

January 2026

Newsletter



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Stayed tuned for lots of new and exciting things coming this month on our church campus.

From your Minister, January 2026

Happy New Year to everyone (at least according to the Julian calendar)! We have surpassed yet another arbitrary moment in our Earthly relationship with the sun. No matter how hard we might try, the Earth keeps on spinning. Try to resist. It won't work. Some things are gonna go, go, go and we have zero control.

Other things, less celestial things, of course, we can impact. This month, we will play with the idea of resistance. When to do it. When not to do it. In fact, our monthly theme is practicing resistance. When to do it. When not to do it.

Some things we must relinquish.

Some things we must resist like hell.

It takes a fair amount of values-based discernment to choose which one we should do at which moment. That's part of where 'acting with reason' comes in. And, there are some specific spiritual practices we can try which help us feel the answer more deeply in our bodies than doing a mere thought experiment.

Here's just one practice with several different ways of doing it (as suggested by the good folks at Soul Matters):

New Years is about resisting old patterns and creating new ones. Many find that picking a "word for the year" helps them stay on track and resist their old patterns more easily. So, for this exercise, carve out some time to read the articles below for guidance/inspiration and pick your word for the year.

And if you want to go the extra mile, consider getting creative with your word for the year by using [rock art](#), [typography](#), [scrabble pieces](#). You could also [doodle it](#) or embed your word in [an image](#) or [a shape](#).

After choosing your path, maybe share with a friend (or two) any surprising insights that emerged from your process of deciding on that word.

For Inspiration and Guidance:

- How to Choose a Word of the Year: <https://www.elizabethrider.com/word-of-the-year/>
- Next Year's Words: <https://www.uua.org;braverwiser/next-years-words>
- One journey of picking a word for the year: <https://www.facebook.com/watch/?v=624829093218247>
- "Door" is My Word: <https://www.youtube.com/watch?v=rajFdgcLNg>
- When God helps you pick your word: <https://www.tiktok.com/@lovingsingle/video/7302508391438535979>
- The word all of us might pick: <https://www.tiktok.com/@abciview/video/7314836534593686785>
- Adding monthly word check-ins: <https://www.instagram.com/reel/DHIG4oAut8r/?hl=en>

Again, Happy New Year everyone. May it be better than the last!

In good faith, good trouble, and just the right amount of resistance,

Rev. Nic Filzen

Faith Formation News: January - Rest as Resistance

As we enter the new year, our congregational theme invites us to ponder Resistance. In a society often driven by burnout and the pressures of unfettered capitalism, we are reclaiming a radical truth: Rest is a form of resistance. We have had a beautifully busy church year so far, but to win against the injustices of the world, we must ensure our own cups are not empty. In honor of this need for renewal, you will notice a lighter calendar for January and February. We invite you to look to nature during these colder months—to slow down, breathe, and find the restorative rest your family needs.

17 Sunday Morning Schedule

Please note the following flow for our children and youth (ages 17 and under) this month so you can plan accordingly:

- January 4th: Intergenerational Service. All children and youth will remain in the sanctuary for the full worship service.
- January 11th: Students will go straight to their Faith Formation classrooms at the start of the hour.
- January 18th & 25th: Students will begin in the sanctuary for the start of worship before heading to their classes.

Program Updates & Adjustments

In our commitment to restorative practices, we have adjusted our program calendar for the month:

- Kids Night In (KNI): There will be no Kids Night In events held during the month of January. We are taking this time to pause and rest.
- Crossing Paths: Our interfaith exploration group will be shortened slightly this month, meeting for three sessions instead of the usual four.
- OWL (Our Whole Lives): We resume our sessions on January 10th. To allow for deeper focus and more space between meetings, we will meet for a "retreat" style session from 10:00 AM to 3:30 PM, rather than our typical weekly two-hour sessions.

Wishing you a restorative and peaceful start to the New Year. May you find the quiet you need to sustain the work ahead.

