

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.

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

April 2017

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Family Chapel

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

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum (as scheduled)

Sundays at Albany UU

Please join us on any Sunday for:

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

All are welcome!

Services

Apr. 2 "Deep Play," Rev. Lynn Ashley

After considering a number of topics for today's service, most of which might have focused on the harsh realities of these times, I kept turning to the concept and practice of Deep Play. We will reflect then on the importance of deep play, which it has been said can be a healing force contributing to creativity and joy.

Music: Helderberg Madrigal Singers

Apr. 9 "Money Changers in the Temple," Rev. Sam Trumbore

What got Jesus crucified by the Romans was being disruptive. He overturned the tables of the money changers in the Temple in Jerusalem. Why did he do it?

Music: Choir

Apr. 16 "The Phoenix Rises," Rev. Sam Trumbore

This service will honor the Easter tradition metaphorically through the story of the Phoenix rising from the ashes. Beth Jacobs will be with us as a special guest performer to do interpretive dance with excerpts from the music of the Firebird Suite by Stravinsky. Let us arise this holy day / grateful that new life is on its way.

Music: Choir

April 23 "Beyond Light Bulbs: Covenant and Collective Action," Matt Meyer

Ours is a faith guided by covenant. As Unitarian Universalists, we believe that some things are better accomplished in community. A spiritual life is one of those. Social justice work is another. Join us for a service of rhythm, music, covenantal community and collective action.

Music: Matt Meyer of Rhythm Revelations, Randy Rosette

Apr. 30 "Seeking Other Worlds" Rev. Sam Trumbore

Astronomers keep finding "exoplanets" orbiting nearby stars. What does this mean for humanity ... and for religion? What if we discover signs of life on these far away planets? Could it mean that we are not alone? And if so, should we introduce ourselves?

Music: Choir

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

All other events happening in April

1-Apr Saturday
 10:00 AM Creating Antiracist Identity.....
 7:00 PM Wine and Cheese FundraiserChanning

2-Apr Sunday
 10:00 AM Family Chapel.....Sanctuary
 11:45 AM Annual Dinner Skit Rehearsal.....Emerson
 11:45 AM Green Sanctuary Meeting.....Room B-8

3-Apr Monday
 6:15 PM RE Council meeting.....Channing

4-Apr Tuesday
 9:00 AM SRC hosting Healthcare for All advocacy.....Emerson
 7:00 PM Exploring the Bible: New Testament.....Room B-7

5-Apr Wednesday
 5:30 PM Huddle AlbanyUU Channing Hall
 6:30 PM Wellspring Spiritual Practices Room B-8

6-Apr Thursday
 5:30 PM SURJ Education & Outreach Group Room B-3/B-4

7-Apr Friday
 6:00 PM Annual Fellowship DinnerOffsite

9-Apr Sunday
 11:45 AM Inclusivity Team.....Room B-8
 11:45 AM Men's GroupRoom B-6
 11:45 AM Nominating Committee Meeting.....Room B-7
 5:30 PM Walker Book Club.. Channing Kitchen (shared use #1)

10-Apr Monday
 10:00 AM Small Group Ministry.....Room B-5

11-Apr Tuesday
 7:00 PM Exploring the Bible: New Testament.....Room B-7

13-Apr Thursday
 6:30 PM Finance committee.....Room B-7
 6:45 PM Practice Group Nonviolent Communication.....Emerson
 7:00 PM Program Coordinating Council.....Room B-8

14-Apr Friday
 5:30 PM SRC-Women Against War potluck/movie Channing Hall

15-Apr Saturday
 3:30 PM Passover Seder Dinner and Service Channing

16-Apr Sunday
 11:45 AM Social Responsibilities Meeting..... Room B-7

17-Apr Monday
 12:00 PM Channing Circle Lunch Channing
 1:30 PM Third Monday Afternoon Meaning Matters..... Room B-8

18-Apr Tuesday
 7:00 PM Third Tuesday Meaning Matters..... Stott Lounge

19-Apr Wednesday
 6:30 PM Wellspring Spiritual Practices..... Room B-8

20-Apr Thursday
 5:30 PM Religious Services Committee Room B-7
 5:30 PM SURJ Education & Outreach Group Room B-3/B-4
 7:00 PM Albany UU Board Meeting..... Channing

23-Apr Sunday
 10:00 AM FOCUS Food Pantry Sunday.....
 1:00 PM Drumming and Singing Workshop..... Emerson

24-Apr Monday
 10:00 AM Small Group Ministry..... Room B-5
 7:00 PM Fourth Monday Meaning Matters Room B-8

25-Apr Tuesday
 6:00 PM Showing Up for Racial Justice (SURJ) Emerson

26-Apr Wednesday
 6:00 PM Peace Team CDCAI meeting..... Room B-8
 6:00 PM Training for lobbying..... Channing B-3/B-4, B-7

27-Apr Thursday
 6:45 PM Practice Group Nonviolent Communication Emerson

28-Apr Friday
 6:30 PM Family HEART Camp Program Channing

29-Apr Saturday
 8:00 AM Meditation Retreat..... Room B-8

30-Apr Sunday
 11:45 AM Nominating Committee Meeting..... Room B-7

Sam's Outlook

Conscious transformation

Rev. Sam Trumbore

Infants do not have a sense of being a separate self. They are fused with their care-givers. When they are hungry, discomfort fills their whole body. If they are in pain their world is consumed by their suffering. Yet when they are happy, all is well with the world. They live in the present moment without awareness of past or future. They don't have much in the way of boundaries. They discover what is around them by tasting it – a very direct method of perception with their mouths.

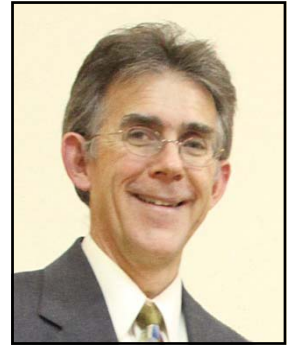
Yet, at some point, infants begin to figure out that they are separate beings. They discover they can begin to control their bowels, appendages and digits. Very quickly they learn that their vocalizations can force their care-givers to appear when they are in distress. At some point in toddlerhood, they discover a very powerful word that helps define them as separate beings, "NO!"

