

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

November 2017

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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)

## 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!**

### Services

**Nov. 5 "A Vulnerable Humanism of the Heart," Rev. Sam Trumbore**

Humanism has been associated over the years with an intellectual, critical, and aggressive approach to seeking truth and meaning. This approach is thought to be cold and prickly rather than warm and fuzzy. Humanist Chaplain at Harvard, Greg Epstein has a different view of how to do Humanism that includes the emotions, a path of heart as well as the head. Humanism can be both hard headed and warm and fuzzy too!

*Music:* Duncan J. Cumming, piano

**Nov. 12 "175 Years: Following the Thread," Rev. Sam Trumbore**

The First Unitarian Society of Albany had its first meetings in 1842, as Unitarian ministers were gathering in Boston at the Transcendentalist Club to discuss the new ideas coming from the Continent. Though we do not believe or practice the way they did in those days, there are common threads that unite us. And those threads also weave through Unitarianism and Universalism. I believe our ancestors would be pleased with who we are today and who we are becoming. Come to hear and see some highlights of that journey.

*Music:* Albany UU Choir led by Music Director Richard Porterfield

**Nov. 19 "Gratitude for Indian Generosity," Rev. Sam Trumbore**

White European settlers here in America got a lot of help from the native peoples they encountered. Yes there was conflict but there was also an enormous amount of cultural exchange and learning. Some of our most cherished traditions have direct links to the Indians. This service concludes with a litany of gratitude and the enjoyment of corn mini-muffins baked that morning by Rev. Trumbore.

*Music:* The Helderberg Madrigal Singers

**Nov. 26 "How Can We Be Thankful Now?" Eileen Casey-Campbell**

We are tired. Tired of injustice and tired of resisting it. Where do we find gratitude in times of resistance and resistance-fatigue? How do we share in the abundance of the earth in times when we only feel its vulnerability?

*Music:* Richard Porterfield with guest artist TBA

# 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: Family Chapel will be on Nov. 12

## Regular events and meetings

CHECK the weekly Preview email 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	Green Sanctuary Committee (1st)		7:00 PM	Choir Rehearsal (almost weekly)
	11:45 AM	Social Responsibilities Council (3rd)	Thursdays	1:00 PM	All Sides Considered (1st & 3rd)
Mondays	12:00 PM	Channing Circle (3rd)		7:00 PM	Program Coordinating Council (2nd)
	6:15 PM	Religious Education Council (1st)		7:00 PM	Board of Trustees (3rd)
Tuesdays	10:00 AM	Philosophy Group (weekly)			
	1:00 PM	Bridge (weekly)			
	7:00 PM	UU Humanists (3rd)			

## All other events happening in November

### 1-Nov Wednesday

10:00 AM Community Singalong ..... Channing  
 5:30 PM Common Read: Centering ..... B-8

### 3-Nov Friday

6:00 PM Potluck and A Cappella Concert Channing, Emerson

### 5-Nov Sunday

12:00 AM DAYLIGHT SAVING TIME ENDS  
 11:00 AM New Member Reception ..... Emerson  
 11:45 AM ROP Mentor/Youth Meeting ..... B1,B2,B6,B7  
 12:30 PM Rite of Passage B-8

### 7-Nov Tuesday

9:00 AM Election Day Pie Making ..... Channing

### 8-Nov Wednesday

10:00 AM Community Singalong ..... Channing  
 5:30 PM Common Read: Centering ..... B-8  
 6:00 PM Music Committee ..... Emerson

### 9-Nov Thursday

11:00 AM Pie baking ..... Kitchen  
 6:30 PM Wellspring ..... B-5  
 7:00 PM Program Coordinating Council ..... B-8

### 10-Nov Friday

6:00 PM Circle Dinner Offsite  
 6:00 PM Mindfulness Meditation Workshop ..... B-8

### 11-Nov Saturday

8:00 AM Mindfulness Meditation Workshop ..... B-8

### 12-Nov Sunday

10:00 AM Family Chapel .....Sanctuary  
 11:45 AM Inclusivity Team ..... B-8  
 11:45 AM Parent support group potluck and meeting .....  
 ..... Emerson, 24/25, 26  
 5:30 PM Walker Bookclub ..... Channing

### 13-Nov Monday

10:00 AM Small Group Ministry-Mon. AM group ..... B-5  
 3:00 PM Overflow Shelter Prep ..... Kitchen  
 5:30 PM Governance Working Group ..... B-7

### 14-Nov Tuesday

6:30 PM Wellspring ..... B-5

### 15-Nov Wednesday

10:00 AM Community Singalong ..... B-6  
 5:30 PM Common Read: Centering ..... B-8

### 16-Nov Thursday

5:30 PM Religious Services Committee..... B-7  
 7:00 PM Albany UU Board Meeting ..... 26

### 18-Nov Saturday

10:00 AM How to be an Adult at a Con..... B-8

### 19-Nov Sunday

11:00 AM Coffee Hour/Soup and Pie Sale ..... Channing  
 11:45 AM YSOP fundraiser workshop ..... 26

