

## The Blue Sheet

### Upcoming Activities & Announcements Unitarian Universalist Society of Sacramento

[www.uuss.org](http://www.uuss.org)

2425 Sierra Blvd. Sacramento, CA 95825  
(916)483-9283, [office@uuss.org](mailto:office@uuss.org)

#### Sunday September 4

9:00am - UNA Board Meeting - Room 9  
9:30am - Nursery Care - Room 11  
9:30am - Music Work Day - Music Office  
9:45am - Labyrinth Walk - 1<sup>st</sup> Sunday - Labyrinth  
10:30am - Sunday Worship Service - Sanctuary  
10:30am - Summer RE ArtWorks - Room 7/8

#### Monday September 5

\*\*\*Office is Closed for Labor Day\*\*\*

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

#### Tuesday September 6

10:00am - Ted's Web Discussion Group - Fahs Room  
6:30pm - Chanteuses Rehearsal - Main Hall  
6:30pm - Easing Awake Meditation - Fahs Room  
6:30pm - Mah-Jongg - Room 6  
7:00pm - Theater One Monthly Meeting - Library

#### Wednesday September 7

1:00pm - Women's Support Group - Fahs Room  
3:00pm - Music Work Day - Music Office  
5:30pm - Silent Meditation - Room 6 - All Welcome!  
6:00pm - Religious Services Committee Meeting - Library  
7:00pm - UUSS Choir Rehearsal - Fahs Room

#### Thursday September 8

10:45am - Alliance Program - Fahs Room  
1:00pm - Executive Committee Meeting - Library  
1:30pm - Beginning Ukulele Activity Group - Music Room  
2:00pm - FRST Committee Meeting - Room 6  
2:30pm - Slow Jam Ukulele Activity Group - Music Room  
7:00pm - UUSS Gen. Y Monthly Meeting - Fahs Room

#### Friday September 9

10:00am - Installation of Art Work - Main Hall  
12:00pm - Prep. for Lucy & Roger's Gourmet Dinner  
5:30pm - Lucy & Roger's Gourmet Dinner - Library

#### Saturday September 10

8:45am - American River Clean-up - American River  
3:30pm - Art Installation - Main Hall

#### Sunday September 11

All Ages Service

9:30am - Nursery Care - Room 11  
9:30am - Music Work Day - Music Office  
9:45am - QiGong/ Tai Chi Chuan - 2nd Sunday - Fahs Room  
10:30am - Sunday Worship Service - Sanctuary  
11:15am - Kids Freedom Club Monthly Meeting - Room 6  
12:00pm - Membership/ Greeters Meeting - Room 7/8  
12:00pm - Board of Trustees Salad Sunday - 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](mailto:bluesheet@uuss.org)  
before 1:00pm on Wednesday, 65 word or less.

Submit articles for the Unigram to [unigram@uuss.org](mailto:unigram@uuss.org)  
by the 15 of the month.

## -RELIGIOUS EDUCATION-

Hello UUSS Families,

**This morning** RE children and youth join in yoga fun with our UUSS yoga teacher, Paige Labrie. This class takes place in Room 7/8.

**Next Sunday:** Service for all ages, no RE scheduled.

**First day of Religious Education** is Sunday, September 18. New registration forms available online and at the RE Table in the lobby.

Happy day!

-Miranda Massa, Religious Education Coordinator

## -CURRENT & UPCOMING ACTIVITIES-

**Salad Sundays are back!** Next Sunday your Board will offer a variety of delicious salads to lunch on after Sunday Service. Only \$5.00 a plate with all donations going to our operating fund. Enjoy a lovely lunch with friends and support UUSS while you do so!

**Volunteer Reading Tutoring Opportunity** - September 8 2:30pm in the Fireside Room at St. Marks United Methodist Church 2391 St. Marks Way. Literacy Little League reading program at San Juan District's Edison Language Institute is again recruiting volunteer tutors. Contact Dorothy Marshall, Coordinator Literacy Little League at 916-488-2578, email: [dorothym@csus.edu](mailto:dorothym@csus.edu).

**Senior Fellowship (65+ or there about):** Social, community group for all seniors. September 8, Tower Theater \$7, "Equity." Lunch Tower Café under \$20. September 11, 8 pm, Fair Oaks Village Theater, "Grand Night for Singing" \$12. Dinner at Carmelita's \$20. Contact Jean Kohlhoff, at 916-544-4014 or at [jeaniek44@aol.com](mailto:jeaniek44@aol.com).

**Bring Your Water** - Next Sunday, September 11, is our annual ingathering Service for All Ages. Bring a small vessel of water representing your activities for the past few months, whether at an ocean, mountain stream, local river, public pool, or here at church. In our special ritual we will mingle our waters and launch a new church year.

**Storytelling Party Postponed**—Unfortunately, the auction prize event of a storytelling party for September 11, must be rescheduled to a later date. Sally Wilkins will be in touch with all who signed up and will post it in the Blue Sheet soon. Thanks!

