

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 October 16

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 - RE Classes - Rooms 6, 7/8 and 12
11:45am - Owl Grades 4, 5 & 6 - Fahs Room
11:45am - Third Sunday Songfest - Main Hall (By Piano)

Monday October 17

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
1:30pm - Party Bridge - Room 7/8
6:15pm - Internship Committee Meeting - Room 6
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

Tuesday October 18

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

Wednesday October 19

1:00pm - Women's Support Group - Fahs Room
6:00pm - Refugee Support Team Meeting - Room 9
6:30pm - Adult Enrichment Committee Meeting - Library
7:00pm - Stewardship Committee Meeting - Room 6
7:00pm - Threshold Choir - Room 7/8
7:00pm - UUSS Choir Rehearsal - Fahs Classroom
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

Thursday October 20

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

Friday October 21

5:30pm - UU Justice Ministry Meeting - Room 7/8
6:00pm - Games Night - Fahs Room

Saturday October 22

8:00am - Theater One Set Build for *Middletown* - Main Hall
8:00am - Sheriff's Deputy Crew - Campus
2:00pm - UUSS Social & Potluck Group Halloween Party
- Fahs Room

Sunday October 23

9:00am - Recycle Sunday Tables - Front Patio
9:30am - Nursery Care - Room 11
9:45am - Reading and Reflection - 4th Sunday - Room 6
10:30am - Sunday Worship Service - Sanctuary
10:30am - RE Classes - Rooms 6, 7/8 and 12
11:45am - Owl Grades 4, 5 & 6 - Fahs Room
12:00pm - Congregational Meeting - Main Hall
1:30pm - *Aftershock* Book Discussion Group - Library
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12

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 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. Leeanna 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. Today we have Shannon as Storyteller and Kate as Doorkeeper. Many thanks!

-**Junior High** youth go directly to Room 6 to sign in with JHYG Advisor Kate Anderson.

-Our **Senior High** youth start in the sanctuary then head to Room 12 with their Advisors Anita and Yvonne.

Spirit Play Storyteller and Doorkeeper training date set for Nov. 19 from 1-5 pm. We hope a handful of new volunteers feel inspired to come share their time in RE by reading fun and meaningful stories to the group. Contact re@uuss.org for more details.

One Sunday a month? Contact 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-

Refugee Welcome Kits: The International Rescue Committee (IRC) Sacramento expects 200 refugee families to arrive in this area in the coming weeks. We will be assembling Refugee Welcome Kits after service **today!** If you haven't donated yet, please consider making a monetary donation at our table in the Welcome Hall.

Register to Vote Sunday: Here! - If you have moved since the last election, you must register again at registertovote.ca.gov/ or stay after service **today**, when volunteers from Planned Parenthood Education Fund will be here to help you.

Games Night: Join us on October 21 from 6:00 - 9:00 p.m. in the Sophia Fahs Classroom for a Halloween themed Games Night. The featured game is *Ultimate Werewolf!* Dress in costume and bring a spooky treat!

Earth Justice Ministry - Climate Agreement - *Will the Paris agreement on climate change protect our climate?* [Sacramento Spiritual Life Center](#) hosts a panel discussion Oct. 22, 10:00am - 1:00pm, 2201 Park Towne Circle, Sac. Find out about more sustainable solutions. **Panel:** Martha Turner, Buddhist Sangha & 350 Sacramento, Dr. Michelle Stevens, Environmental Studies, CSUS; Dr. Mark Lubell, Environmental Science, UC Davis.

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.

Home Hospitality—Several UU lay leaders will be in Sacramento for the fall board meeting of the [UU Justice Ministry of California](#), and they will need home hospitality by local hosts. If you have room in your heart and in your home, contact Beverly Boido at (916) 549-8312 or beverly@uujmca.org. The need is for either Thursday and Friday nights, Oct. 20 & 21, or Friday night only, October 21.

Yoga Ball Intro - Join Yoga class members & our teacher Paige Labrie Oct. 23 15-20 min. after service on soft ground west of main hall entrance to experience the joys of a Yoga & Stability Ball. Ask questions, try it out! Then join us any Monday, 7:00 p.m. in Room 7/8.

