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. Youth in Grade 7 and up are dismissed on their own.

Grade 7/8 Our Whole Lives meets from 10-11:15ish. 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 November: Healing

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



Tell Me Your Bad Cards

Brian Frank
Peter Brown,
Worship Associate

Albany Unitarian Universalist

Sunday, November 8, 2026

10:00 AM

Tell Me Your Bad Cards

November 8, 2026

Gathering Music Chris Milkins, Musician

Announcements Peter Brown, Worship Associate

Coffee Hour Connection Inclusivity Team

Ringing of the Chime

Welcome Peter Brown, Worship Associate

Congregational Greeting

Opening Hymn *#188 Come, Come, Whoever You Are*

Call to Community Brian Frank

Chalice Lighting by Rev. Wayne B. Arnason

Take courage friends.
The way is often hard, the path is never clear,
and the stakes are very high.
Take courage.
For deep down, there is another truth:
you are not alone.

Music *It's When You Hear Me* by Helen Yeomans

Story *Beneath* by Cori Doerrfeld Elizabeth Baldes,
Director of Programs for Children & Youth

Singing the Children Out *Reeb Children's Benediction*
by Ian W. Riddell

Joys and Sorrows Sharon Babala & Randy Rosette

Sung Response #*123 Spirit of Life*

Worship Associate Reflection Peter Brown

Sermon *Tell Me Your Bad Cards* Brian Frank

Music *Let's Sit* by Julianna Zarzycki

Offering Peter Brown

Benediction Brian Frank

Closing Song *Radical Acceptance* by Christiana Brekke

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 Paula & Steven Moskowitz.
~ In celebration of Lisa Moskowitz Hoerz's 40th birthday,
Love Mom & Dad. ~

Thanks to Cathy DeMille, Musician

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, November 8:

From the Albany UU Youth Group:
Hold onto your hats - the poinsettia sale is back! This year Albany UU Youth Group will be selling poinsettias for the holiday season to support their trip to Seneca Falls and Auburn, New York in April. There they will explore a rich and complex history of social activism by prominent figures including abolitionists Harriet Tubman and William Seward and women's rights activists Matilda Joslyn Gage and Susan B. Anthony. Place your order in advance on November 8, 15, or 22 in Channing Hall during coffee hour. Pickup will be on December 6th after service. Contact Adrain Cattell with any questions.

From Programs for Children & Youth and the Social Justice Team:
Social Justice Team + Programs for Children & Youth are teaming up in support of Grassroot Givers Month of Simple Giving. Our goal is to collect enough supplies to make 100 personal care kits for Grassroot Givers to distribute to families leaving a shelter, and those living on a limited budget. You can help by leaving new, unopened, full-size shampoo, soap, and toothpaste, along with razors and toothbrushes, in the collection bin in the church entrance lobby. The drive will run until Sunday, November 29, when our children and youth will assemble the kits during their Sunday morning groups.

From the Holiday Bazaar Team:
Crafters: It is time to get ready for the annual Albany UU holiday bazaar on December 6th, the first Sunday in the month. Knitting, sewing, photography, making jewelry, or holiday cards, woodworking, pottery: Whatever your skills, prepare to contribute something to the holiday bazaar. Contact Sigrin Newell or Anny Lapinski with any questions.

Share the Plate with Koinonia Primary Care in November



This month, Albany UU will share half of the collection plate with Koinonia Primary Care.

Twenty-five years ago, Dr. Bob Paeglow and his wife Leanne, a registered nurse, founded this clinic located at the corner of North Lake and Clinton Avenue.

Only a ten-minute walk from Albany UU, Koinonia Primary Care offers both medical and behavioral health services to over 3,000 people of all ages living in West Hill and Arbor Hill. No one is ever turned away.

In addition to these services, they offer community activities such as cookouts and a Christmas store. This clinic has become a crucial neighbor and needs our support.



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

Text your donation using: 844-976-2618.

Learn more about **Koinonia Primary Care** at **koinoniapc.org.**

It’s When You Hear Me

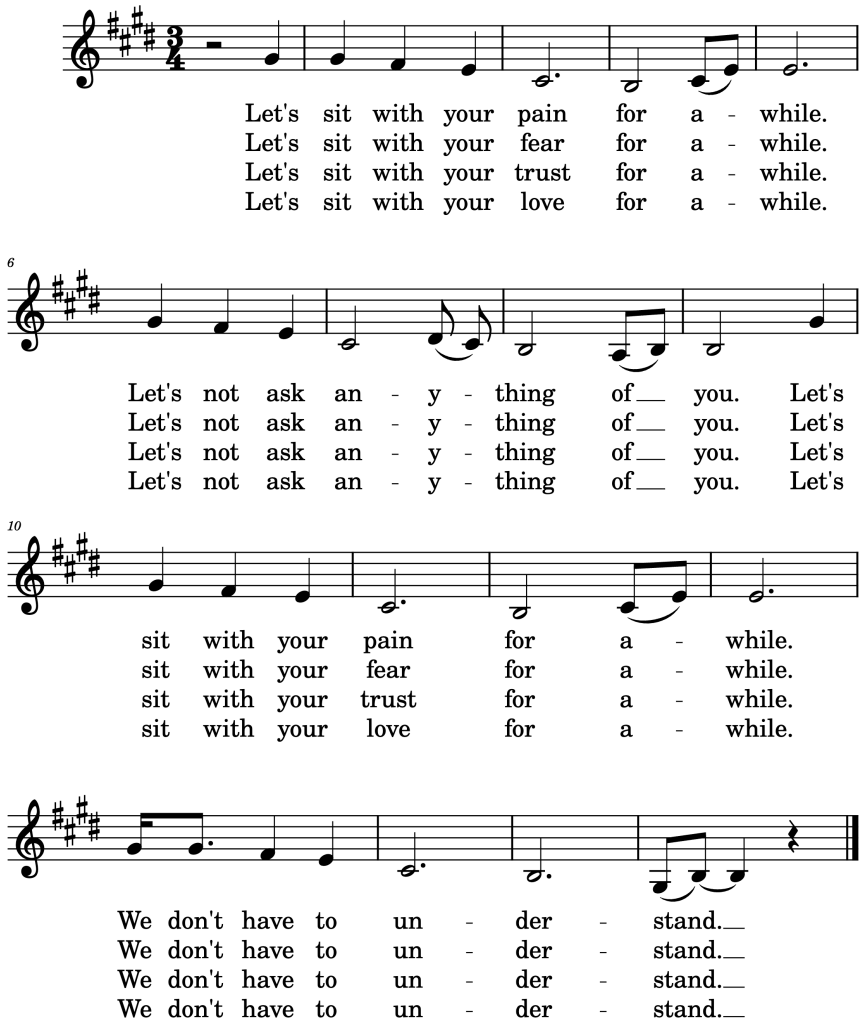
Words and Music by Helen Yeomans



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Let’s Sit

Words and Music by Julianna Zarzycki



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