

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](mailto:administrator@albanyuu.org).

# WINDOWS

Newsletter of the First Unitarian  
Universalist Society of Albany

Mid-Summer 2017

## In this issue:

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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

### Aug. 6 "The Art of Meaning," Rev. Kimberley Debus

Art has power to move us and change our lives. We'll examine the ways art helps us make sense of our lives, our communities, and all of creation.

*Music:* Al DeSalvo

### Aug. 13 Wellspring

Come and listen and participate in a Wellspring session. We practice deep listening, singing, movement, poetry, sacred readings all in the service of being present with each other. Let's explore and play together which is the essence of Wellspring. Service leaders are Jan McCracken, Karen Kaufmann, Liza McKinley, Anny Lapinski, Sharon Babala.

*Music:* Randy Rosette

### Aug. 20 "Defending Democracy," Rev. Tom Chulak

Throughout our history as Unitarian Universalist we have affirmed and defended democracy. In fact some have called us a democratic faith. In light of the current assault on democratic values and practices, Tom will challenge us to be true to our religion.

*Music:* Al DeSalvo

### Aug. 27 "Moral Pain and Spiritual Struggle," Rev. Chris Antal

Recent research on moral emotions and spiritual struggles is a resource for our own journey.

*Music:* Alyssa Yeager

### Sept. 3 "The Soul of the Worker," Dan Berggren

Using songs and stories, Dan Berggren asks: What nourishes us? How can our work feed us and others in spiritual ways? Whether it's called pursuing a career, earning a living, doing a job, or answering a call, what is at the heart of work?

*Read about the guests in our pulpit on page 4.*



# Calendar

## Events happening every Sunday at Albany UU

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

**Exceptions:** It's summer! Many of the "regular" activities listed below don't take place in the summer. Call the church office if you want to find out if the event or meeting will take place.

## 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 August

**2-Aug Wednesday**  
 4:00 PM SRC A Walk for Water, Peace, Justice.....Channing  
 6:30 PM Wellspring Planning Meeting ..... Room B-8

**4-Aug Friday**  
 5:00 PM SRC Albany UU dinner and presentation supporting our Muslim neighbors..... Channing, Emerson

**6-Aug Sunday**  
 11:00 AM "Hiroshima" reading .....Front yard

**9-Aug Wednesday**  
 6:00 PM Wellspring Service Walk Through.....Emerson

**13-Aug Sunday**  
 3:00 PM Albany UU Choir picnic.....Offsite

**17-Aug Thursday**  
 7:00 PM Albany UU Board Meeting .....Channing

**23-Aug Wednesday**  
 6:00 PM Peace Team - CDCAI .....Channing

**28-Aug Monday**  
 7:00 PM Board Meeting.....Channing

**29-Aug Tuesday**  
 5:30 PM Congregational Covenant Team Meeting ..... Room B-8

**30-Aug Wednesday**  
 7:00 PM Inclusivity Team ..... Room B-8

**31-Aug Thursday**  
 6:30 PM Finance Committee..... Room B-8

**3-Sep Sunday**  
 11:45 AM Green Sanctuary Committee ..... B-5

**4-Sep Monday**  
 6:15 PM RE Council meeting .....Channing

**8-Sep Friday**  
 6:00 PM Board Retreat.....Channing

**9-Sep Saturday**  
 8:00 AM Board Retreat.....Channing

**10-Sep Sunday**  
 10:00 AM Multigenerational Homecoming Service ..... Emerson  
 11:00 AM Coffee Hour and Homecoming Lunch ..... Channing  
 11:45 AM Forum: Dandelion Geothermal..... Emerson  
 11:45 AM Inclusivity Team..... Room B-8  
 5:30 PM Walker Book Club..... Channing

