

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

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

Monday January 11

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 5:30pm - Senior Fellowship Meeting - Room 12
- 6:30pm - Gen X/ Boomers Monthly Meeting - Room 6
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
- 7:00pm - Theater One "Steel Magnolias" Rehearsal- Sanctuary

Tuesday January 12

- 10:00am - Ted's Web Discussion Group - Library
- 6:00pm - Easing Awakening Meditation - Fahs Room
- 7:00pm - Theater One "Steel Magnolias" Rehearsal- Sanctuary

Wednesday January 13

- 1:30pm - Women's Support Group - Room 12
- 5:30pm - Silent Meditation - Room 6- All Welcome!
- 6:00pm - Finance Committee Meeting - Library
- 7:00pm - Threshold Choir - Room 7/8
- 7:00pm - UUSS Choir Rehearsal - Sanctuary
- 7:00pm - Theater One "Steel Magnolias" Rehearsal- Fahs Rm.

Thursday January 14

- 10:45am - Alliance Program - Fahs Room
- 12:00pm - Executive Committee Meeting (Closed) - Library
- 6:30pm - Earth Justice Ministry Monthly Meeting - Room 7/8
- 6:30pm - Aesthetic Committee Meeting - Library
- 7:00pm - Senior Fellowship - Room 6
- 7:00pm - Theater One "Steel Magnolias" Rehearsal- Sanctuary

Friday January 15

No Events Scheduled, Office is Open

Saturday January 16

- 8:00am - Theater One Set Build - Sanctuary
- 9:30am - Religious Services Committee Meeting - Library
- 1:00pm - AE: Walking the Winter Labyrinth - Fahs Room

Sunday January 17

- 9:30am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room
- 9:45am - Silent Meditation - 3rd Sunday - Room 6
- 10:15am - Religious Education - Room 6, 7/8, 10 and 12
- 10:30am - Sunday Service - Sanctuary
- 11:45am - Nominating Committee Meeting - Room 9
- 12:00am - Games Night Planning Meeting - Room 6
- 12:15pm - Membership/ Greeters Comm. Meeting - Room 7/8
- 12:30pm - Website Training with Dirk Tuell - Library
- 2:00pm - Memorial Service for Fran Yankauer - 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 or less.

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.

This afternoon, members of our UUSS Kids' Freedom Club will meet with Congressman Ami Bera to educate him on the existence of slavery in modern society worldwide. The group will tell him what they have done to fight slavery and ask him to support their cause. We are very proud!

Happy 2016!

-Miranda Massa, Religious Education Coordinator

– CURRENT & UPCOMING ACTIVITIES –

GenXBoomer (40-70)- the next meeting is January 11 in Room 6. We support one another, plan outings and events, and discuss UUSS topics of interest. The meetings generally last less than an hour. Food to share is often present. Please join us! Contact Chuck pullenc@gmail.com for more info.

Senior Fellowship (65+ or there about): Jan. 11, Ray Reynolds will be hosting a trip to Tower Theater for a movie matinee and lunch for *Carol* and *Youth*. Hope you can join us! Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com for information about this and upcoming events.

Dream Group- Explore the meaning and healing aspects of dreams and metaphor in the safety and privacy of this weekly UUSS group. The group will continue to meet weekly through March, Tuesdays 10am-noon at the home of facilitator Tiffany Urness, near ARC. See flyer and Sign-up Sheet at the Adult Enrichment table. Email: tiffanyurness@sbcglobal.net or call 486-4235.

The Alliance group meets, Jan 14 at 10:45am in the Fahs room. Tiffany Urness will give an illustrated talk on her experiences while living in Algeria. Refreshments served, a \$3 donation is appreciated.

Games Night Planning- Looking for volunteers to help host this monthly social event. We will have a planning meeting, 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 rehearse with Keith, Ina and UUSS choir members! Wednesday at 7:00pm in the Sanctuary. A "key change" in the schedule: on Jan. 28, choir practice moves to Thurs. nights at 7:00pm.

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:Joan.Rubenson) at joanndavid2@gmail.com or [Virginia Dunstan](mailto:Virginia.Dunstan) at yadunstan@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.

– THEATER ONE –

Our next show is the funny and poignant "*Steel Magnolias*." Performances are Fri. and Sat. nights at 8:00pm and Sun. afternoons at 2:00pm from Feb. 12 through March 6. Based on a true story about the playwright's sister, this production is directed by Jill McMahon. You'll laugh, you'll cry, and you'll love the show. Put it on your calendar now. Call 483-9283 ext. 208.

– 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, Tues. nights in the Fahs Room. 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—Out of office Jan. 11-15 for a doctoral seminar in Berkeley, a few evening appointments available.

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.