

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

Sunday May 15

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 Worship Service - Sanctuary
11:45am - Congregational Meeting and Election - Main Hall
12:30pm - UUSS Social and Potluck Group - Fahs Room
2:00pm - Theater One Performs: *The Odd Couple* - Main Hall
2:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12

Monday May 16

7:00am - Family Promise Week - Fahs Room, Room 6, 9 & 12
10:00am - Adult Enrichment: Chair Yoga - Room 7/8
5:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
6:30pm - Adult Enrichment: Humanism Class - Welcome Hall
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday May 17

7:00am - Family Promise Week - Fahs Room, Room 6, 9 & 12
10:00am - Ted's Web Discussion Group - Library
1:00pm - *Happiness Hypothesis* Discussion - Welcome Hall
5:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
6:30pm - Easing Awake Meditation - Library

Wednesday May 18

7:00am - Family Promise Week - Fahs Room, Room 6, 9 & 12
1:30pm - Women's Support Group - Library
5:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
5:00pm - Stewardship Committee Meeting - Main Hall
5:30pm - Silent Meditation - Library - All Welcome!
6:30pm - Adult Enrichment Committee Meeting - Library
7:00pm - Threshold Choir - Room 7/8
7:00pm - *Happiness Hypothesis* Discussion - Welcome Hall

Thursday May 19

7:00am - Family Promise Week - Fahs Room, Room 6, 9 & 12
2:00pm - Beginning Ukulele Activity Group - Music Room
5:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
7:00pm - Program Council Meeting - Library
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

Friday May 20

7:00am - Family Promise Week - Fahs Room, Room 6, 9 & 12
5:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
6:00pm - Games Night - Room 7/8 - All Welcome!
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

Saturday May 21

7:00am - Family Promise Week - Fahs Room, Room 6, 9 & 12
9:30am - Religious Service Committee Workshop - Library
3:00pm - Piano/ Cello Concert - Main Hall
5:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

Sunday May 22

7:00pm - Family Promise Week - Fahs Room, Room 6, 9 & 12
9:00am - Recycle Sunday - Boxes on Front Patio
9:30am - Nursery Care - Room 11
9:45am - Reading and Reflection - 4th Sunday - Room 6
10:15am - Religious Education - Room 6, 7/8, 10 and 12
10:30am - Sunday Worship Service - Sanctuary
12:00pm - Newcomer Orientation - Welcome Hall
2:00pm - Theater One Performs: *The Odd Couple* - Main Hall

**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
before 1:00pm on Wednesday, 65 word or less.**

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. Spirit Play and True Reflections meet in their classrooms with their volunteer teachers. The Junior High Youth Group (JHYG) and the Senior High Youth Group (SHYG) are attending service this morning to be present for our very special Coming of Age service.

Be sure to visit the RE flowers, vegetable plants, and prayer flags in our UUrth Song CommUnity Garden soon.

Next Sunday: Last day of RE and we acknowledge our Religious Education teacher volunteers at the start of service on Sunday, May 22. Keep up with Summer RE ArtWorks announcements on the RE page of our UUSS website.

Happy Sunday!

-Miranda Massa, Religious Education Coordinator

- CURRENT & UPCOMING ACTIVITIES -

Theater One presents: *The Odd Couple*, now through May 22. Ticket for Thursdays are \$10 and the other performances are \$15 general and \$13 students, seniors, and SARTA members. Thurs. - Sat. at 8:00pm, Sundays at 2:00 p.m. We look forward to seeing you at the show!

Senior Fellowship (65+ or there about): Social, community group for all seniors. Upcoming events: **Today, *Odd Couple*** at the church at 2:00 pm. Lunch at Jack's Urban Eats after. Hosted by Sally Cooley. May 29, Sunday Brunch after Services. Location TBD. Hosted by Sally Cooley. Call Jean Kohlhoff at 916-544-4014 or email jeaniek44@aol.com for more.

Games Night: Since it's Family Promise week, join us on Friday, May 20 at 6:00 p.m. in Room 7/8 for a casual night of open gaming and potluck. Bring your favorite party games!

Bike Drive for Refugees: Join UUSS in welcoming refugees into our community by donating bikes to provide needed "wheels" for transportation. You can help even if you don't have a bike to donate! We will gift them to their new riders on May 22 at 12:00 p.m. in the parking lot. Visit our table in the Welcome Hall after service or email refugeesupport@uuss.org for more info.

The UUSS Beginners Uke players: Thursdays 2:00 - 3:30pm in Room 9. Cherie O'Boyle brings together folk interested in playing, this sweet instrument. If you would like to borrow a ukulele for a week or two, let us know. Contact oboyle.cgo@gmail.com, or ljhoganson@gmail.com for more info.

Call to Meeting - Congregational Meeting today, after the service. We will discuss and vote on our budget and elections of our leadership. While only members may vote, all are welcome to this open meeting. -Linda Clear, President.

Aesthetic Committee- Did you notice the newly installed wall design in our Welcome Hall? The mural was developed to complement the hexagons used in our church architecture and windows. We join a long tradition in which we see renditions of the geometric shape in Christianity, Islam, Hinduism, Buddhism, Judaism and Jainism. The hexagon is considered by some to be the center of sacred geometry.

Join us at our annual UUSS All Ages Camp June 10-12. Families, couples, singles, kids, and pets will all gather at Camp Norge. 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.

3rd 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 3rd 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 –

Planting Day: WE NEED YOU, to help finish the spring landscaping, May 21, 9:30 – Noon. Annie and Taylor will lead the volunteers in planting in front of the church, in the swale, and mulching. Thank you.

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

Sheriff's Detail Volunteers: We are looking for volunteers every 3rd Saturday of the month. A Sheriff's Deputy, with 25 men and women, fulfill part of their community service obligation, here from 9:00 to 1:00pm. We monitor over 5 acres of property including grounds and buildings. Contact John at mcmillanjohn@att.net for more info and to volunteer.

– EXPLORING UNITARIAN UNIVERSALISM –

Members, Friends and Newcomers Join in for:
3rd Sunday of the Month 9:30 – 10:15, Fabs Room
Today - 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.

Religious Humanism: A UU Spiritual Path—class with Rev. Roger. *May 16, 23, 30 at 6:30 to 8:15 p.m.* Sliding scale for course (\$20 to \$45), free to teens if registered. Register by **Today** at Adult Enrichment table. See William Murry's book Reason and Reverence, available in Bookstore at coffee hour.

Discussion Group Led by Rev Lucy – *The Happiness Hypothesis*. Explore this rich and rewarding book. May 17 at 1pm and May 18 at 7pm. Contact Rev. Lucy lucy@uuss.org. This is the last month for this group.

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 - Room 7/8
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: Good to make an appointment! Office hours Monday 11-4pm, Wednesday 11-7pm, Thursday 11am-8pm. Friday is writing day. Day off is Tuesday.

Rev. Lucy Bunch: Tuesday, Wednesday and Thursday afternoon 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.

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