

**Longing for some quiet
time in your week?**



**Sunday Morning Spiritual
Practices at UUSS**
2015–2016

9:45–10:15 every Sunday
(excluding 5th Sundays)

1st Sunday – Labyrinth Walk
At the Labyrinth (begins November 1)

**2nd Sunday – Qi Gong &
Tai Chi Chuan**
At the Labyrinth

3rd Sunday – Silent Meditation
Classroom 6

**4th Sunday – Reading Reflection
on Poetry & Prose**
Classroom 6

Childcare available, no reservation needed.
Email lucy@uuss.org for more information.



**Unitarian Universalist
Society of Sacramento**

2425 Sierra Boulevard ▪ Sacramento, CA 95825
(916) 483-9283 ▪ www.uuss.org