

The Blue Sheet

Upcoming Activities & Announcements Unitarian Universalist Society of Sacramento

www.uuss.org

2425 Sierra Blvd. Sacramento, CA 95825

(916)483-9283, office@uuss.org

Sunday Sept. 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 - All Ages 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

Monday Sept. 12

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 10:00am - Art Installation - Main Hall
- 6:30pm - Gen X/ Boomer Club Monthly Meeting - Room 6
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday Sept. 13

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

Wednesday Sept. 14

- 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 - Finance Committee Meeting - Library
- 7:00pm - Threshold Choir - Room 7/8
- 7:00pm - UUSS Choir Rehearsal - Fahs Room

Thursday Sept. 15

- 1:30pm - Beginning Ukulele Activity Group - Music Room
- 2:30pm - Slow Jam Ukulele Activity Group - Music Room
- 6:30pm - AE: 12 Step Recovery Group - Room 9
- 7:00pm - Program Council Meeting - Library

Friday Sept. 16

- 5:30pm - Art Reception - Main Hall
- 6:00pm - Games Night - Fahs Room

Saturday Sept. 17

- 8:00am - Sheriff's Deputy Work Crew - Campus
- 3:30pm - Religious Services Writing Workshop - Library
- 5:00pm - Autumn Equinox - Fahs Room and Room 7/8

Sunday Sept. 18

- 9:30am - Nursery Care - Room 11
- 9:30am - Music Work Day - Music Room
- 9:30am - Exploring Unitarian Universalism - Fahs Room
- 9:45am - Silent Meditation - 3rd Sunday - Room 6
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - RE Classes - Room 6, 7/8, 10 and 12
- 11:15am - OWL Information Table - Back Patio
- 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 before 1:00pm on Wednesday, 65 word or less.

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

-RELIGIOUS EDUCATION-

Hello UUSS Families,

Today is our service for all ages. There is no RE scheduled. Be sure to join us next Sunday, 9/18 for the first day of Religious Education. New 2016-2017 registration forms available online and at the RE Table in the lobby.

Our Whole Lives sexuality education mandatory parent/guardian orientations for OWL grades 4, 5 and 6 and OWL grades 7, 8 and 9 take place Sunday, 9/25 after service. Please email re@uuss.org for more information.

Happy day!

-Miranda Massa, Religious Education Coordinator

-CURRENT & UPCOMING ACTIVITIES-

Salad Sundays are back! - **Today**, Sept. 18 & 25, your Board of Trustees will offer delicious salads to tempt your taste buds. Salads will be served on the front patio. Dining tables will be available on the patio and in the Welcome Hall. The donation for salads is only \$5 a plate, but we wouldn't refuse more! And we include a dessert treat! All monies go to our operating fund. Aren't you hungry just thinking about it!

Storytelling Party Postponed-Unfortunately, the auction prize event of a storytelling party for **today**, 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.

Senior Fellowship (65+ or there about): Social, community group for all seniors. **Tonight** at 8 pm, Fair Oaks Village Theater, "Grand Night for Singing" \$12. Dinner at Carmelita's \$20. Carpool from church 6pm. Sept. 24, Sacramento Scavenger Quest \$10. Carpool from church at 10am. Food after under \$20. Contact Jean Kohlhoff at 916-544-4014 or at jeaniek44@aol.com.

Refugee Advocacy Needed - UUSS is partnered with IRC to support refugee resettlement in our community. Many members and friends have volunteered to help refugees. Action to take before Sept. 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 - Sept. 15, 10am to 2pm at the CA Alliance for Retired Americans. 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.

Artist reception featuring Michelle Andres on Sept. 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. Patty Taylor Gutermute and William Ishmael will be on hand to talk about their collaborative sculpture at the front of the Main Hall.

UUSS CUUPS (Covenant of UU Pagans) - Autumn Equinox, Sept. 17 from 5pm to 8pm. At 5pm the canvas labyrinth will be available in Room 7/8. 6:00pm potluck in the Fahs Room and at 7:00pm a short ceremony. We plan on showing a vintage goddess video during the potluck and then a second one afterwards. This is a free event, all are welcome. Bring a potluck dish to share. Contact: Laurie Jones at 916-490-6697, ljones.asbarc@gmail.com.

Unitarian heroes on PBS TV - A Ken Burns documentary about a Unitarian minister & spouse from the USA who risked their lives to save others in Nazi-occupied Europe airs Tues., Sept. 20 at 9pm on channel 6. www.DefyingTheNazis.org/.

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 (closes Sept. 20. Attend the first two meetings in October to try it out – commitment not required until first November meeting.

California End of Life Options Act - October 2 at 12:30 after service, a program will be presented to explain and answer questions about the new California End of a Life Options Act which gives mentally competent, terminally ill Californians, the right to make end of life decisions. Our speaker will be Ruth Holton-Hodson is the co-leader of Sacramento's volunteer action team for Compassion and Choices. Please join us and get your questions answered.

– ONGOING ACTIVITIES –

The USS Beginners Uke players: Thursdays 1:30 - 3:30pm in Music Room. Let us know 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!

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: 818-510-2337 or karenjsparrow@gmail.com.

– OPPORTUNITIES TO SERVE –

Together We Share - We can help the 240,000 "food insecure" adults and children in our area by placing canned food, cereal, peanut butter, fruit, vegetables, eyeglasses, clothing and household items in the RED GROCERY BASKET at the main entrance on any Sunday. Volunteers will deliver them to the Sacramento Food Bank or other collection points. For more information, contact Mary Ann Wilhelm (marelz1@aol.com) or Marie Pearce (kknmee@gmail.com)

New Landscape Upkeep Team -A monthly landscape team is now forming to care for our exterior landscape. The first week of each month, groups will spend 1-3 hours pulling weeds, dead-heading the rose shrubs, checking the irrigation and replacing broken emitters, replacing dead plants, pruning plant. If you have gardening tools, bring them with you. Tools are available here if you need them. Contact Annie Kempees at arkfloats1@gmail.com or 916-974-1052 (9am-10pm) for info. or to sign-up!

– EXPLORING UNITARIAN UNIVERSALISM –

Members, Friends & Newcomers Join us:
3rd 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 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

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?* 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 2nd & 5th 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.

The Twelve Steps as a Spiritual Practice is a new 12-Step recovery group for anyone who is struggling with an addiction or is just interested in using the twelve steps as a way of life and/or spiritual practice. Meets Thursdays, 6:30 – 8 p.m. in Room 9 at USS. All welcome. For more information, contact Evan at evanmc58@gmail.com.

Check the Sunday Connections 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. Here Monday, Wednesday & Thursday afternoons/evenings. Study/writing day is Friday. Day off is Tuesday.

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

D. Scott Cooper (Ministerial Intern) - My regular office hours are on Monday, Wednesday, and Thursday from noon to 6 pm. But this Thursday I'm off site training. I'm sharing the RE Office with Miranda and welcome your visits. Please call or e-mail first so I can be sure to be available.

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 on vacation Sept. 12, returning on Sept. 20.

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

Ina Jun (Accompanist): at USS 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 Miguel Neri, Friday, Saturday and Sunday.