

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday July 30

- 9:20am - Nursery Care - Room 11
- 10:30am - Sunday Service - Sanctuary
- 10:30am - Art Works - Room 7/8
- 11:30am - Newcomers Meet-and-Greet - Library

Monday July 31

- 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 - UUJME Sac Chapter Meeting - Fahs Room
Contact: uujme@uuss.org

Tuesday August 1

- 10:00am - Ted's Web Discussion Group - Fahs Room
Contact: tedsweb@uuss.org
- 6:30pm - Easing Awake Meditation - Library
With Doug Kraft. Contact: doug@dougkraft.com
- 6:30pm - Mah Jongg - Room 6
Meet and socialize with others who love the game!
Contact: mahjongg@uuss.org

Wednesday August 2

- 1:00pm - Women's Support Group - Fahs Room
All are welcome. Contact: women@uuss.org

Thursday August 3

- 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
- 6:30pm - Social Justice Movie Night - Library

Friday August 4

- 3:00pm - A.E. World Religions - Library
We will commence our study of Hinduism. A video lecture will be shown. Contact: raycreynolds9164@gmail.com

Saturday August 5

- 10:00am - UU Saturday Stitchers - Library
Contact: stitchers@uuss.org

Sunday August 6

- 9:20am - Nursery Care - Room 11
- 9:45am - Labyrinth Walk - 1st Sunday - Labyrinth
- 10:30am - All-Ages Sunday Service - Sanctuary
- 11:45am - Kids Freedom Club - Room 6

Monthly Newsletter - The August Unigram is now available in print at the Welcome Table and at www.uuss.org/unigram

Daily Updates by our clergy, lay leaders, and church activity groups are at www.uuss.org

Aug. 12 Anniversary Dinner - Join Western Service Workers Assoc. members and supporters to celebrate 44 years of organizing by and for service, caregiving, domestic and other low-wage workers. Enjoy dinner, entertainment & speakers on organizing victories and goals. At UUSS Sat., Aug. 12, 6-9 p.m. Bring family, bring a friend. Affordable tickets on sale after church. Table sponsorships welcome! This all-volunteer organization offers emergency food & clothing, preventive health care, and organizing skills to address root causes of poverty.

About these Announcements: 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

All-Ages Talent Show - Saturday, August 26 at 7:00 p.m. Our whole community is invited to share this fun-filled evening of entertainment (and amazement!) Children, youth and adults will have an opportunity to dazzle and amuse us with their talents.

- All types of talent are welcome, not just musical.
- Each act will have 5 minutes to share their talent.
- *Sign up for the show starts August 6.*

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

Seeking fellowship?

Consider visiting our Ministry Circle. We are a small, informal, confidential group that gathers for sharing, support, and discussion of our spiritual journeys. You are welcome to drop in when we meet on the 2nd and 4th Tuesdays at 10 a.m. in Room 12. Next meeting Tuesday, July 25. We'll discuss "What brought you to UUism, and have you found what you were looking for?" Contact: Judy Lane jlane6122@gmail.com or (916) 457-4527.

SUNDAY MORNING SPIRITUAL PRACTICES

Join Us Before the Service

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

1st Sunday - Labyrinth walk - Labyrinth

2nd Sunday - Qi Gong & Tai Chi Chuan - 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?

Healing the World

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.

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. Tools are available if you need them. Contact: landscape@uuss.org.

Religious Education

Hello UUSS Families,

We are happy you are here. Religious Education (RE) Summer ArtWorks takes place during service today for all children and youth. The children will be making friendship bracelets. Preschool and younger are invited to play in our Room 11 Nursery with Yer and Maddy.

*Feeling crafty? RE's Spirit Play program needs a few crafty people to design story sets for the upcoming church year. Support and material ideas are included with this opportunity. Hope to hear from you!

Happy day!

-Miranda Massa, Religious Education Coordinator