

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

February 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)*

Services

Feb. 5 "Strong Identity Supports Diversity," Rev. Sam Trumbore

The most rigid and regressive religious traditions often are the most culturally and racially diverse. What supports their diversity is a very strong sense of identity and boundaries. Can we both welcome everyone and grow a more diverse congregation through building a stronger identity?

Feb. 12 "Faith in Group Selection," Rev. Sam Trumbore

Come celebrate Darwin's birthday! Unitarian Universalists claim him as one of our prophets. This service will highlight part of Darwin's thinking that gets less attention but is very relevant to religious communities.

Feb. 19 "Rescuing a Jesus for Liberals to Love," Rev. Sam Trumbore

Strip away the constrictive and outdated Christian theologies (aka Paul) and seek the voice of Jesus himself. The radical message of Jesus is just as challenging today to the American Empire as it was to the Roman Empire and the Jews of his day who colluded with Roman oppression.



Feb. 26 "What Can I Expect? What are the Limits?" Rev. Sam Trumbore

This month we've been reflecting on how having a covenant could be good for Albany UU. It can be very helpful for visitors, friends and new members to better understand what commitments we make to each other that form our relational identity. It can also enhance trust between current members that deepens our shared commitment.

Calendar

Events happening every Sunday at Albany UU

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

Exceptions: NOTE—Choir rehearsal start time has changed to 7:15 PM.

Regular events and meetings

CHECK the newsletter 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)		7:15 PM	Choir Rehearsal (weekly)
Tuesdays	10:00 AM	Philosophy Group (weekly)	Thursdays	7:00 PM	Program Coordinating Council (2nd)
	1:00 PM	Bridge (weekly)		7:00 PM	Board of Trustees (3rd)
	7:00 PM	UU Humanists (3rd)			

All other events happening in February

1-Feb Wednesday	6:30 PM	Wellspring Spiritual Practices B-8	13-Feb Monday	10:00 AM	Small Group Ministry B-5
2-Feb Thursday	5:30 PM	SURJ Education & Outreach Group Meeting B-3/B-4		3:00 PM	Overflow Shelter Meal Prep Kitchen
3-Feb Friday	6:00 PM	Multi-generational Potluck, host Lifespan Learning.....Channing		7:00 PM	Common Read Discussion..... B-7
4-Feb Saturday			14-Feb Tuesday	7:00 PM	Exploring the Bible: Old Testament..... B-7
4-Feb Saturday.....	8:00 AM	HUUGS Storage 24/25	15-Feb Wednesday	6:30 PM	Wellspring Spiritual Practices..... B-8
4-Feb Saturday.....			16-Feb Thursday	5:30 PM	Religious Services Committee B-7
2:00 PM		John Meid Memorial Service..... Sanctuary		5:30 PM	SURJ Education & Outreach Group Meeting B-3/B-4
6:00 PM		HUUGGS Packing 23		7:00 PM	Albany UU Board Meeting..... Channing Hall
5-Feb Sunday			17-Feb Friday	6:00 PM	Meditation Retreat B-8
10:00 AM		Family Chapel Sanctuary	18-Feb Saturday	8:00 AM	Meditation Retreat B-8
11:30 AM		Parent Potluck and Meeting..... Emerson	19-Feb Sunday		
11:45 AM		4th Grade OWL Orientation (Main Event) B-3/B-4	11:45 AM		Social Responsibilities Meeting..... B-7
11:45 AM		New Leader Orientation B-8	20-Feb Monday	12:00 PM	Channing Circle Lunch (ME) Channing
11:45 AM		Nominating Committee Meeting..... B-7		1:30 PM	Third Monday Afternoon Meaning Matters B-8
12:30 PM		Parent Support Group Meeting (Main Event)... 26	21-Feb Tuesday	7:00 PM	Albany UU Humanists B-8
6-Feb Monday				7:00 PM	Third Tuesday Meaning Matters..... Stott Lounge
6:15 PM		RE Council meeting Channing	23-Feb Thursday	6:45 PM	Practice Group for Nonviolent Communication B-8
7:00 PM		Common Read Discussion B-7	26-Feb Sunday	10:00 AM	FOCUS Food Pantry Sunday.....
7-Feb Tuesday				11:45 AM	Congregational Conversation on Covenant #1 B-8
7:00 PM		Exploring the Bible: Old Testament B-7	27-Feb Monday	10:00 AM	Small Group Ministry B-5
9-Feb Thursday				3:00 PM	Overflow Shelter Meal Prep Kitchen
6:30 PM		Finance committee..... B-7		7:00 PM	Fourth Monday Meaning Matters B-8
7:00 PM		Program Coordinating Council..... B-8	28-Feb Tuesday	6:00 PM	Showing Up for Racial Justice (SURJ)... Emerson
10-Feb Friday					
6:00 PM		Stewardship Dinner..... Channing			
11-Feb Saturday					
9:00 AM		RE Development..... Channing			
12-Feb Sunday					
8:00 AM		Inclusivity Team B-8			
11:00 AM		New Member Reception (ME)..... Emerson			
5:30 PM		Walker Book Club Channing			

