

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday February 12

- 9:15am - Banner Banter - 2nd Sunday - Room 9
- 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 Music Committee. Please remember to line up in the hallway to the right of the library. Suggested donation is \$5.00.
- 12:00pm - Family Promise Inservice Training - Fahs Room
Presented by Marsha Spell the Executive Director of Family Promise, Sacramento, will lead an in-service training workshop.
- 12:15pm - Membership/ Greeters Meeting - Room 7/8
- 6:00pm - Improv Class - Fahs Room

Monday February 13

- 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!
- 1:30pm - Party Bridge - Room 7/8
All skill levels welcome. Contact partybridge@uuss.org
- 5:00pm - Earth Justice Ministry - Room 9
We'll discuss recent Mobilization, Valve Turners talk, NODAPL, update on butterfly garden and more.
Contact: patricia459@yahoo.com
- 6:30pm - Gen X/ Boomer Club Monthly Meeting - Room 6

Tuesday February 14

- 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
Contact mahjongg@uuss.org

Wednesday February 15

- 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 16

- 1:00pm - UUSS Ukulele Group - Music & Theater Room.
New beginners at 1:00 p.m. or individual tutoring. Slow jam 1:30 to 3:00. Ukuleles available to lend.
Contact ukes@uuss.org.
- 5:30pm - IRC Update on Refugee Status - Main Hall
- 7:00pm - 12 Step Recovery Group - Room 6
Twelve Steps as a Spiritual Practice. All are welcome. Contact evanmc58@gmail.com.

Friday February 17

- 3:00pm & 7:00pm - Great World Religions - Library
Video of great religions course
- 6:00pm - Games Night - Fahs Room
Join us on Friday, February 17 at 6:00 p.m. for a casual night of open gaming and potluck. Bring your favorite party games!

Saturday February 18

- 8:00am - Sheriff's Saturday Workday -UUSS Campus

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

Refugee Work Bag Drive: Join UUSS in helping refugees begin their careers by donating work bags filled with basic necessities. Drop off your donations in the Welcome Hall on Sunday, February 19. Visit www.uuss.org/refugeesupport to view the list of requested items.

Garden Meeting: Sunday, February 19, in the Fahs Room at noon. Garden spaces will be available to buy. Reduced pricing applies when you pay for multiple spaces. All spaces will be pre-composted in March. Payment must be made before space can be reserved. Contact patskeels11@gmail.com or 916-704-2649.

World's Great Religions: Would you like to know more about the world's great religions? Ray Reynolds is offering a drop-in video and discussion group based on the Great Courses. It will be held Fridays from 3:00pm-4:00pm and a second session from 7:00-8:00 in the library. Now thru April 14. For more info see the Adult Enrichment table on Sunday mornings.

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.

Exploring Unitarian Universalism

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

February 19 - Survey of UU History

Sunday Morning Spiritual Practices

Join Us Before the Service

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

3rd Sunday - Silent Meditation - Room 6

Ways to Serve

UUSS AV Team If you would like to join the UUSS AV Team to help run the sound, lights and projector for services and events, please email Scott – scott@uuss.org and plan to be at the training session after the service on Sunday, February 26.

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, 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.

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.

UUSS, 2425 Sierra Boulevard, Sacramento, uuss.org

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

Send your brief submissions to ThisWeek at bluesheet@uuss.org by 1 pm Wednesday.