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# Journey Well

UUSARATOGA

27 February 2026



Our new home-coming Dec 2026- 400 Loudon Road

## Who's Ready For Spring?!

There is a TON of bird activity this morning at the remote office and a herd of deer ran through: Spring Is Coming!

Myself and a number of congregants have been getting emails about being invited to a dinner at someone's home. Please know these are NOT LEGITIMATE and contain malware. If you receive an email like this, immediately DELETE without opening.

I've noticed that we're not getting the usual income checks in the postal mail as we used to. Please check with your bank to be sure you have the correct mailing address: P O Box 26, Schuylerville, NY 12871. Thank you!

You asked and we listened! The office hours will be more consistent and easy to remember! See the info inside!

Lots of info in the newsletter this week: the Dan Berggren concert is quickly approaching, the Care Team is looking for new friends, UNIRONDACK info, hosting an opera student, a mindful eating zoom, and so much more!

Have a great weekend, enjoy those warmer temps, and take some time to enjoy the beauty of the natural world around you!

~Juliana

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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 MARCH IS:  
PAYING ATTENTION





### **The Deserts of Our Lives, Their Purpose and Meaning**

Sunday, March 1, 2026

This Sunday we'll explore the deserts of our lives, those quiet stretches that test us and clarify what matters. In the spirit of the ancient wilderness story, we'll consider how time apart can return us stronger and more grounded.

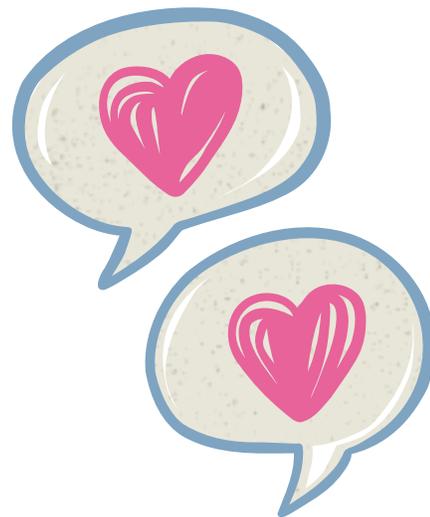
Please visit our website for information on attending Sunday Service via Zoom, for a copy of the Order of Service and the music sheet.



As we start a new month, our RE theme is Paying Attention and this week's focus will center around paying attention to our impact on others. Our small actions can make a big impact. Our words, reactions and attitudes don't stay inside of us. They spill out into the world and affect other people.

Since March 1st, this Sunday, is World Compliment Day, we will be talking about how we can all spread joy through simple verbal affirmations of appreciation. We have the power to turn someone's day around with a simple, sincere compliment. Time to practice...we all can use encouragement in this area! You Journey Well Readers are the best! Thank you for being there!

Julie and Sue



# Pastor's Letter

Hello Friends.

Thank you for your patience and humor as I continue to tweak the Sunday service, hoping to create, as I said, contemplative spaciousness—the experience we all need to fortify and sustain us for our days.

We have a lot to look forward to in the coming weeks and months: the coming of spring, the lengthening of days, flowers blooming. During Easter we encounter sacred stories of death and renewal, of loss transformed into new possibility. We are reminded of the patterns at the heart of human life, where endings become beginnings and love proves stronger than despair. These are beautiful and important reminders that the light will not be overcome by darkness.

On March 8 Mary Cae Asey will be your worship leader, and on the 29 Kevin O'Brien will offer a sermon he describes as thus: Inspired by the personal lives and legacy of wisdom teachers, we can, though, an inward journey, reunite with the bright light of our best selves. I will be in house that day, too.

Marian Bigelow and I are making plans to offer group meetings around end of life/death and dying. We imagine this to be open discussion, moderated by one or both of us. Stay tuned for more info.

