

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 2018

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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

April 1 "Emerging Hope: The Unexpected," Leah Purcell, Eileen Casey-Campbell, Rev. Sam Trumbore

Moses didn't expect to encounter a burning bush. No one expected that Jesus' tomb would be empty. And when the unexpected happens, the world gets turned upside down! And a new way appears where there was no way before.

Music: Albany UU Choir

April 8 "Emerging Hope: A New Story," Rev. Sam Trumbore

Our building addition ten years ago created new possibilities. Now that we have occupied the space, learned how to use it and worked out the kinks; now that we have a fixed, affordable plan to finish our mortgage, what new story is emerging? What new ways can we use our physical space to bring our principles and values more fully to life?

Music: Albany UU Choir with the Helderberg Madrigal Singers

April 15 "Emerging Hope: Who Gets To Be Saved?" Eileen Casey-Campbell

Oppressed people over the ages have told the Passover story with themselves at the center. Who are we in the story of the Hebrews leaving Egypt--the Hebrews or the Egyptians? When we hear stories of liberation, do we see ourselves as Moses or as Pharaoh? The story offers us the mysterious phrase, "a mixed group went out of Egypt." So as we talk of liberation and freedom, we must also ask ourselves: Who is liberated? Who is freedom for?

Music: TBA

April 22 "Emerging Hope: Our Story and Our Planet's Future," Rev. Sam Trumbore

The climate crisis gets more and more frightening the longer those in power in Washington DC continue to deny there is even a crisis. In the worst case, is there even a flicker of hope for us? Is there an emerging story that can be part of hope for humanity to continue into our planet's future?

Music: Albany UU Choir

Services, continued on page 4

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:

Regular events and meetings

CHECK the weekly Preview email for changes to date, time and location

Sundays	5:30 PM	Walker Book Group (2nd)	Wednesdays	10:00 AM	Projects & Quilts (weekly)
	11:45 AM	Green Sanctuary Committee (1st)		7:00 PM	Choir Rehearsal (almost weekly)
	11:45 AM	Social Responsibilities Council (3rd)	Thursdays	1:00 PM	All Sides Considered (1st & 3rd)
Mondays	6:15 PM	Religious Education Council (1st)		7:00 PM	Program Coordinating Council (2nd)
Tuesdays	10:00 AM	Philosophy Group (weekly)		7:00 PM	Board of Trustees (3rd)
	1:00 PM	Bridge (weekly)			
	7:00 PM	UU Humanists (3rd)			

All other events happening in April

2-Apr Monday	5:30 PM	Governance Work Group Room B-7	16-Apr Monday	1:30 PM	Meaning Matters -Third Monday AfternoonRoom B-8
	6:15 PM	RE Council meeting Channing	17-Apr Tuesday	5:00 PM	Meaning Matters - Third Tuesday Group.....
3-Apr Tuesday	1:00 PM	Public Relations/Communications MeetingChanning		Stott Lounge/Joy Library
	7:00 PM	Developing White Racial Literacy Room B-8		6:30 PM	Finance Committee Meeting..... Channing
4-Apr Wednesday				7:00 PM	Albany UU HumanistsRoom B-8
6-Apr Friday	6:45 PM Practice Group for Nonviolent		7:00 PM	Developing White Racial Literacy.....Room B-7
		CommunicationChanning Hall	18-Apr Wednesday	6:45 PM	Practice Group for Nonviolent CommunicationChan-
	6:00 PM	Annual Fellowship Dinner Offsite			ning Hall
7-Apr Saturday	8:45 AM	Getting to Know UURoom B-7, Room B-8	19-Apr Thursday	5:30 PM	Religious Services Committee.....Room B-7
8-Apr Sunday	10:00 AM	Family Chapel Sanctuary		7:00 PM	Albany UU Board Meeting Channing
	11:45 AM	Congregational Conversation on Sanctuary	20-Apr Friday	10:00 AM	Wellspring/Thomas.....Room B-5
		Resolution Community Hall	22-Apr Sunday	12:00 PM	Branding Workshop with Eileen Casey-Campbell
	11:45 AM	Inclusivity Team Room B-3/B-4		 Channing, Community
	11:45 AM	ROP Mentor/Youth Meeting.....B1,B2,B6,B7	23-Apr Monday	10:00 AM	Small Group Ministry-Mon. AM groupRoom B-5
		at 11:30 AM		7:00 PM	Meaning Matters - Fourth Monday Group Room B-8
	12:30 PM	Rite of Passage..... Room B-8	24-Apr Tuesday	6:30 PM	Wellspring.....Room B-5
	5:30 PM	Walker Book Group..... Channing		7:00 PM	Developing White Racial Literacy.....Room B-8
9-Apr Monday	10:00 AM	Small Group Ministry-Mon. AM group Room B-5	29-Apr Sunday	1:30 PM	Sound Healing Workshop with Ruth Cunningham ...
	3:00 PM	Overflow Shelter Prep Kitchen		 Community Hall
	5:00 PM	Membership Committee..... Room B-8			
	6:15 PM	Religious Education Council Meeting..... Channing			
10-Apr Tuesday	6:30 PM	Wellspring Room B-5			
	7:00 PM	Developing White Racial Literacy Room B-8			
12-Apr Thursday	7:00 PM	Program Coordinating Council Room B-8			
13-Apr Friday	5:30 PM	REC sponsored pot luck and game night..Channing			
15-Apr Sunday	11:45 AM	GTS Conversation Leaders Meeting..... Room B-8			
	11:45 AM	Social Responsibilities Council Meeting... Room B-7			

Sam's Outlook

Hope, Hope, Wherefore Art Thou Hope?

