

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, 2/8.**

Childcare (Nursery/Toddler) opens at 9:45 upstairs in Room 22.

The Our Whole Lives Orientation for children and their parents/caregivers begins at 10AM with everyone gathering in Room 24/25. This is a closed group.

All other 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 February: Love

---

### Albany Unitarian Universalist

Rev. Ann Kadlecik, Interim Minister

Elizabeth Baldes, Director of Programs for Children and Youth

Olga Martinez, Director of Music Ministry

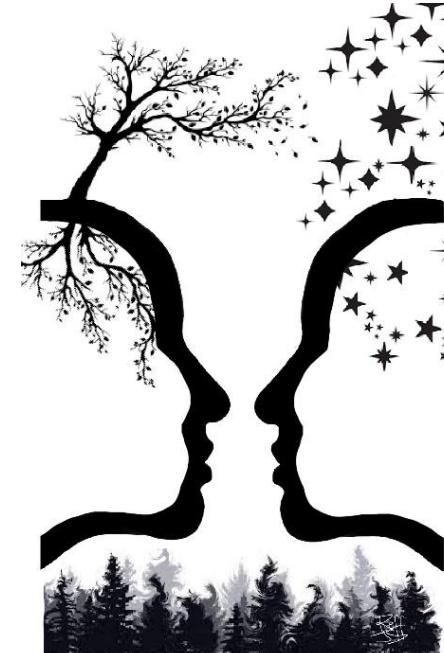
Sophia Garder, Administrator

Nicholee Froese, Congregational Life Coordinator

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

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

*Cover Illustration by J. Sedam*



# How Poetry Can Transform Our View of Life Through Nature

Anny Lapinski  
& Pam Clements

Dave Munro, Worship Associate

**Albany Unitarian Universalist**

Sunday, February 8, 2026

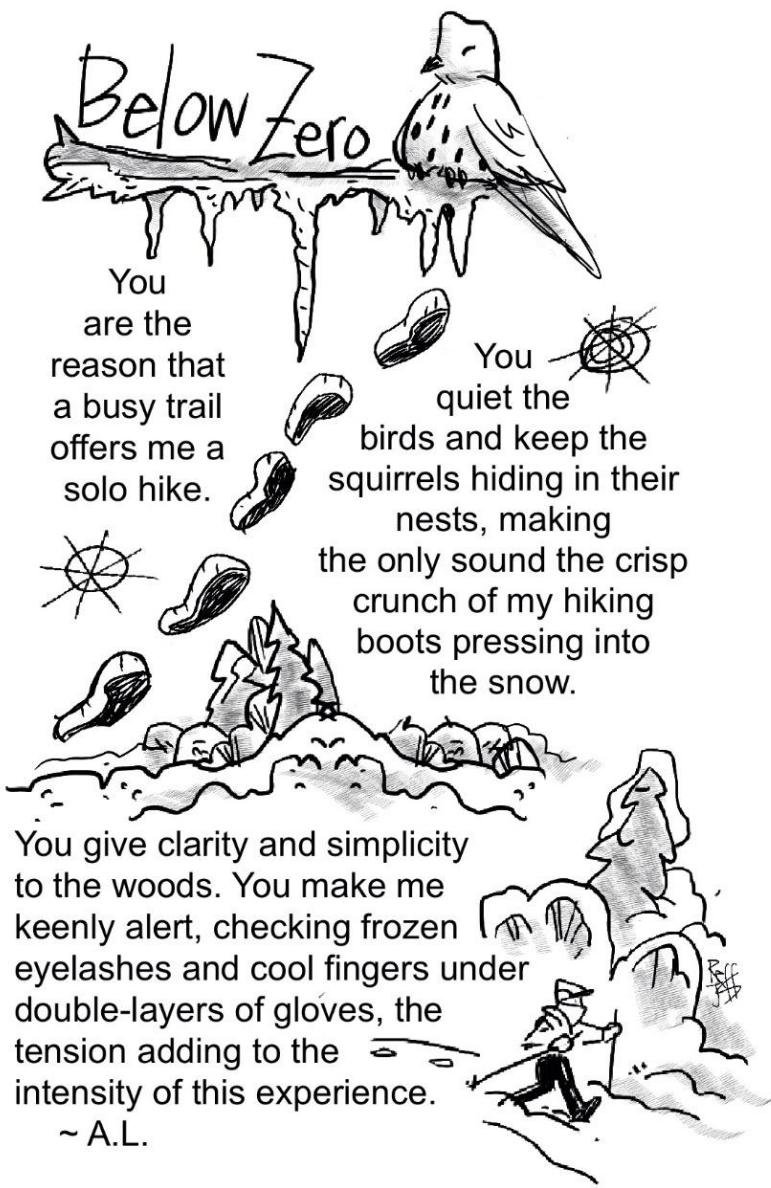
10:00 AM

**How Poetry Can Transform  
Our View of Life Through Nature**  
February 8, 2026

<b>Gathering Music</b>	Olga Martinez, Director of Music Ministry Chris Milkins, Musician
<b>Announcements</b>	Dave Munro, Worship Associate
<b>Coffee Hour Connection</b>	Community Ministry Team
<b>Special Announcement</b>	Nellson Moore
<b>Ringing of the Chime</b>	
<b>Welcome</b>	Dave Munro
<b>Congregational Greeting</b>	
<b>Opening Hymn</b> <i>Put Your Roots Down</i> by Molly Hartwell arranged by Heather Houston	
<b>Call to Community</b> <i>Invitation</i> by Mary Oliver	Dave Munro
<b>Chalice Lighting</b> <i>Haiku</i> by Bashō	
	<i>The Conversation Part One: Lonely Prayer</i> by Richard S. Perry      Tanya Hotalen, Musician
<b>Story</b> <i>Dear Acorn (Love, Oak)</i> by Joyce Sidman Elizabeth Baldes, Dir. of Prog. for Children & Youth	
<b>Singing the Children Out</b> <i>As You Leave This Friendly Place</i>	
<b>Joys and Sorrows</b>	Jim Chicoine & Frank Traynor
