

**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 October 23**

9:00am - Recycle Sunday Tables - Front Patio  
9:30am - Nursery Care - Room 11  
9:45am - Reading and Reflection - 4<sup>th</sup> 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 - Library  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12

**Monday October 24**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
10:00am - Adult Enrichment: Chair Yoga - Room 7/8  
1:30pm - Party Bridge - Room 7/8  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8  
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

**Tuesday October 25**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
10:00am - Ted's Web Discussion Group - Library  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
6:30pm - Easing Awake Meditation - Library  
6:30pm - UU Reader Book Discussion - Welcome Hall  
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

**Wednesday October 26**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
1:00pm - Women's Support Group - Room 7/8  
4:00pm - St. John's Shelter - Offsite  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
6:00pm - Stand Up for Racial Justice - Welcome Hall  
7:00pm - UUSS Choir Rehearsal - Room 7/8  
7:00pm - Theater One Rehearsal - *Middletown* - Library

**Thursday October 27**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
12:00pm - APM Team Meeting - Library  
1:30pm - Beginning Ukulele Group - Main Hall  
2:30pm - Slow Jam Ukulele Group - Main Hall  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
7:00pm - AE: 12 Step Recovery Grp - Music/ Theater Room  
7:00pm - Board of Trustees Meeting - Library  
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

**Friday October 28**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12

**Saturday October 29**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
8:00am - Theater One Set Build for *Middletown* - Main Hall  
9:00am - Board and FRST Retreat - Library  
5:00pm - Family Promise - Fahs Room, Room 6, 9, 10 & 12

**Sunday October 30**

7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12  
9:00am - Banner Banter - Room 9  
9:45am - Nursery Care - Room 11  
10:30am - All Ages Sunday Worship Service - Sanctuary  
11:45am - Owl Grades 4, 5 & 6 - Fahs Room  
12:00pm - Newcomers Orientation - 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 Room 11 Nursery before getting settled in our sanctuary. The Nursery stays open later for our fall Congregational Meeting. Please inform staff if you want your child to stay longer or join in the Nursery for you to attend.

-**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 Megan 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.

**Spirit Play Storyteller** and Doorkeeper training date set for November 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](mailto:re@uuss.org) for more.

**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.

**Next Sunday is our service for all ages.** We hope to see you and your family together in our sanctuary.

Happy day!

-Miranda Massa, Religious Education Coordinator

**-CURRENT & UPCOMING ACTIVITIES-**

**Today** after service, 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.

**Art Show** - This is the last weekend to view our current art show featuring Michelle Andres. Please enjoy and remember they are for sale and all sales benefit both the artist and UUSS. For information contact 916-482-3018.

**Family Promise (FP) Table** - Sign-up **today** in the Welcome Hall to help make our guest families comfortable this week at UUSS. Volunteers can bring pantry items; set up and clean up the RE rooms for our guests; be an overnight host; and clean up early 10/30. For info ask volunteer coordinators: Nancy Oprsal, Paul Kinsella, Barbara Hopkins and Sally Wilkins.

**Yoga Ball Intro** - Join Yoga class members & our teacher Paige Labrie today. 15-20 min. after service on soft ground west of main hall entrance to experience the joys of a Yoga & Stability Ball. Then join us any Monday, 7:00pm in Classroom 7/8.

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

**Thanksgiving sign-ups** - Sign-up after service on Oct. 30 and join us for dinner on Nov. 24, 2pm in the Welcome Hall. Contact Laurie Jones at 916-490-6697 or [thanksgiving.uuss@gmail.com](mailto:thanksgiving.uuss@gmail.com)

**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.

**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 & Sunday, tickets: \$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 be before 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 7:00pm in the Fahs Room. Doors open at 6:30pm. Refreshments and embroidery sale to follow the presentation. Find the gift that keeps on giving by supporting the WiH. Palestinian olive oil will also be for sale.

**UUSS Spaghetti Dinner** - Support UUSS and enjoy a great evening! Get one or more of the 200, \$25 tickets for the Nov. 5 combined Spaghetti Dinner/Theatre One show, before Nov. 2. Get your tickets after church on the front patio on Sundays, or contact Meg at, [megburnett2010@gmail.com](mailto:megburnett2010@gmail.com), tickets will be available at "will-call". Children under the age of 12 eat free with purchase of adult ticket.

**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](http://www.uupcc.org/pilgrimages/pilgrimage-opportunities)

**Election Night - Nov. 8** come & enjoy watching the election results together in Welcome Hall. 4-9pm, \$15. Lots of snacks & beverages will be served. Contact Ginny Bjorgum at 728-4974, [nataccents@aol.com](mailto:nataccents@aol.com) or come by the AE area Sunday. By Nov. 2

**Alliance Program** - Nov. 10 in the Fahs Room refreshments are served at 10:45 am At 11am, Dolores Eitel will present 'End of Life Issues'. She has spoken at the Renaissance Forum and regularly writes articles for their newsletter on health issues. She speaks all over the country and has done extensive research on End of Life. She is a nurse and worked closely on the Karen Quinlan case years ago. All are welcome! Bring a guest.

### **– ONGOING ACTIVITIES –**

**Soup Sunday** - held the **first and second Sundays of each month** now until March. The first Sunday in November, members of the Program Council will prepare the soups. Suggested donation is \$5.00 per person.

**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](mailto:jlane612@earthlink.net), or Cherie O'Boyle [o Boyle.cgo@gmail.com](mailto:o Boyle.cgo@gmail.com) for info.

**Saturday Stitches** - The first Saturday of the month we will work on our projects 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).

**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/](http://themighty.com/2016/09/what-to-know-during-invisible-illness-awareness-week/).

### **– OPPORTUNITIES TO SERVE –**

**Volunteers needed** to take tickets and sell drinks and snacks for Theater One play, Middletown, Thursday, Friday, Saturday nights and Sunday afternoons Nov. 3 - Nov. 20. Earn a free ticket and drink for your much appreciated help. See Pat Skeels after the service or reach her at 916-704-2649.

**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. 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** - 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. Tools are available if you need them. Annie Kempees - [arkfloats1@gmail.com](mailto:arkfloats1@gmail.com) or 916-974-1052 (9am-10pm).

### **– EXPLORING UNITARIAN UNIVERSALISM –**

**Members, Friends & Newcomers Join us:**  
3<sup>rd</sup> Sunday of each Month 9:30 – 10:15, Fahs Classroom  
**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 - Room 7/8**

**Mat Yoga – Mondays, 7-8pm - Room 7/8**

**Women's Support Group** Wednesdays, 1:00-3:00pm in the Fahs Classroom. 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 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 religion/philosophy practices and beliefs could add to one's spiritual journey. Each session is stand alone and there is no cost. Join them 9:15 - 10:15am, Room 9 every second & 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 Music/ Theater Green Room (this week only). All welcome. For 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** - Monday 11-7 and Friday 10-3. Ministers Roger, Lucy & Scott will attend the fall meeting of the UU Ministers Assoc. at a retreat center in Danville Tues to Thurs, returning for the Board meeting Thursday.

**Rev. Lucy Bunch:** Away with Rev. Roger and Ministerial Intern Scott for UUMA retreat Oct. 25-27.

**D. Scott Cooper** (Ministerial Intern) - I'll be attending the Ministers' Retreat with Roger and Lucy Tuesday through Thursday. I'll be in the office Monday and Friday afternoon. 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 and Miguel Neri, Friday, Saturday and Sunday.