**14-Sep Thursday**  
 7:00 PM Program Coordinating Council ..... Room B-8

**15-Sep Friday**  
 6:00 PM East of Hudson Potluck ..... Offsite

**16-Sep Saturday**  
 9:00 AM RE Development ..... Channing

**17-Sep Sunday**  
 11:30 AM Picnic in the Park ..... Washington Park  
 11:45 AM SRC..... Room B-8

**18-Sep Monday**  
 12:00 PM Channing Circle ..... Channing

**21-Sep Thursday**  
 7:00 PM Albany UU Board Meeting..... Channing

**22-Sep Friday**  
 6:00 PM RE Development ..... Channing

**26-Sep Tuesday**  
 6:30 PM Finance Committee Meeting ..... Room B-7

**27-Sep Wednesday**  
 6:00 PM Peace Team - CDCAI..... Channing

**28-Sep Thursday**  
 7:00 PM Judith Enck Presentation.....Channing, Emerson

**29-Sep Friday**  
 6:00 PM REC Retreat..... Channing

**30-Sep Saturday**  
 9:00 AM REC Retreat..... Channing

# News



Martha Musser and Nancy Shay display a plaque dedicating the Sheridan Preparatory Academy Playground to “the First Unitarian Universalist Society of Albany for their hard work, support, and generosity to our students.”

## Reading of John Hersey’s “Hiroshima”

**Sunday, Aug. 6, 11:00 AM**

**at Albany UU (Washington Ave. & Robin St.)**

The event is free and open to the public and the public is encouraged to join in the reading. Those interested in reading can sign up to participate when they arrive. The reading will be held outside, please bring folding chairs. Rain site is Channing Hall.

On August 6, 1945 the United States of America

## Homecoming!

**Sunday, September 10**

☞ **Bring water** (real or virtual) gathered during your summer (at home or away) to symbolize the regathering of our community.

☞ **Send a couple photos** of your summer for inclusion in the slideshow to photos@albanyuu.org by Sept. 1.

☞ **Plan on lunch after the service!** Everyone is invited to a light lunch in Channing hall right after the service. Please bring a “finger food” (no utensils and no heating up needed!) to share: sandwiches (cut in half), raw veggies, fruit, cheese and crackers, deviled eggs, or other appetizers. Drop off your contribution that morning in the kitchen. This is a nice time to catch up with friends and meet some new people after the summer’s activities. See you then!

## Flyers in this issue

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

- ◆ Summer Sundays 2017
- ◆ Let’s Keep in Touch!

used the atomic bomb for the *first* time to destroy the city of Hiroshima, Japan; on August 9, the U.S. used the atomic bomb *again* on Nagasaki, Japan. Over 200,000 people died immediately in the two bombings and over a hundred thousand more died in the following decades as a result of the effects of the radiation.

*Hiroshima* by John Hersey tells the story of the bombing on August 6, 1945 by following the story of six of the survivors. The book version has been in print since 1946.

Hosted at Albany UU by Rev. Trumbore. Co-sponsored by the Poetry Motel Foundation, the Tom Paine Chapter Veterans for Peace, Upper Hudson Peace Action, Bethlehem Neighbors for Peace. For more information contact Dan Wilcox, xxxxxxxxxx

## Annual Meeting election results

*NOTE-A correction has been made in the Social Responsibilities Council list.*

*Asterisk denotes incumbent continuing in their position.*

- President..... Dick Dana
- Vice-President..... Patti Jo Newell
- Secretary..... Linda Hunt
- Treasurer ..... Kathy Harris
- Ass’t. Treasurer..... Michaela Pochily
- Religious Education Chair..... Jim Hutchins
- Social Responsibilities Chair ..... Matt Lesniak

## Board of Trustees

Al Berzinis\*, Jon Newell\*, Annika Pfluger\*, Lee Newberg\*, Nancy Shay, Molly Daniels

## Endowment Trust

Sharon Babala\*, Tim Burch\*, Jan McCracken\*, John Cooley\*, Tom Mercer

## Nominating Committee

Meredith Mercer\*, Kathy Hodges\*, Bob Franklin\*, Mary Applegate (3 yrs.), Al DeSalvo (3 yrs.), Mike Myers (1 yr)

### Social Responsibilities Council

Laura Paris\*, Annie Metzger\*, Elena Reynolds\*, Jean Poppei (3 yrs.), Ann Von Linden (3 yrs.), Zach Cunningham (1 yr)

