

The Blue Sheet

Upcoming Activities & Announcements

Unitarian Universalist Society of Sacramento
2425 Sierra Blvd. Sacramento, CA 95825

Sunday July 3

9:00am - UNA Board Monthly Meeting - Room 9
9:30am - Nursery Care - Room 11
9:45am - Labyrinth Walk - 1st Sunday - Labyrinth
10:30am - Sunday Worship Service - Sanctuary
10:30am - Summer RE ArtWorks - Room 7/8

Monday July 4

Office Closed, for Independence Day
No Events Scheduled

Tuesday July 5

10:00am - A.E. Chair Yoga - Room 7/8
10:00am - Ted's Web Discussion Group - Fahs Room
6:30pm - Easing Awake Meditation - Fahs Room

Wednesday July 6

1:30pm - Women's Support Group - Fahs Room
5:30pm - Silent Meditation - Room 6 - All Welcome!
6:00pm - Religious Services Committee Meeting - Rm 9
7:00pm - Theater One Cinderella Rehearsal - Main Hall

Thursday July 7

11:00am - A.E.: Adult Challengers - Fahs Room
1:30pm - Beginning Ukulele Activity Group - Room 9
2:30pm - Slow Jam Ukulele Activity Group - Room 9
7:00pm - Theater One Cinderella Rehearsal - Main Hall
7:15pm - Palestine/Israel Group Planning Meeting - Rm 9

Friday July 8

6:00pm - Senior Fellowship Potluck - Room 12

Saturday July 9

No UUSS Events Scheduled, Office is Closed

Sunday July 10

9:30am - Nursery Care - Room 11
9:45am - QiGong & Tai Chi - 2nd Sunday - Fahs Room
10:30am Sunday Worship Service - Sanctuary
10:30am - Summer RE ArtWorks - Room 7/8
10:30am - Summer SHYG - Room 12
12:00pm - Membership/Greeters Meeting - Room 7/8

**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.**

**Submit articles for the Unigram to
unigram@uuss.org by the 15 of the month.**

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

– RELIGIOUS SERVICES –

Hello UUSS Families,

This morning: Summer RE ArtWorks for Spirit Play, True Reflections, JHYG and SHYG in Room 7/8 with RE volunteer, Tiki Harlow beginning a two weekend summer mural collaboration project. Adult volunteers are needed over the summer to support our ArtWorks teachers. Be present in the room helping, participating, and enjoying summer with our children and youth. Contact Miranda at re@uuss.org. Thank you! Summer SHYG happens again on July 10 and August 14.

Next Sunday: Summer RE ArtWorks – Spirit Play, True Reflections, and JHYG in Room 7/8. Summer SHYG in Room 12!

Happy day!

-Miranda Massa, Religious Education Coordinator

– CURRENT & UPCOMING ACTIVITIES –

The Age Challengers - All over 70 are welcome. We meet the first Thursday each month to talk and share how each of us deals with the changes in life that come up in our aging process. Our next meeting is July 7 at 11:00am, Fahs Room. Bring your lunch. Register at the Welcome Table after service or just show up. Contact facilitator Ilona Montel, Ph.D. at montelart@msn.com.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Upcoming events: July 8, Potluck and movie. Hosted by Elyse Furman. Ticket sales for Cabaret at Music Circus start this Sunday. Tickets \$45. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com.

Summer Day Camp - UUSS RE volunteer Sarah Barbulesco hosts Rock N Art, ages 10-18. Have fun learning to act, dance, sing, play an instrument, write, or create fine art! Also 3 fun trips as part of camp. Academic tutoring available. July 11-Aug 5; Mon-Fri, 9a-4p (extended 8a-5:30p available); \$830/full camp & trips; \$620/camp days with NO trips; drop-in rate \$45/camp day or trip. See www.ourciacademy.com/rocknart

Games Night: Join us on Friday, July 15 from 6:00 - 9:00pm in the Sophia Fahs Room. The featured game is **Wits & Wagers**, where betting on the best guess may be better than knowing the answer! Let's celebrate the U.S.A. and bring an **All-American** potluck dish along with your favorite party games to add to the fun!

