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, 11/22.**

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

Our service today is multigenerational, meaning children and youth stay for the full service instead of going to their usual groups. There are interactive orders of service and crayons available from the ushers for children to use during our service.

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

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



Every Day Gratitude

Rev. Sarah Richards
Elizabeth Baldes,
Director of Programs
for Children & Youth

Albany Unitarian Universalist
Sunday, November 22, 2026
10:00 AM

Every Day Gratitude

November 22, 2026

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

Introit *Thanks* Albany UU Choir
music by Philip Silvey, lyrics by Anne LaMott

Ringing of the Chime

Welcome Elizabeth Baldes

Congregational Greeting

Opening Hymn *#128 For All That Is Our Life*

Call to Community & Chalice Lighting by Bruce Southworth

For the gift of this day
and for our community
of spiritual nurture and compassion,
we give thanks.
We light this chalice as a symbol of our faith.
May our many sparks meet and merge
in communion of heart and soul.

Hymn *#1010 We Give Thanks*

Joys and Sorrows Ruth Samuels & Sharon Babala

Sung Response #*123 Spirit of Life*

Pastoral Prayer *Gratitude* by Swiftwalker

Story *When You Have More Than Enough* Elizabeth Baldes
by Star Sarahs-Borchelt

Making Our Own Grace Elizabeth Baldes

Hymn *#1010 We Give Thanks*

Message Rev. Sarah Richards

Music *Thank You* by David MacLeod Albany UU Choir

Offering Elizabeth Baldes

Benediction Rev. Sarah Richards
For All That is Good in Our Lives by Debra Hafner

Closing Song *Thank You Life* by Juliana Murphy

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.

~ Today's flowers are in memory of Abi Fisher,
daughter of Mary Applegate and Charles Fisher. ~

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 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.**

Announcements for Sunday, November 22:

From the Inclusivity Team:

On the occasion of Transgender Day of Remembrance, which was on Friday, November 20, 2026, the Inclusivity Team would like to suggest these ways to support people who are transgender or nonbinary:

1. Listen and trust when people share about their identity.
2. Publicly stand up for them.
3. Use the pronouns that people share with you.
4. Show support for how they express their gender.
5. Use inclusive and gender-neutral terms and titles.
6. Avoid asking intrusive questions, such as questions about medical history and birth name.
7. Learn more about the transgender experience.

From the Democracy Crisis Response Steering Committee:

The DCRSC will be meeting after the service today in Room B-7. We will be discussing what to do next. Everyone who is interested is welcome to attend.

From the Stewardship Committee:

Join Us for the Stewardship Committee Meeting! Monday, December 7 at 7:00 pm, at Albany UU or via Zoom (see the newsletter for the Zoom link). Stewardship is an important way we care for and sustain Albany UU. Come help shape our plans for the stewardship year ahead. All are welcome! For questions or to let us know you would like to help but can't make this meeting, email Alison Hart and Amie Jamieson at stewardship@albanyuu.org.

From the Ministerial Search Committee:

Ministerial Search Update: **Share your Voice to Break Barriers, Build Beliefs.** As a part of our search process for a settled minister, Albany UU will be holding a ***Break Barriers, Build Beliefs Retreat*** on Saturday, December 12 from 11:00 to 3:00. The B4 Retreat is offered by the UUA to help ensure inclusive perspectives and minimize unintentional bias in the search process. **Your voice matters!** In addition to the Board and the Ministerial Search Committee, the B4 Retreat is open to anyone in the Albany UU community. Please RSVP no later than December 7 so that we will have an accurate count for lunch. Scan QR code below to RSVP.

Additionally, everyone at Albany UU is invited to take the Break Barriers, Build Beliefs survey. **Even if you are not planning on attending the retreat,** your input in this survey will help us better understand who our congregation is looking for to be our settled minister. To complete the survey, scan the QR code below:

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 today, November 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.

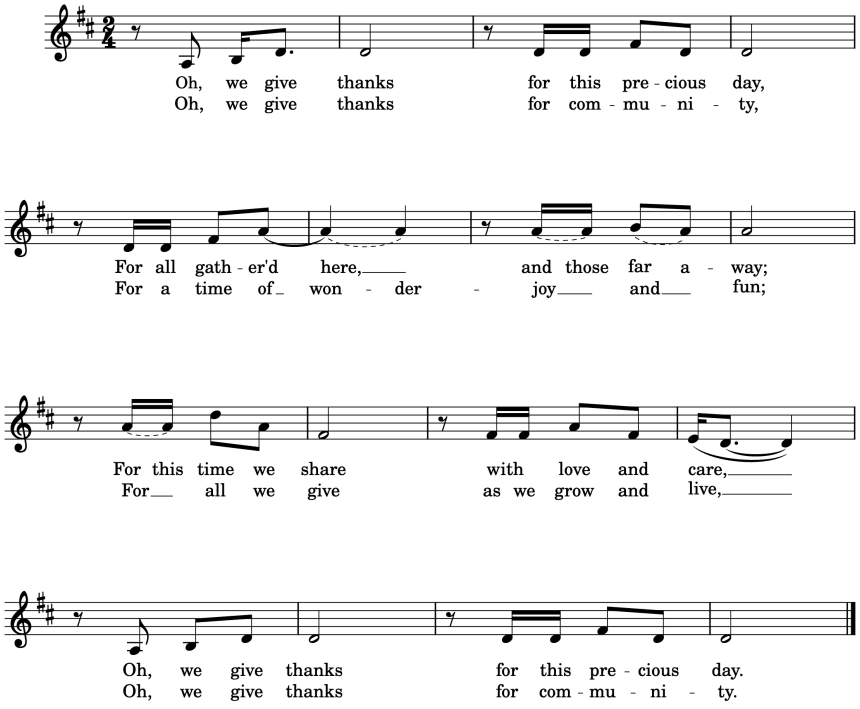
From the Holiday Bazaar Team:

We need your treasures! We are looking for household goods that need to be re-homed so that we can sell them at the "pay what you wish" table at the holiday fair. Small items only please. No clothing, no books. Items can be left in a box in the coatroom. Thanks so much.

We Give Thanks

Arranged by Susan Peck

Words and Music by Wendy Luella Perkins



Rev. Wendy Luella Perkins (b. 1966) © 2004
Singing the Journey #1010

Thank You Life

Words and music by Julianna Murphy



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