

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

## **Sunday September 17**

- 9:20am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room  
Social Justice: How Do We Live Our Values?
- 9:45am - Silent Meditation - 3<sup>rd</sup> Sunday - Room 6
- 10:00am - Our Whole Lives (OWL) - Room 9
- 10:30am - Sunday Worship Service - Sanctuary
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:45am - Spirit Play Family Gathering/Orientation - Room  
7/8 Contact: [re@uuss.org](mailto:re@uuss.org)
- 11:45am - Song Fest - Main Hall
- 12:00pm - Strategic Planning Meeting - Fahs Room
- 2:00pm - Theater One Production: *Shadow Hour* - Main  
Hall/Welcome Hall Contact: [theaterone@uuss.org](mailto:theaterone@uuss.org)

## **Monday September 18**

- 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 - Room 7/8 All skill levels welcome.  
Contact: [partybridge@uuss.org](mailto:partybridge@uuss.org)

## **Tuesday September 19**

- 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)
- 7:00pm - Sac ACT Environmental Justice - Fahs Room  
**Getting the Interfaith Environmental Justice  
Committee off to a good start!** Sacramento Area  
Congregations Together Executive Director Ashlin  
Malouf will lead this meeting, to identify as a faith  
community our priorities and plans for addressing  
environmental justice issues in Sacramento. All  
are welcome. Contact: [interfaithearth@uuss.org](mailto:interfaithearth@uuss.org)

## **Wednesday September 20**

- 1:00pm - Women's Support Group - Fahs Room  
All are welcome. Contact: [women@uuss.org](mailto:women@uuss.org)
- 6:30pm - Showing Up for Racial Justice SURJ/Reading  
Group - Welcome Hall
- 7:00pm - UUSS Choir Rehearsal - Fahs Room/Room 6  
Contact: [keith@uuss.org](mailto:keith@uuss.org)

## **Thursday September 21**

- 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)
- 6:00pm - Refugee Team Meeting - Room 9  
Contact: [refugeesupport@uuss.org](mailto:refugeesupport@uuss.org)
- 7:00pm - Theology on Tap: Building a spiritual community  
one pub at a time. Location: Bike Dog Brewing  
Company 2534 Industrial Blvd #110, West  
Sacramento Contact: Karen Sparrow  
[me@karensparrow.com](mailto:me@karensparrow.com)

## **Friday September 22**

- 4:00pm - A.E. World Religions - Library  
We will listen to a lecture concerning Hinduism's  
contemplation of the divine and concerning the  
way of devotion. Followed by a discussion on  
beliefs and practices of Hinduism. Contact: Ray  
Reynolds [raycreynolds9164@gmail.com](mailto:raycreynolds9164@gmail.com)
- 8:00pm - Theater One Production: *Shadow Hour* - Main  
Hall/Welcome Hall Contact: [theaterone@uuss.org](mailto:theaterone@uuss.org)

## **Saturday September 23**

- 2:00pm - Theater One Production: *Shadow Hour* - Main  
Hall/Welcome Hall Contact: [theaterone@uuss.org](mailto:theaterone@uuss.org)

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

The Sacramento Poetry Anthology book may be picked up in the library.

**Freedom Club:** Ending modern slavery - We have a garage sale on September 30. If you have lightly used items to donate, please visit our table in the Welcome Hall.

**Elder Law & Caregiving Needs** - Expert panel: Ned Spurgeon, retired law professor and founder of health and elder law programs at McGeorge School; Professor Melissa Brown, head of the Elder & Health Law Clinic; Jacob Smith, attorney in estate planning, probate, & trust administration. All are welcome; no charge. **Saturday, September 30**, from 9:15 a.m. to 12:30 p.m. in the Fahs Classroom. Contact: [roger@uuss.org](mailto:roger@uuss.org)

**PROM Fundraiser October 7** - Are you a baker that would like to donate some snacks (cookies, muffins, etc.) for the special night? Contact: [prom@uuss.org](mailto:prom@uuss.org). See [uuss.org/prom](http://uuss.org/prom) for more information about the fall fundraiser.

## Sunday Morning Spiritual Practices

### Join Us Before the Service

9:45am- 10:15am every Sunday (**except 5<sup>th</sup> Sundays**)

**4<sup>th</sup> Sunday** - Reflection on poetry and prose - Room 6

1<sup>st</sup> Sunday - Labyrinth Walk - Labyrinth in meadow

## Exploring Unitarian Universalism

### Members, Friends & Newcomers Join us:

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

**October 15** - Survey of UU History

November 19 - Principles & Sources of Our Tradition

## Ways to Serve

**Interfaith Forum on Climate Change.** Speakers from Jewish, Muslim, Buddhist, Christian and UU faiths will explore our spiritual and moral response to climate change. Bring your questions! We'll provide refreshments. UUSS Sanctuary, Sunday October 8 1:00 - 3:15 p.m. Contact: [interfaiheart@uuss.org](mailto:interfaiheart@uuss.org)

**Refugee Support Team** - Making Welcome Kits today after church, to outfit kitchens for new neighbors.

### 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](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 Message

Hello UUSS Families,

Happy first day of the 2017-18 Religious Education (RE) year! We are so excited to see you and to have your participation.

Spirit Play children in Kinder through 5<sup>th</sup> grades will be welcome and oriented on their class this morning. \*\*Parents/guardians - please join us after service in Room 7/8 for an orientation lunch to meet other Spirit Play families, learn about Spirit Play, and connect over food.

Our Whole Lives (OWL) program begins today in Room 9.

Junior High Youth Group (JHYG) and Senior High Youth Group (SHYG) begin RE on Sunday, October 22.

**Please make sure to fill out a new Religious Education Registration Form for this year. Your participation makes our program wonderful!**

**Happy new church year!**

-Miranda Massa, Religious Education Coordinator