
Journey Well

UUSARATOGA

March 13 2026



A Feathered Friend

When I got to the office Thursday morning, there was a bird on the ground having a bit of a struggle to fly. I picked her up (it was a female gold finch), and tried to put her somewhere safer but she wouldn't get out of my hand.

I brought her inside to get warmed up and have a drink, and called my daughter (zoology student) to come have a look.

After a little bit, the bird perked up more. She's having a rest in a box and I'll release her this afternoon. And if she's still struggling, I'll keep her for a bit longer and release her at home.

It was a real treat for me to have a little office friend, even one not feeling her best. Is it a sign of Spring? I sure hope so!



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

THE THEME FOR MARCH IS:
PAYING ATTENTION



This Sunday's Service



Tending To What Matters

Sunday, March 22, 2026 10:00am

Please bring a favorite poem to share this Sunday! From any time in your life. Could be your favorite children's poem (Shel Silverstein). Maybe you write a haiku for the occasion. We're celebrating World Poetry Day (3/21). More poems, fewer bombs!



Sue and I are very much enjoying teaching in the RE Program. However, we leave after the Time for All Ages and miss the rest of the service. I recently, with the help of Juliana, found one way to hear the sermon and even send it to other friends and family on occasion. If you miss a message or want to even listen again, here's what I found. Go to Journey Well, scroll down almost to the bottom, right after The Wayside Pulpit. Find the graphic on the right hand side of the page that says, "Recent Sermons". Click and listen. It's that easy. Hope this was useful for you!

What's Happening in RE



This month's theme continues to be Paying Attention. Epictetus, a Greek Stoic philosopher said, "you become what you give your attention to. If you don't choose what thoughts and images you expose yourself to, someone else will".

We will be Paying attention to our relationship with water. World Water Day is March 22 .We will be considering the many ways water usage is present in our daily lives, our need to protect it and be aware that not everyone in the world has our access to clean and plentiful water. Why do we mark international days such as World Water Day? "They are occasions to educate the public on issues of concern to mobilize political will and resources to address global problems and to celebrate and reinforce achievements of humanity."

Of course, some fun will be included as well!

Thinking ahead: The last day of RE on Sundays will be June 21st. It will start up again in September.



A Letter From Our Pastor

Hello Friends,

Welcome Spring! On Friday we mark the Vernal Equinox, moving us into my favorite season. I feel like a kid every spring when the flowers pop through the ground, the green returns, the lilacs bloom. Spring is intoxicating, and I feel alive again after a long, dormant winter. It's been a wonderful almost-three months getting to know everyone, learning the Unitarian ways and figuring out who is who and what is what. I've enjoyed all of it.

A couple of folks have recently retired from their time on the Worship Committee, and we thank you mightily for your service. I would love the opportunity to work with any among you would like to step into this role, so please think about that. You get to keep me company up front on Sundays, where we giggle about the little human foibles that inevitably work their way into each service.

Thank you to all who participate in the lifeblood of this group, whether intentionally in committee, or in your own, quiet way. It feels more important than ever that we continually strive to be a light to help others (and each other) find their way. While the world melts around us, we are tasked with being a collective example of loving and caring, forgiving, showing up, and being open to the inevitable changes that life is always serving up.

Ever onward we move into a new day, grateful for what we are and our many blessings. It's the season of Easter, renewal, grace, light and rebirth. As always, please reach out @ 802-325-2345 if you'd like to meet.

