

Edited for the Web: Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at administrator@albanyuu.org.

Sundays at Albany UU

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs on Sundays include Forum (social justice and environmental topics), Family Chapel, social events, and adult education.

All are welcome!

Services

Mar. 5 "The Altruist's Dilemma," Rev. Sam Trumbore

Being an altruist can be very problematic. The urge to help others, to varying degrees is programmed into our genes. Yet that impulse can also be dangerous and self-destructive. Somehow we must balance the need for self-protection with an open and compassionate heart.

Music: Madison Hempstead

Mar. 12 "Eve, God and The Quantum Age," Heather Mendel

What if the story of Eve is wrong? In a search for the Sacred Feminine in a quantum age in which we know nothing is as it appears, diving beneath the literal surface of the texts, we rediscover Eve, villain no more. She emerges from the depths as the quintessential hero. She awaits our recognition, remembrance and reclamation, leading the way to hope and healing for the global human family.

Music: Choir

Mar. 19 "Honoring Agnosticism," Rev. Sam Trumbore

Albany UU is one religious community that honors agnosticism and welcomes agnostics with open arms. We don't need to fix them and make them into either atheists or theists. Perhaps agnosticism is the most honest identity to claim when we can't know the ultimate answers to life's most persistent questions.

Music: Choir

Mar. 26 "Gathering in Love for Justice and Peace," Tom Andrews, 10:30 AM in Rensselaer

This is the annual joint service of the four CRUUNY congregations, held this year at the Doane Stuart School in Rensselaer. Details on page 4.

Grassroots collaboration is how the Unitarian Universalist Service Committee (UUSC) advances human rights. As much as Unitarian Universalists value the individual, we know that affirming the worth and dignity of every person is accomplished through people joining together. A world community with peace, liberty and justice can only be achieved by people joining together. Religious communities like ours, gathering together to love beyond belief, are key to realizing justice and peace in the years ahead.

*** No service at Albany UU today! ***

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

March 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)*

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 March

| | | | | | | | |
|------------------------|----------|---|---------------------------------|-------------------------|----------|--|--------------|
| 2-Mar Thursday | 5:30 PM | SURJ Education & Outreach Group Meeting.... | B-3/B-4 | 14-Mar Tuesday | 6:30 PM | Finance committee..... | B-8 |
| | 7:00 PM | Congregational Conversation on Covenant #2..... | B-8 | | 7:00 PM | Exploring the Bible: New Testament..... | B-7 |
| 3-Mar Friday | 6:00 PM | Multi-generational Potluck and Game Night, hosted by REC | Channing | 15-Mar Wednesday | 6:30 PM | Wellspring Spiritual Practices..... | B-8 |
| 4-Mar Saturday | 8:45 AM | Getting to Know UU | B-7, B-8 | 16-Mar Thursday | 5:30 PM | SURJ Education & Outreach Group Meeting.... | B-3/B-4 |
| 5-Mar Sunday | 10:00 AM | Family Chapel..... | Sanctuary | | 7:00 PM | Albany UU Board Meeting..... | Channing |
| | 11:45 AM | Annual Dinner Skit Rehearsal..... | B-3/B-4 | 18-Mar Saturday | 6:00 PM | Albany UU Annual Auction | Emerson |
| | 11:45 AM | Nominating Committee Meeting..... | B-7 | 19-Mar Sunday | 11:45 AM | Annual Dinner Skit Rehearsal | Emerson |
| | 11:45 AM | SRC FORUM..... | Emerson | | 11:45 AM | Social Responsibilities Meeting..... | B-7 |
| 6-Mar Monday | 6:15 PM | RE Council meeting | Channing | 20-Mar Monday | 12:00 PM | Channing Circle Lunch | Channing |
| 7-Mar Tuesday | 7:00 PM | Exploring the Bible: New Testament..... | B-7 | | 1:30 PM | Third Monday Afternoon Meaning Matters..... | B-8 |
| 8-Mar Wednesday | 5:30 PM | Peace team SRC after march huddle | Channing | 21-Mar Tuesday | 7:00 PM | Albany UU Humanists | B-8 |
| 9-Mar Thursday | 6:45 PM | Practice Group for Nonviolent Communication..... | Emerson Alcove | | 7:00 PM | Exploring the Bible: New Testament | B-7 |
| | 7:00 PM | Program Coordinating Council..... | B-8 | | 7:00 PM | Third Tuesday Meaning Matters..... | Stott Lounge |
| 12-Mar Sunday | 8:00 AM | Growth Through Service Conversations..... | Minister's Office, Stott Lounge | 23-Mar Thursday | 6:45 PM | Practice Group for Nonviolent Communication | B-8 |
| | 11:00 AM | Growth Through Service Conversations..... | Sanctuary, Stott Lounge | 24-Mar Friday | 6:00 PM | East of the Hudson Potluck at Hathaways | Offsite |
| | 11:45 AM | Annual Dinner Skit Rehearsal..... | Emerson | 25-Mar Saturday | 6:00 PM | Albany UU Annual Auction (ME) (Snow Date) . | Emerson |
| | 11:45 AM | Auction Committee Meeting..... | B-7 | 26-Mar Sunday | 9:00 AM | No Service or Programs at Albany UU today..... | |
| | 11:45 AM | Green Sanctuary Meeting | B-5 | | 10:30 AM | Hudson Mohawk UU Joint Service at the Doane Stuart School | Offsite |
| | 11:45 AM | Inclusivity Team | B-8 | 27-Mar Monday | 10:00 AM | Small Group Ministry..... | B-5 |
| | 5:30 PM | Walker Book Club | Channing | | 3:00 PM | Overflow Shelter Meal Prep | Kitchen |
| 13-Mar Monday | 10:00 AM | Small Group Ministry..... | B-5 | | 7:00 PM | Fourth Monday Meaning Matters | B-8 |
| | 3:00 PM | Overflow Shelter Meal Prep..... | Kitchen | 28-Mar Tuesday | 6:00 PM | Showing Up for Racial Justice (SURJ) | Emerson |
| | 5:15 PM | Membership Committee..... | B-8 | | 7:00 PM | Exploring the Bible: New Testament..... | B-7 |