### 20-Nov Monday

1:30 PM Meaning Matters - Third Monday Afternoon .... B-8

### 21-Nov Tuesday

5:00 PM Meaning Matters - Third Tuesday Group Stott Lounge  
 7:30 PM Union Thanksgiving Service ..... Emerson

### 22-Nov Wednesday

10:00 AM Community Singalong ..... Channing  
 6:00 PM Peace Team - CDCAI ..... Channing

### 23-Nov Thursday

1:00 PM Albany UU Thanksgiving Potluck ..... Channing  
 6:30 PM Finance Committee Meeting..... B-7  
 6:30 PM Wellspring ..... B-5

### 27-Nov Monday

10:00 AM Small Group Ministry-Mon. AM group ..... B-5  
 3:00 PM Overflow Shelter Prep ..... Kitchen  
 5:30 PM Governance Working Group..... B-7  
 7:00 PM Meaning Matters - Fourth Monday Group ..... B-8

### 28-Nov Tuesday

6:30 PM Wellspring ..... B-5

### 29-Nov Wednesday

10:00 AM Community Singalong ..... Channing  
 5:30 PM Congregational Covenant Team Meeting..... B-8

### 30-Nov Thursday

7:00 PM GTS Conversation Leaders Meeting ..... B-8

## Sam's Outlook

### Answering the call to serve

*Rev. Sam Trumbore*

Wednesday a week ago, Pete, the East Greenbush Democratic Committee Chair called me up and asked if I'd be willing to be an election inspector. It turns out this is a job that isn't easy to fill since it only happens a couple of times a year. And the polls open at 6am and close at 9pm. That's a long day.

At first I was cautious since I'm a busy guy and am struggling to keep up with all my different roles and responsibilities. Our intern, Eileen Casey-Campbell, has been very helpful to share the ministry work ... but that usually means I think I can add one more thing to my plate. The enticement was the promise that it would be a split shift of only eight hours. I'd get to be that person who sits behind the desk when people walk in and looks up their name in the book. I figured I could do that. These jobs are paired so a Democrat and a Republican both do them.

Pete must have recognized my aptitude for the job. I'd picked up one of the print outs from a voting machine for the primary. He must have sensed my excitement about being asked to do something. Ministers like me enjoy being helpers. I collected the long narrow printout and proudly handed the tape to him as he filled in a spread sheet with all the tallies in a local bar as other Democratic workers and candidates gathered for a drink and snack waiting for the results.

I said yes. "There is a class at the Rensselaer County Building tomorrow morning," he instructed me.

I showed up bright and early for the training, excited that I'd get to participate. "This is what democracy looks like," I thought. With reports of Russians attacking our voting systems, I wanted to learn how secure these machines were. How easy would they be to hack?

Once we filled out some paperwork, our two trainers, one Republican and the other a Democrat, alternated teaching us how the voting machines worked. My only exposure to them, like most of us, was inserting my ballot in one end and having it let me know that it was accepted. Well, there is a lot more

going on inside them. And there are a lot of safeguards to ensure against fraud and human error. Our trainers meticulously went through each step in booting up the machine and confirming that the machine's vote count was zero and the ballot box was empty. I was happy to hear that the machines are not connected to the internet at any time during the voting or the tabulation process.

Every voting machine has the ability to allow those with disabilities to vote. There are plug in devices for the blind to operate. If voters can't use their hands, it has a puffer device so the person can vote with their breath. The machine doesn't electronically cast their ballot. It prints out a ballot like everyone else's ballot that then is submitted into the slot everyone else uses to cast their vote. That way there is a permanent record of their vote in case there is a recount.

Our trainers emphasized how important it was to make sure every ballot was cast correctly. In Rensselaer County, it isn't uncommon for elections to turn on one vote, especially in the smaller towns where fewer votes are cast.

At the end of the day, when the polls close, the machine is opened, the ballots collected in special envelopes and tapes are printed out. Everyone checks and double checks that the procedures have been followed correctly. After the machine is shut down, a memory chip is taken out of the machine with the votes and put in the pouch with the ballots and the tapes and everything else that goes back to the Town Clerk's office.

The last thing that happened before we left with our training manuals to study was we raised our right hand and were sworn in. I'm now an official election inspector!

I'm thrilled to be able to participate in ensuring our elections are done correctly and no one tampers with the ballots. I wasn't drafted to go fight a war or serve in the armed forces. I haven't served on a jury. I haven't served as an elected official or a



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

## News

### Election Day apple peeling and pie assembly Tuesday, Nov. 7, 9:00 am, Channing

Here's something else to do on Election Day--before or after you vote! Join your Albany UU friends peeling and cutting apples for homemade apple pies to be sold at Coffee Hour later in the month.

This lovely tradition was started by Jan Satin some years ago, and continues on led by Sandy Stone and Dorry Campano (whom you can see here in the process of making 125 pie crusts!) Bring your favorite peeling knife and help peel apples and assemble pies.



### Flyers in this issue

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

#### ◆ Union Thanksgiving

### “Got Hands?”

Do you need a hand? Can you lend a hand? If so, let me introduce you to the Albany UU Caring Network.