Warmest blessings,
Melissa





UUA GENERAL ASSEMBLY

JUNE 14 – 21, 2026

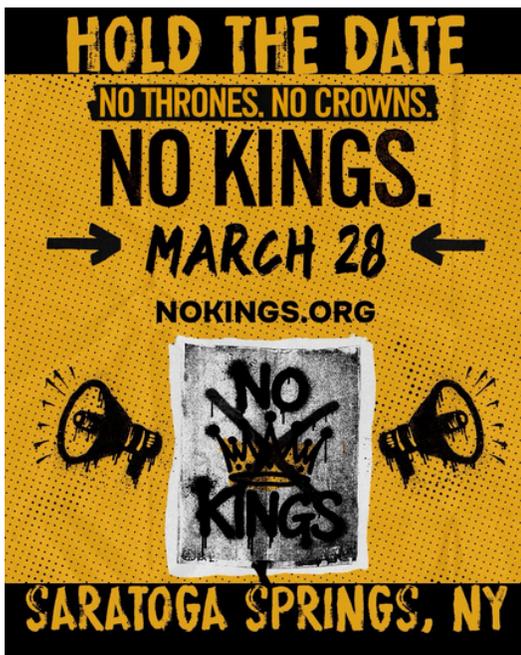
MEET THE MOMENT: TOGETHER EVERYWHERE

For General Assembly in 2026, we are creating a virtual “everywhere GA” with both online and distributed in-person options that will allow Unitarian Universalists to participate in whichever way works best for them. This new format will reduce travel costs and environmental impacts, offer optional in-person connections, streamline production costs, and provide a more flexible schedule for participants.

We know there is a deep need in this moment to build and sustain community as Unitarian Universalists. Given the strain that our congregations and individual UUs face in the current political climate, when travel brings increased risks and person-to-person connection remains important to our continued thriving, we are leaning into this creative approach.

To maintain safety, accessibility, and equity, the UUA is offering several ways to engage with the content and connections offered at this virtual GA, including fully virtual participation streaming live across many time zones.

By experimenting with smaller, more localized gatherings we can uphold the value of equity for GA participants around the country and production quality that supports the experience of online attendees. Truly, we can be together everywhere as we build the courage and capacity to Meet the Moment. ADK/Saratoga is looking for delegates to attend in any and all ways. Take a look at the UUA website and check out the many options to attend.



Below is the link to the Indivisible ADK/Saratoga (IAS) Saratoga Mobilize Event Sign Up. Please distribute this to your organizations. Individuals who register for the event will receive communications next week, including a "What to Expect" (WTE) document for attendees. Mobilize Event Registration: <https://www.mobilize.us/nokings/event/912966>

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Many people in our Congregation have been asking for regular updates regarding the development of land and the building of the New Meetinghouse at 400 Loudon Road. Some people read Journey Well(JW) and attend Coffee Chats, but they still lack information due to inconsistent attendance or not reading JW regularly. The purpose of this column is to keep everyone on the same page. The column will be published on our Website, JW and copies of the information will be left at the Greeters Table in the MeetingHouse. Of course. If you have any questions, you can contact any member of the New Home Task Force for clarification/information.

Approval from Saratoga Springs regarding our Building Permit.

Our Building Permit has been approved and we can begin the construction of the Building and development of the land at 400 Loudon Road soon. Bast Hatfield Construction met with the City Planners and SD Atelier, our Architects developed excellent drawings and prepared the Permit application for review. This approval by the City is a major accomplishment!

Contract with Bast Hatfield Construction.

Jim Cox, our attorney, is reviewing the multi page contract proposal from Bast Hatfield Construction. Members of the Task Force and Eric Lawson have reviewed and commented on the contract. Once the attorney review is complete, and our interests are protected, we will meet with staff from Bast Hatfield to negotiate changes and compromises. When the contract language is agreeable, we will sign the contract and establish a starting date which we project will be in May/2026.

Capital Fund Collection. We need more contributions.

Recently, we received two separate, Two Hundred Thousand Dollar donations from two couples in the Congregation. These generous donations helped put us close to the amount of what we need to pay for the construction costs. While this is great news, we still need more money to build out the Kitchen, build walls and bathroom for the RE area on the first level. You can contribute to the Go Fund Me campaign, the Matching Fund(50k) that has been established, or by placing a check in the collection plate for the Capital Campaign. These ways to donate will be particularly helpful to new attendees who may have missed the original Capital Campaign, but want to be a part of this major undertaking.

Grant Writing Underway.

