

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

## **Sunday August 6**

- 9:00am - UNA Board Meeting - Room 9
- 9:20am - Nursery Care - Room 11
- 9:45am - Labyrinth Walk - 1<sup>st</sup> Sunday - Labyrinth
- 10:30am - Sunday Worship Service - All Ages - Sanctuary
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:45am - Kids Freedom Club - Room 6

## **Monday August 7**

- 10:00am - Chair Yoga-Fahs Room & 7:00pm Mat 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 - Room 7/8 All skill levels welcome.  
Contact: [partybridge@uuss.org](mailto:partybridge@uuss.org)

## **Tuesday August 8**

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

## **Wednesday August 9**

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

## **Thursday August 10**

- 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](mailto:ukes@uuss.org)
- 7:00pm - UUSS Gen Y (20's & 30's) Group  
Contact: [geny@uuss.org](mailto:geny@uuss.org)

## **Friday August 11**

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

## **Saturday August 12**

- 8:45am - American River Parkway Cleanup - Offsite  
Meet at the parking lot west-end of  
Northrop Ave. Contact: [parkway@uuss.org](mailto:parkway@uuss.org).

## **ComingUp@UUSS**

Irma West, M.D. - A UUSS member since 1973, Irma died last month at age 99. A Celebration of Life will take place at her home Sunday, Sept. 3., 2:00pm. 8428 Citadel Way, Sac. Memorial contributions invited: ASPCA, Medical History museum, or UUSS.

**Anniversary Dinner** - Friends of labor: Join Western Service Workers Assoc. (WSWA) on Sat., August 12<sup>th</sup>, 6- 9pm at UUSS to celebrate 44 years of all-volunteer organizing by and for in-home care and other low-paid workers! Enjoy dinner and live entertainment. Bring family & friends. To volunteer, donate for affordable tickets or sponsor a table, call (916) 456-1771.

**Lavender Women:** Lesbian identified women in UUSS are invited to meet for lunch in the private room at Ettore's Restaurant after the August 20 Sunday service. Ettore's is at 2376 Fair Oaks Blvd., and you pay for your meal when you order at the counter. Contact [lavender@uuss.org](mailto:lavender@uuss.org).

**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.*

**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](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*

### **Organizing for Interfaith Earth Justice:**

On August 20, from 1-2:30PM in the main hall, the UUSS Interfaith Earth Justice Team will host Gabby Trejo, associate director of the Sacramento Area Congregations. Together (ACT) to teach us how to effectively organize to be advocates and change agents for environmental justice. The outcome of the workshop will be the formation of an Interfaith Earth Justice Committee comprised of members from the Sacramento interfaith community. Contact: [interfaithearth@uuss.org](mailto:interfaithearth@uuss.org)

**Prepare for Water Communion** - Our Ingathering Service for All Ages will take place September 10. 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 here at UUSS. - Rev. Roger

### **Exploring Unitarian Universalism**

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

3rd Sunday of each Month 9:30am – 10:15am, Fahs Room  
**August 20<sup>th</sup>** - 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**)  
**2<sup>nd</sup> Sunday** - QiGong & Tai Chi Chuan - Fahs Room  
**3<sup>rd</sup> Sunday** - Silent Meditation - Room 6  
**4<sup>th</sup> Sunday** - Reading Reflection on Poetry & Prose - Room 6

### **Ways to Serve**

**Family Promise** will be here Sept 3 - 12. Volunteer sign-up table will be available today, and August 20 & 27. We are also looking for donation of a driveway basketball hoop.

### **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.

**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,

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 Harvest Celebration service. There is a craft table set up for the kids. Thank you for being here.

Spirit Play volunteer training on August 26: a couple spots are still open and we need your participation to fill them up.

Have you wondered what our grade school kids wonder about on Sunday mornings? Come find out by joining our fun and enthusiastic volunteer pool. Contact Miranda or Roger to sign up. RE wouldn't be RE without YOU!

### **Happy day!**

-Miranda Massa, Religious Education Coordinator