Sam's Outlook

Effective Risk Management

Rev. Sam Trumbore

We can't avoid risk. Getting out of bed is a risk. My father got up too quickly in the middle of the night and blacked out on the way to the bathroom. Walking on two feet is pretty risky for that matter. If you've got osteoporosis, a fall might mean a broken hip. Even the young are at risk. My cousin was just standing still on his skis and lost his balance. He fell over, hit a rock and broke his leg at the hip socket. Any kind of vigorous exercise can trigger a heart attack as our District Attorney, David Soares, found out when he was lifting weights and couldn't catch his breath. Off to the hospital he went for heart bypass surgery to save his life.

Early on our parents teach us how to minimize risk. We learn to look both ways before crossing the street. We brush our teeth and floss to protect them from the probability of decay. We wash our hands to avoid germs. We don't share hats so we don't get lice from other kids. Sometimes we don't brush our teeth, wash our hands or do wear someone else's hat. And sometimes we get away with it. But we are taking a risk each time whether we know it or not.

Today, we're so much more aware of risks. I didn't wear a bicycle helmet when I was growing up. I played tackle football with my friends without any protective gear at all. Today, parents are very concerned about their children getting head and joint injuries in sports like football and soccer. Almost no one walks to school anymore as I did to my elementary school. Parents don't want their child unprotected and unsupervised for even a few minutes.

I don't know if children just died from their food allergies in the past or they were just miserable, but we are much more aware of these sensitivities. Leah Purcell, our Director of Religious Education, can hardly feed the children much on Sunday. What with the fear of food issues, arsenic in rice cakes and keeping sugar consumption down, about all she can give them is water and fruit.

As adults, we manage risks every day we get into a car to drive somewhere. Will that person to my right stop at the stop sign or the traffic light? How fast

can I go on the highway before risking getting pulled over? How much alcohol can I consume and how long must I wait to be sure my driving will not be impaired? If the roads are slippery, should I take the chance and drive to an appointment? Can I risk using my phone to look up a number or text while driving?



Unfortunately, most of us are not very good at executing this process of risk assessment. I wish rational risk assessment was a required class to graduate from high school. Teenagers are incredibly bad at risk assessment. They can be fearless which encourages them to take foolish risks like driving too fast, consuming dangerous levels of intoxicants and engaging in very unsafe sexual practices.

But things can go the opposite way as well. People can desire to reduce risk to an unreasonable level that has high costs too. One of the costs our congregation takes on for ensuring safety in our classrooms is doing a background check on teachers to make sure they are not registered sex offenders. While this does eliminate a very real, documented risk, the bigger risk is the first time offender who will not show up in such a check. We have two adults in every class to mitigate that risk, but the risk cannot be eliminated completely.

People are much more careful about what they eat than they were thirty or forty years ago. We're aware today that some foods may increase the risk of getting cancer. It is well known that the risk of esophageal cancer goes up with heavy drinking. The risk of lung cancer and emphysema go up significantly for smokers. The more epidemiological research we do, the more statistical associations are found between disease and diet. That can drive us pretty crazy trying to eat healthy and minimize risk.

Our emotions are not too helpful in making rational assessments of whether the enjoyment of eating french fries and cheesecake is worth the risk. Our

Sam's Outlook, continued on page 4

News

UUs “Gathering in Love for Justice and Peace” on Sunday, March 26, in Rensselaer

9th Annual Hudson Mohawk UU Combined Worship Service

Unitarian Universalists from across the Capital Region will be coming together on Sunday, March 26, for the 9th Annual Capital Region Unitarian Universalists of NY Combined Worship Service entitled “Gathering in Love for Justice and Peace.”

So mark your calendar now to travel to the Doane Stuart School, just off Interstate 90 in Rensselaer, on March 26 instead of Albany!

UUSC President and CEO Tom Andrews, social change strategist and former member of Congress from Maine, will share stories of hope and inspiration and UU faith in action from his work and the work of the UUSC.

Instrumentalists and choir members from the UU congregations in Albany, Glens Falls, Saratoga Springs, Schenectady and Catskill/Kingston will perform. This service is designed to be welcoming and engaging for all ages. Nursery and child care will be available for children through second grade, and the service will include an activity area with floor pillows for those who need to move around quietly.

Please bring finger foods to add to the fabulous spread at coffee hour as we break bread with UUs from all these other congregations!

Sam’s Outlook, continued from page 3

fears can make us overly risk averse. Our desires can tip the scales the other way.