Sam's Outlook

The Imperative of Self-Definition

Rev. Sam Trumbore

When I hear a comment about us (that I expect you've heard too) it bothers me. Every time I hear this statement I strive to correct it: "You can believe anything you want and be a Unitarian Universalist."

I don't criticize the person for holding that view. I fear we inadvertently send that implicit message when we inform people we are a religious organization that does not require a specific belief for membership. And you certainly don't need to believe in God to participate here. That could give the appearance that just about any belief is acceptable here.

That is just not true.

Let me list for you some beliefs that are not acceptable here:

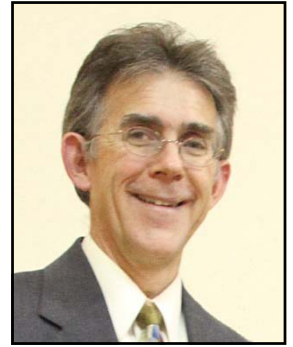
- ◆ White supremacy
- ◆ Patriarchy
- ◆ Xenophobia
- ◆ Sexual abuse is okay
- ◆ Murder, stealing and lying are acceptable social behaviors
- ◆ Self-harming behaviors are fine
- ◆ The rich owe nothing to society
- ◆ The poor are undeserving wretches
- ◆ It's okay to treat the earth like a supply house and a sewer

I could go on but you get the idea. There are lots of beliefs that are not acceptable here. But that statement persists, becomes a way to mock us and undermines the beauty and magnificence of our way of doing religion.

The confusion comes from our radical respect for individual thought, growth and development. We reject the Christian idea that we need to hold correct beliefs and embrace certain creeds to be acceptable to God, Jesus and the Holy Spirit. Rather than becoming the thought police, we are focused on identifying wholesome and beneficial behaviors. We care far more about what people do rather than what peo-

ple think.

For example, I personally don't care what is going on in your mind when you show someone kindness or act in a generous way. If you do it because you believe Jesus loves you, great. If you do it because Zoltan has directed



you to do it, hooray. If you've done a rational analysis of prosocial behavior and see that, on average, you derive benefits from a social order that is cooperative, you have my praise too. What matters most is what you do, not how you think about it.

Behavioral norms generally are expressed in our purposes and principles as statements of value. We value the inherent worth and dignity of all people. We value compassion and equity in human relations. We value the interdependent web of existence of which we are a part. This way of defining our religious identity doesn't translate well to a Christian dominated community. In their worldview, values line up with belief. If you say you believe in God, then I can expect a set of Christian values from you. It is almost a short hand for a specific Biblical social contract laid out in the Ten Commandments. If they encounter people who don't believe in God, Christians might be uncertain if they can trust them. They are unsure about having an expectation or making a claim on an atheist's social behavior.

The diversity project that Unitarian Universalists have embraced to organize our identity is a vision of world community that allows people of different beliefs to live together in peace. Rather than starting from a value set defined by one religious tradition, we are striving to form a value set that arises from the wide intersection of religious traditions as well as secular orientations. As we know from the pillars within our own tradition and congregations, you certainly don't need to be a believer in God to be a highly moral and ethical person. And you can be a devout believer and be a despicable human being.

Sam's Outlook, continued on page 4

News

Stewardship – the big picture

Every year at this time we begin our annual Stewardship Campaign. During the Campaign we will be asking members and friends to make pledges that will support Albany UU's continuing growth and success. Pledges made will fund our operations from July 1, 2017 to June 30, 2018. This is a special year because we are celebrating the 175th Anniversary of our congregation and we are also celebrating the 10th Anniversary of Emerson Community Hall. You will be hearing much more about the Campaign over the coming months, so please consider what Albany UU means to you and practice generosity.

