

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

Sunday January 3

Soup Sunday

- 9:30am - Nursery Care - Room 11
- 9:45am - Sunday Morning Spiritual Practices - Labyrinth
- 10:00am - Theater One Ticket Sales - Welcome hall
- 10:15am - Religious Education - Room 6, 7/8, 10 and 12
- 10:30am - Sunday Service - Sanctuary
- 11:45am - Soup Sunday - Welcome Hall
- 11:45am - Kids Freedom Club Monthly Meeting - Room 6
- 11:45am - Nominating Committee Meeting - Room 9
- 11:45am - Coming of Age Monthly Meeting - Fahs Room
- 12:00pm - Spiritual Deepening Facilitators Meeting - Room 7/8
- 12:30pm - Video: George and Martha Washington - Room 12
- 2:00pm - Sara Peterson Celebration of Life - Sanctuary

Monday January 4

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 5:30pm - Art Reception Dinner - Sanctuary
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday January 5

- 10:00am - Ted's Web Discussion Group - Library
- 10:00am - Art Exhibit Removal - Sanctuary
- 6:00pm - Easy Awakening Meditation - Fahs Room
- 6:00pm - Theater One Monthly Meeting - Library
- 7:00pm - Palestine/Israel Study Group - Room 6

Wednesday January 6

- 1:30pm - Women's Support Group - Room 12
- 5:30pm - Silent Meditation - Room 6- All Welcome!
- 7:00pm - Religious Services Monthly Meeting - Room 6
- 7:00pm - UUSS Choir Rehearsal - Sanctuary

Thursday January 7

- 11:00am - AE: Age Challengers - Fahs Room

Friday January 8

No Events, Office is Open

Saturday January 9

- 3:00pm - Theater One Set Build - Sanctuary

Sunday January 10

Soup Sunday

- 9:30am - Nursery Care - Room 11
- 9:45am - QiGong and Tai Chi Chuan - Labyrinth
- 10:15am - Religious Education - Room 6, 7/8, 10 and 12
- 10:30am - Sunday Service - Sanctuary
- 11:45am - Soup Sunday - Welcome Hall
- 11:45am - Spirit Play/True Reflections Training - Room 7/8 & 10
- 12:10am - Auction Planning Committee - Library
- 12:30pm - Stewardship Committee Meeting - Room 6
- 2:00pm - Robert Feagans Celebration of Life - 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.

Contact the office for more information:
(916)483-9283, 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 arrives 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 gathers in Room 10 and **3rd – 5th graders – True Reflections** meet together in Room 7/8. The **Junior High Youth Group (JHYG)** meets in Room 6 and you can find the **Senior High Youth Group (SHYG)** in Room 12.

Kids' Freedom Club is in Room 6 and Coming of Age in the Fahs Room. Both happening after service and RE.

Spirit Play and True Reflections volunteer training is next weekend! Have you RSVP'd to Miranda yet?

Happy 2016!

-Miranda Massa, Religious Education Coordinator

– CURRENT & UPCOMING ACTIVITIES –

Senior Fellowship (65+ or thereabouts): **Today** after services in room 12, Peter Foss will host a DVD viewing of *Conversation between George and Martha Washington*. Show is about 90 min. refreshments will be served. January 11, Ray Reynolds will be hosting Tower Monday where we carpool to Tower theater for lunch and a movie (which will be revealed next week). Hope you can join us! Call Jean Kohlhoff, or email at jeaniek44@aol.com or seniors@uuss.org.

Gen-X Boomers (40-70) - Monthly planning, social, and support meetings are the second Monday of the month. Join us for our next meeting January 11, 6:30 PM, UUSS Room 6. Email gxboom@gmail.com to be added to our mailing list.

Art Reception- Jan. 4, from 5:30pm to 7:00 pm, the art committee hosts a closing reception. Sally will talk about the inspiration for her work and the unique techniques she uses to achieve the brilliant colors and reflective qualitative. Please call 482-3018 for info. regarding sales.

Dream Group- Explore the meaning and healing aspects of dreams and metaphor in the safety and privacy of this weekly UUSS group. First meeting is Jan. 5 from 10am-noon at the home of facilitator Tiffany Urness, near ARC, and continues weekly through March, Tuesdays 10am-noon. See flyer and Sign-up Sheet at the Adult Enrichment counter or email: tiffanyurness@sbcglobal.net or call 486-4235.

Games Night Planning- Are you interested in bonding with your fellowship over a fun activity? Let's get Game Nights back on the calendar! I am looking for volunteers to help me host these monthly social events. A planning meeting has been scheduled for Sunday, Jan. 17 at 12:00pm after service in Room 6. Email SarahandJoe0821@gmail.com for more info.
-Sarah Turner

The Book Club at UUSS will read the UUA recommended book, *Just Mercy* by Bryan Stephenson for January. Every UU congregation is encouraged to read this book this year. A copy of the book will be in the library. Join us on Jan. 26 for a lively discussion.

– **USEFUL INFORMATION** –

Choir Practice—Come and rehearse with Keith, Ina and our choir members! Wednesday, 7:00 PM in the Sanctuary. A “key change” in the schedule: on Jan. 28, choir practice moves to Thursday nights at 7:00.

Gifts of Honor and Loving Memory—In recent weeks UUSS has received generous gifts in memory of these departed persons: William McCartney, Robert Feagans, Frances Yankauer, Tami Buscho, Ruth Barr, Thomas Griffin, Gloria Cox, Delmar and Ruth Janson, Dan and Janie Greene, Ed Blanchette, Yvonne Harvey, Lou Watson, Bill and Kay Whitener, Robert and Carolyn Flagg, Donald Coan and former Music Director Mike Reynolds.

UUSS received gifts to the Building Fund recently in honor of members Greg Redmond and Carrie Cornwell and recital pianist Nicholas Dold. We have received donations to the Building Fund, Religious Education Fund, Heritage Fund, Operating Budget, and the Endowment Trust. We also recently received new contributions for furnishings and equipment for the new building.

Checks to UUSS mailed/dated as of Dec. 31 are counted as contributions in tax year 2015.

The beauty of our facilities and the strength of our vibrant community continue to be enhanced by many gifts of talent, money, time and love. Thank you!

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

– **OPPORTUNITIES TO SERVE** –

Friends in Deed- Our UUSS volunteers 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

– **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

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. 5. See the January 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. Bring lunch if you like while we talk. Contact Ilona Montel at 760-219-7683 for more info.

Winter Labyrinth Walk: The Seasons of the Self - Come to a workshop with Rebecca Pottenger, a Sacramento therapist in the Fahs Room, Jan. 16, from 1-4 pm. Donations are \$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 Friday 8:30am to 5:00pm

– **CHURCH STAFF HOURS** –

Rev. Roger Jones—Monday, Wednesday, Thursday 1:30pm-6:30pm. Appointments preferred. Day off Tuesday. Sermon prep Friday/Saturday. Gone Jan. 11-15 for a doctoral seminar in Berkeley.

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

Miranda Massa: (RE Coordinator): Monday, Friday and 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.

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, Friday, Saturday and Sunday.