

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday May 21

- 9:20am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room
Social Justice: How Do We Live Our Values?
- 9:45am - Silent Meditation - 3rd Sunday - Room 6
- 10:30am - Sunday Worship Service - All Ages - Sanctuary
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:30am - Salad Sunday - Welcome Hall
Sponsored by The Racial Justice Committee. \$5 donation. All donations will support Black Lives Matter Sacramento's Freedom School.
Contact: racialjustice@uuss.org
- 12:00pm - Congregation Meeting - Sanctuary
- 2:00pm - Theatre One 10x10 Short Play - Main Hall
- 5:00pm - UNA(United Nations Assoc.)Refugee event - Room 7/8
Stand with Immigrants and Refugees and promote human rights and inclusion for the vulnerable in our community!
Info & RSVP: una-diversity.eventbrite.com

Monday May 22

- 10:00am - Chair Yoga - Fahs Room & Mat Yoga at 7:00pm - 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 - Men's Group - Room 12
Contact: men@uuss.org
- 7:00pm - UUJME Chapter Meeting - Fahs Room
Contact: uujme@uuss.org

Tuesday May 23

- 10:00am - Ted's Web Discussion Group - Fahs Room
Contact: tedsweb@uuss.org
- 6:30pm - Mah Jongg - Room 6
Contact: mahjongg@uuss.org
- 6:30pm - Easing Awake Meditation - Library
With Doug Kraft. Contact: doug@doukraft.com

Wednesday May 24

- 1:00pm - Women's Support Group - Fahs Room
All are welcome. Contact: women@uuss.org
- 4:00pm - St. John's Shelter - Offsite
Help prepare and serve dinner to women and children who are escaping homelessness and domestic abuse.
Contact: stjohns@uuss.org
- 6:00pm - SURJ Meeting - Main Hall
Contact: racialjustice@uuss.org
- 7:00pm - UUSS Choir Rehearsal - Fahs Room & Room 6
All are welcome. Contact: music@uuss.org

Thursday May 25

- 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

Friday May 26

- 3:00pm - A.E. World Religions - Library
We will commence a study of the religion Islam.

Saturday May 27

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*

Poetry lovers!

Save these dates: Three Friday afternoons: June 2, 9, and 23. Reading poetry as a spiritual practice; bring your favorite poems to share. 1:00 to 2:00 p.m. in UUSS Room 12, facilitated by Doris Simonis and JoAnn Anglin. Sign up at Adult Enrichment table on Sundays or send an e-mail to dsimonis@surewest.net.

Social Justice Book Discussion

Sunday June 4: White Trash by Nancy Isenberg
It's not too late to read this important book! Join us for a provocative discussion of this book on class in the US. All are welcome. Contact: economicinequality@uuss.org

Sunday Morning Spiritual Practices

Join Us Before the Service

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

4th Sunday - Reflection on poetry and prose - Room 6

1st Sunday - Labyrinth Walk - Labyrinth

Exploring Unitarian Universalism

Members, Friends & Newcomers Join us:

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

June 18: Survey of UU History

July 16: Principles & Sources of Our Tradition

Ways to Serve

Interfaith Earth Justice

Sunday, May 28 @ 12:30 p.m. UUSS Interfaith Earth Justice. Our first meeting! Introductions and future activities. - Library

Sunday, June 4 @ 1:00 p.m. "Native Voices and Earth Justice." Indigenous people's environmental movement and removing investments from fossil fuels. - Main hall.

Contact: interfaihearth@uuss.org

Family Promise

June 11 - June 18, families from Family Promise will be living in our UUSS buildings. Please support us by signing up for a dinner, an overnight or evening of hosting, or to help set up, tear down or provide the necessities for the week (milk, bread, lunchmeat, etc.). Sign-ups are starting 5/21 and will continue for 4 weeks in the Welcome Hall. Cash donations are also welcome.

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.

Religious Education

Hello UUSS Families,

We are so happy to see you and your family this morning. Today is an all-ages service, which means no RE classes are being held. The kids will be with us in the sanctuary for our Flower Communion service. There is a craft table set up for the kids to design flowers. Thank you for spending your morning with us.

Happy day!

-Miranda Massa, Religious Education Coordinator