Rev. Sam Trumbore

Except for the skiers, and people tapping maple trees to make syrup who are having a great time in March, many of us are a little sick and tired of snow. March came in like a lion and may just go out like one too at this rate. There is a warm spot out in front of our office that has a south facing wall. Facebook has been reminding me of past years when there were crocuses and daffodils in that corner, sometimes almost in February. No flowers yet as of this writing.

The political news has been grimmer too for those who have felt a little comfort knowing some skilled moderate leaders were minding the Whitehouse. With the firing of Rex Tillerson and H. R. McMaster, and the resignation of Gary Cohn along with the replacement of them with hardliners and ideologues raises my concern about the future direction of the administration. President Trump seems to be stripping out from his administration the moderating influence of people who are willing to disagree with him. I worry he is working on building an echo chamber of sycophants who will stroke his ego and tell him he is right no matter what he does. And Trump is bent on starting up trade wars around the world. Watching the stock market tank again and again after his announcements of tariffs again creates more anxiety.

I mention these sources of weariness, distress and anxiety because of their cumulative effect. When we have one setback, it isn't hard, for many of us, to bounce back. When they pile on one after another, they can have disproportionately larger effect than any individual one of them might have. It is not uncommon in such situations to get depressed and start losing hope.

Those who have lost all hope can be found in Biblical stories. Contemplating their stories can be a way to start climbing out of the pit of despair.

When the Jews were slaves in Egypt, they had no hope of ever gaining their freedom. They might have dreamed about it at night or wondered about it sitting around the flesh pots by the fire. But these were impossible dreams given the might of the Egyptian army and their subjugation.

All of a sudden, Moses encountered a burning bush

in the desert. It was a strange fire because it didn't consume the bush. Out of it came the voice of "I am who I am." It told Moses to tell Pharaoh to let his people go. No matter how much Moses protested being chosen for this task, the voice insisted he lead the Jewish people to freedom. Where there was no hope, hope emerged.



Jesus was executed by the Romans by nailing his body to a cross and standing it up next to two thieves. There he suffered until he was dead. As the Biblical story goes, his body was taken down at the request of a wealthy supporter, placed in a cave-like tomb and a very large rock rolled in front of it. And that was the end of the Jesus movement. His followers had scattered to save themselves a similar fate. Killed like a common criminal in a disgraceful way, this was it for Jesus.

When a few of his women followers returned to anoint his body as was the custom of the time, it was gone. We have only stories about angels and visions of him that came to us through oral tradition. We have no documentary evidence to know if indeed he did come back from the dead and show his wounds to his disciples. Even the stories we do have carry forward doubt about what happened.

What we know for sure is the Jesus movement did not die with him. It came back to life and with the help of a very influential convert named Saul, spread throughout the Roman Empire. Where there was no hope, hope emerged.

Today, hope is emerging where many of us didn't and wouldn't expect it. The Parkland students' ability to spark a national gun control movement seems pretty miraculous. This is especially so for those of us who have watched school gun violence get worse and worse after Columbine. It has been hard to sustain hope for gun control after little national action in response to the Sandy Hook school shootings. Yet these students were able to get the Florida legislature to pass and the governor to sign significant changes to their state gun laws. Who would have expected the rapprochement of North

Sam's Outlook, continued on page 4

News

Have a conversation, a Growth Through Service conversation

If you have not yet had a conversation with one of our conversation leaders—over a hundred of you already have—please take the time to indicate you are ready for a conversation by sending an email with the best way to reach you by clicking on the link GrowthThroughService@albanyuu.org. One of our conversation leaders will contact you to set up a time and place that is convenient for you for a one-hour conversation (1-1/2 hours for a couple conversation). The conversation leaders are: Lois Bailey, Laura Churchill, Dick Dana, Jaye Holly, Linda Hunt, Amie Jamieson, Betsey Kuzia, Ali Schaeffing, and Peggy Sherman.

Do you want to know more about Growth Through Service and its goals? Click here http://members.albanyuu.org/wp/pdf/GTS_WebsiteBlurbwGraphic.pdf to go to the explanation on our Website.

Do you have some questions before you sign up? Email Dick Dana and Jaye Holly at GrowthThroughService@albanyuu.org and one of them will be happy to answer any questions you have.

Chatter, Children, and Channing...

Channing Hall has been since its construction in

Flyers in this issue

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

- ◆ Sound Healing Workshop
- ◆ Game Night

1925 an important gathering spot for our congregation. Channing is a busy spot on Sunday mornings and serves many purposes. While our Sunday service is going on, audio and video of the service is playing on the screen in Channing Hall. We tell those gathered in Community Hall each Sunday morning that all are welcome there, but if anyone needs to “walk or squawk” (as Leah terms it), folks are welcome to go down the hall to Channing, where they can watch the service, but also give their child more freedom of speech and movement. This is a priority use of Channing Hall while the service is ongoing, and families should feel free and welcome to use the space in that way. Anyone who wants to hear our Sunday service in a hushed environment is encouraged to walk down the hall in the other direction and join us in Community Hall.

Calling all families to the CROP Hunger Walk! Our families at Albany UU know how important it is to help our children develop empathy and compassion for others. Participating in family activities that offer both tangible and symbolic support for those in need is a great way to reinforce a message of caring. The CROP Hunger Walk raises dollars to sup-

Services, *continued from page 1*

April 29 “Emerging Hope: Glimpses of the Promised Land,” Rev. Sam Trumbore

In the chaos of change, in the breakdown of the old world, new worlds are emerging. Technology may help save us ... or not. Planetary crisis may help save us ... or not. There may be emerging sources of hope right now if we pay close attention. And if we can imagine it, maybe we can bring it to life.