Walking the Walk-UU Justice Summit & Camp--July 16-19, Jesuit Center of the Sierra in Applegate. Register now for UU Justice Ministry of California's conference, bringing together justice-seeking UUs and their families for worship, workshops, practical skill development, networking and community building. <http://uujmca.org/training-education/walking-the-walk/>.

Palestinian-Israeli Occupation of the American Mind is a film depicting America's failure to bring peace in the Palestinian-Israeli conflict. July 27 7:00 pm in the Welcome Hall Refreshments to be served.

– **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!

From the Beacon Bookstore- In keeping with our UUA theme this year: "Black Lives Matter", we have new books for your reading and reflection. *The Warmth of Other Suns*, Isabel Wilkerson. *The New Jim Crow*, Michelle Alexander. *Just Mercy*, Bryan Stevenson. *The Turner House* by Angela Flournoy. Come in and browse through our selection of used books and magazines for a next to nothing price!

– **IN LOVING MEMORY** –

Marlene Parkinson passed away peacefully on the morning of June 18. She was 82 years old. Marlene and her husband Lyle are long-time members of USS. She served as our accompanist for several years and was well known for her beautiful piano playing. Marlene passed away in a care home several months after suffering a fall. Her husband Lyle is in a care home suffering from dementia. Lucy will officiate Marlene's service at 2:00pm, July 31.

– **OPPORTUNITIES TO SERVE** –

Together we Share (Red Grocery Basket)- We can help the 240,000 "food insecure" adults and children in our area by donating canned food, cereal, fresh fruit, vegetables, clothing and household items. Donations in the basket at the main entrance on Sundays. For more info, contact Mary Ann Wilhelm or Marie Pearce share@uuss.org.

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.

Family Promise - USS will host guest families, July 17-24. Please sign-up at the FP table in the Welcome Hall until 7/10. Volunteers needed to bring a dinner, stay overnight, donate pantry supplies, setup/clean-up, do laundry. Thanks to all the volunteers who helped make "guests" comfortable the week of May 16. Contact Nancy Oprsal, 482-5736 or noprsal@aol.com.

Theater One is looking for helpers for box office and concessions for the run of *Cinderella*. There is one Friday night performance on July 15 at 7:00pm, two performances (11:00 am and 2:00 pm) each Saturday, July 16-August 6. Contact Madden at 916-524-1032 or actorsue@aol.com if you're available to help out.

– **EXPLORING UNITARIAN UNIVERSALISM** –

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

3rd Sunday - Silent Meditation - Room 6

4th Sunday - Reflection on poetry and prose - Rm 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.

Yoga by Paige Labrie. Try a first class for free. Classes are \$8 each if you sign up for a two-month series or \$10 on a drop-in basis. All Welcome! **Chair Yoga will be on Tuesday at 10:00am in Room 7/8 this week only.**

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 July and August at 6:30. More info at adult enrichment table.

Women's Support Group Wednesdays, 1:30-3:30pm in the Fahs Room. 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
Office closed for Fourth of July Holiday

– **CHURCH STAFF HOURS** –

Rev. Roger Jones - On Vacation June 28 to July 7.

Rev. Lucy Bunch: Tuesday, Wednesday and Thursday. Noon to 5:00pm, by appointment.

Miranda Massa: (RE Coordinator): Friday, Sunday morning and by email.

Michele Ebler: (Bookkeeper): Thursday thru Friday.

Stanton Vedell: (Communications and Facilities Coordinator): Thursday thru Friday, 9:30-6:00pm.

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

Keith Atwater (Music Director): Is employed here August through May. Choir practice resumes with an August retreat!

Childcare Providers: Krystal Gollaher & Yer Chang.

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