

The Blue Sheet

Upcoming Activities & Announcements

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

Sunday August 21

9:30am - Nursery Care - Room 11
9:30am - Exploring Unitarian Universalism - Fahs Room
9:45am - Silent Meditation - 3rd Sunday - Room 6
10:30am - Sunday Worship Service - Sanctuary
10:30am - Summer RE ArtWorks - Room 7/8
12:00pm - OWL Information Session - Fahs Room
12:00pm - Meet Our Neighbors, The Sikhs - Sanctuary

Monday August 22

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
11:00am - Loaves and Fishes - Offsite
6:30pm - Palestine/ Israel Planning Meeting - Fahs Room
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday August 23

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

Wednesday August 24

1:00pm - Women's Support Group - Fahs Room
5:30pm - Silent Meditation - Room 6 - All Welcome!
6:00pm - Committee Meeting Refugee Support - Room 9
7:00pm - *Kinship* Rehearsal - Main Hall
7:00pm - Threshold Choir - Room 7/8
7:00pm - UUSS Choir Rehearsal - Fahs Room

Thursday August 25

12:00pm - APM 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 August 26

6:30pm - Volunteer Potluck & IRC Presentation - Welcome Hall

Saturday August 27

11:00am - Palestine Cooking - Welcome Hall
11:00am - Theater One: *Middletown* Auditions - Fahs Room

Sunday August 28

9:00am - Recycle Sunday Tables - Front Patio
9:00am - RE: SHYG Advisor Meeting - Room 12
9:30am - Nursery Care - Room 11
9:45am - Reading & Reflection - 4th Sunday - Room 6
10:30am - Sunday Worship Service - Sanctuary
10:30am - Summer RE ArtWorks - Room 7/8
12:00pm - Meet Our Neighbors, The Sikhs - Sanctuary
12:00pm - Newcomer Orientation - Welcome Hall
12:30pm - Theater One Play Reading - Fahs Room
5:00pm - UUA Presidential Candidate Reception - Welcome Hall

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,

Summer ArtWorks takes place this morning and next weekend, 8/28 for the wrap up of our artistic Sundays. What a fun and crafty summer we have had. Many thanks to all the volunteers that helped with their talents and time.

Our Whole Lives informational parent/guardian meeting for the upcoming classes for grades 4-6 & grades 7-9 **today** after service. Come learn about the program, have your questions answered and gain information about registration. Starts at noon in the Fahs Classroom.

First day of Religious Education is Sunday, September 18.

Happy day!

-Miranda Massa, Religious Education Coordinator

– CURRENT & UPCOMING ACTIVITIES –

Water for Homeless Neighbors - UUSS member, Ross Hammond, has set up a bottled water drive for Loaves and Fishes at his music studio, Gold Lion Arts (2733 Riverside Blvd in Land Park). Loaves and Fishes has requested bottled water due to the high volume of homeless served. To donate, drop off pallets of bottled water at Gold Lion weekdays after 2pm.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Upcoming events: August 25, Guided Tour of art at Matsu Federal Courthouse, 10:30, lunch after at Fats - cost \$20. Carpool from UUSS at 9:45. August 28, *On Golden Pond* at Chautauqua Playhouse 2pm, cost \$18. Contact Jean Kohlhoff, 916-544-4014 or jeaniek44@aol.com.

Refugee Support Volunteer Kick-Off: UUSS has partnered with International Rescue Committee (IRC) to provide support to refugees. Join us August 26 at 6:30pm, Welcome Hall for a potluck & orientation to learn more about IRC and sign-up for specific activities. Visit our table after service to RSVP with a potluck dish.

The Palestine-Israel Study Group is sponsoring a Palestinian Cooking afternoon on August 27 at 11:00 to 4:00pm. Join us for some hands on learning. We will prepare a main dish, salad and desert and then taste our efforts together. A donation is requested of \$5 to \$10 to pay for the food. RSVP Cathy Hackett at Unionhackett@comcast.net or 916-716-3827.

UUSS Generation Y Luncheon (20s/30s group)
August 28, 12:30-4:00pm *Off the Grid* at River Walk Park 651 2nd St., West Sacramento. Join us after service for food trucks, music, and a picnic lunch. Please note: We have changed our monthly 20s & 30s Ministry Circle to the 2nd Thursday of every month, Fahs room, 7:00-9:00pm.