Music: Ruth Cunningham (vocals and medieval harp)

Sam’s Outlook, *continued from page 3*

and South Korea during the 2018 Winter Olympics. And add to those the amazing changes in one year to the Unitarian Universalist Association after the hiring controversy and the resignation of President Morales.

In the month of April, all of our services will develop

the theme of emerging hope. When times are difficult and trouble appears around every corner, we can get very discouraged. Yet, somehow, somehow, hope seems to be able to make a way out of no way. May we be open this month to look for emerging hope as green life reappears with spring.--
Rev. Sam

Board Notes

What can I personally do to further inclusivity?

Lee Newberg, Trustee

If you are a person of privilege like me you may be asking yourself the same question I am asking: what can I do to make a difference in the fight against the white supremacy culture? If you are like me you may be disappointed in the seeming weakness of the recommendations that you find on the web and elsewhere. Sure, I can strive to be more aware of racism and white supremacy around me in my day to day activities. Sure, I can do academic research about the horrific killings of unarmed people of color. Sure, I can read books, watch movies, and appreciate works of art of, by, and for people of color, to better understand the non-white cultures that have been all but invisible to me.

But, I have asked myself, after I do a lot of this self-educating preparatory work, how can I actually make a difference? What I am slowly coming to believe is that I have been missing the point. Sure, having knowledge of the insidiousness of white supremacy and the beauty of unfamiliar cultures is important, but the process of learning this is valuable in and of itself. It is perhaps more valuable.

If I am noticing the racism around me then I am less

likely to be committing microaggressions against those around me. (Oh, if I could somehow get that rate down to zero!) When I read a book or see a movie about people of color, my dollars are supporting these endeavors and news



sources are reporting the heavy attendance, both of which enable more to come. When I attend a cultural event of, by, or for people of color not only am I learning, but there is a chance that I will make friends, discover additional events, and gain a passion that is more than a mere intellectual understanding.

Additionally, in the process of educating myself, I am visible to people of color, who may gain some hope by seeing that I am attempting to reach across the white supremacy divide. Some may feel less treated as "other" because of my actions.

I have a long way to go in fighting the white supremacy culture that blinds me. Quite likely, I will soon realize that I am still missing the point in some significant ways. However, maybe that is okay for now so long as I keep striving. It is my expectation that getting educated will help, in many ways more than simply bettering myself intellectually.

port hunger relief programs, right here in the Capital District and around the world. The act of walking also puts us in solidarity with those who struggle every day to feed their families, who often must walk to meet their basic survival needs.

The Albany CROP Hunger Walk is coming up on Sunday, May 6th. It starts and ends near church, takes place in early afternoon, and there's a lunch in Channing Hall after the service, but before the Walk. The regular Walk route is about 3 miles, but there's a one-mile option, and the route can always be shortened to accommodate the capabilities of your family. We encourage all families (and everyone else, too!) to sign up for our CROP Walk team (Team UU). There will be a Walk table at coffee hour starting in April, and information can be obtained at any time by contacting Dawn Dana (xxxxxxxxxx). Go Team UU!

Together we are more

The Unitarian Universalist Society of Schenectady is thrilled to invite you to an Installation Ceremony celebrating our new ministry together to bring more compassion, justice, and joy into the world.

Join us for the Installation Ceremony of our new Co-ministers:

Rev. Wendy Bartel and Rev. Lynn Gardner
Saturday, April 21, 3-4:30pm
with a Celebration Reception following

Kindly RSVP at uussinstallation@gmail.com. We hope you can join us! All ages welcome. Childcare available for those 5 & under. Request with RSVP. Questions? Call Susan Marino, UUSS Church Administrator at 518.374.4446 x4

April is...Annual Reports writing month!

To prepare for our annual congregational meeting on May 20, we gather reports from all our active groups at Albany UU to document what we have done (and are doing!) this year. The deadline for reports is Monday, April 23. Committee chairs, team leaders, trustees and staff have recently been noti-

fied of the collection process and deadline by email- if you are one of these folks and did not receive this message, or have any questions about the annual report process, contact Church Administrator Amy Lent at the office (518-463-7135) or by email at admin@albanyuu.org.

Growing Together

Getting to Know UU: orientation to UUism

Saturday, Apr. 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.

ran in the fall but is back by popular demand for a second run, this time with Eileen's participation and leadership.

Update on Peace Week

Summer program for kids in and near Albany

When? August 13-17 (half days)

Where? Friends Meeting House on Madison Ave. in Albany

Who? Children entering 2nd - 8th grades

Why? To help children explore pathways to peace and peacemaking through games, arts, crafts, and lots of creative interactivity.

Cost? \$50/per child; maximum \$100/family; camperships available so that no child is turned away for lack of funds

Developing White Racial Literacy

Tuesdays, April 3, 10, 17, 24, 7:00 PM

Led by Rev. Sam Trumbore & Eileen Casey-Campbell

Anti-racism trainer Robin DiAngelo presented three

inspiring workshops at UUA

General Assembly in New Orleans this past June.

They were so good and so educational, Rev.

Trumbore decided to shape them into a class. With Eileen's assistance, Rev. Sam will play recorded selections from each of these workshops with breaks for group discussion and personal response.

The last class will draw material from another excellent workshop that described eight things we can do as individuals and as a congregation to deconstruct white supremacy. The goal of the class is to connect our congregation to the cutting edge work happening in other UU congregations. Note: This class

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, 518-463-7135

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

Seeking: volunteers to help at the Camp

Job and community service opportunities are also available for teachers, young adult interns and teenage pre-interns.

