

**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, 5/10**

Childcare (Nursery/Toddler) opens at 9:45. 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.

**Next Sunday, 5/17**, please join us in a special celebration of the learning and growth of our children, youth, and congregation. We will be taking a moment to appreciate the many wonderful Programs for Children & Youth volunteers who make Sunday mornings possible, and the Programs for Children & Youth Council will be hosting the annual "Sundae Sunday" Coffee Hour with ice cream and other frozen treats to enjoy!

Interested in helping out? Questions about our programs? Contact the Director of Programs for Children & Youth at [dre@albanyuu.org](mailto:dre@albanyuu.org).

**Worship Theme for May: Possibility**

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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
  - Michael Washington, Tech Support Staff

405 Washington Avenue, Albany, New York • [AlbanyUU.org](http://AlbanyUU.org)  
**Contact us:** 518.463.7135 • [office@albanyuu.org](mailto:office@albanyuu.org)



# Possibilities for Joy

Rev. Sarah Richards

Dave Munro,

Worship Associate

**Albany Unitarian Universalist**

Sunday, May 10, 2026

10:00 AM

Possibilities for Joy

May 10, 2026

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

**Introit** *23<sup>rd</sup> Psalm* by Bobby McFerrin Albany UU Choir

**Announcements** Dave Munro, Worship Associate

**Coffee Hour Connection** Cub Scouts Pack 211

**Ringing of the Chime**

**Welcome** Dave Munro

**Congregational Greeting**

**Opening Song** *Be Open* by Debbie Nargi-Brown

**Call to Community & Chalice Lighting** Rev. Sarah Richards

**Leader:** The chalice lit among us is a beacon.

**People:** A beacon of hope, in a world in crisis.

**Leader:** A beacon of possibility, made manifest in community.

**People:** A beacon of warmth through our interconnections.

**Leader:** A beacon of light illuminating our shared wisdom.

**All:** A beacon of connection by our being together.  
by Debra Faulk

**Story** *Saturday* by Oge Mora Elizabeth Baldes,  
Dir. of Prog. for Children & Youth

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

**Worship Associate Reflection** Dave Munro

**Joys and Sorrows** Frank Traynor & Sharon Babala

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

**Reading** Dave Munro

*The Elephant in the Room, Every Single Room*

by Rev. Juliàn Jamaica Soto

**Sermon** Rev. Sarah Richards

**Music** *Joy is Free* by Lea Morris

**Offering** Dave Munro

**Closing Song** *Let Us Go Out* by Pam Blevins Hinkle

**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 Cindee Herrick.  
~ *For all of the mothers, and for all of the mother in us all.* ~

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, MAY 10<sup>th</sup>:**

### **From the Board of Trustees:**

**Notice of 2026 Annual Meeting of the First Unitarian Universalist Society of Albany** The congregation's Annual Meeting will be on Sunday, May 17, following the Sunday service at 11:30, at 405 Washington Ave. The meeting can also be accessed online on Zoom. Childcare and a light lunch will be provided in Community Hall for people attending the meeting. More information, including links to the Annual Report, can be found in the Windows Weekly newsletter.

### **From the Building Connections Auction Team:**

Now is the time to buy! Buying begins today and ends May 24. Buying an item is a wonderful way to support the church and connect with others. The most popular items go quickly, so don't hesitate. Next Sunday, everyone who is registered with 32auctions.com this year but did not register last year will be entered in a raffle. The winner will have their choice of two places at one of three dinners. All raffle participants will receive a consolation prize. No need to be present to win. You can see what items are available on our 32auctions.com site. Scan the QR code below to get a link to the site and more information about the raffle.



### **From the Congregational Life Team:**

Congregational Celebration Picnic is May 30th from 11am - 2pm at Thatcher Park. And YOU have a special invitation to join in the fun! We'll have delicious potluck food, games, drinks, snacks, desserts and relaxing. Sign-ups in Channing after service and online (see windows weekly). Any questions see Sharon Babala or Mary Ann Jabalonski.

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

#### **Join us for a MoonBee!**

Did you know that many girls in under-resourced communities around the world miss school when they are having their periods because they lack menstrual supplies? When girls fall too far behind in school, they often drop out. Since 2011, the Schenectady based MoonCatcher Project (MCP) has been making reusable, sustainable period management kits. Last year MCP distributed over 21,000 kits to girls around the world. Each kit helps to keep one menstruating girl in school, and education can change her life. Join us for a MoonBee on Wednesday May 27th from 10 am to 12 noon. This community sewing event brings volunteers together to create MoonCatcher Kits. The MCP provides the materials, equipment and expertise. We will gather to cut, sew, iron and assemble the kits. There are jobs for everyone, including those without sewing skills. Please contact Donna Meixner or Deborah Vogel for more information. To register, use the QR Code below or contact Donna or Deborah. We encourage you to invite a friend.



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

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

We did it! Thanks to the incredible generosity of this community, we have reached our stewardship goal. What a testament to the care and commitment that defines this congregation! If you pledged last year but haven't yet renewed your commitment for this year, we warmly invite you to do so. Your continued support is what makes everything we do together possible, and your pledge will make a real difference in carrying out our mission and meeting our congregation's needs in the year ahead. Haven't pledged before? It's not too late—all are welcome to join in. You can scan the QR code below or visit the link. If you haven't already, please pledge today. Thank you for being part of this community!



## Share the Plate with Mediation Matters in May



This month, Albany UU will share half of the collection plate with **Mediation Matters**, which serves the greater Capital Region by offering **skills and processes that help people handle conflict in a constructive**

**way.** Mediation Matters provides a wide range of community members with the opportunity to be heard, to better understand one another and to work collaboratively toward solutions.

Core programs include:

- **Community Mediation:** Helping individuals and families resolve specific disputes (not originating in a court setting) in a constructive, confidential setting;
- **Restorative Justice:** Working with youth, schools, and community partners to address harm, build accountability, and strengthen relationships; and
- **Training & Education:** Capacity-building support to new communities, organizations, and individuals to help them prepare for and navigate difficult conversations in the future.

In 2025-26, Mediation Matters served 2,231 individuals through 809 cases across six counties, including Albany.

Your contribution made by cash, text, online or check made out to Albany UU will be split between Albany UU and Mediation Matters, 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 Mediation Matters, write “all to Med. Matters” on the memo line.

Learn more about Mediation Matters at **[mediationmatters.org](http://mediationmatters.org)**.