A good grasp of probability and statistics can be helpful. In gambling, knowing the odds and how they change with the cards that have been played or are visible on the table is how professional gamblers win. They know when to hold them and when to fold them based on numbers rather than feelings. That discipline can help you beat the dealer. Not on any particular hand but overall.

Thankfully, some risks are good and mostly free of danger. The one risk I’d like to encourage is the risk

Flyers in this issue

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

- ◆ Auction: flyer and donation form
- ◆ HUUU joint service
- ◆ Annual Fellowship Dinner invitation

The Doane Stuart School is handicapped accessible and has a beautiful Interfaith Chapel. The school is very easy to find at 199 Washington Ave, Rensselaer. It is only 3 blocks from exit 7 of Route 90, immediately off the eastern end of the Patroon Island Bridge.

Guest in the pulpit, March 12

Mystic, artist, author, and intuitive reader, Heather Mendel was born and educated in South Africa. From her studio in upstate New York, she creates her art and her writing, focusing on developing our intuitive gifts as a path way to living mindfully.

Sustaining our safe and compassionate community

Stewardship 2017-18

In these turbulent times, I treasure the safe and compassionate community that Albany UU provides. I can come here at any time and feel secure. We face more unknowns as a local community, a congregation, a state, and a nation than we have in any time since the 60’s and 70’s. I lived through those times and it gives me some comfort that we all sur-

of being generous in our yearly fund drive for our congregation. The perception of risk in being generous with your financial commitment doesn’t take into account the unanticipated rewards. Generosity leads to deeper commitment and involvement which leads to greater satisfaction and fulfillment. Generosity is the fastest way to move from being on the outside of our congregation to a feeling of being inside and belonging. That is because our congregation belongs to the members. And what a great place to belong!

Effective risk management here starts with generosity.--Rev. Sam

vived and our country survived. That was also the time that Barb and I found Albany UU (formerly known as FUUSA). It provided us with a safe and compassionate community then and it still does that today.

Therefore, I believe that we must support it now to the greatest extent of our ability and I appeal to all of you as members and friends to do the same. The annual stewardship campaign to support our annual budget has begun and I urge you to pledge generously. The weekly preview will provide details of the campaign starting in March.

Thank you all for your support of this great organization.--Chuck Manning

Fellowship Dinner, April 7

The Annual Fellowship Dinner will be held on Friday, April 7 at the Franklin Terrace in Troy. Come join us for an evening of fun, food, fellowship, and frivolity. There will be a cocktail hour and hors d'oeuvres, dinner, a few short (we hope) speeches, a musical skit where we poke fun at ourselves, followed by dancing.

Watch your email—or your order of service—for your invitation! Or pick one up in Channing Hall at coffee hour. You can send in your RSVP by US Mail, or drop it off at the sign up table. And if you can't quite figure it out, you can always call the Albany UU office (518-463-7135) to make your reservation! RSVPs and payments must be received by Monday, Apr. 3.

Introducing the John Cross Legacy Society

This year, the Endowment Trust created the John Cross Legacy Society as a way to recognize members who have included Albany UU in their estate plans. Too often, we learn of such generosity after the donor has passed and having this legacy society allows us to thank and recognize these generous people while they are with us.

The legacy society is named after John Cross. John was a former president of our congregation. It was his bequest to Albany UU that led to the creation of the Endowment Trust, which invests on behalf of the congregation and regularly provides financial support to special projects that further our mission.

Since we first introduced the Legacy Society in January, sixteen people have already come forward to

March 18 Mosey on Down to the WILD WEST Auction!

Ten Top Reasons YOU Should Come:

1. Fill your stomach with tasty vittles and beverages to whet your whistle!
2. It costs only \$5 dinero if you sign up and prepay.
3. You might lasso one of four great door prizes.
4. There's **FREE BABYSITTING** for the li'l buckaroos.
5. You can fill your calendar with a chockful of fun activities and events.
6. Go Whole Hog-The Auction is the single annual Albany UU FUNdraiser making over \$20,000 to help support our community.
7. Many of your "pardners" will be there.
8. You can buy *affordable* items to make your life a little easier (ie. housecleaning, computer lessons, take home homemade foods) or more fun (dinners out, entertainment tickets, hike, musical events).
9. You can dress comfy. Leave your best bib and tucker at your barn. Handkerchiefs and hats welcomed.
10. We will appreciate your patronage and give you "Howdy, Pardner" greetings and smiles when you arrive!

We look forward to seeing you at the "Wild West -It's Time to Pony Up" Goods and Services Auction on March 18 at 6:15 pm. A special, rip-snorting night awaits your presence. Don't dilly dally! Sign up in Channing Hall on Sundays, March 5 and 12, or contact Randy or Chris at xxxxxxxxxxxxxxxxxxxx to reserve your place.

identify themselves as including Albany UU in their estate plans. If you have included Albany UU in your estate plan, we want to recognize you as a member of the John Cross Legacy Society. For more information, here is a link to our brochure http://members.albanyuu.org/wp/pdf/ET_John_Cross_Society_intro_2017.pdf or you can pick up a paper copy in the Albany UU lobby. If you would like to learn about how to set up a legacy gift to the Albany UU Endowment Trust, please talk to any of the Trustees: Sharon Babala, Tim Burch, Jan

Board notes

What does it really mean to be welcoming and inclusive?