Music Director search: Good and bad news

Your Music Director Search Committee is pleased to announce that we have found a wonderful Music Director by the name of Kathleen (Kathy) Bawel (Bah-well) who will be joining our staff February first. She teaches music at St. Rose, coming north from Florida where she taught music in the public schools for 34 years and served as music director in a Lutheran Church. She is delighted to be with us as she senses she has been a UU for many years. If you were present for the January 22 service, you'll know how well she was received by our community.

Now for the bad news. Her husband has accepted a position in the Rochester area starting this summer. This means she will only be with us for four months. But we plan to make the most of her time with us. We will be taking up the search again for someone to start in September. If you know of anyone out there who might be interested in the posi-

Flyers in this issue

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

- ◆ Mar. 3 "Potluck or Pay" and REC Game Night

tion, have them contact us!

Leader Orientation: working effectively with Albany UU staff

This one-hour session at 11:45 AM on Sunday, Feb. 5, is for any volunteer who has a need to interact with staff and would like to know more about how that works. Snacks will be provided. Questions? Talk with one of the facilitators: Jan McCracken, Amy Lent, or Dick Dana. Call the office to sign up.

From the St. Lawrence District to the Central East Region

After many years of deliberation and planning, delegates to the St. Lawrence District Assembly in April 2016 voted overwhelmingly to take the final step to adopt a regional organization. Our Central East Region encompasses four former districts of the Unitarian Universalist Association. The complex process of dissolving the St. Lawrence District was officially completed in December 2016.

In reality, Albany UU has been working successfully with the Central East Region for the last several years. The region gives our congregation access to a staff of 13 full-time professionals who work for the UUA, with a designated primary contact for Albany UU. We've also deepened our connections with neighboring UU congregations through the Hudson Mohawk UU cluster.

Sam's Outlook, continued from page 3

My shorthand for this is to move people away from the belief question when I'm asked, "What do UU's believe?" I redirect their question to this answer, "We are a religious tradition of shared values rather than shared beliefs." That allows the conversation to move to our values that are likely to overlap, whereas our beliefs may not.

Our responsibility as a religious tradition is continually to define ourselves rather than avoid the ques-

tion. That's why our UU leaders gather once a year for General Assembly. At those plenaries, we do the work of defining what we value passing resolutions, statements of conscience and actions of immediate witness. If you read these documents, you'll definitely recognize who we really are. (to find out more visit <http://www.uua.org/statements/years>)

I encourage you do check them out. If you do, I hope reading those statements will affirm and promote your UU identity.—Rev. Sam

Board notes

The arc of the moral universe

Ben English

After the recent election, the world and our nation are swirling in stormy seas. An era of political disruption is upon us. For some, faith in American democracy is undermined. The messy and disorderly fracas of politics over recent decades, where so much work towards social, environmental and economic justice was stymied or frustrated, may appear in retrospect as an era of stability when we could still believe that progress was possible, if only incrementally. If gains were small and uneven, at least the line was held against rollback of essential safety net programs. Fundamental environmental protections have survived, and awareness of man-made climate change is growing. Principles of race and gender equality have become more generally accepted, with rights like gay marriage established as new standards.

As I write, Barack Obama, a beacon to most UUs, is still president, and Martin Luther King Jr's birthday has just been celebrated. Obama has often quoted Dr King's famous statement of faith, "*The arc of the moral universe is long, but it bends towards justice.*"¹

We should all know that Dr King was paraphrasing our own Rev. Theodore Parker, the 19th century Unitarian minister, who wrote in full: "*I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. And from what I see I am sure it bends towards justice.*"¹

Handed down to us from Parker, King and Obama, these words inspire hope in millions, and so they should. But do they lull us into thinking the arc of the moral universe is inevitable? Can it bend by itself? We cannot rest easy that it will bend as we hope. Theodore Parker, who struggled to abolish slavery knew this. Martin Luther King Jr, who struggled and in the end was a martyr for racial and economic justice, knew this. Obama, who faced unrelenting and vicious opposition in congress and elsewhere, knows this.

Now we are faced with newly empowered forces

which have dedicated themselves to bending the moral arc away from justice. They are not so unified and organized as we might fear, but they are on the move, heady with triumph and convinced of a mandate to remake America in ways that will foster oppression of women, religious minorities, persons of color and non-conforming gender expression. These forces will also almost inevitably serve to concentrate power in the hands of the very rich, a terrible irony for a movement which masquerades as "populism".