**Refugee Advocacy Needed**--UUSS now partners with International Rescue Committee (IRC) to support refugee resettlement our community. Many members and friends have volunteered to directly help refugees. There are other ways we can help. Action to take before September 12: IRC's partner agencies seek to advocate for increased resettlement and refugee funding by the U.S. government. Sign a digital postcard at <http://www.refugeesarewelcome.org/get-involved/>. They will be printed in DC and hard copies mailed to Congress.

**Town Hall Forum** - September 15, 10am to 2pm at the CA Alliance for Retired Americans. Learn about issues for Seniors. Mayor Elect Steinberg, will speak on health, drug benefits, pensions, Medicare and Social Security, and CA bills and propositions, we will be voting on in November. Cost of \$10 includes lunch, Scholarships are available. Call Elizabeth Pataki, 916-383-1146 or get a flyer after service.

**Spiritual Deepening Circles Starting Up Again!** There will be a staffed information table/registration in the Welcome Hall today after the service. Online registration available at [uuss.org/circles](http://uuss.org/circles) (closes September 20. Attend the first two meetings in October to try it out – commitment not required until first November meeting.

**Artist reception** featuring Michelle Andres on September 16 from 5:30 to 7pm in the Main Hall. *"My work which is largely abstract, explores our human condition, the possibilities of our time here and the choices we make which lead to the creation of our lives."* Call 916-482-3018 or go to [www.uuss.org](http://www.uuss.org). Also, Patty Taylor Gutermute and William Ishmael will be on hand to talk about their collaborative sculpture that will be installed at the front of the Main Hall on September 11.

### – 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](mailto:jlane612@earthlink.net), or Cherie O'Boyle [oboyle.cgo@gmail.com](mailto: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 3<sup>rd</sup> 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!

**Saturday Stitches** - The first Saturday of the month we will gather together to work on our favorite projects. Beginning October 1, from 10am to 1pm in the Fahs Room. Bring your project, machine, and all the tools to work on your craft. We will supply tables, chairs, coffee and bottled water. Contact Karen Sparrow at 818-510-2337 or at [karenjsparrow@gmail.com](mailto:karenjsparrow@gmail.com) for more info.

### – 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](mailto:share@uuss.org). Also, 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](mailto:shoverman@sbcglobal.net).

**New Landscape Upkeep Team** -Beginning in September, a monthly landscape team will be forming to look after our new exterior landscape at UUSS. During the first week of each month, a volunteer group will spend a day (1-3 hours) on tasks like these: digging out and hand-pulling weeds, dead-heading the rose shrubs, checking the irrigation emitters to ensure proper functioning, replacing broken irrigation emitters, replacing dead plants, pruning plants of wayward growth. If you have your own gardening tools, bring them with you when you come, but there will be some tools available to help you get started. Contact Annie Kempees at [arkfloats1@gmail.com](mailto:arkfloats1@gmail.com) or 916-974-1052 (9 AM-10 PM) for information or to sign on to the team!

### – EXPLORING UNITARIAN UNIVERSALISM –

**Members, Friends & Newcomers Join us:**  
3<sup>rd</sup> Sunday of each Month 9:30 – 10:15, Fahs Classroom  
**Sept. 18** - Social Justice - How do we live our values?  
**October 16** - Survey of UU History  
**November 20** - Principles & Sources of Our Tradition  
**December 18** - Faith: What Does It Mean to a UU

### – SUNDAY MORNING SPIRITUAL PRACTICES –

#### **Join Us Before the Service**

9:45- 10:15 every Sunday (except 5<sup>th</sup> Sundays)

**1<sup>st</sup> Sunday - Labyrinth walk - Labyrinth**

**2<sup>nd</sup> Sunday - QiGong & Tai Chi Chuan**

**3<sup>rd</sup> Sunday - Silent Meditation - Room 6**

**4<sup>th</sup> 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**

**Women's Support Group** Wednesdays, 1:00-3:00pm in the Fahs Classroom. Please contact Lynn Carlson at [apriljade@comcast.net](mailto: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?* This free class starts October 9 at 9:15 am. Join retired curriculum developers and group facilitators, Carol and Jerry Houseman, developed the course, "Banner Banter", every 2<sup>nd</sup> & 5<sup>th</sup> Sundays 9:15 - 10:15am. No preparation or homework required. Every class stands alone, so no long term commitment. Teens welcome. Come whenever you can.

**Check the Sunday Connections table for upcoming activities and workshops.**

#### **Office Hours**

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

Closed on Sept. 5 for Labor Day

### – CHURCH STAFF HOURS –

**Rev. Roger Jones** - Good to make an appointment. Here Monday, Wednesday & Thursday afternoons/evenings. Available by appointment on Labor Day. Study/writing day is Friday. Day off is Tuesday.

**Rev. Lucy Bunch:** On vacation, returning 9/6.

**D. Scott Cooper, Ministerial Intern** - We welcome Scott for nine months of learning and serving. Call the UUSS Office to reach him.

**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 Wednesdays 7:00-8:30 p.m. and Sunday mornings.

**Childcare Providers:** Krystal Gollaher & Yer Chang.

**Custodians:** Aaron Molina, Sunday thru Tuesday and David Monlina, Friday, Saturday and Sunday.