

**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 25**

9:00am - Recycle Sunday Table - Front Patio  
9:30am - Nursery Care - Room 11  
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  
12:00pm - OWL Mandatory Parent/Guardian Orientation  
Grades 4-6 - Room 7/8

**Monday September 26**

10:00am - Adult Enrichment: Chair Yoga - Fahs Room  
11:00am - Loaves and Fishes Serving Lunch- Offsite  
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8  
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

**Tuesday September 27**

10:00am - Ted's Web Discussion Group - Fahs Room  
6:30pm - Easing Awake Meditation - Library  
6:30pm - Mah-Jongg - Room 6  
6:30pm - Chanteuses Choir Rehearsal - Fahs Room  
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall  
7:00pm - UU Readers Book Discussion Group - Room 9

**Wednesday September 28**

1:00pm - Women's Support Group - Fahs Room  
4:00pm - St. John's Shelter Dinner Prep - Offsite  
5:30pm - Silent Meditation - Room 6 - All Welcome!  
6:00pm - Stand-Up for Racial Justice Meeting - Welcome Hall  
7:00pm - Threshold Choir - Room 7/8  
7:00pm - UUSS Choir Rehearsal - Fahs Classroom  
7:00pm - Theater One Rehearsal - *Middletown* - Room 12

**Thursday September 29**

1:30pm - Beginning Ukulele Group - Music & Theater Room  
2:30pm - Slow Jam Ukulele Group - Music & Theater Room  
7:00pm - AE: 12 Step Recovery Group - Room 9  
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

**Friday September 30**

\*\*\*No Events, Office is Open\*\*\*

**Saturday October 1**

10:00am - U.U. Saturday Stitchers -Fahs Room

**Sunday October 2**

9:00am - UNA Board Meeting - Room 9  
9:30am - Nursery Care - Room 11  
9:45am - Labyrinth Walk - 1<sup>st</sup> Sunday - Room 6  
10:30am - Sunday Worship Service - Sanctuary  
10:30am - RE Classes - Rooms 6, 7/8 and 12  
10:30am - RE Garden Salsa Day - Community Garden  
11:30am - Soup Sunday - Welcome Hall  
12:30pm - Calif. End of Life Options Discussion - 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,

**Today we have Religious Education classes** for all groups:  
-Nursery kids infant age through preschool are welcome to be dropped off in our Room 11 Nursery before getting settled in our sanctuary. Krystal and Yer are there to greet you.  
-Children in elementary attend Spirit Play in Room 7/8, but will start in the sanctuary with you before the Storyteller or Doorkeeper walk them over.  
-**Junior High** kids go *directly to Room 6 to sign in.*  
-**Our Senior High** youth start in the sanctuary then head to Room 12 with their Advisors.

**Next Sunday, 10/2:** Garden Day for Spirit Play. Please dress accordingly! After service you will be picking up your child(ren) over in our UUrth Song CommUnity Garden. Contact [re@uuss.org](mailto:re@uuss.org) for questions. Junior and Senior High youth have regular RE classes.

**One Sunday a month?** Contact [re@uuss.org](mailto:re@uuss.org) if you would like to help by volunteering at the RE Welcome Table before service in support of our RE families and volunteers.

Happy day!  
-Miranda Massa, Religious Education Coordinator

**-CURRENT & UPCOMING ACTIVITIES-**

**Senior Fellowship (65+ or there about):** Social, community group for all seniors. October 1, Crocker Museum, \$8, *Glass for the Millennium*, Lunch at café after \$12-\$20. Host Kathy Stricklin. October 7, Potluck and a movie 6:00. Host Elyse Furman. Call Jean Kohlhoff, at 916-544-4014 or email at [jeaniek44@aol.com](mailto:jeaniek44@aol.com).

**Salad Sundays! - Today,** your Board of Trustees offers delicious salads to tempt your taste buds. Salads served on the front patio. Dining tables will be available on the patio and inside. 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.*

**California End of Life Options Act -** Oct. 2 in the Welcome Hall at 12:30pm after the service. This program will 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, Ruth Holton-Hodson, the co-leader of Sacramento's volunteer action team for Compassion and Choices.

**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](mailto:website@uuss.org).

**UUJME Group Panel Discussion:** Mass Incarceration from United States to Palestine featuring Richard Becker (Answer Coalition) Palestinian & U.S. political prisoners; Dale McKinney (NAACP) U.S. School to Prison Pipeline and Mass Incarceration; and Beth Miller (No Way to Treat a Child Campaign. Defense for Children International) Israel's targeting, arrest and torture of Palestinian children October 5 at 7:00pm.

**Senior Minister's Sabbatical** Rev. Roger's time away starts Oct. 31. A detailed "Sabbatical Q&A" article is now on [www.uuss.org/](http://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.

– **ONGOING ACTIVITIES** –

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

**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](mailto:karenjsparrow@gmail.com).

**Wednesday Meditation Ending** (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 3<sup>rd</sup> Sunday silent meditation 9:45am in Room 6.

**Third Sunday Songfest (or perhaps Every Third Sunday Songfest)** Wish you could sing and / or hear more of your favorite songs? Come down by the piano every third Sunday after the service and request your favorites! Pianists, guitars, and ukuleles also welcome to play along!

– **Annual Congregational Meeting Oct. 23** –

Please plan to attend after service. You will hear reports from our President, Treasurer, Ministers, and other groups performing the business of the Congregation. We will also elect our Community Partners for the 2017 church year. Our Community Partners receive half of the generous donations to the collection plate each Sunday. You can nominate a group by filling out a Community Partner Nominating Form from our website at [www.uuss.org/forms](http://www.uuss.org/forms). Click on and download the "Community Partner Nominating Form". Print it out, fill it out, and turn it in to the USS office. Forms must be submitted by **October 9**.

– **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](mailto:marelz1@aol.com)) or Marie Pearce ([kknmee@gmail.com](mailto:kknmee@gmail.com))

**New Landscape Upkeep Team** - A monthly team is now forming to care for our exterior landscape. The first week of each month, groups 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](mailto:arkfloats1@gmail.com) or 916-974-1052 (9am-10pm) for info. or to sign-up!

**Need Cardboard Boxes!** Soon we will be putting the UU<sup>r</sup>th 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!

**Family Promise (FP) Table** - In the Welcome Hall **today**. Sign-up to help make our guest families comfortable during their week at USS, Oct. 23-30. Volunteers can bring pantry items; set up and clean up the RE rooms for our guests' comfort; be an overnight host; and clean up early 10/30 after they leave for the next church. For info ask volunteer coordinators: Nancy Oprsal, Paul Kinsella, Barbara Hopkins and Sally Wilkins.

– **EXPLORING UNITARIAN UNIVERSALISM** –

**Members, Friends & Newcomers Join us:**  
3<sup>rd</sup> Sunday of each Month 9:30 – 10:15, Fahs Classroom  
**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 Sunday, Oct. 9 at 9:15 am. Join retired curriculum developers and facilitators, Carol and Jerry Houseman, developers of the course, "Banner Banter", every 2<sup>nd</sup> & 5<sup>th</sup> Sundays 9:15 - 10:15am. No homework required. Every class stands alone, so no long term commitment. All are 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](mailto: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): Monday thru Friday 9:30am to 6:00pm.

**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.