For more information contact Jan McCracken

(representing Albany UU

on Peace Week steering committee)

xxxxxxxxxxxxxx

Inclusivity Insights

Patti Jo Newell

The following is excerpted from the Inclusivity Team's "Assessment for Individuals: Creating a More Inclusive Congregation". Each of us is encouraged to use this tool to participate in the inclusivity work at Albany UU in the privacy of our hearts and minds. This is an opportunity to reflect on our assumptions and perceptions, our actions and habits,

Religious Exploration

Leah Purcell, Director of Religious Education

Emerging Hope and Volunteering in RE

Katie Covie, our Soul Matters RE coordinator summed up our monthly online DRE brainstorm lab on the theme of Emergence. We came to understand a unique quality of emergence. That is, you don't know what is emerging until it has already emerged. You can't fully tell what is coming until it has come! Or to put it another way, being a people of emergence involves doing all we can, trusting the process and keeping an eye out for unexpected opportunities to emerge.

And so it is with our RE program; each spring, I put out a call for volunteers to teach, to guide, to advise and facilitate our Sunday school groups. No one is compelled to volunteer. And everyone knows that our program is dependent on volunteers. Our volunteers come from all different constituents of our congregation: parents of children of any age, empty nesters, those looking for a new way to support the congregation and fulfill their own spiritual and personal development. I trust this process of staffing our Sunday morning program and I hope you do too. I hope you have been keeping an eye out for unexpected opportunities and consider volunteering in RE as on way you can nourish your soul and help change the world.

Leah Purcell's

Top Ten Reasons to Volunteer in RE

10. Learn new skills in a team setting. Each team has at least two experienced volunteers and one or two who are new to volunteering. And I offer coaching to on how facilitate groups of children and youth. New volunteers assist an experienced volunteer a few times before they lead a session themselves.

9. Grow in your own faith. Sunday school is a place where everyone can deepen their sense of being at home with the universe; where they can think about their own experiences and explore what meaning other stories have for them; where they can express joy; and learn skills to carry their values to the wider world.

8. Snacks. Pause for time to gather with the group to enjoy a healthy and tasty snack, relax and chat

7. Have fun with children and youth. Some parents enjoy volunteering in their own child's class; others volunteer with children older than their own, to get a taste of what things will be like in the future. Some

volunteers enjoy working with the youngest children; others enjoy hearing from and guiding older elementary children and youth.



6. Attend Sunday morning religious services too. The REC and I are looking to lighten the load so that each team members can count on volunteering usually twice a month, sometimes once a month.

5. Be a part of a well-organized program. I have an orientation for first-timers in August. Teams organize themselves about who will lead and who will assist each Sunday using a google doc I create. Each Tuesday I send a reminder to each group about who is leading, who is assisting, and what session is coming up.

4. Have an opportunity to be creative, if that's your thing; or follow a plan, if it's not. If you are arts and crafty, you can bring those skills to the group. If not – no worries. The Tapestry of Faith program that we use for most of the groups has several activities each week for volunteers to choose from; I also offer to help volunteers plan their sessions.

3. Create caring communities for children and youth that are unlike any other that are available to them. Sunday school can be a place for each person to bring their whole selves, and be invited into a group where compassion and equity is fostered by trusted adults

2. Be welcomed into our "village". Parents count on our religious community to help them to equip their children and youth with skills they need for a lifetime as religious people.

1. And the top reason to volunteer in RE is...to change the world. *From veteran RE volunteer, Leah Akins* - Teaching RE has been one of the most powerful experiences in my adult life because I get a chance to touch children's lives in way unlike any other teaching experience in that your role is to teach morality, love, compassion, empathy, open-mindedness, sexual awareness.... Their generation has the power to change the world for the better; in my opinion there is no better way to spend your time!

Interested in signing on for this great and happy endeavor? Use the signup sheet in Channing Hall or email or call me. As always, I'm happy to talk with you and answer any questions you might have.

In faithful service,

Leah

and our responses and reactions as they relate to racism and white privilege in general, and to our inclusivity and anti-racism work here at Albany UU.

Remember, while the following suggested actions may be challenging, even painful, these recommendations also represent opportunities for meaningful connection and an invitation to live more fully in the moment. It can be a journey and practice of self-reflection that brings joy and meaning to our lives.

- ◆ Trust: listen to, believe and respect the voices of people of color.
- ◆ Move beyond tolerating difference; open yourself up to being changed through experiences and practices that are deepened and enriched by engaging people of different racial, ethnic, or cultural identities.
- ◆ Intentionally seek to see, hear and understand people from different cultures.
- ◆ Listen and act without imposing your own values and assumptions.
- ◆ Learn about People of Color; read books, see art shows, museum exhibits, music, theater, dance, etc., about and by People of Color.
- ◆ Learn about historical UUs who are People of Color.

- ◆ Use language that reflects what people call themselves.
- ◆ Maintain a respectful communication style without manipulating or being argumentative and competitive.

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—Sign up at the Sign Up Site in Channing Hall

—Call the church office, 518-463-7135

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

manipulating or being argumentative and competitive.

◆ Ask questions when uncertain or unclear about the meaning or assumptions of others.

◆ Be curious about other persons and seek solutions that work across shared

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

interests.

- ◆ Create opportunities to learn about and engage others in conversations across differences.

- ◆ Build relationships, offer support, promote dialogue and interaction, support local efforts.

◆ Do not assume that known groups are primarily white; learn about members who are People of Color.

