

The Blue Sheet Upcoming Activities & Announcements

Unitarian Universalist Society of Sacramento
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www.uuss.org

Sunday December 11

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 Monthly Meeting - Room 7/8
12:00pm - Racial Justice - Main Hall
12:00pm - Nominating Committee Meeting - Room 6
12:00pm - Family Promise Meeting - Room 9

Monday December 12

10:00am - Adult Enrichment: Chair Yoga - Fahs Room
1:30pm - Party Bridge - Room 7/8
6:15pm - Internship Committee Meeting - Library
6:30pm - Gen X/ Boomers Club Monthly Meeting - Room 6
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8
7:00pm - Senior Fellowship Meeting - Room 10

Tuesday December 13

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

Wednesday December 14

1:00pm - Women's Support Group - Fahs Room
6:00pm - Showing Up for Racial Justice Meeting - Main Hall
6:00pm - Finance Committee Meeting - Library
7:00pm - Threshold Choir - Room 7/8
7:00pm - UUSS Choir Rehearsal - Fahs Room

Thursday December 15

1:00pm - Beginning Ukulele Group - Music & Theater Room
1:30pm - Slow Jam Ukulele Group - Music & Theater Room
6:30pm - Refugee Team Meeting - Room 6
7:00pm - Program Council Meeting - Library
7:00pm - AE: 12 Step Recovery Group - Room 9
7:00pm - Board of Trustees Meeting - Fahs Room

Friday December 16

6:00pm - Games Night - Fahs Room

Saturday December 17

8:45pm - Religious Services Writing Workshop - Library
5:00pm - CUUPS - Winter Solstice- Fahs Room

Sunday December 18

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 All Ages Service - Sanctuary
11:45am - Owl Grades 4, 5 & 6 - Fahs Room
11:45am - Songfest - Main Hall (by the piano)
12:00pm - Pastoral Visitor's Program - Room 9

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.

-**Junior High** youth go directly to Room 6 to sign in.

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

Looking ahead: Dec. 18 is our Yule all ages service where we will trim the trees. There is no RE. I am looking for a few adults to help me at the RE craft table inside the sanctuary during the service. Email re@uuss.org if you're willing!

There is no RE scheduled for Dec. 25. The Nursery will also be closed on Dec. 25. Happy Holidays!

Thanks to Nursery staffer Krystal for recreating our UUSS Gratitude tree in the display case next to the Fahs room. Have you checked it out?

-Miranda Massa, Religious Education Coordinator

-CURRENT & UPCOMING ACTIVITIES-

Soup Sundays: Join us today following the service in Welcome Hall for delicious soups prepared for you by The Howards' Ministry Circle. The suggested donation per person is \$5.00.

Family Promise: Are you a Family Promise volunteer or interested in becoming one? Interested in supporting homeless families in Sacramento? Join us after the service **today** in Room 9 for discussion and planning session.

Amigos Fieles/Faithful Friends: Today and Dec. 18, JoAnn Anglin will have Christmas cards to send to undocumented immigrants held in detention at Sacramento County Jail. Participants will receive the name of one of the detainees and a card to send them. The greeting cards are to let them know they are not forgotten and to receive well wishes from someone outside.

Fair Trade Palestinian Olive Oil: today after the service in the Welcome Hall. Each 750ml bottle is \$20. A great deal that helps Palestinian farming families to stay on their land. Brought to you by Sacramento Bethlehem Sister City, this tasty olive oil makes a thoughtful holiday or hostess gift! Olive soap \$5 per bar.

UUSS Racial Justice Committee: Attend our first open meeting **today** after service in the Sanctuary to connect with like-minded people and brainstorm ideas for how to deepen our participation in racial justice and be a force for healing in the world.

Interfaith Evening of Prayer for Peace: Scott will be one of several Greater Sacramento Faith Leaders involved in the "Interfaith Evening of Prayer for Peace" at the Christ the King Passionist Retreat Center at 6520 Van Maren Lane in Citrus Heights, Dec. 13, 7:00 to 9:00 pm in the chapel. We gather from various traditions to pray for, celebrate and honor the Earth.

Games Night: Let's celebrate the holiday season on Dec. 16 at 6 PM in the Fahs Room with a White Elephant Gift Exchange and Winter Potluck! Bring a wrapped gift valued under \$20 and your favorite winter dish, along with your favorite party games to add to the fun.

Butterfly Garden: We'll be finishing the digging and planting of milk weed plants & seeds, Dec. 17 from 9am to 1pm. Come for part of the time or the entire time, rain or shine. Contact Patricia at 642-6067 or patricia459@yahoo.com.

CUUPS Winter Solstice: Dec. 17 5:00pm canvas labyrinth available, 6:00pm potluck, 7:00pm art project and/or 3rd goddess video. Free, open to all. Next year, we are experimenting having earlier events ending before dusk since so many people do not drive at night.

Senior Fellowship (65+ or there about): Social, community group for all seniors. Dec. 26, Holiday potluck and movie. Bring Decorations. Host Jean Kohlhoff. Contact Jean Kohlhoff, at 916-544-4014 or jeaniek44@aol.com.

Mobilizing Terry Spaghetti Dinner: Jan. 6 starting at 5:30pm. There will be a Rock N Roll band too. All proceeds to Terry Preston, formerly on Board of Trustees & Religious Education teacher, to purchase a large van with an electric ramp so he can get out into the Community! Contact: Patricia Johnson: patricia459@yahoo.com or call 642-6067.

– **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 in December, in time for holiday giving for loved ones.

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.

UUSS Ukulele players: 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: All over 70 are welcome. Next meeting is Jan. 5 from 11:00 am to 1:00pm in the Fahs Room. We discuss and share how each of us deals with changes in life that come up in our aging process. Register at the Adult Enrichment Table after service or 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** –

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 info. 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.

What Are Your Guiding Beliefs?: Come Build Your Own Theology. Rev. Martha Hodges, offers a popular UUA curriculum, *Building Your Own Theology*. This ten-session class has two sessions: Thursday afternoons from 1-3 and another from 7:00-9:00pm, beginning Jan. 12. Sign-up at the Adult Enrichment table after service until Dec. 18 or call the office. This will allow us time to order books. Cost of books is \$14.60.

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

MULTIKULTI: Introduction to Multicultural Awareness. This workshop is held Jan. 21, from 10:00am to 3:00pm. Registration is a sliding scale from \$40-\$60, lunch included. Led by Mtuaswa Anthony Johnson, a Starr King ministry student visiting and volunteering in our congregation this year. Advance registration required at the Adult Enrichment table. Scholarships available.

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. Thursdays, from 7:00 – 9:00pm in Room 9. All are welcome. Contact Evan at evanmc58@gmail.com for more.

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 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, Sunday 7:30am to 4:00pm and Tuesday 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 Thursday and Miguel Neri; Friday, Saturday and Sunday.