Murray Penney, a member of the Task Force has contacted Paul Mastrodonato, a professional grant writer, who used to attend our Services in an effort to help us write small grants to support our New Meetinghouse. Paul is well connected in the Saratoga Springs Community and we hope his efforts will bring monetary results.

That's it for this week. See you on Sunday.

Art Holmberg for the Task Force



The Hudson-Mohawk cluster will hold its shared worship service on April 19th at Schenectady UU. We will be needing 3-4 volunteers to help with greeting, ushers, coffee, snack clean up, etc. More info in the coming weeks.

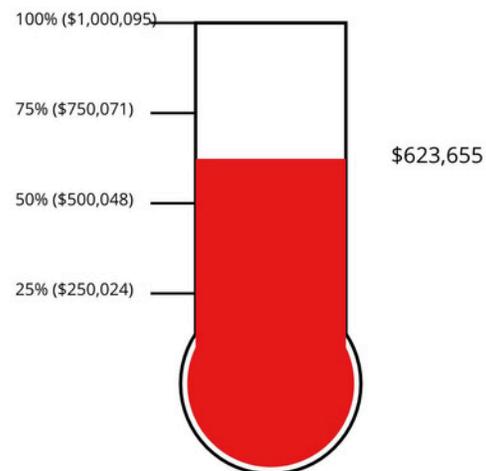
Want to attend virtually? The worship link is <http://bit.ly/uuschenectadyworship> The service will be at 10:30.

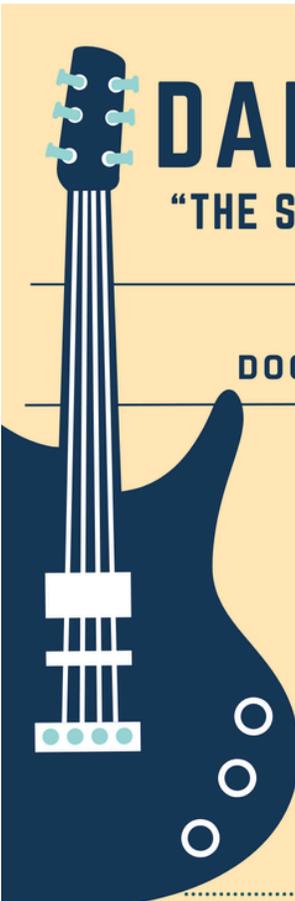
Remember, there will be NO IN PERSON OR ZOOM service at 624 N. Broadway on April 19th.

**WATCH THIS
NEW HOME
THERMOMETER GROW
AS DONATIONS FLOW IN**

A new member of our Board of Trustees

This week Dianne Kiernan was welcomed to the board as the newest Trustee at Large. Congratulations to her!






DAN BERGGREN

“THE SOUND OF THE ADIRONDACKS”
-BILL MCKIBBEN

MAR 27, 2026
DOORS: 6:45 - SHOW: 7:00



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

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

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

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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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COMMUNITY PINT NIGHT

EVERY THURSDAY AT DANCING GRAIN FARM BREWERY

Drink Beer. Do Good. 4/30 with LifeWorks

Each week we partner with a local 501(c)(3) and donate 10% of bar proceeds back to their mission.

★ ★ ★

WHO WE SUPPORT

Animal welfare - Mental Health & Wellness - Women's Rights - Family & Children's Services - Equality & Inclusive Communities - Land Conservation & Stewardship - Beginning Farmers - Alzheimer's Support - Autism Support - Alcoholism and Addiction Support Services




Event News

[Click here for the Events Calendar](#)

March 22, Sunday

10amWorship Service with RE

March 25, 2026 Wednesday

10amNew Home Task Force meeting

March 27, 2026 Friday

6:45pmDan Berggren Concert

March 29, 2026 Sunday

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



Greetings!

We are writing on behalf of the Jewish Special Interest Group of the Capital District Genealogical Society (CDGS). On April 26, 2026 we will be presenting our first program since we joined forces with the CDGS.

