

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 September 18

- 9:30am - Exploring Unitarian Universalist - Fahs Room
- 9:30am - Nursery Care - Room 11
- 9:30am - Music Work Day - Music Office
- 9:45am - Silent Meditation - 3rd Sunday - Room 6
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - 1st RE Classes for the Fall! - Rooms 6,7/8, 10 & 12
- 11:15am - OWL Information Table - Back Patio
- 11:45am - JHYG Parent/Guardian Meeting - Room 6
- 12:00pm - Sunday Sing Along - at the piano
- 12:00pm - Board of Trustees Salad Sunday - Welcome Hall

Monday September 19

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 6:30pm - Planning Mtg - UUJME Sacto Chap - Fahs Room
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
- 7:00pm - Rehearsal Middletown - Main Hall

Tuesday September 20

- 10:00am - Ted's Web Discussion Group - Fahs Room
- 6:30pm - Easing Awake Meditation - Library
- 6:30pm - Mah-Jongg - Room 6
- 7:00pm - Rehearsal Middletown - Fahs Room
- 9:00pm - "Defying the Nazis" Ken Burns on Channel 6

Wednesday September 21

- 1:00pm - Women's Support Group - Fahs Room
- 5:30pm - Silent Meditation - Room 6 - All Welcome!
- 6:30pm - Adult Enrichment Committee Meeting - Library
- 7:00pm - Threshold Choir - Room 7/8
- 7:00pm - UUSS Choir Rehearsal - Fahs Room
- 7:00pm - Rehearsal Middletown - Main Hall

Thursday September 22

- 12:00pm - A.P.M. Team - Library
- 1:30pm - Beginning Ukulele Activity Group - Music Room
- 2:30pm - Slow Jam Ukulele Activity Group - Music Room
- 6:00pm - Refugee Team Meeting - Room 6
- 6:30pm - AE: 12 Step Recovery Group - Room 9
- 7:00pm - Board of Trustees Meeting - Library
- 7:00pm - Rehearsals Middletown - Main Hall

Friday September 23

*** No Meetings - UUSS Office Open ***

Saturday September 24

*** No Meetings - UUSS Office Closed ***

Sunday September 25

- 9:30am - Nursery Care - Room 11
- 9:30am - Music Work Day - Music Room
- 9:45am - Reading & Reflection - 4th Sunday - Room 6
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - RE Classes - Rooms 6, 7/8, 10 and 12
- 12:00pm - Board of Trustees Salad Sunday - Welcome Hall
- 12:00pm - Newcomer's Orientation - Welcome Hall & Rm 9
- 12:00pm - OWL Grades Mandatory Guardian Orientation
Grades 4-6 - Room 7/8
Grades 7-9 - Fahs Room
- 12:30pm - Meaning of Membership - Library

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,
Welcome back 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 next Sunday, Sept 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, 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!

New Sculpture! "Embraced" is the work above the piano, made by Patty Taylor Gutermute & William Ishmael. See the poster with background on back left wall. With gratitude, UUSS dedicated the work Sept. 11 with these words: *We dedicate this gift of art. May it celebrate the embrace of this community. May it inspire us to care for the web of life. May it welcome every person who enters here for the first time. May it embrace all of us with a sense of beauty, peace, and hope. We dedicate this gift of art. Blessed be and amen.*

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.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Sat. Sept. 24, Sacramento Scavenger Quest \$10. Carpool from church at 10am. Must prepay. Food after under \$20. Host Jean Kohlhoff. Sat. Oct. 1, Crocker Museum \$8, "Glass for the Millennium." Lunch at café after \$12-20. Host Kathy Stricklan, Call Jean Kohlhoff at 916-544-4014 or email at jeaniek44@aol.com.

California End of Life Options Act - Oct. 2 at 12:30pm 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, the co-leader of Sacramento's volunteer action team for Compassion and Choices. Please join us and get your questions answered.

Earth Justice Ministry meets Tues. Sept. 20, 7pm to discuss current environmental news, the movie "How to Let Go of the World & Love what Climate Can't Change," our past speaker Dave Rice, former CalEPA scientist, and the book "The Sixth Extinction." We'll review recent events & determine future events to attend. We also discuss our new goal for Green Sanctuary, a butterfly garden.

Senior Minister's Sabbatical Rev. Roger's time away starts Oct. 31. A detailed "Sabbatical Q&A" article is now on www.uuss.org/ If you don't have computer access, you may call the Office to ask for a copy to be printed for you.

Website Training Whether you need first time training in how to post news for your group on the website OR you've already attended a website training and need help or a refresher, feel free to stop by church between 12p and 8p on Tues, Sept. 27. Dirk will be here all day to help. If you'd like to schedule a specific time that day just email him at website@uuss.org.

- ONGOING ACTIVITIES -

The UUSS 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, and all who like to sing for a fun time around the piano on the 3rd Sunday of the month (that's today). Favorite hymns and 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 water. Contact Karen Sparrow: 818-510-2337 or karenjsparrow@gmail.com.

Wednesday Meditation (last session Wed. Oct. 5) Join us at 5:30pm in Room 6 through Oct. 5. Then find some quiet time once a day or once a week on your own. Also 3rd Sunday silent meditation 9:45am in Room 6.

- 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, or 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!

Need Cardboard Boxes! Soon we will be putting the UUrth Song Veggie Garden to sleep for the winter and need cardboard to place over the beds for weed control. Donated boxes may be left in the laundry area of the Kitchen. Thanks!

-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 Sunday, Oct. 9 at 9:15 am. Join retired curriculum developers and facilitators, Carol and Jerry Houseman, developers of the course, "Banner Banter", every 2nd & 5th Sundays 9:15 - 10:15am. No 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 UUSS. 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. 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): off Mon. Sept. 19 through Mon. Sept. 26.

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 Miguel Neri, Friday, Saturday and Sunday.