By the time we're adults, and perhaps have our own children, we might settle into the illusion that we are done with transformations of consciousness. Through growing up, our identity expands from an individual self to a member of a family. In junior high that identity morphs for many into an identity as part of a group, a gang or a team. Psycho-physical feature identity (tall, short, large, small, skin color, hair, voice, accent, personality) becomes more prominent as youth sort out a sense of belonging. Usually adults have a sense of belonging to a place, a community, a gender and an identity. I am a married, heterosexual father who lives in the Capital Region of New York and identifies as: a Unitarian Universalist, a Democratic Socialist and a mindfulness meditation practitioner.

Becoming a well-adjusted, differentiated self isn't the end of the road for our growth and development process. That process continues as we contemplate and investigate the boundaries of self and other. Contemplation and investigation moves to transformation as we experience the porousness of those boundaries, asking, "Who am I."

The process of identification in the human psyche is

extremely strong. Watching a sports game between two unknown teams can be very instructive. After watching a game for just a few minutes, I will find myself liking one team more than the other. Analyzing the attachment process has shown me how small things like the color of the uniform or the attitude of the coaches or individual players can bias me one way or another. By the end of the game, I'm firmly committed to one side or the other.



Electronic communication continues to shrink the world so we have more and more contact with people who we experience as different. With the many immigrants in our communities, we experience that difference as we shop and gather for public events. That difference can elicit that sports team identification process in the brain to decide whether other people are opponents, especially if common human similarities are more hidden than visual and vocal differences.

The tribal part of our brains that developed to help us decide who is safe and who is dangerous had evolutionary value for our survival. But living in a pluralistic world as we do, it has become obsolete artifact that needs to be transformed and overcome. For the human species to evolve to a more complex and harmonious social integration, we have to find ways to transcend superficial differences to connect through our common humanity.

Thankfully, the world's great religions have been the path to do this, with Islam being one of the most direct in its ability to confront racism. Malcolm X was powerfully transformed by his pilgrimage to Mecca and his experience of human oneness that happened at the Hajj. Judaism, Christianity, Hinduism and Buddhism all have universalizing capacities that show us the oneness of humanity that transcends tribe, race, ethnicity and geographic boundaries.

These religions invite us to realize we are part of something greater than our individual selves. That teaching can be directly experienced in our own

Sam's Outlook, continued on page 4

News

UU Passover Seder

Saturday, April 15, 3:30pm

Using the Passover Haggadah created by Meredith Andrews' father, the Rev. Dr. David Weissbard, we will gather to share many of the traditional Passover rituals and partake in a delicious dinner prepared by master chef, Ken Myer. Please sign up on Sunday or contact the office at 518-463-7135. Participants are invited to bring kugel and/or a favorite dessert. The cost is \$18 for adults and 9\$ for children with a family maximum cost of \$54. Hosted by Meredith Andrews, Ilene Kane, Matthew Schultz, and Rev. Trumbore.

"Sustaining Our Safe and Compassionate Community"

Each week in my article for the Preview and Order of Service I have asked folks to consider this question when making a pledge:

What does Albany UU mean to you ?

Here are some examples of what it has meant to me:

Without Albany UU, I would not have had the courage to:

- ◆ wear a "racism hurts everyone" button in public
- ◆ lobby at the State Capital
- ◆ make significant contributions to political candidates
- ◆ show up at large and small demonstrations
- ◆ volunteer at Sheridan Prep working with a class of unruly but loveable 5th graders

Flyers in this issue

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

- ◆ UU Weekend at Silver Bay registration form

- ◆ write and call representatives at the Local, State and National level

Without Albany UU, I would not have found the empathy to:

- ◆ become a pastoral care associate and try to hear and express feelings about vital personal issues
- ◆ truly listen to what people say
- ◆ deal with serious illness and the death of close friends

Without Albany UU, I would not have learned that I could:

- ◆ develop a spiritual practice and actually admit I have one
- ◆ raise 2 children successfully so that they became great adults who are now my friends (with Barb's help)
- ◆ speak before groups of people
- ◆ love an organization so much that my time spent serving it is a joy

Without Albany UU I would not have:

- ◆ met people at all stages of life who served as role models for me
- ◆ developed an incredible support network and been able to have a part in supporting that support network

Sam's Outlook, continued from page 3

minds and hearts. Unitarian Universalists think that experience isn't limited to one religious tradition but is available in all of them. That human experience expands the boundaries of our being beyond our individual body and individual self. It shows us that we are part of an interdependent web of existence. And it shows us our part of that whole is significant, it has worth and dignity ... as do all the other parts.

That expansion of the boundaries of self that trans-

cends the urge to attach and identify is the transformational work of a lifetime. One of the best places to explore those edges is in a community of people who are different. Our congregation strives to provide such an environment that builds a strong sense of community while pushing the boundaries of self to keep welcoming and including difference.

The truth beyond the limited perception of self is that oneness of life of which we are a part. May we discover that truth and be transformed by it.—Rev. Sam

Board notes

Three easy ways to translate UU values into action

Michele Desrosiers, Trustee

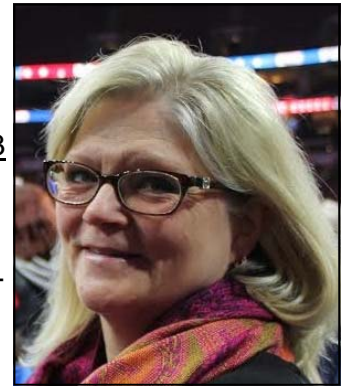
On Sunday, March 26, I had the privilege of attending the annual joint service of the four HMUU congregations, held at the Doane Stuart School. The rousing sermon “Gathering in Love for Justice and Peace,” was delivered by Tom Andrews, the President and CEO of the Unitarian Universalist Service Committee (UUSC). His remarks covered two important and fundamental ways for Unitarian Universalists to translate our UU values into important and meaningful action.