	<b>Sung Response</b> #123 <i>Spirit of Life</i>
<b>Reflection</b>	Anny Lapinski
<b>Moment of Silence</b>	

**Poems:**

<i>Below Zero</i> by Anny Lapinski	Anny Lapinski
<i>The Garden Song</i> by Dave Mallett	dance led by Anny Lapinski Rich Baldes, Musician
<i>Heliophilia</i> by Aimee Nezhukumatathil	Philomena Moriarty
<i>Blessing of the Boats</i> by Lucille Clifton	YouTube video read by Elizabeth Acevedo
<i>Maple</i> by Pam Clements	Pam Clements
<i>The Negro Speaks of Rivers</i> by Langston Hughes	Nellson Moore
<b>Offering</b>	Dave Munro
<b>Offertory</b> <i>The Conversation Part Two: The Answer</i> by Richard S. Perry	Tanya Hotalen, Musician
<b>Closing Hymn</b> # 21 <i>For the Beauty of the Earth</i>	
<b>Benediction</b> <i>Invisible Fish</i> by Joy Harjo	Pam Clements
<b>Chalice Extinguishing</b>	Dave Munro
<i>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.</i>	
Flowers are given by Dawn and Dick Dana. ~ <i>To remember their parents, Otis and Rosemary Radley &amp; Richard and Nina Dana. ~</i>	
Musicians and other service leaders are grateful for your appreciation. However, we ask that you refrain from audible applause during the service. Thank you!	



Artwork by J. Sedam

## Haiku by Bashō

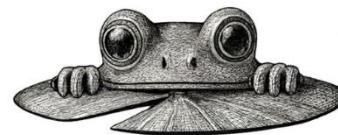
Lightning shatters the darkness -  
The night heron's shriek



The first soft snow  
Leaves of the awed jonquil  
Bow low



Let us arrange  
These lovely flowers in the bowl  
Since there's no rice



An ancient pond sleeps . . .  
Untroubled . . . until . . .  
Suddenly a frog leaps!



Artwork by J. Sedam

## Maple

I own a tree  
an aged maple  
shading the entire back yard  
quilting it with leaves each fall,  
with seeds each spring.

No, I own the rights  
to a square of property  
on which an ancient  
black maple tree resides  
sharing its last years  
with my household.

But no, again, perhaps I own  
merely the right to sit  
watching the twilight  
open to the first stars  
beneath the spreading branches of  
one venerable tree.

