

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

## **Sunday May 14**

- 9:20am - Nursery Care - Room 11
- 9:45am - QiGong & Tai Chi Chuan - 2<sup>nd</sup> Sunday - Fahs Room
- 10:30am - Sunday Service - Sanctuary
- 10:30am - RE Classes - Room 6, 7/8 and 12
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:45am - Meet the Candidates - Welcome Hall
- 11:45am - Budget Conversation - Fahs Room  
Join Treasurer Gordon Gerwig to discuss the UUSS 2017-2018 Budget to be voted on next Sunday.
- 2:00pm - Theatre One 10x10 Short Plays - Main Hall

## **Monday May 15**

- 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: All skill levels welcome - Room 7/8  
Contact: [partybridge@uuss.org](mailto:partybridge@uuss.org)
- 4:30pm - Earth Justice Ministry Monthly Meet - Fahs Room  
We'll discuss our recent activities and plan future activities for the summer.  
Contact: [earthJustice@uuss.org](mailto:earthJustice@uuss.org)

## **Tuesday May 16**

- 10:00am - Ted's Web Discussion Group - Fahs Room  
Contact: [tedsweb@uuss.org](mailto:tedsweb@uuss.org).
- 6:30pm - Easing Awake Meditation with Doug Kraft- Library
- 6:30pm - Resilience Gatherings - Fahs Room  
Does your spirit need a boost in the middle of the week? Join us for 45min of restorative worship.
- 6:30pm - Mah Jongg: All are welcome - Room 9  
Contact: [mahjongg@uuss.org](mailto:mahjongg@uuss.org)

## **Wednesday May 17**

- 1:00pm - Women's Support Group - Fahs Room  
All are welcome. Contact: [women@uuss.org](mailto:women@uuss.org)
- 7:00pm - UUSS Choir Rehearsal - Fahs Room  
Contact: [music@uuss.org](mailto:music@uuss.org)

## **Thursday May 18**

- 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](mailto:ukes@uuss.org)
- 7:00pm - Theology on Tap  
Nature: Building a spiritual community with a beer or another beverage. Mango's 1930 K St, Sac, CA 95811 Contact: Taylor Lewis [tlewis@ucdavis.edu](mailto:tlewis@ucdavis.edu)
- 8:00pm - Theatre One 10x10 Short Plays - Main Hall

## **Friday May 19**

- 3:00pm - Great World Religions - Library  
We will commence a study of the religion Islam.
- 6:00pm - Games Night - Fahs Room  
Card games! Bring a spare deck and learn to play Hand and Foot, or teach someone a favorite of your own. Other games welcome. Please bring a potluck item to share. All are welcome.  
Contact: [gamesnight@uuss.org](mailto:gamesnight@uuss.org)
- 8:00pm - Theatre One 10x10 Short Plays - Main Hall

## **Saturday May 20**

- 7:45am - Hike at Ancil Hoffman Park. The Walkin' Boots will go on an easy 3-mile hike on a game preserve trail around the park. Participation is limited to 10 people. Contact: [hiking@uuss.org](mailto:hiking@uuss.org) for sign ups.
- 9:30am - Writing Workshop - RSC/WL Committee - Library
- 3:30pm - RE Spring Fun Day - Welcome Hall  
Let's get together and have some fun. All ages, all abilities, all attitudes are welcome. Even cranky people are welcome! Rev. Lucy will lead us in the fun starting at 3:30, followed by a pot luck at 5 PM.  
Bring a dish to share!
- 8:00pm - Theatre One 10x10 Short Plays - Main Hall  
Contact: [theatreone@uuss.org](mailto:theatreone@uuss.org)

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](mailto: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

## Walkable Neighborhood

Do you live in a neighborhood with a lot of friendly people walking around? The Kids' Freedom Club is looking for a good location to host their next garage sale. Contact: Petra Stanton [petrastanton@comcast.net](mailto:petrastanton@comcast.net); 549-9315.

## Dialogue for Diversity

Join United Nations Association (UNA) and local refugee organizations for peace and inclusion. May 21 5-7pm - Room 7/8. Info+RSVP: <https://una-diversity.eventbrite.com>  
Contact: Chee Chang [cchang.unausa@gmail.com](mailto:cchang.unausa@gmail.com)

**Salad Sunday** - After the service, the Racial Justice Committee will serve a variety of salads on **May 21** for a small \$5 donation. All donations will support Black Lives Matter Sacramento's Freedom School. Contact: [racialjustice@uuss.org](mailto:racialjustice@uuss.org)

**All Ages Camp** - Great time! Adults and children. Lovely Sierra location. Rustic Lodging and Tent sites available. August 11th to 13th. Register now! Call Christopher 541-5750 for information.

## Exploring Unitarian Universalism

### Members, Friends & Newcomers Join us:

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

**May** - Social Justice: How Do We Live Our Values?

**June** - Survey of UU History

**July** - Principles & Sources of Our Tradition

## 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

**4<sup>th</sup> Sunday** - Reading Reflection on Poetry & Prose - Room 6

## Ways to Serve

**Coffee Volunteers Needed.** Are you a coffee drinker? Please consider being a coffee maker for one Sunday a month. You will be partnered with an extraordinary person and guaranteed a place in UU heaven. Contact: Rev Lucy if willing and able. [lucy@uuss.org](mailto:lucy@uuss.org)

**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, 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. 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.
- 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.

RE needs parent volunteers to help our RE Summer ArtWorks leaders during the months of June, July, and August. Spend the morning doing something fun with a great group of kids. Contact [re@uuss.org](mailto:re@uuss.org) today!

### Happy day!

-Miranda Massa, Religious Education Coordinator