Domestically, he urged us all to sign A Statement of Conscience jointly crafted by the UUA and the UUSC – that begins by affirming a “profound commitment to the fundamental principles of justice, equity and compassion, to truth and core values of American society...” Opposes all actions and policies of oppression (beautifully articulated) and ends with “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.” You can read the full Statement of Conscience here...and sign it: <http://connect.uusc.org//103112/2017-01-17/gpgn2>

On the international front, Andrews reviewed the tragic events of ongoing violence (genocide) against the Rohingya, a Muslim minority population in Burma (Myanmar) and the incredible bi-partisan work the UUSC is doing to establish a U.N.-mandated Commission to investigate the atrocities. U.U.s can sign a petition: **Urge Secretary Tillerson to support an investigation into violence in**

Burma <http://engage.uusc.org/uusc/app/sign-petition?0&engagementId=309953>

If you are unfamiliar with the UUSC, it's a sister organization to the Unitarian Universalist Association (UUA*) and is focused on social justice and activism—and is supported by individual donations. According to its website:



Throughout the world, UUSC fosters social justice and works toward a world free from oppression. UUSC advances a full array of human rights — promoting economic justice, bolstering environmental justice, and protecting rights at risk. UUSC also works to deliver aid with dignity and advance the rights of people left behind during humanitarian crises, which include forgotten conflicts and natural disasters.

The work of the UUSC is one of the most visible means we as UUs have to truly translate our values into action. So, in addition to President Andrews two suggested actions, I'll add a third: **Consider donating to the important work of the UUSC.** Protect Human Rights and Change Lives : <https://donate.uusc.org/checkout/donation?eid=61970>

* Focuses on administrative and programmatic support of congregations and is funded largely by dues from member congregations.

◆ have a place to go when I feel hopeless about the world

This is why I support Albany UU at the Visionary level and hope you will, too.--Chuck Manning

“Humanize, not Militarize”

Exhibit: Apr. 7-16

Potluck and Film: Apr. 7, 5:20 PM

On April 7, 2017, Albany UU and Women Against War (WAW), will open an exhibit of 48 posters enti-

tled “Humanize, not Militarize.” The display has been put together by the American Friends Service Committee and will be on view in Channing Hall until April 16. The individual posters have been created to stimulate thinking about the many ways militarism affects our everyday lives. 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. Prior to

the film, at 5:30p, SRC is sponsoring a potluck. Please mark your calendars!

Guest in our Pulpit

Matt Meyer, our guest on April 23, is a musician and community organizer who has led hundreds of services for UU congregations across the country. He has a degree in music and has studied abroad in Cuba, Ghana and Central America. Matt is a founding resident of the Lucy Stone Cooperative in Roxbury and serves as Director of Community Life for Sanctuary Boston.

Albany UU Gardens

The Albany UU Garden Committee, aka “Dirty Fingernail Group,” tends to the gardens surrounding our buildings. The gardens are a labor of love that beautify our property, contribute to the well-being of our neighborhood and build a sense of community.

Volunteers are always needed! No experience required – get outside, get dirty, enjoy good company and the satisfaction of good work. We kick off the season with a group garden clean-up in May. Then throughout the growing season, two volunteers per week sign up on line for 2-hour stints. You choose your time commitment. No volunteer commitment is too small! If you are interested in volunteering or being included in future communications, please contact Donna Meixner at xxxxxxx

Paula Moskowitz has been our amazing leader for the past ten years. We finally arranged for a successor by dividing her work among a leadership team of five. Donna Meixner is our new overall coordinator with Deborah Vogel, Jennifer Thomas, Cassie and Vic Artale, and Carol Young assisting. Many, many thanks to Paula for her vision and hard work.

Growing Together

In Rhythm and Song

Workshop with Matt Meyer, April 23

Matt Meyer of Rhythm Revelations will present our Sunday service on April 23, and if his visit two years ago is any indication, it will be an uplifting and delightful experience. Matt has agreed to stay on at Albany UU that day to lead a workshop that will start at 1 PM. Here’s how Matt describes the workshop: *Join us for an hour of community singing and world percussion. Drumming and singing is as ancient as our most sacred rituals and as grounding and joyful today as ever. Join us in exploring songs of justice and feeling the beat of drums from around the world.* Bring your own drum if you have one; for those who don’t, enough will be provided. The workshop is open to all, but please tell us you’re coming at registration@albanyuu.org (or on the sign-up sheet in Channing) so that we know how many chairs to set up. A free will offering will be accepted. Please contact Dawn Dana at xxxxxxxxxxxxxx with any questions.

Getting to Know UU: orientation to UUism Saturday, May 6, 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

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.)

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.

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

About 40 people have participated in the various Wellspring groups at Albany UU over recent years. 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

Religious Exploration

Leah Purcell, Director of Religious Education

Mother Nature and Cultivating Space

The Soul Matters Theme for April is Transformation

Let mystery have its place in you; do not be always turning up your whole soil with the plowshare of self-examination, but leave a little fallow corner in your heart ready for any seed the winds may bring, and reserve a nook of shadow for the passing bird; keep a place in your heart for the unexpected guests, an altar for an unknown God.--Henri-Frederic Ariel

Make a bit of room. Leave a little space. That may not sound like anything radical or revolutionary. But it turns out that it is one of Life's favorite ways to make us into something new.

Many of us are aware, through participating in things like Parent Support Group, or our own spiritual practices or in talking with likeminded people, to watch out for what our Soul Matters partners identify as “all the heroic talk about striving and perfecting, struggle and control” And, ironically, many of us need tools to pause and leave room. Spring is here – at the moment with both snow on the ground and increasingly warmer sunshine. This is a fine moment to consider getting out into nature as a practice to make a bit of space.

In her book *Nurturing the Soul of Your Family*, Renee Peterson Trudeau makes suggestions of how to explore nature with your family in mindful ways. Perhaps you already get out into nature with your children every chance you get, or maybe you used to get out into nature, but find now that you're too busy, or maybe you're nervous about being out with bugs and animals. Trudeau suggests starting where you are, even if you're resisting the

idea. Start small – a walk after dinner in your neighborhood as a family. I would add that maybe not everyone in your family accompany you; maybe some need to finish homework or get to practice. But make an effort and see what you can do.



