

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

Programs for Children and Youth **today, 1/4.**

**Family Chapel is today!** On the first Sunday of the month from October-May, Family Chapel is presented in the Sanctuary at 9:30AM and lasts for around 20-25 minutes. **Sunday morning groups begin at 10AM** on Family Chapel Sundays, and the groups use the extra time to enjoy a snack together. Childcare (Nursery/Toddler) opens at the usual time of 9:45 upstairs in Room 22.

**Youth from 5th through 12th grade will be attending the 10AM This I Believe service today, instead of meeting in their usual rooms.**

If you are new or visiting, and your child isn't registered, please accompany them to their room to sign them in. If you aren't sure where to go, there is someone to ask at the "RE" Office Window in the lobby. **Groups run until 11:15**, at which time parents and guardians pick up their children.

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](mailto:dre@albanyuu.org).

## Worship Theme for January: Faith

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**Albany Unitarian Universalist**

Rev. Ann Kadlecik, Interim Minister

Elizabeth Baldes, Director of Programs for Children and Youth

Olga Martinez, Director of Music Ministry

Sophia Garder, Administrator

Nicholee Froese, Congregational Life Coordinator

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# This I Believe

## Al DeSalvo, Service Assistant

**Albany Unitarian Universalist**

Sunday, January 4, 2026

10:00 AM

**This I Believe**

January 4, 2026

**Gathering Music**

Olga Martinez, Director of Music Ministry  
& Chris Milkins, Musician

**Announcements**

Al DeSalvo, Service Assistant

**Ringing of the Chime****Welcome**

Al DeSalvo

**Congregational Greeting****Opening Hymn #1064 *Blue Boat Home*****Call to Community**

Al DeSalvo

**Chalice Lighting**

In this free church, we come together without creed,  
believing that the way we live in the world  
bears testament to the value of our beliefs.  
We light this chalice as a beacon of hope  
for who have gathered here this day.  
For all who have ever walked through our doors,  
for those who may yet find this spiritual home,  
and for those whose paths will never come our way.  
For all this, and for all the things  
we dare and hope to dream,  
we kindle our chalice flame this day.

-Maureen Killoran

*Solace* by Scott Joplin

Olga Martinez

**Story**

Elizabeth Baldes, Dir. of Prog. for Children & Youth  
*Learning from the Heart* by Polly Peterson

**Joys and Sorrows**

Debbie Rodriguez & Frank Traynor

**Sung Response #123 *Spirit of Life*****Reading** *Small Harbors* by James Dillet Freeman

Al DeSalvo

**Sermon**

Charlotte Baldes, Carolyn Stetson, Luis Torres

**Moment of Silence****Offering**

Carolyn Stetson

**Offertory** *Soulful Strut*  
by Young-Holt Unlimited

Small Ensemble

**Song** *Wherever You Go* by Lori McNeal Reece**Benediction**

Al DeSalvo

**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.*

Thank you to our guest musicians: Anna Baldes, Charlotte Baldes, Rich Baldes, and Chris Whittaker.

Providing flowers for a church service is a lovely way to honor a loved one or a special memory. Contact the office for details.

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

The following is provided by Luis Torres:

*Lines from a Speech*  
by Theodore Parker-Unitarian Minister

*"There is what I call the American idea. I so name it, because it seems to me to lie at the basis of all our truly original, distinctive, and American institutions. It is itself a complex idea, composed of three subordinate and more simple ideas, namely: The idea that all men have unalienable rights; that in respect thereof, all men are created equal; and that government is to be established and sustained for the purpose of giving every man an opportunity for the enjoyment and development of all these unalienable rights. This idea demands, as the proximate organization thereof, a democracy, that is, a government of all the people, by all the people, for all the people."*

by Theodore Parker, Unitarian Minister of the Twenty-Eighth Congregational Church in Boston, from his speech at the New England Anti-Slavery Convention in Boston, Massachusetts, May 29, 1850.

### Share the Plate with Planned Parenthood in January



This month, Albany UU will share half of the collection plate with **Upper Hudson Planned Parenthood**.

UHPP cares for an average of 9,300 patients a year in three health centers located in Albany, Hudson and Troy. Its reproductive health services include exams, pap smears and breast cancer screening, birth control, testing and treatments for sexually transmitted infections, emergency contraception, pregnancy options counseling, abortion services and more.

UHPP provides preventive sexual health care services as well as hormone therapy for transgender and gender nonconforming people. UHPP also offers comprehensive sex education programs.

Albany UU has a long history of supporting UHPP, which began in 1934 as a family planning clinic in the office of Dr. Frances E. Vosburgh, a member of our congregation. Our support is especially important since July, when Planned Parenthood was blocked from receiving federal Medicaid dollars for any of its services.

Today, all contributions that are not specifically designated as 100% pledge contributions will be split 50/50 between our operating budget and UHPP.