The Caring Network is made up of a couple of dozen members and friends of Albany UU who volunteer their time to provide support and encouragement to members in need. We drive folks to medical appointments, prepare meals during difficult times, send cards to recognize significant events, and maintain contact with members who are no longer able

to come to the Church due to physical limitations.

Joining the Caring Network is a way to tangibly support others in our Albany UU Community. The amount of time that Caring Network members volunteer varies according to their own skills and the amount of time they have available.

One new Caring Network initiative this year is to encourage members to share their Joys and Sorrows beyond Sunday service by noting them in the weekly Albany UU Preview email. This has just launched! You can submit your personal Joy, Sorrow, Transition or Celebration for sharing with the church community two ways: written on a yellow card in the service or online at [members.albanyuu.org](http://members.albanyuu.org) (under Min-

### Union Thanksgiving Service

Tuesday, Nov. 21, 7:30 PM

#### At Albany UU

For close to a hundred years, Trinity Methodist Church, Westminster Presbyterian Church, Congregation Beth Emeth, Mount Calvary Baptist Church and Albany UU have gathered before Thanksgiving for a joint service, rotating the service between the congregations. This year we will be the hosts. The guest speaker will be Albany community activist and civic leader, Corey Ellis. It is our tradition for the offertory to bring canned goods to donate to FOCUS food pantry.

### **Sam's Outlook, continued from page 3**

government officer either. So in this small way I can serve my country and participate in a meaningful way. Yes, I know it will be very boring as I sit around with nothing to do. It will be a long day – I got assigned to work from 6am till 9pm anyway. But I'm pleased to do my civic duty to make democracy work.

What does this have to do with abundance, our

theme of the month? Democracy works when we have an abundance of participation and support. Lots of people will be leaving door hangers with voting information and driving people to the polls. Lots of people will be calling voters and reminding them to vote. I'll be there to greet them and thank them for voting however they cast their ballot.

So be sure to vote on Tuesday, November 7th. I might even see you there!—Inspector Trumbore

## Board Notes

### Living our values

*Dick Dana, Congregation President*

Most of you know that a year ago we welcomed back to our congregation a former member of our congregation who had spent time in prison. Because she has been designated a sex offender, for the past year her movements have been restricted as per the Limited Access Agreement (LAA) which she signed as a requirement of being allowed back.

This was not an easy decision for our congregation to make. There were members who felt we should welcome her back with no restrictions on her movements, since she has paid her debt to society. And there were members who did not want her allowed back in the building under any circumstances.

Based on a strong sense that in order to live fully our UU values, to honor our first three Principles, and in keeping with our Albany UU Mission Statement which opens with the words “we welcome everyone,” the Board decided that if welcoming her back could be accomplished without sacrificing the safety of our community, we must welcome her back.

For the past year, she has been a member of the choir, entering the building only in the constant company of a covenant partner, and only for Sunday services and to attend choir practice. She has faithfully adhered to the requirements of the agree-

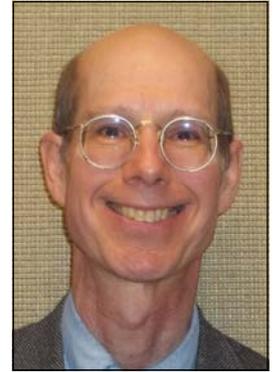
ment. While she hasn't asked for any changes in the agreement, her covenant partners urged the Safe Congregation Response Team to make modifications to the existing LAA to allow her to take more advantage of the benefits of belonging to our congregation, while continuing to maintain distance from and avoiding interaction with children and youth in the congregation.

The proposed modifications to the LAA would allow her to attend events on the first floor without being accompanied by a covenant partner, and to attend events on other floors with a covenant partner. The Board is asking that between now and November 16 people with an interest in reviewing the proposed modified LAA stop by the office to get a copy, and if they have any questions, comments or concerns to talk to any Board member about them. At the next Board meeting, all feedback from the congregation will be reviewed and considered prior to voting on the modified LAA.

If you have an interest, please take the time to review the modified Limited Access Agreement (LAA) and give the Board your feedback.

Thanks,

Dick Dana



istry, select Joys and Sorrows).

You can access the Caring Network (to volunteer or to request assistance) by calling/texting a dedicated Caring Network phone number, xxxxxxxxxxxx or make your intentions known to Albany UU office staff.--Todd Thomas, Caring Network Coordinator

### What's in a Name, Part II

*Anne Marie Haber, Member of the Inclusivity Team*

In last month's Windows (10/2017), I mentioned that I wanted to write about Ralph Waldo Emerson based on primary sources only. My interlibrary books are rolling in, and I have a tottering stack of Emerson works and commentary.

I ordered so many books because I specifically wanted to read what Emerson said about Black People.

My own reactions to Emerson's words run deep. I offer his words here so that you can have your own experience of them and draw your own conclusions.

*I believe that nobody now regards the maxim 'that all men are born equal,' as any thing [sic] more than a convenient hypothesis or an extravagant declamation. For (all) the reverse is true, -that all men are born unequal in personal powers and in those essential circumstances, of time, parentage, country, fortune. The least knowledge of the natural history of man adds*

another important particular to these; namely, (of) what class of men he belongs to—European, Moor, Tartar, African? Because Nature has plainly assigned different degrees of intellect to these different races, and the barriers between are insurmountable.