Need more help getting started? Trudeau suggestions include:

TEAM UP: Ask your nature loving friends for advice on local spots and ask if you can join them on an excursion

HAVE A PICNIC: Pack a simple cold meal –lunch or dinner – grab a blanket and head to the closest park.

MAKE IT A GAME: If going for a walk is not a draw, get some outdoor games like Wiffle ball or Frisbee golf

ATTUNE TO NATURE'S RHYTHMS: Mark the full moon or the new moon (day or evening) with a hike, outdoor circle drum, or swim

CULTIVATE SPIRITUALITY: Create a nature altar by collecting some beautiful elements from your area and arrange them in a special place in your yard or lay them at the roots of a tree wherever you are.

Don't consider this as a list of things to do, but rather specific ways to help you get outside and experience nature. As our Soul Matters partners suggest, leaving room for transformation is about “breathing rather than becoming better; patience not perfection; depth not dominance; attention not improvement.” May Mother Nature awaken in you awareness, patience, depth and attention to welcome the unexpected guests that Henri-Frederic speaks of.

In joyful service,

Leah

Spiritual Practices group. A new Wellspring coordinator is needed for next year to follow Dave Munro who is stepping down after several years.

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

New to Wellspring? This year's program focuses on spiritual practice: They gather twice a month for two hours, (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. If this sounds good, sign up for the 2017-18 Wellspring introductory program —see box to sign up You can read more about Wellspring at uuwellspring.org--Jan McCracken

Religious Education: Spring Calendar for Sunday Mornings

- April** _____
- April 2 – Family Chapel for children in grade 5 and younger; Family Support Group 10:30 – 11:15
- April 9 – Regular Sessions of RE
- April 16 – Multigenerational Service – Nursery/Toddler Room open; no RE Sessions
- April 23 – Regular Sessions of RE

April 30 – Regular Session of RE; last sessions of 4th grade OWL; last session of 8th grade OWL (tentative)

May _____
Special programming for children in grades pre-k through 5th grade, starting with Family Chapel May 7; Parent Support Group after Sunday school

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.)

(details on both special programming and Parent Support Group to follow).
Also special programming for 8th grade

June _____
June 4 – Multigenerational RE Sunday, presented by the Senior High Group; Sundae Sunday at Coffee

Hour

June 11 – Multigenerational Flower Ceremony

June 18 – First day of Summer Session

Mindfulness Meditation Workshop led by Rev. Sam Trumbore April 29, 2017

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, please see box. (A voluntary donation can be offered at the end.)

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.

Our Community

12th annual guided wine & cheese event
“Adriatic & Aegean Adventure”

Saturday, April 1 from 7-9PM

Come join us on this cultural “cruise” of interesting

and reasonably priced wines from Slovenia, Macedonia, the Grecian peninsula and volcanic islands paired with regional cheeses and condiments. Contact Al Berzinis for more information or to sign up for tickets: apberzinis@verizon.net; xxxxxxxxx.

Welcome new members!

(Our apologies: not all photos available at this time!)

Tracey Ledder recently moved to New York State for a job in Albany and to be closer to family. She is an environmental scientist by profession with special interest in water resources, and is looking forward to learning more about local concerns. She has been finding her way around Albany and singing with the UU Choir. She also enjoyed working on the playground build and getting to know some of the UU members that way. She was last a member of a UU Fellowship in Northern Wisconsin.



Megen Murphy and Matt Schultz. Megen loves cooking, hiking, and reading. She is a great lover of animals and enjoys exercise in any form. Originally from NYS, Megen has lived in San Francisco, Jackson Hole, Denver, and Las Vegas. She would like to be remembered as a people person. Able to help



whenever possible.

Matt studied Public Administration and has worked in the Division of the Budget for

the past 20 years. He has one son, Jack, who is the joy of his life, and is deeply in love with Megen Murphy, whom he lives with in Center Square.

Matt is joining Albany UU because it is an all-inclusive faith based on the principles of unconditional love, diversity, tolerance and acceptance. He hopes to become involved in Albany UU's various activities as time permits and to spend his later years fully invested here.

Zach Cunningham and Kelly Smith Zach grew up in Remington, Indiana, and is a graduate of both Indiana and Cornell Universities. In 2015, Zach moved to Albany with his fiancé Kelly, and he currently works as an educator with the labor union CSEA. Before moving to New York, Zach was a high school teacher in rural Arkansas. He grew up in a United Methodist household, and he still carries elements of this faith with him today. In his "free time," Zach enjoys reading, playing with his dog Rocky, and

seeing as much live music as his bank account will allow. He is excited to join Albany UU because of the congregation's sense of community and commitment to social justice.

Kelly grew up in Ann Arbor, MI and Newark, Delaware. She attended Indiana University Bloomington and graduated in 2011 with a degree in English and Political Science. After a few years of working in Indianapolis in the nonprofit sector and in higher ed., she went back to school to pursue her passion for teaching. She graduated from Ithaca College with a MS in Childhood Education and is an elementary teacher in New Lebanon, NY. Kelly enjoys exploring Upstate NY with her fiancé Zach, yoga, and doting on Kelly and Zach's newly adopted dog (Rocky). She is thrilled to join an open-minded congregation with a focus on social justice.

Britta and Bryant Kuo (pronounced "Kwoh" like when you say Status Quo) Britta is happily married to her husband of two years, Bryant. She lives with her parents and dogs in Schenectady where she owns a small business and volunteers as an EMT. Britta was born a humanitarian at heart and celebrates her birthday this week. Her downright Aquarian nature has sent her truth-seeking in all that she does. Blessed with what her Grandma calls an "inkling," Britta plans on developing her intuition beyond her current Reiki Level 2. She enjoys looking into your eyes and chakras, she feels with her heart, and she will be there to soothe your energy should you be hurting. Spiritually grounded and sourced by god, it is her soul's purpose to help others realize their true potential and purpose in life...Because in the end, *you matter*.