Philippines in February--Join Rev. Roger as the lead minister for a UU immersion trip to the Philippines, Jan. 31-Feb. 13. Visit congregations in mountain and coastal villages on Negros Island and one in Manila, plus many sites of history and culture. Meet a congregation that wishes to be partnered with UUSS. Deadline Oct. 30. Find a flyer in the Welcome Hall or see www.uupcc.org/pilgrimages/pilgrimage-opportunities

Senior Fellowship (65+ or there about): Social, community group for all seniors. Sunday October 23, 2pm, Born Yesterday at the Chautauqua Theater \$12, lunch before. Carpool from church at noon. Nov. 4, Potluck and a movie Room 12, 6:00. Host Elyse Furman. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com.

Theater One is proud to present - Middletown by Will Eno. Play runs Nov. 3 to Nov. 20, Thursday, Friday and Saturday nights at 8:00pm and Sunday afternoons at 2:00pm. Ticket for Thursday is \$8. Friday, Saturday, and Sunday, tickets are \$15 general admission, \$13 students, seniors, and SARTA members. Special price of \$10 on Nov. 5 performance if you also buy a ticket for the spaghetti feed which will precede the show that night

Palestinian Women Empowerment Under Occupation: Nawal Slemiah, founder and director of Women in Hebron (WiH), will speak about her life in Palestine and the work of the WiH Embroidery Cooperative on Nov. 4 at 7:00 p.m. Fahs Room. Doors open at 6:30 p.m. Refreshments and embroidery sale to follow the presentation. Find the gift that keeps on giving by supporting the WiH through your purchase! Palestinian olive oil will be for sale.

UUSS Spaghetti Dinner - Support UUSS and enjoy a great evening! Get one or more of the prized 200 \$25 reservations for the Nov. 5 combined Spaghetti Dinner/Theatre One tickets before Nov. 2, after church on the front patio for next 3 Sundays, or to reserve by email, contact megburnett2010@gmail.com to have tickets available at "will-call". Children under the age of 12 eat free with purchase of adult ticket(s).

– ONGOING ACTIVITIES –

Soup Sunday - held the **first and second Sundays of each month** now until March. Join us after the service in the Welcome Hall for a variety of delicious soups prepared by Theater One members. The first Sunday in Nov., members of the Program Council will make soups. Suggested donation is \$5 per person.

Saturday Stitchers - The first Saturday of the month from 10am to 1pm in the Fahs Room, we will gather together to work on our favorite projects. Bring your project, machine, and tools to work on your craft. We will supply tables, chairs, coffee and water. Karen Sparrow: 818-510-2337 karenjparrow@gmail.com.

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!

Awareness of Invisible Illnesses—Many chronic diseases cause pain or disability but are not visible. This means extra effort and grace by those who live with such a condition. It calls for compassion and openness by all of us. Read themighty.com/2016/09/what-to-know-during-invisible-illness-awareness-week/.

– ANNUAL CONGREGATIONAL MEETING OCT. 23 –

After service, you will hear reports from our President, Treasurer, Ministers, and other groups performing the business of the Congregation. We will elect our Community Partners for the 2017 church year. Our Community Partners receive half of the generous donations to the collection plate each Sunday.

– 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 - 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. Annie Kempees - arkfloats1@gmail.com or 916-974-1052 (9am-10pm) for information or to sign-up!

Family Promise (FP) Table - Welcome Hall **today**. Sign-up to help make our guest families comfortable during their week at UUSS, 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 Opsal, Paul Kinsella, Barbara Hopkins and Sally Wilkins.

– EXPLORING UNITARIAN UNIVERSALISM –

Members, Friends & Newcomers Join us:

3rd 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 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 ever wonder about the banners in our sanctuary?* Because they did, Carol and Jerry Houseman are leading small and large group discussions that explore how each of the banner represented religions/philosophies practices and beliefs could add to one's spiritual journey. Each session is stand alone. There is no cost. Come join them from 9:15 - 10:15am in room 9 every second and fifth Sunday. Oct. 30-Islam Nov. 13- Sikhism and Dec. 11 - Goddess Religion.

The Twelve Steps as a Spiritual Practice is a 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 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. Sabbatical begins Oct. 31. See article (over.)

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): Away on vacation, returning on Oct. 23.

Michele Ebler: (Bookkeeper): Monday thru Friday.

Stanton Vedell: (Communications and Facilities Coordinator): Sunday 8:00am to 4:30pm and Tuesday thru Friday 9:30am to 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 Miguel Neri, Friday, Saturday and Sunday.