

The Blue Sheet

Upcoming Activities & Announcements

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

Sunday May 29

- 9:45am - Nursery Care - Room 11
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - RE Play Day - Fahs Room

Monday May 30

Office Closed for Memorial Day

- 6:30pm - Adult Enrichment: Humanism - Fahs Room
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday May 31

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 10:00am - Ted's Web Discussion Group - Library
- 6:30pm - Easing Awake Meditation - Fahs Room
- 7:00pm - UU Readers Group - Library

Wednesday June 1

- 1:30pm - Women's Support Group - Library
- 5:30pm - Silent Meditation - Room 6 - All Welcome!
- 6:00pm - Religious Services Committee - Library

Thursday June 2

- 11:00am - Adult Enrichment: Age Challengers - Library
- 1:30pm - Beginning Ukulele Activity Group - Room 9
- 2:30pm - Slow Jam Ukulele Activity Group - Room 9

Friday June 3

No UUSS Events, Office is Open

Saturday June 4

- 10:00am - Theater One: Auditions for *Cinderella*

Sunday June 5

All Ages Service

- 9:45am - Labyrinth Walk - 1st Sunday - Labyrinth
- 10:00am - UNA Board Meeting - Room 9
- 9:00am - Directory Photo Shoot - Welcome Hall
- 9:30am - Nursery Care - Room 11
- 10:30am - Sunday Worship Service - Sanctuary

**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 -

Hello UUSS Families,

This morning: Rev. Lucy leads the children and youth of UUSS Religious Education on a Labyrinth walk. **2015-2016 RE Teacher volunteers**, please pick up your appreciation gift from the RE Welcome Table if you were not present during last weekend's service. We missed seeing you during the time in which we expressed our appreciation for all you bring to RE.

Next Sunday: all ages service, no RE scheduled

Happy Sunday!

-Miranda Massa, Religious Education Coordinator

- CURRENT & UPCOMING ACTIVITIES -

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. Register today after service. Contact Christopher Jensen at 916-541-5750.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Upcoming events: **Today**, Sunday Brunch after service at Boudin SF. Hosted by Sally White. June 26, *Calendar Girl*, at the Chautauqua Theater. 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.

Refugee Welcome Kits: Join UUSS in welcoming refugees by providing the basic household items they need for their new start in Sacramento. In honor of World Refugee Day, we will create Welcome Kits on Sunday, June 19 at 12:00 p.m. Visit our table in the Welcome Hall after service or email refugeesupport@uuss.org for more info.

Games Night: Please join us on Friday, June 17th from 6:00 - 9:00 p.m. in the Sophia Fahs Classroom. The featured game is *Family Feud* and the potluck theme is *Comfort Food*. Bring your favorite party games to add to the fun!

Finishing Strong Fiscally-- UUSS hopes to end the 2015-16 fiscal year without a deficit in our operating fund. That goal is in sight! Do you have a balance remaining on your operating fund pledge for the year now ending? If you don't remember how much is left on your 2015-16 operating pledge, please call or email Michele, our Bookkeeper. *Our next fiscal year begins July 1*. Thank you to all who have pledged for the coming year of 2016-17!

– ONGOING ACTIVITIES –

The USS 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.

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 –

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.

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 USS 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 Forevers* 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!

Mat Yoga – Mondays, 7-8pm - Room 7/8
Chair Yoga – Tuesday this week only due to Memorial Day, 10-11am - Fahs Room

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 resolution of gender conflict; how men and women can grow into a relationship of inclusion and love. Presented by Dennis Pottenger, USS Board member in the Library, June 14 7:00pm-8:30 pm. Suggested freewill donation to USS Adult Enrichment is \$5-\$20. See flyer at 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 Memorial Day 4-9, Wednesday 11-7, Thursday 11-6. Day off is Tuesday. Writing on Friday and Saturday.

Rev. Lucy Bunch: Out this week on Study Leave. Will return Sunday, June 5.

Miranda Massa: (RE Coordinator): Monday, Friday, Sunday morning 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): Is employed here August through May but will attend All-Ages Camp and will preach on Father's Day. Choir practice resumes with an August retreat!

Childcare Providers: Krystal Gollaher & Yer Chang.

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