Annika Pfluger, Trustee

If you ask a room full of people, you'll probably get many different answers - each one equally valid in its own unique way. While our individual definition of inclusivity and welcoming is very important to our well-being as a congregation, of even greater significance may not be from each individual's viewpoint. How about from the institutional and congregational standpoint? What does it really mean for Albany UU to be inclusive? As a collective whole, our Unitarian Universalist principles encourage us to strive towards inclusivity for all as a goal. But we also have an obligation to all of our current, past, and future members and visitors to investigate how we are doing on this journey. Are we meeting our goals? To that end, the Albany UU Board of Trustees has designated an Inclusivity Team that is taking on this challenge. Look forward to seeing some positive changes in the future, and I hope we can all learn and examine our congregational life to further our objective to becoming a truly inclusive and welcoming environment for all.

A great place to start on this journey is with the UUA website. Navigate over to <http://www.uua.org>. If you haven't browsed the UUA website before, please do! You'll be pleasantly surprised. It is a font of a wealth of information for both individuals and congregations. So go ahead and type "inclusivity" in the search box. You'll see that it has returned more than 623,000 results! It is very clear that we are part of an organization which values inclusivity and welcoming for everyone. But, as the UUA document

"Keep Talking, Start Doing: Ten Ways to Deepen Your Congregations Multicultural Journey" says,

"Congregations don't become welcoming and multicultural merely by hoping people with historically marginalized identities will visit and stay; we have to shift our practices and get out of our comfort zones. Bring multiculturalism into your religious education for all ages. Work cross-cultural experiences appropriately into worship services—think strategically, act accountably." If you'd like to read more of this document, it is available on the UUA website at the following url: <http://www.uua.org/multiculturalism/introduction/deepen-your-journey>.



While the Inclusivity Team is committed to deepening our understanding of this endeavor, please don't feel that you need to wait for us in order to engage in the process. Each member of our congregation can help us reach our collective goal of becoming institutionally more welcoming and inclusive by examining the areas that they personally participate in at Albany UU. Here are a few ideas... If you are committee leader or member of a committee, seek to incorporate mindful inclusiveness with all of your activities. If you are planning an event, talk with your committee members and think about a proactive step you might be able to do to make it more inclusive to both those within and outside our doors. Even a small gesture, could bring great results. So go ahead, jump in, take a chance, and give it a try!

McCracken, John Cooley, Kathy Harris, or Todd Thomas.

Investing in your future and in Albany UU at the same time

The Looking Forward Campaign succeeded in raising over \$220,000. Thanks to all who contributed we will have achieved our goals of offsetting additional long-term borrowing from the Endowment Trust and reducing the time Albany UU will need to pay off the new mortgage.

In what can be a win - win opportunity, our members

can now further reduce the cost of our debt by loaning money to the Society at a better interest rate than banks offer, yet lower than what we have to pay on our mortgage.

The Board of Trustees has authorized Albany UU to issue promissory notes to members and pledging friends. Notes will be issued in denominations of \$10,000 each. A family can buy up to five notes. All notes will have a duration of 10 years, and interest will be 3.5% per year. This interest rate is currently one percent higher than the ten year Treasury bond rate.

This is not a charitable appeal. Clearly not everyone is so fortunate as to have funds of this magnitude which they can lock up for ten years. It is an offer to those who have the resources and the desire to help reduce the interest Albany UU will pay over the next decade. The savings will support the work of AlbanyUU which we all value.

So far, 5 notes have been sold, so more than 20 are still available.

Anyone interested in learning more should ask for a packet of information at the office, or email xxxxxxxxxxxxxxx. Further questions should be directed to Jon Newell at that email address.

St. Lawrence spring gathering and UUA presidential candidates forum

Register now for this Saturday April 1 event at May Memorial UU Society in Syracuse!

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. Three candidates are competing for a single 6-year term leading the organization of UU congregations: Rev. Susan Frederick-Gray, Rev. Alison Miller and Rev. Jeanne Pupke. The election will take place at the June 2017 General Assembly in New Orleans.

After the Forum, Rev. Richard Gilbert will offer the 2017 Gould Lecture, titled "Singing Our Broken Hallelujahs: The Prophetic Imperative in a Messy World." This will be followed by workshops on topics including UU Environmental Justice/Climate Action and Helping Children and Youth Learn through Service & Social Justice.

Lunch is included in the sliding scale registration fees (\$18 - \$22 - \$26). 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.

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 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.

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!

Family Chapel and Parent Group Meeting March 5

Family Chapel (for children in pre-k through 5th grade) meets in the Sanctuary from 10:00 to 10:25. The theme is taking risks and listening to your own inner voice. Parents and Caretakers are welcome

Religious Exploration

Leah Purcell, Director of Religious Education

Taking Risks

Much has been said about allowing children to take risks. Helicopter parents are scorned, especially as we hear about parents wanting to advocate for their college age children whether to protest a grade or intervene in a disciplinary hearing. We are tempted by the benefits of “free range children”. And then there are the accounts of parents having social services called when they let their children explore “too much”. Whatever your parenting style is, I think it’s healthy and skillful to be curious about possibilities.

And so we come to the Soul Matters theme for March – Risk.

To act is to be committed, and to be committed is to be in danger. —James Baldwin

Commit to danger? That’s a quite a challenge for parents and caretakers; it’s their job to balance between allowing children to explore, risk and learn; and keeping the children safe.

