

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

Childcare in the Nursery/Toddler Room opens at 9:45 for dropoff.

Age-based groups will meet after the story in service. If you are new or visiting, and your child isn't registered, please accompany them to their room to sign them in. Staff and volunteers are available to direct you. **Groups run until 11:15**, at which time parents and guardians pick up their children, except for high school youth who are dismissed on their own.

Grade 7/8 Our Whole Lives meets from 10-11:15. This is a closed group.

If you have any Programs for Children & Youth related questions on Sunday morning before service please stop by the "RE" Office Window in the lobby. If you are interested in helping out and would like to talk about our programs, please email the Director of Programs for Children & Youth at dpcy@albanyuu.org.

We are so glad you are here!

Worship Theme for October: Courage

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

405 Washington Avenue, Albany, New York • AlbanyUU.org
Contact us: 518.463.7135 • office@albanyuu.org



Going To the Wound: Compassion in Unitarian Universalism

**Rev. Ann Kadlecek
Debbie Brown,
Worship Associate**

Albany Unitarian Universalist

Sunday, October 18, 2026

10:00 AM

**Going To the Wound: Compassion in Unitarian
Universalism**

October 18, 2026

Gathering Music Olga Martinez, Director of Music Ministry

Announcements Debbie Brown, Worship Associate

Coffee Hour Connection Ministerial Search Committee

Ringling of the Chime

Welcome Debbie Brown, Worship Associate

Congregational Greeting

Opening Hymn #298 *Wake Now My Senses (verses 1, 3 & 5)*

Call to Community & Chalice Lighting Rev. Ann Kadlecek

*We light this chalice
For care and courage,
For purpose and action,
And for compassion and love.*

Compassion and Love by Linda Allen Albany UU Choir

Commissioning of Pastoral Care Associates

Congregation: *Today we call you forth from among us.
We place our trust in you,
asking you to sit with us in our pain
and celebrate with us in our joy.
We ask you to be our spiritual companions,
Witnesses of our lives' paths.*

Story *Nanette's Baguette* by Mo Willems Elizabeth Baldes,
Director of Programs for Children & Youth

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

Joys and Sorrows Jim Chicoine & Randy Rosette

Sung Response #123 *Spirit of Life*

Worship Associate Reflection Debbie Brown

Reading from Resmaa Menakem Rev. Ann Kadlecek

Reading from Henri Nouwen

Sermon Rev. Ann Kadlecek

Music Pages by Elizabeth Alexander Albany UU Choir

Offering Debbie Brown

Closing Song *United in Purpose* by Rollo Dilworth

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 Al De Salvo.
~ For my father, Albert De Salvo, Sr., born October 2, 1910. ~

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 Underground Railroad Education Center in October

This month, Albany UU will share half of the collection plate with the Underground Railroad Education Center, dedicated to researching and preserving the history of this first civil rights movement and its relationship with us today. The Center maintains the historic Stephen and Harriet Myers Residence, a headquarters for Underground Railroad activity in the Capital Region in the mid 1850's.

The Underground Railroad Education Center offers tours and programs for adults and youth, including the Young Abolitionist Leadership Institute Summer Program. With relevant programming, affiliations and collaborations, the Center has become a significant community anchor for Arbor Hill, an Albany neighborhood impacted by the legacy of the institution of slavery, redlining, disinvestment and urban renewal.



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

Learn more about them at undergroundrailroadhistory.org.

Announcements for Sunday, October 18:

From Rev. Sarah & Rev. Ann:

Update on our Washington Ave entrance: the exterior panes of glass on our main doors were broken last week. The interior panes are intact, but the entrance will remain closed for safety reasons until repairs are completed, which are planned for next week. Please continue to use the West St. entrance and avoid using those doors until they are repaired.

From the Social Justice Team & NYUUJ:

All are invited to the Justice Convocation to be held here at Albany UU on Saturday, November 7, from 10 AM to 4 PM. This annual event is sponsored by New York UU Justice and our social justice team. See Peggy Sherman at coffee hour to sign up, get more information, or volunteer to help with the day.

From the Green Sanctuary Team:

Kenwood Data Center Fight the Site meeting will be in Community Hall tomorrow night at 7:00. This meeting is especially important for those living in Albany because it could have noise, energy, environmental justice and financial impacts for the City. Flyers and signup information are available from Chuck Manning.

Compassion and Love

Words and music by Linda Allen

May my bod - y do the work I was
May our bod - ies do the work we were

3
sent here to do, May my heart know the truth from the
sent here to do, May our hearts know the truth from the

5
lies. _____ May my words speak for just tice May I
lies. _____ May our words speak for jus - tice May we

7
be un - a - fraid. May I
be un - a - fraid. May we

act with com - pas - sion and love.
act with com - pas - sion and love.

Compassion and Love

Words and music by Linda Allen

May my bod - y do the work I was
May our bod - ies do the work we were

3
sent here to do, May my heart know the truth from the
sent here to do, May our hearts know the truth from the

5
lies. _____ May my words speak for just tice May I
lies. _____ May our words speak for jus - tice May we

7
be un - a - fraid. May I
be un - a - fraid. May we

act with com - pas - sion and love.
act with com - pas - sion and love.