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, 11/29.**

Childcare (Nursery/Toddler) opens at 9:45 for dropoff**.**

Children and youth start out in service and then, after the story, will meet in one of two combined-age groups. Those up to and including 6th grade will go upstairs to help pack donation kits for Grassroot Givers. Youth Group (high school age) and 7th and 8th graders will go downstairs to work on items for the Holiday of All Holidays Craft Fair.

If you are new or visiting, and your child isn't registered, please accompany them to their room and sign them in. If you aren't sure where to go, check in with Elizabeth in the hallway after she tells the story.

Groups run until 11:15, at which time parents and guardians pick up their children up to and including 6th grade. 7th grade and up will be released on their own.

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 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



The Spiritual Journey – Solo, and In Community

Dave Munro
Carolyn Stetson,
Worship Associate

Albany Unitarian Universalist
Sunday, November 29, 2026
10:00 AM

The Spiritual Journey-Solo, and In Community

November 29, 2026

Gathering Music Amanda Chapin, Musician

Announcements Carolyn Stetson, Worship Associate

Ringing of the Chime

Welcome Carolyn Stetson

Congregational Greeting

Opening Hymn *For the Weaving of Our Lives* music by Conrad Kocher, words by Amanda Udis-Kessler

Call to Community & Chalice Lighting by Craig Rowland

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 alone.
I embrace the power of togetherness.
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.

Music *Loosen* by Aly Halpert

Story *We Are Together* by Britta Teckentrup Elizabeth Baldes, Director of Programs for Children & Youth

Singing the Children Out *Reeb Children's Benediction*

Joys and Sorrows Jim Chicoine

Sung Response #*123 Spirit of Life*

Worship Associate Reading Carolyn Stetson

No Enlightened Retirement-Perspectives on the Ongoing Spiritual Journey by Rev. Diane Berke

Sermon Dave Munro

The Spiritual Journey-Solo, and In Community

Music *What We Need is Here* by Amy McCreath

Offering Carolyn Stetson

Benediction Dave Munro

Closing Song *Benediction* by Eva Conley Kendrick

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 Chris Whittaker & Alexis Agliano.
~ Dedicated to Bernadette Whittaker and her first visit to Albany. ~

Thank you to Cathy DeMille, for music planning and production.

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 29:

From the Holiday Bazaar Team:

Holiday Fair Coming December 6th! Come do the best hyper local shopping you can do during the Albany UU Holiday Fair. We have some very exciting items for sale:

- hand knitted hats, cowls, scarves, mittens, blankets and more
- a beautiful, quilted blanket
- hand carved wood kitchen items
- homemade collage cards
- catnip mice
- vendors selling their wares (jams, knitted items, potholders, cards and more)
- and other creative items
- The "pay as you wish" table will have jewelry, household goods and holiday decorations
- AND (drum roll please)
- an original book about the Holiday Fair written by Nicholee Froese and illustrated by Jeffrey Wright-Sedam

The sale will start immediately after the service on Sunday, December 6th. Bring cash or checks for payment.

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:

Share Your Voice to Break Barriers, Build Beliefs

As part of our search for a settled minister, Albany UU will host a **Break Barriers, Build Beliefs (B4) Retreat** on Saturday, December 12, from 11:00 a.m. to 3:00 p.m. This retreat is an important part of the ministerial search process and will be facilitated by Rev. Patrice Curtis, the Director of Transformational Interim Ministries for the Unitarian Universalist Association (UUA). It is designed to help congregations recognize and minimize unintentional bias, encourage inclusive perspectives, and ensure that our search reflects the values and aspirations of our entire community. Please RSVP no later than December 7 so that we will have an accurate count for lunch. Scan QR code below to RSVP.

Take the survey! Even if you cannot attend the retreat, please take the Break Barriers, Build Beliefs survey! This is a different survey than the Ministerial Search survey. Your input is needed on the areas where Albany UU can grow to become more inclusive.

Completing the B4 survey is required to attend the retreat. Board and Ministerial Search Committee (MSC) members are required to complete the survey and attend the retreat. Other members of the Albany UU community are welcome and encouraged to participate as well. Your perspectives are important, and your input will help us better understand the qualities, values, and leadership we are seeking in our next settled minister. To complete the survey, scan the QR code below:

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.

