

# Journey Well

UUSARATOGA

16 January 2026



## Cold season, but warm hearts!

It's still in the thick of winter and I hear temps are dropping quickly. This is my least favorite thing about winter: temperatures in the teens and below. Brrrr! As always, stay safe and warm.

There's been quite a few illnesses making the rounds. Mask up if necessary and keep those hands clean and away from your face. If there was a good side of COVID, we learned that those simple things make a big difference.

In this week's newsletter you'll find a letter from Melissa O'Brien including a photo of her family, as well as any news and information you'll need for the coming week. Included from now on is the full zoom invitation for the Sunday Service on the LAST page of this newsletter. Let's hope that fixes any issues people have been having.

Enjoy!

In this newsletter  
you can expect:

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Upcoming  
Sunday Services

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What's  
Happening in RE

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Upcoming  
Events and  
meetings

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Social Justice  
Team News

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Committees and  
Teams News  
Updates

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THE THEME FOR JANUARY IS:  
PRACTICING RESISTANCE





## This Sunday's Service

### The Radical Love of Dr King

January 18, 2025 10:00am

"The arc of the moral universe is long, but it bends toward justice."

—Rev. Dr. Martin Luther King Jr.

We gather on Sunday to remember not only the movement Dr. King helped lead, but the soul from which it sprang. He was a dreamer, yes, but also a preacher, a father, a theologian. Today we listen not only for his voice, but for his spirit, and the deeper truths he lived and loved.

[CLICK HERE TO ATTEND ONLINE](#)

### Event News-

[Click here for the Events  
Calendar](#)

Sunday January 18, 2026 10am  
Worship Service with RE

Monday January 19, 2026 5pm  
Finance Committee Meeting  
Sanctuary  
and  
6pmUUCSS Book Group *King Room*

Wednesday January 21, 2026 4:00pm  
Care Team Meeting

Sunday January 25, 2026 10am  
Worship Service with RE



## What's happening in RE

All month long, we are exploring how kids can practice resisting some of the main pressures that pull them away from being their best selves. This week, we are exploring the challenge of resisting racism. Since this is MLK weekend, we honor the way racism was central to Martin Luther King Jr. 's lifelong work. Marigold and Juniper, our UU puppets, will share a story as we lift up our UU Value of Justice and its call to "dismantle racism and all forms of systemic oppression".



The Worship Team needs you! And you probably need the Worship Team! We are looking for a few new souls to help with Sunday services, and – who knows – maybe you have a sermon or reflection bubbling up inside that needs a loving congregation to hear it. Please contact any member of the Team for details and encouragement: Linda Giancola, Lucy Manning, Wayne Cochran, Richard Wilkinson or Barbara Floeser [Friend].

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## A Letter From Interim Pastor, Melissa O'Brien

Dear Friends,

First, thank you so very much for your kindness, compassion and generosity of spirit as I navigated my first week here alongside the death of a young man in our community in Vermont. George was close with my daughter, and his family is well-known and loved in our small town. Sunday was a very challenging day for me on many levels, and it really was the warmth and understanding and words of love that came from so many of you that helped me get through.

I am so happy to be here among you, learning how this place works, about its history, and about your dreams for the future. What a beautiful group of souls you are. I feel an uplift already, and an openness to try new things and to entertain new ideas. It's a new year and we are watching our world fall apart around us, which is so sad and scary, but, as I said on Sunday, the choice to build a new meeting house is a kind of resistance in and of itself. We resist the narrative that all is lost, that there is no hope, that young people don't care. Its life-affirming resistance made manifest as warm and inviting community space.

I'm looking forward to working together these next months to get us ready to find your next settled minister, one who is excited about what's happening here. I appreciate your patience as I learn names, the systems, the rituals. Please reach out if you'd like to meet for coffee, a ski, a walk ... 802-325-2345 or [melissa519@me.com](mailto:melissa519@me.com). I am in Saratoga Sunday-Wednesday, most weeks.

My kiddos, Sam, Coco and Nate, thick as thieves, these three. I want you to know my family, even though they won't be around much .

With warmest blessings,  
Melissa



## Committees and Teams News



### Board Of Trustees Update

#### Board Treasurer

Over the past few weeks, Art Holmberg has been both President and Treasurer of the Board. During our December meeting, the Board elected him President. These demanding positions are extremely important to the Congregation. Fortunately, Mike Egerman, a previous Board Treasurer, has volunteered to become our Treasurer in 2026. The Board is grateful that Mike "stepped up".

Art and Mike will complete the transfer of treasurer responsibilities during the month of January. When you see Mike, please thank him for his commitment to us.

#### Your Board

PS We have one Board opening remaining. Let a Board member know if you would like to help provide leadership during this important year ahead.



