

**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***

#### **Programs for Children and Youth:**

**Sunday 6/22** began summer programming for children & youth, which will run through **8/31**. PreK and older children can be dropped off by their grownup before or during service for supervised craft and play time upstairs in Room 24/25. For our youngest friends, the Nursery/Toddler Room 22 is available for families to use, but is not staffed and parents and caregivers provide supervision for their own little ones.

Please check in with the PCY staff person in Room 24/25 if you have any questions on Sunday morning.

Interested in helping out? Questions about the program? Email Elizabeth Baldes, Director of Programs for Children & Youth, at [ebaldes@albanyuu.org](mailto:ebaldes@albanyuu.org).

#### **Unitarian Universalist Association Bylaws: Article II Section C-2.2. Values and Covenant**

As Unitarian Universalists, we covenant, congregation-to-congregation and through our Association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

**Love is the power that holds us together and is at the center of our shared values.** We are accountable to one another for doing the work of living our shared values through the spiritual discipline of love.

#### **Albany Unitarian Universalist**

Rev. Ann Kadlecek, Interim Minister

Elizabeth Baldes, Director of Programs for Children and Youth

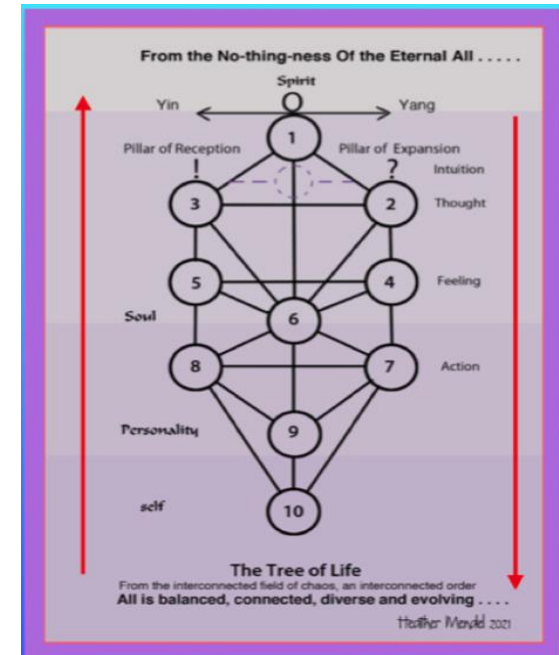
Olga Martinez, Director of Music Ministry

Sophia Garder, Administrator

Ben Warner, Tech Support

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

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



## **The i's Have It: Kabbalah and Consciousness**

Heather Mendel

with Kate Pierce-Nimz,

Worship Associate

**Albany Unitarian Universalist**

Sunday, August 10, 2025

10:00 AM

# The I's Have It: Kabbalah and Consciousness

August 10, 2025

**Gathering Music** Paul Lamar, Musician

**Announcements** Kate Pierce-Nimz, Worship Associate

**Ringling of the Chime**

**Welcome**

**Congregational Greeting**

**Prelude** Paul Lamar, Piano & Kimberly Mooers, Soprano  
*Love is of God* by James Quinn & Donald Busarow

**Call to Community** from *Mishkan T'filah* Heather Mendel

**Opening Hymn #21** *For the Beauty of the Earth*

**Chalice Lighting**

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.

**Joys and Sorrows** Anny Lapinski

**Sung Response #123** *Spirit of Life*

**Reading** *The Summer Day* by Mary Oliver Heather Mendel

**Sermon/Reflection** Heather Mendel  
*The i's Have It: Kabbalah and Consciousness*

**Moment of Silence**

**Offering** Kate Pierce-Nimz  
**Offertory** *The Gift of Love* by Hal H. Hopson  
Paul Lamar, Piano & Kimberly Mooers, Soprano

**Benediction** *The Seven Breath Meditation* Heather Mendel  
by Rabbi Jill Hammer & Taye Shere

**Closing Hymn #94** *What Is This Life*

**Chalice Extinguishing**

*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.*

Musicians and other service leaders are grateful for your  
appreciation. However, we ask that you refrain from audible  
applause during the service. Thank you!