

ThisWeek@UUSS January 12, 2020 Unitarian Universalist Society of Sacramento

Sunday January 12

- 9:15am - Refugee Support Team Meeting - Room 9
Contact: refugeesupport@uuss.org
- 9:20am - Nursery Care - Room 11
- 9:45am - Intro to QiGong & Tai Chi Chuan - Fahs Room
- 10:15am - Our Whole Lives (OWL) - Room 9
- 10:30am - Sunday Service - Sanctuary
- 10:30am - Spirit Play - Room 7/8. Contact: re@uuss.org
- 10:30am - JHYG (Junior High Youth Group) - Room 6
- 10:30am - SHYG (Senior High Youth Group) - Room 12
- 11:30am - Newcomers Meet-and-Greet - Library/Bookstore
- 12:00pm - Coming of Age Monthly Meeting - Fahs Room
- 12:00pm - Auction Committee Planning Meeting - Room 7/8
- 1:00pm - Science Fiction Films as Prophecy - Library. *Snowpiercer*, a romping futuristic tale of inequality by Bong Joon Ho, director of *Parasites*. There will be a brief introduction about trends in economic inequality and discussion after the film.

Monday January 13

- 10:00am - Yoga by Paige Labrie - Room 7/8. All Welcome!
Nourish the body & brain \$15 drop-in fee (single class).
8 weeks \$64. Contact: adultenrichment@uuss.org
- 6:00pm - Adult Enrichment: Death Positive Movie Series Bill Moyers: "On Our Own Terms." Renowned journalist Bill Moyers interviews patients and caregivers. Free. Molly Stuart 805-669-8162
- 6:30pm - Gen X/Boomer Club Monthly Meeting - **OFFSITE**
Contact: genxboomers@uuss.org
- 7:00pm - Men's Group 2nd & 4th Mondays - Contact: men@uuss.org for location **OFFSITE**.

Tuesday January 14

- 10:00am - Ted's Web Discussion Group - Library. Political discussion group named after our late Minister Ted Webb. Contact: tedsweb@uuss.org
- 4:00pm - Democratic Presidential Candidate Debate - Main Hall. Please bring snacks to share. 3 debates in Feb. Contact: Laurie Jones 916-716-2947 ljones.asbarc@gmail.com
- 6:30pm - Easing Awake Meditation w/ Doug Kraft - Fahs Room
Contact: doug@dougkraft.com
- 6:30pm - Adult Enrichment Meditation Instruction - Room 6
Contact: adultenrichment@uuss.org
- 7:00pm - TED Talks - Welcome Hall. "The Power of Writing" - Writing can help us be a force for healing in the world. Developing a practice of jotting down your thoughts and musings doesn't require any special skill or talent. You might be surprised at what you can

learn from YOU. Discussion facilitator will be Tiffany Urness.
Contact: tedtalk@uuss.org

Wednesday January 15

- 1:00pm - Women's Support Group - Fahs Room. Join us for lively talk, sharing, understanding, encouragement and empowerment. Nothing beats women friends. A drop-in group. All Welcome!
- 7:00pm - Choir Rehearsal - Fahs Room/Room 6. All are welcome!
Contact: keith@uuss.org

Thursday January 16

- 12:30pm - Ukulele Tutoring - Music and Theater Room
- 1:00pm - Ukulele Players Slow Jam - Music and Theater Room. Join us for ukulele jam 1:00 to 2:30. Instruction and loaner ukuleles available by prior request. Contact: ukes@uuss.org
- 6:00pm - Finance Committee Meeting - Fahs Room
Contact: finance@uuss.org
- 7:00pm - Program Council Meeting - Library
Contact: programcouncil@uuss.org
- 7:00pm - Mah Jongg - Room 6. Contact: mahjongg@uuss.org
- 7:00pm - Theology on Tap: Building a Community One Pub at a Time!
Hop Gardens @2904 Franklin Blvd, Sac, CA 95818
Contact: John McMillan (mcmillanjohn@att.net)

Friday January 17

- 4:00pm - "Three Conversations About Death" - Fahs Room. Increase the likelihood that you will get what you want at the end and clarify actions for advocates. January 17, 24, 31 4-6 pm. Molly Stuart 805-669-8162. To RSVP sign up at the Adult Enrichment table. Suggested donation \$20-\$50 - to UUSS. Contact: adultenrichment@uuss.org
- 5:30pm - Artist Reception - Main Hall. Come to meet our artist, Cherie Hacker. Her work is full of lively organic and geometric shapes intended to bring joy to the viewer. Light refreshments. Free and open to all. (UUSS gets a portion of the proceeds from any artwork sold.) For info contact 916-482-3018.

Generation Y Group - If you'd like to gather with other young adults from UUSS offsite for food, fun, friendship and meaningful conversation, contact geny@uuss.org or join our Facebook group facebook.com/groups/uussgeny

GenerationX/Baby Boomers: To join our social group for fun and friendship, email genxboomers@uuss.org.