◆ "Like" relevant organizations on Facebook; subscribe to email lists to be informed of issues and actions.

- ◆ Speak up and confront racism, with friends, family, fellow UUs, committee members. – When confronted about racism, be personally responsible for examining and learning rather than just taking the comment personally.

- ◆ Make efforts to reduce or not to do business with those who consistently support white supremacy.

I Commit To:

- ◆ Taking the responsibility for educating myself about racism and white supremacy culture.
- ◆ Listening to Robin DiAngelo's GA2017 talks (available at <http://members.albanyuu.org/secure2/>).
- ◆ Participating in an antiracism discussion group at

The John Cross Legacy Society
Supporting the good works of Albany UU through planned giving

Albany UU or elsewhere.

- ◆ Participating in local groups such as CAAMI, Black Lives Matter, Showing Up for Racial Justice (SURJ), or other social justice organizations.
- ◆ Including antiracism as part of the discussion at meetings.
- ◆ Taking risks in relating to people across lines of difference.
- ◆ Working to identify racism as it is happening.
- ◆ Keeping my defenses in check when issues about racism are raised.
- ◆ Naming a microaggression when I observe one
- ◆ Seeking to understand and ask questions, rather than disagreeing or agreeing, when People of Color point out racism as it is happening.
- ◆ Being present emotionally when individuals need to express feelings about racism.

An Exercise to Challenge a Prevailing Speech Norm, for Albany UUs Whose Racial Self-identification is White:

Use this exercise as a way to observe habits of signifying race in speech. How often do we include a race descriptor when it has no bearing on the story? What is really being communicated? And how rarely do whites signify race when talking about other whites?

Spend a full day mindfully referring to everyone specifically by race (i.e. Judy, the white woman, I was talking to this white guy....).

Religious Education Spring Calendar for Sunday Mornings

APRIL

Apr. 1 – Multigenerational Easter Service – Nursery/Toddler Room open; no RE Sessions

Apr. 8 – Family Chapel for children in grade 6 and younger; Family Support Group 10:30 – 11:15

Apr. 15 – Regular Sessions of RE

Apr. 22 – Regular Sessions of RE

Apr. 29 – Regular Session of RE; last session of K/1 OWL

MAY

Special programming for children in grades pre-k through 6th grade, starting with Family Chapel May 3

May 13 – Rite of Passage Service, children and youth in 5th grade and older attend the service

May 27 – Multigenerational service, led by Leah Purcell; Nursery/Toddler Room open; no RE Sessions

JUNE

Jun. 3 – Multigenerational Flower Ceremony; Nursery/Toddler Room open; no RE Sessions

Jun. 10 – Multigenerational RE Sunday, Nursery/Toddler Room open; no RE Sessions; Sundae Sunday at Coffee Hour



Our Community

Welcome new members!

Michael Braunstein decided to try church for the very first time when he moved to the Capital Region in 2014. The politics and warm community of FUUSA immediately drew him in, and the rest is history.

Marty Hotvet My family (wife Tina and kids Josh and Kris) were members in the nineties, introduced to “FUUSA” by my boss in the Attorney General’s office, Pete Schiff. He and his wife Nancy are long time FUUSAns and dear friends. I have been in the Attorney General’s office since 1982 when Pete

hired me. I have returned to Albany UU because of the community and values I find here.

Tina Haq is a music student at U Albany, and she identifies as a humanist. She wanted to try out church and found that UU’s tenets and spiritualism agreed with her, so she decided to join up.

Lois Bailey is a humanist, joining Albany UU to be a part of a community actively working to build a better world. She is retired from running the accreditation process for New York’s PreK-12 independent schools and currently works part time for the Center for Spiritual and Ethical Education.

Outdoors, year-round cycling on a recumbent trike is



New members were welcomed to the congregation on March 11, 2018.

her passion – weather permitting. Indoors, it's cooking – during any kind of weather. She aspires to writing a couple of children's books about growing up on a prairie farm and attending a one-room schoolhouse.

Lois is spouse to Bruce, mom to Caryn, MIL to Scott, and Oma to Brooke and Jessica. In August they gather to restore at Unirondack Family Camp.

Peter and Ali Schaeffing moved to Albany in February 2016, shortly before they got married. Ali's family lives in Latham, and that was a big draw--top notch unlimited babysitting for their future kids!

They first came to UU in November of that year. Ali

was immediately drawn to the focus on social justice, interfaith inclusiveness, and welcoming community. She is finishing her PhD in geography this spring, and works as Director of Service Learning at Russell Sage College and part-time sociology faculty at Hudson Valley Community College. She loves winter and outdoor activities, though she has refrained from downhill skiing while pregnant!

When Peter was first at a Sunday service, the words "welcoming all free seekers of truth and meaning" immediately hooked him, as they seemed to fit him well after growing up Catholic, exploring Bahai, and generally knowing religion was important but not knowing in what way or what it meant. He works in impact finance, having started a company that underwrites loans for affordable housing, school facilities, and other community development projects.

Peter and Ali live in the mansion neighborhood downtown. They are excited to welcome a baby girl to Albany UU in just a few months.

Brad Workman and Maria Phillips have been married for 38 years and have a son, Matthew, who lives in Boston with his wife and two children who are 5 and 3. Maria and Brad have been members of UU congregations for the past 10 years, joining Albany UU in June. They enjoyed a sermon by Sam Trumbore at the Saratoga UU about 8 years

Caring Network

If you need the services of the Caring Network, **or to offer your services**, please call or text 518-512-9854 or send an email to caringnetwork@albanyuu.org

To submit your personal Joys and Sorrows for sharing with the church community: write on a yellow card in the service or online at members.albanyuu.org (under Ministry, select Joys and Sorrows).

