

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday August 20

- 9:20am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room
Faith: What Does It Mean to a UU?
- 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
- 1:00pm - Interfaith Earth Justice - Main Hall
Contact: interfaithearth@uuss.org

Monday August 21

**** Yoga resumes August 28 ****

- 1:30pm - Party Bridge - Room 7/8 All skill levels welcome.
Contact: partybridge@uuss.org

Tuesday August 22

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

Wednesday August 23

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

Thursday August 24

- 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 - Board of Trustees Meeting - Library

Friday August 25

- 3:00pm - We will hear a lecture concerning Hinduism's most sacred and authoritative scripture, the Veda, as well as a lecture concerning classical Hinduism. Followed by a discussion on this religion's basic ideas and practices. Contact: Ray Reynolds 916-254-3516 or raycreynolds9164@gmail.com.

Saturday August 26

- 8:00am - RE Spirit Play Volunteer Training - Room 7/8
Contact: re@uuss.org
- 7:00pm - All Church Talent Show - Main Hall
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.

Celebration of Life

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.

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

Earth Justice Movie Night: We'll be showing the film "This Changes Everything", based on the book by Naomi Klein of the same name. It's "purposefully unsettling...ultimately encouraging." Location TBA, Sunday, August 27 at 6:30, doors open at 6:00. Questions? Please contact: earthjustice@uuss.org or call Patricia 642-6067.

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.

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 in meadow

Exploring Unitarian Universalism

Members, Friends & Newcomers Join us:

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

September 17 - Social Justice: How Do We Live Our Values?

Ways to Serve

Share a ride on Sunday: Sign up to get a ride or share the driving! Look for the green forms on the Adult Enrichment table in the Welcome Hall.

Family Promise will be at UUSS from Sunday, Sept 3 until Tuesday, Sept 12. If you would like to volunteer to help in hosting at UUSS that week please stop by the sign-up table.

Participate in Interfaith efforts:

Are you interested in social justice work with people of other faiths? Care about immigrant justice, homelessness, police relations, education, bail reform? 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.

Arizona/Mexico Border Trip - Immerse yourself in a faith-based learning experience with UU Church of Davis led by UU College of Social Justice & Rev. Beth Banks. Gain a deeper understanding of the issues. Be prepared to have your mind and heart opened in a way that is not possible in the comfort of the community in which most of us live. Make a new community with people who will travel with you. Hosted by BorderLinks in Tucson, Arizona, and Nogales, Sonora, Nov. 7-12. Cost: room, board, local transport \$950 (excludes airfare). <http://www.uucsj.org/journeys/borderlinks/>. Questions? Contact: roger@uuss.org

Religious Education Message

Hello, UUSS Families and Volunteers!

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

Registration today for Spirit Play kickoff training, for new and continuing volunteers - This Saturday August 26 at UUSS.

Happy day!

-Miranda Massa, Religious Education Coordinator