

# Summer Sundays

## at Albany UU

June-September 2019

### 9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

### 10:00 a.m. SERVICE

In Community Hall, refreshments afterward

## June

### June 16 “Thriving Amidst New Abnormal,” Rev. Chris Antal

Faced with a disturbing reality in which things are not getting better, what value might spiritual disciplines bring to our lives?

*Rev. Antal was ordained by Albany UU in 2011. Since then, he served a tour as an Army chaplain in Afghanistan, and earned a doctorate from Hartford Seminary.*

Music: Ann Brandon

### June 23 “Should there be Limits on Religious Freedom?” Rev. Dick Gilbert

Today religious freedom is being increasingly invoked in problematic moral situations: parents who refuse to have their children vaccinated; merchants who won't serve same sex couples; congregations which want to endorse political candidates. What is the meaning of church-state separation in this context? What does this say about Unitarian Universalism as we know it?

*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: Randy Rosette

### June 30 “Life is a Labyrinth,” Rev. Amanda Poppei

So often we imagine that life is like a straight line—but in reality our lives are much more like a spiral, including those lessons that repeat over and over again when we think we should get a break from them already! Using the image of a

labyrinth as a starting place, Rev. Amanda will explore the constancy of change, and how we can find ourselves transformed...even when we feel like we are facing the same darn thing.

*Rev. Poppei is a Unitarian Universalist minister as well as a certified Ethical Culture Leader, and has a strong background in interfaith work. Serving as President of the Unitarian Universalist Humanist Association, Amanda is also a co-founder of the Humanist Clergy Collaboratory.*

Music: Alyssa Yeager

## July

### July 7 “Soft and Strong,” Viola Abbitt

Our day to day existence is faced with many challenges. To deal with them, we need to exhibit a certain amount of internal strength. But, we also need to be able to find that softness within ourselves which will allow us to love and find human connection, because, ultimately, what would the world be without it? Come, and explore what it means to be both soft and strong.

*Viola (Vee) Abbitt is a candidate for the Unitarian Universalist ministry and just finished a two-year internship at the Unitarian Universalist Society of Greater Springfield in Massachusetts, Vee has previously worked at Albany UU as a Summer Services Coordinator.*

Music: Al DeSalvo

### July 14 “Ten Lessons I Learned from Pete Seeger,” Pat Lamanna

Pat Lamanna had the privilege of getting to know Pete Seeger at a weekly peace vigil they both attended. She

### Services continued on reverse

*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 (518-463-7135) or at our resource page:  
[www.Members.AlbanyUU.org](http://www.Members.AlbanyUU.org)*

### Summer Session for children and youth, 10:00 a.m., June 16– Sept. 1

The nursery/toddler room will open at 9:45 with paid childcare staff.

Children are invited to meet for activities in Room 24/25, youth are invited to help or attend service. No registration required.



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paints a picture of this remarkable man (who was a UU) through his songs, his words and stories about his life. 2019 is Pete's centennial year, born May 3, 1919, so a good time to celebrate the life of this American icon.

*Pat Lamanna is co-chair of the Social Justice Committee at the UU Fellowship of Poughkeepsie, and an award-winning singer-songwriter.*

**July 21 "To Heal or To Heel – THAT is the Question! Where Do We Find Our Truth?"** Rabbi Norman Mendel

Standing at a conveyor belt of fact and fiction. Our task is to sort out one from the other- HOW?

Rabbi Mendel is presently serving as part-time Rabbi at Temple Beth El in Glens Falls after fifty years of rabbinic service in the United States and abroad. He has focused on the importance of interfaith dialog and has taught collegiate –level Judaism, World Religions, Biomedical Ethics and Social/Political Philosophy.

Music: Alyssa Yeager

**July 28 "Transforming Play,"** Eileen Casey-Campbell

Let's explore how play can be a spiritual discipline for us, and the playful perspective of a child might help us envision a new path into our own whole and creative selves. Perhaps play can even transform a hurting world.

*Eileen Casey-Campbell is a candidate for UU ministry and the contract minister at the Unitarian Universalist Church of Canandaigua. Her heart is pulled by the ways we are called to work, play and love together to build up a world that is healed and whole. After an internship at Albany UU in 2017-18, she is filled with joy to return for this Sunday.*

Music: Elena Karpoff

## August

**Aug. 4 "What I Learned on My Sabbatical,"** Leah Purcell

As part of Leah's sabbatical, she visited four UU congregations of different sizes, in different parts of the country, and each with its own story. Come hear their stories. You're also invited to stay for a brief discussion afterward to ask questions about these congregations and respond to the question, "What is the story of Albany Unitarian Universalist?" Children are welcome and encouraged to attend the service and/or discussion. Busy bags will be available.

*Leah Purcell, Director of Religious Education and Family ministries at Albany UU since 2007, received her RE UUA credentialing in 2011. Leah contributes on the LREDA 21st Century Fund Grant Committee and as a mentor in the credentialing program through the Unitarian Universalist Association.*

Music: Ann Brandon

**Aug. 11 "The Will of Earth,"** Chris Bystroff

The Earth is an organism that lives and breathes. It is the Creator of all life, the final arbiter of the survival of species, infinitely knowledgeable. She communicates with us, the sentient species, in a language we can read only through the lens of Science. What is She saying now?

*Chris is a professor at RPI, teaching courses in molecular modeling, bioinformatics, and human population. His lab is currently working on a contraceptive vaccine. Chris is a member of AlbanyUU, sings in the choir and is former chair of the Green Sanctuary Committee.*

Music: Elena Karpoff

**Aug. 18 "Eldering: A Way of Growing Older,"** Rev. Tom Chulak

Last September, Rev. Dr. Tom Chulak turned 70. As a way of celebrating this milestone, he decided to become more intentional about this stage of life. In this service, Tom will celebrate and share with you my discoveries on the path to not just being elderly but becoming an elder.

*Tom Chulak is a life long UU, retired UU minister, and member of Albany UU who together with his wife Nicole, owns the Chatham Bookstore.*

Music: Al DeSalvo

**Aug. 25 "The Experience of Wellspring"**

Our congregation supported nineteen people through Wellspring journeys this year. Come and hear what sources of inspiration they found.

## September

**Sept. 2 "In God we Trust—All Others Pay Cash,"** Diane Cameron

In our culture, money is one of our most taboo topics. We all need it, we want it, yet we're not sure when it's OK to talk about it. Money has great power, and that power infiltrates our wisdom and spiritual lives. Diane will be speaking about her latest research on money and spirituality.

*Diane is passionate about advocacy for people living in poverty and for family caregivers. She is a director at Unity House in Troy and a spiritual coach and retreat leader.*

Music: Randy Rosette