

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 **today, 5/24**

Childcare (Nursery/Toddler) opens at 9:45 upstairs. If you are not sure where to go, the welcomers in the lobby can help.

A combined age group for preschool-Grade 8 will begin after the story in service in Room 24-25.

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, please 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 have questions about our programs, or are interested in helping out, please email the Director of Programs for Children & Youth at dre@albanyuu.org.

Worship Theme for May: Possibility

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

Contact us: 518.463.7135 • office@albanyuu.org



Democracy, Listening, and Singing

Dan Berggren

Peter Brown,
Worship Associate

Albany Unitarian Universalist

Sunday, May 24, 2026

10:00 AM

Democracy, Listening, and Singing

May 24, 2026

Gathering Music Chris Milkins, Musician

Announcements Peter Brown, Worship Associate

Ringing of the Chime

Welcome Peter Brown

Congregational Greeting

Opening Song *Heart Opening Song* by Rev. Randy Partain

Call to Community & Chalice Lighting Dan Berggren

Shh. Listen to the sounds that surround you.
Notice the pitches, the volume, the timbre,
the many lines of counterpoint.
As light taught Monet to paint,
the earth may be teaching you music.
- Pete Seeger

No More Walls by Dan Berggren

Story Elizabeth Baldes, Dir. of Prog. for Children & Youth
Equality's Call: The Story of Voting Rights in America
by Deborah Diesen, ill. by Magdalena Mora

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

Joys and Sorrows Frank Traynor & Jim Chicoine,
Pastoral Care Associates

Sung Response #123 *Spirit of Life*

Worship Associate Reflection Peter Brown

Reading *Down a Dirt Road* Dan Berggren

Sermon *Democracy, Listening, and Singing* Dan Berggren

Moment of Silence

Offering Peter Brown
Offertory *Occupy This Moment* by Dan Berggren

Benediction *Four Bright Stars* by Dan Berggren

Special thanks to our song leader, Cathy DeMille

~ *Flowers are given by Sharon & Mike Babala,
Celebrating 43 years of being in love,
may the adventure continue! ~*

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 24th:

From the Religious Services Team:

Our Sunday services bring us together and nourish our spirits every week, as a congregation. In collaboration with our minister, the Religious Services Team oversees all aspects of these services. Would you like to help? We are eager to add a few new members. If you might be interested, and would like more information, contact Rev. Ann, Debbie or Peter Brown, Peter Meixner or Dawn Dana.

From the Building Connections Auction Team:

Today is your last chance to buy! The auction is our biggest fundraiser and a wonderful way to connect with others. Great and affordable items are still available. You can see what is still available on our 32auctions site. Scan the QR code below to get a link to the site. Thanks to everyone who has participated by donating or buying.



From the Arts & Aesthetics Team:

The Arts & Aesthetics Team invites congregants of all ages to participate in our upcoming **Congregational Art Show**, opening Sunday, June 7! Whether you paint, draw, photograph, sculpt, stitch, collage, or create in another medium, we would love to celebrate the creativity within our community. Each person may submit **one original artwork** for display. **Art Show Opening:** Sunday, June 7 • 12–2 PM. **Artwork Drop-Off:** Saturday, June 6 • 10 AM–12 PM. This is an all-ages, family-friendly event, and artwork should be appropriate for audiences of all ages. All submissions will be reviewed in advance for appropriateness. Submission does not guarantee placement on the Art Wall. For more information, contact Art Wall Coordinator Ilene Kane or call the church office. We can't wait to see what our community creates!

From the Social Justice, PCY, Inclusivity & Congregational Life Team:

Gearing up for Pride. Capital Pride will take place on Sunday June 14th and Albany UU will be there! You are invited to join us for fun and festivities. This year, we will have Albany UU Pride t-shirts! If you would like to buy a t-shirt, please see Jaye Holly in Channing Hall during coffee hour to place your order. They are \$15 (cash or check only, please). They come in adult and youth sizes, so everyone in the family can join the fun!

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.



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**.

Heart Opening Song

By Rev. Randy Partain



My heart is o - pen, o - pen wide, o - pen
My heart is o - pen, o - pen wide, o - pen
My heart is o - pen, o - pen wide, o - pen




wide to the song of my soul; my heart is o - pen, o - pen
wide to the song of you, my heart is o - pen, o - pen
wide to the song of the world, my heart is o - pen, o - pen



wide, o - pen wide to the song of my soul.
wide, o - pen wide to the song of you.
wide, o - pen wide to the song of the world.

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