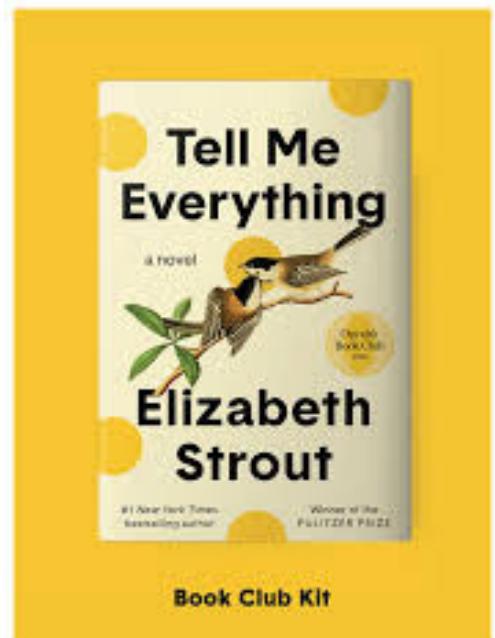
### Give Away The Plate-for January

MLK Saratoga shares Dr. Martin Luther King's vision of peace and justice for all, building civil and human rights awareness by promoting equity, inclusivity, diversity, anti-racism and social justice through our community events and offerings, engaging via performance, dialogue, conversation, and the arts.



Please check our [UUSaratoga website](#) for more info.

COMING UP:  
[MLK Saratoga Dr. King Celebration](#)



### Book Group

January's selection is *Tell Me Everything* by Elizabeth Strout. The next meeting is on Monday, January 19 at 6:00pm.

All book lovers are welcome. For information, please contact Barbara Egerman at [begerman3@gmail.com](mailto:begerman3@gmail.com), or Carolyn Lansberry at [carlan55@gmail.com](mailto:carlan55@gmail.com).

If you are already an active member of the book group, you do not need to email Carolyn or Barbara, as you will automatically receive details the Friday before the meeting. If you are unsure whether or not you are still on the book group participant list, if you have changed your email address recently, or just would like to double-check, email either Carolyn or Barbara at the above addresses. We look forward to seeing you!



# SIDE WITH LOVE

This year's 30 Days of Love invites us to slow down and return to the heart of how we do our organizing work faithfully. Our theme, Reimagining the World as It Could Be, calls us to root ourselves in spiritual discipline and creative possibility, trusting that how we show up for the work will shape the world we are building.

Each week beginning January 19, we will reflect on and offer practices inspired by how our Side With Love team organizes our work and practice:

Imagining Thriving – nourishing our freedom dreams and expanding what we believe is possible.

Grounding in Context – understanding the histories, conditions, and truths that shape our communities and this moment.

Nurturing Community – tending to relationships, belonging, and the sacred web that holds us.

Mobilizing for Action – moving together with courage and strategy, allowing action itself to be a teacher.

Exploring Possibilities – opening ourselves to emergence, creativity, and transformation as we make the future together.

Each Monday during 30 Days of Love, our weekly offering will be available at 9am Eastern and can be accessed from [the 30 Days of Love 2020 landing page](#).

Over these five weeks we will move from imagination to action, returning again and again to the spiritual practices that keep us on a faithful path and resist the ways these times can corrupt the spirit. At a time when fear, violence, and extraction dominate our politics and our planet, we practice another way. We cultivate a love that is not fragile—it is fierce. It grounds our organizing, fuels our imagination, and sustains our communities.

We're grateful to journey with you. May these 30 Days of Love deepen our capacity to believe in one another, to act courageously, and to reimagine the world as it could be.

In faith and solidarity,  
Nicole Pressley  
UUA Director of Organizing Strategy Team



## Wayside Pulpit

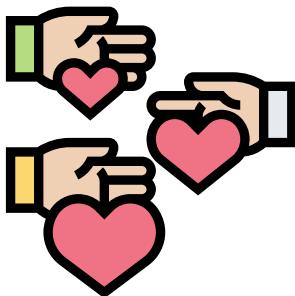
The Wayside Pulpit provides messages of inspiration for those who pass by our door. These quotations are chosen biweekly from the collective wisdom of the ages to reflect the diverse and life-affirming beliefs of our congregation.

