

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, 10/19.**

Childcare (Nursery/Toddler) opens at 9:45 upstairs in Room 22. Children and youth start out in service and then go to their age-based groups 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 at the "RE" Office Window in the lobby before service, or Elizabeth will be available in the hallway to help after the story.

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



The Boundaries of Love

Rev. Ann Kadlecek

Dick Dana,
Worship Associate

Albany Unitarian Universalist

Sunday, October 19, 2025

10:00 AM

The Boundaries of Love

October 19, 2025

Gathering Music

Announcements Dick Dana, Worship Associate

Ringling of the Chime

Welcome Dick Dana

Congregational Greeting

Prelude Rich Baldes & Olga Martinez, Dir. of Music Ministry
The Space In Between Us by Jan Garrett, JD Martin, &
Lisa Aschmann

Call to Community & Chalice Lighting Rev. Ann Kadlecek

May this chalice flame
Call us into community,
Where we can loosen our hold
On the weight of the world,
And build compassionate spaces

Loosen Loosen by Aly Halpert

Story Rev. Ann Kadlecek & Elizabeth Baldes,
Dir. of Prog. for Children & Youth

The Loving Tree
adapted from Shel Silverstein's *The Giving Tree*

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

Joys and Sorrows Sharon Babala & Debbie Rodriguez

Sung Response #123 *Spirit of Life*

First Reading from *Rising Strong* by Brene Brown Dick Dana

Worship Associate Reflection Dick Dana

Second Reading by Prentiss Hemphill Rev. Ann Kadlecek

Sermon Rev. Ann Kadlecek

Music Olga Martinez & Rich Baldes
Boundaries by Laura Marano

Offering Dick Dana

Offertory Olga Martinez

Hymn #298 *Wake Now My Senses* (Verses 1, 3, 1)

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.*

*~ Sign up in Channing Hall or online to provide flowers for our
Sunday services. ~*

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, OCT. 19TH:

From Rev. Ann Kadlecek:

October 26 (Next Sunday): Our Service of Remembrance Humans in many places, cultures and traditions choose this time of year to remember and honor the ancestors, and to renew connections across the divide of time and death. In our annual service of remembrance, we use intention and ritual to honor those we loved who have died. All are invited to bring a photo or other memento that symbolizes someone that you would like to remember. We will provide space to display these items during the service - if you can, please arrive a couple of minutes early, to allow time for set up.

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". 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.

From the Congregational Life Team:

It's Coming! Soups, Pies and Crafts

We are thrilled to announce the return of our In-Person ***Soup/Pie and Craft Sale!!*** Your favorite homemade Soups and Pies will be available for sale in Channing Hall on Sunday, Nov. 23rd and Dec. 7th after the service. Also, on Dec 7th, select wonderful handmade crafts and gifts to bring home for all ages for the holidays. Watch for more details as it gets closer.

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 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 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 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 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 bwarn@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!**

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

Loosen, Loosen

Loos - en, loos - en ba - - by

2
You don't have to car - - ry the

3
weight of the world in your mus - cles and bones Let

4
go, let go, let go.

The musical score is written on four staves. The first staff begins with a treble clef, a 12/8 time signature, and a repeat sign. It contains the melody for the first line of the song. The second staff starts with a '2' and contains the melody for the second line. The third staff starts with a '3' and contains the melody for the third line. The fourth staff starts with a '4' and contains the melody for the fourth line, ending with a double bar line and repeat dots.

Loosen loosen baby

You don't have to carry

the weight of the world in your muscles and bones

Let go, let go, let go

Music and words by
Aly Halpert
Susan Bardsley

Loosen, Loosen

Loos - en, loos - en ba - - by

2
You don't have to car - - ry the

3
weight of the world in your mus - cles and bones Let

4
go, let go, let go.

This musical score is identical to the one on the left, featuring four staves of music with lyrics in English. It includes a treble clef, a 12/8 time signature, and a repeat sign at the beginning. The staves are numbered 1 through 4, corresponding to the lines of the song.

Loosen loosen baby

You don't have to carry

the weight of the world in your muscles and bones

Let go, let go, let go

Music and words by
Aly Halpert
Susan Bardsley