### Religious Education Council

Larry Schell\*, Sarah Stanwicks\*, Amy Jesaitis, Becky Edvalson\*, Elizabeth Baldes\*, Tracie Tilgner\*, Paula Brewer, Michele Desrosiers, Sheila Gray, Liz Halvorsen

### Guests in our pulpit

Aug. 6: **Rev. Kimberley Debus** has just moved back to the Capital Region to launch an entrepreneurial ministry in the arts and worship. She recently served as minister to the First Universalist Church of Southold on Long Island. Kimberley is a member of the UU Congregation of Saratoga Springs.

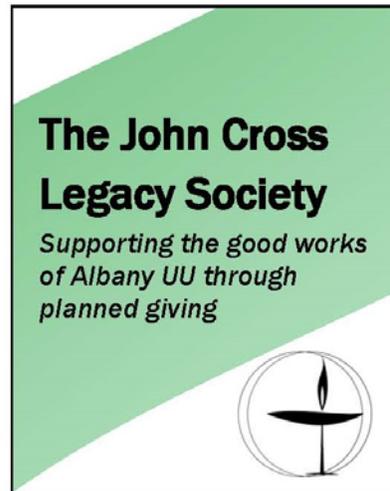
Aug. 20: **Rev. Tom Chulak** is a member of the congregation and a retired Unitarian Universalist Minister residing in Ghent NY. Along with his wife Nicole Furnee, they are owners of the Chatham Bookstore.

Aug. 27: **Rev. Chris Antal** was an intern at Albany UU from 2009-2010 and was ordained here in the Sanctuary on March 20, 2011. Since then, he served a tour as an Army chaplain in Afghanistan, earned a doctorate from Hartford Seminary, and established chapter 177 of Veterans for Peace. He lives in the Hudson Valley with his partner, Mitsuko, and their five children.

Sept. 3: **Dan Berggren**, known as an Adirondack folksinger, is also a professor emeritus of SUNY, founding member of the Unitarian Universalist fellowship in Fredonia and a current member of the UU Congregation of Saratoga Springs.

### Have you considered putting Albany UU into your will or estate planning process?

The John Cross Legacy Society was established by the Endowment Trust in 2016 as a way to give member and friends a way to contribute to our future sustainability. A legacy gift to is a planned future donation given through a will or other form of designation. It is a decision that each person makes in their own financial planning process, taking into account various wishes and values about charitable giving.



Every legacy gift, regardless of the amount, is important and cherished. What better way to appreciate the impact of Albany UU on your life, or the life of someone you love, than by making a bequest from your estate? Please take some time to consider

your options in consultation with your family, lawyer or financial and/or tax advisor.

To become a member of the John Cross Legacy Society, there is a simple application available through the church office, or feel free to contact any member of the Endowment Trust (Sharon Babala, Tim Burch, John Cooley, Kathy Harris, Jan McCracken, Tom Mercer).



*The first group of members of the John Cross Legacy Society were thanked for their participation at a wine and cheese reception in June 2017, which was sponsored by Albany UU's Endowment Trust.*

## Religious Exploration

*Leah Purcell, Director of Religious Education*

### Island Life and the Sunday School Experience

A few weeks ago I was at a wonderful place called Star Island with about 300 UU religious educators and their families for the Lifespan Religious Education Conference. It is a week that has a lot of history, tradition and camp-like rituals as well as opportunities to learn and develop. I have either taken or led a workshop during the morning programming in past years. This year I was asked to co-lead morning 3-hour junior high program.

I knew it would be a challenge. 7th-9th graders can be a tough age span with wide variations in interests, energy levels and social competency. And my co-leader was a minister, so I knew that I would be counted on to plan most of the activities since that's in my skill set. I figured that it's always valuable to learn more about serving this age group. And I've always felt a little left out of a big part of the island culture because I didn't know the families, many of whom return year after year.

So I said yes. And really, how hard could it be?

