

## 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 30

- 7:00am - Family Promise - Fahs Room, Room 6, 9, 10 & 12
- 9:15am - Banner Banter - Room 9
- 9:45am - Nursery Care - Room 11
- 10:30am - All Ages Sunday Worship Service - Sanctuary
- 11:30am - Chili Lunch for Black Lives Matter - Welcome Hall
- 11:45am - Owl Grades 4, 5 & 6 - Fahs Room
- 12:00pm - Newcomers Orientation - Welcome Hall
- 1:00pm - Theater One Tech Rehearsal *Middletown* - Main Hall
- 1:15pm - BLM Banner Dedication - Welcome Hall (If Raining)

### Monday October 31

- 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 - Theater One Tech Rehearsal *Middletown* - Main Hall

### Tuesday November 1

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

### Wednesday November 2

- 1:00pm - Women's Support Group - Room 7/8
- 6:00pm - Religious Services Committee Meeting - Library
- 7:00pm - UUSS Choir Rehearsal - Fahs Room
- 7:00pm - Theater One Tech Rehearsal *Middletown* - Main Hall

### Thursday November 3

- 11:00am - A.E. Age Challengers - Fahs Room
- 1:00pm - Executive Committee Meeting - Library
- 1:30pm - Beginning Ukulele Group - Music & Theater Room
- 2:30pm - Slow Jam Ukulele Group - Music & Theater Room
- 6:00pm - Refugee Committee Meeting - Room 6
- 7:00pm - AE: 12 Step Recovery Grp - Room 9
- 7:00pm - Social Justice Movie Night - Library
- 7:00pm - Theater One Presents *Middletown* - Main Hall

### Friday November 4

- 9:00am - All Church Dinner Prep - Main Kitchen
- 5:30pm - Art Reception - Main Hall
- 6:00pm - Senior Fellowship Potluck Dinner - Room 12
- 7:00pm - UUJME: Guest Speaker Nawal Selmiah - Fahs Room
- 8:00pm - Theater One Presents *Middletown* - Main Hall

### Saturday November 5

- 9:00am - All Church Dinner Prep - Main Kitchen
- 10:00am - UU Saturday Stitchers - Fahs Room
- 4:30pm - All Church Spaghetti Dinner - Welcome Hall
- 8:00pm - Theater One Presents *Middletown* - Main Hall

### Sunday November 6

- 9:00am - UNA Board Meeting - Room 9
- 9:30am - Nursery Care - Room 11
- 9:45am - Labyrinth Walk 1<sup>st</sup> Sunday - Labyrinth
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - RE Classes - Room 6, 7/8 and 12
- 11:30am - Soup Sunday - Welcome Hall
- 2:00pm - Theater One Presents *Middletown* - Main 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** is our service for all ages which means there is no scheduled Religious Education. All classes resume next weekend.

**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 details.

**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-

**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.

**Senior Fellowship** (65+ or there about): Social, community group for all seniors. Nov. 4, potluck and a movie Room 12, 6:00pm. Host Elyse Furman. Nov. 12, U.S. Poet Laureate, Crest Theater, 6pm. Tickets \$15 online or at the door. Hosts Kathy Hackett and Ann Marie Fleming. Call Jean Kohlhoff, at 916-544-4014 or email at [jeaniek44@aol.com](mailto:jeaniek44@aol.com).

**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 is **today**. 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. Auction#C68 \$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.

**Alliance Program** - This is a program you may like to hear. After all we are all going to die. Come to UUSS November 10 at 10:45am All are welcome!

– **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.

**Party Bridge:** Join a social bridge group that plays for fun. The people in the group have various skill levels and are always willing to accept newcomers whatever their skills. Party bridge scoring is used. We meet Mondays from 1:30pm to 4:15pm in Room 7/8. Email Mary Schneider [marymschneider@comcast.net](mailto:marymschneider@comcast.net) or call at (916)454-2995 for a reservation. Treats are provided. A small donation is appreciated.

**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 [oboyle.cgo@gmail.com](mailto:oboyle.cgo@gmail.com) for info.

**The Age Challengers** - Anyone over 70 is welcome. We meet the first Thursday of the month, in the Fah's room, to talk and share how each of us deals with the changes in life that come up in our aging process. Next meeting is Nov. 3 from 11:00 am to 1:00 pm. Bring a brown bag lunch. Register at the Adult Enrichment Table after service or you can just show up. Facilitator and fellow Age Challenger is Ilona Montel, Ph.D. ([montelart@msn.com](mailto:montelart@msn.com)).

**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!

– **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 - Fahs Room**  
**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. **Today** - 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** - Office hours 11-6 on Monday, the last day before sabbatical. Roger is away in November & December and returns to UUSS in January. See more at [www.uuss.org](http://www.uuss.org).

**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 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.