

**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**

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

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

# This I Believe



Self-revelation is the most vulnerable-making thing of which human beings are capable, and yet in that vulnerability we find our deepest freedom.

Maria Popova

**Albany Unitarian Universalist**

**Sunday, March 24, 2024**

**10:00 AM**

This I Believe  
March 24, 2024

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<b>Gathering Music</b>	Randy Rosette
<b>Ringing of the Chime</b>	Sigrin Newell
<b>Welcome</b>	Sigrin Newell
<b>Prelude</b>	Randy Rosette
<i>Rainbow Connection</i> , music and words by Paul Williams, Kenneth Ascher	
<b>Call to Celebration</b>	Sigrin Newell
<b>Chalice Lighting</b>	Guest Speaker and Sigrin Newell
<i>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. -</i>	
<b>Hymn</b>	Congregation
#188 <i>Come, Come, Whoever You Are</i>	
<b>Wisdom Story</b>	Elizabeth Baldes
<i>Just Because</i>	
<b>Singing the Children Out</b>	
#414 <i>As We Leave This Friendly Place</i> <i>Please pick up children &amp; youth in Grades 7 &amp; under from their rooms at 11:15.</i>	
<b>Introduction of Speakers</b>	Sigrin Newell
<b>Reflection</b>	Griffin Kullas, Jill Peckenpaugh and Ireta London
<b>A Time for Prayer and Meditation</b>	
<b>In Words</b>	Sigrin Newell
<i>Small Harbors</i> by J. Freeman	
<b>In Silence</b>	
<b>In Music</b>	Congregation
#34 <i>Though I May Speak with Bravest Fire</i>	
<b>Offering</b>	Sigrin Newell
<b>Offertory Music</b>	
<i>Holy Now</i> , music and words by Peter Mayer	
<b>Personal Joys and Sorrows</b>	Laura Paris
<b>Stewardship Testimonial</b>	Mary Applegate
<b>Closing Hymn</b>	Congregation
#311 <i>Let It Be a Dance</i>	

<b>Benediction</b>	Sigrin Newell
<i>Traditional Irish Blessing</i>	
<b>Extinguishing of the Chalice</b>	Guest Speaker and Sigrin Newell
<i>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.</i>	
<b>Invitations and Announcements</b>	Sigrin Newell

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Coffee Hour is hosted this week by the Albany UU Choir.

Flowers for this service were donated by Susan Richardson, in memory of Karl A. Richardson (3.27.1971—4.1.1993).

**Albany UU Auction:** This auction is the largest church fundraiser. To ensure its success, we need DONORS to offer events and items that others can purchase. Your donations will be accepted online beginning Sunday, April 14. (Popular donations include but are not limited to group activities—such as dinners and hikes—and services—like decluttering and babysitting.)

Please us reach our **Stewardship Goal** by turning in, mailing in, or going online and making a pledge. Here is the online link:  
<https://fuusa.breezechms.com/form/a10f65897>

*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.*