It feels like the sanctuary could use some flowers on Sundays. If you feel like picking up some the next time you're shopping, plop in a vase and bring Sunday morning, that would be lovely. For the entrance table, perhaps the small table in the bathroom. We had a gentleman in Peru who delivered flowers to the church every week, all year long. It was his personal ministry, and he did it even as he aged and walking was hard. He called no attention to himself, just brought the flowers, week after week. He died several years ago, but we still talk about his quiet, generous offerings of beauty. We can all find a way to minister to this tired world. Sometimes the simple ways can make a big difference.

Best blessings,  
Melissa

A trio of great things: Local gent and incredibly great human, Ben Ogden, wins silver twice. And the births of James Balter and Elian Marovt. Welcome to the world!





**\*NEW OFFICE HOURS\***

**Beginning next week,  
Juliana will be in the  
remote office**

***Tuesday through Friday  
from 9am to 3pm.***

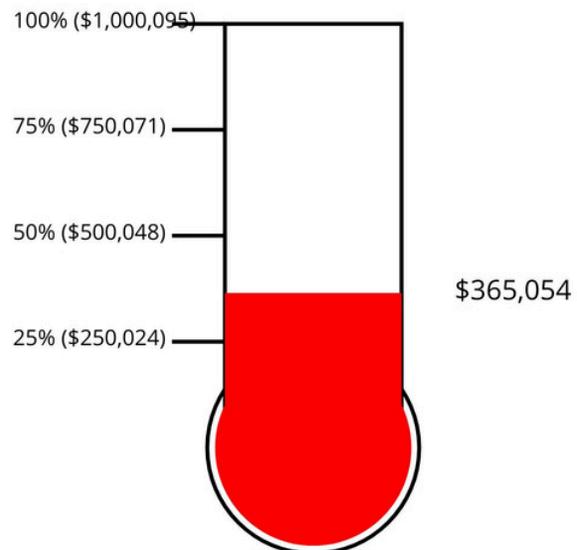
**She will likely leave early  
on Fridays to accommodate  
her allowed amount of  
hours.**

**This hopefully allows for an easier work flow, especially when preparing the information for Journey Well and Sunday services. Remember: you can call, text, or email the office anytime, but no one is manning the office over the weekend and Monday.**

**CAPITAL C CAMPAIGN PLEDGE REMINDER!**

**In 2024 you pledged toward our Capital Campaign to build the new meetinghouse. The total amount of pledges received is \$1,000,095. Statements will be coming to you with your balance remaining. Thank you for contributing to our NEW HOME.**

**WATCH THIS  
THERMOMETER  
GROW!!!**



## UUA COMMON READ

Your Social Justice Team is considering hosting a discussion series during the month of May on this year's UUA Common Read selection: *Social Change Now: A Guide for Reflection and Connection* (Skinner House, 2022) by Deepa Iyer. Before making the commitment, we want to have an idea of how many might be interested in participating. Go to our website for in-depth information and then let someone on the Social Justice Team know THIS week if you are interested! (Mark Long, Lucy Manning, Linda or Ron Giancola, Kerry Nelson, Undine Giguere, Mike Andolina, or Karen Carruthers)

## Event News

[Click here for the Events Calendar](#)

**March 1, 2026 Sunday**

**10amWorship Service with RE (In-Person & Online)**

**March 3, 2026 Tuesday**

**12pmUUCSS Ladies Luncheon Off site**

**March 5, 2026 Thursday**

**9amThe Breakfast Group Off site**

**March 8, 2026 Sunday**

**10amWorship Service (In-Person & Online)**



## CIRCLE SUPPERS ARE BACK



Back by popular demand, the Membership/Hospitality Team is looking for volunteers to host another round of Circle Suppers this Spring.

Here is how it works:

A host or co-hosts offer their home for a meal and conversation. The host provides the main dish, and guests bring the supporting dishes to complete the meal. It's a wonderful way to get to know new people whom you haven't gotten to talk with at coffee hour, or to eat and relax with those you have known for years. Please let Audrey Belt ([beltaudrey@gmail.com](mailto:beltaudrey@gmail.com)) or Carolyn Lansberry ([carlan55@gmail.com](mailto:carlan55@gmail.com)) know if you would like to host a dinner. After we find hosts we will have a sheet with dates in the back of the sanctuary for people to sign up.

