



What is Unitarian Universalism

Unitarian Universalism is a living, evolving faith grounded in love and shaped by our shared search for truth and meaning. We are people of all ages, backgrounds, and beliefs—brave, curious, and compassionate thinkers and doers. Together, we create spiritual community beyond boundaries, working for more justice and more love in our own lives and in the world.

Our faith draws from heritages of freedom, reason, hope, and courage, and is rooted in a foundation of love. As Unitarian Universalists, we covenant with one another—within our congregation and across our wider Association—to support and strengthen each other in our ministries and shared work.

Sundays at Albany UU

- 8:30 **Mindfulness Meditation:** *Online*
- Online only, except for 2nd Sunday
- 9:00 **Mindfulness Meditation:** *B8*
- In person only on the 2nd Sunday
- 10:00 **Service:** *Community Hall*
- Programs for Children & Youth: Nursery opens at 9:45, youth go to classes, while other ages attend first part of service with their family.
- 11:00 **Coffee Hour:** *Channing Hall*
- Beverages and fellowship, activity sign-ups

Parking: Anytime on the street; and on Sunday in the University at Albany's Hawley lot (Washington Ave. & Robin St.)

Wheelchair entrances: Washington Avenue and West Street

Office Hours: Mon.-Fri., 9:00 – 3:00

Office phone: 518-463-7135

Office email: administrator@albanyuu.org

Minister's email: revann@albanyuu.org

Albany Unitarian Universalist
405 Washington Avenue
Albany, NY 12206



Albany UU

a welcoming congregation



Welcome to Albany UU

Rev. Ann Kadlecck, Minister

www.albanyuu.org





UU Values

Love is the power that holds us together and is at the center of our shared values. These values are inseparable and deeply interconnected:

- **Interdependence** – We honor the interdependent web of all existence and recognize our place within it.
- **Pluralism** – We affirm that all people are sacred beings, shaped by diverse cultures, experiences, and theologies.
- **Justice** – We work to build diverse, multicultural Beloved Communities where everyone is welcomed and can thrive.
- **Transformation** – We remain open to growth and change, adapting to a changing world.
- **Generosity** – We cultivate gratitude, hope, and care for one another.
- **Equity** – We affirm the inherent worth and dignity of every person and their right to flourish with love and compassion.



Programs for Children & Youth

Albany UU offers welcoming, supportive opportunities for children and youth to explore shared Unitarian Universalist values in a fun and caring community. Our programs make space for curiosity, big questions, and multiple perspectives, supporting young people as they engage with their spiritual and ethical selves and their relationships with others and the world. Programs are created and carried out by staff in partnership with dedicated volunteers, with safety, inclusion, and community at the heart of all we do.



Social Justice & Advocacy

At Albany UU, we are committed to building a just and inclusive community. Our social justice teams partner with local organizations to support children and families, care for the environment, and advocate for public policies that reflect our UU values. Our Inclusivity Team works to break down divisions and embrace the diversity of our congregation and community, striving for a beloved community free from oppression. Together, these efforts invite everyone to participate in creating a more just, compassionate, and interconnected world.

Music Ministry

At Albany UU, music is a shared ministry—one that brings people together with creativity, and care. We believe our music helps us connect to one another, to our deepest values, and to the wider world we are called to serve. Rooted in collaboration and guided by love, our choir, instrumentalists, soloists, ensembles, and congregational song create music that invites participation while supporting worship and deepening spirituality.

We welcome all who make music or those who have had music in their heart and would like to try creating it again.