– ONGOING ACTIVITIES –

The UUSS Beginners Uke players: Thursdays 1:30 - 3:30pm in Music Room. If you would like to borrow a ukulele. Judy Lane jlane612@earthlink.net, or Cherie O'Boyle oboyle.cgo@gmail.com for info.

Sunday Sing-alongs - Join Ina Jun, other pianists, our choir, and all who like to sing for a fun time around the piano on 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!

Black Lives Matter Banner - On August 7 our congregation voted to approve mounting a *Black Lives Matter* banner at UUSS. The vote: Yes - 95, No - 22, Abstentions - 3. A task force will be convened by the Board to develop wording for the banner, raise funds for its purchase, and mount and maintain it. The task force will be comprised of one member each from the Board, the Aesthetics Committee, the APM Team, and from the existing BLM task force.

– **OPPORTUNITIES TO SERVE** –

Together we Share (Red Grocery Basket)- Donations in the basket Sundays on the front patio. Contact Mary Ann Wilhelm and Marie Pearce share@uuss.org.

Prescription and reading glasses donations are being accepted at UUSS. Place items in the designated receptacle attached to the Red Grocery Basket usually located in the Welcome Hall Sundays and weekdays. If you have any questions related to your donated items, contact Steve Hoverman at shoverman@sbcglobal.net.

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.

– **THEATER ONE** –

Middletown, directed by Lonon Smith - Auditions Sat., Aug. 27, 11:00am - 3:00pm in the Fahs Classroom. Roles available for six men and six women of various ages. Please bring a headshot and resume. Rehearsals start September 18. Show runs November 3 thru 20, Thursday, Friday, and Saturdays 8:00 p.m. & Sundays 2:00 p.m. Email theaterone@uuss.org for more info.

Theater One presents a staged reading of *Special Request*, an original two act play by Tim Foley, directed by Lonon Smith. A dying man has a special request of a pretty barista with whom he discusses books. August 28, 2 PM, the Fahs Room. Discussion of the play to follow.

– **EXPLORING UNITARIAN UNIVERSALISM** –

Members, Friends & Newcomers Join us:
3rd Sunday of each Month 9:30 – 10:15, Fahs Classroom
Today - 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 - 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.

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

New Class: *Meet our Neighbors, the Sikhs* - Part 1 is today, noon in the Main Hall. Part 2 next Sunday. Join us for a talk by Music Director Keith Atwater (professor of humanities and religious studies at ARC) with art, slides, and video. All are welcome!

Women's Support Group Wednesdays, 1:00-3:00pm in the Fahs Classroom. Please contact Lynn Carlson at apriljade@comcast.net or (916) 719-2304 to get a weekly reminder of the meeting.

Banner Banter: *Do you wonder about the banners in our sanctuary?* Retired curriculum developers and group facilitators, Carol and Jerry Houseman, developed the course, "Banner Banter." Each class will discuss in large and small groups how these religions/ philosophies practices and beliefs could add to one's spiritual journey. Join them every 1st & 5th Sundays 9:15 - 10:15am. No cost. No preparation or homework required. Every class stands alone, so no long term commitment. Teens welcome. Come whenever you can. Starts October 2 at 9:15 am.

Check the Sunday Connections table for upcoming activities and workshops.

Office Hours

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

– **CHURCH STAFF HOURS** –

Roger Jones - Roger Jones—always good to make an appointment! Hours at UUSS Monday 11 am-6pm, Wednesday 3-9 pm, Thursday 10 am-9 pm, Friday Refugee Support Program kickoff 6:30 pm. Day off is Tuesday.

Rev. Lucy Bunch: On vacation from 8/22 to 9/6.

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

Michele Ebler: (Bookkeeper): Monday thru Friday.

Stanton Vedell: (Communications and Facilities Coordinator): Sunday from 8:00am to 4:30pm and Tuesday thru Friday, 9:30-6:00pm.

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

Ina Jun (Accompanist): at UUSS on Wednesdays for Choir Rehearsal and Sundays.

Keith Atwater (Music Director): Choir rehearsal Wednesday 7:00-8:30 p.m. and Sunday mornings.

Childcare Providers: Krystal Gollaher & Yer Chang.

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