

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

Sunday December 20 All Ages Service

9:30am - Nursery Care - Room 11
9:30am - Exploring Unitarian Universalism - Fahs Room
9:45am - Silent Meditation- 3rd Sunday - Room 6
10:30am - Sunday Service - Sanctuary
12:15 am - Membership/ Greeters - Room 7/8

Monday December 21

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

Tuesday December 22

10:00am - Ted's Web Discussion Group - Library

Wednesday December 23

1:00pm - Staff Meeting (Office Closed) - Library
1:30pm - Women's Support Group - Room 12
5:30pm - Silent Meditation - Room 6- All Welcome!
7:00pm - Threshold Choir Rehearsal - Room 7/8
7:00pm - UUSS Choir - Sanctuary

Thursday December 24

No Events Scheduled, Office is **Open until 12:00pm**

Friday December 25

No Events, Office is **Closed** for Christmas Holiday

Saturday December 26

No UUSS Events Scheduled, Office is **Closed**

Sunday December 27 Recycle Sunday

9:00am - Recycle Table - Welcome Hall
9:30am - Nursery Care - Room 11
9:45am - Reading Reflection- 4th Sunday - Room 6
10:15am - Religious Education - Room 6, 7/8, 10 and 12
10:30am - Sunday Service - Sanctuary

Check the glass case by the office for Daily Lists of Meeting and Event Locations.

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.

– RELIGIOUS EDUCATION –

Good morning UUSS Families,

We are happy to see you this morning! Let's enjoy making memories participating in our Yule Celebration for all ages. There is no scheduled Religious Education this morning. All group reconvene next weekend for the last RE day of 2015!

Save the Date for Storyteller & Doorkeeper Training: Sunday, Jan. 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 –

Be part of a soft momentary light in the dark, lonely days of those being separated from work, family, and friends. While you have coffee, come into the Library this Sunday, where JoAnn Anglin of Amigos Fieles/ Faithful Friends, will have friendship holiday cards available to send to the detained immigrants being held at the Sacramento County Jail because of their immigrant status. Take a card and the name of a detainee with you, or complete the card here and we will mail it.

Christmas Eve Candle Light Service - All ages are welcome to this 7:00 PM service, invoking joy in the season and Peace on Earth. Our ministers, volunteer leaders and special musicians will make our first Christmas Eve back in our new home a special occasion. The Christmas Eve Shared Offering benefits the River City Food Bank.

Senior Fellowship (65+): is planning an outing to Red Hawk Casino on Dec. 25 for dinner. Email Jean Kohlhoff at jeaniek44@aol.com or call 916-544-4014 for more information and to be added to our email list. We will repeat this outing on Jan. 1.

– USEFUL INFORMATION –

Coffee, Coffee, Coffee

Sung to the tune of "Holy, Holy, Holy"

Coffee, Coffee, Coffee,

Praise the strength of coffee.

Early in the morn we rise with thoughts of only thee.

Served fresh or reheated,

Dark by thee defeated,

Brewed black by perk or drip or instantly.

Please contact Marypat mpstadtherr@gmail.com to let her know of your interest in volunteering for 30- 45 minutes after a Sunday morning service in this valued and traditional UU communion.

Year-End Contributions - For those wishing to make financial gifts in the 2015 tax year, remember that checks must be dated by Dec. 31 to qualify for a tax deduction if you itemize donations. We appreciate any extra gift to the Operating Budget or Shared Offering, memorial donation to the Heritage Fund or Endowment Trust, or special gift to Building Fund to bring down the debt. The UUSS Office is open every weekday till 5:00 if you wish to drop off a gift. (Closed at noon Dec. 24.) Thank you for your generosity and for your presence!

Kitchen Protocol: Lightly rinse off all dishes and leave them in the soaking tubs. Glasses and Cups in the Coffee Kitchen. All other items in the Main Kitchen. Thanks! -Glory Wicklund

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. If interested contact jme@uuss.org.

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

UUSS Banner Calendars are the perfect gift or artistic decoration for your wall, as you support our Banner Project. Photos of The First 12 banners that are now displayed in our sanctuary will be included for 2016. See Meg Burnett or Dick Tarble after the service, or email Meg at megburnett2010@gmail.com to get one or more ordered before Christmas-- and during January, while they last.

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.

– **OPPORTUNITIES TO SERVE** –

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

Help create floral arrangements- participate in a UUSS group of folks who want to create floral arrangements for Sunday services and other occasions, please email molly@mollystuart.com. You would be on about one Sunday every two months for one year -- dates of your choosing -- for an arrangement to be placed on a pedestal to brighten up service and express our creative gifts!

– **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?

– **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.

Meditation Class and Sangha - Rev. Doug Kraft offers a six-week class on the earliest meditation practices taught by the Buddha, Tuesday nights, starting Jan. 3. Each night includes instruction for those new or returning to meditation but also will include a separate sitting time for anyone who already meditates and wishes to join the Sangha. See the December Unigram or the flyer at the Connections table, where you can register. His *Buddha's Map* book is in the Library Bookstore.

The 'Age Challengers'- New discussion group has been formed for anyone over 70 - the "Older Generation". We meet the first Thursday of each month, 11am to 1pm in the Fahs Room. Topics include: How do we deal with loneliness; how to deal with decreased financial resources; what do we do with all our 'stuff'; and how do others maintain their patience. Bring lunch if you like while we talk. Contact Ilona Montel at 916-670-7064 for more info.

Winter Labyrinth Walk: The Seasons of the Self - Support your process of growth in the coming year at a workshop with Rebecca Pottenger, a Sacramento therapist. Join us in the Fahs Room, Jan. 16, from 1-4 pm. We will have a guided visualization, collage-making and a labyrinth walk and close with small-group reflection on ways to incorporate what has been learned. Suggested donation is \$5-\$20. Register at the Adult Enrichment table on Sunday or contact Dennis Pottenger at dennis@soulandearth.com.

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 Wednesday 8:30am to 5:00pm
Thursday from 8:30am to 12:00pm
Closed Friday, Dec. 25 for Christmas Holiday

– **CHURCH STAFF HOURS** –

Roger Jones: Office Hours this week: Tuesday 1-3pm, Wednesday 12-7:30 p.m. and Thursday 10-2 pm. Appointments preferred during the holidays.

Rev. Lucy Bunch: Tuesday, Wednesday and Thursday by appointment.

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

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

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

Elaine Cooper: (Receptionist): Monday thru Thursday, 8:30-12:00pm.

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

Ina Jun (Accompanist): at UUSS on Sundays.

Childcare Providers: Krystal Gollaher and Shannon Ebler, Sundays.

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

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