

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

From 6/28-9/6 a combined age group for children is being offered during service. The room opens at 9:45 and is supervised by staff and screened volunteers. Our time together will be lightly structured with opportunities for arts and crafts along with free play.

The group is intended for around age 3 and up. Younger children and their families are welcome to join us, and to use the Nursery/Toddler space as needed, however the Nursery/Toddler is not staffed during the summer.

Not sure where to go? Inquire at the Welcome Desk in the lobby.

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.

Albany Unitarian Universalist

Rev. Ann Kadlecek & Rev. Sarah Richards, Interim Co-Ministers
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

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Contact us: 518.463.7135 • office@albanyuu.org



Practicing Spiritual Practice?

Nellson Moore

**Alison Hart,
Worship Associate**

Albany Unitarian Universalist

Sunday, August 16, 2026

10:00 AM

Practicing Spiritual Practice?

August 16, 2026

Gathering Music *What I'm Looking For* Rich Baldes, Musician
by Brandon Benson

Announcements Alison Hart

Ring of the Chime

Welcome Alison Hart

Congregational Greeting

Opening Hymn #38 *Morning Has Broken*

Call to Community *Sanctuary of the Soul* Nellson Moore
by David R. Chapman

Chalice Lighting Nellson Moore & Alison Hart

*I breathe in the warmth of this light,
its glow filling the spaces where fear and doubt reside.
I breathe out the tension I carry.
I release what no longer serves me.
I breathe in the strength of our community,
a sanctuary of diverse voices and shared purpose.
I breathe out the urge to go it alone.
I embrace the power of togetherness.
I breathe in the courage to speak truth,
even when it trembles on my lips.
I breathe out the silence that holds me back.
I make space for honesty and justice.
I breathe in the hope of transformation,
knowing we are here to build and to heal.
I breathe out despair,
trusting that change is born in small acts of love.*

*As we light this chalice, may each breath remind us
of the sacred rhythm of life, the pulse of creation,
and the power we hold to shape the world around us.*

Joys and Sorrows Sharon Babala

Sung Response #123 *Spirit of Life*

Reading by David Blanchard Nellson Moore

Sermon *Practicing Spiritual Practice?* Nellson Moore

Moment of Silence

Offering Alison Hart

Offertory Nellson Moore & Rich Baldes
Make Them Hear You music by Stephen Flaherty,
lyrics by Lynn Ahrens

Benediction by Elizabeth Bukey Saunter Nellson Moore

Closing Hymn #1057 *Go Lifted Up*

Chalice Extinguishing Nellson Moore & Alison Hart

*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.*

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

Share the Plate with the FOCUS Food Pantry in August



In 2025, the FOCUS Interfaith Food Pantry served more than **8,800 individuals, including more than 2,900 children**, from its site at Emmanuel Baptist Church, 275 State Street. The Food Pantry is open Monday through Friday mornings as well as the last Saturday of the month. With a gift of \$40, the food pantry can

provide six days of meals for one person, with fresh produce and milk. With \$120, they can provide meals for six days to a family of three.

Three times each year, our congregation shares half of the collection plate with the FOCUS Interfaith Food Pantry. Our donations help make sure that families, children, seniors, and others in our community have **healthy** food when they need it most. Albany UU has supported the FOCUS Food Pantry since at least 1977.



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

Learn more about the FOCUS Food Pantry at www.focuschurches.net/food-pantry.

ANNOUNCEMENTS FOR SUNDAY, AUGUST

16:

From Democracy Response Steering Committee:

SHOW YOUR SUPPORT FOR DEMOCRACY: The Democracy Crisis Response Team will be selling the lawn sign shown below so we can all show our support for Democracy. The signs will be \$20 each and will include the "H" bracket. We will be taking orders and payment for the signs at a table in Channing Hall. The signs will be available for pick-up at the end of August.



To order a sign, use the QR code below:



From the Administrator:

Summer services dates and service leaders are listed here. For more information about each service, please see the Windows Weekly newsletter.

Sunday, August 23 at 10:00 with Rev. Ann Kadlecsek

Sunday, August 30 at 10:00 with Rev. Lynn Ashley

Sunday, September 6 at 10:00 with Diane Cameron