But like playing on a teeter totter, staying on one side of the plank or the other gets us nowhere. We don’t want to always be resting on the ground and neither do we want to be so high off the ground we can get down when we want or need to. Further complicating things is that we don’t always enact our UU values when we make sure our children “stay safe on the ground”. If we’re always working to ensure the comfort of our own children, we can’t foster compassion in them and help them navigate and thrive in the world. As Unitarian Universalists we teach our children that it is important to continue to search and learn what is true and right and that our actions should be guided by what we value. Sometimes that means taking responsible or good risks.

I appreciate the steps for risk assessment that my colleague, *Kimberlee Tomczak Carlson*, who works on Soul Matters, suggests for children when a risky challenge arises for them.

How can you know the difference between a responsible or good risk and a bad risk?

1. Identify the risk (body, feelings, others, mind) or (physical, emotional, social or intellectual).

What am I risking? Who am I risking? How am I risking?

2. Stay aware of the potential dangers, and benefits, of moving forward or staying still.

What can I learn from taking this risk?

3. Think through one’s actions. How will I take this risk?

4. What will happen if you take this risk? Evaluate your actions afterwards.

And I would add to number 4 – “Evaluate your feelings”, because when we do good we feel good. And this is true regardless of the outcome. Last week I was talking to a group of elementary kids about being kind to others. One child related helping out someone in need at school, someone who had been mean to her before. The nice ending might have been that the meanie changed their ways and expressed kindness and gratitude in return. But that was not the case. Still the child who helped felt good about what they had done. Children know that we can always know what other people are going through and that we don’t act simply with an expectation of reward.

Let us all risk on this month! May we know the exhilaration of taking a risk, the comfort of a safe landing when we need it, and then learn and grow from whatever may have passed.

In joyful service,

Leah

Need a little more support? Check out these resources suggested by my colleague Kimberlee.

[6 Ways to Encourage Children to Take Risks](#)
[11 Benefits of Encouraging Risk Taking in Your Children](#)



too. Family Parent Group meets from 10:30 to 11:15 in room B-8 in the basement on the topic "How do we help our children assess risk?"

Would you like to serve as a Pastoral Care Associate?

Positions will be opening up this fall on our Pastoral Care Associate team. Pastoral Care Associates assist Rev. Sam to expand the pastoral care offered to our members and friends. The PCAs practice active listening offering emotional support. They are on duty every Sunday to respond to needs for pastoral support. If you are interested in applying for consideration for this position, please contact the office or Rev. Sam to get an application.

Let's keep the Wellspring program going at Albany UU!

This year, nine Wellspringers gather twice a month for two hours, from September to June (20 sessions). They form their circle, light a chalice, listen to a reading, a piece of music, and then share silence for several minutes. They each take a turn using their heart's voice to check in and light a candle while the others practice deep listening. Then comes a guided discussion on the topic-at-hand. (For example, the February topic was spiritual practices of the Transcendentalists.) Typically, there is a practice or demonstration to enhance learning, and the session ends with a circle of gratitude. The day's distractions dissolve, stress gives way to calm and they are happy to be together.

The format is easy to describe and yet it is the experience of community, connection, and ritual that brings Wellspring so alive to participants. The drop-out rate is close to zero! This year's program focuses on spiritual practices. Hopefully, next year, there

will be 8 - 10 people who would like to join the introductory program, Wellspring Sources, and perhaps there are past participants who would like to form a Faithful Action or Spiritual Practices group. Thus far, 40 members and friends have participated in Wellspring, including many of the congregation's past and current leaders.

Dave Munro has been a good shepherd of the Wellspring program since 2011. He served on the Board



of UU Wellspring until the end of 2016 and has been instrumental in helping grow and spread the good word of this amazing program at Albany UU while also making connections with other congregations. Please thank Dave when you see him for his hard work and dedication to sustaining this program.

Without him, we would probably not have Wellspring resources to draw upon!

Dave has decided to step down in his coordinating role as he moves in similar, yet new directions in his ministry. Now we need a new leader or team to keep Wellspring going strong. The prospective coordinator or team does outreach to identify potential members for new Wellspring groups each year, and helps line up and support facilitators. It's a rewarding job and critical to sustaining this valuable program in our congregation. It provides Albany UU with a rich source for personal and mutual spiritual deepening.

Please contact Rev. Sam or Dave Munro if you are interested in being on the Wellspring Coordinating Team or if you are interested in participating in a Wellspring group next year 2017-18. You can read more about Wellspring at uuwellspring.org--Jan McCracken

Our Community

12th annual guided wine & cheese event – "Adriatic & Aegean Adventure"

For this year's event the UU Wineaux have ventured East to explore the varieties of wines produced since ancient times in the lands bordering the Adriatic and Aegean Seas. We will present you with interesting and reasonably priced examples of wines from Slovenia, Macedonia, the Grecian peninsula and volcanic islands paired with regional cheeses and condiments. Come join us on this cultural "cruise" on **Saturday, April 1** from 7-9PM. Tickets will be on

sale in Channing Hall during coffee hour every Sunday in March.

Channing Circle gathers next on Monday, March 20

Join us for a brown bag lunch and a program that is yet to be decided. Check the weekly announcements and we'll keep everyone up to date on plans!