As I was planning activities in the weeks before the conference, I learned that because of other workshops, our group would not have the large and airy room that they had in the past for their programming; instead we were assigned a smaller, darker room that I knew housed a very loud ice maker. Also, by some quirk, our group of fourteen junior high youth would have only 7th graders and 9th graders – no buffer of 8th graders. On the first day I learned that unfortunately, one of the youth punctured her foot the day before the conference and had come to the island on crutches. (Star Island is basically a rock in the ocean with some boardwalks and lots of steep, uneven gravel and rocky paths). And right away, thankfully, some of the moms and caretakers approached me to talk about the special needs of their child: one child had very pervasive cognitive disabilities; another had just been diagnosed with anxiety disorder; another had come to the conference once, 4 years ago, and had never made a friend and was returning with hopes that this year would be different; one was on the Autism spectrum; another came to the island with his aunt

and uncle, he lived in an urban, mostly black community, and as a male youth of color struggled to feel comfortable in this nearly all-white island community. My co-leader and I learned that there was “history” involving things like flirtation and rebuff between some of the ninth graders from last year. We saw that there was also a “clique” of 3 ninth graders who longed to be in the senior high group. Heavy fog was forecast for the day we were scheduled to row across the bay to a nearby island. The first 2 days most of the youth were very reserved with my co-leader and me, and we wondered if they were sullen or just shy.

One of our goals was to build community in the group and teach the youth some skills that would help them be engaged members of the senior high group one day. And so right away, my co-leader and I were having conversations with parents and with leaders running the program to try to find ways to get things on track.

The afternoon after the second day of the program, I was complaining to one of my DRE colleagues about the situation. “Sounds like Sunday school,” she said.

Woah! Here I was thinking that what I was going through was so crazy and unusual, and my colleague brought me back to reality.

Ok, so I don't think we've had any groups in Sunday school in my tenure as DRE at Albany UU that have simultaneously experienced all the circumstances I experienced at Star Island as a “perfect storm”, but I can see how each of these challenges have been faced here on Sunday mornings, and perhaps at least several challenges at the same time. Some of our children and youth have special needs; they are all at different levels of academic and social skills; not everyone likes the same activities; it can take a while to get to know the children and youth; some of the rooms have no windows.

So I began to review how I support our RE volunteer guides and compared that to the support I got at Star Island.



***Religious Exploration, continued on page 6***

### **Religious Exploration, continued from page 5**

My co-leader and I went to the leaders of the Star Island program. At Albany UU I offer support development sessions for guides; sometimes I have meetings with each team or I give coaching to individuals; I send weekly emails with encouragement and suggestions to create peaceful group times.

At Star Island, I talked to the parents. Here at Albany UU I ask parents and caretakers to fill out an info sheet to share with the volunteer guides about some of the ways parents help their children respond to different situations.

My co-leader and I had lots of conversations, especially in those first days, to strategize the next day's activities for the junior high group. And as the DRE here, I encourage team members to communicate with each other for support and to come to me if they need more help.

By the third day on Star Island, things in our junior high group began to turn around. After a half hour, the fog lifted and we rowed across the bay to spend the morning at a remote island. I had recruited parents and other adults to help us row back and forth and to help supervise the youth when we were there. We started doing more challenging group building activities. And on our last day, one of our activities was to divide the group into 7th graders and 9th graders so that each group could compose a message of farewell to the other to read at the multigenerational ceremony where the 9th graders

bridged up to senior high. The messages seemed heartfelt and compassionate, and they were an important part of the ritual which, like our bridging ceremony at Albany UU, brought tears to the eyes of the adults.

So now I feel so much more connected to the Star Island community. Since then I've gotten some messages and photos from parents and others on Facebook saying that the efforts of my co-leader and I were appreciated by both the parents and their kids. They look forward to going back to Star Island next year, and so do I.

My hope and my goal is that here at Albany UU the adult guides receive enough support from me, from the curriculum, from the Religious Education Council, from parents, and from their fellow team members that they look forward to each Sunday morning they volunteer as if they were spending the time on a lovely island. My wish is that they really feel and know that they are affecting the lives of the children and youth in unique ways. And I hope that, like those that experience the magic of Star Island, the guides experience something special at Albany UU and know that they are part of a long and vital stream of history of religious exploration here.