If faith in our national politics is threatened, recall that in 1850 Theodore Parker also wrote that American democracy must be: "*A government of all the people, by all the people, for all the people*". These words were paraphrased by Abraham Lincoln in the Gettysburg Address. They inspire me to venture that Unitarian thinking is at the heart of American ideals of progressive government. And this must give us courage and will to maintain this heritage.

It gives us strength is to know that the liberal religious movement, as embodied in Unitarian Universalism, has always been a base for action towards achievement of justice. Any one of us may not be able to exert so much leverage as we might wish to bend the moral arc. But by uniting and supporting progressive institutions like ours we lay the foundation for resistance to reactionary forces, and for bringing to life our values and vision. As Unitarian Universalists, let us keep our eyes on the moral arc of the universe, and let us ensure that as an institution our Society remains in the forefront of bending that arc towards justice.

Quoting President Obama now, directly from his last email from the White House as president:

"And when the arc of progress seems slow, remember: America is not the project of any one person. The single most powerful word in our democracy is the word 'We.' 'We the People.' 'We shall overcome.'

Yes, we can."



Even as we embrace this new approach, we appreciate the long and distinguished history of the St. Lawrence District; many members of our congregation participated in district events and governance. On April 1, one of the St Lawrence District traditions will continue. At the May Memorial Society in Syracuse, Rev. Richard Gilbert will offer the 2017 Gould Lecture, titled “Singing Our Broken Hallelujahs: The Prophetic Imperative in a Messy World”. The day will begin with a live-streaming of the UUA Presidential Candidates’ Forum that is being held at Cedar Lane UU Church in Bethesda, Maryland. After the Gould Lecture, several workshops and focused discussion groups will follow the lecture.

Lunch will be provided and is included in the price of registration. The registration fees (\$18 - \$22 - \$26) are on a sliding scale based on your assessment of your ability to pay. Those who pay at the higher level are making a donation to help others who aren’t able to pay the full fee. Register at <http://tinyurl.com/2017SLDGould> by March 26, 2017.

For those who can’t make it to Syracuse, watch for information about live-streaming of the Presidential Forum in the Capital Region!

Have you met yet with a Growth Through Service conversation leader?

Growth Through Service is about tapping into what connects you to Albany UU. Our job is to learn more about you and support your involvement in congregational life in ways that are meaningful and bring you joy. We want to celebrate all that you bring to Albany UU! Connecting, collaborating and celebrating starts with a conversation. Our Conversation Team is available for one-on-one or couple conversations at a variety of times and locations. Conversations take about an hour. To request a conversation, please contact Dick Dana by phone or text at xxxxxxxxx or email xxxxxxxxxxxxxxxx. Your information will help us shape our collective time and talents into opportunities to serve and be

served!

Also, if you want to request a specific conversation leader from the team, you can let Dick know who. They are: Jaye Holly ,Betsey Miller, Betsy Kuzia, Jan McCracken, Bruce Rodgers, Barb Metz, Anny Lapinski , Dick Dana.

Channing Hall art show: street photography by Fred Moody

Fred Moody is a freelance and event photographer based in Albany NY. He says “I bought my first camera when I was sixteen and shortly thereafter it was lost, but the love of photography still remains.” He has studied photography at Barrett House Arts Center, HVCC, and many photography workshops.

“The Windows Exhibit in Channing Hall is part of a street photography project I have been working on for several years. These are fashion windows from stores mostly on Fifth Ave, and stores in other parts of NYC. The windows take a lot of time and work to create and are truly artistic endeavors. For me, the Fashion Windows Exhibit is just one part of my street photography project but deserve a special place of its own:”

Save the date to walk with the world!

Save the date for the Albany CROP Hunger Walk on Sunday, May 7. Plan to join the Albany UU Walk team, or pledge to support our walkers. More information will be forthcoming, and Walk tabling at coffee hour will begin in April. In the meantime, contact Dawn Dana with any questions.

Black Lives of UU Convening

The very FIRST Black Lives of UU Convening will take place in New Orleans, LA on March 9 - 12, 2017 bringing together Black Unitarian Universalists from across generations. As a community we will help design what we want for ourselves and our faith now and for the future. More info at <http://www.blacklivesuu.com/convening2017>.

Growing Together

Getting to Know UU: orientation to UUism Saturday, Mar. 4, 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

Religious Exploration

Leah Purcell, Director of Religious Education

The Soul Matters theme for February is Identity

When I was a teen, one of the worst things you could say about someone else was that they were “fake”. “She’s such a fake!” we would say when someone hurt us or if they got something (or someone) we coveted. And yet, by then, all of my friends and I were presenting different parts of ourselves to different people in different situations, alternately putting on masks of courage and humility, sorrow and happiness; weakness and power.

Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes. ~Walt Whitman

How do we cultivate a healthy sense of identity for ourselves and help out children and youth to do the same? This is important, but messy work!

Afraid that our inner light will be extinguished or our inner darkness exposed, we hide our true identities from each other. In the process, we become separated from our own souls..” ~Parker Palmer

We adults might worry that encouraging children to have self-confidence might make them “too full of themselves”; or that we might encourage individualism in them and a sense of entitlement and selfishness. On the other hand we want our children to be resilient and stand up for themselves and others and to speak out. Having a strong identity can help children develop meaning and strong values.

“We are what we pretend to be, so we must be careful about what we pretend to be.” ~ Kurt Vonnegut

We want our congregation and our RE groups on Sunday mornings to be places where people can be

their full selves. Indeed, our high school youth often say that our youth group is the only place where they can be their true selves without being judged and where they know that everyone is included. This means that they not only get to share their whole selves with the group, they must also make room for other people to do the same. Our youth are motivated to embody both our first and seventh UU Principle: that everyone is important and should be treated kindly and fairly.



Knowing yourself helps you know other people. As my colleague Kimberlee Tomczak Carlson explains, “Peoples’ identities are similar in some ways and different in others. This can make identities confusing. When we meet someone who has an identity we are unfamiliar with it can feel strange to us. Just like when we meet a new person or go to a new place for the first time. Learning how to be open to other people’s identities is an exciting and challenging part of being a good human. “

These are our challenges this month. Look for inspiration and resources for the important and messy work of forming and understanding identities this month in Sunday morning services, the stories the children hear in the service and in Sunday school, in parent group, The Sunday Sparkler (my weekly paper newsletter), bulletin boards and emails and Face Book posts. And look for opportunities to share your ideas with others either at Albany UU or on line.

In joyful service,

Leah

membership!

Childcare is available: please let us know you need it when you register.

To register, please see box. Please indicate if you need childcare.

UUA Common Read discussion:

Continues Feb. 6 and 13, at 7 to 8:30PM.

The Third Reconstruction: Moral Mondays, Fusion Politics, and the Rise of a New Justice Movement,

by The Rev. Dr. William Barber II and Jonathan Wilson-Hartgrove .To sign-up see the box.

Mindfulness Meditation Workshop

led by Rev. Sam Trumbore

Saturday, Feb, 18

This meditation training and practice workshop will be led by Rev. Trumbore, on Saturday 8:00am to 3:00pm (no Friday this time). 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. To register, see box. (A voluntary donation can be offered at the end.) 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 and sharpens the mind, opens the heart and can improve one's physical health. (future workshop: April 28-9).

Winter/Spring practice group for Nonviolent Communication starts Feb. 23

As we learn to speak from the heart we are changing the habits of a lifetime (Marshall Rosenberg).

It's not enough to only study a new language. To learn it means also practicing it by talking and listening to other people who are using it as well. Learning Nonviolent Communication (NVC) is no different. Anyone who has studied the basic model of NVC is invited to join

this practice group which will meet twice a month on a drop-in basis. The foundation for the practice is built upon the lifelong work of Marshall Rosenberg. We plan to use the book, *Connecting Across Differences*, as a guide for our practice.

Facilitators will be Philomena Moriarty, Sharon Babala and Jan McCracken. Registration is requested (and appreciated!) to join the practice group which will meet on the 2nd and 4th Thursday of each month at Albany UU. Once registered, you can attend on a drop-in basis. This group is open to people within and outside of our congregation. For more information please contact Jan McCracken at xxxxxxxxxxx or xxxxxxxxxxx. To register, see box.

Three ways to sign up for a class or event:

- Send an email to 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.)

Exploring the Bible: The Dickinson Series

Part Three: The New Testament

Six Tuesdays beginning Mar. 7 at 7:00 pm

Led by Rev. Sam Trumbore and Karen Greene

Based on interfaith curriculum developed by the Massachusetts Bible Society (that has UU's on its Board of Directors), this class will open up the wealth of stories, guidance, inspiration and cultural history that informs and shapes Western Civilization found in the Bible. Learn about Jesus as a man, as a Jewish Rabbi, and as the Christ of Christian Faith. Explore first-century Nazareth, what ancient letter writing practices can tell us about Paul's letters, and the wild apocalypse of Revelation.