East of Hudson Potluck

Friday, March 24, at 6:00 PM

On Sundays we gather as a larger community of UU's to connect and commit to our UU values. This gathering is for those of us who live east of the Hud-

son to socialize and perhaps discuss more local concerns. Join us to enjoy good food and as always lively conversation! At the Hathaway Family homestead, 60 Schumann Rd, Averill Park. Call or email to confirm and let us know what you are bringing (though we can never have too much chocolate cake!) xxxxxxxxxxxxxxxxxxxxxxxxxxxx.

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 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.

Albany UU Humanists

The Albany UU Humanists next meets 7 PM on March 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. Are you a secular humanist, atheist, agnostic, spiritual humanist, or other defined humanist, please join us and share your perspective and hear from others. The best way to keep up with the discussion and future planning is

Social Justice

Humanize, Not Militarize

Apr. 7-16 exhibit in Channing Hall
Friday, Apr. 14, 5:30 pm potluck, 7:00 film "After Spring"

Albany UU and Women Against War (WAW), will host an exhibit of **48 posters entitled "Humanize, not Militarize."** The display has been put together by the American Friends Service Committee

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.



to join the Albany UU Humanists egroup site (details below to join), and in the weekly Previews. Please come.

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 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.

(Quakers), and will be on view in Channing Hall from April 7-16. The individual posters have been created by a variety of individuals and groups, and seek to stimulate thinking about the many ways militarism affects our everyday lives – in the environment, our economy, our treatment of refugees, our education, our safety and security framework. It highlights alternatives and positive nonviolent solutions, and invites visitors to engage in dialogue by leaving their own art or comments in response.

Women Against War is an organization that brings together Capital District women to work for peace. It was founded in 2002 in response to the Iraq War, and in the years since has become a vital participant in the larger national and international peace and justice movement. It is based on the belief that war is not the answer to conflict, and that women can lead the way to developing alternatives to violence. “Humanize, not Militarize” is being shown at Albany UU as part of that focus, and will visit a number of other local venues as well, such as Capital Repertory Theatre, Russell Sage College, and the Performing Arts Center at the State University of Albany. For more information, please visit the WAW website at www.womenagainstawar.org/wordpress/.

In conjunction with the exhibit, a one-time screening of **Jon Stewart's film “After Spring”** will be held in Channing Hall, on Friday, April 14, at 7:00. “After Spring” is the just-released, critically praised documentary about the Zaatari Syrian refugee camp. The filmmakers explain, “Our goal was to put a face to the Syrian refugee crisis. Unfortunately, the need for empathy and understanding has never been more urgent. We implore everyone to watch this film and spend some time with these two families who are affected by war and are now seeking safety. We hope that someday soon.....refugees will again be welcome in the United States.” The film is being jointly sponsored by the Social Responsibilities Council and WAW, and is open to the public. Admission is free, and visitors are encouraged to learn more about “After Spring” on Facebook. There will be a **potluck supper for Albany UU members and friends** at 5:30pm, prior to the film showing.

“Fix It”-- Healthcare at the Tipping Point Forum: Sunday, March 5, 11:45 am

Hosted here at Albany UU by the Social Responsibilities Council and presented by Capital District Alliance for Universal Healthcare and Physicians for a National Health Program, this new 55-minute film made from a businessman’s perspective, takes an in-depth look into how our dysfunctional and inefficient healthcare system is damaging our economy, suffocating our businesses, discouraging physicians and negatively impacting the nation's health, while remaining unaffordable for a third of our citizens.

Discussion to be facilitated by CDAUH member Dr. David Ray, Internist and Attending Physician at Al-

bany Medical Center

SRC Peace and Justice

The weeks since the inauguration have been filled with emotion. The following day, January 21, over 7000 people turned out in the area of the NYS Capital to show their concern that deeply held values were under attack.

See the AlbanyUU facebook page for UUs on the steps.

Albany UUs deeply held values include that LGBTQ, people of different faiths, people of color, native Americans all are entitled to fair and equal treatment including the right to worship, to love who they love, to marry and enjoy the legal benefits of marriage, to live without being molested by neighbors or authorities, yet all these values seem threatened. This might be called the liberal agenda, the recognizing and respecting the inherent worth and dignity of all people, and this agenda is rejected by some people and is under attack. However, these values will be defended, and resisted by individuals and individuals united.

When a ban on people entering the US from 7 predominantly Muslim countries, effectively a ban on Muslims, hundreds of people, on individual initiative, showed up at the Albany County airport and hundreds of other airports across America, to show their disdain for this abrupt and discriminatory policy.

The supporters of bigotry, racism, and prejudice have been energized as well. The KKK has been publicly recruiting members, Jewish Community Centers have received bomb threats, Mosques burned and threatened, headscarf wearing women harassed, and worshippers in a Quebec Mosque killed. Legislatures have proposed decriminalizing hitting and killing protestors who might be marching on a highway. Beyond hating being inconvenienced, some people embrace the very practices the protestors are objecting to.

Even before reading Rev. Barber's book, *The Third Reconstruction*, people have been coming together, recognizing the intersection of interests and common ground. For over a year, members of AlbanyUU have been attending meetings with people affiliated with unions, other churches, temples, mosques, religious councils. This gathering has

been named the Capital District Coalition Against Islamophobia, CDCAI. While initially focused on Islamophobia, other issues are very much a part of the mix.

CDCAI generally meets monthly, but has met almost weekly since the inauguration. The last meeting was in Channing Hall, Feb. 22. While most meetings are at the mosque on Central Ave. on Sunday, a weekday meeting will accommodate those for whom Sunday attendance is difficult. Sunday following the Muslim ban saw 80 people turn out for the meeting.