This inequality is an indication of the design of Providence that some should lead, and some should serve. For when an effect invariably takes place from causes from which Heaven established, we surely say with safety, that Providence designed the result.

Throughout Society there is therefore not only the direct and acknowledged relation of king & subject, master & servant, but a secret dependence quite as universal, of one man upon another, which sways habits, opinions, and conduct....the same pleasure and confidence which the dog and horse feel when they rely upon the superior intelligence of man is felt by the lower parts of our own species with reference to the higher.

☞

... I saw ten, twenty, a hundred large lipped, low-browed black men in the streets who, except in the mere matter of language, did not exceed the sagacity of the elephant. Now is it true that these were created superior to this wise animal, and designed to countrol it? And in comparison with the highest orders of men, the Africans will stand so low as to make the difference which subsists between themselves & the sagacious beasts inconsiderable.

☞

The Monkey resembles Man, and the African degenerates to a likeness of the beast. And here likewise I apprehend we shall find as much difference between the head of Plato & the head of the lowest African, as between this last and the highest species of Ape.

☞

For it is true that many a slave under the warm roof of a humane master with easy labours and regular subsistence enjoys more happiness than his naked brethren parched with thirst on a burning sand or endangered in the crying wilderness-

es of their native land.

☞

This year is like Africa...all surprising forms & masks of creeping, flying, & loathsomeness.

☞

It is better to hold the negro race an inch under water than an inch over.

☞

Race in the negro is of appalling importance. [in the context of addressing English and Saxons as superior and other people being inferior]

☞

I think it cannot be maintained by any candid person that the African race have ever occupied or do promise ever to occupy any very high place in the human family. Their present condition is the strongest proof that they cannot. The Irish cannot; the American Indian cannot; the Chinese cannot. Before the energy of the Caucasian race all the other races have quailed and done obeisance.

☞

...the free negro is the type & and exponent of that very animal law; standing as he does in nature below the series of thought, & in the plane of vegetable & animal existence, whose law is to prey on one another, and the strongest has it.

☞

Races. Nature every little while drops a link. How long before the Indians will be extinct? then the negro? Then we shall say, what a gracious interval of dignity between man and beast!

☞

The abolitionist wishes to abolish slavery, but because he wishes to abolish the black man. He considers that it is violence, brute force, which, counter to intellectual rule, holds property in Man; but he thinks the negro himself the very representative & exponent of that brute base force; that it is the negro in the white man which holds slaves. He attacks Legree, Macduffie, & slaveholders north & south generally, but because they are the foremost negroes of the world, and fight the negro fight. When they are

## From the Intern

### Use it up

*Eileen Casey-Campbell, Intern Minister*

One of the little mantras I repeat softly to myself throughout my days is this: *Use it up*. See, I have a tendency toward hoarding. It's not a pathology, causing me to cover every surface I own with junk. It's just a slight twinge every time I scrape food off a plate and into the trash. It's reluctance to light the fancy candles on the dining room table and let them burn down into nothing. Or saving that nice bottle of wine for the perfect special occasion, a perfection that somehow never arrives. Some days, I catch myself hoarding my time and my energy too.

I have to remind myself, as a spiritual discipline, to *use it up*. I have to set the intention to live in this moment and not in some unreal future one. I think probably we all do sometimes. The greatest challenge of abundance is believing it is real. We struggle to live like this is a world of abundance and not of scarcity. But an attitude of scarcity doesn't just cause us to let good wine go bad, waiting for the right day to use it up. It causes us to be wary of the world, and that's a painful way to live. With a mindset of scarcity, we hoard our time, rationing our hours, unable to stop and take pleasure in them. With a mindset of scarcity, we sometimes hoard the resources we hold in common, fearful of some future need, and meanwhile our neighbors are hungry today. With a mindset of scarcity, we hold fear close and let joy slip away.

The best teachers I have found in the discipline of

using it up are all procrastinators. They are the habitually late. They're those people who are never on a schedule or timeline. They tell themselves they're undisciplined or falling short. Most of the rest of us agree.



But they are where I turn first when I'm in need. When my doctor wants to discuss the test results in person. Or I'm regretting what I said in anger yesterday. Or my Dad seems to be forgetting things.

"Do you have a minute?" I ask.

"Of course."

They always have a minute. They have minutes upon minutes for me. Here's the thing: they are not afraid to use up their precious minutes on others. They are the spiritual masters of using up their time and attention on whomever or whatever is right in front of them in the moment. They are the people who are not somewhere else when they're with us. They are not making grocery lists, planning their afternoon, worried about deadlines, or reliving an earlier conversation. They always have a minute, and they freely give it. Their minutes flow out for us, a stream of abundant grace.

May we all live like the procrastinators, I pray. May we be thoroughly present in this moment, and not spread thinly over an imagined future. Because we all have a minute, but just this one. The one right now. And we should definitely *use it up*.

