

The Blue Sheet Upcoming Activities & Announcements

Unitarian Universalist Society of Sacramento
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(916)483-9283, office@uuss.org
www.uuss.org



Sunday December 25



No Nursery Care or RE Today

10:30am - Christmas Sunday Worship Service - Sanctuary

Monday December 26

Office Closed for Christmas Holiday

10:00am - Adult Enrichment: Chair Yoga - Fahs Room

7:00pm - Adult Enrichment: Mat Yoga - Room 7/8

Tuesday December 27

10:00am - Ted's Web Discussion Group - Fahs Room

6:00pm - Senior Fellowship Potluck Dinner - Room 12

6:30pm - Easing Awake Meditation - Library

6:30pm - Mah Jongg - Room 6

7:00pm - UU Readers Book Discussion - Welcome Hall

Wednesday December 28

1:00pm - Women's Support Group - Fahs Room

4:00pm - St. John's Shelter - Library

7:00pm - Threshold Choir - Room 7/8

7:00pm - UUSS Choir Rehearsal - Fahs Room

Thursday December 29

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

Friday December 30

No Events Scheduled, Office is Open

Saturday December 31

No Events Scheduled, Office is Closed

Sunday January 1

8:30am - Labyrinth Walk and New Year's Breakfast -
Welcome Hall

9:00am - UNA Board Meeting - Room 9

9:30am - Nursery Care - Room 11

10:30am - Sunday Worship Service - Sanctuary

10:30am - RE Classes - Room 6, 7/8 and 12

11:30am - Soup Sunday - 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.

Contact the office for more information:
(916)483-9283, office@uuss.org

-RELIGIOUS EDUCATION-

Hello UUSS Families,

**Happy Holidays. There is no RE or Room 11
Nursery care today. See you next weekend.**

Take care,

-Miranda Massa, Religious Education Coordinator

-CURRENT & UPCOMING ACTIVITIES-

Senior Fellowship (65+ or there about): Social, community group for all seniors. Merry Christmas! Dec. 27 Holiday potluck and movie room 12. Bring Decorations. Host Jean Kohlhoff. Dec. 29, 4:30pm, meet at church for another attempt at attending Global Winter Wonderland. Jan. 10. Movie, Matinee for Hidden Figures. Host Jean Kohlhoff. Contact Jean Kohlhoff, at 916-544-4014 or at 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 -

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!

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 11:00am 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 Stitches: The first Saturday of the month we will work on our projects from 10:00am to 1:00pm 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.

– **MORE THINGS TO KNOW AND DO** –

The Kids' Freedom Club: We are planning another trip to India and would like to invite a few others from UUSS to join us. The trip in April will include visiting the work of "Free the Slaves" and discovering the country of India. All travelers must cover their own costs. If you are interested, contact Petra for details: petrastanton@comcast.net

– **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 Friday of each month, our group spends 1-3 hours pulling weeds, dead-heading the rose shrubs, check the irrigation and replace broken emitters, replace dead plants, or prune plants. Tools are available. Annie Kempees - arkfloats1@gmail.com or 916-974-1052 (9:00am-10:00pm).

– **EXPLORING UNITARIAN UNIVERSALISM** –

Members, Friends & Newcomers Join us:

3rd Sunday of each Month 9:30am – 10:15am, Fahs Room
January - Social Justice: How Do We Live Our Values?
February - Survey of UU History
March - Principles & Sources of our Tradition
April - Faith: What Does It Mean to a UU?

– **SUNDAY MORNING SPIRITUAL PRACTICES** –

Join Us Before the Service

9:45am- 10:15am 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 (Cancelled Dec. 25)

– **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.

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 Saturday, Jan. 21, 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 10:00am-11:00am - Fahs Room
Mat Yoga – Mondays, 7:00pm-8:00pm - Room 7/8

Women's Support Group: Join us on 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.

Easing Awake Meditation Tuesday evenings, Jan. 10 through Feb. 28, 6:30pm to 8:30 p.m., with Doug Kraft. Signup sheet and information in the Welcome Hall.

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

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 to 10:15am, Room 9 every second & fifth Sunday. **Jan. 8, no class, Jan. 29 Buddhism.**

Check the Sunday Connections table for upcoming activities and workshops.

Office Hours

Monday thru Friday 8:30am to 5:00pm

Office is Closed Monday, December 26 for Christmas

– **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): Friday, Sunday morning and by email.

Michele Ebler: (Bookkeeper): Tuesday thru Friday.

Stanton Vedell: (Communications and Facilities Coordinator, Tuesday thru Friday 9:30am to 6:00pm.

Elaine Cooper: (Receptionist): Tuesday 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, Tuesday thru Thursday and Miguel Neri; Friday and Saturday.