Not unrelated to current fears, FDR ordered the internment of US citizens of Japanese descent with executive order 9066 signed on February 19, 1942, a day that should be remembered for the racist policy it enacted.

Weekly meetings at Citizens Action on Central Ave. are held to help people organize and express their concerns to political representatives about threats to their values.

Monthly meetings of CAAMI, Capital Area Against Mass Incarceration, continue at the Social Justice Center regarding excessive force by police, the school to prison pipeline, abuse of authority by parole boards which persistently reject parole, and the charging and sentencing of youth as adults.

Following the Woman's March and other efforts, a more sustained effort is developing, for the long game. Women and men gathered in Channing Hall Thursday February 9 for a Huddle, a sharing of concerns and of support. Over 25 women and a few men attended that snowy evening that saw most activities cancelled. The next Huddle meeting is scheduled for March 8 at 5:30 pm in Channing Hall.

In all this stress and anguish, it is important to set aside time for laughter, love and hugs, these are important to peace. Different people undivided, not defeated.—Ed Hancock

Raise your voice for End of Life Choice

CONTACT YOUR LAWMAKERS. The Medical Aid in Dying Act (S.3151/A.2383) would give New Yorkers the option to make end-of-life healthcare decisions that are right for them in the final stages of a terminal illness. You can encourage your lawmakers to support this bill by contacting them by phone, email, letter, postcard or a visit. You can find your

Assembly Member at <http://nyassembly.gov/mem/search/> and your Senator at <https://www.nysenate.gov/find-my-senator>.

SAVE THE DATE. On March 22 from 12:15-2:00 at the Colonie Town Library, Death with Dignity Albany will be showing and discussing the 2015 PBS Frontline program on Dr. Atul Gawande, Boston surgeon, New Yorker writer, and author of the best-selling book, [Being Mortal: Medicine and What Matters in the End](#).

SAVE THE DATES. Looking ahead, save May 4 (for training) and May 9 (for lobby day) with Compassion and Choices New York.

Green Sanctuary notes

Call to action on Climate Change: This I Believe

The Problem: The earth is warming -- at a minimum of 1.5 degrees F over the past century. The likely projection for warming over the next 100 years is .05 to 8.6 degrees F. Rising global temperature is accompanied by changes in weather and climate, which affect all human, animal, and plant life. The world has already seen increases in ocean temperatures, the melting of arctic ice, increased episodes of heavy wind, rain, and flooding, the appearance of vector born diseases such as West Nile and Zika, decreases in air quality, heat related deaths, increasing numbers of droughts and the concomitant migrations of people and the extinction of species.

<https://www.epa.gov/climatechange/climate-change-basic-information#difference>

At the same time that this is happening, people are becoming more aware of the problem, but the current administration appears to be trying to rollback political initiatives. Thus, increased action on a state or local level rather than a federal may be necessary

Moral Imperative: The Unitarian Universalist seventh principle is respect for the interdependent web of all existence of which we are a part. I believe, as you probably do, that each one of us, especially UUs, have a moral imperative to do what we can to safeguard our children's futures, and the futures of the interdependent web. Failure to act is giving up and allowing the process to go forward. Even were the current beliefs concerning climate change eventually proven to be false, wouldn't it be better right now to act as if they were true? Better to err on the

side of caution.

What you can do: There are many reasons why people refrain from action. For example, thinking of doing anything can be overwhelming. People can experience fear at the enormity of the issue. People can also experience a sense of futility: what can I, a mere mortal, do? The answer is that you must do what you can do. Nature has an amazing ability to address its own problems. Thus, landscapes seemingly totally destroyed by fire sprout seedlings and eventually grow abundantly. Nature may have surprises for us that we do not even know about, so let's work with nature to repair the damage that we ourselves have helped create.

Each one of us has different strengths and talents. No two people are the same. Some of us can write, some of us can demonstrate, some of us can donate, some of us can think clearly... Each one of us can do something even if no one person knows the

complete answer. Remember those elections that were won by 3 votes? Your action, whatever it is -- even if it is only insulating your home, recycling materials, planting trees, walking more, consuming less -- may be the one action to save the world. Just think of it! You'll never know, but don't give up, and don't fail to act.

Green Sanctuary Initiative: The Green Sanctuary Committee doesn't know the solution to climate change, but we want to help each one of us adopt actions that we can do. Next month in our Earth Day initiative, we will put together a pledge for you to sign. No, no money this time -- though donating money to an environmental action may be the action you choose. Please look for our initiative, and join us in this monumental effort.

This I believe, Betsy Wright

DONOR FORM – AUCTION 2017

Place in the Auction Box in Channing Hall/Lobby, or in Albany UU office.