At the time of this publication, I have a few more openings in our teaching teams – in pre-k, fifth and sixth grade. If you want to be part of the RE experience, email me at [dre@albanyuu.org](mailto:dre@albanyuu.org).

In joyful service, Leah

## **Growing Together**

### **Getting to Know UU: orientation to UUism**

**Save the date: Saturday, Oct. 7, 8:45 AM-noon**

We invite you to join us for "Getting to Know UU". We'll start with coffee and snacks and getting to know each other. You'll learn about Unitarian Universalism and about our congregation, and you'll get a chance to ask all the questions you've been collecting. We'll talk about how to get involved in the Albany UU community and about becoming a member. All in all, it's a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

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

To sign up: See box.. Please indicate if you need childcare.

### **Wellspring to start in September**

We'll begin a new Wellspring Sources in September This is the beginning program for the Wellspring se-

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

- Send an email** to [Registration@AlbanyUU.org](mailto:Registration@AlbanyUU.org)
- Sign up** at the Sign Up Site in Channing Hall
- Call** the church office, 463-7135

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

ries and will be co-facilitated by Liza McKinley and Anny Lapinski. We meet twice a month through June. Please contact Liza, Anny or Jan McCracken or Sharon Babala with any questions, or come to the Aug. 13th service for a 'preview' of what Wellspring is.

**To deepen your experience at Albany UU...**  
**Volunteer in our Religious Education Program**  
Maybe you don't have children in the RE program, but you are looking for a way to be more fully connected with the community at Albany UU. Volunteering in the pre-K; 3rd, 4th; 5th or 6th grade teams might just be your answer. Each of these teams is looking for one more member. As a member you can expect to lead one session a month and assist a team member once a month. More about the program, the RE calendar and offerings for the fall are at Leah's blog: <http://members.albanyuu.org/wp/dre-blog/>

**All Sides Considered meets in August**  
All Sides Considered is a discussion group focused on sharing information and insights on current political and social news. Next meeting will be August 16, 1 p.m. to 2:30 p.m. in Room B-7.

**RE Volunteers—mark your calendar for a development session on Saturday, Sept. 16 from 9:00-noon**  
This will be a time for us to gather together, for you to meet as a team and to learn some skills to support you in your work on Sunday mornings. We'll focus on ways to adapt the curriculum to the needs of your group and to create meaningful experiences

for the children, youth, - and you!

## **Summer Session this runs through the end of August!**

This is our more casual program for children in Pre-K through 5th grade. Older children are welcome to help out or attend the service with their families. We need adult volunteers to staff the program each Sunday. Parents and current or past RE volunteers are eligible. Each week we have art projects and free play in room 24/25.

Do you have a talent or skill that could be a hands-on project for the kids? Cooking, woodworking, making or assembling things, science, sewing, crafts – Leah Purcell can help you create a workshop with any skill like that. You can volunteer to staff or present a workshop one Sunday or as many as you like. Email Leah at [dre@albanyuu.org](mailto:dre@albanyuu.org) or indicate your interest to volunteer in room 24/25 or lead or assist a workshop in room 26 on the sign-up sheet on the Summer Bulletin Board in the main level hallway.

## **Now is the time to register your child for RE for 2017-18**

You can register on line at [members.albanyuu.org](http://members.albanyuu.org) or pick up a form at Summer Session or Leah can mail one to you.

## **Parents/Caretakers and RE Guides - Have you filled out your survey yet?**

Please check your email for a parent/caretaker survey to help the REC and Leah make our RE program even better.

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## **Our Community**

### **Last summer Meet Up in Washington Park is Sunday, Aug 13**

Join families and other adults from Albany UU to picnic and play in Washington Park after the service (around 11:30). Bring your own lunch, chairs, blanket and your favorite lawn games. We meet near the playground. Bring your friends!

### **We're all invited...**

After the service on "Homecoming Sunday" (Sept. 10), please join us in Channing Hall for a light lunch.

