

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 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 - Fahs Room

Monday October 10

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
1:30pm - Party Bridge - Room 7/8
6:30pm - Gen X/ Boomers Monthly Meeting - Room 6
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
7:00pm - Senior Fellowship Committee Meeting - Room 9
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

Tuesday October 11

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 12

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

Thursday October 13

10:45am - Alliance Program - Fahs Room - All Welcome!
1:00pm - Executive Committee Meeting - Library
1:30pm - Beginning Ukulele Group - Music & Theater Room
2:30pm - Slow Jam Ukulele Group - Music & Theater Room
2:30pm - FRST Monthly Committee Meeting - Library
6:00pm - Refugee Team Meeting - Room 6
7:00pm - UUSS Gen. Y Meeting (20's&30's) - Fahs Room
7:00pm - AE: 12 Step Recovery Group - Room 9
7:00pm - Theater One Rehearsal - *Middletown* - Main Hall

Friday October 14

5:30pm - Room Decorating Party - JHYG - Room 6

Saturday October 15

8:00am - Sheriff's Deputy Crew - Campus
9:15am - Religious Services Committee - Library

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
12:00pm - Third Sunday Songfest - Main Hall (By Piano)
12:30pm - Amazing Race (Auction Item) - Room 7/8

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 in Room 7/8, but will start in the sanctuary with you before the Storyteller or Doorkeeper walk them over.
-**Junior High youth** are invited to stay in service this weekend. A good majority of our junior high youth who are members of the Kids' Freedom Club are making a special presentation at the UU Church in Elk Grove.
-**Our Senior High youth** start in the sanctuary then head to Room 12 with their Advisors.

Stay tuned! Spirit Play Storyteller and Doorkeeper training date and times to be released soon. 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-

Earth Justice Ministry - In place of our October meeting, we'll be gathering at UUSS to prepare soil for milkweed on October 15 from 10:00am-12:00pm. Master Gardener and landscaper Annie Kempees with [sheriff crew](#) will be there. We'll be digging and "weeding" the area, planting the seed, seedlings and watering. Contact Patricia Johnson at 642-6067. Hope to see you there!

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 on October 16. If you can't be here, please consider making a monetary donation today after service. Visit our table in the Welcome Hall for the list of needed household items.

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 October 16, 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.

Senior Fellowship (65+ or there about): Social, community group for all seniors. November 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.

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.

– **ONGOING ACTIVITIES** –

Soup Sunday - held the first and second Sundays of each month now until March. Join us today after the service in the Welcome Hall for a variety of delicious soups prepared by Theater One members. The first Sunday in November, members of the Program Council will prepare the soups. Suggested donation is \$5.00 per person.

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, 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 karensparrow@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. 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 USS office. Forms must be submitted **today**.

– **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 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:
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 in Room 9. 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 when you can.

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 USS. 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): Monday, Friday, Sunday morning and by email.

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