

# The Blue Sheet

## Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

### Sunday April 17 All Ages Service

- 9:30am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room
- 9:45am - Silent Meditation - 3<sup>rd</sup> Sunday - Room 6
- 10:30am - All Ages Sunday Worship Service - Sanctuary
- 12:00pm - Auction Planning Committee - Welcome Hall
- 12:00pm - Grasshoppers, Landscape, Waterbugs Meeting - Rm 6
- 12:15pm - Membership/Greeters Comm. Meeting - Room 7/8
- 12:30pm - Music Committee Website Meeting - Music Room

### Monday April 18

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
- 7:00pm - Theater One: *The Odd Couple* Rehearsal - Main Hall

### Tuesday April 19

- 10:00am - Ted's Web Discussion Group - Library
- 1:00pm - *Happiness Hypothesis* Discussion - Welcome Hall
- 6:30pm - Easing Awake Meditation - Fahs Room
- 7:00pm - Refugee Support - Room 9
- 7:00pm - Palestine/ Israel Study Group - Library
- 7:00pm - Theater One: *The Odd Couple* Rehearsal - Room 12

### Wednesday April 20

- 1:30pm - Women's Support Group - Library
- 5:30pm - Silent Meditation - Room 6 - All Welcome!
- 6:30pm - Adult Enrichment Meeting - Library
- 7:00pm - Threshold Choir Rehearsal - Room 7/8
- 7:00pm - *Happiness Hypothesis* Discussion - Welcome Hall
- 7:00pm - Theater One: *The Odd Couple* Rehearsal - Main Hall

### Thursday April 21

- 1:00pm - Beginners Uke - Information Meeting - Room 9
- 7:00pm - Program Council Meeting - Library
- 7:00pm - UUSS Choir Rehearsal - Fahs Room
- 7:00pm - Theater One: *The Odd Couple* Rehearsal - Main Hall

### Friday April 22

- 5:30pm - Senior Fellowship: Dinner & Movie Night - Room 12

### Saturday April 23

- 9:00am - Community Garden Clean-up - Community Garden
- 11:00 - Ed Radsliff Celebration of Life - Sanctuary
- 3:00pm - Theater One Set Build - Main Hall

### Sunday April 24

- 9:00am - Recycle Sunday - Patio
- 9:30am - Nursery Care - Room 11
- 9:45am - Reading & Reflection - 4<sup>th</sup> Sundays - Room
- 10:15am - Religious Education - Room 6, 7/8, 10 and 12
- 10:30am - Sunday Worship Service - Sanctuary
- 12:00pm - Newcomer's Orientation - Welcome Hall

Check the glass case by the office for Daily Schedule.

Visit our online calendar: <http://uuss.org>  
Learn details about all activities in the Pathways  
brochure and the monthly Unigram newsletter.

Submit articles to [bluesheet@uuss.org](mailto:bluesheet@uuss.org)  
before 1:00pm on Wednesday, 65 word or less.

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

## Good morning UUSS Families,

We are happy to see you this morning! **The Room 11 Nursery** is a fun place for our youngest to play. Nursery opens at 9:30 to provide child care for adults to attend Sunday Morning Spiritual Practice. Let's enjoy making memories participating in our service for all ages. There is no scheduled Religious Education this morning. All groups reconvene next weekend; including Junior High Youth.

**Summer RE ArtWorks** Sundays for our RE children and youth are around the corner. I need a team of artistic volunteers from our congregation to help out. I would schedule you for two or more consecutive Sundays to share a talent with the mixed aged group. Come share your special niche with Religious Education! Contact Miranda for more information. Thank you.

Happy Sunday!

-Miranda Massa, Religious Education Coordinator

### - CURRENT & UPCOMING ACTIVITIES -

**Please join us at our annual UUSS All Ages Camp** June 10-12. Families, couples, singles, kids, and pets will all gather at Camp Norge. There is a grassy meadow for tent camping and rustic dorm rooms in the lodge. Hike, swim or just relax under a shady tree with friends. Register **today** after service. Contact Christopher Jensen at 916-541-5750 for info.

**Refugee Support**—The leadership group to organize for UUSS support of refugees coming to this area in the coming months will meet Tues., April 19, 7:00 PM. We'll hear from Joy Justus of World Relief. We'll be publicizing opportunities to help, so no worries if you can't attend the planning meetings.

**District Assembly, Pacific Central District** - deadline extended to April 18!

<http://www.pcdoua.org/events/district-assembly>.  
April 22-24, Unitarian Universalists will gather for vibrant worship, a keynote and workshop.

