

# ThisWeek@UUSS Unitarian Universalist Society of Sacramento

## Sunday October 15

- 9:20am - Nursery Care - Room 11
- 9:30am - Exploring Unitarian Universalism - Fahs Room  
Survey of UU History
- 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
- 10:30am - Spirit Play - Room 7/8
- 11:30am - Membership/Greeters Training Lunch - Fahs Room
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:45am - 3<sup>rd</sup> Sunday Songfest - Main Hall Piano
- 12:00pm - Forum on Minister Emeritus Vote - Room 7/8
- 1:00pm - Greeter Training/Membership - Welcome Hall

## Monday October 16

- 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)
- 7:00pm - UUJME Meeting/Book Discussion - Fahs Room  
Contact: [uujme@uuss.org](mailto:uujme@uuss.org)

## Tuesday October 17

- 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 - Refugee Team Meeting - Room 9  
Contact: [refugeesupport@uuss.org](mailto:refugeesupport@uuss.org)
- 6:30pm - Easing Awake Meditation - Library  
With Doug Kraft. Contact: [doug@dougkraft.com](mailto:doug@dougkraft.com)
- 7:00pm - Sac ACT Environmental Justice - Fahs Room  
**Be Part of the Solution!** Attend the second meeting of the Sacramento Area Congregations Together (ACT) Environmental Justice Committee. Gabby Trejo of Sacramento ACT, will lead the meeting as we at UUSS work with ACT to identify priorities for addressing environmental justice issues in Sacramento. *As Gabby says: "Just show up!"* And bring your ideas and energy for being a positive force for the environment. All are welcome.  
Contact: [interfaithearth@uuss.org](mailto:interfaithearth@uuss.org)

## Wednesday October 18

- 1:00pm - Women's Group - Fahs Room  
All are welcome. Contact: [women@uuss.org](mailto:women@uuss.org)
- 7:00pm - UUSS Choir Rehearsal - Fahs Room/Room 6  
Contact: [keith@uuss.org](mailto:keith@uuss.org)

## Thursday October 19

- 10:00am - Intro: Walking Meditation Labyrinth - Fahs Room
- 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](mailto:ukes@uuss.org)
- 7:00pm - Program Council - Library
- 7:00pm - Theology on Tap: Creating a spiritual community one pub at a time. Location: New Helvetia Brewery  
1730 Broadway, Sacramento.  
Contact: John McMillan [mcmillanjohn@att.net](mailto:mcmillanjohn@att.net)

## Friday October 20

- 6:00pm - Games Night - Fahs Room  
Contact: [gamesnight@uuss.org](mailto:gamesnight@uuss.org)

## Saturday October 21

- 4:00pm - Marilyn Reynolds Book Release Party - Welcome Hall **'Til Death or Dementia Do Us Part**, by Marilyn Reynolds. Reading, book signing, and refreshments. This is the story of her husband's (Michael Reynolds) losing battle with frontal temporal dementia, and her struggle to care for him during this time.

## We Call our Beloved Dead: An All-Ages Service October 29:

If you would like to have a picture of your beloved dead shared on the projection screen during the service, please send, scan, or bring a photo to the office by October 27

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

## -Fall Congregational Meeting Notice-

Sunday, October 22, 2017 at 11:50 a.m., our major business will be voting to choose 12 organizations to receive half of every Sunday's offering in calendar year 2018. Nomination forms are on the UUSS website in the Forms section of the Members menu, or at the office. Current recipients are automatically listed on the ballot. Sign in at the meeting to receive your agenda and ballot. Child Care continuing until 1:00 p.m.

**UUSS Board of Trustees Meeting:** The next meeting will be held Thursday, October 26. The meetings are held the fourth Thursday of every month from 7:00 - 9:30 pm in the UUSS Library. ALL ARE WELCOME. Note: The next meeting will be November 30, due to Thanksgiving.

**Force for the Future** - Our UUSS Congregational Long-Range Planning Retreat is Saturday, October 28 at 9:30am to 3:00pm in our Main Hall. It will be an exciting event. Light breakfast will be provided and lunch will be served. Register now for you and your family. Child care provided. Sign up after the service today or register online at our website [uuss.org/future](http://uuss.org/future). Help us be a Force for the Future!

**Uke Players:** Jam Session, Sunday, October 29 at 11:45 in the Main Hall. We'll bring sheet music and extra ukuleles. Info at [ukes@uuss.org](mailto:ukes@uuss.org).

**UU's for Justice in the Middle East:** Discussions on Anti-Semitism, Solidarity and the struggle for Justice Oct 30, Nov 4, and Nov 13, at UUSS, Fahs Room, 7:00 p.m. Contact: [uujme@uuss.org](mailto:uujme@uuss.org)

**UUSS Potluck Thanksgiving Day Dinner:** Nov. 23. Signups start next Sunday, 10/22, in Welcome Hall for 1 hour both before and after service for 5 Sundays. Contact: Laurie Jones, 916-694-4471 or [ljones.asbarc@gmail.com](mailto:ljones.asbarc@gmail.com) \$5/adult donation and dish requested.

## 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 - at the Labyrinth

## Exploring Unitarian Universalism

### Members, Friends & Newcomers Join us:

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

November 19 - Principles & Sources of Our Tradition

## 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, 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,

To make the most of our good weather, **Spirit Play (Kinder through 5<sup>th</sup> grade)** will participate in their annual Labyrinth Day instead of a story this morning. Sandi Lane will be guiding them. Thanks to all the adults for their presence and to the participating families. **OWL** meets in Classroom 9 for those youth registered. OWL sessions have been going fantastic. Thanks to our leaders and the parental support.

Youth Ministry begins soon! Mark your calendars! **Junior High Youth Group (JHYG)** and **Senior High Youth Group (SHYG)** begin RE on Sunday, October 22 and Sunday, November 26.

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

### Happy Sunday!

-Miranda Massa, Religious Education Coordinator

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UUSS, 2425 Sierra Boulevard, Sacramento, [uuss.org](http://uuss.org)  
UUSS Office – 8:30-5:00 Monday-Friday, (916) 483-9283, [office@uuss.org](mailto:office@uuss.org)  
Send your brief submissions to [bluesheet@uuss.org](mailto:bluesheet@uuss.org) **by noon Wednesday.**