[Click here for the archive](#)

## Recent Sermons

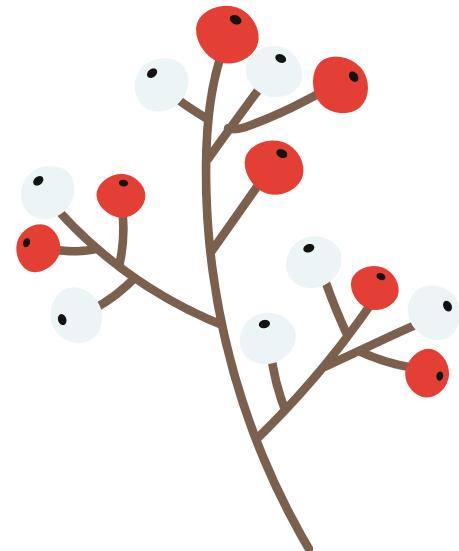
Our website is up and running! If you're navigating to it, be sure it's the NEW website:  
<https://uusaratoga.org/>  
The past sermons are being uploaded. [Click here for them.](#)

The Worship Team needs you! And you probably need the Worship Team! We are looking for a few new souls to help with Sunday services, and – who knows – maybe you have a sermon or reflection bubbling up inside that needs a loving congregation to hear it. Please contact any member of the Team for details and encouragement: Linda Giancola, Lucy Manning, Wayne Cochran, Richard Wilkinson or Barbara Floeser [Friend].



## Fundraising Team

This is where you'll find all the information on Fundraising Events, outcomes and information.



More Information about Joys and Sorrows, Membership and Hospitality continues on the last page.

UUSARATOGA	518-584-1555
uusaratoga.org	Send mail: P O Box 26, Schuylerville NY 12871 624 N. Broadway, Saratoga Springs NY 12866

# More Info About UUSaratoga

## **Joys & Sorrows**

If you have a personal joy or sorrow in your personal life that you would like to make known to your fellow congregants, we encourage you to click on the link below to email the Care Team in a sentence or two what you would like us to read aloud during our Sunday worship. (Late entries may have to be included in the following week.) To share a Joy or Sorrow, please email the Care Team at [careteam@uusaratoga.org](mailto:careteam@uusaratoga.org).

## **Message from the Membership & Hospitality Team**

In an effort to make visitors to UUSaratoga feel more welcome, the Membership & Hospitality Team asks everyone to be aware of newcomers and people you may not know who are sitting near you on Sunday morning or standing alone at coffee hour. Greet them warmly. Ask if they have any questions, thank them for coming, and tell them you hope to see them again.

Welcoming is a spiritual practice and a way of sharing the message of our UU faith.

## **To become a member of the Congregation**

If you would like to sign the book and become a member, please let Audrey Belt ([beltaudrey@gmail.com](mailto:beltaudrey@gmail.com)) know and she will bring the Membership Book to a UU service for you to sign. Qualifications for membership per the UUCSS Bylaws: Anyone 18 years and older can sign the book. Signing the book indicates that you subscribe to the purposes of the Congregation and agree to participate in and support the Congregation's programs and activities, and to support the Congregation with an annual recorded financial contribution.

TO ATTEND SUNDAY SERVICES ONLINE [CLICK HERE](#)



UU Saratoga is inviting you to a scheduled Zoom meeting.

Topic: Sunday Worship Service

Time: Jan 18, 2026 09:00 AM Eastern Time (US and Canada)

Every week on Sun, 97 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://zoom.us/meeting/tJUqd-2oqT8pGtHjyaUOgbxn-OWjUhjLJDe6/ics?icsToken=DBdev8vVBsVA0W\\_jqQAALAAAAlytzmYoqaBqVPaawQWQoh155Q1I7vTjKuyWZ2ivW4-zxPheUIS2jR2E-SOtWFSiq4EZVDHkd9irFYBSyjAwMDAwMQ&meetingMasterEventId=dizJjVFCTnehBvgXNKKi8w](https://zoom.us/meeting/tJUqd-2oqT8pGtHjyaUOgbxn-OWjUhjLJDe6/ics?icsToken=DBdev8vVBsVA0W_jqQAALAAAAlytzmYoqaBqVPaawQWQoh155Q1I7vTjKuyWZ2ivW4-zxPheUIS2jR2E-SOtWFSiq4EZVDHkd9irFYBSyjAwMDAwMQ&meetingMasterEventId=dizJjVFCTnehBvgXNKKi8w)

Join Zoom Meeting

<https://zoom.us/j/91704074305?pwd=7z4cyYlVOU3JfPLRS2gCoP1o0Tzqc8.1>

Meeting ID: 917 0407 4305

Passcode: 466653

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One tap mobile

+16469313860,,91704074305# US

+16465588656,,91704074305# US (New York)

Join instructions

<https://zoom.us/meetings/91704074305/invitations?signature=h3xW8E9j3MqYWaCbgOYu-Pncax8SM3Up54Bkp1pvlVU>

+signature=h3xW8E9j3MqYWaCbgOYu-Pncax8SM3Up54Bkp1pvlVU