

Albany UU

Virtual Summer Sundays

June-September 2020

8:30-9:15 am MEDITATION

Mindfulness Meditation with Rev. Sam

10:00 am SERVICE

Use this link to join meditation and service:

<https://tinyurl.com/AlbanyUU-SundayService>

To dial in by phone call: 1-929-436-2866 and enter

Meeting ID: 299 018 7785

Password: 0000

June

June 21 “Who Are You?” Dan Miyake

We make instant assessments of other people based on their clothing, accent, mannerisms, demeanor, age, and other factors within just a few seconds of meeting them. In a way, we create that person's identity in our minds before we ever, if ever, get to know them - the real person. It is our assumptions of what we think someone should be like that is often projected onto them, instead of us allowing that person to reveal who they are. Can we truly see another person's true soul without making judgments and assumptions?

Music: Elena Karpoff

June 28 UUA General Assembly Worship Service

Join us virtually for the largest annual gathering of UUs joining in worship.

July

July 5 “Sharing the Spirit,” Joseph Bruchac

In our Native American communities, it's often said that sharing is one of our most sacred duties-- a sharing of food and shelter, a sharing of kindness towards each other, a sharing of song, of giving thanks and prayer. Joseph's service will begin with a traditional opening prayer of thanks to all Creation and including some music on drum and flute.

An enrolled member of the Nulhegan Abenaki Nation, Dr. Joseph Bruchac is a traditional storyteller and musician whose over 170 books for young people and adults include Keeper of the Earth, Thirteen Moons on Turtle's Back and Our Stories Remember.

Music: Alyssa Yeager

July 12 “Ongoing Transformation: Notes from UUA General Assembly”, Rev. Sam Trumbore

Though the Unitarian Universalist Association was not able to gather physically in Providence, Rhode Island, we were able to meet virtually using Zoom technology. Even with UU musicians and youth leaders boycotting the service, General Assembly still happened, important business got done, the yearly ritual services like the Services of the Living Tradition and the Synergy Bridging service occurred, workshops were offered, and UUs from around the country and around the world connected with each other. Come hear from a few who attended what they are bringing back and Rev. Sam's observations, and President Patti Jo Newell's ideas about how we can participate in the ongoing transformation of UUism.

Rev. Sam Trumbore has served as minister of Albany UU since the fall of 1999. Before coming to Albany UU, he served a small Fellowship in Port Charlotte, Florida for six years. He is married to Philomena Moriarty and they have an adult son Andrew.

Music: Elena Karpoff

July 19 Wellspring Highlights

Wellspring offers a place to explore and choose for yourself what's important for your body, mind and heart. Together we set out on a journey of deep listening and compassionate connection, along with some laughter and fun along the way. Attendees from both the Sources and Sacred Arts program will be presenting!

Music: Elena Karpoff

July 26 A Kaleidoscope of Time and Space,” Sigrin Newell

We Americans tend to think of time as something fixed, something from which we cannot escape, an ever-present part of our daily lives. As the pandemic shut-downs have demonstrated, we have equally strong opinions about personal spaces and public spaces. That time and space might be experienced in any other way seems unnatural and strange. Yet other cultures envision both time and space in radically different ways. In a global world, these unconscious expectations frequently clash,

*Summer services are coordinated by
Randy Rosette.*

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causing problems for tourists, business people, and politicians. Exploring differing views of time and space adds depth to our practice of UU principles: accepting one another and believing in the dignity of every person.

Dr. Sigrin Newell has been active with Albany UU for more than 30 years. She has given many sermons, sings in the choir and is the music librarian. She retired from Walden University, a distance-learning graduate school where she taught students earning their PhDs in education.

Music: Alyssa Yeager

August

Aug. 2 “Threatened with Transformation,” Rev. Dr. Tom Chulak

Life is filled with threat. It is all around us. There are threats of all kinds, including the coronavirus. The way we deal with threat impacts the way we deal with life. At the heart of Unitarian Universalism are principles but maybe even deeper is a belief in transformation in a time of threat. This service will affirm our way of being religious.

Tom is retired Unitarian Universalist minister and member of our congregation. He lives in Ghent with his wife Nicole. Together, they own the Chatham bookstore.

Music: Elena Karpoff

Aug. 9 “Socially Engaged Buddhism,” Rev. Sam Trumbore

One common critique of Buddhism is that it doesn't promote social change. The practice of meditation is focused on individual liberation rather than collective salvation. The interaction of Christianity and Buddhism has given rise to socially engaged Buddhism that is taking root in both the West and the East.

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Music: Elena Karpoff

Aug. 16 “Under a Moral Microscope: Pew, Pulpit and Politics 2020,” Rev. Richard S. Gilbert

The “perfect storm” of the Coronavirus Pandemic, economic collapse and racial unrest has served to bring into bold relief dimensions of American culture that were already

there. While we bemoan this storm, it provides a unique opportunity for clarification of our national values. Sunday I will attempt to focus a “moral microscope” on the USA today from a Unitarian Universalist perspective.

Rev. Dick Gilbert, retired UU minister, has published books on faith development, social justice and meditations. He is currently working on a book entitled: No Consorting with Angels: the Spiritual Life of Susan B. Anthony. He lives in Rochester with his wife Joyce.

Music: Randy Rosette

Aug. 23 “Our Adaptive Challenge,” Rev. Chris Antal

What kind of a world is emerging from this pandemic, and what might we do to make it a better one? Learning to distinguish technical problems from adaptive challenges is an important step.

Rev. Antal was an Albany UU intern from 2009-2010 and ordained in 2011. Since then he worked as an Army chaplain, a congregational minister, and a hospital chaplain in the Department of Veterans Affairs, adapting to many challenges along the way.

Music: Elena Karpoff

Aug. 30 “Is Doing Your Best ... Good Enough?” Rev. Sam Trumbore

Dr. Conrad Trumbore (Rev. Sam's father) has a favorite expression: “Do your best and to hell with the rest.” Doing “your best” is a common admonition today that is remarkably free of context. Do what best? How do we define what one's best is? And is one's best ... good enough ... as compared to what?

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Music: Elena Karpoff

September

Sept. 6 “What is New & What Never Changes,” Diane Cameron

At Labor Day we think about the start of a new year. It's the time of choosing a new direction, making new plans, and making time to learn new things. After a summer of so much change in all parts of our lives, let's look at what is new and what never changes.

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