

Journey Well

UUSARATOGA

23 January 2026



Attention, Sunday Service Zoom Attendees

An issue was identified with our congregants who attend Sunday Services via Zoom and good news! We've got it sorted!

The issue was making sure the Zoom attendees had the proper information available virtually so they can fully participate. After conferring with Interim Pastor Melissa O'Brien, the solution is as follows:

- The Zoom link to attend service will be included in Journey Well and on the website for each individual service
- The Order of Service will be available via a link on the website for each service
- A music sheet, which will also include any responsive readings, will be available via a link on each service.

For those who Zoom and/or those who help Zoom attendees, please use the website for all information. The service for the week is available on the home page, on the right side, next to the slideshow.

In this newsletter you can expect:

Upcoming Sunday Services

What's Happening in RE

Upcoming Events and meetings

Social Justice Team News

Committees and Teams News Updates

If services are cancelled due to weather we will try our best to let you know in advance! It seems like the weather will be later in the day Sunday, but just in case, call or text 518-584-1555 if you need to confirm

THE THEME FOR JANUARY IS:
PRACTICING RESISTANCE





This Sunday's Service

From The Dream To The Work Of Waking Up

Sunday, January 25, 2026

The dream offers vision and hope. Waking up asks for attention and endurance. In a world that feels increasingly exhausting, this service explores how we remain awake to truth, care, and responsibility without losing heart or withdrawing from one another.

[CLICK HERE TO ATTEND VIA ZOOM](#)

What's happening in RE

All month long, we have been 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 distraction, anger and worries, feeling overwhelmed , or what is often called "monkey mind". Most adults can identify with this too!

In true UU tradition, we will honor the wisdom in learning about the world's religions, as "monkey mind" is a central concept in Buddhism.

Learning some calming breathing techniques will hopefully benefit us all.

Event News-

[Click here for the Events
Calendar](#)

Sunday January 25,2026 10am
Worship Service with RE

Tuesday, January 27, 2026 6:30pm
Board meeting

Wednesday, January 28, 2026 10am
New Home Task Force meeting

Sunday February 1, 2026 10am
Worship Service with RE

Tuesday February 3, 2026 12 noon
Ladies Luncheon (offsite)



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].

Committees and Teams News



Board Of Trustees Update: All Congregation Email 1-21-26

New Home Decision of Purchase offer.

We have received a purchase offer from a local contractor and the Board and our attorney are reviewing for details and considering counter offers. Assuming that we can come to agreement, on February 1, 2026 the Congregation will meet, explain and vote whether to accept the offer.

We will brief the Congregation on the offer this week (1/25) after services and in Journey Well. Details will be widely shared.

We hope everyone will participate at a high level, ask questions and consider this next step carefully.

Best,
Art Holmberg, President



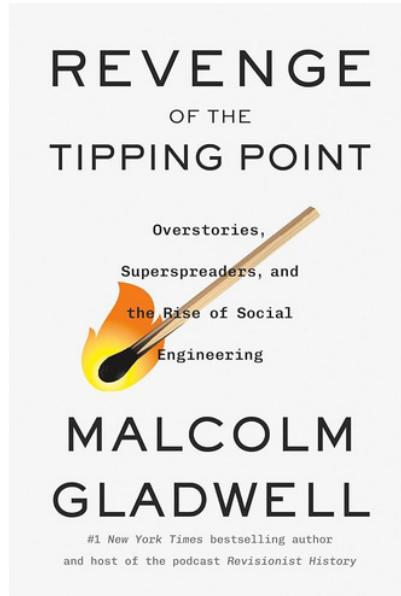
Give Away The Plate- for January

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.



Public relations improvement

Have you noticed the improvement in our social media presence and the press release about Pastor Melissa? You can thank Kerry Nelson, one of our members for her efforts. She has the knowledge and ability to maximize these types of communication. Thanks Kerry for keeping our UU presence in our Saratoga Community.



BOOK GROUP

February's selection is Revenge of The Tipping Point by Malcolm Gladwell. The next meeting is on Monday, February 16 at 6:00pm.

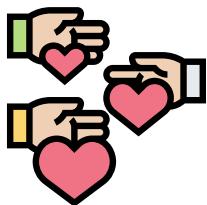
All book lovers are welcome. For information, please contact Barbara Egeman at begeman3@gmail.com, or Carolyn Lansberry at carlan55@gmail.com.

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!



Social Justice Team

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



Fundraising Team

The Fundraising Team is back at work figuring out ways to entertain you as we raise money for the church. We are somewhat challenged by the lack of tables, a stove, and other conveniences and by early darkness and snow and cold but are pushing ahead anyway.

On February 8th and 22nd we will have silent auctions of baked goods made by our members/friends before and after the services. We could use just a few more baked goods (cakes, pies, cookies, bread). There is a sign up sheet in the back of the church.

On Friday evening, March 20th, our member and friend Dan Berggren, a well known local folk singer, will give a solo concert. More details about that soon.

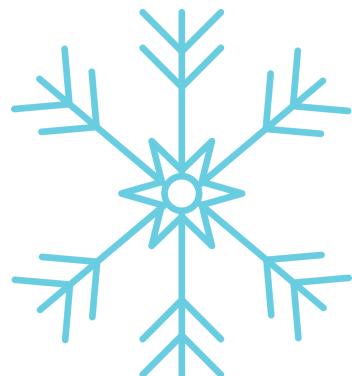
And in April we will have a Trivia night which we are currently planning. We need prizes for the winners of each round. If you have items that you would like to regift consider giving them to the Fundraising Team to use as the prizes for Trivia.

Please return your wreath frames, ribbons and decorations to the blue box in the entrance to the church. We sold 30 some wreaths and have only gotten about 5 frames returned. We need all of them so they can be reused next holiday season and we don't waste money buying new ones.

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.](#)



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](#)

If the weather this coming Sunday is treacherous, you can always attend Sunday service via Zoom. Check the website for the best links and information to attend

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.

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) 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

Join Zoom Meeting

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

Meeting ID: 917 0407 4305

Passcode: 466653

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