In faith, The Faith Formation Team

A message from your Board of Trustees

Greetings, and Happy New Year. We hope each of you experienced a holiday season that was joyful, reflective, chaotic, peaceful—or that you simply made it through. Sometimes, that alone is an accomplishment worth honoring.

As we step into a new year, we know it will bring its own changes and challenges. As a board, and as a church community, we remain committed to meeting whatever comes our way in a manner that reflects our core values and our shared mission.

Our mid-year meeting will take place on January 11th, and we strongly encourage everyone to attend. During this gathering, we will share important information about upcoming initiatives within the church and engage in a congregation-wide exercise designed to help us focus on our future. When the Board of Trustees completed this exercise, we found it both engaging and thought-provoking, and we believe the congregation will find it equally meaningful.

The mid-year meeting is also an ideal time to begin considering how each of us can serve our community in the coming year. There will be openings for various roles within the church, including positions on the Board of Trustees. If you have questions about opportunities to serve, please reach out to any member of the board—we would be glad to speak with you.

Thank you all for a wonderful 2025. Together, let us make 2026 an even stronger and more inspiring year for our church and our community

The Board of Trustees

UPCOMING EVENTS

January 4th Service - Intergenerational Service. All children and youth will remain in the sanctuary for the full worship service

January 10th - 1:00 PM - Taking Down the Greens

January 11th - 12:30 PM - Mid-year Congregational Meeting

January 12th - 5:30 PM - Community Sing with Bill Webster

January 15th - 5:30 PM - Building and Grounds Meeting

January 15th - 6:30 PM - Rev. Dr. Martin Luther King Jr. Interfaith service at Sacred Heart Join the Progressive Religious Coalition and guest speaker Dr. Stacy Floyd-Thomas for this important annual event and help us keep Dr. King's dream alive

January 17th - 11 AM (Lineup) - Rev. Dr. Martin Luther King Jr. parade, in partnership with the League of Women Voters

January 18th - 12:15 PM - Parents Group Potluck

January 21st - Cozy Craft Night

January 22nd - 6:30 UVCA Monthly Board Meeting

January 30th - 7:30 PM - The Jazz Series ft. Mark Rapp and L4, with an opening performance by the Davidson Jazz Combo

GIFTS OF HONOR

Andy Reese, Gifts of Honor

The Heister Family Charitable Fund, Eleanor Heister

The Heister Family Charitable Fund, Megan Heister

Eugene & Joan Howard

Paul Dainer

John & Beverly Whitney

Karen Johnson

Lynthia & William Strong

David & Carol Lapp

Sharon Fanger

Tim Nelken

Lorena Barrios

Mary Anina Benedetto

Joyce Nolin, Gift of Honor

Pat Lynch Hayes

**Beverly & Lewis, Gift of Honor*

Ted Newton

*Mother and Stepfather

Ruth Ann Krenicky, Gift of Honor

Valerie Krenicky

Susan Loughrey, Gift of Honor

Matt & Chris Maurer

Looking for a way to celebrate a friend or loved one's birth, birthday, marriage, anniversary, graduation, or recent achievement?

Consider making a Gift of Honor in their name to the church!

A check or cash-in-an-envelope should be clearly marked

– Gift of Honor – and be sure to tell us who or what you are honoring.

All Gifts of Honor will support the General Fund.

Make an online donation on the church's website at UUAugusta.org or use the QR Code.



January Worship Calendar - Choosing Hope



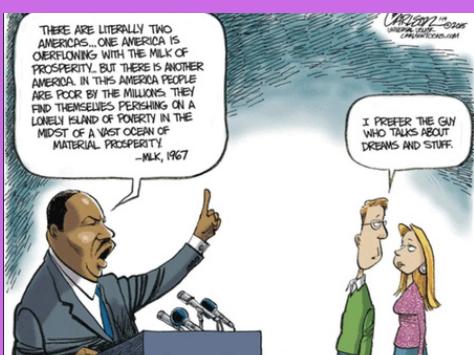
January 4th - Reverend Nic Don't Resist, Relinquish - The Burning Bowl Ritual