## Buy A Chair

As a way to honor our beloved Arliss Nygard, you may “purchase” a new chair for our congregation! We have ordered the chairs and will be able to enjoy them within the next month. We are asking you to write a check for \$100, payable to UUSaratoga, with “chair” in the memo line. This will be a loving memorial for Arliss. Please bring your checks this Sunday, and give them to Mike Eggerman or any Board member. The Board, and Arliss’s loving husband, Murray, thank you. **As of today, 22 chairs have been “purchased!”**

# SHELTERS OF SARATOGA NEEDS YOU!

Requested by Eric and Bev Lawson

**Nancy Pitts, 54, froze to death on the steps of the Saratoga Senior Center 12 years ago on December 12 th . You can help prevent a tragedy like this from ever happening again in Saratoga County.**

**Please join us in supporting the application Shelters of Saratoga for the construction of a permanent Code Blue Facility of Ballston Ave. in Saratoga Springs. A public hearing will take place before the Board pf Supervisors of Saratoga County on March 11, 2026 at 4:40PM. The hearing at the County Legislator’s building at 22 McMaster Street in Ballston Spa will give the public an opportunity to show their support for this critical structure, a place where people can obtain the support and shelter that was so cruelly unavailable for Nancy Pitts in her time of desperate need.**



## The Care Team is looking for Friends!

The Care Team is one of the intricate woven fabrics of strength that holds our beloved community together. It is a simple way to connect with another human being, showing care and compassion, especially in times of need, urgent or small. Would you like to make a difference in your life by offering a bit of help?

This is a list of current tasks that outlines the requests for help the Care Team most often gets. Please take a look at it, and see if any of these are a good fit for you. If you would like to help, please let us know! We welcome any gift of service!

1. Transportation to church service and back
2. Transportation to church events
3. Transportation to appointments or doctors visits
4. Shopping for groceries
5. Meal preparation
6. Sitting with someone who is ill
7. Writing cards of encouragement
8. Yard work
9. Pet care in emergencies



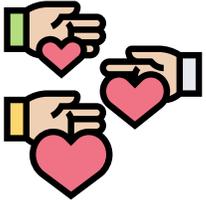
We at the Care Team are grateful for your generosity in time, effort, and spirit. Without you, we could not build the kind of tight community we all feel in our congregation. With your help we can truly “hold one another in our hearts”.

Please email your information or any questions you may have to:

[tarilee@gmail.com](mailto:tarilee@gmail.com)

Thanks for your help!

Tari Lee Muth, Care Team Chair



## FUNDRAISING TEAM NEWS

**Sign up to  
attend the  
concert on  
March 20!  
[Click here for  
the form and  
payment  
options](#)**

Our two little silent auction bake sales made just over \$500. Thanks to all the bakers and to all the buyers.

Tickets for the Dan Berggren will be sold after church on March 8th and 15<sup>th</sup>. [Click here to sign up and purchase your tickets!](#) **We are looking for a few people to each donate a bottle of wine for our use at the Dan Berggren concert. We are also looking for bakers who would be willing to make cookies for the concert. Without dishes or adequate tables, cookies seem like the easiest item to sell and eat.** Please see Bev or Kerry if you can help out.

And on April 18th we will hold our first ever Trivia Night. Stay tuned for more details in the coming weeks.

In late May or early June we will hold our annual goods and services auction. So begin to think about what you might have that you can offer for auction. Ideas: a dinner for 6, a boat ride, a homemade cake, a smallish piece of furniture, etc.