To register, see box... or just show up!

Notes from Joy Library

Joy Library now has (or soon will have) some books related to the recent presidential election. Why did some people vote for Trump? What will it mean as we go forward? Listed below are a few books which interested us. We hope you'll find something of interest to you.

"HILLBILLY ELEGY: A MEMOIR OF A FAMILY AND CULTURE IN CRISIS, by J. D. Vance (Harper, 2016), [305.562 VAN]

"The memoir gripping America ... Vividly articulates the despair and disillusionment of blue-collar America' ...tough-edged elegy for 'white trash' hill-billy America". Sunday Times.

THE PLOT TO HACK AMERICA: HOW PUTIN'S

CYBERSPIES AND WIKILEAKS TRIED TO STEAL THE 2016 ELECTION... by Malcolm Nance (Skyhorse Publishing, 2016). [327 NAM] "...the thrilling true story of how Putin's spy agency..., used the promise of power and influence to cultivate Trump as well as his closest aides, the Kremlin Crew, to become unwitting assets of the Russian government. The goal? To put an end to 240 years of free and fair American democratic elections."

THE MAKING OF DONALD TRUMP by David Cay Johnston. (Melville House (2016). [324.9 JOH]

”David Cay Johnston, a Pulitzer Prize-winning former New York Times investigative reporter, gives Trump the thorough scrubbing he deserves...Johnston has done voters a service with this unblinking portrait. He makes a compelling case that Trump has the attributes of both 'dictator' and 'deceiver' and would be a disaster in the Oval Office.”—*Financial Times*.

STRANGERS IN THEIR OWN LAND : ANGER AND MOURNING ON THE AMERICAN RIGHT by Arlie Russell Hochschild (New Press, 2016).[320.52 HOC] “ goes beyond the commonplace liberal idea that these are people who have been duped into voting against their own interests. Instead, Hochschild finds lives ripped apart by stagnant wages, a loss of home, an elusive American dream—and political choices and views that make

sense in the context of their lives... she finds answers to one of the crucial questions of contemporary American politics: why do the people who would seem to benefit most from “liberal” government intervention abhor the very idea?”

WINTER IS COMING: WHY VLADIMIR PUTIN AND THE ENEMIES OF THE FREE WORLD MUST BE STOPPED by Garry Kasparov.(2016 PublicAffairs) [947.086 KAS]. “The stunning story of Russia’s slide back into a dictatorship—and how the West is now paying the price for allowing it to happen. The ascension of Vladimir Putin—a former lieutenant colonel of the KGB—to the presidency of Russia in 1999 was a strong signal that the country was headed away from democracy. ..., Putin is at the center of a worldwide assault on political liberty and the modern world order.” [ON ORDER].

Our Community

“Potluck or Pay” plus movie

Friday, Feb. 3, 6:00 PM

Lifespan Learning is sponsoring the February 3 potluck dinner. A viewing of 'Defying the Nazis: the Sharps' War' will follow the potluck.

Come, share a poem with us....

Channing Circle, a group of interesting elders that meets monthly, gathers next on **Monday, Feb. 20** and our topic will be “Favorite Poems to Read Aloud!”

It can be one of your own poems, or one that’s been a part of you for a long time, or any poem you love—even the same one you read last year! Sharing our poems can bring us closer together as they build memories. Were YOU there in the past when Bob Blank read “Dover Beach” or when Charlie Estey read “Sea Fever” and then he reeled off a dozen Burma Shave rhymes? Come join us in February! Bring your lunch and drink and dessert will be provided. Call Kathy Hodges at xxxxxxxxxxxx or the church office for more information.

Save the date!

The **Wild West Auction** IS COMING!! The auction, Albany UU’s largest FUNdraiser, will be held on the evening of Saturday, March 18.

What would enhance your life? A sailboat ride, a

pot of soup, a gourmet dinner, concert tickets, help decluttering, a weekend away or babysitting? These great items and many more will be available for you to buy. Parents: Make this a night out...**Free** babysitting will be offered for auction attendees.

Of course, in addition to bidders, we also need donors. Let your imagination go wild!! You can offer modestly priced items like canned jams, trail mix or music lessons or more high-end offerings such as hosting a meal or providing the use of your vacation home. We greatly appreciate your generosity!

Donor forms can be found (1) at members.albanyuu.org and filled out electronically; or hardcopies (2) in the lobby or (3) in Channing Hall. Please place completed forms in the auction basket.