**Family Promise Dinner** fundraiser- Join the UUSS table at the Family Promise Annual Dinner, April 21, Carmichael Presbyterian. Tickets \$50, to hear graduates and guest speaker, Hon. Darrel Steinberg. Contact Nancy Oprsal or Barbara at Hopkins at Connections Central for reservations.

**New group is forming: Beginners in Uke** - First meeting April 21 at 1pm in Room 9. If you have no experience playing the ukulele or want to get back in touch with it, join us as we learn strumming, chords and notes. If interested, let us know. Regular meeting date/time TBD. Cherie O'Boyle - [oboyle.cgo@gmail.com](mailto:oboyle.cgo@gmail.com), Linda Hoganson - [ljhoganson@gmail.com](mailto:ljhoganson@gmail.com)

**Senior Fellowship (65+ or there about): April 22**, Dinner and a Movie. In this case it will be a potluck dinner at the church at 5:30 followed by a DVD of a movie to be determined. We have arranged for patio seating overlooking the charming playground. Contact Jean Kohlhoff, at 916-544-4014 [jeaniek44@aol.com](mailto:jeaniek44@aol.com).

**Memorial Service** for Ed Radsliff, Sat., April 23, 11:00 AM, here at UUSS. Ed was a member of UUSS in the 1950s and 60s.

**Activity Fair:** May 1 is your opportunity to make connections with activity groups here. Find new ways to serve UUSS, play and learn with fellow UUs, and help heal the world. Stroll from table to table, talk to group members, sample their snacks and read their hand-outs. Event begins May 1 after Sunday service, on the patio and lawn. [lisaderthick@gmail.com](mailto:lisaderthick@gmail.com).

**Budget Forum**—Our Board holds a budget meeting May 1, 9:30-10:15 am in the Fahs Classroom to discuss and answer questions about the proposed 2016-17 UUSS budget prior to the May 15 congregational meeting. All welcome.

**Call to Meeting**-semi-annual congregational meeting May 15, immediately the service. We will discuss and vote on our budget for 2016-2017 and elections of our leadership. Members, please plan to attend this most important meeting. An agenda will be available prior to the meeting. We will have copies of the proposed budget at the meeting. We need a quorum to conduct business. While only members may vote for candidates and on the budget, all are welcome to this open meeting. See you then!--Linda Clear, President, Board of Trustees.

#### – USEFUL INFORMATION –

**Together We Share** - Remember to bring food items for the red Grocery cart! Contact Joan Rubenson at [joann david2@gmail.com](mailto:joann david2@gmail.com) or Virginia Dunstan at [vadunstan@aol.com](mailto:vadunstan@aol.com), for information.

**3<sup>rd</sup> Sunday Sing-alongs** - Join Ina Jun, other pianists, our choir, and all who like to sing for a fun time around the piano during Coffee Hour the 3<sup>rd</sup> Sunday of the month. Favorite hymns and other songs, just for the joy of singing together. After service, greet a few folks--then come to the piano by noon!

#### – OPPORTUNITIES TO SERVE –

**Friends in Deed**- Our UUSS volunteers help congregants with rides, visits, emails or phone calls. For assistance, request form at the Connections Central table on Sundays. [susanlange.uu@gmail.com](mailto:susanlange.uu@gmail.com) or call (916) 686-1206 or on her cell- (650) 291-4603.

#### – EXPLORING UNITARIAN UNIVERSALISM –

**Members, Friends and Newcomers Join in for:**  
3<sup>rd</sup> Sunday of the Month 9:30 – 10:15, Fahs Room  
**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 5<sup>th</sup> Sundays)

1<sup>st</sup> Sunday - Labyrinth walk - Labyrinth

2<sup>nd</sup> Sunday - QiGong & Tai Chi Chuan - Labyrinth

3<sup>rd</sup> Sunday - Silent Meditation - Room 6

4<sup>th</sup> 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.

**New Discussion Group Led by Rev Lucy** – *The Happiness Hypothesis*. Third week of the month now through May to explore this rich and rewarding book. The discussion is offered the 3<sup>rd</sup> Tuesday of the month at 1pm and the 3<sup>rd</sup> Wednesday of the month at 7pm. Contact Rev. Lucy [lucy@uuss.org](mailto:lucy@uuss.org).

**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](mailto: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:** Good to make an appointment! Here Monday 11:00-2:00; Wednesday 12:00-7:00; Thursday at Pacific School of Religion and night meeting with UUSS Program Council. Tuesday is day off. Friday and Saturday: At UUA District Assembly in Fremont.

**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): Sunday 8:00am to 4:30pm & Tuesday thru Friday, 9:30-6:00pm.

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

**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 David Molina, Friday and Saturday.