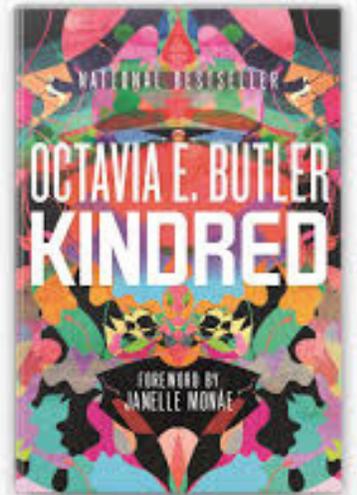
If you have an idea for a fundraiser, please let someone from the Fundraising Team know. Members are Bev Lawson, Kerry Nelson, Carolyn Lansberry, Mary Ann Miller and Loretta Minet '

## LADIES LUNCHEON

We gather each month to have a chance to meet some new friends, catch up with old buddies, and share a bit of our lives with each other. In this way we can recognize each other a little more during Sunday morning services, and build relationships we might not get a chance to do during coffee hour.

This month we will meet at **12:00noon on Tuesday March 3rd** at the Regent Restaurant in the Brookmere Hotel in Saratoga Springs. Please join us, and get to know a few more people in the congregation! The parking here is ample and plowed, the service and food are good, and the acoustics are set so we can easily hear each other's stories.

If you would like a place at the table, please RSVP to [tarilee@gmail.com](mailto:tarilee@gmail.com), and I will happily make the reservation!



## BOOK GROUP

**March's selection is "Kindred" by Octavia Butler. The next meeting is on Monday March 16, 2026 at 6pm.**

**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).**



# DAN BERGGREN

“THE SOUND OF THE ADIRONDACKS”

-BILL MCKIBBEN



MAR 20, 2026

DOORS: 6:45 - SHOW: 7:00



**TICKETS**  
**\$20 IN ADVANCE**  
**\$25 AT THE DOOR**

[UUSARATOGA.ORG/DONATE](https://uusaratoga.org/donate)

Choose “fundraiser” from drop down menu

**UNITARIAN UNIVERSALIST  
CONGREGATION OF SARATOGA SPRINGS  
624 N. BROADWAY**

.....  
DAN BERGGREN IS A TRADITION-BASED SONGSMITH WHO WRITES WITH HONESTY, HUMOR, AND A DEEP SENSE OF PLACE. ROOTED IN THE ADIRONDACKS BUT BELOVED ACROSS BORDERS, DAN WEAVES TOGETHER STORIES OF COMMUNITY, HARD-WORKING PEOPLE, AND OUR CONNECTION TO THE LAND. ACCOMPANIED BY GUITAR AND BANJO, THIS **2025 CAPITAL REGION THOMAS EDISON MUSIC HALL OF FAME INDUCTEE** OFFERS A RICH, CALMING VOICE THAT BILL MCKIBBEN CALLS "THE SOUND OF THE ADIRONDACKS."  
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## Social Justice Team

Please check our UUSaratoga website for more info.

Ongoing: Vigils at the Post Office (corners of Broadway & Lake/Church)  
Organized by: Indivisible ADK/Saratoga, Linda LeTendre (AKA - Notorious RBG) and other troublemakers. Saturdays - Noon to 1:00 p.m.

Join our hardy band of allies - great vibes from supportive honking, with an occasional pair of loud pickups. Bring your signs, some also provided. Fine fellowship and friendly furballs.

Check out the latest notes including events on our website. There's LOTS happening in our community!



## Give Away The Plate- for March

Saratoga Pride is a network of LGBTQ community members and allies dedicated to:

- Fostering connections among Saratoga area LGBTQ community members and visitors
- Enhancing the visibility of the LGBTQ community in Saratoga and the surrounding region
- Recognizing local businesses and organizations that welcome the LGBTQ community
- Increasing awareness of LGBTQ-owned and inclusive businesses and services in the region.