Caring Network Coordinator: Todd Thomas

ago. So, when it was time to find a new UU community, they decided to join us.

Brad is retired from a career as a process engineer. He now enjoys woodworking in his new shop, continues to run in marathons and is happy that he can snowboard on weekdays. Maria is a semi-retired high tech executive working in her second career as a leadership coach and adjunct professor at Siena College. She enjoys hiking, kayaking and camping with Brad. Maria likes to plan vacations. Their next big trip is a heritage visit to England, Ireland and Wales.

Mark and Liliana Abendroth Mark was a member of the UU society in St. Paul, Minnesota 15 years ago, and he was glad to find Albany UU after moving here from New York City with his wife, Liliana, last summer. He is delighted to live much closer now to his sister and her children in Amsterdam, NY. He is an associate professor of education at SUNY Empire State College and former high school teacher. His favorite hobbies are cross-country skiing and making music. He was a member of the New York City Labor Chorus for six years, has enjoyed singing with the UU choir here, and has organized a new and growing singing group for social justice.

Liliana is a Colombian, naturalized U. S. citizen with no previous religious affiliation. She practiced Qi Gong and Zen disciplines. She studied Tourism Management and worked in travel agencies in Columbia. She also studied Cultural Studies in the US and would like to find a job where her mother tongue, Spanish, is a plus. Liliana enjoys indie movies, concerts, and geopolitics. She also likes cross-country skiing even though she is a beginner. She likes to travel every year to Columbia to visit her family and friends.

Ela and Tyler Kessel started coming to Albany UU about ten years ago. While Ela's work days are spent at Catskill Elementary as school social worker, in her free time she is an avid photographer and enjoys taking all kinds of photos but mostly of her kids Henryk and Zosia. In the summer, Ela along with her husband, Tyler, and their kids travel to Poland, where she grew up, to spend time with family and enjoy the change in scenery. In the past, Ela has volunteered in the Religious Ed program and is now looking forward to serving on the Religious Educa-

tion Council.

Tyler for several years was an advisor for the Senior High Youth Group here at Albany UU. When not teaching literature and composition at Hudson Valley Community College, Tyler enjoys woodworking, skiing, tennis, golfing, and playing chuck-it with the family dog. He also very much enjoys the annual family trip to Poland.

Notes from the Music Director

One of my favorite tasks as Music Director at Albany UU is to bring music and artists of various traditions to our Sunday services. In March we heard Bluegrass songs from guitarist Jeff Wasbes, Abenaki traditional music from Joseph Bruchac, and the Albany UU Choir performing music of Billy Joel, the Beatles, and Johnny Cash. In April we continue to broaden our musical horizons.



On April 1 we observe ancient tradition with the choir singing Gregorian chant in Latin, and also more recent Gospel tradition with "Wade in the Water" and "Go Down, Moses."

On April 8 we celebrate the 10th anniversary of our new building with our resident ensemble the Helderberg Madrigal Singers performing music by Palestrina and Henry Purcell, and our choir singing Brian Tate's setting of the Buddhist mantra "Gate gate." Choir and congregation together will sing our words for lighting and extinguishing the chalice, which I have set to music for the occasion.

On April 15 we remember Harriet Tubman and other heroes in the struggle for freedom and equality.

On April 22 we celebrate Earth Day with the choir singing "Wondrous Cool, Thou Woodland Quiet" by Johannes Brahms, Spanish-language songs by Victor C. Johnson, and Rollo Dilworth's setting of "In Time of Silver Rain" by Langston Hughes.

On April 29 we welcome a very special guest: Ruth Cunningham, a founding member of Anonymous 4, who sings and accompanies herself on medieval harp. Ruth will lead a Sound Healing Workshop that same afternoon at 1:30 in our Community Hall. For more on Ruth and the workshop, see the flyer at the end of the newsletter.

Circle Dinner, May 12

Sign up now to join us at the next Circle Dinner on Saturday, May 12! You can fill in one of the sign up sheets posted in Channing Hall or sign up online using this link:

<http://members.albanyuu.org/wp/circle-dinner-sign-up/>

The deadline for signing up is April 29, 2018. For more information about Circle Dinners, go to <http://albanyuu.org/events/circle-dinners/>

Save the date: June 16

Mannings' 50th anniversary celebration

Barb and Chuck Manning invite Albany UU to join them for an open house celebration of their 50th wedding anniversary on Saturday, June 16, from 3:00– 5:00 pm in Channing Hall. Details will follow when we get closer to the date.

New art show in Channing Hall

The quilts on display in Channing Hall are made by Tina Raggio, an Albany UU member since 1979. Due to scheduling challenges there's no 'meet the artist' reception for Tina—but she'd love to talk to you about her work, so call her if you have questions!

Walker Book Group

Join the Walker Book Group for a potluck and book discussion on Sunday, April 8, 2018 at 5:30 pm in Channing Hall. Newcomers are always welcome.

Bring a dish to share for our welcoming supper, which is followed by a lively discussion of the book of the month. Participants frequently bring their own tableware and a small contribution to cover beverages.

The April book is "Commonwealth," by Ann Patchett. NPR commentator Annalisa Quinn says in part: "Commonwealth is an unassuming book about the life of a family. But it prompts the kind of evaluations that books about the great and unfamiliar don't. It is the kind of book that makes you think not of great adventures or faraway places but your own modest choices, and crooked shots at forming a life that suits you. How to make a life? How to make a family? These are, after all, the real questions, the momentous choices. It is an existential book and an

ordinary one." [https://](https://www.npr.org/2016/09/17/493003934/commonwealth-doesnt-need-big-drama-to-draw-us-in)

www.npr.org/2016/09/17/493003934/commonwealth-doesnt-need-big-drama-to-draw-us-in

Stay tuned for announcement of May's classic book and June's short stories.