The purpose of this program is twofold. The topic of the program is "Moving Past Your Brick Walls", in which we will present some of the unique methods and tools for success in finding your Jewish family.

The second purpose is to make more people aware of our organization - and perhaps welcome some new members to our group.

The program will take place at the Jewish Federation Building at 184 Washington Avenue Ext in Albany, from 1:00 to 3:00, and will offer a hands on help session after the presentation.

The following link should provide you with a printable copy of the program announcement. We ask you to pass this announcement information on to your members in whatever way is best.

Some of you have responded in the past to identify the best contact person and email. For those of you newly interested, please let me know names and emails.

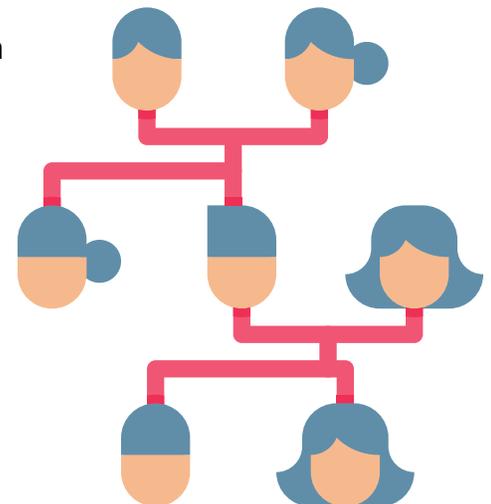
Thank you!

<https://drive.google.com/file/d/1uWA35acEdOFZxXC6uJIHH5xd2PkK69pL/view?usp=sharing>

Go Fund Me Is LIVE!

<https://gofund.me/15b1f07ad>

The Unitarian Universalist Congregation of Saratoga Springs has outgrown its current Meetinghouse at 624 North Broadway. Our growing Congregation, including its lively children's education classes, expansive community outreach programs, social justice initiatives, and partnerships with many diverse organizations have strained our physical capacity. To continue to be responsible stewards of the world we all share and to provide spiritual sustenance in a challenging world, we are building a new, inspiring Meetinghouse; a place that will be available to the whole community, a place of peace, tranquility, love and inspiration. We are a 501(c)3 organization. Please join us and help us fulfill this dream. We need your help.



TREE TOGA 15: April 25, 2026

Planting the next generation of trees in Saratoga Springs

Grab your family, friends and colleagues, or come by yourself and make new friends. Join the fun with Sustainable Saratoga's Urban Forestry Project for Tree Toga! Since 2014, we've planted a whopping 458 leafy giants all over Saratoga Springs. Mark your calendar – we plant in honor of Arbor Day, on the last Saturday in April.



Here's how it works: Volunteers assemble to learn the art of bare-root tree planting, belt out our catchy planting anthem (check the video!), and say cheese for the group pic. Then, armed with the expert guidance of our Lead Planters, teams scatter citywide to transform the streets into a green paradise. By lunchtime, we've worked our planting magic, and it's time to toast to success at a local pub

CIRCLE SUPPERS

There are 5 host families who would love to welcome you into their homes for a delicious meal, interesting conversation and friendly gathering. Sign-up sheets will be in the back of the sanctuary on Sunday for several weeks.. After you choose your date, call the host and let them know what you would like to bring.

Hosts:

**Judy Halstead and Jonathan Fineberg - Friday
April 17**

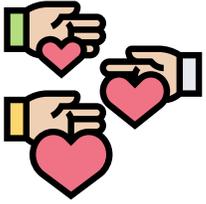
**Diane Allegro and Madelyn Vida - Friday,
April 24 Filipino Food**