On a closing note, she would like to share with you her personal daily mantra: "It is my divine right to peace, love, health, and happiness. I am a child of the universe, and I thank you for my presence. I ask that I may be used as a tool for the greater good of humanity."

Bryant is the happy husband of Britta. Born in Taiwan, Bryant's family moved to NJ when he was five. He grew up in the world of emergency medicine and volunteered his time as an EMT for over ten years. He now works as a nurse at Albany Medical Center. Raised in an American Baptist Church, he attended church camp both as camper and counselor. At age 12, he read the Bible cover to cover. Bryant struggled with the idea of each religion believing that they

were the only truth. Though he maintained his belief in faith, he found it harder to continue with the institute of religion. Britta lured him to a local UU by comparing the UU pillar of “interdependent web of all existence” to The Force from Star Wars. Bryant identifies as a Christian, but has found that the pillars and principles of the UU community are more in line with his faith and beliefs than he was able to find previously. Bryant’s personal interests include playing video games, watching the Yankees, eating burgers, pizza, potatoes, or anything with bacon, napping, playing or being lazy with his dogs (Chewie and Max), and working on his science-fiction story.

Geoff, Kristen, Ben & Gideon Abbas were looking for a new inclusive church home and were invited to attend Albany UU by Karen and Barry Greene. They started coming on Homecoming Sunday in 2015. Geoff is from the Rochester, NY area and Kristen grew up in Ann Arbor, MI. They met in college and moved to New York City in 2000, where Geoff worked as a technical theater artist and Kristen worked in various non-profit organizations, building and supporting communities. She is now a senior



community manager in an organization that provides leadership development to CEOs and other senior executives around the world. They relocated to

Wynantskill in 2011 when Geoff became the director of stage technologies at RPI’s performing arts center EMPAC.

xxxxxxxxxx

They are so happy to be part of the Albany UU community.

Rose Tell-Drake has, since her adolescence, found Unitarian Universalism a handy home for a person with her own weird but fervent Quaker & Neo-Pagan religious beliefs. She has been an active FUUSA non-member for four years. She finally signed the book a few weeks ago on an apparently false promise that she wouldn’t have to get up on stage as a

consequence of doing so. She lives on what will someday be a micro-farm in New Scotland with her husband, Robin, and their six children, where she strives to

make a spiritual practice out of the Tolkien wisdom saying, “It is the small everyday deeds of ordinary folk that keep the dark-



ness at bay” and let her little light shine. She thanks you lovely Albany UUs for putting up with her so well as you do.

About Us

Fred Barker invites Albany UUs to come try English Country Dancing Sunday, April 2 at 2:00 pm in Channing Hall. Partners are not necessary, but bring soft soled shoes with you. This group has gathered to dance in Channing Hall for over 10 years! Questions? Contact Fred at xxxxxxxxxxxxxxx

Fred Boreali is recovering from surgery at home. He would appreciate calls and cards!

UU Weekend at Silver Bay beckons

Who says the cost of everything keeps going up? Here’s your chance to beat inflation. Register from now until May 29 for UU Weekend at Silver Bay (Oct. 13-15, 2017) at the 2015 year’s rates!!!! Register from May 30 to Sept. 24 at the 2016 rates! AND, first-time visitors to Silver Bay receive an additional 10% discount! Remember – the weekend is all-inclusive – meals are provided from Saturday morning through Sunday lunch.

Make UU Weekend the eagerly awaited highlight of your fall season! This retreat conjures up images of stimulating workshops, goofy plays, family togetherness, music floating over the mountains, cozy conversations by the fireplace, the sights and smells of fall, and silent auction skirmishes.

While the UU Weekend committee is still tweaking the weekend schedule, here is a preview of a few confirmed workshops and activities to whet your appetite: Kite Building, Poetry and Nature, Art Collage, Photography, Problem Solving, and Hymn Singing. The weekend also includes a separate

schedule of activities for the kids.

And....a perennial favorite....the Silent Auction, a hotly contested event for young and old! As you are doing your spring cleaning, put aside your gently used items now and bring them with you. Favorite items include small electronics, collectibles, nice serving dishes, books, jewelry, and artwork. And don't forget the kids! Children's items are some of the most sought after auction articles.

Join in on all the fun! Sign up at the UU Weekend table or fill out the registration form (in this newsletter) and send it with a deposit to Linda Way. (Her contact information is on the form.) And please consider volunteering for one or more of many different roles, including assisting Silver Bay staff with kids' programs for all age levels.

Channing Circle news for April!

In March, Channing Circle participants enjoyed a delightful conversation with our own Bob Franklin of the "Annual Dinner Comedy Show" as Bob talked about the process of creating the songs and humor that we've come to know as "The Annual Dinner" entertainment! Plans for our April 17th get together have not been finalized so stay tuned for that news when it appears in the order of service or in your email! See you then. --Kathy Hodges

Albany UU Humanists

Tuesday, April 18, Room B-8 , 7:00 PM

We just finished a great discussion relating to Rev. Sam's Mar. 19 sermon on "Honoring Agnosticism". This sermon provided assistance in defining where we individually stand. The conversation continues in subsequent meetings. 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 to join the Albany UU Humanists eGroup (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://huumanists.org>. There you will find the UU Humanist blog, feature articles and commentary, and some related Facebook groups. There is also



**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.

the American Humanist Association's website at <http://americanhumanist.org>.

You can join the Albany UU Humanists conversations in the eGroup: in ChurchDB clickiGroups and add your name to the Albany UU Humanists. You may also call the Albany UU office (463-7135), or contact Don Odell xxxxxxxxxxxxxxxxxxxx to be added to the eGroup.

Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, April 9, at 5:30 pm in Channing Hall. Newcomers are always welcome.

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

In April, we will discuss the nonfiction book Our Kids: The American Dream in Crisis by Robert D. Putnam. The March 14, 2015 NY Times book review says in part, "Putnam brings his talent for launching a high-level discussion to a timely topic — the state of upward mobility. Widening income gaps, he argues, have brought profound but underappreciated changes to family life, neighborhoods and schools in ways that give big advantages to children at the top and make it ever harder for those below to work their way up. ... The idea that growing inequality will hurt upward mobility might seem self-evident. But the academic verdict on intergenerational trends is still out, and data on today's children will lag for decades. Likening the problem to climate change, Put-

nam says we can't wait for perfect clarity but must act now to save the American dream."

