

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

Article II Value for the Month of November

Generosity. We cultivate a spirit of gratitude and hope.

We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

Programs for Children & Youth, Sunday, November 3rd

Today, Sunday, November 3rd we'll celebrate Family Chapel in the Sanctuary at 10AM! Family Chapel is a short, full service for our youngest folks that is led by Elizabeth Baldes, Director of Programs for Children & Youth and Olga Martinez, Director of Music Ministry on the first Sunday of the month. If you would like to attend, simply slip out of Community Hall now and head over to the Sanctuary.

- Child Care (Nursery/Toddler) Room 22 opens for dropoff at 9:45 or drop off after Family Chapel, it's up to you
- PreK 4- Grade 4 meets in Room 24/25 after attending Family Chapel
- Neighboring Religions (5th-8th) meets in Room B1 after attending Family Chapel
- Coming of Age (9th/10th) meets in Room B7 after attending Family Chapel
- Youth Group (9th-12th) meets downstairs in B8 after attending Family Chapel

If you are visiting or new to Albany UU, please accompany your child/children to their groups to leave contact info with our volunteers.

Albany Unitarian Universalist

Rev. Ann Kadlecek, Interim Minister

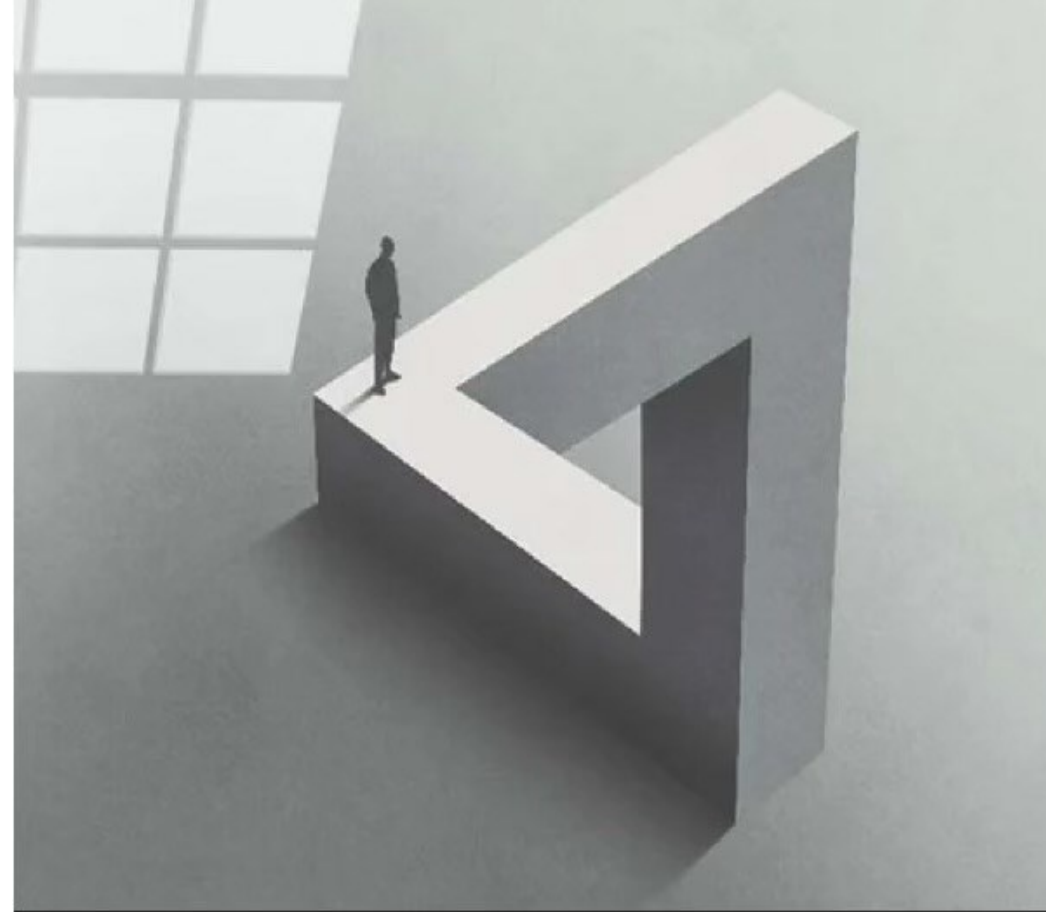
Elizabeth Baldes, Director of Programs for Children and Youth

Olga Martinez, Director of Music Ministry

Amy Lent, Administrator

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Contact us: 518.463.7135 • office@albanyuu.org



Equanimity:
finding your feet in
uncertain times

**Albany Unitarian Universalist
Sunday, November 3rd, 2024**

Equanimity
November 3, 2024

Gathering Music *Nicholee Froese, Musician*

Announcements *Sigrin Newell, Service Associate*

Ringling of the Chime

Welcome and *Sigrin Newell*

Congregational Greeting

Prelude *Nicholee Froese*

Call to Community *Anny Lapinski*

Excerpt from the blog of Dr. Lori Coffae

Opening Hymn *Congregation*

May I Be Empty, Words and Music by Batya Levine

Chalice Lighting *Sigrin Newell and Alice Sage*

*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.*

Meditation Dance *Congregation*

Hymn from Adiemus Songs of Sanctuary

Story *Sigrin Newell*

"Everything Changes," by Carol Dodd, Illustrated by Erin Huybrechts

Joys and Sorrows *Alice Sage and Donna Meixner,*

Pastoral Care Associates

Sung Response *Congregation*

#123 Spirit of Life

Reading *Anny Lapinski*

Excerpt from *Mindful of Race* by Ruth King

Sermon *Anny Lapinski*

Offering *Sigrin Newell*

Offertory *Olga Martinez*

Benediction *Anny Lapinski*

Closing Hymn *Congregation*

#1015 I Know I Can; verses 1, 2, & 4

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.*

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Flowers for this service were provided by Lois Griffin, dedicated to her friends and family.

Coffee Hour has been provided by the Endowment Trust.

The Social Justice Team and the Programs for Children and Youth are pleased to support **Grassroot Givers' request for donations** of undies for men, women and children of all sizes during the month of November. There will be a box in the front lobby to collect your contributions.

**Thanksgiving Potluck**, Thursday, November 28 in Channing. Gather with your UU friends and family for less fuss and more folks: 11am set up with hors d'oeuvres at noon and dinner at 1pm. Sign up in Channing to let coordinators Jill Peckenpaugh and Cindee Herrick know how many people, which dishes you plan to bring, and what helping chores you prefer. For more info email herrick1627@gmail.com or peckenpaugh7@hotmail.com. See you then!