

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday November 5

- 9:20am - Nursery Care - Room 11
9:45am - Labyrinth Walk - 1st Sunday - Labyrinth
10:30am - Sunday Worship Service - Sanctuary
10:30am - Spirit Play - Room 7/8
Contact: re@uuss.org
11:30am - Soup Sunday - Welcome Hall
11:30am - Newcomers Meet-and-Greet - Library
11:45am - Kids Freedom Club - Room 9
1:00pm - Earth Justice 'Climate Change' Lecture - Main Hall
Dr. Tom Suchanek will speak on a timely and interesting subject "Climate Change: Where We Are Now". Discussion afterwards. Please join us! Donations accepted. refreshments and cookies provided.
Contact: earthjustice@uuss.org
5:30pm - Easy Yoga by Paige Labrie - Fahs Room

Monday November 6

- 10:00am - Chair Yoga Fahs Room 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

Tuesday November 7

- 10:00am - Ted's Web Discussion Group - Fahs Room
Contact: tedsweb@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 November 8

- 1:00pm - Women's Group - Fahs Room
All are welcome. Contact: women@uuss.org
2:30pm - FRST-Monthly Meeting - Library
3:00pm - A.E. World Religions Lecture - Welcome Hall
In the next lecture we complete our examination of the Bhudda's life and learn about the doctrine of reincarnation. Contact: [Ray Reynolds](mailto:RayReynolds)
6:00pm - Finance Committee Meeting - Library
7:00pm - A.E. World Religions Lecture-Buddhism - Welcome Hall
Contact: [Ray Reynolds](mailto:RayReynolds)

- 7:00pm - UUSS Choir Rehearsal - Fahs Room/Room 6
Contact: keith@uuss.org

Thursday November 9

- 10:45pm - Alliance Program - Library
Rich and Mary Howard discuss their recent trip to the Amazon. All Welcome!
Contact: alliance@uuss.org
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 November 10

****Veterans Day Holiday - OFFICE CLOSED****

Saturday November 11

- 8:45am - American River Parkway Cleanup - (Offsite)
Meet at the parking lot west-end of Northrop Ave.
Contact: parkway@uuss.org
9:00am - Labyrinth Workshop - Welcome Hall/Library
learn about labyrinths and how to do a meditative walk on the labyrinth at UUSS. The class is being taught by certified, trained labyrinth facilitator, Christie Braziel.

Soup Sundays: are the first and second Sundays, October through March except December 3, Marathon Sunday. Join us November 5 following the service in the Welcome Hall. Delicious soups have been prepared for you by our team who serve meals at St. John's Community for Real Change. The suggested donation per person is \$5.00.

Disaster Relief Donations—Thanks to the generosity of members, friends and visitors, we raised \$3,519 in the special offering! If you missed it, feel free to mail or drop off a check in the Office this week. Our gifts will help UU churches and families in California and on the Gulf Coast and will support vulnerable communities in Puerto Rico. Thank you!

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 limits. 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

UUs for Justice in the Middle East: Discussions “On Anti-Semitism, Solidarity and the Struggle for Justice” date changes **Nov 6 cancelled.** Next sessions Nov 13 & 27, 7 PM Fahs Room.

Be part of the solution! Sac Area Congregations Together Environmental Justice Committee to discuss climate change and other environmental issues as we develop our priorities and action plans. Tuesday, November 21, 7:00 - 8:30 p.m. in our FAHs Room. Contact: interfaithearth@uuss.org All are welcome.

Alliance Program schedule of Thursday morning speakers:

- Dec. 14 Holiday Luncheon \$5 All Welcome!
- Jan. 11 Kevin Sitter -latest discoveries and treatments for AIDS

Meet in the library at 10:45 am refreshments (\$3 donation)

UUSS Thanksgiving - a pot luck dinner 2:00 p.m. 11/23. Signups after service. \$5/adult donation (to repay advance purchases) and side dish requested. Volunteers needed. Organizer: Laurie Jones 916 694-4471 ljones.asbarc@gmail.com All-Welcome!

Christmas Trees - Our Christmas Trees were damaged in the basement flood this past Winter. Do you have a new or gently used pre-lit Christmas Tree that you would like to donate to UUSS? Contact: office@uuss.org

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Exploring Unitarian Universalism

Members, Friends & Newcomers Join us:

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

November 19 - Principles & Sources of Our Tradition

Sunday Morning Spiritual Practices

Join Us Before the Service

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

2nd Sunday - QiGong & Tai Chi Chuan - Fahs Room

Ways to Serve

Donations for Homeless Women & Children—Annika Lawson, a Youth Group member and UUSS Trustee, is organizing a drive for St. John’s Program for Real Change, which provides GED classes, counseling, and job readiness courses for women escaping homelessness, poverty and domestic abuse. Annika will place a box at UUSS for donations of feminine hygiene products (unopened tampons, pads, wipes, etc.), professional clothing, and cleaning supplies as well as an option to contribute money. Look for the box in the Welcome Hall, November 12 to 26. All donations are greatly appreciated.

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.

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.

Religious Education Message

Hello UUSS Families,

Spirit Play children in Kinder through 5th grades meet for the *Bully Blockers* lesson in Room 7/8. High schoolers and middle school youth not attending the fall district youth retreat in Redwood City are invited to stay in service.

Happy Sunday!

-Miranda Massa, Religious Education Coordinator