Everyone should bring a food item to contribute to the lunch that can be eaten with our hands--no utensils and no heating up. We Albany UUs are a hungry bunch, so try to bring some contribution to the meal!

Some ideas for contributions: Sandwiches (cut in half), cheese and crackers, raw veggies, hummus, fresh fruit, deviled eggs, chips and salsa, pretzels, cookies. Drinks will be provided. Any questions, please contact Barb Manning (xxxxxxxxxxxxxxxx)

## Calling UUs who live East of the Hudson River!

Join us **Friday, Sept. 15** for an East-of-Hudson Potluck at the home of Sharon and Mike Babala (10 Budd Lane, East Greenbush.) To RSVP contact Sharon at 518-312-8973 or sharonbabala@gmail.com.



*Three UU musicians were guests at a recent gathering of Channing Circle: Dick Dana, Dave Metz, and Kathy Harris shared stories of music in their lives!*

### Sept. 18 at high noon! Channing Circle to meet

Come join Channing Circle friends as we gather to connect again with each other, to share ideas and friendship. The topic for our September meeting is still to be arranged, so come join us and see what transpires! Bring your, self, and your sandwich, and be prepared for an interesting time!

### Albany UU Humanists start fourth year

The Albany UU Humanists plan to meet on the third Tuesday of the month during the 2017-2018 church year, beginning on Tuesday, Sept. 19. This is a call for all humanists, atheists, agnostics, religious humanists, secular humanists and free thinkers to gather together and share our stories and journeys; and to explore various aspects of UU Humanism.

The best way to keep up with the discussion and future planning is to join the Albany UU Humanists eGroup conversations. To sign up go to members.albanyuu.org, Member Logins, ChurchDB. Login, or retrieve your password if you are a new user, click Groups, and add your name to the Albany UU Humanists. Or you may contact Don Odell (xxxxxxxxxxxxxx), or the church office for assistance.

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

### Walker Book Club

Join the Walker Book Club for a potluck and book discussion on Sunday, September 10, 2017 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 September, we will discuss Alexander Hamilton by Ron Chernow. In his April 25, 2004 New York Times book review, David Brooks says of this extensive biography that "nobody has captured Hamilton himself as fully and as beautifully as Chernow." Brooks says that Hamilton is "the most progressive, and is the most neglected, of the founding fathers." Read this account of the life and death of Alexander Hamilton and share your thoughts regarding his relevance to the politics of today.

Contact Linda Hunt at xxxxxxxxxxxxxx for further information or questions.

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



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

## Social Justice

### Green Sanctuary Committee to host three events

--The Green Sanctuary **potluck dinner** will be held **Friday, Aug. 25** at the home of Chris and Maria By-stroff, 35 Pinewoods Ave in Troy. New members welcome. It will be a working potluck. We will be planning green activities for the coming year. RSVP to Chris (xxxxxxxxxxxxx)

--The Green Sanctuary is sponsoring a **lecture by Judith Enck on Thursday, Sept. 28** at 7pm in Emerson Hall. Judith's lecture is entitled "The Trump Assault on the Environment, and What You Can Do About It"

<http://www.albany.com/>

[event/trump-assault-environment-148967/](http://event/trump-assault-environment-148967/) This event is free. Contact Carol Butt ([katz@nycap.rr.com](mailto:katz@nycap.rr.com))

--The Green Sanctuary will sponsor a **forum on geothermal heating, Sunday Sept 10** at 11:45 in Emerson Hall. The presenters are Katie Ullman and Kathy Hannun of [Dandelion.co](http://Dandelion.co), a Google company aiming to provide home heating using ground-source geothermal. Contact Chris (xxxxxxxxxxxxx)

As seen on:      and more

### Going to miss a Sunday?

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

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

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

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



*Let's Keep in Touch!*

## Many ways to stay connected with Albany UU:

### NEWS

“Preview” weekly e-mail sent on Thursday keeps you informed on this week’s events. To subscribe: send email to [office@albanyuu.org](mailto:office@albanyuu.org) or call the office.