As we typically do on the first Sunday of the new calendar year, we will do a burning bowl ritual - ritualistically relinquishing that which no longer serves as we enter a new trip around the sun together. Like the symbolic flash paper which we must quickly throw in the air or risk burning ourself, we practice letting go when we resist doing so. (PS - don't forget to grab your flash paper and a pencil as you enter the sanctuary)



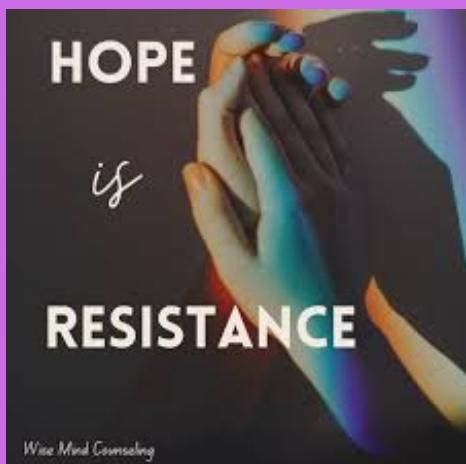
January 11th - Reverend Nic Practicing Resistance

In the context of rising fascism in the US and worldwide, how does practicing political resistance get us where we need to go? How does it connect us to the work of our UU ancestors? How does it connect us to our UU values (as currently articulated)? How does it serve Love?



January 18th - Reverend Nic The Whitewashing of MLK's Message

History has softened Rev. Dr. Martin Luther King Jr.'s liberative message. Made it more palatable. More comfortable. It was never meant to be comfortable. He showed us what it meant to resist with Love. Now its our turn. Add a little bit of body text



January 25th - Chris Drescher Choosing Hope as an Act of Resistance

Group and Committee Events

Parents' Group

Next Meeting:
January 18th at 12:15pm in classroom 1-2

Childcare will be provided for ages 10 and under

Contact: Desria Seay ffm@uuaugusta.org



Recovery International



Mental Health Support Group (**online**)
Virtual **Wednesday weekly** meeting at **6:30pm**
Open to newcomers

Pre-register: [Here](#)

You will receive a confirmation email containing information
about joining the meeting.
Contact: Maryka Bhattacharyya [630-605-6913](tel:630-605-6913)

UU Meditation

Monday at the church gathering:
Contact: Chris Garcia garceus@yahoo.com

Wednesday online gathering:
Contact: Catherine Prysiazny
catherine8758@att.net

ZOOM link: [Click Here](#)



UUCA Book Group

Next Discussions - **January 24th at 1pm**

Fourth Saturdays at 1pm
Room 1-2

Contact: Jan Parsons - janbparsons@gmail.com

Group and Committee Events

Good Trouble Team

Next meetings: **January 25th**

The Good Trouble Team meets on the
4th Sunday at 12:05pm

[ZOOM Link](#)

Passcode: 324295



Board Meeting



Next meetings: Thursday, **January 22nd**

Monthly Board Meeting will be held the in the
Common Room

Contact: Co-presidents, Tim Hunter or Dominique
Grushinski
board.president@uuaugusta.org



UU Humanist Freethought Group

Next Meetings: **January 11th**

Usually meeting the
second Sunday at 5pm in the Common Room

[Zoom link](#)

Contact: Frank Carl frankcarl2040@gmail.com

Cozy Craft Night

Next Gathering:January 21st

Location: UU Church Common Area

Connect, create, and craft!

This month we'll have a table set up for rock painting. All kids, big and small, welcome to join us. We're working on rocks for the Labyrinth.



Group and Committee Events

UUCA Women's Luncheon Group

Next Gathering: **January 13 @ 11:30**

Location: Beamie's at The River, 9th and Reynolds

Christmas Lunch!!

Please send your reservation by the Sunday prior to Pat Lynch-Hayes: 706-733-8303,
plynchhayes@gmail.com



Usually meets the **second Tuesday at 11:30am** at area restaurants

Girlfriends always welcome.