*extinguished, & law, intellectual law prevails, it will then appear quickly enough that the brute instinct rallies & centres in the black man. He is created on a lower plane than the white, & eats men & kidnaps & tortures, if he can. The Negro is (reactionary) imitative, secondary, in short, reactionary merely in his successes, & there is no origination with him in mental & moral sphere.*



*The dark man, the black man declines. The black man is courageous, but the white men are the children of God, said Plato. It will happen by & by, that the black man will only be destined for*

*museums like the Dodo.*



*The resemblances approach very near in the satyr to the negro or lowest man...*



*The way to wash the negro white is to educate him in the white man's useful & fine Arts, & his ethics.*

The quotations listed above span from 1822 to 1866. It's noteworthy to mention that I've looked at 6 of Emerson's 16 volumes of journals.

For some of you, I know these words are an assault on your being. These words Emerson wrote are painful. Now that I am familiar with these ideas of Emerson's, I don't see our hall, with the name of Emerson, especially welcoming to People of Color. I don't think it's relevant to ask, "Do Black People know that Emerson wrote these ideas?" What IS relevant is that I know he wrote these things, and now I feel differently about his body of work and his name. While I don't suggest that we erase Ralph Waldo Emerson from our history, it is timely to consider giving the building where we worship a new name. I ask again: What's in a name? What does it say about you if we choose to keep it? What does it say about US?

**Save the Dates!**  
**Preparing for and celebrating the winter holidays**

*Sunday, Dec. 3*  
11:00 AM **Holiday Bazaar**, Channing Hall  
11:30 AM **Selection of parts for the Christmas Pageant**, Room 26

*Sunday, Dec. 10*  
11:00 AM **Tree Decorating**, Channing Hall  
11:30 AM **Pageant Rehearsal** in Emerson Hall

*Sunday, Dec. 17*  
10:00 AM Multigen service with the **Pageant** in Emerson Hall  
1:00 PM **Caroling**

*Saturday, Dec. 16*  
4:00 PM Multigen **Winter Solstice Celebration** in Channing Hall

## Growing Together

### Getting to Know UU: orientation to UUism

**Save the date: Saturday, Dec. 9, 8:45 AM-noon**

We invite you to join us for "Getting to Know UU". We'll start with coffee and snacks and getting to know each other. 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 Albany UU 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!

Childcare is available: please let us know you need it when you register. To sign up: See box. Please indicate if you need childcare.

### Common Read: books available

Twenty copies of Centering: Navigating Race, Authenticity, and Power in Ministry, Mitra Rahnema, ed., are available for purchase by those planning to participate in the Common Read. Contact Karen Kaufmann at kkaufmann@nycap.rr.com for availabil-

ity. Cost is \$12.50 per book, make checks out to Albany UU.

This book, written and compiled by Unitarian Universalist religious professionals of color, works to put the stories and experiences of people of color in religious leadership roles at the forefront of our conversations about race and racial justice. The goal of the book is to "center" the voices of people of color in the conversations about leadership and power in our movement.

#### 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.)

You are invited to join us for shared processing and discussion of this book over three sessions next month: Wednesdays, November 1, 8, and 15, from 5:30 to 7:00 pm. Participants are welcome to bring a bagged dinner. Sign up

in Channing Hall or send email to [registration@albanyuu.org](mailto:registration@albanyuu.org).

### Community Singalong Wednesdays, 10:00 AM

Albany UU will host a weekly community singalong for toddlers, preschoolers, and their caregivers, led by Ministerial Intern Eileen Casey-Campbell. The singalong will gather in on Wednesdays at 10 am, beginning Nov. 1. Members, friends, and non-

## Religious Exploration

*Leah Purcell, Director of Religious Education*

### What does it mean to be a people of abundance?

From *Soul Matters*, including Katie Covie, RE Resource Coordinator

When it comes to abundance, our culture and our religion are clearly at odds. Our culture cries, "Accumulate!" Our religion counsels "Appreciate!" The mantras couldn't be more different: The commercials tell us to "Go out and get what you want!" The pulpits plea with us to "learn to want what you have."

Appreciation is central to this Thanksgiving month. Noticing the abundance around us is clearly the work we are called to do. But one wonders if that's enough. It all depends on what you do after the noticing is done.

So, what needs to change? Maybe that's the real question this month. What needs altered so you can dance with what is plentiful rather than worrying about what is scarce? What clutter finally needs cleaned up so there is room for new abundance to enter in? What changes will free you from the urgent and allow in the important?

Yes, people of abundance make time for noticing, but they also make tough choices. Choices that, after they are made, don't really feel tough at all.

Parents and caretakers can help their children make choices to celebrate abundance. Children usually equate having a lot of something with money or wealth. You could talk about how abundance means being rich in love and gratitude. You can be rich in friends and family. It doesn't take a lot of friends or family. It just takes love.

Storybooks that can be shared with people of all

ages to celebrate abundance

**The Table Where Rich People Sit** by Byrd Baylor (Author), Peter Parnall (Illustrator)

As her family attempts to calculate the value of the desert hills, the colors of blooming cactus, and the calls of eagles and great horned owls, a young girl discovers that her impoverished family is rich in things that matter in life, especially being outdoors and experiencing nature.



