

**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, 3/15.**

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

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### **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

Nicholee Froese, Congregational Life Coordinator

405 Washington Avenue, Albany, New York • [AlbanyUU.org](http://AlbanyUU.org)

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



# **Loving Ourselves and the World Whole**

Rev. Ann Kadlecek

Lee Newberg, Worship  
Associate

**Albany Unitarian Universalist**

Sunday, March 15, 2026

10:00 AM

## Loving Ourselves and the World Whole

March 15, 2026

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

**Announcements** Lee Newberg, Worship Associate

**Coffee Hour Connection** Social Justice Team

**Ringing of the Chime**

**Welcome** Lee Newberg

**Congregational Greeting**

**Opening Hymn** *May This Body* by Te Martin

**Call to Community & Chalice Lighting** Rev. Ann Kadlecek  
with Caroline Corrigan, Harrison Watkins  
& Seren, Maeve, and Graham

We must reject  
not only the stereotypes  
that others hold of us,  
but also the stereotypes  
that we hold of ourselves.

-by Shirley Chisolm

*Love Takes Work* by Carter Datz Albany UU Choir

**Story** *Rock What You Got* Elizabeth Baldes,  
Director of Programs for Children & Youth  
With Olga Martinez & Chris Milkins  
by Samantha Berger, illustrated by Kerascoët

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

**Joys and Sorrows** Randy Rosette & Sharon Babala

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

**Stewardship Testimonial**

**Worship Associate Reflection** Lee Newberg

**First Reading** by Sonya Renee Taylor Rev. Ann Kadlecek

**Second Reading** by Nayyirah Waheed

**Sermon** Rev. Ann Kadlecek

**Music** *World on Our Shoulders* Albany UU Choir  
by Robin Howl, Violet Skies, and Holly Fletcher

**Offering** Lee Newberg

**Closing Song** *All of My Body* by Emily Joy Goldberg

**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 are given by Sandy Stone  
~ *Spring's coming!* ~

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, MARCH 15<sup>th</sup>:**

### **From The Nominating Committee:**

Albany UU Ministerial Search Committee--Request for Nominations. The process of selecting a settled minister is one of the most significant actions in the life of a congregation. Achieving a synergistic minister-congregation partnership can strengthen our community as well as help move positively into the future. While the Nominating Committee takes the lead on this process, YOU are an integral part. By giving thoughtful nominations, you can bring forward the names of fellow Albany UU members who you think will best serve in the role of Ministerial Search Committee (MSC) member. You can also nominate yourself.

Please remember that all MSC members must be willing to invest significant time and effort in the search process for a full year starting July 2026. We encourage you to read more about this in the Windows Weekly newsletter. **Nominations must be received by April 5th, 2026.** If you have questions about this process, please contact Zoe Hutchins, Nellson Moore, or Vida Wehren at: [nomcommsc@albanyuu.org](mailto:nomcommsc@albanyuu.org). **How do you nominate?** Paper ballots are available in the church office, or in Channing Hall on Sundays. If you need a ballot mailed to you, please contact the AUU office at 518-463-7135. You can use the link in the newsletter or use the QR code below:



### **From The Congregational Life Team:**

Today is Picture Day! Photographer Shannon Simpson will be capturing the many moments that make up a Sunday morning at Albany UU. These photos will be used for our website, social media, and other church communications and publicity. If you prefer not to appear in photos, please sign an opt-out sheet either at the Welcome Desk or with the Ushers. We will review the photos afterward to remove any images that include those who have chosen to opt out. Thank you for helping us capture the life of our community with care and intention.

### **From The Social Justice Team:**

**You're Invited!** Enjoy goodies and cake at today's coffee hour to celebrate the enactment of New York's Medical Aid in Dying (MAID) Act after a decade of advocacy. Then, come to Community Hall at 11:30 to learn all about the final version of the law from Corinne Carey, who led the campaign for Compassion and Choices NY and is deeply involved in next steps.

### **From The Stewardship Team:**

#### **Shaping Our Shared Future: Stewardship Season**

We kicked off the 2026–2027 stewardship campaign three short weeks ago and already members and friends have pledged more than \$260,000—halfway to our goal! We express our deep gratitude to all who have pledged. For those submitted so far, members and friends have pledged an average of 10% more than last year. If you have the resources, please consider increasing your pledge as well. These increases will help ensure that Albany UU will be able to:

- Support the dedication and skill of our staff;
- Celebrate our excellent services, music program, and growing children's programming;
- Maintain our historic building, including installing new boilers to keep us warm; and
- Prepare us for the ministerial search that will lead to an exciting new chapter in our shared journey.

As you consider how much to give, please take a look at the Fair Share Contribution Guide on the back of the pledge form. The guide is a reference—not a requirement—as you discern the pledge that is right for you. In keeping with our principle of inclusivity, donors with more resources are encouraged to pledge a greater percentage. Your generosity enriches and strengthens Albany UU and each of us. Thank you! Please drop off your commitment form in the box at the Stewardship table in Channing Hall on Sunday mornings or in Sophia's office or mail it back. You can also pledge using this QR code:



### **From the Wine and Cheese FUNdraiser:**

Time is running out and this event is fast approaching! Sign up NOW for the 21st Annual Wine & Cheese event-Saturday, March 21st at 7:00 PM. This year's theme is celebrating the 250th anniversary of the founding of the republic and the role immigrants played in the creation of wineries throughout the country. Come to the Wine & Cheese tasting table in Channing Hall after the service Sunday to learn more and to sign up. You can also sign up using the QR code below:



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

Friday Night Lights — Friday, March 20<sup>th</sup> 5:30-7:00 PM. Friday Night Lights continues this month with another evening of food, connection, and shared reflection at Albany UU. We'll gather for dinner at 5:30 PM — bring a dish if you'd like and know that food will also be provided. After dinner, we'll move into all-ages UU programming, followed by time for conversation and activity in Channing Hall, or quiet reflection in the sanctuary. If you're able to help with food setup or cleanup, please use the QR code below. We're glad to share the evening with you.



