

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 2

- 9:00am - UNA Board Meeting - Room 9
- 9:30am - Nursery Care - Room 11
- 9:45am - Labyrinth Walk - 1st Sunday - Labyrinth
(meet in the Fahs Room if rain)
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - RE Classes - Rooms 6 and 12
- 10:30am - RE Garden Salsa Day - Community Garden
- 11:30am - Soup Sunday - Welcome Hall
- 12:00pm - Owl Grades 4, 5 & 6 - Room 7/8
- 12:30pm - Calif. End of Life Options Discussion - Welcome Hall

Monday October 3

- 10:00am - Adult Enrichment: Chair Yoga - Fahs Room
- 1:30pm - Party Bridge - Room 7/8
- 7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
- 7:00pm - Lay Pastoral Care Meeting - Library
- 7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

Tuesday October 4

- 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 Monthly Meeting - Music/ Theater Room
- 7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

Wednesday October 5

- 1:00pm - Women's Support Group - Fahs Room
- 5:30pm - Silent Meditation - Room 6 - All Welcome!
- 6:00pm - Religious Services Monthly Meeting - Library
- 7:00pm - UUSS Choir Rehearsal - Fahs Classroom
- 7:00pm - Panel Discussion on UJME - Main Hall

Thursday October 6

- 11:00am - AE: Age Challengers - Fahs Room
- 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
- 7:00pm - Sacramento Master Singers - Altos - Fahs Room

Friday October 7

- 6:00pm - Senior Fellowship Potluck Dinner - 6:00pm

Saturday October 8

- 8:45am - American River Parkway Clean-up - American River

Sunday October 9

- 9:15am - Banner Banter - Room 9
- 9:30am - Nursery Care - Room 11
- 9:45am - Qi Gong/ Tai Chi - 2nd Sunday - Fahs Room
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - RE Classes - Rooms 6, 7/8 and 12
- 11:30am - Soup Sunday - Welcome Hall
- 12:00pm - Owl Grades 4, 5 & 6 - Room 7/8
- 12:30pm - Calif. End of Life Options Discussion - Welcome Hall
- 1:00pm - Mastersingers - Altos - Fahs Room

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. Krystal and Yer are there to greet you.
-Children in elementary attend **Spirit Play** which is having a harvest salsa day in our garden. Please pick your children up in the garden at the far end of our campus.
-**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.

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-

Senior Fellowship (65+ or there about): Social, community group for all seniors. October 7, Potluck and a movie room 12, 6:00. Host Elyse Furman. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com.

UJME Group Panel Discussion: Oct. 5 at 7:00pm, Welcome Hall. 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.

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.

The Age Challengers - October 6, 11:00am to 1:00 pm. Anyone over 70 is welcome. We talk and share how each of us deals with the changes in life that come up in our aging process. The conversations are always positive. Bring a brown bag lunch. Register at the Welcome Table on Sunday after service or just show up. Facilitator and fellow Age Challenger is Ilona Montel, Ph.D. montelart@msn.com.

- ONGOING ACTIVITIES -

Soup Sunday - will be held the first and second Sundays from now until March. Join us today for the first Soup Sunday. Delicious soups will be served immediately following the service in the front foyer. They have been prepared for you by Glory Wicklund and Friends. Next Sunday, Theater One members are the soup makers. Suggested donation per person is \$5.00.

The UUSS 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, or Cherie O'Boyle 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.

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 3rd Sunday silent meditation 9:45am in Room 6.

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. Nominate a group by filling out a Community Partner Nominating Form at 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 UUSS 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) 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 - In the 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 Oprsal, 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 wonder about the banners in our sanctuary?* This free class starts 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. 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 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: Away at workshop October 3-5, returning the afternoon of October 6.

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 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, David Molina, Saturday Night and Miguel Neri, Friday, Saturday and Sunday.