Learn more about Upper Hudson Planned Parenthood at [www.uhpp.org](http://www.uhpp.org)

## **ANNOUNCEMENT FOR SUNDAY, JANUARY 4<sup>th</sup>:**

### **Circle Dinner Announcement:**

Sign up now for the Circle Dinner on Saturday January 24th. Circle Dinners are an easy and fun way to make new friends at Albany UU. Albany UU members host collaborative dinners with 6 to 10 guests at each home. Guests bring part of the meal - make your favorite dish or pick up your contribution at your favorite grocery store. The individual hosts coordinate each guest's contribution. Attending a Circle Dinner is a great way to connect with people! Share and enjoy more evenings and great food with Albany UU friends! Contact John Sherman by January 17th to sign up and/or be a host. Can't make it this time? Mark your calendar for the next Circle Dinner on Saturday, February 28th.

### **From The Octavia Butler Book Group:**

The Octavia Butler Book Group will be starting discussions of *Parable of the Talents*, by Octavia E. Butler, in late January. Until then, we'll be reading stories from *Octavia's Brood: Science fiction stories from social justice movements*, edited by adrienne maree brown and Walidah Imarisha. Each story is stand alone and participants can easily attend a single session without feeling like they are missing out on the discussion of a longer work. The collection is entirely visionary fiction, a subcategory of science fiction. Visionary fiction strives to conceive of a better world (a world without sexism, racism, ableism, and other oppressions) so that if we can imagine it, we can make it so. You don't have to have read any prior work(s) by Butler to engage in the discussions of this book. The group meets weekly, on Sunday nights at 7 pm, via Zoom, to have an in-depth discussion. Facilitation is shared. For more information or to get on the email list, contact Anne Marie Haber or Karen Strong.

### **From the Green Sanctuary Team:**

The Green Sanctuary Team will be meeting on January 11 in room B-7 and on zoom. We will be discussing the upcoming NYS legislative session and numerous opportunities available for environmental action. In addition, there will be a discussion about "Tech's AI is getting smarter. Their energy choices are not"! All are welcome! Zoom link is in the newsletter.

### **From Tech Support:**

We need you! Help make our worship services even more beautiful and accessible! You're invited to participate in a reimagined and re-vamped tech team! We're delighted that Chris Whittaker, a new member with deep experience leading church A/V teams, has stepped up as our Interim Volunteer Tech Coordinator. He is going to be providing many opportunities for robust training on new roles that aim to make it easier and more accessible for our congregation to serve on the Sunday morning tech team. We want to invite you to consider helping in whatever way interests you, and we'll teach you all you need to know! Use the QR code below to learn more or see Chris in Channing Hall after today's service.



## Wherever You Go

Music and words by Lori McNeal Reece

Wher - e - - - ver you go, go with grace.  
 Wher - e - - - ver you go, find your truth.  
 Wher - e - - - ver you go, al - ways dream.  
 Wher - e - - - ver you go, be at peace.

A musical score for a single instrument, likely a woodwind or brass, featuring a treble clef and a key signature of one sharp. The score consists of two staves of music. The first staff begins with a rest, followed by a grace note, a quarter note, a eighth note tied to a sixteenth note, a quarter note, a quarter note, and a eighth note tied to a sixteenth note. The second staff begins with a quarter note, followed by a eighth note tied to a sixteenth note, a quarter note, and a eighth note tied to a sixteenth note.

Wher - e - - - ver you go, go with grace.  
Wher - e - - - ver you go, find your truth.  
Wher - e - - - ver you go, al-ways dream.  
Wher - e - - - ver you go, be at peace.

*You are loved. You be - long. — You are loved. You be - long.*

A musical staff in G major (one sharp) and common time. It features a variety of note heads: a half note with a vertical stem, a quarter note with a vertical stem, a quarter note with a horizontal stem, a half note with a horizontal stem, a sixteenth note with a vertical stem, a sixteenth note with a horizontal stem, and a eighth note with a vertical stem. The notes are connected by vertical stems and horizontal beams, with some stems pointing up and some down. The staff begins with a half note on the A line, followed by a quarter note on the G line, a quarter note on the F line, a half note on the E line, a sixteenth note on the D line, a sixteenth note on the C line, a eighth note on the B line, and a quarter note on the A line.

Go with grace.	Go with grace.
Find your truth.	Find your truth.
Al - ways dream.	Al - ways dream.
Be at peace.	Be at peace.

## Wherever You Go

Music and words by Lori McNeal Reece

A musical staff in 4/4 time with a key signature of one sharp. The staff shows four measures of music. Measure 1: A dotted half note followed by a quarter note. Measure 2: A dotted half note followed by a eighth note tied to a sixteenth note. Measure 3: A dotted half note followed by a eighth note tied to a sixteenth note. Measure 4: A dotted half note followed by a quarter note.

Wher - e - - - ver you go, go with grace.  
 Wher - e - - - ver you go, find your truth.  
 Wher - e - - - ver you go, al - ways dream.  
 Wher - e - - - ver you go, be at peace.

Wher - e - - ver you go, go with grace.\_\_\_\_\_  
Wher - e - - ver you go, find your truth.\_\_\_\_\_  
Wher - e - - ver you go, al-ways dream.\_\_\_\_\_  
Wher - e - - ver you go, be at peace.\_\_\_\_\_

*You are loved. You be - long. — You are loved. You be - long.*

Go with grace.	Go with grace.
Find your truth.	Find your truth.
Al - ways dream.	Al - ways dream.
Be at peace.	Be at peace.