

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 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.

Albany Unitarian Universalist

Rev. Linda Hoddy, Interim Co- Minister

Rev. Dr. Lynn Ashley, Interim Co-Minister

Elizabeth Baldes, Director of Programs for Children and Youth

Olga Martinez, Director of Music Ministry

Amy Lent, Administrator

405 Washington Avenue, Albany, New York • AlbanyUU.org

Contact us: 518.463.7135 • admin@albanyuu.org

Meditation: More Than Sitting

Anny Lapinski



Art by Jeffrey Wright-Sedam

Albany Unitarian Universalist
Sunday, January 21, 2024
10:00 AM

Meditation: More Than Sitting

January 21, 2024

Gathering Music *Nicholee Froese and Olga Martinez*
Sounds from the Shamanic Zone

Ring of the Chime *Anny Lapinski*

Welcome *Sigrin Newell*

Prelude *Nicholee Froese and Olga Martinez*
Sounds from the Shamanic Zone

Call to Community *Anny Lapinski*

Chalice Lighting *Anny Lapinski and Sigrin Newell*
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. -

Hymn *Congregation*
#1009 Meditation on Breathing

Wisdom Story *Elizabeth Baldes*
Rainbow Meditation

Singing the Children Out
#414 As We Leave This Friendly Place
Please pick up children & youth in Grades 7 & under from their rooms at 11:15.

Speaker 1 *Sharon Babala*

Speaker 2 *Marty Hotvet*

Yoga Dance *Anny Lapinski*
Gentle With Myself

Speaker 3 *Val Kavanaugh*

Speaker 4 *Jeffrey Sedam*

Speaker 5 *Alice Sage*

Reflection *Anny Lapinski*

Offering *Sigrin Newell*

Offertory Music *Nicholee Froese and Olga Martinez*
Sounds from the Heart Zone

Personal Joys and Sorrows *Laura Paris*

Introducing Guests and Visitors *Sigrin Newell*

Closing Hymn *Congregation*
#1031 Filled with Loving Kindness

Benediction *Anny Lapinski*

Extinguishing of the Chalice *Anny Lapinski and Sigrin Newell*
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.

Coffee Hour Connection *Barbara Manning*

Invitations and Announcements *Sigrin Newell*

Postlude *Nicholee Froese and Olga Martinez*
Sounds from the Celestial Zone

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Coffee Hour is hosted this week by the Endowment Trust. This group, separate from the AUU Board, invests and monitors about \$1.3 million in past donations, making grants for various AUU related special purchases and projects not covered by the annual operating fund of AUU. Please consider a personal donation to the Endowment Trust in your plans.

Flowers for this service were donated by Bob Franklin.

*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.*