**Somebody Loves You, Mr. Hatch** by Eileen Spinelli (Author), Paul Yalowitz (Illustrator)

One wintry day, a postman delivers a mysterious package with a big pink bow to a lonely man named Mr. Hatch. "Somebody loves you," the note says. "Somebody loves me!" Mr. Hatch sings as he dusts his living room. "Somebody loves me!" Mr. Hatch whistles as he does his errands in town. "But who," Mr. Hatch wonders, "could that somebody be?" After some time, Mr. Hatch discovers just who his secret admirer is and, in doing so, enjoys the biggest surprise of his life!

**A Chair for my Mother** by Vera B. Williams (Author, Illustrator)

This classic and award-winning picture book was named a Caldecott Honor Book by the American Library Association. "A tender knockout . . . it's rare to find much vitality, spontaneity, and depth of feeling in such a simple, young book."—Kirkus Reviews ; After their home is destroyed by a fire, Rosa, her mother, and grandmother save their coins to buy a really comfortable chair for all to enjoy.

In faithful service,

Leah

members are all welcome. No sign up necessary, just show up with your loud, proud singing voice.

### How to be an Adult at a Con

**Saturday, Nov. 18, 10:00 AM – noon**

For parents of current high school youth to learn what the roles of both adults and youth are at cons; the responsibilities and rewards; how youth and their

parents can negotiate each having their own "space" at cons that parents attend as advisors. We'll use material created by our Regional UUA Staff; Evin Carvil-Ziemer and we'll see if we can Skype with the Buffalo Congregation; they'll be doing the same training simultaneously. Room B-8. Led by Leah Purcell

## Movement Matters

Have you considered joining a spiritual development group like Meaning Matters but find that the group conversation is not the way you connect with others and your deepest self? Our new small group for adults, Movement Matters, offers a more embodied path. Led by ministerial intern Eileen Casey-Campbell and her partner, Brian Casey-Campbell, this group will use movement, connection to nature, and outdoor adventure to engage with the spiritual theme of each month.

We will engage with the Meaning Matters small group packet while finding connection with our own physicality through moving meditations. Our hope is to translate the lessons and resources of Meaning Matters into a format that is physically demanding and puts us in touch with our embodied selves. The moving meditations may include outdoor exploration, hiking, yoga, and more. Our first gathering will take place at Grafton Lake State Park on November 11 at 9:30 am. To join this group or to find out more, please contact Eileen at [intern@albanyuu.org](mailto:intern@albanyuu.org)

### 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.)

## Date of November Family Chapel: Nov 12

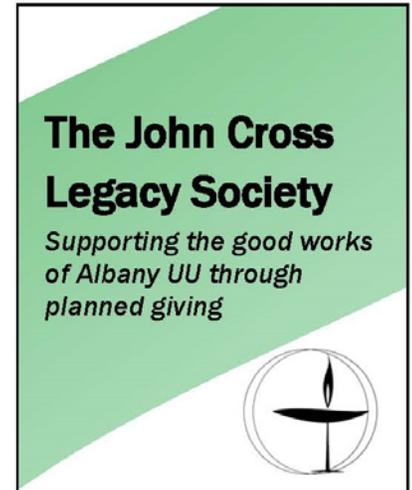
We'll meet at the same time and place, 10:00 in the Sanctuary, but on the second Sunday of November

instead of the first of the month. The theme will be Abundance. Family Support Group will meet at 10:30 in room B-8 on Nov 12.

## Mindfulness Meditation Workshop Friday-Saturday, Nov. 10-11

This meditation training and practice workshop will be led by Rev. Trumbore, on Friday 6:00pm to 9:00pm, and Saturday 8:00am to 3:00pm. It gives the participants an opportunity to learn Buddhist mindfulness meditation techniques and/or refresh and deepen their meditation practice. All are welcome from first timers to experts. There will be a vegan potluck lunch on Saturday and all are encouraged to bring something to share. Please register with the office (call 463-7135) if you would like to participate. (A voluntary donation can be offered at the end. If you can't make this one, here are the next opportunities for this workshop: January 12-13, 2018, February 9-10, 2018, March 9-10, 2018) Mark your calendars NOW!

Rev. Trumbore has practiced Buddhist Vipassana or insight meditation for over 30 years and is Past President of the Unitarian Universalist Buddhist Fellowship. This meditation technique is one of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets the mind, opens the heart and can improve one's physical, mental and emotional health.



## Our Community

### Collegiate a cappella concert and potluck supper

**Friday, Nov. 3**

**Potluck at 6:00 pm, concert at 7:15 pm**

Mark your calendars for a reprise of the really wonderful collegiate A Cappella concert sponsored by the Albany UU Choir. If you were one of the dozens of people who were there last year, you will remember what a fun evening that was!

The pot luck will start at 6:00 in Channing Hall. Please plan on bringing a dish to pass – if possible, make a little extra since we are expecting 50 – 60 college students to join us for dinner. If you can't bring food, plan on contributing \$3.00 per person to help cover the cost of drinks.

