

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, 1/11.**

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.

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



# Sacred Rest: A Unitarian Universalist Sabbath

Rev. Ann Kadlecik

Alison Hart, Worship Associate

### Albany Unitarian Universalist

Sunday, January 11, 2026

10:00 AM

## Sacred Rest: A Unitarian Universalist Sabbath

January 11, 2026

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

**Announcements** Alison Hart, Worship Associate

**Coffee Hour Connection** Dick Dana, Art & Aesthetics Team

**Ringing of the Chime**

**Welcome** Alison Hart

**Congregational Greeting**

**Opening Hymn** *Come, O Sabbath Day*

**Call to Community & Chalice Lighting** Rev. Ann Kadlecek

As we light this chalice,  
We stop.  
We pause.  
We pay attention.  
We free ourselves from projects to finish  
and things to do.  
Here, in our grasp, in this moment,  
is the quiet center of the world.

-adapted from Richard S. Gilbert

*We Will Rest* by Amanda Udis-Kessler  
Olga Martinez & Chris Milkins

**Story** Elizabeth Baldes, Dir. of Prog. for Children & Youth  
*No Lists on the Sabbath* by Marc Gellman

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

**Joys and Sorrows** Ruth Samuels & Randy Rosette

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

**Worship Associate Reflection** Alison Hart

**Sermon** Rev. Ann Kadlecek

**Music** *Return Anew* by Rena Branson

**Offering** Alison Hart

**Benediction** Rev. Ann Kadlecek

**Closing Song** *Mah Rabu* by Chana Rothman

**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 are given by Sandy Stone.  
~*Grateful for community!*~

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

## Come, O Sabbath Day

## Words after Gustav Gatheil

Music by A.W. Binder, Adapted

A musical staff in 4/4 time with a key signature of two sharps. It contains seven notes: the first six are eighth notes and the last one is a quarter note. The notes are distributed across the four measures of the staff.

Come, O Sab - bath day and bring peace and heal - ing  
Wel - come Sab - bath! Let de - part ev - 'ry care of  
Work and sor - row cast a - way! Sab - bath is for

A musical staff in G major (one sharp) with a common time signature. The melody begins with a quarter note on G, followed by an eighth note on A, a quarter note on B, an eighth note on C, a quarter note on D, a eighth note on E, a quarter note on F, an eighth note on G, and a quarter note on A. The staff ends with a repeat sign and a double bar line.

on thy wing: and to ev 'ry wea - ry one  
trou - bled heart. Now the dai - ly task is done  
prayer and play. With the ris - ing of the sun,

7

1 2 3 4 5 6

let	a	word	of	bless	-	ing	come:	
let	a	word	of	com	-	fort	come:	
let	a	cheer	-	ing	mes	-	sage	come:

A musical score for a solo voice and piano. The vocal line consists of a series of eighth and sixteenth notes, with a fermata over the eighth note of the first measure. The piano accompaniment consists of sustained notes on the first and third beats of each measure. The lyrics 'You shall rest' are written below the vocal line. The score is numbered 9 at the top left.

*thou shalt rest. — Thou shalt rest.*

## Come, O Sabbath Day

### Words after Gustav Gattel

Music by A.W. Binder, Adapted

Come, O Sab - bath day and bring peace and heal - ing  
Wel - come Sab - bath! Let de - part ev - 'ry care of  
Work and sor - row cast a - way! Sab - bath is for

A musical staff in common time (indicated by the '4' in the top left corner) with a key signature of one sharp. The staff consists of eight notes: a quarter note, a eighth note, a eighth note, a eighth note, a quarter note, a eighth note, a eighth note, and a eighth note. The notes are distributed across the four spaces and five lines of the staff.

on thy wing: and to ev - 'ry wea - ry one  
trou - bled heart. Now the dai - ly task is done  
prayer and play. With the ris - ing of the sun,

7

let	a	word	of	bless	-	ing	come:	
let	a	word	of	com	-	fort	come:	
let	a	cheer	-	ing	mes	-	sage	come:

A musical score for a hymn. Measure 9 starts with a treble clef and a key signature of one sharp. The melody consists of eighth and sixteenth notes. Measure 10 continues with the same pattern. Below the staff, the lyrics 'Thou shalt rest' are written twice, corresponding to the two measures. The score ends with a double bar line and repeat dots.

*thou shalt rest. — Thou shalt rest.*

## Return Anew

Words and Music by Rena Branson

Re - turn, re - turn a - new\_ To the

breath that is mov - ing\_ through To the re -

pair you are called to\_ do\_ To the

heal - ing that's ripe for\_ you\_ Re -

you To the heal - ing that's ripe for\_ you

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## Mah Rabu

Psalm 104:24

English words and music by Chana Rotham

*Refrain*

Musical notation for the first line of the refrain. The key signature is B-flat major (two flats). The time signature is 4/4. The melody consists of eighth and sixteenth notes. The lyrics are "Mah ra - bu" followed by a melodic line that includes "I'm gon - na".

3

Musical notation for the second line of the refrain. The lyrics are "let the Di - vine shine\_ through. Liv - ing in this mo -". The melody continues with eighth and sixteenth notes.

6

Musical notation for the third line of the refrain. The lyrics are "- ment Mah ra - bu." The melody concludes with "Mah ra - bu" followed by a melodic line.

10

Musical notation for the fourth line of the refrain. The lyrics are "I'm gon - na cel - e - brate with you." The melody concludes with "The" followed by a melodic line.

13

Musical notation for the fifth line of the refrain. The lyrics are "earth is filled with glo - ry. Mah ra - bu." The melody concludes with a melodic line.

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Musical notation for the fifth line of the refrain. The lyrics are "earth is filled with glo - ry. Mah ra - bu." The melody concludes with a melodic line.

## 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)

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## ANNOUNCEMENT FOR SUNDAY, JANUARY 11<sup>th</sup>:

### From Rev. Ann, Programs for Children & Youth, Music Ministry, and Congregational Life:

Join us Friday January 16th for our next Friday Night Lights event here at Albany UU. We'll start with dinner at 5:30 - bring a dish (if that works for you), but food will also be provided. After dinner there will be all-ages UU programming centered on the theme of the month (Faith) followed by an activity and conversation in Channing Hall, or the opportunity to sit in the quiet of the sanctuary. We need help with food setup & cleanup. Sign up with the QR code below. All are welcome!



### From Programs for Children & Youth:

It is almost time to send Huge UU Greetings or "HUUGS" to our fledgling young adults. Each year we collect care package items for young people recently bridged from our youth program who are now busy pursuing post-high school life and then send those items out around Valentine's Day. Small, individually wrapped items like tea, cocoa, gum, snacks and lip balm can be dropped off in the collection box in the lobby from now until February 1, when the youth group will prepare the care packages for shipping. Thanks for your support!

### From the Safer Congregations Team:

After church today, in Room B-3 there will be a training for anyone interested in serving as a Sunday Morning Safety Coordinator. Jaye Holly will show you what you can do to help ensure a safe, welcoming environment at Albany UU. Once you are trained, we are asking for a commitment of just 4 Sundays a year. So, if you are interested, please join us today at 11:30 AM.

### 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 after today's service 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.

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