

The Blue Sheet Upcoming Activities & Announcements

Unitarian Universalist Society of Sacramento
2425 Sierra Blvd. Sacramento, CA 95825
(916)483-9283, office@uuss.org
www.uuss.org

Sunday November 27

9:00am - Recycle Table - Front Patio
9:30am - Nursery Care - Room 11
9:45am - Reading and Reflection - 4th Sunday - Room 6
10:30am - Sunday Worship Service - Sanctuary
10:30am - RE Classes - Room 6, 7/8 and 12
12:00pm - Newcomer's Orientation - Welcome Hall
12:30pm - Website Training with Dirk Tuell - Library

Monday November 28

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
11:00am - Loaves and Fishes - Offsite
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday November 29

10:00am - Ted's Web Discussion Group - Fahs Room
6:30pm - Easing Awake Meditation - Library
6:30pm - Mah Jongg - Room 6
7:00pm - UU Readers Book Discussion - Library

Wednesday November 30

1:00pm - Women's Support Group - Fahs Room
6:00pm - SURJ Meeting - Welcome Hall
7:00pm - Threshold Choir - Room 7/8
7:00pm - UUSS Choir Rehearsal - Fahs Room

Thursday December 1

11:00am - Age Challengers - Fahs Room
1:00pm - Executive Committee Meeting - Library
1:00pm - Beginning Ukulele Group - Music & Theater Room
1:30pm - Slow Jam Ukulele Group - Music & Theater Room
7:00pm - AE: 12 Step Recovery Group - Room 9
7:00pm - Social Justice Ministry Movie Night - Welcome Hall
7:00pm - Earth Justice Ministry Meeting - Room 6

Friday December 2

No Events Scheduled, Office Open

Saturday December 3

9:30am - UU Saturday Stitchers - Fahs Room

Sunday December 4

9:00am - UNA Board Meeting - Room 9
9:30am - Nursery Care - Room 11
9:45am - Labyrinth Walk - 1st Sunday - Labyrinth Walk
10:30am - Sunday Worship Service - Sanctuary
11:30am - Soup Sunday - Welcome Hall
11:45am - RE Classes - Room 6, 7/8 and 12
11:45am - UUJME Olive Oil and Craft Fair - 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
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** but will start in the sanctuary with you before the Doorkeeper walks them over to class. Today is a special Labyrinth Day with Rev. Lucy. Children may be picked up in the meadow next to our beautiful built in Labyrinth.

-**Junior High** youth go directly to Room 6 to sign in with Neighboring Faiths leader, Anthony Johnson. Today is the integration session discussing Judaism after their recent visit to B'nai Israel for a Friday evening Shabbat service.

-Our **Senior High** youth start in the sanctuary then head to Room 12 with their Advisors.

Looking ahead: In the month of December, we have RE planned for December 4 and 11. December 11 is also the last day of OWL for grades 4-5-6. Abby, Amanda, Frances, and Nathan have been amazingly dedicated this OWL year and the program is very thankful! December 18 is our Yule service where we will trim the trees which means there is no RE. Also, there is no RE scheduled for December 25. The Nursery will also be closed on December 25.

Happy day!

-Miranda Massa, Religious Education Coordinator

-CURRENT & UPCOMING ACTIVITIES-

Coat & Blanket Drive for Refugees: The International Rescue Committee (IRC) Sacramento invites UUSS to help make refugees welcome by donating *new* or *gently used* coats and blankets. All sizes are needed, especially children and youth. Drop off your donations in the Welcome Hall **today** and December 4.

Earth Justice Ministry will meet Dec. 1, 7:00pm to 8:15pm, Room 6. We'll discuss pollinator/ butterfly garden, steps toward green sanctuary recertification, work with other groups and upcoming events. Hope to see you there! Contact Patricia Johnson at patricia459@yahoo.com or call her at 642-6067 and leave message.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Dec. 10, Global Winter Wonderland at Cal Expo 5pm. Seniors \$16 – general admission. Eat at Cal Expo. Carpool from church at 4:30. Host Jean Kohlhoff. Happy Thanksgiving. Call Jean Kohlhoff, at 916-544-4014 or email at jeaniek44@aol.com.

Theater One Acting Classes: Theater One is sponsoring a six-week improvisational acting class led by a professional actor, director and teacher, Betsaida LeBron. The six sessions, Sunday evenings, 6-8 pm at UUSS in the Fahs Room, January 8 through February 12. The cost is \$105 for the entire series. Class is limited to 10-24 people. Sign-up at the Adult Enrichment table or contact David Paul. Davep429@gmail.com

- ONGOING ACTIVITIES -

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 **today** and in 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 in December for delicious soup. Suggested donation is \$5.00 per person.

Party Bridge: Join a social bridge group that plays for fun. People in the group have various skill levels and are always willing to accept newcomers whatever their skills. Mondays 1:30pm to 4:15pm in Room 7/8. Email Mary Schneider marymschneider@comcast.net or call (916)454-2995. Treats are provided. A small donation is appreciated. **Will not meet on 11/28.**

UUSS Ukulele players - New beginners at 1:00 p.m. for individual tutoring. Slow jam 1:30 to 3:00 in Music and Theater Room. Ukuleles available to lend. Judy Lane jlane612@earthlink.net, or Cherie O'Boyle oboyle.cgo@gmail.com.

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 Dec. 1 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. Email her at 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 –

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 or Marie Pearce kknmee@gmail.com.

New Landscape Upkeep Team - First week of each month, our group spend 1-3 hours pulling weeds, dead-heading the rose shrubs, checking the irrigation and replacing broken emitters, replacing dead plants, or pruning plants. Tools are available if you need them. Contact 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
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 Room. 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. 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 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 - Away on sabbatical in November and December, back in January. For ministerial needs, please contact Rev. Lucy or Ministerial Intern Scott. For UUSS program questions, call our UUSS 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 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.