

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday September 24

- 9:20am - Nursery Care - Room 11
- 9:45am - Spiritual Reading and Reflection - 4th Sunday - Room 6
- 10:00am - Our Whole Lives (OWL) - Room 9
- 10:30am - Sunday Service - Sanctuary
- 10:30am - RE Spirit Play - Room 7/8
Contact: re@uuss.org
- 11:30am - Newcomers Meet-and-Greet - Library
- 12:00pm - Newcomers Orientation - Meet at Welcome Table
For newcomers and all those interested in taking the Orientation Tour of the campus.
- 2:00pm - Theater One Production: *Shadow Hour* - Main Hall/Welcome Hall Contact: theaterone@uuss.org

Monday September 25

- 7:30am - Loaves & Fishes - Offsite
The Food Prep crew meets at 7:30am and the Serving/Clean Up crew meets at 10:15am.
Contact: loavesandfishes@uuss.org
- 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: All skill levels welcome - Room 7/8
Contact: partybridge@uuss.org
- 4:30pm - Earth Justice Ministry - Library
We'll plan future events: speaker Tom Suchanek PhD, UCD Professor and USGS scientist, movie Planet Earth, book "This Changes Everything" and an interesting educational activity of counting our own carbon footprint. We'll update on past activities. Questions? Contact: earthjustice@uuss.org Text or leave message at 642-6067
- 7:00pm - Men's Group - Music/Theater Room
Contact: men@uuss.org

Tuesday September 26

- 10:00am - Ted's Web Discussion Group - Fahs Room
Contact: tedsweb@uuss.org
- 6:30pm - Mah Jongg - Room 6 Newcomers welcome
Contact: mahjongg@uuss.org
- 6:30pm - Easing Awake Meditation - Library
With Doug Kraft. Contact: doug@dougkraft.com
- 7:00pm - UU Readers Book Discussion - Welcome Hall
Contact: uureaders@uuss.org

Wednesday September 27

- 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
- 6:00pm - SURJ Meeting - Main Hall
Contact: racialjustice@uuss.org
- 7:00pm - UUSS Choir Rehearsal - Fahs Room/Room 6
Contact: keith@uuss.org

Thursday September 28

- 1:30pm - Ukulele Players Slow Jam - Music and Theater Room
Join us for ukulele jam 1:30 to 3:00. Instruction and loaner ukuleles available by prior contact: ukes@uuss.org

Friday September 29

- 4:00pm - A.E. World Religions - Library
We will listen to a lecture concerning a worship of the divine feminine, especially as manifested in tantra yoga. Finally, we will hear another lecture concerning the challenges facing modern Hinduism. Discussion following. This completes our study of Hinduism. Contact: Ray Reynolds raycreynolds9164@gmail.com
- 8:00pm - Theater One Production: *Shadow Hour* - Main Hall/Welcome Hall Contact: theaterone@uuss.org

Saturday September 30

- 8:00pm - Theater One Production: *Shadow Hour* - Main Hall/Welcome Hall Contact: theaterone@uuss.org

Memorial Service - Barbara Amberson's service and reception will be at UUSS Monday, October 9, 11:00 am.

Earn a free ticket to "Shadow Hour" Theater One's fall production, now being performed for two more weekends. We need a few more volunteers to work the "Box Office/Concession Table" on Fri, 9/22, Sat, 9/23 and Fri through Sun, 9/29 through 10/1. Evenings at 8pm, Sundays at 2pm. Email Sally Wilkins at sawsac@msn.com to help.

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

Freedom Club - We have a garage sale on September 30. If you have lightly used items to donate, please visit our table in the lobby.

Soup Sunday begins NEXT WEEK on October 1 and continues the first two Sundays of each month through March. We hope to see you then.

All-Ages Prom Fundraiser Oct. 7th 6p-10p

It's coming soon! uuss.org/prom for more info. Send your High School photo to prom@uuss.org. Go to uuss.org/songrequest to request a song for the night.

UUSS Lesbian-Identified Gathering:

Gather with other lesbian-identified women from UUSS for lunch and conversation. Sunday, October 8, 11:45 in Ettore's private dining room, 2376 Fair Oaks Blvd. Contact: lavender@uuss.org for info.

Save-the-Date - Thursday, Nov 23 2:00pm-5:00pm UUSS Potluck Thanksgiving. All welcome, sign-up or RSVP preferred. Turkey pre-cookers, set up, dishwashers needed. Vegetarian/vegan options possible. Signups after service starting Oct 20. Organizer: Laurie Jones 916 694-4471 ljones.asbarc@gmail.com

Uke group change: Still meeting 1:30 to 3:00 p.m. Thursdays in UUSS Theater/Music Room. Brand-new beginner? Wanting a refresher? Contact: Judy Lane for a tutoring appointment at ukes@uuss.org

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 Classroom

October 15 - Survey of UU History

Ways to Serve

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.

Families Run or (HELP Families)

Formerly homeless Family Promise families will run in Urban Cow Race on Oct 1 to "give back" for FP help received. FP churches are helping with pledges for FP. Come to FP table on 9/24 in the Welcome Hall. Or mail to FP of Sacramento at P.O. Box 1378, Sac, CA 95812.

Contact: Nancy Oprsal & Barbara Hopkins barbhopkins2@yahoo.com; 916-265-3337

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, our group spends 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 Message

Hello UUSS Families,

Spirit Play children in Kinder through 5th grades meet for the Promise Lesson in Room 7/8. Our Whole Lives (OWL) program gathers in Room 9 from 10:00 am -12 noon. Much gratitude to all families who contribute to our programming by attending. Contact: re@uuss.org

*Sunday, October 1 Spirit Play will be in the Garden. Please wear garden clothes, bring a hat for sun protection, and your smile!

Junior High Youth Group (JHYG) and Senior High Youth Group (SHYG) begin RE on Sunday, October 22. On other Sundays our youth participate in worship.

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

Happy new church year!

-Miranda Massa, Religious Education Coordinator