

The Blue Sheet

Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

Sunday May 8

9:30am - Nursery Care - Room 11
9:45am - QiGong & Tai Chi Chuan - 2nd Sunday - Fahs Room
10:15am - Religious Education - Room 6, 7/8, 10 and 12
10:30am - Sunday Worship Service - Sanctuary
2:00pm - Theater One Performs: *The Odd Couple* - Main Hall

Monday May 9

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
6:30pm - Gen X/ Boomers Club Monthly Meeting - Room 6
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday May 10

10:00am - Ted's Web Discussion Group - Library
6:30pm - Easing Awake Meditation - Fahs Room

Wednesday May 11

1:30pm - Women's Support Group - Library
5:30pm - Silent Meditation - Room 6 - All Welcome!
6:00pm - Finance Committee Meeting - Library
7:00pm - Threshold Choir - Room 7/8
7:00pm - Young Adult Circle - Fahs Room
7:00pm - Theater One Read Through - Sanctuary

Thursday May 12

10:45am - Alliance Meeting - Library
2:00pm - Beginning Ukulele Activity Group - Room 9
6:00pm - Earth Justice Ministry Monthly Meeting - Room 7/8
7:00pm - UUSS Choir Rehearsal - Fahs Room
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

Friday May 13

8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

Saturday May 14

3:00pm - Coming of Age Rehearsal - Fahs Room
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

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
12:15pm - Membership/Greeters monthly Meeting - Room 7/8
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

**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 an all RE Dad crew in honor of Mother's Day. The Junior High Youth Group (JHYG) meets for the last time this RE year on May 22 and Senior High Youth Group (SHYG) is in Room 12.

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

Next Sunday: RE and our very special Coming of Age service in which JHYG and SHYG are encouraged and welcome to attend.

Mark your calendars for Religious Education teacher volunteer appreciation 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*, May 6 to 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!

FREE TICKETS! Do you want to see Neil Simon's classic comedy, *The Odd Couple*, for free? Sign up at the Theater One table after the service to sell tickets/concessions. The show runs May 6-22 on Thurs., Fri., & Sat. nights and Sun. afternoons.

UUSS Walkin' Boots: join us on a hike around the North Natomas Regional Park, May 10 at 9am. The park is a blend of developed areas (dog park, baseball/softball fields, bridges over creeks) and undeveloped areas (meadows, geese, rabbits and wide open vistas). The walk is 3.5 flat, paved miles. Location: 2501 New Market Drive. For more details, check UUSS website or email Hiking@uuss.org.

Alliance Program: May 12 at 10:45am in the Fahs Room. Reservation required. Churchill Love Letters, with Shirley Hines and Bill Wilkins reading Clementine & Winston's words, narrated by Betty Crockford. \$3 donation is suggested. RSVP FOR lunch contact Karen A. Smith 916-206-9426 or e-mail karenas2002@msn.com. All Welcome!

Earth Justice Ministry will meet Thurs., May 12, 6-8 pm in Room 7/8 for the monthly planning meeting. We will be planning for films, book discussions and speakers for the summer. Visit our webpage <http://www.uuss.org/earthjustice> or contact us at earthjustice@uuss.org for more info.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Upcoming events: Sunday, May 15, Odd Couple at the church at 2 pm. Lunch at Jack's Urban Eats before. Hosted by Sally Cooley. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com for complete information.

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-semi-annual congregational meeting May 15, after the service. We will discuss and vote on our budget for 2016-2017 and elections of our leadership. Agenda will be available prior to the meeting. While only members may vote for candidates and on the budget, all are welcome to this open meeting. --Linda Clear, President, Board of Trustees.

Aesthetic Committee- Did you notice the newly installed hexagon 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 used 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 USS 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.

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!

– IN LOVING MEMORY –

In memory of Paula Ostrofe - “Polly,” a former member and volunteer, died April 19 at age 88 after a series of strokes. Her Celebration of Life is 2:00pm, May 14, at a relative’s home in Sacramento. Please let her son Paul Hancock know if you plan to attend: PACK@QNET.COM or (760) 920-0508. Memorial contributions in Polly’s honor are welcome to the USS Heritage Fund. See obituaries in May Unigram and May 1 Sac Bee.

– 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. Mark your calendars for May 21. Thank you.

Friends in Deed- Our USS 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 or call (916) 686-1206 or on her cell- (650) 291-4603.

Together We Share - Remember to bring food items for the red Grocery cart! Contact Joan Rubenson at joandavid2@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.

Family Promise Week - Visit our table on the patio and sign up to help host families 5/15-5/22. We need your help with Dinner, all or part overnight partner; set up/clean up; laundry or bring a supply Item. Ask a volunteer or email Barbara Hopkins at barbhopskins2@yahoo.com or Nancy Oprsal, noprsal@aol.com for more info.

– EXPLORING UNITARIAN UNIVERSALISM –

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

Religious Humanism: A UU Spiritual Path—class with Rev. Roger. What roles do awe, compassion, love, and hope have to play in the spirituality of Humanism? *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 May 15 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-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

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

– CHURCH STAFF HOURS –

Rev. Roger Jones: Good to make an appointment! On East Coast now for a memorial service, returns home Monday PM. Office hours Tuesday 4-7pm, Wednesday 12-7pm, Thursday 11am-5pm and Friday from 11am-3pm.

Rev. Lucy Bunch: Tuesday, Wednesday and Thursday afternoon by appointment. Away at worship aesthetics workshop May 9-13.

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): 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 USS 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