Questions? Call Randy Rosette or Chris Jensen at xxxxxxxxxxxxxxxx or e-mail rosette_jensen@juno.com

Saturday, March 18, 2017 at 6:15pm: Wild West Auction 2017- It's Time to Pony Up

Your Name: _____

Phone: _____

An enticing but realistic description of the donated item or service:

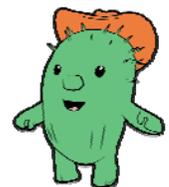
If an event, indicate: Date: _____ Time: _____ Maximum # of people: _____

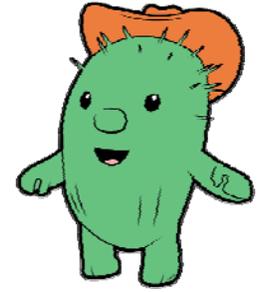
Estimated value: \$ _____

Minimum bid: \$ _____

For meals, Check type of meal and Circle whether fixed price or bidding:

- Breakfast/Brunch Fixed price or bidding
- Picnic/Lunch Fixed price or bidding
- Simple Supper Fixed price or bidding
- Gourmet (no fixed price option)





Wild West Auction ***It's Time to Pony Up***

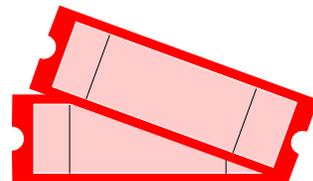
DATE: Saturday, March 18, 2017

TIME: Doors open at 6:15 pm. Fixed bidding closes at 6:45 pm.
Live bidding starts at 7 pm.

PLACE: Albany UU, Emerson Community Hall

PRICE: \$5 if you reserve and pay ahead, or \$7 at the door
Free childcare will be available the night of the auction!

Bid on a wide variety of contributions given by the Albany UU community, while munching on tasty treats and enjoying the company of friends. Due to our donors' generosity and imagination, there are **items of interest and affordability for everyone.**



For more information: Contact Randy Rosette or/Chris Jensen at:
rosette_jensen@juno.com or call 783-2637.

Please consider donating an item.

If you would like to donate an item for the Auction, go to Albany UU resource website at <http://members.albanyuu.org/wp/> and look for the link to the donation form. You can also pick up a hard copy of the form in the lobby (or Channing Hall on Sundays).

Sign up to attend the Wild West Auction 2017 *at the discounted prepaid rate of \$5 on February 19th and 26th, March 5th and 12th in Channing Hall.*



The 9th Annual Hudson Mohawk Unitarian Universalist Combined Worship Service

Sunday, March 26, 2017
10:30 am
Golub Interfaith Chapel at Doane Stuart School
199 Washington Ave.
Rensselaer, NY

Plus — Join us at a Hudson Mohawk UU Cluster **Reception for Tom Andrews** on Saturday, March 25, from 4:00 - 5:30 p.m. at the UU Society of Schenectady, 1221 Wendell Ave., Schenectady. Tom will share what these turbulent times mean for the UUSC, his vision for the organization, and answers to your questions.



Religious communities, gathering together to love beyond belief, are key to realizing justice and peace in the years ahead.

All ages and faiths are invited to worship together on March 26. Join us in reflection and song as we are inspired by social change strategist and **UU Service Committee President and CEO Tom Andrews**. He will share stories of hope and inspiration, and of UU faith in action from the work of the UUSC.

The service will feature a Joint Choir from the UU congregations in Albany, Glens Falls, Kingston, Saratoga Springs, and Schenectady. The service is designed to be welcoming and engaging for all ages. Nursery and child care will be available for children through second grade.

Please sign up via your congregation to bring a finger food for after the service!

Doane Stuart is handicapped accessible and is located 3 blocks from exit 7 of Interstate 90.

You are cordially invited to Albany UU's Annual Fellowship Dinner

Friday, April 7, 2017

at Franklin Terrace

126 Campbell Avenue, Troy NY

6:00 p.m. Cocktails and hors d'oeuvres (cash bar)

\$36.00 per person

7:00 p.m. Dinner

RSVP with payment by April 2, 2017

And then... Entertainment as can be provided only
by the UU Players

Persons needing transportation may call the
church office at 463-7135.

Followed by ... Dancing

FREE childcare at Franklin Terrace. This will
enable parents of young children to enjoy the
fellowship and dinner, while knowing their
children are nearby. Dinner for children will
not be provided. A gratuity for teen childcare
providers is appreciated. **RSVP for childcare
with your dinner RSVP.**

Choice of Entree:

☞ Chicken Dijon, pan seared, in a tarragon dijon cream sauce

☞ Fresh Grilled Salmon, with lemon, white wine and dill sauce

☞ Sliced top round of beef, served au jus

☞ Eggplant Parmesan with penne pomodoro

Gluten Free: Chicken can be made gluten free without the sauce;
Beef and Salmon are gluten free.

Your RSVP with food choices, payment, and
childcare needs **must be received** at the
Albany UU office **by Monday, April 2.**



RSVP

M _____ and M _____

will attend Albany UU's Annual Fellowship Dinner at Franklin Terrace, Troy, NY.

1. Print first name(s) beside dinner choice(s). Please mark

"GF" as needed for gluten free.

☞ Chicken Dijon _____

☞ Grilled Salmon _____

☞ Sliced Beef _____

☞ Eggplant Parmesan _____

3. Print name(s) of children needing childcare:

Child's name _____ Age _____

Child's name _____ Age _____

4. Please try to seat me/us with:

2. \$36.00 per person

\$ _____ check enclosed, payable to Albany UU

5. Bring RSVP and payment to sign-up table at Coffee
Hour OR Mail to Albany UU, 405 Washington Ave.,
Albany, NY 12206.

Contact Us

Board of Trustees 2016-2017

email: board@albanyuu.org

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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

First Unitarian Universalist Society of Albany

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www.AlbanyUU.org