

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, 10/12.**

Childcare (Nursery/Toddler) opens at 9:45 upstairs in Room 22. Children and youth start out in service and then go upstairs to one combined-age group in Room 24/25 following the story in service.

If you are new or visiting, and your child isn't registered, please accompany them to their room and sign them in. If you aren't sure where to go, check in with Patti Jo at 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.

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.

Worship Theme for October: Covenant

Albany Unitarian Universalist

Rev. Ann Kadlecek, Interim Minister

Elizabeth Baldes, Director of Programs for Children and Youth

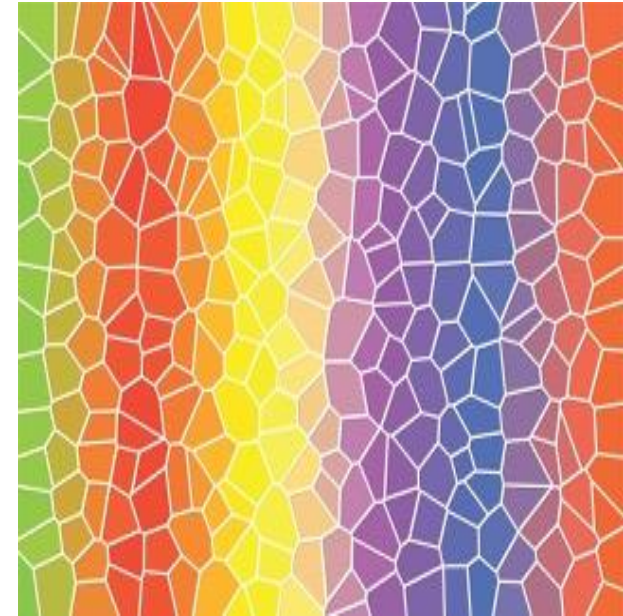
Olga Martinez, Director of Music Ministry

Sophia Garder, Administrator

Ben Warner, Tech Support

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

Contact us: 518.463.7135 • office@albanyuu.org



Trust, But Verify

Chris Bystroff

Dawn Dana,
Worship Associate

Albany Unitarian Universalist

Sunday, October 12, 2025

10:00 AM

Trust, But Verify

October 12, 2025

Gathering Music

Bog an Lochan arr. Bonnie Rideout

Chris Bystroff

Announcements

Dawn Dana, Worship Associate

Coffee Hour Connection

Democracy Crisis Response Team

Ringling of the Chime

Welcome

Dawn Dana

Congregational Greeting

Hymn #300 *With Heart and Mind*

Call to Community & Chalice Lighting

Chris Bystroff
& Dawn Dana

We light this flame for those
Who celebrate themselves
Who fear, who hope, who persevere
Who stand on the side of love for all.
We light this flame
To renew our commitment
That no one shall ever again
Suffer for the right to love.

La Rema Mexican folk tune

arr. Diego Brossollet-Hernandez Chris Bystroff
& Olga Martinez, Director of Music Ministry

Story

Adrian Cattell, Lead Youth Group Advisor

The Boy Who Cried Wolf by Aesop
retold by Mary Berendes

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

Joys and Sorrows

Dawn Dana

Sung Response #123 *Spirit of Life*

Reading a fable by Chris Bystroff

Chris Bystroff

The Emperor's New Orange Jumpsuit

Musical Reflection *Scarborough Fair*

Chris Bystroff

English folk tune arr. Elaine Fine

Sermon *Trust, But Verify*

Chris Bystroff

Offering

Dawn Dana

Offertory

Olga Martinez & Chris Bystroff

Ashokan Farewell by Jay Unger

Hymn *As We Carry This Flame Forward*

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 by Shannon Simpson.

~ *Remembering my sister, Heather,
on the fifth year of her death.* ~

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

Thank you!

From Rev. Ann & The Membership Committee:

Want to learn more about: Unitarian Universalism? Albany UU?
How to become a member? Opportunities to get involved?
Then **join us on Saturday, October 25th from 9:30 to 11:30**
for Getting to Know UU at Albany UU. You will have the
opportunity to meet some Albany UU members as well as other
people seeking a “home”. Coffee, Tea, Fruit & Muffins will be
offered as well.
Sign up at the Welcome Table on Sunday mornings, call the
Albany UU Office (518-463-7135), contact Barb Manning
Or use this QR Code:



From the Congregational Life Team:

Calling All Pie Crust Makers!

Are you a pie maker? We are looking for a few good volunteers
to make pie crusts for our annual pie sale. We will provide the
recipe and pie tins. You provide the ingredients and labor. Pie
crusts can be made whenever is convenient for you but must be
finished by Nov 5th because that is when we assemble the pies.
(They can be frozen until the 4th) Contact Sandy Stone or Barb
Manning.

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. Absentee
ballots will be available in the lobby after the service today and
at the office Monday-Friday from 9-3. The deadline for absentee
ballots is on Sunday, October 19th at 11:00 AM. There must be a
quorum of 20% of active members **attending** the meeting, which
requires a 2/3 vote for passage of the resolution, so **please plan
to attend**.

