

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

Xanthe Plymale, Assistant Administrator

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

Contact us: 518.463.7135 • admin@albanyuu.org

Growing Up and Growing Older

Michael Hornsby



Albany Unitarian Universalist
Sunday, March 10, 2024
10:00 AM

Growing Up and Growing Older

March 10, 2024

Gathering Music

Ringing of the Chime

Welcome

Michael Hornsby, Guest

Prelude *Make Me Smile (Once Again)*

Veronica Allen

Call to Community

Veronica Allen

Chalice Lighting

Veronica Allen and Michael Hornsby

*May the light we now kindle
inspire us to use our powers to heal and not to harm,
to help and not to hinder, to bless and not to curse,
to serve you, Spirit of freedom.
—Passover Haggadah*

Opening Song

Albany UU Choir

Return to Pooh Corner, by Loggins and Messina

Reflection

Octavia Hart

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.

Reflections

Miquela Torres

Song

Albany UU Choir

When I'm 64, by the Beatles

Reflection

Liz Richards Hart

Offering

Veronica Allen

Offertory Music

Albany UU Choir

The Circle Game

Stewardship Testimonials

Anne Savage

Personal Joys and Sorrows

Randy Rosette

Song

Veronica Allen

Love is the Answer, by Todd Rundgren

Benediction

Michael Hornsby

Extinguishing of the Chalice

Michael Hornsby and Veronica Allen

Our work here today is at an end

And our work has just begun:

The work of holding one another and this community in love.

The work of trusting that we are on the right path.

The work of believing that what connects us

is stronger than what separates us.

The work of engaging in that which makes us whole.

The work of deeper understanding and commitment.

The work of letting go of that which does not serve us.

The work of radical inclusion.

The work of collective liberation.

The work of this beloved community.

A beloved community of which we are all part.

A place where we are welcomed, respected, valued, cherished.

A place where we belong.

Coffee Hour Connection

Léa N'ko Ryman

with the BIPOC Racial Healing Group

Invitations and Announcements

Veronica Allen

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Coffee Hour is hosted this week by the BIPOC Racial Healing Group.

Flowers for this service were donated by Deborah Vogel.: "In memory of my dad, Clifford Vogel, who lovingly cared for his beautiful flower gardens, experimenting with new flowers each year, until the very end of his 92 years.

On March 29th, members of the Albany UU Choir will be hosting a talent show. Please contact Peter Brown if you would like to join the array of performances! Starting at 5:30PM, there will be a potluck in Community Hall, followed by our talent performances at 7PM.

*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.*