

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

### **Sunday July 9**

- 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 Summer Art Works - Room 7/8  
11:30am - Newcomers Meet-and-Greet - Library  
12:30pm - Interfaith Earth Justice Event - Main Hall  
Speaker: Jason Fareira, Educational Ranger at the Nimbus Fish Hatchery.  
Light refreshments will be served.  
Contact: [interfaithearth@uuss.org](mailto:interfaithearth@uuss.org)

### **Monday July 10**

- 10:00am - Chair Yoga - Room 7/8 & 7:00pm - Mat Easy 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: All skill levels welcome - Room 7/8  
Contact: [partybridge@uuss.org](mailto:partybridge@uuss.org)  
6:30pm - Gen X / Boomer Club Monthly Meeting - Fahs Room  
Contact: [genxboomers@uuss.org](mailto:genxboomers@uuss.org)  
7:00pm - Men's Group 2<sup>nd</sup> & 4<sup>th</sup> Monday - Room 12  
Contact: [men@uuss.org](mailto:men@uuss.org)

### **Tuesday July 11**

- 10:00am - Ted's Web Discussion Group - Fahs Room  
Contact: [tedsweb@uuss.org](mailto:tedsweb@uuss.org)  
6:30pm - Easing Awake Meditation - Library  
With Doug Kraft. Contact: [doug@dougkraft.com](mailto:doug@dougkraft.com)  
6:30pm - Mah Jongg: All are welcome - Room 6  
Contact: [mahjongg@uuss.org](mailto:mahjongg@uuss.org)

### **Wednesday July 12**

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

### **Thursday July 13**

- 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 - UUSS Gen Y (20's & 30's) Group - Fahs Room  
Contact: [geny@uuss.org](mailto:geny@uuss.org)

### **Friday July 14**

### **Saturday July 15**

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**

**Earth Justice Ministry Movie Night:** July 16 from 6:30 - 8:30pm. Doors open at 6:00. Light vegan snacks provided. Movie is Cowspiracy: The Sustainability Secret. Facts and hopes to decrease methane, a much more toxic greenhouse gas than CO2. Join us to watch and discuss. Contact: [earthjustice@uuss.org](mailto:earthjustice@uuss.org) or Patricia (916)642-6067.

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

**UC Davis Arboretum Walk:** July 15 at 8 AM. Join hike leader Taylor Lewis on a guided tour of the arboretum nursery and a walk along the arboretum to view the extensive plant and tree collections. The walk will be about 3 miles. See the description on the UUSS Walkin' Boots webpage for specific meeting location and directions. If you have questions, please email Taylor Lewis [tclewis@ucdavis.edu](mailto:tclewis@ucdavis.edu) or Walkin' Boots coordinator Nancy Flagg [hiking@uuss.org](mailto:hiking@uuss.org)

**Games Night:** Join us on Friday, July 21 at 6:00 p.m. in the Fahs Room for a casual night of open gaming and potluck featuring a science fiction theme. Bring a dish and your favorite game to share!

### **Exploring Unitarian Universalism**

**Members, Friends & Newcomers Join us:**

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

**July 16** - Principles & Sources of Our Tradition

**August 20** - Faith: What Does It Mean to a UU?

### **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

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

### **Ways to Serve**

**Participate in Interfaith efforts:**

Are you interested in social justice work with people of other faiths? Care about immigrant justice, homelessness, police relations, education? Contact: Rev Lucy [lucy@uuss.org](mailto:lucy@uuss.org) to find out how you can get involved.

**Carpool to Church:** UUSS is going to experiment with ride-sharing on Sundays, to diminish our carbon footprint and maybe open up some parking spaces! Rev. Martha Hodges, our volunteer pastoral care coordinator, is taking signups from everyone interested in obtaining or providing a ride. You will see green signup forms **today** at a table in the Welcome Hall. Completed forms may go to Martha directly on Sundays, or to Elaine in the UUSS Office weekdays, or to the "Pastoral Care" pigeonhole in the hallway or the Office drop-slot in the hallway

### **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).

### **Religious Education**

Hello UUSS Families,

Today we have RE Summer Art Works for all children and youth in Room 7/8. Thank you to our volunteer leaders!

**\*\*We need parent/guardian/adult volunteers to contribute as adult support over July and August. Let me know what days you can help, we need your presence, and value.**

**Happy day!**

-Miranda Massa, Religious Education Coordinator

---

UUSS, 2425 Sierra Boulevard, Sacramento, [uuss.org](http://uuss.org)

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

Send your brief submissions to ThisWeek at [bluesheet@uuss.org](mailto:bluesheet@uuss.org) **by Noon Wednesday.**