

ThisWeek@UUSS

Unitarian Universalist Society of Sacramento

Sunday January 29

- 9:15am - Banner Banter - 5th Sunday - Room 9
Todays' topic is Buddhism
- 9:45am - Nursery Care - Room 11
- 10:30am - Sunday Service - Sanctuary
Mtwaswa Anthony Johnson is a UU seminarian at Starr King School for the Ministry. Bringing varied experiences, he offers life coaching, spiritual direction and African divinations.
- 10:30am - RE Classes - Rooms 6, 7/8 and 12
- 11:30am - Women's March Group Photo - Main Hall
If you attended the event on January 21, come to the front of the Main Hall for a group photo after service.
- 11:45am - Chili Sunday (Board of Trustees) - Welcome Hall
Your Board of Trustees will serve a variety of chili after Sunday Service
- 12:00pm - Nominating Committee Meeting - Room 9
- 6:00pm - Theater One: Improv Class - Fahs Room

Monday January 30

- 10:00am - Chair Yoga-Fahs Room & 7:00pm-Mat Yoga-Room 7/8
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!
- 1:30pm - Party Bridge - Room 7/8
All skill levels welcome. Contact partybridge@uuss.org
- 7:00pm - Theater One *Company* Rehearsal - Main Hall

Tuesday January 31

- 10:00am - Ted's Web Discussion Group - Fahs Room
Contact: 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 & info. in Welcome Hall
- 6:30pm - Refugee Team Meeting - Room 9
- 6:30pm - Mah Jongg - Room 6
Contact mahjongg@uuss.org
- 7:00pm - UU Readers Discussion Group - Welcome Hall
Contact: uureaders@uuss.org
- 7:00pm - Theater One *Company* Rehearsal - Main Hall

Wednesday February 1

- 1:00pm - Women's Support Group - Fahs Room
All are welcome. Contact women@uuss.org
- 7:00pm - UUSS Choir Rehearsal - Fahs Room
Contact music@uuss.org
- 7:00pm - Theater One *Company* Rehearsal - Main Hall

Thursday February 2

- 11:00am - Age Challengers - Fahs Room
- 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
- 1:00pm - Welcome Hall & 7:00pm Room 7/8- Building Your Own Theology
- 6:30pm - Social Justice Movie Night - Welcome Hall
- 7:00pm - 12-Step Recovery Group - Room 9
Spiritual Practice is a 12-Step recovery group for anyone who is struggling with an addiction. All are welcome. Contact Evan at evanmc58@gmail.com.
- 7:00pm - Theater One *Company* Rehearsal - Main Hall

Friday February 3

- 3:00pm & 7:00pm - Great World Religions - Library

Saturday February 4

- 10:00am - UU Saturday Stitchers - Fahs Room

Church members who are leaders of UUSS activity groups may submit short articles of upcoming UUSS events for the next Blue Sheet Announcements at bluesheet@uuss.org. Deadline is noon Wednesday. We are streamlining the bluesheet with new word limitations. Please include a two-word heading plus the name and nature of your event, with day, time, location and a contact name and email. Maximum 25 words. The Blue Sheet is posted on the website and included as an insert in the order of service on Sundays.

ComingUp@UUSS

Unitarian Universalist Society of Sacramento

Navigating Grief: A workshop for those experiencing grief due to a significant life change. Six consecutive weeks beginning Tuesday, February 7 at 7 pm. Led by D. Scott Cooper and Rev. Martha Hodges. Please sign up at the AE table.

Banner Banter: 9:15 to 10:15am, Room 9 every second & fifth Sunday. Carol and Jerry Houseman are leading small and large group discussions, that explore how each of the banners, representing religion/philosophy practices and beliefs, could add to one's spiritual journey. Each session is stand alone and there is no cost. February 12 Hinduism.

Chili Sundays return: Your Board of Trustees will serve a variety of chili after Sunday Service on February 26. Cornbread and a dessert treat included! All yours for a small \$5 donation (larger amounts gratefully accepted). All donations support our Congregation's operating budget.

SUNDAY MORNING SPIRITUAL PRACTICES

Join Us Before the Service

9:45am- 10:15am every Sunday (except 5th Sundays)
1st Sunday - Labyrinth walk - Labyrinth

Exploring Unitarian Universalism

Members, Friends & Newcomers Join us:

3rd Sunday of each Month 9:30am – 10:15am, Fahs Room
February - Survey of UU History

Make a Difference

UUSS AV Team: Scott has the names of several folks who would like to be on the UUSS AV Team. If you would like to join us to help run the sound, lights and projector for services and events, contact scott@uuss.org. There will be a training session coming up soon!

UUSS joins Black Lives Matter Sacramento: Justice Night Walk on Saturday, Feb. 4 at 5:00 p.m. to lift the names of the 11 black lives that were tragically lost in 2016 by the hands of Sacramento law enforcement. We will meet on the corner of Valley Hi Drive and Mack Road. Bring a candle.

Family Promise Volunteer Training Workshop: Marsha Spell from Sacramento Family Promise will lead the workshop on Sunday, February 12, Noon to 1:30 pm. More information and sign-up at the Family Promise table.

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.

New Landscape Upkeep Team - First week of each month, we 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 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 parents get 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.

Happy day!

-Miranda Massa, Religious Education Coordinator