

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

Sunday February 14

- 9:30am - Nursery Care - Room 11
- 9:45am - QiGong and Tai Chi Chuan - 2nd Sunday - Labyrinth
- 10:15am - Religious Education - Room 6, 7/8, 10 and 12
- 10:30am - Sunday Service - Sanctuary
- 11:45am - Soup Sunday - Welcome Hall
- 2:00pm - Theater One Presents: *Steel Magnolias* - Sanctuary

Monday February 15

President's Day - Office is Closed

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

Tuesday February 16

- 10:00am - Ted's Web Discussion Group - Library
- 1:00pm - *Happiness Hypothesis* Book Discussion Grp - Rm 7/8
- 6:00pm - Easing Awake Meditation - Fahs Room
- 7:00pm - Palestine/ Israel Study Group - Library

Wednesday February 17

- 1:30pm - Women's Support Group - Room 12
- 5:30pm - Silent Meditation - Room 6 - All Welcome!
- 6:30pm - Adult Enrichment Meeting - Library
- 7:00pm - Threshold Choir - Room 7/8
- 7:00pm - *Happiness Hypothesis* Book Discussion Grp - Rm 7/8
- 7:00pm - Stewardship Committee Meeting - Room 9
- 7:00pm - Refugee Help- Fahs Room

Thursday February 18

- 7:00pm - UUSS Choir Rehearsal - Fahs Room
- 7:00pm - Program Council Meeting - Library

Friday February 19

- 6:00pm - Family Games Night- All Welcome! - Fahs Room
- 8:00pm - Theater One Presents: *Steel Magnolias* - Sanctuary

Saturday February 20

- 9:30am - Religious Services Committee - Library
- 12:30pm - Senior Social Club - Fahs Room
- 8:00pm - Theater One Presents: *Steel Magnolias* - Sanctuary

Sunday February 21

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 - All Ages Sunday Service - Sanctuary
- 11:45am - Nominating Committee Meeting - Room 9
- 11:45am - All Gardeners Meeting - Welcome Hall
- 12:00pm - Stewardship Committee Mail Prep - Room 6
- 12:10pm - Auction Planning Meeting - Library
- 12:10pm - Adult Enrichment: Varieties of Islam - Room 7/8
- 12:15pm - Greeters Appreciation Lunch - Fahs Room
- 12:30pm - Website Training - Room 12
- 1:45pm - Advanced Website Training - Room 12
- 2:00pm - Theater One Presents: *Steel Magnolias* - Sanctuary
- 7:15pm - Palestine/ Israel Study Group Presentation - 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.

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.

- RELIGIOUS EDUCATION -

Good morning UUSS Families,

UUSS Religious Education programs: Room 11 Nursery is a fun place for our youngest to play. Open at 9:30 to provide child care so adults can attend Sunday Morning Spiritual Practice. Spirit Play will join True Reflections **today** in Room 7/8. Please pick up your child(ren) from 7/8 if they are in Kindergarten through 5 grade. The Junior High Youth Group (JHYG) meets again on Feb. 28 and the Senior High Youth Group (SHYG) meets in Room 12.

Chalice Camp, a weeklong event for campers in grades first through sixth can deepen their identities as Unitarian Universalists. We need at least 10 children to make it happen. If you are interested, please e-mail RE Coordinator, Miranda today at re@uuss.org.

We are looking for adults to help plan Easter Sunday. We need adult help to organize events in addition to participating that day. Please contact Miranda soon. Thank you!

Happy Valentine's Day!

-Miranda Massa, Religious Education Coordinator

- CURRENT & UPCOMING ACTIVITIES -

UUSS 1960's-1970's Dance Feelin' Groovy - March 12, 6:30pm-10pm in the Sanctuary. From Flower Power to Funk and Punk, from Swingin' to Soul. A family-friendly community event. Potluck finger food/ desserts. Volunteers needed. Please register to help us plan. Contact Laurie Jones at laurievaljo@gmail.com.

Games Night - All ages social event on the third Friday of the month, starting Feb. 19, 6 to 9pm in the Fahs Room. All are welcome! This month's featured game is *Majority Rules!* and the potluck theme is Finger Foods. Bring your favorite party games to add to the fun! Email gamesnight@uuss.org.

Senior Fellowship (65+ or there about): Social, community group for seniors. Upcoming events: Feb. 20, we meet at Capital Stage for *Love and Information* hosted by Shirley Paulson. Prepaid event. On Feb. 28 we will attend *Steel Magnolias* at UUSS hosted by Sally Cooley. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com for more info.

