

**We welcome everyone. Our Unitarian Universalist community seeks truth and deeper meaning, pursues justice through inspired action, and cultivates compassion and love for all connected by the web of life.**  
*Mission statement, adopted May 18, 2014*

**Accessibility-** Large print and braille hymnals are available, as are hearing assistance devices. Please see an usher if you need either of these.

**Chalice-** The flaming chalice symbolizes the light that guides us in our spiritual and humanitarian path. During World War II it became a symbol of risk, service and freedom that has been widely adopted by many UU congregations.

**Introducing Guests and Visitors-** We would like to get to know you, and suggest that you take the opportunity to introduce yourself. An usher will bring you the microphone.

**Joys and Sorrows-** You are welcome to share your life's milestones with the congregation, even if this is your first visit. One way we do this is to place a stone in the bowl, symbolizing giving your joy or sorrow to the congregation to hold with you. If you choose, you may also speak it at the microphone. We have Pastoral Care Associates on duty who are trained in compassionate listening if there is a sorrow or a trauma in your life that you wish to talk about today. You may also email [listeners@albanyuu.org](mailto:listeners@albanyuu.org) or phone (518-463-7135).

**Children** Your children are welcome to stay with you in service, or be with a group of children around their own age under the supervision of screened adult volunteers (two per group). Childcare is available in Room 22 for children three and under during most services. See the easel sign in the lobby or inquire at the Sunday Morning Office Window or Welcome Desk for more information. Most weeks, children and youth go to their groups after the Wisdom Story in service, and someone will be available in the hallway at that time to assist you and your family.

**You are welcome to participate** in any of the classes, programs and activities offered by our congregation. Please fill out a guest card at the Welcome Table in the lobby to learn more.

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### **Albany Unitarian Universalist**

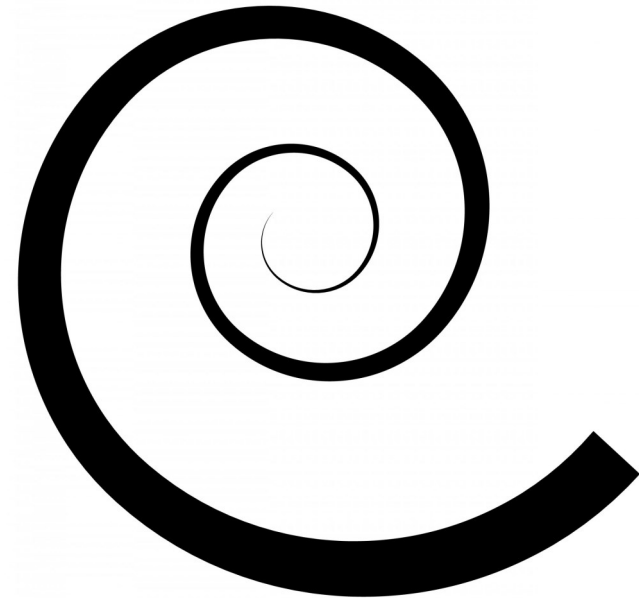
405 Washington Avenue, Albany, New York • [AlbanyUU.org](http://AlbanyUU.org)

**Contact us:** 518.463.7135 • [admin@albanyuu.org](mailto:admin@albanyuu.org)

*It is with gratitude and humility that we acknowledge that we are learning, speaking and gathering on the ancestral homelands of the Mohican people, who are the indigenous peoples of this land. Despite tremendous hardship in being forced from here, today their community resides in Wisconsin and is known as the Stockbridge-Munsee Community. We pay honor and respect to their ancestors past and present as we commit to building a more inclusive and equitable space for all.*

# The Spiral

## Rev. Linda Hoddy



**Albany Unitarian Universalist**  
**Sunday, September 17th, 2023**  
**10:00 AM**

The Spiral  
September 17th, 2023

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*We can never know what will happen. With wisdom we allow  
this not knowing to become a form of trust.* Jack Kornfield

**Gathering Music**

*Olga Martinez*

*Hymn Medley*

**Ringling of the Chime**

**Welcome**

*Rev. Linda Hoddy*

**Prelude**

*Albany UU Choir*

*Nada Te Turbe*

**Call to Community**

*Congregation*

*STLT 417 Unison Reading*

**Chalice Lighting**

*Sharon Babala*

*Welcoming all free seekers of truth and meaning,  
we gather to excite the human spirit,  
to inspire its growth and development,  
to respond morally and ethically to a troubled world,  
and to sustain a vital and nurturing religious community.*

**Opening Hymn**

*295 Sing Out Praises for the Journey*

**Wisdom Story**

*Elizabeth Baldes*

*The Hike*

**Children and Youth Go Forth**

**Hymn**

*164 The Peace Not Past Our Understanding*

**Reading**

*Ancient Testimony* Genesis 28: 10-17

*Modern Testimony* Words of Mirabai Starr

**Reflection**

*The Spiral*

**A Time for Prayer and Meditation**

In Silence

In Words *of Mary Oliver*

In Music *It Is Well With My Soul*

**Offering**

**Offertory**

*El Dorado*

**Joys and Sorrows**

**Prayer of Affirmation**

**Introducing Guests & Visitors**

**Closing Hymn**

*311 Let it Be a Dance Verse 1 and 3*

**Benediction**

Words of Jean Rowe

**Extinguishing of the Chalice**

*We extinguish this flame but not the light of truth  
The warmth of community, or the fire of commitment.  
These we carry in our hearts until we are together again.*

**Invitations**

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**Last Chance to submit nominations to form our  
AUU Transition Team!**

If you haven't heard, we are creating a Transition Team to assist our interim co-ministers and the congregation in using the time between settled ministers effectively. You can nominate up to three members of the congregation by using the on-line link in your Windows Weekly email or complete a paper form right here in our lobby. Questions? See Jan McCracken or any Board member.