Contact Linda Hunt at xxxxxxxxxx for further or questions.

Albany UU Humanists

Tuesday, April 17, 7:00 PM.

The Albany UU Humanists normally meet on the third Tuesday of the month at Albany UU. We discuss topics applicable to Humanism. Topics are decided by those present at the previous meeting. Look for details in upcoming issues of Weekly Preview and Sunday announcements, and on the Church DB humanist email list.

We welcome all, particularly those with any interest in agnostic humanism, atheist humanism, religions humanism, spiritual humanism, secular humanism, or you name yours.

To join the email list go to members.albanyuu.org, ChurchDB Member Login. Log in, or create a password if you are a new user, click Groups, and add your name to the Albany UU Humanists. Or you may contact Don Odell (odell.don@gmail.com, (518) 482-4574), or the church office for assistance.



For further information on Humanism in Unitarian Universalism, please go to the UU Humanists website at <http://huhumanists.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>.

Rowe's Summer Youth Camps

The Rowe Center holds one-to-three week summer camp sessions for young people ages eight through 19 from June until mid-August. Rowe Camp is a unique and magical place. Nestled into the side of Mount Adams among maples, oaks, and hemlocks, the summer camp is a place for fun, exploration, and acceptance of oneself and others. Youth at Rowe are honored and empowered through programming that embodies and balances individual freedom and responsibility to the community in a fun, relaxed, cre-

ative environment. The goals of Rowe Camp are to create a sense of community and safety, to use the environment as a learning tool, to let campers explore who they are and their relationship with others, to use art for expression, and to develop spiritual awareness and appreciation. We hope you will join us! Camp Fees are figured by sliding scale and camperships applications are available. To learn more about the youth camps, please visit www.rowecenter.org.

UU Weekend at Silver Bay: 25th anniversary edition

Who says the cost of everything keeps going up? Here's your chance to beat inflation! Register from now until May 25th for UU Weekend at Silver Bay on Lake George from October 12-14, 2018 at the 2016/2017 rates!!!! AND, first-time visitors to Silver Bay receive an additional 10% discount!

Remember – the weekend is all-inclusive – meals are provided at Silver Bay's NEW dining hall... from Saturday morning through Sunday lunch. Want to upgrade your lodging? Sign up for a new premium room above the dining hall!

Make UU Weekend the eagerly awaited highlight of your fall season! This retreat conjures up images of stimulating workshops, 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: Tai Chi, Star Island Bead Making, "Meet the World-Wide Goddess," Social Media - Facebook, Twitter, and Instagram. Please let Andrea Ricard know if you have an idea for a workshop! The weekend also includes a separate schedule of activities for the kids.

The Morse Code band will also be returning and our evening entertainment will feature the Tamarack Band <http://www.tamarack-band.com>.

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 (and new) 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 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 with kids' programs for all age levels.

Social Justice

Overflow Shelter meals

A big THANK YOU to all the Albany UU members and friends who helped this past winter creating delicious and nutritious meals. The meals created in the Albany UU kitchen feed up to 25 homeless men who have found shelter at the nearby Lutheran Church. This current 'meal year' ends in mid-April.

It takes a team to create these meals and I am so glad I was part of this team!--Patty Burch

Green Sanctuary notes

Last year about this time, I drafted something for Windows that I called "This I Believe." I urged everyone to do what they could to prevent climate change. The truth of the matter is that, though each of us individually can feel ourselves unable to deal

with the potentially disastrous situation of global warming, together we can make a difference. Last year, the Green Sanctuary Committee (GSC) prepared a year-long pledge (the Do More Pledge) for the congregation to sign, and many of you did. At present, the GSC is following up on these pledges. We are pleased with the efforts the congregation has made.

This has been an active year for us on green issues. Many of you marched in protests or attended meetings on issues such as the proposed Sheridan Hollow micro-grid. Many of you sent monetary contributions to environmental agencies. Many of you wrote letters, signed petitions, and lobbied to express your approval or objection to actions taken by State and Federal governments. Some of you have purchased electric vehicles, added solar panels to your roofs or installed efficient appliances. Some of

you started to compost or added a garden. All of you brought recycling in to Albany UU's recycling center. Some of you have just plain talked more about environmental issues. You never know when a comment like, "Gee, I wish I could have a hive of bees," or "Maybe my residence should have solar panels" will be acted on by others. We can all be teachers -- never knowing when a kind but casual remark or action can stir someone else to action.

No. No one person can do it all, but together we can make a difference. And we are! Deeds by a community can and should be attributed to all in a beloved community. (You can always trust a good UU.) But, just because the pledge year is almost over, don't stop what you are doing -- continue to DO MORE. A battle may seem uncertain but hope and perseverance may turn it around. As the great Bob Marley wrote:

Live for yourself, you will live in vain,/ Live for others, you will live again. ... Pass it on, pass it on.--
Betsy Wright

Focus Food Pantry

Volunteer opportunities await for those who would like to work at the Focus Food Pantry that is housed at the Emmanuel Baptist Church, State Street in Albany. The Food Pantry is open Mon-Fri from 10am-1pm. If you have the time they would love your help!