## 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.

***You may noticed it hasn't changed in a while. With the snow and weather, it's been difficult to post. We'll be back at it in the early spring.***

[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.](#)

## UNIRONDAK NEWS!!

Unirondack is a radically inclusive summer camp community in Upstate New York for misfits and weirdos of all ages. We're committed to helping youth, adults, and families explore themselves, spend meaningful time in the outdoors, and build the kind of supportive, lifelong community we all want to be a part of. We're a progressive and open-minded organization driven by curiosity, social justice values, and a commitment to youth empowerment. Unirondack is a place for anyone who has ever felt like they didn't fit in.

We offer week-long summer sleep-away camp sessions and wilderness trips for youth ages 8-18, plus a variety of enriching programs for adults and families. Our campers are given the opportunity to create their own camp experience by choosing from a wide range of creative, silly, active, outdoorsy, and discussion-based activities every day. We're grateful to be located on a secluded lakeside in a breathtaking old-growth Adirondack forest, on the ancestral territory of the Oneida and Mohawk peoples. And we are also grateful to have the opportunity to share this space with an incredible group of creative, curious, and inspiring youth every summer. Visit [www.unirondack.org](http://www.unirondack.org)

### Why Host?

Hosts gain unique insight into the behind-the-scenes operation of Opera Saratoga! Plus, you have the opportunity to get to know one of the very talented artists we are fortunate enough to have in Saratoga Springs for the Opera. Many of our past hosts have developed life-long friendships with their guests!



Founded originally as the Lake George Opera Festival in 1962, Opera Saratoga is now located in Saratoga Springs, New York. The company is home to the second oldest artist training program in the country, with alumni singing around the world. During the summer of 2026, Opera Saratoga will present two mainstage productions - *The Elixir of Love* and *My Fair Lady* - along with multiple concerts and events over the 6-week period between May 20 and June 28, 2025. Members of the Festival Artist Program are featured prominently in all productions and concerts, while receiving professional training to help advance their careers.



19 Roosevelt Drive, Suite 215  
Saratoga Springs, NY 12866  
[www.operasaratoga.org](http://www.operasaratoga.org)  
[info@operasaratoga.org](mailto:info@operasaratoga.org)  
518-584-6018



## OPERA SARATOGA BECOME A 2026 HOUSING HOST!

Interested in hosting?

Contact Opera Saratoga  
518-584-6018  
[info@operasaratoga.org](mailto:info@operasaratoga.org)

## Requirements

In order to ensure the comfort of both the visiting artists and the hosts, we have established some basic requirements for our guests:

- Private bedroom for each Opera Saratoga guest
- Kitchen privileges
- Access to laundry facilities, if they are available
- WiFi access
- The host residence must be no more than a 30 minute drive to downtown Saratoga Springs
- Non-smoking household

Note: Hosts are **not** expected to provide food or transportation

"We have had such delightful experiences hosting young artists! In addition to the pleasure of their company, it has allowed us to 'eavesdrop' on voices warming up and informal conversations that capture behind the scenes views of the life and work of striving artists! The weeks flew by!"

Susi Ritzenberg, Housing Host, 2017-2019, 2023-2025

### When are hosts needed?

**Most artists require housing for 6 weeks, from May 18 - June 29, 2026, though some may vary slightly.**

Inquire for details:

518-584-6018

[info@operasaratoga.org](mailto:info@operasaratoga.org)

## Get to know a young performer at the start of their career!

Opera Saratoga is deeply appreciative of the hosts who make our summer festival possible by generously offering accommodations to Opera Saratoga's Festival Artists. We consider hosts an integral part of the greater Opera Saratoga community. Here are some benefits that hosts receive:

- Invitation to Festival Artist Welcome Breakfast, End of Season Party, and other exclusive events.
- Attend a dress rehearsal for one of Opera Saratoga's performances, for the entire host family.
- Exclusive invite to our Festival Gala at a discounted price.
- Recognition for your generosity in Opera Saratoga's seasonal program.
- Access to the Patron's Lounge during intermissions at Opera Saratoga performances - enjoy a glass of wine with fellow hosts and patrons.