Pagan PotLUUck



Next Gatherings: **January 8th**

A casual circle for pagans and witches of all ages, genders, and practices. We can explore topics that relate to our shared beliefs, rituals, and needs. Or simply connect and enjoy good company with one another.

Gathers the **second Thursday at 6:30pm in the Common Room**

Contact: Janeya Filzen: janeyajoy@gmail.com

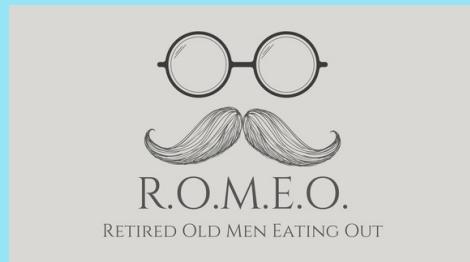
R.O.M.E.O. Lunch Group

Next Gathering: **January 22nd**

Location: TBonz Steakhouse

601 North Belair Square, Evans

Menu: <https://www.tbonzofaugusta.com/evans-menus/>



Retired Old Men Eating Out Lunch Group meets at **11:45am** at area restaurants

Confirm & RSVP by Tuesday's on Realm to Frank Dennison:

Text **706-267-9298** or frankdennison@outlook.com.

VOLUNTEERS WELCOME!!! WE NEED YOU!!! We had a great outpouring of volunteers in 2025. THANK YOU!!!

In order for great events and more to happen around here, we need you to volunteer!! We have so many different ways for you to help out. Please consider donating your time in your field of expertise or just something you've always wanted to help with. We welcome all to take part in keeping our church at its best.

We appreciate ALL our volunteers so much. Thank you!

We need 5 more volunteers who are willing to donate 1 hr each month to either set up the coffee, tea, and snack tables or help clean up afterward as a 2-person team, Sunday after service. There is flexibility to swap with another volunteer if something comes up and you can't make it. It's easy work and deeply appreciated by all. To volunteer, or for further information, please contact Jack Zylla.



Another great opportunity to volunteer is in our Tech Deck. Our Tech Deck team makes sure those that can't be here for service can still feel connected to our community. Please contact Matt Moser to volunteer. He is happy to teach anyone how to do the job and we'd all appreciate you volunteering.



GENERAL INFORMATION

- **Joys and Sorrows** can be sent ahead to the **Pastoral Care Team**: pastoralcare@uuaugusta.org
- Our **UUCA Choir** welcomes new voices. We hope you'll join us at **9:30am Sunday** mornings and help us add to the worship experience.
- All ages **Faith Formation Classes** are held after Worship on the **first Sunday** of each month. The classes will be from **12:15-1:15pm** following a short fellowship time.
- The **Committee on Shared Ministry (CoSM)** is concerned with the spiritual health of the entire ministry of the congregation, as a reflection of mission fulfillment. For more information about COSM and all UUCA teams and committees, please visit: <https://www.uuaugusta.org/committeesandteams>
- **Josef Patchen** is offering Piano Lessons: Any age, Any level, Any style. For information, write: jcpatchen61@gmail.com or text: 706-399-5852
- Contact the **Church Administrator** for group meeting and event scheduling and for addition to the **UUCA Public Calendar**. churchadmin@uuaugusta.org
- The **first Sunday** of each month is **Youth Greeter Week**. This is an opportunity for our young members to play a special role in our congregation. Inquire with **Faith Formation Manager**: Desria Seay (Ms. D) - ffm@uuaugusta.org.
- The **Midday (AA) Group** meets **Monday - Saturday at Noon** in the **Common Room**.



*May we create beloved community
In good faith and good trouble*

<u>UV Augusta Office Email</u> <u>Minister's Email</u>	706-733-7939
<u>UV Augusta Website</u>	3501 Walton Way Extension Augusta, GA 30909
<i>Office Hours:</i> Monday-Friday -9:30-2:30	<i>Rev. Nic's Office Hours:</i> Wednesday: 4pm-6pm