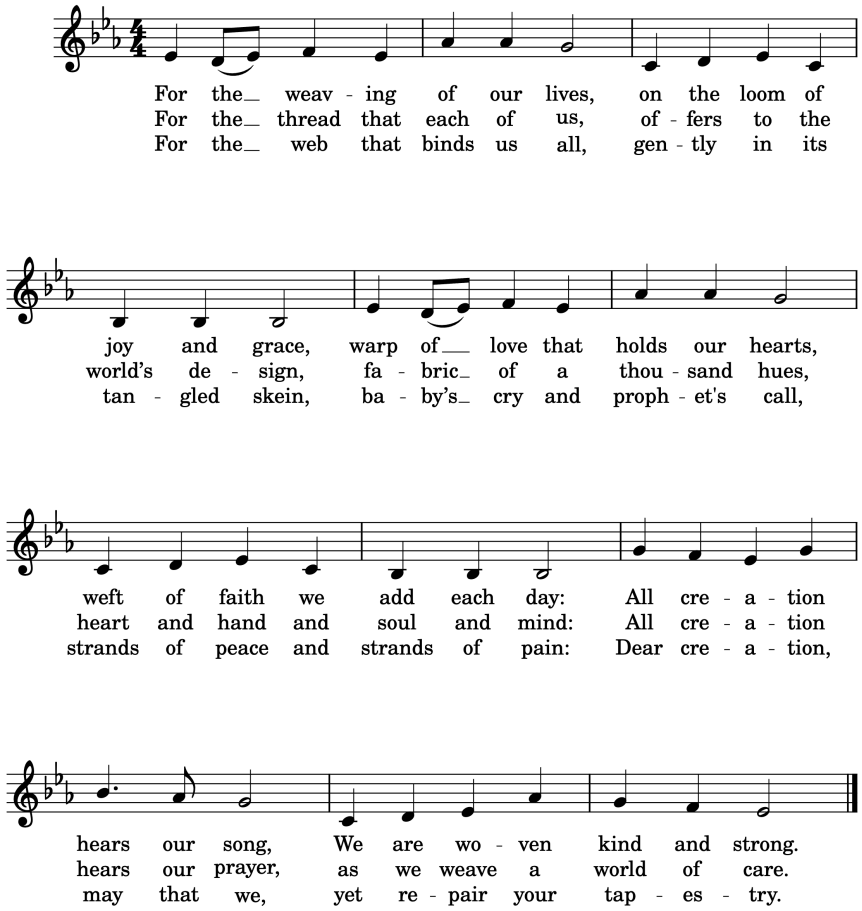
Text your donation using: 844-976-2618.

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

For the Weaving of Our Lives

Words by Amanda Udis-Kessler

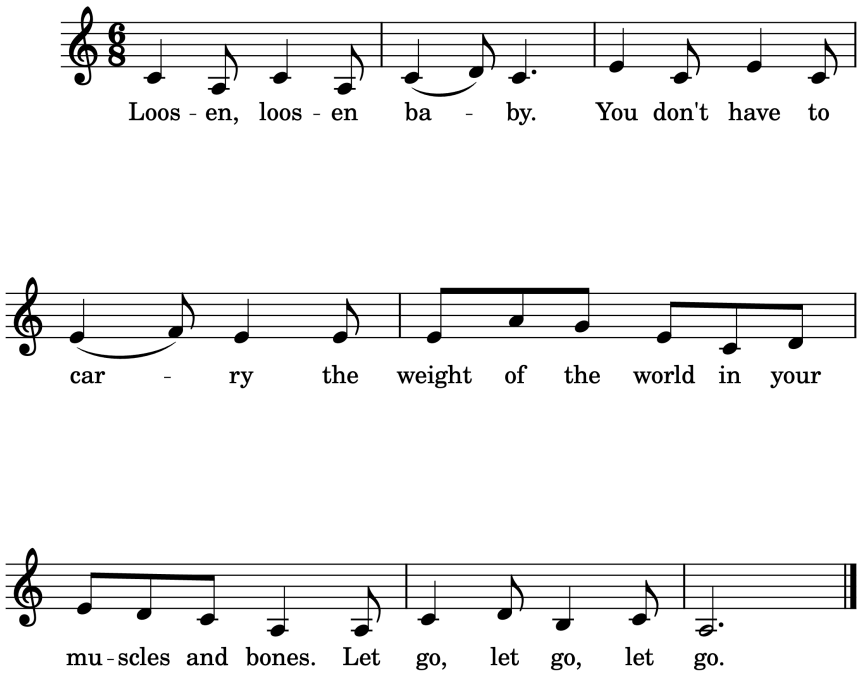
Melody: Conrad Kocher, 1786-1872, abridged