"There is no need to do anything but open your door. These young people make you feel included with their work at Opera Saratoga. You really feel a part of the organization. You understand the hard work they do day after day, and the years of study getting to this point. It's an enriching experience and one I can't wait to repeat! I can honestly say that they gave to me so much more than I gave to them."

Cindy Spence, Housing Host, 2016-2019 & 2024-2025

# MINDFUL EATING

Health, Ethics, and Environmental Justice

05  
MAR

## MINDFUL EATING FOR THE PLANET

7 pm on Zoom



*Rev. John Gibb Millspaugh  
Executive Director,  
Unitarian Universalist Animal Ministry*

On the Fourth U Open Circle Zoom





# 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.

## **Have an announcement?**

Email, text or call Juliana at the office ([uusaratoga@gmail.com](mailto:uusaratoga@gmail.com) 518-584-1555) for information to be shared at the beginning of Sunday service. The deadline for receiving your info is NOON THURSDAYS.

TO SIGN UP FOR OUR WEEKLY NEWSLETTER, JOURNEY WELL ,  
PLEASE USE THE FORM ON THE HOME PAGE OF OUR WEBSITE  
(lower right)

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?](https://zoom.us/meeting/tJUqd-2oqT8pGtHjyaUOgbxn-OWjUhjLJDe6/ics?icsToken=DBdev8vVBsVA0W_jqQAALAAAAltzmYoqaBqVPaawQWQoh155Q1I7vTjKuyWZ2ivW4-zxPheUIS2jR2E-SOtWFSiq4EZVDHkd9irFYBSyjAwMDAwMQ&meetingMasterEventId=diZJjVFCTnehBvgXNKKi8w)

[icsToken=DBdev8vVBsVA0W\\_jqQAALAAAAltzmYoqaBqVPaawQWQoh155Q1I7vTjKuyWZ2ivW4-zxPheUIS2jR2E-](https://zoom.us/meeting/tJUqd-2oqT8pGtHjyaUOgbxn-OWjUhjLJDe6/ics?icsToken=DBdev8vVBsVA0W_jqQAALAAAAltzmYoqaBqVPaawQWQoh155Q1I7vTjKuyWZ2ivW4-zxPheUIS2jR2E-SOtWFSiq4EZVDHkd9irFYBSyjAwMDAwMQ&meetingMasterEventId=diZJjVFCTnehBvgXNKKi8w)

[SOTWFSiq4EZVDHkd9irFYBSyjAwMDAwMQ&meetingMasterEventId=diZJjVFCTnehBvgXNKKi8w](https://zoom.us/meeting/tJUqd-2oqT8pGtHjyaUOgbxn-OWjUhjLJDe6/ics?icsToken=DBdev8vVBsVA0W_jqQAALAAAAltzmYoqaBqVPaawQWQoh155Q1I7vTjKuyWZ2ivW4-zxPheUIS2jR2E-SOtWFSiq4EZVDHkd9irFYBSyjAwMDAwMQ&meetingMasterEventId=diZJjVFCTnehBvgXNKKi8w)

Join Zoom Meeting

<https://zoom.us/j/91704074305?pwd=7z4cyYIVOU3JfPLRS2gCoP1o0Tzqc8.1>

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?](https://zoom.us/meetings/91704074305/invitations?signature=h3xW8E9j3MqYWaCbgOYu-Pncax8SM3Up54Bkp1pvIVU)

[signature=h3xW8E9j3MqYWaCbgOYu-Pncax8SM3Up54Bkp1pvIVU](https://zoom.us/meetings/91704074305/invitations?signature=h3xW8E9j3MqYWaCbgOYu-Pncax8SM3Up54Bkp1pvIVU)

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<a href="http://uusaratoga.org">uusaratoga.org</a>	Send mail: P O Box 26, Schuylerville NY 12871 624 N. Broadway, Saratoga Springs NY 12866