-Pam Clements

## ANNOUNCEMENTS FOR SUNDAY, FEBRUARY 8<sup>th</sup>:

### From the Board of Trustees:

Notice of Congregational Meeting - Sunday, February 15<sup>th</sup>. The Board of Trustees has called a Congregational Meeting for 11:30 AM on Sunday, February 15, to consider amending the bylaws concerning how we search for a settled minister. You can learn more at two informational Congregational Conversations offered jointly by the Board and the Nominating Committee: today in Community Hall at 11:30 AM (in-person only) or on Thursday, February 12, on Zoom at 7:00 PM. **ABSENTEE BALLOTS:** Absentee ballots for the bylaw amendment vote at the Special Meeting on Sunday, February 15th can be issued upon request to active members and, to be valid, must be returned by 11:00 AM on Friday, February 13th. Absentee ballots are available at the meeting today and in the AUU office next week, Monday-Friday 9:00 AM-3:00 PM. For members participating on Zoom, who want to cast their vote, an Absentee Ballot must be completed and returned by 11:00 AM on Friday, February 13th. To view the "Congregational Conversation Information Packet" use the QR code below:



### From the Congregational Life Team

During coffee hour today, we invite you to stop by the craft table and make a Valentine for one of our Community Breakfast guests. This year, Community Breakfast falls on Valentine's Day — and we'd love to share a little extra love with our neighbors. Some of our kids are already making Valentines in their classes today to give out next Saturday. And, thanks to Friday Night Lights, we know something important: adults like arts and crafts, too! So grab a cup of coffee, swing by the table, make a Valentine, and help us pass that love along at Community Breakfast.

### From The Stewardship Committee:

Pledges paid by members and friends of Albany UU provide 83% of our annual budget. Each year during our Stewardship Campaign we ask members and friends to be as generous as they can while making a pledge. The Annual Stewardship Campaign will start at the end of this month. The Stewardship Committee cannot do this important work alone, so we are reaching out to the congregation NOW for your help. Please let us know how you would be willing to help by filling out the form using the QR code below:





### Share the Plate with the Refugee Welcome Center in February

This month, Albany UU will share half of the collection plate with the **West Hill Refugee Welcome Center**. West Hill has more than three times the average rate of abandoned and vacant buildings in Albany. At the same time, Albany is a major resettlement area for refugees due to its lower cost of living compared to larger cities. The nonprofit Refugee Welcome Corporation (RWC) was formed to bring together increasingly vacant housing with increasing numbers of essentially globally homeless people.

Today, with 28 residential units, RWC houses 150 people, mostly single mother-led households. RWC offers services to the neighborhood including English language classes, student homework help, and public health lessons at its Refugee Welcome Center on Ontario Street. RWC operates on very low overhead, with 97% of its spending going towards program. Learn more at [rwcwesthill.com](http://rwcwesthill.com)

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

### IPH Collection

IPH (Interfaith Partnership for the Homeless) received \$2,917 from Albany UU’s December collections. Thank you for your generosity!



### Share the Plate with the Refugee Welcome Center in February

This month, Albany UU will share half of the collection plate with the **West Hill Refugee Welcome Center**. West Hill has more than three times the average rate of abandoned and vacant buildings in Albany. At the same time, Albany is a major resettlement area for refugees due to its lower cost of living compared to larger cities. The nonprofit Refugee Welcome Corporation (RWC) was formed to bring together increasingly vacant housing with increasing numbers of essentially globally homeless people.

Today, with 28 residential units, RWC houses 150 people, mostly single mother-led households. RWC offers services to the neighborhood including English language classes, student homework help, and public health lessons at its Refugee Welcome Center on Ontario Street. RWC operates on very low overhead, with 97% of its spending going towards program. Learn more at [rwcwesthill.com](http://rwcwesthill.com)

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

### IPH Collection

IPH (Interfaith Partnership for the Homeless) received \$2,917 from Albany UU’s December collections. Thank you for your generosity!

## Put Your Roots Down

Arranged by Houston

By Molly Hartwell

Musical notation for the first line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'Put your roots down, put your feet on the ground, can you'.

Put your roots down, put your feet on the ground, can you

1. Fine

Musical notation for the second line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'hear what she says when you lis - ten?—'.

2.

Musical notation for the third line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'lis - ten? 'Cause the sound of the riv - er,—— as it'.

moves a - cross the stone,—— is the same sound as the

Musical notation for the fourth line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'blood in your bo - dy as it moves a - cross your bones.'

blood in your bo - dy as it moves a - cross your bones.

## Put Your Roots Down

Arranged by Houston

By Molly Hartwell

Musical notation for the first line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'Put your roots down, put your feet on the ground, can you'.

Put your roots down, put your feet on the ground, can you

1. Fine

Musical notation for the second line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'hear what she says when you lis - ten?—'.

2.

Musical notation for the third line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'lis - ten? 'Cause the sound of the riv - er,—— as it'.

moves a - cross the stone,—— is the same sound as the

Musical notation for the fourth line of the song 'Put Your Roots Down'. The key signature is A major (two sharps). The melody consists of eighth and sixteenth notes. The lyrics are: 'blood in your bo - dy as it moves a - cross your bones.'

blood in your bo - dy as it moves a - cross your bones.