

The Blue Sheet

Upcoming Activities & Announcements

Unitarian Universalist Society of Sacramento
2425 Sierra Blvd. Sacramento, CA95825

Sunday May 22

7:00am - Family Promise - Fahs Room, Room 6, 9 & 12
9:00am - Recycle Sunday - Boxes on Front Patio
9:00am - Refugee Bike Exchange - Fahs Room/
Parking Lot
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
11:30am - Marmalade Sales - Welcome Hall
11:45am - Newcomer Orientation - Welcome Hall
2:00pm - Theater One Performs: *The Odd Couple* -
Main Hall

Monday May 23

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
6:30pm - Adult Enrichment: Humanism - Welcome Hall
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday May 24

10:00am - Ted's Web Discussion Group - Library
10:00am - Art Removal - Main Hall
6:30pm - Easing Awake Meditation - Fahs Room
7:00pm - Palestine Study Group Celebration -
Welcome Hall

Wednesday May 25

1:30pm - Women's Support Group - Library
5:30pm - Silent Meditation - Room 6 - All Welcome!
7:00pm - Threshold Choir - Room 7/8

Thursday May 26

12:00pm - APM Team Meeting - Library
1:30pm - Beginning Ukulele Activity Group - Room 9
2:30pm - Slow Jam Ukulele Activity Group - Room 9
7:00pm - UUSS Choir Rehearsal - Fahs Room
All Welcome!
7:00pm - Board of Trustees Monthly Meeting - Library

Friday May 27

No UUSS Events, Office is Open

Saturday May 28

No UUSS Events, Office is Closed

Sunday May 29

9:30am - Nursery Care - Room 11
10:30am - Sunday Worship Service - Sanctuary
10:30am - RE Play Day - Fahs Room

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.**

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

– RELIGIOUS SERVICES –

Good morning UUSS Families,

Today is our last day of RE. We acknowledge our Religious Education teacher volunteers at the start of service. Keep up with Summer RE ArtWorks announcements on the RE page of our UUSS website.

Next Sunday: RE Play Day

Happy Sunday!

-Miranda Massa, Religious Education Coordinator

– CURRENT & UPCOMING ACTIVITIES –

Bike Drive for Refugees: Join us **today** at 12:00pm to welcome 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 in the parking lot. Email refugeesupport@uuss.org for more info.

Theater One presents: *The Odd Couple*, final show **today** at 2:00 p.m. Tickets are \$15 general and \$13 for students, seniors, and SARTA members. We look forward to seeing you at the show!

Art on the wall - Take time today to enjoy the art of Anthony Montanino as we will be taking down the show May 24. Several have sold, but still time to purchase. Call Patricia Pratt at 482-3018 for info.

The UUSS Beginners Uke players: Thursdays 1:30 - 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.

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!

Website help with Dirk Tuell - If you have already attended a training session, just need help, a refresher or this is your first time posting on the website, stop by the church between 12pm and 8pm on May 25. I will be there all day to help. To schedule a specific time, email me at website@uuss.org.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Upcoming events: May 29, Sunday Brunch after Services at Boudin SF. Hosted by Sally White. June 26, *Calendar Girl*, at the Chautauqua Theater go on sale May 22 and are \$18. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com more info.

UUSS Photo Directory update June 5 - *Is your picture in the directory of Members and Friends?* Check the directory at www.uuss.org/directories/. Stop by the Photo Op Corner before or after service on June 5. President Linda Clear will have her camera.

-SERMON CHANGE FOR NEXT SUNDAY-

May 29-- "More Precious Than Any Gem", Rev. Kristin Schmidt and Rev. Christian Schmidt, ministers and parents of two boys are making a rare trip to California. They are co-ministers in Cherry Hill, NJ. Memorial Day Sunday, Choir sings, final time before fall, and brass quintet offers special music. **Sermon:** As UUs, we often think our ideas are the most powerful thing our faith has to offer. And yet, our congregations are no longer the only places where people can hear and live out ideas like each person's inherent dignity and the value of human agency. Let's consider a precious gift our faith can offer this rapidly changing world, and how allowing that gift might lead our congregations into a bright future.

- OPPORTUNITIES TO SERVE -

Together We Share - Remember to bring food items for the red Grocery cart! Contact Joan Rubenson at joanndavid2@gmail.com or Virginia Dunstan at vadunstan@aol.com, for inform.

Sheriff's Detail Volunteers: Volunteers needed every 3rd Saturday of the month. Sheriff's Deputy with 25 men and women, fulfill part of their community service obligation, here from 9:00 to 1:00pm. Contact John at mcmillanjohn@att.net to volunteer.

-EXPLORING UNITARIAN UNIVERSALISM-

Members, Friends and Newcomers Join us for:
3rd Sunday of the Month 9:30 – 10:15, Fahs Room
June 19 - Survey of UU History
July 17 - Principles & Sources of Our Tradition
August 21 - Faith: What Does It Mean to a UU

- 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 23, 30 at 6:30 to 8:15 p.m.* Sliding scale for course (\$20 to \$45), free to teens if registered. William Murry's book Reason and Reverence, available in Bookstore at coffee hour.

Beyond First Aid: What We Should Know in the Adventure of Health Care--*With Kim Marta, M.D., and Rev. Roger Jones. June 6 and 13, 6:30-8 p.m.* Update your basic knowledge of self-care, and learn when to see a medical provider. Session 1, Kim will introduce several topics and find out which we'd like to learn about in the next session. Register at Adult Enrichment table. Fee: sliding scale payable to UUSS Adult Enrichment (\$20-\$45).

Summer Reading With Rev. Lucy Challenging Books for Challenging Times! The summer reading group will commence again this summer with three challenging books. We will meet on the second Tuesday of June, July and August at 6:30. More info at adult enrichment table. For June we will discuss: *Beyond the Beautiful Forever*s by Katherine Boo. Meeting June 14 at 6:30pm in the Welcome Hall.

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.

Men, the Feminine, and the Unmaking of the Patriarchy—Explore the resolution of gender conflict and how men and women can grow into a relationship of inclusion and love. Presented by Dennis Pottenger, UUSS Board of Trustees member. We will meet in the Library on June 14 from 7:00pm-8:30 pm. Suggested freewill donation to UUSS Adult Enrichment is \$5-\$20. To learn more, pick up a flyer at the Connections table after service or contact Dennis Pottenger at jungian.pottenger@yahoo.com or 916-751-9084.

Check the Sunday Connection table for upcoming activities and workshops.

Office Hours

Monday thru Friday 8:30am to 5:00pm
Office Closed May 30 for Memorial Day

- CHURCH STAFF HOURS -

Rev. Roger Jones: Good to make an appointment! Here Mon 4-9, Wed 12-7, Thurs 12-9, Fri 12-4. Memorial Day 2-9. Tues is day off.

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): On vacation from now through June 3, returning June 6.

Stanton Vedell: (Communications and Facilities Coordinator): Monday 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.