Minister & Staff Availability Rev. Roger's office hours: Tues., Wed., Thurs. afternoon & by appt. Rev. Lucy's office hours: Tues. & Thurs. 2:00-5:00pm by appt. Church Office hours 8:30am - 5:00pm, M-F. Reach Miranda Massa and Keith Atwater by email & by appointment.

ComingUp@UUSS Unitarian Universalist Society of Sacramento

EAT (well), PLAY (often), CONNECT (always), March 7 UUSS Service Auction: Tickets on Sale starting Jan. 26. Have you donated to the Service Auction yet? Check with a Donation Consultant after church through Feb. 16 or make your donation directly on the Auction website at <http://togetherauction.com/uuss>. Anticipation pique your interest? Good. Get ready for the Auction by buying tickets early. Tickets go on sale starting Jan. 26 after church and will be sold each Sunday until they are gone. Be sure to get a ticket early to assure your seat at the table. Tickets are \$20 for adults and \$5 for children 11 and under. Pre-bidding starts on Feb. 23.

CAMP NORGE: VOLUNTEERS NEEDED TO HELP WITH REGISTRATION

Training sessions for January 26 and February 9th after church services. Only one training needed for under an hour. Please email/text Stephenie at skmozzzy@gmail.com or 505-506-9890 if interested.

Exploring Unitarian Universalism

Members, Friends & Newcomers Join us:

3rd Sunday of each Month 9:30am – 10:15am, Fahs Room

December 15 - Faith: What Does It Mean to a UU?

January 19 - Social Justice: How Do We Live Our Values?

February 16 - Survey of UU History

Sunday Morning Spiritual Practices

Join Us Before the Service

9:45am - 10:15am every Sunday (except 5th Sundays)

2nd Sunday - QiGong & Tai Chi Chuan - Fahs Classroom

3rd Sunday - Mindfulness Practices - Room 6

4th Sunday - Reading & Reflection on Poetry & Prose -Room 6

1st Sunday - Labyrinth Walk - In the Meadow

Justice & Compassion Work

Racial Justice Efforts Renewed Join us Sun., Jan. 19, for the launch of our renewed efforts toward racial justice. During the service: re-dedication of our banner, Black Lives Matter Here. After the service: We'll view video lecture with a passionate challenge to do the work of dismantling racism. Reflection and discussion follow. All are invited.

NEEDS A HEADLINE Please help the County prioritize the needs of Arden Arcade and other disadvantaged neighborhoods by taking a very short survey <https://www.surveymonkey.com/r/DQ7BS2C> (use UUSS's zip code 95825) deadline January 16, and/or attend the Environmental Justice Element Stakeholder Meeting at the Jose Rizal Community Center – 7320 Florin Mall Drive, January 16, 6:30 to 8:30 pm.

Help our Arden-Arcade Neighbor Families: Support our UUSS January Diaper and Baby Wipes drive for the River City Food Bank Center in the Arden-Arcade area. Bring any size diapers and pullups to the Welcome Hall on through Sunday, 19. Help us reach our goal of collecting 2000 diapers. Cash donations are also gratefully received. Contact: Bobbie Keill at bkeill@comcast.net.

You helped your UUSS Mercy Pedalers serve the homeless in

December. With the supplies and funds, you provided, your UUSS Mercy Pedalers served 230 homeless people and 7 dogs living on the streets of Arden-Arcade, Carmichael, College Glen/Greens and McKinley Park Area in Dec. The homeless always express gratitude for your kindness and supplies. Donate for the homeless winter needs by getting a current needs list and having conversation with a Pedaler.

Together we Share - During this two-week holiday period, UUSS donated 391 pounds of clothing and 152 pounds of food to the Sacramento Food Bank and Family Services. This is distributed free to families, homeless and immigrants. To donate, place items in the RED GROCERY BASKET by the entry door on a Sunday. We can accept any food (except frozen foods or opened packages), clothing, especially shoes, and household items. We **Place items in the red grocery basket.**

Religious Education Message

All children & youth start in the sanctuary and then our congregation will sing out RE participants for their programs.

Spirit Play will be in Room 7/8. After service, please pick your child up in Room 7/8. **Junior High** (JHYG grades 6-8) will be in Room 6.

Senior High (SHYG grades 9-12) will be in Room 12.

Readers/actors of all ages—in the Jan. 26 service we perform the children's book *Old Turtle and the Broken Truth*. Several speaking/acting roles to fill. Contact director Laura Sheperd if you are an interested child, youth, or adult. Rehearsal Sat. 10:00, warmup Sun. 9:45. re@uuss.org

Children and youth may sign up at the RE Table to light the Flaming Chalice during a future worship service. Please do!



Happy Sunday! - Miranda Massa, Religious Education Coordinator