

The Blue Sheet

Upcoming Activities & Announcements

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

Sunday July 24

Family Promise Week Ends

- 7:00am - Family Promise - Fahs Room 6, 9, 10 and 12
- 9:00am - Recycle Sunday Table - Front Patio
- 9:30am - Nursery Care - Room 11
- 9:45am - Reading and Reflection - 4th Sunday - Room 6
- 10:30am Sunday Worship Service - Sanctuary
- 10:30am - Summer RE ArtWorks - Room 7/8
- 12:00pm - Newcomer's Orientation - Welcome Hall

Monday July 25

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday July 26

- 10:00am - Ted's Web Discussion Group - Room 7/8
- 6:30pm - Easing Awake Meditation - Fahs Room
- 6:30pm - Mah-Jongg - Room 6
- 7:00pm - UU Readers Book Discussion - Library

Wednesday July 27

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

Thursday July 28

- 12:00pm - A.P.M. Team Meeting - Library
- 1:30pm - Beginning Ukulele Activity Group - Music Room
- 2:30pm - Slow Jam Ukulele Activity Group - Music Room
- 7:00pm - Board of Trustees Monthly Meeting - Library

Friday July 29

No Events Scheduled, Office is Open

Saturday July 30

- 11:00am - Theater One Performance: *Cinderella* - Main Hall
- 2:00pm - Theater One Performance: *Cinderella* - Main Hall

Sunday July 31

All Ages Service

- 9:45am - Nursery Care - Room 11
- 10:30am - Sunday Worship Service - Sanctuary
- 2:00pm - Marlene Parkinson Memorial 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.

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, Michelle Dunnaway. All ages welcome and encouraged to promote community building, multigenerational companionship and fun. This weekend, learn the lyrics and hand movements. Be sure to come back next weekend to participate as a RE singer.

Next Sunday: RE to offer a special musical presentation during our all ages summer harvest celebration.

Summer SHYG happens again on August 14.

Adults 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!

Donations needed: RE Kids to Make Stepping Stones on August 21 and 28, the RE ArtWorks project will be making mosaic stepping stones with Patty Taylor Gutermute. Donations of mosaic materials are most welcome: small colorful tiles, interesting stones or small shells, or glass pebbles. If you have donations, please leave them at the RE table any Sunday from now until August 21.

Happy day!

-Miranda Massa, Religious Education Coordinator

- CURRENT & UPCOMING ACTIVITIES -

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. Now thru Aug 5; Mon-Fri, 9am-4pm (extended 8a-5:30p available); \$830/full camp & trips; \$620/camp days with NO trips; drop-in rate \$45/camp day or trip. Go to www.ourciacademy.com/rocknart for more info.

Palestinian-Israeli Study Group *Occupation of the American Mind* a film depicting America's failure to bring peace in the Palestinian-Israeli conflict. July 27 7:00 pm, Welcome Hall refreshments served.

UUSS Young Adult - Lunch on July 31 at 12:30pm. Off the Grid, River Walk Park 651 2nd St. Food trucks, food stands, music, and a picnic lunch. Bring hats, sunscreen, picnic blankets, and any else you may need to enjoy your picnic experience. Friends, family, children, and significant others are *always* welcome! Most food trucks accept Visa or Mastercard. facebook.com/groups/uuss20s30s/

Theater One performs *Cinderella*, a wonderfully charming show for the whole family. Performances are on Saturday's at 11:00 am and 2:00 pm now through August 6. Come join us and see how Prince Charming finds his perfect princess.

Black Lives Matter - Congregational meeting at 10:45 a.m. at UUSS, August 7, for Members to vote to approve a banner to be posted on UUSS grounds announcing our solidarity with the movement for Black Lives. Recent Sunday forums and after-service tabling have engaged folks in conversation about this issue. Donated funds will be held to spend on a banner until after the vote.

– **ONGOING ACTIVITIES** –

The UUSS Beginners Uke players: Thursdays 1:30 - 3:30pm in Music Room. Cherie O'Boyle brings together folk interested in playing, this sweet instrument. If you would like to borrow a ukulele, let us know. Judy Lane at jlane612@earthlink.net, or Cherie O'Boyle oboyle.cgo@gmail.com for 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 support of our discussions and vote on "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 UUSS. 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. Rev. 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 Sundays on the front patio. 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.

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

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 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

– **CHURCH STAFF HOURS** –

Roger Jones - Away until Aug. 3 on a pilgrimage to historic Unitarian lands in Hungary & Transylvania.

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

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

Michele Ebler: (Bookkeeper): Monday thru Friday.

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. 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.