Please contact the Pantry Volunteer Coordinator Belinda Quaye at belindaq@focuschurches.net. If you have any questions and would like to know more about helping at the Focus Food Pantry before contacting Belinda contact Patty Burch at

xxxxxxxxxxxxxxxxxx

Thank you in advance for your interest!--Patty Burch

Raise your voice for End of Life Choice – NOW

The practice of medical aid in dying – supported by UUs for decades – allows terminally ill, mentally capable adults to ask for and receive medication they can self-administer for a peaceful death should their suffering at the end of life become unbearable. In the past two years, support for medical aid in dying has grown by leaps and bounds both in New York and across the country. Currently, 6 states and DC have laws authorizing it, more than 20 states – including New York – have proposed legislation, and

10 state medical societies have shifted their positions from opposed to neutral. New York's Medical Aid in Dying Act, tripled its number of co-sponsors in the past year, to 24 in the Assembly, including Phil Steck from the Capital Region, and 5 in the Senate. The Act has been endorsed by a growing number of statewide organizations, and has motivated the Medical Society of New York and the NYS League of Women Voters to poll their members on the issue.

Your voice matters! Put April 23 on your calendar and plan to join UUs and others from across the state to show your support for expanding New Yorkers' end of life choices. Plan to attend Lobby Day at the Capitol to show lawmakers that New Yorkers care about this issue, and that it is time to act. For details, email NY@compassionandchoices.org or contact one of us.

You are also invited to Death with Dignity Albany's April 3 meeting at the Colonie Library from 12:15 to 2:00. It features two speakers on the topic of Positive Aging: Adding More Life to Your Years, Susan Harris, Ed.D. and Ellen Cole, Ph.D.--Thayer Heath, Dave Munro, Nancy Willie-Schiff

"Cuomo: Walk the Talk on Climate!"

Statewide March and Rally, Monday, Apr. 23

March starts at 12:00 noon in front of the steam plant, 79 Sheridan Avenue, Albany. The march ends with a rally at 1:30pm in West Capitol Park, and a follow-up rally at 3:00pm inside the State Capitol on the "Million Dollar Staircase". We will demand the following: 1) Stop all fracking infrastructure, 2) 100% renewable energy, 3) Make corporate polluters pay. The event is sponsored by Sheridan Hollow Alliance for Renewable Energy (SHARE) along with Food and Water Watch, and the Powerhouse Residence Community Association. Contact Sandy Steubing for more information (ssteub@gmail.com). AlbanyUU is a sponsor of SHARE and has pledged support for all of SHARE's activities on behalf of the people of Sheridan Hollow. RSVP for the march at CuomoWalktheTalk.org. Sponsored by the Green Sanctuary Committee.

Sounds of Transformation

A Sound Healing Workshop with Ruth Cunningham

Learn to use the voice and music as tools for personal transformation, creativity, and connection to spirit. This workshop will introduce practices of humming, toning, chanting, mantras, and simple improvisation—tools that can be used in creating a daily sound practice to continue after the workshop. We will explore new ways of experiencing music and how to use music and sound more effectively in daily life. In addition to sound the group makes together, Ruth will improvise with voice, medieval harp, and flute, to create music specific to the occasion and the group of people gathered.



Date Sunday, April 29, 2018

Time 1:30–4:00 PM

Price \$20

Location Albany Unitarian Universalist,
405 Washington Ave., Albany NY

Reservation required, space limited.

To reserve your place Call 518-463-7135 or send email to registration@albanyuu.org. Bring payment to the workshop.

Ruth Cunningham is a classically trained musician, a sound healing practitioner, and a founding member of Anonymous 4. She has performed all over the United States and internationally and is certified as a cross-cultural music healing practitioner by the Open Ear Center, where she studied with Pat Moffitt Cook.

For more information and sound samples go to www.ruthcunningham.com.

Albany Unitarian Universalist

405 Washington Avenue, Albany NY 12206 | 518-463-7135 | www.albanyuu.org

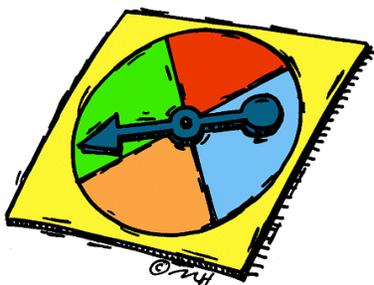
Multigenerational Dinner and



Friday, April 13

(rescheduled from March 2)

TAKING THE 'BORED' OUT OF BOARD GAMES



Bring your favorite game and bring a friend!

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

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

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

- Dinner starts at 5:30 PM;
- Games will be played from around 6:00 to 8:00 PM; toddler-friendly activities too
- Come to either or both

Contact Us

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First Unitarian Universalist Society of Albany

Phone: 518.463.7135

Address: 405 Washington Avenue, between Robin Street and Lake Avenue, Albany, New York 12206

Main entrance is on Washington Avenue. Rear entrance is on West St. Both have ramp access. The building is fully handicapped accessible.

Parking: Parking is available on the street. On Sundays (and for some special events) Albany UU has permission to use the University at Albany's Hawley Parking Lot on Robin Street at Washington Avenue.

Office hours

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

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

Websites

General: www.AlbanyUU.org

Resources: www.members.AlbanyUU.org

Building use

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

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

Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

Religious Education Council, 1st Monday

Social Responsibilities Council, 3rd Sunday

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

Editor: Amy Lent

Send submissions for all publications to:
Windows@AlbanyUU.org or to the church office.

Publication deadlines

Preview email: 9:00 a.m. Wednesdays

Order of Service: 9:00 a.m. Thursdays

Windows: 9:00 a.m. 3rd Friday of the month

First Unitarian Universalist Society of Albany

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