UUSS Palestine-Israel Study Group - Feb. 21 at 7:30pm. An evening with Dr. Jeff Halper, Co-Founder of the Israeli Committee Against House Demolitions and 2006 Nobel Peace Prize nominee. Co-sponsored by Jewish Voice for Peace. Contact jme@uuss.org.

UUrth Song Garden: Gardeners' meeting at 11:45, Feb. 21. So mark your calendar. Plots are \$20. We will be taking sign-ups at the meeting and through April (or until the plots are taken). -Glory Wicklund

Chili Sunday - Come one, come all! The Board of Trustees will serve a variety of homemade chili on Feb. 28. Cornbread and cookies, too! Plan to have a warm and hearty lunch with your friends at UUSS. \$5.00 donation suggested (but we wouldn't turn down more!) All money raised goes to our general fund.

– **USEFUL INFORMATION** –

Art Committee: Perfect timing to purchase one of the river art works on display for a lovely Valentine's gift. Some pieces, even if sold, can be ordered. Contact Patricia Pratt at 482-3018.

Spring Fling - the Auction Thing! - Donations! The auction is April 16 at 5:30, featuring a delicious dinner and (with your help) a silent auction, raffle and cake walk. We need your donations! Forms available or donate online at uuss.org/auction. Donate, and mark your calendars – tickets go on sale March 6. For more- uuss.org/auction, or email auction@uuss.org.

The Banner Project: has produced some note cards featuring the UU Chalice and Earth Based Religion motifs. They are available for \$1.50 per card or packets are 4/\$5.00 or 8/\$10.00. You can get all in one design or a mixture of both. Available in the Library.

Together We Share - Remember to bring food items for the red Grocery cart! Contact [Joan Rubenson](mailto:Joan.Rubenson) at joandavid2@gmail.com or [Virginia Dunstan](mailto:Virginia.Dunstan) at vadunstan@aol.com, for information.

– **THEATER ONE** –

Theater One is looking for people to sell tickets and concessions during the run of *Steel Magnolias*: February 12-March 6--Fri. and Sat. at 8:00 pm (be here by 7:15pm) and Sun. at 2:00pm (be here at 1:15pm). If you can help, please contact Susan Madden at actorsue@aol.com or 483-9283 ext. 208. You get to see the wonderful Steel Magnolias for free.

– **OPPORTUNITIES TO SERVE** –

Friends in Deed- Our UUSS volunteers help congregants with rides, visits, emails or phone calls. For assistance, 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.

UUSS Family Promise will host four "guest" homeless families from Feb. 28 to March 6, 2016 in the RE rooms again, that opened in 2005. We depend on UU volunteers to help serve by bringing a dinner, staying overnight or bring items from supply list. Can you help? Please sign up at the FP table in Welcome Hall after service, contact barbhopkins2@yahoo.com, or Nancy Oprsal (482-5736).

– **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

February 21 - Unitarian and Universalist History

March 20 - Principles and Sources of our Tradition

April 17 - Faith - what does it mean to a UU?

May 15 - Social Justice - How do we live our values?

– **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 - Room 6

4th Sunday - Reflection on poetry and prose - Room 6

– **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.

Helping Syrian Refugees - Be part of exploring how we and the UU Church of Davis can collaborate in local support of refugees from the Middle East. Some Davis UUs will join us in a meeting Wednesday, Feb. 17, 7:30pm, Fahs Room. Let Roger know if you're coming.

New Discussion Group Led by Rev Lucy – The Happiness Hypothesis Starting Feb. 16 and 17. We will meet the third week of the month for four months to explore this rich and rewarding book. The discussion will be offered the third Tuesday of the month at 1 PM and the third Wednesday of the month at 7 PM. For our Feb. session please read the first 3 chapters. The book will be available for sale at the bookstore. Contact Rev Lucy lucy@uuss.org.

Meditation Class - Rev. Doug Kraft offers a six-week class on the earliest meditation practices taught by the Buddha. Register at the Connections table. His *Buddha's Map* book is in the Bookstore.

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

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

Office is Closed Monday for President's Day

– **CHURCH STAFF HOURS** –

Rev. Roger Jones: Monday office closed, Wednesday 2pm-6:30pm, Thursday 10am-7pm. Sabbath is Tuesday, study days are Friday-Saturday.

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

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

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

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

Elaine Cooper: (Receptionist): Tuesday thru Friday.

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

Ina Jun (Accompanist): at UUSS on Thursdays for Choir Rehearsal and Sundays.

Childcare Providers: Krystal Gollaher & Yer Chang, Sundays.

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

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