

ThisWeek@UUSS Unitarian Universalist Society of Sacramento

Sunday November 12

- 9:10am - Parents' Coffee & Convo w/Rev. Roger - Fahs Room
- 9:20am - Nursery Care - Room 11
- 9:45am - QiGong & Tai Chi Chuan - Room 7/8
- 10:30am - Sunday Service - Sanctuary
- 10:30am - Spirit Play - Room 7/8
- 11:30am - Soup Sunday - Welcome Hall
Delicious soups have been prepared for you by members of the American River Parkway Stewards. The suggested donation per person is \$5.00.
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:30am - Freedom Club - Room 6
- 1:30pm - Memorial of Chuck Berkstresser - Sanctuary
- 5:30pm - Easy Yoga by Paige Labrie - Fahs Room

Monday November 13

- 10:00am - Chair Yoga- Fahs Room 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 Monthly Meeting - Welcome Hall We'll discuss future plans for carbon calculator and more. Contact: earthjustice@uuss.org
- 7:00pm - Gen X/Boomer Club Monthly Meeting - Room 6
Contact: genxboomers@uuss.org
- 7:00pm - Men's Group 2nd & 4th Monday - Music & Theater Room Contact: men@uuss.org
- 7:00pm - UUJME Book Discussion Meeting - Fahs Room
Contact: uujme@uuss.org

Tuesday November 14

- 10:00am - Ted's Web Discussion Group - Fahs Room
Contact: tedsweb@uuss.org
- 6:30pm - Easing Awake Meditation - Fahs Room
With Doug Kraft. Contact: doug@dougkraft.com
- 6:30pm - Mah Jongg: All are welcome - Room 6
Contact: mahjongg@uuss.org
- 7:00pm - Gen Y Ministry Circle - Room 9
Join the 20s/30s group for our monthly ministry circle and potluck. Contact: geny@uuss.org

- 7:00pm - TED Talks - Welcome Hall Do you enjoy TED talks online? It's also enjoyable to watch them with a group and discuss them afterward Our topic is "Are You Biased or Just Partial To..." and will be led by Glory Wicklund

Wednesday November 15

- 1:00pm - Women's Group - Fahs Room
All are welcome. Contact: women@uuss.org
- 3:00pm - A.E. World Religions Lecture - Welcome Hall
In the next lecture we will hear about the belief of suffering and the path to nirvana. We will discuss this religion's beliefs and practices. Contact: Ray Reynolds
- 7:00pm - UUSS Choir Rehearsal - Fahs Room/Room 6
All are Welcome! Contact: keith@uuss.org
- 7:00pm - A.E. World Religions Lecture - Welcome Hall

Thursday November 16

- 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
- 5:30pm - **Artist Reception - Main Hall**
Please join the Art Committee for a reception featuring the artwork of Sue Chapman. She states that she is privileged to live and paint in this beautiful and inspiring part of the country. All Welcome!
- 6:30pm - Refugee Team Meeting - Room 9
Contact: refugeesupport@uuss.org
- 7:00pm - Theology on Tap: Creating a spiritual community one pub at a time. Location: Alley Katz 2019 O St, Sacramento John McMillan mcmillanjohn@att.net
- 7:00pm - Program Council Meeting - Library

Friday November 17

- 6:00pm - Games Night - Fahs Room Potluck and all-ages gaming. Contact: gamesnight@uuss.org

Christmas Trees - Our Christmas Trees were damaged in the basement flood this past Winter. Do you have a new or gently used 6 to 8-foot-tall pre-lit Christmas Tree that you would like to donate to UUSS? Contact: office@uuss.org

ComingUp@UUSS Unitarian Universalist Society of Sacramento

Travel the Path to Healing the Earth with our Interfaith

Community! Attend the monthly meeting of the Sacramento Area Congregations Together (ACT) Environmental Justice Committee, Tuesday, **November 21, 7:00-8:30 p.m.** in our Fahs Room. Learn how you can be part of the solution as we continue to develop and clarify the environmental and climate change factors that need our immediate and long-term attention.

Contact: interfaithearth@uuss.org

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!

The Beacon Bookstore has two new book offerings in the library by UUSS authors. TIL DEATH OR DEMENTIA DO US PART by Marilyn Reynolds & MEDITATOR'S FIELD GUIDE by Doug Kraft.

Exploring Unitarian Universalism - Next Sunday

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**)

3rd Sunday - Silent Meditation - Room 6

Ways to Serve

Family Promise hosts guests **Sunday December 3 through Sunday, December 10.** Currently there are 4 families in the program, so we will have a full house. Volunteers are needed for:

- Set-up and Tear-Dow
- Providing parts of meals
- Hosting during the dinner hour
- Staying Overnight (two volunteers)
- Donations of perishable and non-perishable items (or a cash donation)

You can sign-up at the Family Promise table today and for the next few Sundays or at <http://www.uuss.org/familypromise/>.

We had a few art/craft items last time and the families (adults and children) loved them. We are looking for donations of extra supplies, especially little "kits." Thank you

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 has placed a box in the Welcome Hall for donations of feminine hygiene products (unopened tampons, pads, wipes, etc.), professional clothing, and cleaning supplies as well as an option to contribute money. 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 *We Are UU's* lesson in Room 7/8. Spirit Play parents and guardians, please pick up your child(ren) at the door next to the playground/grassy side of our church campus.

Next Sunday: a service for all ages. No RE classes scheduled but OWL does meet beginning at 10:00 am for those youth registered. **Chalice Lighters needed** for worship services. Sign your child up at the RE table!

Happy Sunday!

-Miranda Massa, Religious Education Coordinator