ANNOUNCEMENTS FOR SUNDAY, OCT. 12th:

From The Democracy Crisis Response Team:

PRO-DEMOCRACY RALLY – SATURDAY, OCTOBER 18th

Are you looking for a way to voice your frustration with the
current federal policies and threats to democracy? The
Democracy Crisis Response Team encourages Albany UU
members and friends to go to the No Kings Day National
Mobilization on Saturday, October 18th. This is another BIG
ONE: a day of nationwide mass protests and defiance. We’re
going to show the world just how many of us refuse to submit—
not now, not ever. It’s looking like it could be the biggest day of
protest in modern U.S. history. The Democracy Crisis Response
Steering Committee will be in Channing Hall after the service
today if you would like to get additional information. It is not
necessary to register but registering is important because it
helps the organizers plan. Scan the QR code below to register:



From Tech Support:

Tech Training November 1, 11:00 AM

Would you like to learn to provide tech support for Sunday
services? We’re looking for a few more people to provide this
critical service on occasional Sundays. No prior experience
with sound or video equipment is needed – you’ll be given
written instructions, in-person training on Nov 1, and further
support from Ben Warner (Tech Support Staff Person) as you
gain practice. With questions, or to learn more, contact Ben
Warner at bwarnar@albanyuu.org or in person on a Sunday
morning. Please **RSVP with Sophia Garder**
(sgarder@albanyuu.org) so we can provide you with materials
ahead of time. And then please **join us in Community Hall at
11:00 AM on Saturday Nov. 1!**

From Rev. Ann Kadlecek:

Looking for a Past Albany UU Sermon?

The text of past sermons is available on the Albany UU website at

<https://albanyuu.org/past-worship-services/>

Scroll down to the service you're interested in and click on "read more" – at the bottom it will say "Read the sermon here" and clicking on "here" will take you to the sermon.

We're also posting edited video recordings of services on the Albany UU YouTube Channel:

<https://www.youtube.com/@firstunitarianuniversalist4552>

The collection is still incomplete, but Ben Warner (Tech Support staff) is working on it as fast as he can. If you would like to help with the editing and posting, contact Ben or Rev. Ann at revann@albanyuu.org.

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 Democracy Crisis Response Team:

A forum entitled "Are Elections Rigged?" will be presented on Nov 2nd at 11:30 AM in Community Hall. All are welcome. The forum will address election machinery and methods - how they are supposed to work, how they can be corrupted to alter the vote, and how we can protect against that corruption. You can hear the story of 2024 post-election audits in Rensselaer County and efforts since then to hold the State Board of Elections accountable.

From Rev. Ann, Elizabeth Baldes, Director of Programs for Children & Youth, Olga Martinez, Director of Music Ministry & The Congregational Life Team:

This coming Friday, October 17th kicks off a recurring event series here at Albany UU called Friday Night Lights. We'll start with dinner at 5:30, everyone is invited to bring a dish, and food will also be provided. After dinner there will be all-ages UU programming centered on the theme of the month, Covenant, followed by informal conversation in Channing Hall, as well as the chance to sit quietly in the peace of the Sanctuary. This event is a collaboration between Congregational Life, Rev. Ann, Director of Music Ministry Olga Martinez, and Director of Programs for Children & Youth Elizabeth Baldes. Hope to see you there! And if you would like to help out, sign up us



From The Endowment Trust:

The Albany UU Endowment Trust has grant money to give away! Currently that amount is over \$38,000. Applications to the Endowment Trust for grants can be found on the Albany UU Website under "Resources". Or you can click on this link: [grant request form 2022.9.26.pdf](#) Fill out the form and submit to any member of the Endowment Trust: Steve Moskowitz (Chair), Barb Manning, Zach Metzger, Lee Newberg or Hillary Torres.

Share the Plate with the FOCUS Food Pantry in October

This month, Albany UU will share half of the collection plate with the **FOCUS Interfaith Food Pantry**.

Last year, the **FOCUS Food Pantry served 4,190 households** from its site at Emmanuel Baptist Church, 275 State Street. The Food



Pantry offers a 6-day supply of food to Albany families and is open Monday through Friday mornings as well as the last Saturday of the month.

FOCUS is supported by six “covenant congregations” as well as 9 affiliates. As an affiliate, Albany UU has supported the FOCUS Food Pantry

since at least 1977. We will share the plate with FOCUS during three different months in the coming year.

Your contribution made by cash, text, online or by check made out to Albany UU will be split between Albany UU and FOCUS, unless you tell us otherwise. If you want your entire check to go towards your annual pledge, write “pledge” on the memo line. If you want your entire check to go to FOCUS, write “all to FOCUS” on the memo line.



Learn more about the FOCUS Food Pantry at www.focuschurches.net/interfaith-food-pantry

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As We Carry This Flame Forward

$\text{♩} = 56$



As we_ car - ry this flame for - ward, we hold true to what we know.
As we_ car - ry this flame for - ward, hand in_ hand, we heed the call
As we_ car - ry this flame for - ward, it goes with us as a light.



As we_ car - ry this flame for - ward, we leave space for us to grow.
to do_ jus - tice, kind - ness, mer - cy, eq - ui - ty, and peace to all.
As we_ car - ry this flame to - ward a new_ world, our fu - ture's bright.



This flame rep - re - sents a__ place where all are val - ued, all be - long.
This flame rep - re - sents a__ peo - ple found in ev - ery faith and creed.
This flame rep - re - sents a__ prom - ise, one we make with the Di - vine.



With this_ flame we speak to_ pow - er, with this_ flame, we join in song.
Peo - ple_ who com - mit to_ serv - ing all their neigh - bors, and their needs.
A new world we are cre - a - ting, we can_ make to - mor - row shine!

Music by William Moore
Words by Wesley King
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