Our May Classic is a 1929 novel, [A High Wind in Jamaica](#), by the Welsh writer Richard Hughes.

Contact Linda Hunt at <mailto:lshunt@nycap.rr.com>

Social Justice

Enough for All

"...we understand in our hearts...what it means to be human, and believe that truly, there is enough for all."* The CROP in CROP Hunger Walk stands for "Communities Responding to Overcome Poverty." Will your family join our community in raising funds to alleviate hunger at home and around the world, to help ensure that there IS enough for all? Come together with fellow Albany UUs and hundreds of your Capital Region neighbors in the CROP Hunger Walk on Sunday, May 7. We also need people to work on walker registration on Walk Day, so there's a way to help even if you don't want to walk. See Dawn Dana at coffee hours starting on April 2 to sign up to walk, help, or pledge your support.

**Rev. John McCullough, Exec Dir, Church World Service*

Advocate on Monday, May 1 with Interfaith Impact of NYS

UU values do make a difference!

Yes, you really can make a difference through focused legislative advocacy. Join with other UUs from across the state, along with Protestants, Reform Jews, Humanists and others on **Monday, May 1** as we advocate with leaders of the State Legislature on behalf of **The Environment; Heath Care for All; Black Lives Matter**. Please RSVP to info@interfaithimpactnys.org so we can print your name badge.

We will meet in Room 211 of the Legislative Office Building, 198 State Street, Albany (accessible from the Empire State Plaza Concourse). **The doors open a 9:30**. We'll have coffee, juice and breakfast pastry available. **The program starts at 10:00**. It includes an introduction to advocacy, a review of the issues, and an overview of the day. Then we break up into teams. There will be scheduled visits with committee chairs and the leadership of the

for further information or questions.

five legislative conferences (Democrats and Republicans in the Assembly; Democrats, Independent Democrats and Republicans in the Senate.)

You can also participate in the two-person teams that visit every legislator's office, drop off our packet of position papers, and discuss the issues with anyone available. This office "blitz" is remarkably effective. It ensures that every office has our positions on various bills in their files. These are helpful for staff and legislators as they discuss the bills.

The IINYS Advocacy Day is a once-a-year opportunity to amplify your voice as a Unitarian Universalist by advocating together. The agenda can change as bills are passed, but right now, we are planning to actively support the Climate and Community Protection Act, Raise the Age of criminal prosecution as an adult from 16 to 18, reproductive justice, and Health Care for all New York, which is a universal single-payer bill that resolves major problems with our healthcare insurance system.

Please RSVP to info@interfaithimpactnys.org with your name and the names of those coming with you so we can print a name badge for you and order enough breakfast choices. (You can just walk in, but then you get a hand-written badge.)

Interfaith Impact of NYS is the recognized UU legislative ministry for New York State. If you have questions, ask Robb Smith (Executive Director) or one of the IINYS Board members from Albany UU: Rev. Sam Trumbore, Don Odell (Secretary), and Larry Gambino. You can also call Robb at xxxxxxxxxxxx.

By the way, wear comfortable shoes. You'll be doing a lot of walking!

Green Sanctuary: Make this April Earth Month
The first day of spring is here, snowy March has departed, and April has arrived. Daffodils and iris and tulips and anemone are eager to flower in the wonderful seasonal change that we have always known as Spring. Yet something is happening to spring.

And summer, and autumn and winter. The climate is changing. Acknowledging this change, many UUs feel the need to do more to address the issue of climate change. At the same time, we feel helpless because of the magnitude of the problem and the lack of national leadership. We recognize that catastrophic climate change means that business as usual is no longer an option. We recognize that we must act on local, state and federal levels to maintain, at the very least, the level of environmental regulations we have seen in the past. New habits and behaviors can be a challenge to establish. Habits and behaviors, however, are easier to change when we all work together. No matter what we UUs have been doing in the past, it is time for UUs to DO MORE.

So, let's make this April Earth Month. To do this, **first**, for the month of April, Green Sanctuary will have a box in the cloakroom to collect rigid plastics for recycling. Posters have been put up around Albany UU to explain what can be recycled. Please make sure that containers are empty and rinsed.

Second, on April 2, you will be invited by the "Dirty Fingernail Group," i.e. the gardening committee, to volunteer to take care of the grounds at Albany UU. Gardening helps keep Albany green.

Third, on April 9, 16 and 23, members of the Green Sanctuary Committee will act as announcers during the service. The announcers will talk briefly about green issues and how important the issues are to them. A member of Green Sanctuary will be available at the SRC table during coffee hour in case there are questions or suggestions about DOING MORE.

Fourth, on April 9 at the Sunday service, members of Green Sanctuary will be handing out two copies of a DO MORE pledge – one for you to keep, one copy to be handed in. The idea of the pledge is that, no matter how much you are doing currently to help the environment, you should DO MORE, and you should DO MORE throughout the year -- June 1, 2017 through June 1, 2018. The pledge form will list some actions that you can commit to, and will provide space to write in other actions you personally would like to do. We will ask for your name and a phone number or e-mail address, so we can contact you sometime during the year to find out how you are doing. You do not have to give us a name, but

we would appreciate the commitment. One of the members of the Green Sanctuary Committee will tabulate the various actions pledged and will report the results to the congregation either in a later service or in Windows.

Fifth, there will be opportunities to demonstrate our values on April 22 in a March for Scientists in Albany, and on April 29 in Washington, D. C., for Earth Day. Scientists are under assault, on both a personal and financial basis. Let's support them. As for the Earth Day March, groups like Sierra Club and Moveon.org will be involved. As for advocacy at the state level, don't forget to talk to "our own" Robb Smith, chair of Interfaith Impact of New York State. In early May IINYS will lobbying on at least one green issue.

