

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

Sunday February 5

- 9:00am - UNA Board Meeting - Room 9
- 9:30am - Nursery Care - Room 11
- 9:45am - Labyrinth Walk - 1st Sunday - Labyrinth
- 10:30am - Sunday Service - Sanctuary
- 10:30am - RE Classes - Rooms 6, 7/8 and 12
- 11:30am - Soup Sunday - Welcome Hall
Delicious soups have been prepared for you by Theater One members. Suggested donation per person is \$5.00.
- 12:00pm - Volunteer Luncheon/ Refugee Team - Main Hall
- 6:00pm - Theater One: Improv Class - Fahs Room

Monday February 6

- 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

Tuesday February 7

- 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 - Mah Jongg - Room 6
All skill levels welcome. Contact mahjongg@uuss.org
- 7:00pm - Theater One Monthly Meeting - Music & Theater Room
- 7:00pm - Navigating Grief - Room 9
A workshop for those experiencing grief due to a significant life change. Six consecutive weeks beginning Led by D. Scott Cooper and Rev. Martha Hodges. Please sign up by February 5 at the AE table.

Wednesday February 8

- 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

Thursday February 9

- 10:45am - Alliance Program - Fahs Room
Presentation by UUSS Ministerial Intern D. Scott Cooper entitled "Using Stories to Deepen Our Lives and Connections with Others".
- 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
- 7:00pm - UUSS Generation Y Group - Fahs Room
- 7:00pm - Stewardship Committee Meeting - Room 6

Friday February 10

- 3:00pm & 7:00pm - Great World Religions - Library
Video of great religions course: Christianity followed by a discussion on what is a major religion and a comparison of Christianity and Buddhism. The presentation by Professor Luke Timothy Johnson.

Saturday February 11

- 8:45am - American River Parkway Cleanup - Offsite
Meet at the parking lot west-end of Northrup Ave.

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

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. Child care provided in Room 11.

Confronting Economic Inequality Monthly Book discussion:

Sunday February 26, 2017 at 12:30 in the Library *Criminal of Poverty: Growing up Homeless in America* by Lisa Gray-Garcia.

True story of a daughter's struggle to keep her family alive, through poverty, homelessness, and incarceration. Copies available in the library or on Amazon.com.

Sunday, March 26: *Elite* by March Harris. A historical review of issues of class in UUism and their relevance for our movement today.

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)

2nd Sunday - QiGong & Tai Chi Chuan - Fahs Room

Exploring Unitarian Universalism

Members, Friends & Newcomers Join us:

3rd Sunday of each Month 9:30am – 10:15am, Fahs Room

February 19 - Survey of UU History

Make a Difference

UUSS AV Team: If you would like to join the A/V team 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!

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 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.