

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 November 6

9:00am - UNA Board Meeting - Room 9
9:30am - Nursery Care - Room 11
9:45am - Labyrinth Walk 1st 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

Monday November 7

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
1:30pm - Party Bridge - Room 7/8
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday November 8

10:00am - Ted's Web Discussion Group - Room 7/8
4:00pm - Let's Watch November Elections - Auction Item -
Welcome Hall
6:30pm - Easing Awake Meditation - Library
6:30pm - Mah Jongg - Room 9
7:00pm - Theater One Monthly Meeting - Music & Theater Rm

Wednesday November 9

1:00pm - Women's Support Group - Fahs Room
6:00pm - Finance Committee Meeting - Library
7:00pm - Threshold Choir - Room 7/8
7:00pm - UUSS Choir Rehearsal - Fahs Room

Thursday November 10

10:45am - Alliance Program - Fahs Room
1:30pm - Beginning Ukulele Group - Music & Theater Room
2:30pm - FRST Monthly Committee Meeting - Library
2:30pm - Slow Jam Ukulele Group - Music & Theater Room
7:00pm - UUSS Generation Y Group - Fahs Room
7:00pm - AE: 12 Step Recovery Group - Room 9
8:00pm - Theater One Presents *Middletown* - Main Hall

Friday November 11

Office Closed for Veterans Day

8:00pm - Theater One Presents *Middletown* - Main Hall

Saturday November 12

8:45am - American River Parkway Clean-up - Offsite
8:00pm - Theater One Presents *Middletown* - Main Hall

Sunday November 13

9:15am - Banner Banter - Room 9
9:30am - Nursery Care - Room 11
9:45am - QiGong & Tai Chi 2nd Sunday - Fahs Room
10:30am - Sunday Worship Service - Sanctuary
10:30am - RE Classes - Room 6, 7/8 and 12
11:30am - Soup Sunday - Welcome Hall
11:45am - Owl Grades 4,5 & 6 - Fahs Room
12:00pm - Membership/ Greeters Meeting - Room 7/8
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
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.

-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 Spirit Play
Champion Alecia Sanchez as Storyteller. Many thanks!

-**Junior High** youth go directly to Room 6 to sign in with
JHYG Advisor Kate Anderson at 10:30am. Kate is holding a
special class for those not at the MUUGs conference and who
want to work on their individual game.

-**Senior High** youth start in the sanctuary then head to Room
12 with their Advisors. Some SHYG members may be away
at the high school YRUUP conference.

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 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-

Thanksgiving sign-ups - Sign-up after the service **today** 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

Senior Fellowship (65+ or there about): Social, community
group for all seniors. November 12, U.S. Poet Laureate, Crest
Theater, 6pm. Tickets \$15 online or at the door. Carpool from
church. Nov. 19, Trip to Apple Hill 12:30pm. Carpool from
church at noon. Call Jean Kohlhoff, at 916-544-4014 or email
at jeaniek44@aol.com.

Election Night - Nov. 8 come & enjoy watching the election
results together in Welcome Hall 4-9pm. Auction#C68 \$15.
Snacks & beverages will be served. Contact Ginny Bjorgum
at 728-4974, nataccents@aol.com or the Adult Enrichment
table after the Service.

Alliance Program - Nov. 10 at 10:45am, in the Fahs Room.
We are all going to die so why not demystify the *End of Life
Medical Options Act*. Dolores Eitel, RN, Family Nurse
Practitioner, Hospital Administrator and University Professor,
will present an overview of the law and how to access it. She
has served on an Ethics Committee, implementing Hospice
Services and teaching End of Life Planning.

- ONGOING ACTIVITIES -

Theater One is proud to present - *Middletown* by Will Eno.
Play runs now thru Nov. 19, Thursday, Friday and Saturday
nights at 8:00pm and Sunday afternoons at 2:00pm. Ticket for
Thursdays are \$8. Friday, Saturday & Sunday, tickets: \$15
general admission, \$13 students, seniors, and SARTA
members.

The Banner Team will be selling the new 14-banner
calendar, 26-banner posters and UU note cards in the
Welcome Hall on Sundays during November and December,
in time for holiday giving for loved ones and our sacred home
at UUSS.

Soup Sunday - held the first and second Sundays of each month until March. Join us after the service on November 6, for soup prepared by members of the Program Council. November 13, soup will be prepared by Family Promise. The 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 or call at (916)454-2995 for a reservation. Treats are provided. A small donation is appreciated.

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.

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).

Saturday Stitchers - 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.

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. 19. 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 (maralz1@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. Tools are available if you need them. Annie Kempees - arkfloats1@gmail.com or 916-974-1052 (9am-10pm).

-EXPLORING UNITARIAN UNIVERSALISM-

Members, Friends & Newcomers Join us:
3rd 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 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. 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 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.
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. We meet Thursdays, from 7:00 – 9:00pm in Room 9. All are welcome. For more info., 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
Office is closed on November 11 for Veteran's Day

- CHURCH STAFF HOURS -

Rev. Roger Jones - Away on sabbatical in November and December, back in January. For ministerial needs, please contact Rev. Lucy or Ministerial Intern Scott. For USS program questions, call our USS Office weekdays.

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 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 and Miguel Neri, Friday, Saturday and Sunday.