In the words of the great Haiku Japanese poet,

A cold rain starting / And no hat -- / So?
Matsuo Basho

..... So? Make April Earth Month and DO MORE.—Betsy Wright

Peace Team notes

Tuesday April 4, AlbanyUU will host people from across NYS for a rally and lobby for NYS universal health care. **Healthcare is a Human Right Rally** and Day of Action

https://m.facebook.com/events/1882110505407648?context=%7B%22ref%22%3A%22104%22%2C%22action_history%22%3A%22null%22%7D&aref=104&__tn__=H

Beginning 9 AM Tuesday, April 4, cars, vans and busses will be dropping off folks from across NYS, Buffalo to Long Island, to assemble and walk to the state capital. A presentation at 10 in Emerson Hall and then off to visit the legislators. Program is co-sponsored by SRC. Departure about 4 pm

Wednesday, April 5 at 5:30 **Action...Huddle** Organized by Albany Sister March Action Group, Sponsored by SRC Peace Team

Remember that snowy freezing rain night Feb 9 when Albany closed down? Jean, Ed, Carol Butt and Kathy Harris and about 25 intrepid women and a couple men friends came through the unplowed,

unshoveled walks to AlbanyUU to express concern for the future and to seek actions to save our safety nets and our society. Saving is not done yet. Another support and planning session will take place Wednesday, 5:30 April 5. Check out the Facebook page and you'll see a group photo and links to more. Nationwide, over 5000 huddles have been begun!

Join us!

https://m.facebook.com/events/1379087932142567?context=%7B%22ref%22%3A%2298%22%2C%22action_history%22%3A%22null%22%7D&aref=98

On the peace and war front: Secretary of Defense Rex Tillerson says "all options are on the table" in dealing with the posturing North Korean government. Donald Trump said during the campaign that since we have nuclear weapons, why don't we use them. Bombers and a carrier group has been sent to the area of Korea, It could be come a real mess in an instant. Hopefully, the US won't start it. It would likely be intense before we could find a peace banner in a AlbanyUU closet.

Sanctuary -- What does it mean, how does it work?

Short answer is we don't know, initially it is a place where people can shelter from danger, from unreasonable arrest. That and what else is being explored.

While executive orders banning immigration from some predominantly Muslim nations have been put

on hold by courts, immigration officials and border control agents have become extra aggressive, blocking people who are not white whose names are not Anglo-American. This is not just foreign born, but US born people like Muhammad Ali junior! Son of the great fighter! But then after 9/11 Senator Ted Kennedy was blocked too. Little solace for those harassed to be in such famous company. People who harvest our food and feed us have lived here so long they have raised families, yet to be "legal" is challenging and often skipped, now long time residents are being forced to flee to avoid deportation to unsafe nations. For example: The tremendous violence in Mexico with over 50,000 murdered is sponsored by US drug war policies.

This issue of human rights, human needs and sanctuary is being studied by AlbanyUU leadership and community organizations like CDCAI- Capital District Coalition Against Islamophobia which meets monthly at AlbanyUU week night and on Sunday at the Albany Mosque, Masjid Al Salam.

The racism and xenophobia, that has been unleashed like some vile curse in a horror movie, has spread to random shootings of brown people or harassment of people who happen to be from northern India, or Pakistan or who are American born descendants from there. Next meetings, April 9 at 6 pm at the Masjid Al Salam and April 26 6 pm Albany UU. —Ed Hancock, SRC Peace Team

UU Weekend at Silver Bay Oct. 13 – 15, 2017 REGISTRATION FORM

For office use only

Please submit a separate form for each household/family group

Please Print:

Family/Group Name _____
 Street Address _____
 City _____ State _____ Zip _____
 Phone # _____ E-Mail Address _____
 UU Congregation: _____

____ Please try to find me a roommate.
 Roommate's name, if sending a separate registration form: _____

Please list all individuals in your group.

Please print clearly. This information is for name tags.

Kids grade 8 or under are assigned to program groups based on grade in school: Infant - Pre-K; K-2; 3-5; 6-8

First Name	Last Name	Kids' Ages	Kids' Grades

Lodging Options:

Note that rooms on the third floor of the Inn (Option I1, I2, or I3) have limited or no heat. Below, please put a 1 before your first choice and a 2 before your second choice. Calculate the cost by multiplying the appropriate rate(s) for your first choice by the total number of adults, youth and paying children.

Registrations received by May 29 pay the 2015 adult rate; between May 30 and Sept. 24, the 2016 rate; after Sept. 24, a higher rate applies.

If you plan on staying less than the full weekend, contact Linda Way at lway1@nycap.rr.com

PRICES ARE PER PERSON AND INCLUDE PROGRAMS, SNACKS, LODGING, AND MEALS FOR THE ENTIRE WEEKEND

- Handicapped Access**
If you need handicapped accessible accommodations YOU MUST REGISTER BY SEPT. 12. These rooms are in short supply.
- Need assistance at meals**

Option	Type of Lodging (I= Inn, B= Bayview)	Adult			Youth (13-17)			Child (6-12)			Your Cost
		By 5/29	5/30-9/24	After 9/24	By 5/29	5/30-9/24	After 9/24	By 5/29	5/30-9/24	After 9/24	
I1	Central Bath Triple (limited/no heat)	\$185	\$187	\$204	\$134	\$138	\$145	\$ 89	\$ 92	\$100	_____
I2	Central Bath Double (limited/no heat)	\$224	\$229	\$244	\$134	\$138	\$145	\$ 89	\$ 92	\$100	_____
I3	Central Bath Single (limited/no heat)	\$300	\$307	\$322							_____
I4	Private Bath Six	\$164	\$168	\$183	\$152	\$158	\$165	\$ 99	\$102	\$105	_____
I5	Private Bath Five	\$179	\$183	\$198	\$152	\$158	\$165	\$ 99	\$102	\$105	_____
I6	Private Bath Quad	\$189	\$193	\$208	\$152	\$158	\$165	\$ 99	\$102	\$105	_____
I7	Private Bath Triple (Inn)	\$214	\$224	\$239	\$152	\$158	\$165	\$ 99	\$102	\$105	_____
I8	Private Bath Double (Inn)	\$260	\$266	\$281	\$152	\$158	\$165	\$ 99	\$102	\$105	_____
I9	Private Bath Single (Inn)	\$350	\$358	\$373							_____
B1	Private Bath Quad (Bayview)	\$175	\$179	\$194	\$140	\$145	\$150	\$ 90	\$ 93	\$100	_____
B2	Private Bath Triple (Bayview)	\$195	\$200	\$215	\$140	\$145	\$150	\$ 90	\$ 93	\$100	_____
B3	Private Bath Double (Bayview)	\$245	\$250	\$265	\$140	\$145	\$150	\$ 90	\$ 93	\$100	_____
B4	Private Bath Single (Bayview)	\$325	\$333	\$347							_____

This is a cooperative weekend. Everyone is encouraged to volunteer!

