

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

Sunday November 29

9:45am - Nursery Care - Room 11
10:15am - Religious Education- Rooms 6, 7/8 and 12
10:30am - Sunday Service - Sanctuary

Monday November 30

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday December 1

10:00am - Ted's Web Discussion Group - Library
7:00pm - UUSS Book Readers Discussion - Fahs Room

Wednesday December 2

1:30pm - Women's Support Group - Room 12
3:30pm - Adult Enrichment Committee Meeting - Library
5:30pm - Silent Meditation - Room 6- All Welcome!
6:00pm - Religious Services Committee Meeting - Library
7:00pm - Threshold Choir Rehearsal - Room 7/8
7:00pm - UUSS Choir - Sanctuary

Thursday December 3

11:00am - Adult Enrichment: Aging Challenges - Fahs Room

Friday December 4

6:00pm - Earth Justice Ministry - Discussion Group - Fahs Room

Saturday December 5

9:00am - Lay Pastoral Visitor's Meeting - Room 6
11:00am - Theater One Performs *Alice in Wonderland* - Sanctuary
2:00pm - Theater One Performs *Alice in Wonderland* - Sanctuary

Sunday December 6

Marathon Day- Allow Extra Time!

9:30am - Nursery Care - Room 11
9:45am - Sunday Morning Spiritual Practices - Labyrinth
10:15am - Religious Education- Rooms 6, 7/8, 10 and 12
10:30am - Sunday Service - Sanctuary
10:30 am - Spirit Play Yoga - Fahs Room
11:45 am - Kids Freedom Club - Room 6
12:00pm - Forum on Foster Parenting
3:00pm - Memorial for Gloria Cox - Sanctuary

Check the white board at UUSS for Daily Lists of Meeting and Event Locations at our home base.

Visit our online calendar to view these and other scheduled activities. <http://uuss.org>

Learn details about all activities in the Pathways brochure and the monthly Unigram newsletter.

Submit articles to bluesheet@uuss.org before 1:00pm on Wednesday, 65 word limit.

Contact the office for more information:

Phone Number (916)483-9283

Email Address- office@uuss.org

– RELIGIOUS EDUCATION –

Good morning UUSS Families,

Our Religious Education programs: The Room 11 Nursery is a fun place for our youngest to play. Staff arrive early each Sunday to provide the option of child care for adults to be able to attend the Sunday Morning Spiritual Practice. Nursery opens at 9:30!

Kindergarten – 2nd grade Spirit Play meets in Room 10. Our **3rd – 5th graders – True Reflections** meet in Room 7/8. The **Junior High Youth Group (JHYG)** meets in Room 6 and the **Senior High Youth Group (SHYG)** meets in Room 12.

We are scouting additional Senior High Youth Group Advisors. Spend two Sundays a month with our talented youth enriching their lives with conversations, spiritual discussions and community. Please contact Miranda if you would like to help!

Save the Date for **Storyteller & Doorkeeper**

Training: Sunday, January 10, you are invited to a training for those who currently volunteer, or would like to volunteer, in our Sunday School program for elementary school age children. Please contact Miranda for more details and to reserve your spot!

Happy Sunday,

-Miranda Massa, Religious Education Coordinator

– CURRENT & UPCOMING ACTIVITIES –

Ministers' Forum Nov. 29-- Dialogue with Roger & Lucy, 12:00-1:00 p.m. Questions welcome about theology, UU identity, spiritual topics, life at UUSS, etc.

Soup Sunday- There will only be one Soup Sunday in December. Due to the CA International Marathon which will make it difficult for many to get to church that day, Soup Sunday will not take place Dec. 6. There will be a Soup Sunday on Dec. 13.

Forum on Foster Parenting - Dec. 6, 12:00pm to 12:45pm, Fahs Room. What is it like to care for a youth in your home? Join UUSS member Evan Correale (and a foster parent of teens) and Christina Cagle from Stanford Youth Solutions to hear about the myths and fears of foster parenting—and how we find rewards in helping today's youth. If you have ever considered foster parenting, or have done it, please come.

December Website Training - Come join us to learn how to post updates for your group on the website. Sign up for this one hour training at uuss.org/training We will meet in the library Dec. 6, 12:30pm. Contact Dirk at 916-600-6698 for more info.

Piano Recital Thursday, Dec. 10, 1:00 & 7:00 PM. 2 performances at UUSS! Nicholas Dold plays works of Gabriel Faure and Sergei Prokofiev, with an introduction about each work. \$10 adults; \$5 for students up to age 25. Also a freewill offering.

– USEFUL INFORMATION –

We are looking for an artificial Christmas tree of 6'-8' for use in the UUSS sanctuary at our ornament-hanging ritual the Sunday before Christmas. If you have one to lend or donate, let the UUSS Office know.

Palestine/Israel Study Group- The group will use a guide, *The 7 Unitarian Universalist Principles and Palestine - Israel*. Planning commences this month, the group opens for discussion in January.