© Amanda Udis-Kessler & Public Domain
Sing Out Love UUA expirationn March 2029

Loosen

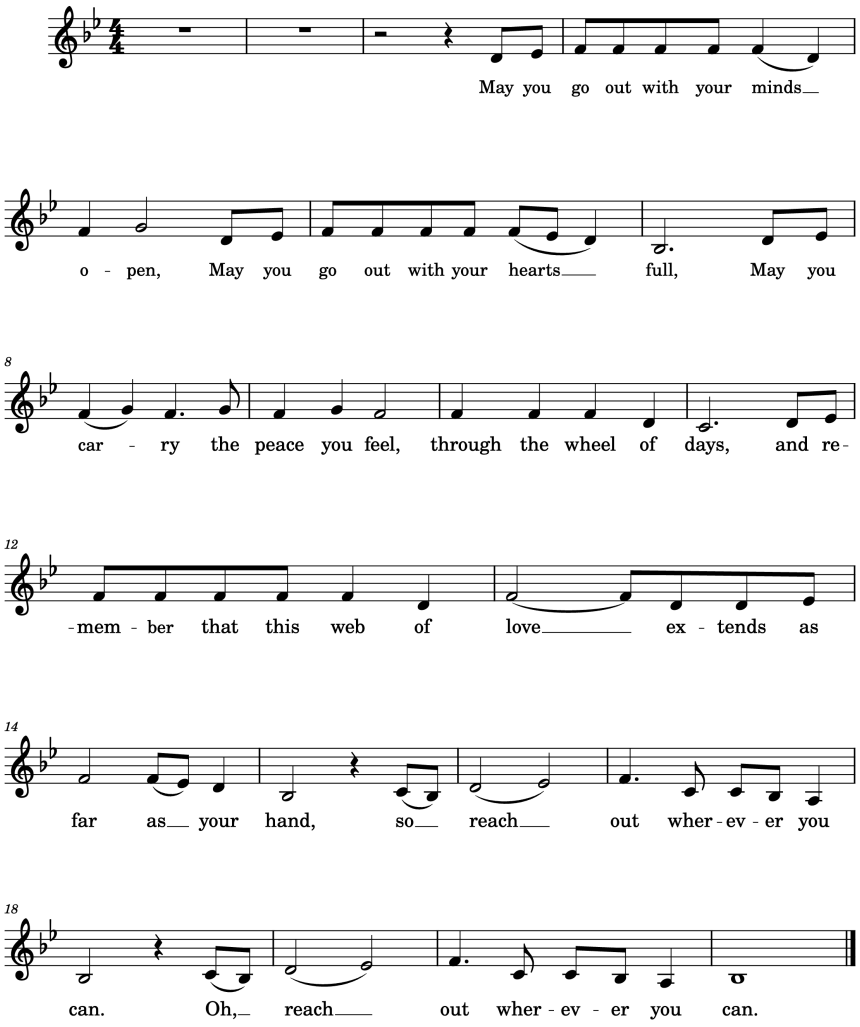
Words and Music by Aly Halpert



© 2017 Aly Halpert
Sing Out Love UUA Expiration November 2028

Benediction

Words and Music by Eva Conley Kendrick

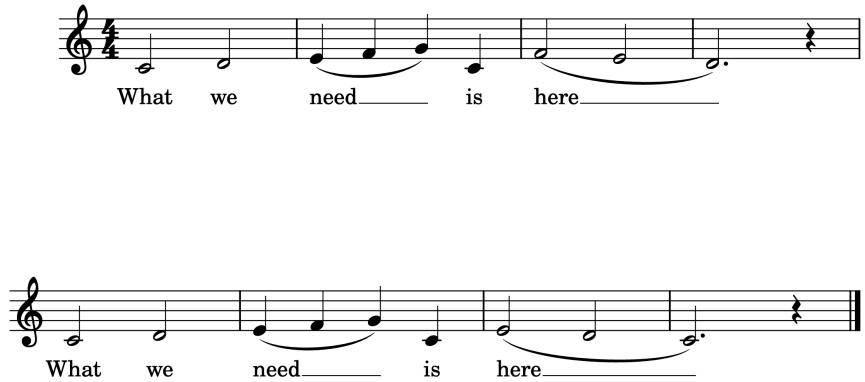


© 2023 Eva Conley Kendrick
Sing Out Love UUA Expiration July 2028

What We Need is Here

Text taken from poem, *Wild Geese*, by Wendell Berry

Music by Rev. Amy McCreath



Used With Permission