Bev and Eric Lawson - Saturday, April 25

Elizabeth and John Collins - Sunday, May 3

Barbara and Joe Floeser - Saturday, May 16





FUNDRAISING TEAM NEWS

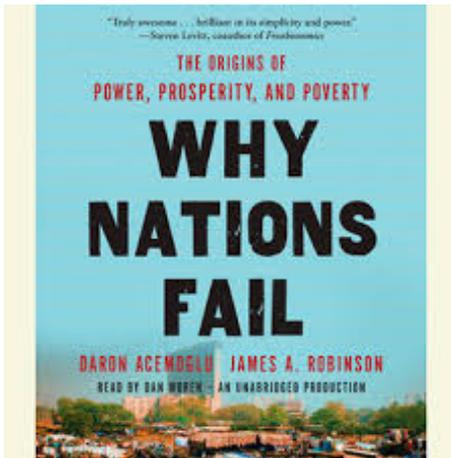
Sign up to attend the concert on March 27
[Click here](#) for the form and payment options

We are just one week until from the Dan Berggren concert, a special fundraiser for UUCSS. The concert begins at 7 PM. Doors open at 6:45. Refreshments (cookies, wine, non-alcoholic beverages) can be purchased before the concert and at intermission.

I would like to ask those of you who know you will be attending the concert, to please register soon. It is difficult to plan the room setup and refreshments and drinks. etc, when registrations come in just before the concert. Of course, there will always be those who do not know until the last minute that they can attend; and we definitely want you to come. You can pay at the door or register online. We still need volunteers willing to help clean up after the concert, cashiers for the sale of cookies and wine (two separate individuals), and one or two people to manage the cookie table. We have enough people making cookies and providing wine. Thank you for that!!

Admission is \$20. You can sign up online using the link in Journey Well or the QR code on the Dan Berggren flyer.

The Fundraising Committee's events are being counted on to help UUCSS maintain an adequate budget that will sustain our congregation as we build our new home . Please come on March 27th, support our efforts and enjoy an amazing concert and storytelling evening.



BOOK GROUP

April's selection is "Why Nations Fail" by D. Acemoglu & James Robinson. The next meeting is on Monday April 20, 2026 at 6pm.

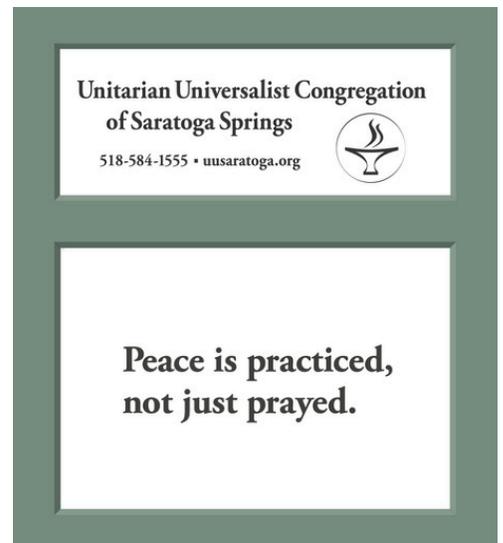
All book lovers are welcome. For information, please contact Barbara Egerman at begerman3@gmail.com, or Carolyn Lansberry at carlan55@gmail.com.



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](#)





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.

On the next two pages you'll find information Pendell Hill.

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:

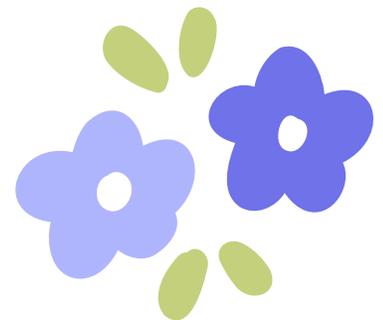
- Fostering connections among Saratoga area LGBTQ community members and visitors
- Enhancing the visibility of the LGBTQ community in Saratoga and the surrounding region
- Recognizing local businesses and organizations that welcome the LGBTQ community
- Increasing awareness of LGBTQ-owned and inclusive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

Please remember that the first plate collection of the month is donated. Any other donations to the monthly GATP should be designated as such.



Recent Sermons

Did you miss a service? Or was there a sermon you particularly liked? [Click here for them.](#)



OFFICE HOURS

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.



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.

Have an announcement?

Email, text or call Juliana at the office (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 *JOURNEY WELL*, OUR WEEKLY NEWSLETTER, 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

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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