Monthly “Windows” Newsletter, sent via e-mail as a pdf, paper copies are in the lobby. To subscribe: send email to [office@albanyuu.org](mailto:office@albanyuu.org) or call the office.

### BLOGS

Rev Sam's blog, “The Mostly Mindful Minister”: <http://trumbore.org>

Leah Purcell’s “RE Director's Blog”: <http://albanyuu.org/wp/dre-blog>

### SOCIAL MEDIA

Find us on Facebook: [www.facebook.com/AlbanyUU](http://www.facebook.com/AlbanyUU)

We also have two closed groups on Facebook: “Albany UU News & Updates” and “Albany UU Social Action Issues”. To join either group, please send email requesting to join the group to [office@albanyuu.org](mailto:office@albanyuu.org).

Follow us on Twitter @AlbanyUU

### WEBSITES

Our new website is [AlbanyUU.org](http://AlbanyUU.org). Our ‘old’ site ([Members.AlbanyUU.org](http://Members.AlbanyUU.org)) is being reconfigured to serve as a resource page for members and friends of Albany UU. You will find there quick connections to many of the items listed on this page.

### ONLINE DIRECTORY AND DATABASE

Use the **online directory** of members and friends, check the **calendar**, **reserve a room** using ChurchDB. Retrieve your password and get started! <https://www.churchdb.com/churchdb/Login.asp?iOrgzKey=93>

### ONLINE PLEDGING AND CONTRIBUTIONS

Make an **online donation** to Albany UU, set up recurring payments or make a pledge. Use the Online Giving and Online Pledging buttons on [Members.AlbanyUU.org](http://Members.AlbanyUU.org). Scan this QR code with your smartphone to go to the online giving page.



### SIGN UP FOR CLASS OR EVENT

Send an email to [Registration@AlbanyUU.org](mailto:Registration@AlbanyUU.org); or **Sign up** at the Sign Up Site in Channing Hall; or **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.)

### SIGN UP TO VOLUNTEER ON SUNDAYS

Usher, Greeter, Coffee Host—Sign up at the **Sign Up Site** in Channing Hall or **online** at <https://signup.com/client/invitation/6775657374/1898209/false#!1898209/false/false>

**First Unitarian Universalist Society of Albany**

405 Washington Avenue

Albany, NY 12206

**518-463-7135** Office

# Summer Sundays

at Albany UU

June-September 2017

## 9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

## 10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward

## June

### June 18 "Searching for Self in an Age of Selfies," Rabbi Norman Mendel

In focusing on the superficial exterior, are we losing the ability to find ourselves within?

*Rabbi Norman Mendel has always focused on the importance of inter-faith dialog and has taught Judaism, World Religions, Biomedical Ethics and Social/Political Philosophy at universities and colleges across the US.*

Music: Elena Karpoff

### June 25 "Talking the Walk: Why Do We Do What We Do?" Rev. Dick Gilbert

We are often admonished to "walk our talk," to live out our values. However, we seldom are urged to be able to "talk our walk," to tease out the theological rationale for what we do. "Practice what you preach and preach what you practice."

*Rev. Dick Gilbert, retired UU minister, has published books on faith development, social justice and meditations, including *In the Holy Quiet* and *Thanks Be for These*.*

Music: Ann Brandon

## July

### July 2 "Music- The Universal Language," Chris Jensen and Randy Rosette

We will explore how music transcends language and cultural differences, allowing us to connect as one people.

*To Chris Jensen and Randy Rosette, music is an integral part of their*

## RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

### Summer Session: June 18– Aug. 27

Children in Pre-K through 5th grade meet upstairs in air-conditioned classrooms

Infants and toddlers are cared for by staff in the Nursery – also air conditioned

Youth in grade 6 and older are invited to join their families for the service or help with the younger children.

Come as many Sundays as your family would like. No registration required.

Volunteers are needed to help out or lead an activity. Do you have a talent to share?

