

Summer Sundays

at Albany UU

June-September 2017

9:00 a.m. MEDITATION

Mindfulness Meditation, in the Sanctuary

10:00 a.m. SERVICE

In Emerson Community Hall, refreshments afterward

June

June 18 "Searching for Self in an Age of Selfies," Rabbi Norman Mendel

In focusing on the superficial exterior, are we losing the ability to find ourselves within?

Rabbi Norman Mendel has always focused on the importance of inter-faith dialog and has taught Judaism, World Religions, Biomedical Ethics and Social/Political Philosophy at universities and colleges across the US.

Music: Elena Karpoff

June 25 "Talking the Walk: Why Do We Do What We Do?" Rev. Dick Gilbert

We are often admonished to "walk our talk," to live out our values. However, we seldom are urged to be able to "talk our walk," to tease out the theological rationale for what we do. "Practice what you preach and preach what you practice."

Rev. Dick Gilbert, retired UU minister, has published books on faith development, social justice and meditations, including In the Holy Quiet and Thanks Be for These.

Music: Ann Brandon

July

July 2 "Music- The Universal Language," Chris Jensen and Randy Rosette

We will explore how music transcends language and cultural differences, allowing us to connect as one people.

To Chris Jensen and Randy Rosette, music is an integral part of their

RELIGIOUS EDUCATION

for children and youth 10:00 a.m.

Summer Session: June 18– Aug. 27

Children in Pre-K through 5th grade meet upstairs in air-conditioned classrooms

Infants and toddlers are cared for by staff in the Nursery – also air conditioned

Youth in grade 6 and older are invited to join their families for the service or help with the younger children.

Come as many Sundays as your family would like. No registration required.

Volunteers are needed to help out or lead an activity. Do you have a talent to share?

Contact Leah at dre@albanyuu.org



The summer services are coordinated by Randy Rosette.

If you can volunteer to help on a Sunday when you will be here, we'd love to hear from you. There are openings for Greeters and Ushers. You can sign up by calling the office (463-7135) or at our resource page: www.Members.AlbanyUU.org

Services continued on reverse

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life and a shared passion.

Music: Elena Karpoff

July 9 “The Upside-down Intelligence of Plants,” Sigrin Newell

The interdependent web may be more interdependent and more awe-inspiring than we ever imagined. Scientists are finding that plants can learn, can remember, can count and can even recognize and help their kin.

One of Sigrin Newell's favorite activities is giving sermons, mostly about environmental and natural history topics.

Music: Randy Rosette

July 16 “Faithful Non-Conformity: Biblical Wisdom for the Living of These Days,” Rev. Alexandra Lusak

Alexandra Lusak

Focusing on the 12th chapter of the Letter to the Romans and how its content can energize people of faith as we seek to live with courage, integrity, and hope.

The Rev. Alexandra Lusak is a Teaching Elder member of Albany Presbytery.

Music: Ann Brandon

July 23 “You Are the Salt of the Earth,” Diane Cameron

Human life is not possible without sodium chloride, and salt is the only mineral found in every cell of the human body, so salt is a biological necessity. Decency and kindness are also necessities, hence we admire “the salt of the earth.”

Diane Cameron is a writer/teacher/coach and a Times Union columnist.

Music: Sean Obach

July 30 “The Power of Yes,” David Roth

This morning David will speak and sing about what happens when you say “yes” when a “no” seemed to make more sense at the time.

David Roth's songs have found their way to Carnegie Hall, Chicken Soup for the Soul books, Peter, Paul and Mary CD's... His service will stir the gamut of your emotions, from hilarity to poignancy and much more.

Music: Ann Brandon

August

Aug. 6 “The Art of Meaning,” Rev. Kimberley Debus

Art has power to move us and change our lives. We'll examine the ways art helps us make sense of our lives, our communities, and all of creation

Rev. Kimberley Debus has just moved back to the Capital Region to launch an entrepreneurial ministry in the arts and worship.

Music: Al DeSalvo

Aug. 13 Wellspring

This service will highlight the learning that took place this year by ten participating members of Wellspring Spiritual Practices. Come and enjoy a sampling of what inspired them to grow in their spirituality as UUs.

Music: Randy Rosette

Aug. 20 “Defending Democracy,” Rev. Tom Chulak

Throughout our history as Unitarian Universalists we have affirmed and defended democracy. In fact some have called us a democratic faith. In light of the current assault on democratic values and practices, Tom will challenge us to be true to our religion.

Rev. Tom Chulak is a retired UU Minister, and owner, with his wife Nicole Furnee, of the Chatham Bookstore.

Music: Al DeSalvo

Aug. 27 “Moral Pain and Spiritual Struggle,” Rev. Chris Antal

Recent research on moral emotions and spiritual struggles is a resource for our own journey.

Rev. Antal was ordained by Albany UU in 2011. Since then, he served a tour as an Army chaplain in Afghanistan, earned a doctorate from Hartford Seminary, and established chapter 177 of Veterans for Peace.

Music: Alyssa Yeager

September

Sept. 3 “The Soul of the Worker,” Dan Berggren

Using songs and stories, Dan Berggren asks: What nourishes us? How can our work feed us and others in spiritual ways? Whether it's called pursuing a career, earning a living, doing a job, or answering a call, what is at the heart of work?

Dan Berggren is an Adirondack folksinger, a professor emeritus of SUNY, and a UU from Saratoga Springs.