

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday July 16

- 9:20am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room
Principles & Sources of Our Tradition.
- 9:45am - Silent Meditation - 3rd Sunday - Room 6
- 10:30am - Sunday Worship Service - All Ages - Sanctuary
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:45am - Song Fest - Main Hall
- 6:00pm - Earth Justice Movie Night - Fahs Room
“Cowspiracy: The Sustainability Secret”. Join us
to watch and discuss.
Contact: earthjustice@uuss.org, 916-642-6067
or patricia459@yahoo.com

Monday July 17

- 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
- 6:00pm - UUJME Sacramento Chapter Meeting - Room 9
Contact: uujme@uuss.org

Tuesday July 18

- 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 July 19

- 1:00pm - Women's Support Group - Fahs Room
All are welcome. Contact: women@uuss.org
- 6:30pm - A.E. Committee Meeting - Library
Contact: adultenrichment@uuss.org

Thursday July 20

- 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 - Program Council Meeting - Library
- 7:00pm - Theology on Tap - Big Stump Brewing Co.
1716 L St, Sacramento, CA 95811
Building a Spiritual Community One Pub
at a Time.
Contact: John McMillan mcmillanjohn@att.net

Friday July 21

- 6:00pm - Games Night - Fahs Room
Join us for a casual night of open gaming and
potluck featuring a **science fiction** theme.
Bring a dish and your favorite game to share!
Contact: gamesnight@uuss.org

Saturday July 22

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.

ComingUp@UUSS *Unitarian Universalist Society of Sacramento*

Prepare for Water Communion - Our Annual Ingathering Service for All Ages will take place September 10. We invite you to remember to bring a small jar of water that represents part of your summer--travel to a faraway place or a nearby river, lake or public swimming pool, time with friends, working in your garden, or in activities here at UUSS. - Rev. Roger

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

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

Ways to Serve

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.

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 to find out how you can get involved.

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 Spiritual Values on a Tee Shirt service. There is a craft table set up for the kids. Thank you for being here.

Next weekend is yoga with Paige in RE Summer ArtWorks. Please have your children and youth dress appropriately for poses and movement.

Happy day!

-Miranda Massa, Religious Education Coordinator