the Woods about women in 12 step recovery, and a memoir, My Mother's Donald about war trauma and families.*

Music: Al DeSalvo

**July 31 "You Are Not Alone: Curing Invisibility,"** Deb Morgan Bennett

We all have times in our lives when we may feel lonely, but when those feelings turn into a persistent state, that experience may take us into a perpetual habit of living invisibly. This Sunday hear Deb as she explores three lessons in "curing invisibility" and invites us to: "find someone who thinks they are alone and convince them that they are not." *Deb Bennett is a student at Starr King School for the Ministry, and will be an intern minister beginning this fall. She is a member of Pittsfield UU Church where she leads services monthly.*

Music: Alyssa Yeager

## **Endowment Trust Annual Report for the Year 2015**

### **Trust Purpose**

The purpose of the Endowment Trust is to invest and manage gifts and bequests made to the Society by its members and other individuals or entities. We work to assure potential donors that their bequests will be honored and administered so that income from gifts will always be available to assist the Society in furthering its purposes through special projects.

### **Trust Status**

At the beginning of 2015, the Trust had a value of \$876,745. During 2015, gifts to the Trust were made in the amount of \$70,830 and the Trust distributed \$8,675 in grants. Investment gains were \$5,673. At the end of 2015, the Trust had a value of 944,573.

The largest part of the Endowment investment is in FUUSA. In 2006 the Endowment lent the congregation \$575,000 interest free in order to turn the dream of Emerson Hall into a reality. The remainder of the endowment is invested in mutual funds, and in bonds with the Community Loan Fund and the Honest Weight Food Coop.

### **Disbursements**

During 2015, the Trust funded four FUUSA youth to travel to Guatemala to work with youth and adults to teach literacy and job skills. The Trust also supported the good works of FUUSA by fulfilling the 2015 pledge of Priscilla Crago.

### **Gifts Received**

During 2015, a total of \$80,830 in gifts was added to the Trust. These gifts honored Raymond Blanchard, Marge and Tom Collins, Priscilla Crago, Eva Gemmill, Matt Odell, and Mark Yolles.

The Trust Board takes this opportunity to publicly thank 2015 contributors:

Mark & Cathy Caldwell, Ellen Klyce, Sharon Kristjanson, Barb & Chuck Manning, Betsey Miller, Don Odell, Terry & Linda Way, Lois & Bill Webb, Friends of the Poestenkill Library and the estate of Priscilla Crago.

Your contributions to the Trust will be invested carefully to support the mission of FUUSA.

### **Nigel Wright Peace Fund**

Held and accounted for separately by the Trust is the Nigel Wright Peace Fund. That fund was

established in 2015 with two gifts totaling \$12,000. One gift was from Susan Cloninger and the other was an anonymous gift. \$300 was distributed from that fund in 2015 and \$11,700 remains available to support the goals of that fund – to support programs that educate and engage our congregation in activities that create peace within ourselves and the larger community and develop awareness of obstacles to peace. While not part of the FUUSA Endowment, the Trust is the custodian for these funds.

### **Our Impact**

The Endowment Trust has an impact on our community in several ways. The trustees hold the trust of those who contributed by learning about and applying investment practices that honor gifts. Members of FUUSA use the Trust to create a legacy, whereby their values can continue on into the future through their gifts to the Trust. And members of FUUSA who have an idea for supporting the mission of our society can look to the Trust for financial support.

As Trustees, we look forward to continuing to grow the Trust and responding to the needs of our congregation.

Thank you for your continued support--Todd Thomas (Endowment Trust Chair,) Chris Jensen (Secretary,) Jan McCracken, Sharon Babala, Tim Burch, Kathy Harris, (Treasurer, Ex officio)

## Contact Us

### Board of Trustees 2015-2016

email: [board@albanyuu.org](mailto:board@albanyuu.org)

#### Executive Committee

Peg Sherman, President  
Dick Dana, Vice President  
Kathy Harris, Treasurer  
RoseAnne Fogarty, Secretary

#### Trustees

Al Berzinis  
Michele Desrosiers  
Ben English  
Michael Hornsby  
Jon Newell  
Patti Jo Newell

#### Ex-officio Members

Sam Trumbore, Minister  
Tracie Tilgner, Chair Religious Education Council  
Jean Poppei, Chair Social Responsibilities Council

#### Elected Officer (not on Board of Trustees)

Reese Satin, Assistant Treasurer

### Staff

#### Minister

Rev. Sam Trumbore, [strumbore@uumin.org](mailto:strumbore@uumin.org)

#### Church Administrator

Amy Lent, [alent@albanyuu.org](mailto:alent@albanyuu.org)

#### Director of Religious Education

Leah Purcell, [dre@albanyuu.org](mailto:dre@albanyuu.org)

#### Music Director

Matt Edwards, [mge01@yahoo.com](mailto:mge01@yahoo.com)

#### Administrative Assistant

Tammy Hathaway, [office@albanyuu.org](mailto:office@albanyuu.org)

#### Custodians

Hadiya Wilborn, Cameron Holloway

### Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday  
Program Coordinating Council, 2nd Thursday  
Religious Education Council, 1st Monday  
Social Responsibilities Council, 3rd Sunday

### 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 Hawley Parking Lot on Robin Street at Washington Avenue.

#### Office hours

*September-June:* Monday-Friday, 9:00-3:00

*July-August:* Monday–Thursday 9:00-1:00

And by appointment

#### Website

[www.AlbanyUU.org](http://www.AlbanyUU.org)

#### Building use

To **reserve a room** for a FUUSA activity, contact Church Administrator Amy Lent (463-7135 or [administrator@albanyuu.org](mailto:administrator@albanyuu.org)).

To **rent hall or classroom space** for a personal or non-FUUSA activity, contact Church Administrator Amy Lent (463-7135 or [administrator@albanyuu.org](mailto:administrator@albanyuu.org)).

**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.

*Editor:* Amy Lent

*Send submissions for all publications to:*  
[Windows@AlbanyUU.org](mailto:Windows@AlbanyUU.org) or to the church office.

#### Publication deadlines

*FUUSA Preview* email: 9:00 a.m. Wednesdays  
*Order of Service:* 9:00 a.m. Thursdays  
*Windows:* 9:00 a.m. 3rd Friday of the month

**First Unitarian Universalist Society of Albany**

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Albany, NY 12206

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[www.AlbanyUU.org](http://www.AlbanyUU.org)