The concert will start at 7:15 in Emerson Hall. Admission for all over 12 years of age is \$5.00 – these funds will be divided among the performing groups. If you have any questions contact Kathy Harris.

### Thanksgiving Dinner...at Albany UU!

**Thursday, Nov. 23, beginning at 1pm**

Each year we have an open Thanksgiving Dinner in Channing Hall on Thanksgiving Day. If you and your family or friends would like to join Rev. Trumbore and his family at this dinner, please sign up in Channing Hall and let us know what you would like to bring. Set up for the dinner will begin at 1pm. Appetizers will be served at 2pm. Dinner will be served at 3pm. Games and entertainment for mutual amusement will follow the meal (bring your favorites!). Cleanup begins at 4pm.

### The Holiday Bazaar needs you!!

Are you an artist, crafter, an avid Pinterest fan or someone who just likes to make things? The annual Holiday Bazaar on Dec. 3 needs your creative talent - looking for items that would be small gifts or stocking stuffers for adults, children or pets - holiday crafts, home gifts - whatever you can imagine and make. Ideas or questions: Sigrin Newell: 518-439-6705 or sigrin.newell@gmail.com.

### Channing Circle's final news

"There's a time for beginnings and a time for endings." Such is the case of Channing Circle, our group of elders who've been meeting together for once-a-month lunch and discussions. Many years ago, members Thayer Heath and Ursula Poland collaborated and cooked up the idea of Channing Circle: a gathering of older members and friends to share good times and common interests.

But now it is said: "All good things come to an end"

### Caring Network

**If you need the services** of the Caring Network, **or to offer your services**, please call or text xxxxxxxxxxxx

**To submit your personal Joys and Sorrows** for sharing with the church community: write on a yellow card in the service or online at xxxxxxxxxxxx

**Caring Network Coordinator:** Todd Thomas



*Albany UUs enjoyed a Thacher Park hike and picnic on October 21 as an auction event. Weather and company were glorious!*

and Channing Circle is one of those. We've had many good times together but time changes all things and so it is with Channing! Many of us seem to have gotten a bit older as well as wiser and are not able to get out and join the group and some of us have just gotten older and still have other choices and obligations. And so, it is with good memories that we say goodbye for now to Channing Circle! Perhaps we will get together on some special occasions to renew our friendships and have a good time together. In the meantime, we say good bye and look forward to what comes next. Thanks for the memories! -Thayer Heath and Kathy Hodges

### Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, Nov. 12 at 5:30 pm in Channing Hall. Newcomers are always welcome.

We start with a welcoming shared supper which is followed by a lively discussion of the book of the month. Bring your favorite dish to share and a small contribution to cover beverages.

In November, we will discuss *The Remains of the Day*, by Kazuo Ishiguro, the 2017 Nobel Prize winner in literature. In its October 8, 1989 review, *The*

New York Times describes this novel as “a dream of a book: a beguiling comedy of manners that evolves almost magically into a profound and heart-rending study of personality, class and culture.” Our December book is “Anything Is Possible,” by Elizabeth Strout.

Contact Linda Hunt at [Lshunt@nycap.rr.com](mailto:Lshunt@nycap.rr.com) for further information or questions.

### Albany UU Humanists

Albany UU Humanists next meet on **Tuesday, Dec. 19** at 7 PM. No meeting in November (due to Union Thanksgiving service on same night.)

At our October gathering, we included the review of essays of various UUs included in the UU brochure “Science and Religion” (available in the brochure rack along the back wall in the lobby). We hope to see all Humanists in December.



Also, a good way to keep up with the discussion and future planning is to join the Albany UU Humanists eGroup conversations. To sign up go to [members.albanyuu.org](http://members.albanyuu.org), ChurchDB Member Login. Log in, or retrieve your password if you are a new user, click Groups, and add your name to the Albany UU Humanists. Or you may contact Don Odell

**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@albany-uu.org](mailto:listeners@albany-uu.org), contact Reverend Sam Trumbore, the Albany UU office at 518-463-7135, or one of them personally. They are: Chuck Manning, Phil Rich, Randy Rosette, Sandy Stone, Lisa Barron, Donna Meixner, Dee Van Riper, Eileen Casey-Campbell.

([odell.don@gmail.com](mailto:odell.don@gmail.com), (518) 482-4574), or the church office for assistance.

For further information on Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://humanists.org>. There you will find the UU Humanist blog, feature articles and commentary, and some related Facebook groups. There is also the American Humanist Association's website at <http://americanhumanist.org>.

## Social Justice

### Overflow Shelter Meals 2017-2018

It is official--and if I have my records right--this will be our 11th year making hot, nutritious meals for 25 men and delivering to the Overflow Shelter that is housed in the First Lutheran Church.

The program runs from mid-November through early April. We are responsible for the whole meal. The entree will be made in the Albany UU kitchen and Patty Burch ([patty.burch@gmail.com](mailto:patty.burch@gmail.com)) will decide on the entree and shop for all the necessary ingredients for the entree.

