

## **ThisWeek@UUSS Unitarian Universalist Society of Sacramento**

### **Sunday January 8**

- 9:30am - Nursery Care - Room 11
- 9:45am - QiGong & Tai Chi Chuan - Fahs Room
- 10:30am - Sunday Service - Sanctuary
- 10:30am - RE Classes - Room 6, 7/8 and 12
- 11:30am - Soup Sunday - Welcome Hall
  - Soups prepared by Membership/ Greeter Committee. Suggested donation is \$5.00.
- 12:30pm - Book Discussion - *Hillbilly Elegy* - Library
- 6:00pm - Improv Class - Fahs Room

### **Monday January 9**

- 10:00am - Chair Yoga & 7:00pm - Mat Yoga - Fahs Room
  - Yoga by Paige Labrie - Try a first class for free.
  - Classes are \$8 each if you sign up for a two-month series or \$10 on a drop-in basis.
  - All Welcome!
- 1:00pm - Party Bridge - Room 7/8
  - All skill levels welcome. Contact [partybridge@uuss.org](mailto:partybridge@uuss.org)
- 6:30pm - Gen. X/Boomers Club Monthly Meeting- Room 6
  - Contact [genxboomers@uuss.org](mailto:genxboomers@uuss.org).

### **Tuesday January 10**

- 10:00am - Ted's Web Discussion Group - Fahs Room
  - Contact [tedsweb@uuss.org](mailto:tedsweb@uuss.org).
- 6:30pm - Easing Awake Meditation - Library
  - January 10 to February 28, 6:30pm to 8:30pm with Doug Kraft. Sign up sheet & information in Welcome Hall.
- 6:30pm - Mah Jongg - Room 6
  - Contact [mahjongg@uuss.org](mailto:mahjongg@uuss.org)
- 6:30pm - Theater One *Company* Auditions- Main Hall
- 6:30pm - Refugee Support Team Meeting - Room 10
- 7:00pm - Theater One Monthly Meeting - Music & Theater Room

### **Wednesday January 11**

- 1:00pm - Women's Support Group - Fahs Room
  - All are welcome. Contact [women@uuss.org](mailto:women@uuss.org).
- 6:00pm - Finance Committee Meeting - Library
- 7:00pm - UUSS Choir Rehearsal - Fahs Room
  - Contact [music@uuss.org](mailto:music@uuss.org).
- 7:00pm - Theater One *Company* Auditions - Main Hall

### **Thursday January 12**

- 10:45am - Alliance Program - Fahs Room
  - Karen Tarp and Eric Ross will show pictures of wildlife, ancient villages and totem polls from their trip to the islands of Haida Gwaii.
  - Contact [alliance@uuss.org](mailto:alliance@uuss.org).
- 1:00pm - UUSS Ukulele Group - Music & Theater Room.
  - New beginners at 1:00 p.m. for individual tutoring.
  - Slow jam 1:30 to 3:00. Ukuleles available to lend.
  - Contact [ukes@uuss.org](mailto:ukes@uuss.org).
- 1:00pm & 7:00pm - Building Your Own Theology - Room 7/8
- 2:30pm - Financial Resources Strategic Planning Team Monthly Meeting - Library
- 7:00pm - 12 Step Recovery Group - Room 6
  - Twelve Steps as a Spiritual Practice. All are welcome. Contact [evanmc58@gmail.com](mailto:evanmc58@gmail.com).
- 7:00pm - UUSS Generation Y (20's & 30's Group)- Fahs Room
  - Contact [geny@uuss.org](mailto:geny@uuss.org).
- 7:00pm - Theater One *Company* Auditions - Main Hall
- 7:00pm - Theology On Tap - Offsite
  - Bonn Lair - 3651 J Street, Sacramento.
  - Contact [jensencm@comcast.net](mailto:jensencm@comcast.net)

### **Saturday January 14**

- 8:45am - American River Parkway Clean-Up -Offsite
  - Meet in the parking lot at the west end of Northrop Ave., next to the levee, near Panera off Howe Avenue.
  - Contact [parkway@uuss.org](mailto:parkway@uuss.org).

## ComingUp@UUSS Unitarian Universalist Society of Sacramento

**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! Contact [music@uuss.org](mailto:music@uuss.org).

**Senior Fellowship (65+ or there about):** Social, community group for all seniors. January 10. Movie, Matinee for Hidden Figures. Host Jean Kohlhoff. Contact [seniors@uuss.org](mailto:seniors@uuss.org).

**No Child Behind Bars: Living Resistance from U.S. To Palestine:** January 18, 7:00pm in the Main Hall, featuring UU Minister Rev. Amanda Weatherspoon and Ahed Tamimi, Palestinian teen. Rev. Weatherspoon's ministry centers on collective liberation, global human rights, and organizing toward black liberation. Ahed is from Palestine. Come learn how their stories are intertwined. Contact [uujme@uuss.org](mailto:uujme@uuss.org).

**Post-Inauguration Meditation--Finding Serenity and Courage in One Simple Gesture:** Sat., Jan 28, 8:15pm to 1:00pm, Room 7/8. Rev. Dave Scheuneman returns. A divided nation, a planet at risk--and too many broken hearts! Where do we find courage in the face of dishonesty about suffering and injustice? Come join us. See how life calls us toward inward reflection AND outward service! Coffee/tea, snack at 8:15 a.m., retreat 8:45 sharp. \$20 + voluntary donation. Register at Connections Table.

**MULTIKULTI:** Introduction to Multicultural Awareness. This workshop is held January 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.

### Exploring Unitarian Universalism

3<sup>rd</sup> Sunday of each Month 9:30am – 10:15am, Fahs Room  
**January - Social Justice: How Do We Live Our Values?**

### Sunday Morning Spiritual Practices

Join Us Before the Service

9:45am- 10:15am every Sunday (**except 5<sup>th</sup> Sundays**)

**3<sup>rd</sup> Sunday - Silent Meditation - Room 6**

### Ways 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. Contact [share@uuss.org](mailto:share@uuss.org).

**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 plant. Tools are available if you need them. Contact [landscape@uuss.org](mailto:landscape@uuss.org).

### 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 Feast Day, let us know of any food allergies. Warm thanks for all Alecia's amazing efforts and dedication to Spirit Play!

-**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.

**Happy day!**

-Miranda Massa, Religious Education Coordinator

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UUSS, 2425 Sierra Boulevard, Sacramento, [uuss.org](http://uuss.org)

UUSS Office – 8:30-5:00 Monday-Friday, (916) 483-9283, [office@uuss.org](mailto:office@uuss.org)

Send your brief submissions to ThisWeek at [bluesheet@uuss.org](mailto:bluesheet@uuss.org) by 1 pm Wednesday.