Give me an assignment or
 Here is what I'd like to do: _____

Contact Nancy Shay, Volunteer Coordinator,
 (802.522.0197, nanshay@outlook.com) for
 information on what kind of help is needed.

First-timer discount of 10% _____

Total cost for lodging, meals & programs _____

Optional: Friday Buffet (5:30 - 8:00) _____ # Adults @ \$14.00 + _____
 + _____ # Children (6-17) @ \$8.00 + _____

Optional: Gift to UU Weekend Scholarship Fund + _____

Total Due for your party _____

Non-refundable Deposit: Minimum \$50 per person due with registration _____

Total sending now _____

Balance Due by Sept. 26 _____

Make check payable to UU Weekend. Mail this form with deposit to: UU Weekend, c/o Linda Way, 6003 Johnston Rd., Slingerlands, NY 12159

UU Weekend at Silver Bay

October 13–15, 2017

(Friday evening to Sunday early afternoon)



A wonderful cooperative opportunity to gather with UUs from all over the Northeast.
Attend optional workshops (ranging from the intellectual to the recreational), social events, Saturday night talent show, hiking, boating, porch sitting, talking, relaxing.
Friday entertainment: A night at the movies (popcorn included).
Saturday afternoon: Jeanne Blank Memorial Address by TBA.
Saturday evening: A musical evening with TBA
Sunday Service: by Rev. David Munro

Sponsors

This weekend retreat is open to Unitarian Universalists and their friends. It is organized by volunteers from several UU congregations.

Cost

Several lodging options are available. (See table on other side for prices.) ♦ The Inn and dining room are handicapped accessible. ♦ All meals from Saturday breakfast through Sunday lunch are included. ♦ An optional buffet is available on Friday evening for those who can arrive between 5:30 and 8:00 PM

Children's pricing: Kids under age 6 are free. See price list on other side for Children ages 6-12 and Youth ages 13-17. Each room must have at least one adult.

UU Weekend Scholarship Fund

Some financial assistance may be available; contact Linda Way at lway1@nycap.rr.com. If you have enjoyed these UU Weekends, please consider helping others attend by including a gift to the Scholarship Fund with your deposit.

Refunds and Deadlines

A non-refundable deposit of \$50 for each adult and child (ages 6-17) is due with your reservations. **Reservations received by May 29 qualify for the same regular adult rate as 2015, those received May 30-Sept. 24 pay the 2016 regular rates and reservations after Sept. 24, pay an additional late fee.** Balances are due by Sept. 26. Refunds (except deposits) will be made, if written notification is received prior to noon, Oct. 5. If special accommodations are needed, you must register before Sept. 12.

Pets are not allowed at Silver Bay.

Contact Information

General registration and housing questions:

Linda Way, lway1@nycap.rr.com or 518.456.8199

Programs:

Andrea Ricard, 518.466.9987 or andrea.ricard@gmail.com

Volunteer Coordinator:

Nancy Shay, 802.522.0197, nanshay@outlook.com

Visit www.albanyuu.org to see sample schedule.

<http://www.albanyuu.org/schedule.pdf>

"Silver Bay" is the Silver Bay Association YMCA Family and Conference Center located near the northern end of Lake George in Silver Bay, NY. The 600 acre classic Adirondack resort has an historic inn, cottages, and a lodge. This is not camping! Comfortable rooms at varying prices and amenities are available. Silver Bay has a children's center, rowboats, canoes, nature and hiking trails, two gyms, shuffleboard, tennis, games, volleyball, fitness center, climbing wall, lounges, chapel, and playground and a stunning combination of lake and mountains!

Tentative Schedule

(Full schedule will be available in mid-September)

Friday

5:30 – 8:15	Optional Buffet Dinner
4:00 –11:00	Check-In and Auction item drop off
7:45	Evening events and snacks

Saturday

7:00	Early morning activities
8:00	Breakfast
9:00 –Noon	Children's Programming
9:00 –11:45	Workshop Sessions A and B
Noon	Lunch
1:15– 3:45	Jeanne Blank Memorial Address
	Workshop Sessions C and D
4:00	Social and Silent Auction
5:30	Dinner
Evening	Special Events

Sunday

7:00	Early morning activities
8:00	Breakfast
9:00 –11:15	Children's Programming
9:00-10:15	Workshop Session E
10:30-11:15	Worship Service
Noon	Lunch
1:00	Check-Out

"Silver Bay Weekend is a gift we give ourselves to reconnect with each other, with nature, with our own selves."

Contact Us

Board of Trustees 2016-2017

email: board@albanyuu.org

Executive Committee

Dick Dana, President
Patti Jo Newell, Vice President
Kathy Harris, Treasurer
Linda Hunt, Secretary

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Ben English
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Jon Newell
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Council
Jean Poppei, Chair, Social Responsibilities
Council

Elected Officer (not on Board of Trustees)

Michaela Pochily, Assistant Treasurer

Staff

Minister

Rev. Sam Trumbore, strumbore@uumin.org

Church Administrator

Amy Lent, alent@albanyuu.org

Director of Religious Education

Leah Purcell, dre@albanyuu.org

Administrative Assistant

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

First Unitarian Universalist Society of Albany

405 Washington Avenue

Albany, NY 12206

518-463-7135

www.AlbanyUU.org