Marathon Traffic Alert Sunday Dec. 6 -- You can get to UUSS for church! Please allow more time and plan your route in advance. Because of the California International Marathon, we cannot cross Fair Oaks Blvd. so you can't use the Watt Ave. or Howe Ave. exits off of Hwy 50. If coming from the west, east or south take Bus. 80 to the Expo Parkway exit or Arden Way exit. Drive to Howe or to Fulton and turn right (south), and come down to Sierra Blvd. Traffic will be a bit slower as you get closer to Sierra because it's close to the race, but you can get here. [If reading online, click here.](#) For bus routes, Regional Transit is (916) 321-BUSS.

Together We Share - Remember to bring food items for the red Grocery cart! Contact [Joan Rubenson](#) at joanndavid2@gmail.com or [Virginia Dunstan](#) at vadunstan@aol.com, for information.

Lost and Found at UUSS- If you have misplaced an item, and you think it was left at the church, contact the office at 916-483-9283. The Lost and Found tub can be found in the hallway by the office.

Members and Friends-We hope that you are getting the weekly email messages from UUSS and Unigram. If not, you can always subscribe through Constant Contact by e-mail or contact a UUSS office staff member for help at office@uuss.org.

– OPPORTUNITIES TO SERVE –

Working with the Archives- After many years, I have decided to give up the job and need someone to step forward and take it over. The archives are currently stored in the cupboards in Room 12 and consist of about 25 Bankers boxes. They are outgrowing their present space and a solution to that must be found. If anyone is interested please contact Shirley Hines at fularji@gmail.com.

Friends in Deed- Our UUSS volunteers are able to help congregants with rides, visits, emails or phone calls. For assistance please fill out a request form at the Connections Central table on Sundays or email susanlange.uu@gmail.com or call at home- (916) 686-1206 or on her cell- (650) 291-4603.
-Susan Lange

– IN LOVING MEMORY –

Gloria Cox - Her service at UUSS is Sunday, Dec. 6, 3:00 PM. Donations may be made to Planned Parenthood or the Endowment.

Tami Buscho - The memorial service for Tami will take place at 3:00 PM, Sunday, December 13, here at UUSS. Donations in Tami's memory may be made to the UUSS Religious Education Fund to honor Tami's commitment to youth ministry.

– SUNDAY MORNING SPIRITUAL PRACTICES –

Join Us Before the Service

9:45- 10:15 every Sunday (except 5th Sundays)
1st Sunday - Labyrinth walk - Labyrinth
2nd Sunday - QiGong & Tai Chi Chuan - Labyrinth
3rd Sunday - Silent Meditation Classroom 6
4th Sunday - Reflection on poetry and prose - Room 6

– EXPLORING UNITARIAN UNIVERSALISM –

Members, Friends and Newcomers Join in for:

Third Sunday of the Month 9:30 – 10:15 before service in the Fahs Room

December 20 – Faith – What does it mean to a UU?

January 17 – Social Justice – How do we live our values?

– THEATER ONE –

Theater One presents a show for children of all ages: *Alice in Wonderland*. Directed by Jill McMahan, Dec. 5 at 11:00am and 2:00 pm. Tickets are \$5 at the door. We'll see you at the show!

– ADULT ENRICHMENT –

If you need a ride or wish to offer a ride to any event, there is a sign-up sheet at the Adult Enrichment table.

Yoga by Paige Labrie. Try a first class for free. Monday Classes are \$8 each if you sign up for a two-month series or \$10 on a drop-in basis. All Welcome!

Chair Yoga – Mondays, 10-11am-Fahs Room

Mat Yoga – Mondays, 7-8pm- Room 7/8

Women's Support Group Wednesdays, 1:30-3:30pm. Please contact Lynn Carlson at apriljade@comcast.net or (916) 719-2304 to get a weekly reminder of the meeting.

Check the Sunday Connection table for upcoming activities and workshops.

Office Hours

Monday thru Friday 8:30am to 5:00pm

– CHURCH STAFF HOURS –

Rev. Roger Jones: Off on Monday. Office Hours: Tuesday 4:30 to 6:30pm, Wednesday & Thursday 1:30 to 6:30pm and by appointment.

Rev. Lucy Bunch: On Study Leave until Dec. 5.

Miranda Massa: (RE Coordinator): Monday, Friday, Sunday mornings and by email.

Michele Ebler: (Bookkeeper): Monday thru Friday by appointment.

Stanton Vedell: (Communications and Facilities Coordinator): Monday thru Friday, 9:30-6:00pm.

Elaine Cooper: (Receptionist): Monday thru Friday, 8:30-5:00pm.

Keith Atwater (Music Director): choir rehearsal Wednesdays, 7:00-8:30pm and by appointment.

Ina Jun (Accompanist): at UUSS on Sundays.

Childcare Providers: Annie Green and Krystal Gollaher, Sundays.

Custodians: Aaron Molina, Sunday thru Thursday and Miguel Neri, Friday thru Sunday.

Contact the office for more information:
(916)483-9283, office@uuss.org