Contact Leah at [dre@albanyuu.org](mailto:dre@albanyuu.org)



**The summer services** are coordinated by Randy Rosette.

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

**Services continued on reverse**

# Summer Sundays

at Albany UU

June-September 2017

*life and a shared passion.*

Music: Elena Karpoff

## July 9 "The Upside-down Intelligence of Plants," Sigrin Newell

The interdependent web may be more interdependent and more awe-inspiring than we ever imagined. Scientists are finding that plants can learn, can remember, can count and can even recognize and help their kin.

*One of Sigrin Newell's favorite activities is giving sermons, mostly about environmental and natural history topics.*

Music: Randy Rosette

## July 16 "Faithful Non-Conformity: Biblical Wisdom for the Living of These Days," Rev. Alexandra Lusak

Alexandra Lusak

Focusing on the 12th chapter of the Letter to the Romans and how its content can energize people of faith as we seek to live with courage, integrity, and hope.

The Rev. Alexandra Lusak is a Teaching Elder member of Albany Presbytery.

Music: Ann Brandon

## July 23 "You Are the Salt of the Earth," Diane Cameron

Human life is not possible without sodium chloride, and salt is the only mineral found in every cell of the human body, so salt is a biological necessity. Decency and kindness are also necessities, hence we admire "the salt of the earth."

Diane Cameron is a writer/teacher/coach and a Times Union columnist.

Music: Sean Obach

## July 30 "The Power of Yes," David Roth

This morning David will speak and sing about what happens when you say "yes" when a "no" seemed to make more sense at the time.

David Roth's songs have found their way to Carnegie Hall, Chicken Soup for the Soul books, Peter, Paul and Mary CD's... His service will stir the gamut of your emotions, from hilarity to poignancy and much more.

Music: Ann Brandon

## August

### Aug. 6 "The Art of Meaning," Rev. Kimberley Debus

Art has power to move us and change our lives. We'll examine the ways art helps us make sense of our lives, our communities, and all of creation

Rev. Kimberley Debus has just moved back to the Capital Region to launch an entrepreneurial ministry in the arts and worship.

Music: Al DeSalvo

### Aug. 13 Wellspring

This service will highlight the learning that took place this year by ten participating members of Wellspring Spiritual Practices. Come and enjoy a sampling of what inspired them to grow in their spirituality as UUs.

Music: Randy Rosette

### Aug. 20 "Defending Democracy," Rev. Tom Chulak

Throughout our history as Unitarian Universalists we have affirmed and defended democracy. In fact some have called us a democratic faith. In light of the current assault on democratic values and practices, Tom will challenge us to be true to our religion.

Rev. Tom Chulak is a retired UU Minister, and owner, with his wife Nicole Furnee, of the Chatham Bookstore.

Music: Al DeSalvo

### Aug. 27 "Moral Pain and Spiritual Struggle," Rev. Chris Antal

Recent research on moral emotions and spiritual struggles is a resource for our own journey.

Rev. Antal was ordained by Albany UU in 2011. Since then, he served a tour as an Army chaplain in Afghanistan, earned a doctorate from Hartford Seminary, and established chapter 177 of Veterans for Peace.

Music: Alyssa Yeager

## September

### Sept. 3 "The Soul of the Worker," Dan Berggren

Using songs and stories, Dan Berggren asks: What nourishes us? How can our work feed us and others in spiritual ways? Whether it's called pursuing a career, earning a living, doing a job, or answering a call, what is at the heart of work?

Dan Berggren is an Adirondack folksinger, a professor emeritus of SUNY, and a UU from Saratoga Springs.

## Contact Us

### Board of Trustees 2017-2018

#### Executive Committee

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

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Matt Lesniak, Chair, Social Responsibilities Council

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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

#### Music Director

Dr. Richard Porterfield,  
music.director@albanyuu.org

#### Administrative Assistant

Tammy Hathaway, office@albanyuu.org

#### Custodians

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) Albany UU has permission to use the University at Albany's Hawley Parking Lot on Robin Street at Washington Avenue.

#### Office hours

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

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

And by appointment

#### Websites

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

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

#### Building use

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

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

**Windows** is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

*Editor:* Amy Lent

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

#### Publication deadlines

*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