

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 today, 9/28:

- Childcare (Nursery/Toddler for ages 3 & under) upstairs in Room 22 opens at 9:45
- PreK 4- Grade 1 meets upstairs in Room 24-25 after the story in service
- Grades 2-4 meet upstairs in Room 26 after the story in service
- Grades 5-8 meet downstairs in Room B1 after the story in service
- High School Youth Group (9th-12th) meets downstairs in Room B8 after the story in service

If you are new or visiting, and your child isn't registered, please accompany them to their room to sign them in. There will be people available to direct you in the hallway after the story in service, and before the service in the "RE" Office Window in the lobby. Groups run until 11:15, at which time parents and guardians pick up their children and youth up to and including 8th grade. High school youth are released on their own.

Next Sunday 10/5 please join us for the first Family Chapel of the year in the Sanctuary at 9:30 AM! Groups will begin at 10 that day, following Family Chapel.

If you are interested in helping out or you would like to ask about our programs, please email the Director of Programs for Children & Youth at dre@albanyuu.org.

As Unitarian Universalists, 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.

- Unitarian Universalist Association Bylaws

Albany Unitarian Universalist

Rev. Ann Kadlecsek, 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

Contact us: 518.463.7135 • office@albanyuu.org



Photo by Adalia Botha

Oh God – Language of Reverence in Unitarian Universalism

Rev. Ann Kadlecsek

**Carolyn Stetson,
Worship Associate**

Albany Unitarian Universalist

Sunday, September 28, 2025

10:00 AM

**Oh God – Language of Reverence in Unitarian
Universalism**

September 28, 2025

Gathering Music Olga Martinez, Director of Music Ministry

Announcements Carolyn Stetson, Worship Associate

Ringling of the Chime

Welcome Carolyn Stetson

Congregational Greeting Rev. Ann Kadlecek

Opening Hymn #346 *Come Sing a Song with Me*

Call to Community & Chalice Lighting Rev. Ann Kadlecek

May our hearts be open
To receive the flame
Of wisdom,
Truth,
And love.

May I Be Empty by Batya Levine Albany UU Choir
Open My Heart by Ana Hernandez

Story Elizabeth Baldes, Dir. of Prog. for Children & Youth
What Makes Us Human by Victor D.O. Santos

Singing the Children Out *As You Leave this Friendly Place*

Worship Associate Reflection Carolyn Stetson

Joys and Sorrows Sharon Babala & Debbie Rodriguez

Sung Response #123 *Spirit of Life*

First Reading Carolyn Stetson

Unitarian Universalism's Eight Principles

Second Reading Rev. Ann Kadlecek

That Which Holds All by Nancy Schaffer

Music Albany UU Choir

The Plowshare Prayer Part 1 by Spencer LaJoye

Sermon Rev. Ann Kadlecek

The Plowshare Prayer Part 2 & 3

Offering Carolyn Stetson

Offertory Olga Martinez

Closing Hymn *My Heart is Ready* by Cindy Kallet, Arranged by
Peter Amidon

Benediction & 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.*

Flowers for this service were donated and arranged by Barb
and Dave Metz.

~ In memory of friends and family who are no longer with us. ~

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

ANNOUNCEMENTS FOR SUNDAY, SEPT. 28th:

From Albany UU Worship Associates:

Information Session For Lay-Led Services

With a Worship Associate Team trained and working to help with services, there are new procedures for those congregants who lead services. And we would love to welcome new service leaders! All lay leaders of services, and anyone who wants to learn how the process works, are urged to attend an Information Session on Sunday October 5th, 11:30-12:30 to learn how Worship Associates can help you to plan and run your next service. Please let Sophia know if you are attending, so we can have enough copies of handouts. Questions? Contact Debbie Brown or Dick Dana.

From the Flowers Committee:

Want to celebrate a special birthday? Graduation? Wedding Anniversary? Honor someone who is no longer with you? Why not donate flowers for an Albany UU Sunday service? We can purchase and arrange the flowers for you! All you have to do is sign up to pay for the flowers and tell us who or what you are celebrating, and the Flower Team will do the rest! Use the QR code below to sign up:



From the Board of Trustees:

The Board of Trustees has approved a Special Meeting of the Congregation on Sunday, October 19th, at 11:30 AM for the single purpose of voting on a resolution of the First Unitarian Universalist Society of Albany, New York, calling for a permanent end to violence in Israel and Palestine. Please save the date, and plan to attend in person or virtually.

All are invited to gather here **today** after service to learn more, and to review and discuss the draft resolution. We will begin at 11:30, here in Community Hall. If you cannot attend today's discussion, please consider attending a virtual session to review the draft resolution on Tuesday, October 7th, at 7:00 PM. Check Windows Weekly for links.

From the Personnel Committee and the Board of Trustees:

We are so pleased to announce that, starting Tuesday, September 30, Nicholee Froese will be joining our Albany UU staff team as our new Congregational Life Coordinator! She brings skills with social media and community-building, a commitment to Albany UU, and a warm and welcoming presence. We are excited to begin this work anew with Nicholee's expertise! Please join us in welcoming Nicholee to this role!

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My Heart is Ready

3

My heart is read - y and what am I gon - na do?
My voice is read - y and what am I gon - na do?
My spi - rit's read - y and what am I gon - na do?
My heart is read - y and what am I gon - na do?

5

My heart is read - y and what am I gon - na do, oh God
My voice is read - y and what am I gon - na do, oh God
My spi - rit's read - y and what am I gon - na do, oh God
My heart is read - y and what am I gon - na do, oh God

8

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A Plowshare Prayer, Sung by Albany UU Choir

Dear blessed creator,
dear mother, dear savior
Dear father, dear brother, dear holy other
Dear sibling, dear baby,
dear patiently waiting
Dear sad & confused,
dear stuck & abused
Dear end of your rope,
dear worn out & broke
Dear go it alone, dear running from home
Dear righteously angry, forsaken by family
Dear jaded & quiet, dear tough & defiant
I pray that I'm heard
And I pray that this works.

I pray if a prayer has been used as a sword
Against you & your heart
Against you & your word
I pray that this prayer
is a plowshare of sorts
That it might break you open
It might help you grow
I pray that your body gets all that it needs
And if you don't want healing
I just pray for peace
I pray that your burden
gets lighter each day
I pray the mean voice in
your head goes away
I pray that you honor the grief as it comes
I pray you can feel all the life in your lungs
I pray that if you go all day being brave
That you can go home,
go to bed Feeling safe
I pray you're forgiven. I pray you forgive
I pray you set boundaries & openly live

I pray that you feel you
are worth never leaving
I pray that you know
I will always believe you
I pray that you're heard
And I pray that this works

Amen on behalf of the last & the least
On behalf of the anxious,
depressed & unseen
Amen for the workers,
the hungry, the houseless
Amen for the lonely & recently spouseless
Amen for the queers & their closeted peers
Amen for the bullied
who hold in their tears
Amen for the mothers of little Black sons
Amen for the kids who
grow up scared of guns
Amen for the addicts,
ashamed & hungover
Amen for the calloused,
the wisened, the sober
Amen for ones who want life to be over
Amen for the leaders
who lose their composure
And amen for the parents
who just lost their baby
Amen for chronically ill & disabled
Amen for the children down at the border
Amen for the victims of our law & order
I pray that you're heard
And I pray that this works

I pray if a prayer has been used as a sword
Against you & your heart
Against you & your word
I pray that this prayer is a plowshare of sorts,
Amen