**From The Arts & Aesthetics Team:**

AUU's Arts & Aesthetics Team invites you to the Opening Celebration of our first Native American art exhibit: "Footprints in the Homelands: Celebrating the Cultures of the First Peoples". Sunday, March 22, 12:00-2:00 PM. Art: The Art Wall will display art and poetry by Indigenous artists, primarily from NYS (Mohican, Haudenosaunee, and Abenaki). You will even be able to listen to one of the poems set to music by the author! Music: Shawn Stevens, Mohican musician/storyteller and Tribal Elder, will share his music and his traditional culture, history and prophecy. He will be traveling all the way from Wisconsin to be with us! Steven Mole, from Pittsfield, MA, will perform an original song inspired by one of the paintings that will be in the exhibit, The Lost Children of Ukraine: The Next 7 Generations, by Mohican artist Rebecca Burr. Food: There will be Native American inspired foods to share with all. Please plan on joining us on this special day! This event is free and open to all, so please invite others to join us. If you have questions or would like to help out on the day of the event, please contact Vida Wehren or Ilene Kane.

**Share the Plate with UUSC in March**



This month, Albany UU will share half of the collection plate with the **Unitarian Universalist Service Committee (UUSC)**.

For 85 years, UUSC has worked to challenge injustice and advance human rights, starting with aid to European refugees in World War II. UUSC addresses the core causes of injustice by partnering with local communities, amplifying their voices, and advocating for institutional and systemic change. UUSC works with grassroots organizations in over 20 nations, from Papua New Guinea to Poland to the United States.

In Sudan, UUSC funds grassroots mutual aid networks providing food, medical care, and safe evacuation routes. Across the Pacific, UUSC supports Indigenous partners as they face climate-forced displacement. In Mexico, UUSC partners provide lifesaving aid, legal accompaniment, and protection. In the US, UUSC's Community Accompaniment Program with Asylum-Seekers (CAPAS) assists congregations in offering long-term, community-based support to asylum-seekers.



Your contribution made by cash, text, online or check made out to Albany UU will be split between Albany UU and UUSC, 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 UUSC, write "all to UUSC" on the memo line.

Learn more about UUSC at [www.uusc.org](http://www.uusc.org).

# All of My Body

Music and Words by Emily Joy Goldberg



I wan - na live in all \_\_\_\_\_ of my bo - dy,  
I wan - na move with all \_\_\_\_\_ of my bo - dy  
I wan - na love with all \_\_\_\_\_ of my bo - dy  
I wan - na sing with all \_\_\_\_\_ of my bo - dy



I wan - na live in all \_\_\_\_\_ of my bo - dy,\_\_\_\_  
I wan - na move with all \_\_\_\_\_ of my bo - dy\_\_\_\_  
I wan - na love with all \_\_\_\_\_ of my bo - dy\_\_\_\_  
I wan - na sing with all \_\_\_\_\_ of my bo - dy\_\_\_\_



I wan - na live in all \_\_\_\_\_ of my bo - dy,  
I wan - na move with all \_\_\_\_\_ of my bo - dy  
I wan - na love with all \_\_\_\_\_ of my bo - dy  
I wan - na sing with all \_\_\_\_\_ of my bo - dy



All of my bo - dy and soul.\_\_\_\_  
All of my bo - dy and soul.\_\_\_\_  
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Used with Permission

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I wan - na move with all \_\_\_\_\_ of my bo - dy  
I wan - na love with all \_\_\_\_\_ of my bo - dy  
I wan - na sing with all \_\_\_\_\_ of my bo - dy



All of my bo - dy and soul.\_\_\_\_  
All of my bo - dy and soul.\_\_\_\_  
All of my bo - dy and soul.\_\_\_\_  
All of my bo - dy and soul.\_\_\_\_

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# May This Body Be A Bridge

Music and Words by Te Martin



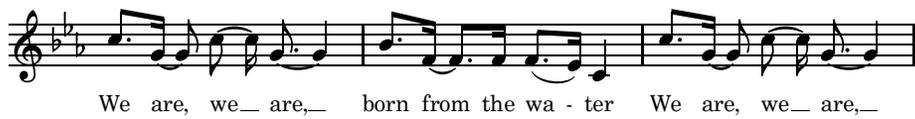
May this bo - dy \_\_\_\_\_ be a bridge \_\_\_\_\_ For the



heal - ing \_\_\_\_\_ of \_\_\_\_\_ this \_\_\_\_\_ land. May the riv - er \_\_\_\_\_ flow \_\_\_\_\_



through \_\_\_\_\_ us. Cleans - ing greed from our hands.



We are, we \_\_\_\_\_ are, \_\_\_\_\_ born from the wa - ter We are, we \_\_\_\_\_ are, \_\_\_\_\_



made from this land. Teach us, teach us, \_\_\_\_\_ oh great moth - er,

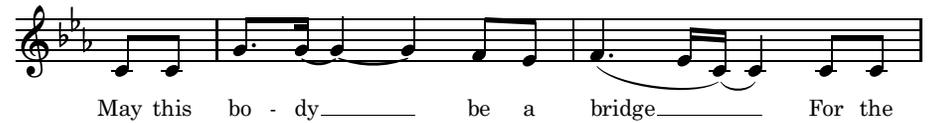


To bring, to \_\_\_\_\_ bring, \_\_\_\_\_ peace to \_\_\_\_\_ this land

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May this bo - dy \_\_\_\_\_ be a bridge \_\_\_\_\_ For the



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