

Summer Sundays

at Albany UU

June-September 2016

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward

June

June 19 "Charity AND Justice," Rev. Jim Ketcham

The theme for this Sunday's service is based upon these words taken from Talmud 303: "Do not be daunted by the enormity of the world's grief. Do justly now, love mercy now, walk humbly now. You are not obligated to complete the work, but neither are you free to abandon it." *Rev. Jim Ketcham, a self-described "ecu-maniac," is the executive director of FOCUS Churches, and is an American Baptist pastor.*

Music: Ann Brandon

June 26 "My Darling: A Love Affair With the Divine," Rev. Ian White Maher

An exploration into what it can mean when we fall in love with the sacred ground of our being. *Rev. Ian White Maher is founding pastor of Original Blessing, in Brooklyn, NY. He hosts two podcasts exploring the devotional life (www.ianwhitemaher.com.)*

Music: Alyssa Yeager

July

July 3 "Fallen Rock Zone," Vee Abbitt

We see signs with these words on the highway all the time. Are these markers of events past, or harbingers of things to come? How much should you worry about the "fallen rock zones" you pass through on the road...and in life? *Vee Abbitt is an attorney who works as an advocate for children, a member of Schenectady UU, a student at Meadville Lombard Theological School, and an aspirant recognized by the UUA.*

Music: Sean Obach

July 10 "Peace, Privilege and Pain," Rev. Chris J. Antal

Privilege often shields us from pain. Yet to heal from war and create peace we must be willing to remain with and carry our fair share of pain. *The Rev. Chris J. Antal was ordained at Albany UU in 2011. After serving five years as a military chaplain, he resigned in protest of U.S.*

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 19– Sept. 4

In Summer Session we offer a place for children of many ages to be together to play, hear stories, sing songs and engage in art and Maker-space Workshops while the adults attend the service. Youth are invited to help or to attend services. Childcare for infants and toddlers will be provided by our paid staff. We use the large, air-conditioned rooms upstairs.

Each week of Summer Session is "stand alone" so you can bring your child whenever you like. Visitors are always welcome.

We'll need volunteers each week in the summer to assist the Maker-space leader and lead and assist the "Free Play room" Contact Leah Purcell or sign up at <http://vols.pt/H4kimg>



The summer services are coordinated by Vee Abbitt.

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

Services continued on reverse

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August

Aug. 7 "Poetry as Spiritual Practice," Philomena Moriarty

For centuries we have used poetry to connect with our spiritual selves. Words matter. Words tug at our souls. Words from the Psalms to the poems of Mary Oliver resonate with something deep inside of us. This service will be a celebration of poetry to help us rediscover the poetry within. *Philomena Moriarty uses mindfulness and other spiritual practices in her writing process, and views poetry as a spiritual practice.*

Music: Randy Rosette

Aug. 14 "American Politics: A Unitarian Universalist Response," Rev. Tom Chulak

We are in the midst of a Presidential Campaign that is challenging the whole country. This Sunday, I would like to respond to what is happening from a Unitarian Universalist perspective. *Rev. Tom Chulak is a retired Unitarian Universalist minister, and a member of Albany UU.*

Music: Ann Brandon and Randy Rosette

Aug. 21 "My Life Flows on in Endless Song," Sigrin Newell

We describe our lives in many ways. Life is a messy closet, a neat row of scrapbooks, a road. We could compare our lives to a musical composition. As we quest for meaning in our lives, the metaphors we use shape our experience. An educator, *Sigrin Newell has given numerous sermons during her 30 years at Albany UU, and led nature walks and sessions focused on adult sexuality, botany, and Goddess spirituality at UU Weekend.*

Music: Al DeSalvo and Kathy Harris

Aug. 28 "One Cell in the Body of Unitarian Universalism," Rev. Eve Stevens

As Unitarian Universalists, we spend a lot of time thinking about the individual search for truth and meaning. What does it mean to be on an individual journey in community? If it's all about finding our unique path on our own, why do we even need spiritual community? Join us as we explore these ideas. *Rev. Eve Stevens is the minister at the UU Church of Utica.*

Music: Al DeSalvo and Chris Bystroff

September

Sept. 4 "Moral Movements" Rev. Emily McNeill

Labor Day is more than just the end of summer. It's an important occasion to honor the labor movement's contributions to society and to recommit to work for economic justice. This is work that must engage our deepest moral commitments. *Rev. Emily McNeill, lead organizer of the New York State Labor-Religion Coalition, was ordained in the United Church of Christ and holds an M. Div. from Union Theological Seminary.*

Music: Ann Brandon

policy regarding armed drones, nuclear weapons, and preventive war. He currently serves as the minister of the UU Congregation at Rock Tavern and as chaplain at the Philadelphia VA Medical Center.

Music: Randy Rosette

July 17 "Wellspring," Ann Lapinski & Mary Myers
Come to the annual Wellspring service and listen to reflections of how this spiritual deepening program has impacted the lives of some of the members who participated this year. We will also hear from someone who took the introduction course years ago and has continued the journey of spiritual deepening with advanced levels of Wellspring classes. *Ann Lapinski and Mary Myers are both long-term members of Albany UU and both participated in the Wellspring introduction course before co-facilitating this year.*

Music: Elena Karpoff

July 24 "Coming Home: Baseball and American Spiritual Life," Diane Cameron

Home is where we can be safe in both baseball and in our spiritual lives. Hear about the spiritual lessons of baseball and consider the power of memory, passion and spirituality embedded in America's greatest pastime. *Diane Cameron, a writer and teacher, works as the Development Director at Unity House in Troy. Diane is the author of two books, Out of the Woods about women in 12 step recovery, and a memoir, My Mother's Donald about war trauma and families.*

Music: Al DeSalvo

July 31 "You Are Not Alone: Curing Invisibility," Deb Morgan Bennett

We all have times in our lives when we may feel lonely, but when those feelings turn into a persistent state, that experience may take us into a perpetual habit of living invisibly. This Sunday hear Deb as she explores three lessons in "curing invisibility" and invites us to: "find someone who thinks they are alone and convince them that they are not." *Deb Bennett is a student at Starr King School for the Ministry, and will be an intern minister beginning this fall. She is a member of Pittsfield UU Church where she leads services monthly.*

Music: Alyssa Yeager