

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, 10/4.**

On the first Sunday of the month from October-May, Family Chapel is presented in the Sanctuary at 9:30AM and lasts for around 25 minutes. **Sunday morning groups begin at 10AM** on Family Chapel Sundays, and the groups use the extra time to enjoy a snack together. Childcare (Nursery/Toddler) opens at the usual time of 9:45 upstairs in Room 22.

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. High school youth and Grade 7/8 OWL are released on their own. Grade 7/8 OWL is done a little later at 11:30.

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. We are so glad you are here!

Worship Theme for October: Courage

Albany Unitarian Universalist

Rev. Ann Kadlecsek & 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



What Have We Got to Lose?

Rev. Sarah Richards
Jeff English,
Worship Associate

Albany Unitarian Universalist

Sunday, October 4, 2026

10:00 AM

What Have We Got to Lose?

October 4, 2026

Gathering Music

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

Announcements

Jeff English, Worship Associate

Coffee Hour Connection

Congregational Life Team

Ringling of the Chime

Welcome

Congregational Greeting

Opening Hymn #131 Love Will Guide Us

Call to Community

Rev. Sarah Richards

Chalice Lighting by Erika Hewitt

Leader: *The word courage comes from the Latin cor, which means heart. The original use of the word courage meant to stand by one's core: a reminder...that living from the Center is what enables us to face whatever life has to offer.*

Leader: *To "encourage" means to hearten; to impart strength and confidence. This is our work, as a religious community: to encourage one another; to give one another the confidence and heart to live as fully as possible.*

Congregation: *With full hearts, we affirm our relationships with one another; we recognize our agency and our connective power; and we accept our responsibility to be bold and courageous.*

Music *Bond of Trust* by Katie Sontag

Story *Hummingbird Story & Song* by Leah Morris Elizabeth Baldes
Director of Programs for Children & Youth

Joys and Sorrows

Sharon Babala & Ruth Samuels

Sung Response #123 Spirit of Life

Reading *Because* by Rosemerry Trommer

Jeff English

Worship Associate Reflection

Jeff English

Message

Rev. Sarah Richards

Moment of Silence

Offering

Jeff English

Closing Song *Gather Your Courage* by The Courage Collective

Benediction by Wayne Arnason

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 Barb & Chuck Manning.
~ In memory of Chuck's mom, Janette Manning. ~

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.

Vision Statement

Albany UU will be an inclusive, welcoming congregation. Our sacred work is to lift hearts, broaden minds and do justice in the world, in service of building beloved community.

Announcements for Sunday, October 4:

From Rev. Sarah:

You're invited to a UU Info Session after today's service at 11:30 in room B8. If you're new to Albany UU, and/or Unitarian Universalism, or if you've been around for a while and have questions about why and how we do what we do, join Rev. Sarah and friends for this informal Q & A session. Bring your snacks from coffee hour. There will be an activity area for kids.

From The Endowment Trust:

We fund projects that strengthen our congregation and our community. Past grants have gone to the Sheridan Prep playground, the organ renovation, new choir risers, kitchen equipment, and the community breakfast. Applications are on the Albany UU website under Resources>Filing Cabinet>Endowment Trust>Grant Application Form, or scan the QR

Code below:



Not sure if your idea qualifies? Just ask any member of the Endowment Trust: Barb Manning (Chair), Lee Newberg, Hillary Torres, Chris Jensen, or Zack Metzger.

Bond of Trust

Music and Words by Katie Sontag

Part 1

Part 2

The truth_____

May the truth be the guide may it

show me the way_____

shine bright may the

give me the cour-age to say

truth guide the light_____ may the

Used with Permission
2026

Gather Your Courage

The Courage Collective

Ga - ther your cour - age in - to your heart____ When we're to - geth -
Ga - ther your pow - er in - to your voice____ Lift - ing up jus -
Ga - ther com - pas - sion in - to your soul____ Care for each oth -

- er we can start____ Ga - ther your cour - age in - to your heart
- tice 'bove the noise____ Ga - ther your pow - er in - to your voice
- er makes us whole____ Ga - ther com - pas - sion in - to your soul

Fine

____ When we're to - geth - er we can start____
____ Lift - ing up jus - - tice 'bove the noise.
____ Care for each oth - - er makes us whole

Call: **Response:**

____ Ev - 'ry - bo - dy show up Ev - 'ry - bo - dy show up Ev - 'ry - bo - dy
____ Ev - 'ry - bo - dy speak out Ev - 'ry - bo - dy speak out Ev - 'ry - bo - dy

rise up Ev - 'ry - bo - dy rise up Ev - 'ry - bo - dy shake it up Ev - 'ry - bo - dy
reachout Ev - 'ry - bo - dy reachout Ev - 'ry - bo - dy shake it out Ev - 'ry - bo - dy

shake it up Ev - 'ry - bo - dy here____ Ev - 'ry - bo - dy here____
shake it out

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shake it out