Volunteer roles include an entrée assistant (works in the kitchen with Patty from 3:00-6:00 PM) and two jobs that can be done at home and thus are suitable for those Albany UU members and friends who are still working outside the home! These two tasks are preparing the salad and dessert part of the meal: they can be made at home and delivered to the Al-

bany UU kitchen either Sunday (when you come for the service) or on Monday before 5:00 pm. We deliver the dinner to the shelter staff by 6:30 PM; the guests arrive later.

Please get out your calendars! The dates we are responsible for are as follows: Nov. 13 and 27, Dec. 11, Jan 8 and 22, Feb. 12 and 26, Mar. 12 and 26, Apr. 9

If you are interested there are sign up sheets at the Sign Up Site in Channing Hall.

Questions, concerns or comments, feel free to contact Patty at xxxxxxxxxxxxxxxx

Thanks and Bon Appetit!

### Green Sanctuary notes

The Green Sanctuary Committee was honored to host noted environmentalist Judith Enck as keynote speaker to launch our new season. The committee is now forming its agenda for the upcoming and

there are many ways to get involved, so please reach out to us. Here's a brief Q&A with Enck:

Q. You were at the EPA as regional administrator in New York City, but have a long history of environmental activism in the Capital Region. What specific projects/issues are you involved in now?

A. I am working on climate change for a small non-profit, the Institute for Governance and Sustainable Development. It is very interesting and connects me with a new network of climate change experts. In my "spare time" I am working on various "Save the EPA" initiatives to convince Congress to reject the Trump proposed 31% cut to the EPA budget. That will culminate when the Congress votes on the budget in December. I continue to be involved in water quality issues in Hoosick Falls, New York. Working with a team of researchers from Bennington College and others, I am involved in community health questionnaire that aims to document potential illnesses in the communities that may be linked for PFOA pollution.

I am also enjoying getting re-acquainted with WAMC. I do commentaries on the station and appear on Joe Donahue's wonderful public affairs show, the Roundtable, every Friday morning at 9am.

Q. You're calling on Congress to open hearings on the EPA's move away from climate change research used under new head Scott Pruitt. Can you elaborate?

A. With Hurricanes Harvey and Irma leaving a broad swath of unprecedented damage across the nation amid mounting evidence that climate change played a crucial role making the storms more destructive,

I'm calling on Congress to hold hearings to justify why the agency is no longer working on the most pressing environmental issue facing the nation.

Through the appointment of Scott Pruitt, executive orders and a proposed 31 percent defunding of the EPA, the Trump Administration's "assault" on the agency needs to be examined at the legislative level. Majority of Americans, according to several recent polls, believe that the US is at a turning point on climate change. So I'm specifically calling on area U.S. representatives, Republicans John Faso and Elise Stefanik, and also Democrat Paul Tonko, to conduct a "thorough review" of the EPA's turn away from objective and established scientific research on climate changes,

Q. Climate change can seem remote from our daily lives. What are a few simple yet effective ways we can make an impact?

A. The List is endless! Walk, bicycle, carpool, use mass transit, buy a hybrid or all electric car.

Have an energy audit done on your home, invest in renewable energy sources, buy less stuff, recycle, compost, reduce your consumption of meat, make sure your pension and investments are not with fossil fuel companies, etc !

Regularly contact your members of Congress on specific legislation and on the federal budget proposal. Senator Schumer, Senator Gillibrand and your House member. Faso or Tonko or Stefanik. Put the phone numbers of your members of Congress in your phone. Phone calls are more effective than emails or letters or signing on line petitions.-Tim Kane

## 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 Ministry/Sermon Archives 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.

# *Union Thanksgiving Service*

*7:30 pm, Tuesday, November 21*

**Featured Speaker:  
Corey Ellis**

in Emerson Community Hall  
at Albany Unitarian Universalist  
405 Washington Avenue, Albany, NY 12206

Please join us for this annual Thanksgiving service held jointly by Congregation Beth Emeth, Trinity United Methodist Church, Westminster Presbyterian Church, Mount Calvary Baptist Church, and Albany Unitarian Universalist.

Each year these congregations gather for a joint Thanksgiving service. Trinity, Westminster and Albany UU all had fires that burned our buildings at different times at the beginning of the 20th century. While they were being repaired, we all worshiped at Congregation Beth Emeth's building. When our buildings were rebuilt, we began the tradition of having this joint service.



*Corey Ellis will be the guest speaker.*



Our joint Thanksgiving offertory will benefit the FOCUS Food Pantry.

Monetary donations as well as non-perishable canned and dry goods that can be used by the pantry are welcome.

## Contact Us

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### 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) Albany UU 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

#### Websites

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

*Resources:* [www.members.AlbanyUU.org](http://www.members.AlbanyUU.org)

#### Building use

To **reserve a room** for an Albany UU activity, contact Administrative Assistant Tammy Hathaway (518.463.7135 or [office@albanyuu.org](mailto:office@albanyuu.org)).

To **rent hall or classroom space** for a personal or non-Albany UU activity, contact Church Administrator Amy Lent (518.463.7135 or [admin@albanyuu.org](mailto:admin@albanyuu.org)).

#### 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

**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

*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

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