It’s time to pony up!!!! Whether you are able to offer an item, attend the auction, or bid on fixed price items, the Auction Committee looks forward to **your** participation in supporting the mission of our

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UU community.

For more information, please feel free to contact Randy Rosette at xxxxxxxxxxxxxxxxxxxx

Attention all wine and cheese lovers!

Please note that the date for this year's Guided Wine & Cheese event has been moved to Saturday, April 1, from 7-9PM. Your dedicated team of UU Wineaux is hard at work coming up with a theme for this April Fool's edition – watch for details in the March Windows

Albany UU Humanists

The Albany UU Humanists next meets 7 PM on **February 21** in Room B-8 at Albany UU, the third Tuesday of the month. Our conversation continues as to what constitutes Humanism in Unitarian Universalism and at Albany UU. Questions and topic(s) are being considered, but will likely include What is Faith to a Humanist. The best way to keep up with the discussion and future planning is to join the Albany UU Humanists egroup site (details below to join), and in the weekly Previews. Please come and join us.



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>.

Also, please feel free to join the Albany UU Humanists conversations on the Albany UU website (member.albanyuu.org) by clicking Groups and add your name to the Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact Don Odell (xxxxxxxxxxxxxxxxxxxxxxxx) to be added to the egroup.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on **Sunday, February 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.

On February 12, we will discuss The Marriage of

**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, 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.

Opposites by Alice Hoffman, which is based on the life of the renowned Impressionist painter Camille Pissarro and the story of his parents' unlikely romance and marriage.

Our March nonfiction book is Corruption in America: From Benjamin Franklin's Snuff Box to Citizens United by Zephyr Teachout.

Contact Linda Hunt at lhunt@nycap.rr.com for further information or questions.

Save the Date!

East of Hudson Potluck: Friday, March 24

A tradition has been revived and with such success we're going to keep it going! If you live East of the Hudson River, plan to join Tim and Tammy Hathaway (Averill Park) and their family for the next potluck.

It's time to register for Unirondack!

This UU summer camp offers week-long overnight programming for children, youth and families to interact, create, and play together- making friends that last a lifetime.

Summer 2017 Schedule

Barton

For ages 9-12
July 1–8

Channing 1 & 2

For ages 12-14
July 9–15 & July 16–22

Parker 1 & 2

For ages 14-16
July 23–29 & July 30–Aug 5

Ballou 1 & 2

For ages 16-18
Aug 6-12 & Aug 13-19

Teen Trip Camp

For ages 15-18
July 30-Aug 5



Registration and more info at unirondack.org

Joys and Caring Corner_____

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

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to Mary Ann Randall (xxxxxxxxxxxxxxxxxxxx)

Social Justice

SRC notes

The Social Responsibilities Council (SRC) offers the following poem by Lynn Ungar, Church of the Larger Fellowship, as we face uncertain times ahead. We wish you: Courage, dedication, perseverance and also, hope. RESIST hatred. Stand on the Side of Love.

Breathe, said the wind.

How can I breathe at a time like this,
when the air is full of the smoke
of burning tires, burning lives?

Just breathe, the wind insisted.

Easy for you to say, if the weight of
injustice is not wrapped around your throat,
cutting off all air.

I need you to breathe.

I need you to breathe.

Don't tell me to be calm
when there are so many reasons

to be angry, so much cause for despair!

I didn't say to be calm, said the wind,
I said to breathe.

We're going to need a lot of air
to make this hurricane together.

The UUA and the UUSC have come together with the following:

Declaration of Conscience

At this extraordinary time in our nation's history, we are called to affirm our profound commitment to the fundamental principles of justice, equity and compassion, to truth and core values of American society.

In the face of looming threats to immigrants, Muslims, people of color, and the LGBTQ community and the rise of hate speech, harassment and hate crimes, we affirm our belief in the inherent worth and dignity of every person.

In opposition to any steps to undermine the right of every citizen to vote or to turn back advances in access to health care and reproductive rights, we affirm our commitment to justice and com-

passion in human relations.

And against actions to weaken or eliminate initiatives to address the threat of climate change – actions that would threaten not only our country but the entire planet – we affirm our unyielding commitment to protect the interdependent web of all existence.

We will oppose any and all unjust government actions to deport, register, discriminate, or despoil.

As people of conscience, we declare our commitment to translate our values into action as we stand on the side of love with the most vulnerable among us.

We welcome and invite all to join in this commitment for justice.

The time is now.

To sign on as individuals, go to: <http://connect.uusc.org/l/103112/2017-01-17/gpqn2>

Community distributed generation

On Sunday, January 22, the Green Sanctuary presented a forum on community distributed generation of electricity (CDG). If you are interested in discussing the various possibilities involved with CDG, please attend our next Green Sanctuary Committee meeting on February 5, at 11:45 p.m. in room B-5.

CDG has long been available in some other states, such as Vermont. It is a program whereby a large solar farm is built to benefit its "member-investors," such as individuals or entities. The energy produced by the CDG, although it does not flow directly to the member-investors' homes, would offset their bill and could potentially result in an end-of-the-year credit if more energy is produced than the members require. For a more complete explanation, refer to the first half hour of the video at <https://www.nyserda.ny.gov/All-Programs/Programs/NY-Sun/Communities/Shared-Solar>.

CDG is new to New York and has various rules attached to it. The advantage to a CDG is that people who rent or have inappropriate roofs can still invest in solar power. This Sunday's forum was presented by one organization that is interested in building a solar farm and acquiring members-investors. Enti-

ties can include small corporations -- even churches such as AlbanyUU (only 70% of AlbanyUU's electrical bill is covered by our roof solar panels).

Green Sanctuary Committee suggests:

If you are downsizing or just cleaning up, the Albany Public Library is currently running a Falcons for Sight collection: take your old, used eyeglasses to an APL branch. You'll find a box for them.

Don't forget to bring designated recyclables in to the recycle center located in the Albany UU co-atrium. The Green Sanctuary will be expanding the center so we can collect Bausch and Lomb contact lenses with blister packs, and small lithium batteries from hearing aids, watches, etc. Once or twice a year at designated events, Green Sanctuary may also be collecting rigid plastics -- like plastic utensils, children's sand pails, etc -- that do not have a recycle logo on them. Watch for future announcements.

Raise your voice for End of Life Choice

Albany UUs continue to advocate for terminally ill New Yorkers to have the right to request medical aid in dying, and invite you to join the SRC's End of Life Choices Task Force and its e-group. We are pleased to be joined in our efforts by the UU congregations in Schenectady, Saratoga Springs, and Glens Falls. On January 23, a medical aid in dying bill was introduced in the New York State Assembly and Senate. Although a comparable bill passed the Assembly Health Committee last year, the process must start again with the newly elected legislature and new members of the Health Committees. Once again, you can support the bill by contacting your lawmakers by phone, email, letter, postcard or a visit. If you are not sure who they are, you can find your Assembly Member at <http://nyassembly.gov/mem/search/> and your Senator at <https://www.nysenate.gov/find-my-senator>. This month, you can also help by joining clergy and members of a wide variety of religious denominations at **11:00 a.m.** on Valentine's Day, **February 14**, outside the Senate Chamber in the Capitol. -- *Thayer Heath and Nancy Willie-Schiff*

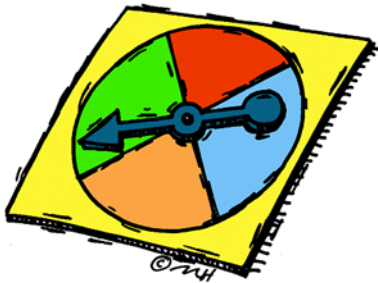
Multigenerational Dinner

and



Friday, March 3

TAKING THE 'BORED" OUT OF BOARD GAMES



Bring your favorite game and bring a friend!

This is a **potluck OR pay** event, meaning you can

- 1.) Sign up to bring food for the potluck **OR**
- 2.) Sign up to just come and pay at the door: \$3 per adult, \$2 per child under 12, \$10 family max per family.

Sign-up sheets are in Channing Hall or email registration@albanyuu.org

Dinner starts at 6:00;

Games start around 6:30; toddler-friendly activities too

Come to either or both

Contact Us

Board of Trustees 2016-2017

email: board@albanyuu.org

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Kathy Harris, Treasurer
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Tammy Hathaway, 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

Websites

General: www.AlbanyUU.org

Resources: www.members.AlbanyUU.org

Building use

To **reserve a room** for an Albany UU activity, contact Church Administrator Amy Lent (463-7135 or administrator@albanyuu.org).

To **rent hall or classroom space** for a personal or non-Albany UU activity, contact Church Administrator Amy Lent (463-7135 or 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 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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