

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

## **Sunday January 21**

- 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 - All Ages - Sanctuary
- 11:30am - Newcomers Meet-and-Greet - Library
- 11:30am - Chili Sunday - Welcome Hall Join us following the service for delicious chili. Suggested \$5 donation per person.
- 11:45am - 3<sup>rd</sup> Sunday Songfest - Main Hall Piano
- 5:30pm - Easy Yoga by Paige Labrie Room 7/8 (see below)

## **Monday January 22**

- 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 are welcome!
- 1:30pm - Party Bridge - Room 7/8 All skill levels welcome.  
Contact: [partybridge@uuss.org](mailto:partybridge@uuss.org)
- 6:30pm - A.E. Meditation Class - Fahs Room  
Contact: [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org)
- 7:00pm - Men's Group (2<sup>nd</sup> & 4<sup>th</sup> Mondays) - Music/Theater Room  
All male-identified persons welcome!  
Contact: [men@uuss.org](mailto:men@uuss.org)

## **Tuesday January 23**

- 10:00am - Ted's Web Discussion Group - Fahs Room  
Political discussion group named after our late Minister Ted Webb. Contact: [tedsweb@uuss.org](mailto:tedsweb@uuss.org)
- 6:00pm - Study & Action Group/SURJ - Welcome Hall
- 6:30pm - Mah Jongg - Room 6  
Contact: [mahjongg@uuss.org](mailto:mahjongg@uuss.org)
- 6:30pm - Easing Awake Meditation - Fahs Room  
With Doug Kraft. Contact: [doug@dougkraft.com](mailto:doug@dougkraft.com)

## **Wednesday January 24**

- 1:00pm - Women's Group - Fahs Room  
All are welcome. Contact: [women@uuss.org](mailto:women@uuss.org)
- 3:00pm - A.E. World Religions Lecture - Library  
In this series of lectures, we will hear about the early history of Israel up until the subjection by the Babylon. We will then discuss the impact on early Christianity.  
Contact: Ray Reynolds [raycreynolds9164@gmail.com](mailto:raycreynolds9164@gmail.com)
- 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](mailto:stjohns@uuss.org)

- 6:00pm - Showing Up for Racial Justice Meeting - Main Hall
- 7:00pm - UUSS Choir Rehearsal - Fahs Room/Room 6  
Contact: [keith@uuss.org](mailto:keith@uuss.org)

## **Thursday January 25**

- 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)
- 6:00pm - Study & Action/SURJ Group - Welcome Hall
- 7:00pm - Board of Trustees Meeting - Library

## **Saturday January 27**

- 10:00am - The Practical Path to Joy - Fahs Room - Learn how to harness the power of energy to attract what you desire in health, relationships and money. Taught by Kelly Mishell, certified life coach. Please sign up at the Adult Enrichment table. Contact: [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org)

## **Exploring Unitarian Universalism**

### **Members, Friends & Newcomers Join us:**

- 3<sup>rd</sup> Sunday of each Month 9:30am – 10:15am, Fahs Room
- February 18** - Survey of UU History
- March 18 - Principles & Sources of Our Tradition

## **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 - Reading Reflection on Poetry & Prose - Room 6

**Lesbian UU Gatherings:** Lesbian-identified UUSS women gather for lunch & connection February 18. Contact: [lavender@uuss.org](mailto:lavender@uuss.org) for info.

**UUSS Generation Y (Our 20s & 30s Ministry)** If you'd like to gather with other young adults from UUSS for food, fun, friendship and meaningful conversation. Contact: [geny@uuss.org](mailto:geny@uuss.org)

**The BIG SHED at UUSS** filled up during 2017 and Bob Oyafuso is cleaning it up. If you have stored something there, contact Bob [boyafuso@sbcglobal.net](mailto:boyafuso@sbcglobal.net), take it home or you might see it advertised on Craig's List.

**Do you have any UUSS (white Corelle) BOWLS, DISHES or CUPS that may have been taken home, or are in your car? The other dishes want their friends back in their pantry home. Thanks.**

# ComingUp@UUSS Unitarian Universalist Society of Sacramento

**Sign Up** - UUSS long-range planning continues with small group listening sessions. Sign up for one to give **input** on the draft goals and objectives developed from our day-long October congregational retreat. Sessions available a few more times this month. Jan 28 session after service includes child care. Register at the table after the service or online at [uuss.org](http://uuss.org).

**Ukulele Jam Session:** Next Sunday, Jan. 28, 2018. Uke players, join us in the Music/Theater Room after the service around 11:30. We'll be there until 1:00 p.m., and will provide sheet music and a couple of spare ukes, in case yours is still in the attic! For more information, e-mail: [ukes@uuss.org](mailto:ukes@uuss.org)

**Alliance Meeting** Feb 8 at 10:45 am. Roger Jones will speak about his trip to Korea while on sabbatical last May.

## Healing the World

**American River Parkway Foundation "Recreate for Health" Benefit Sunday January 28.** Recreate for Health brings at-risk youth to the American River Parkway for healthy, empowering experiences and provides bicycles to previously incarcerated youth for transportation. We will accept donations of fishing poles and reels, lures for trout/small fish, small first aid kits, Band-Aid bandages, adult bicycles, 26" wheels, grips for handlebars, & bicycle pedals. Volunteer with them if you like! And we'll have a Special Soup Sunday with all donations going to Recreate for Health! Contact: [interfaithearth@uuss.org](mailto:interfaithearth@uuss.org)

### **Book discussion on racial identity in UU churches -**

"Centering," Stories & insights from UU ministers of color. Rev. Roger leads it. Tues., Feb. 6, 7:00-8:30 PM. No class fees. Buy the book in UUSS Library at coffee hour. Register at Adult Enrichment table by Jan. 28 and please read at least half the book.

**Super Bowl Sunday Tamale Benefit.** Western Service Workers of America (WSWA) assists families whose utilities have been shut off, provides warm clothing and blankets and supplemental food, offers a "Warming Center" 7 days a week, 12 hrs. a day, and more. How can you help?

- 1.) Volunteer to help make tamales Feb. 1, 2, and/or 3. (Have fun while learning a new skill!)
- 2.) Recruit friends to volunteer. At least 40 people will be needed!
- 3.) Place orders now for tamales, delivered to UUSS Feb. 4 (Super Bowl Sunday) Suggested donation: \$20 per dozen or \$10 for 6.

Look for the WSWA table in the Welcome Hall after Jan. 21 and 28. Get your orders in early; supplies limited! Questions? Call Doris at 916-479-5004.

### **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,

Today is an all-ages service, which means no RE classes are scheduled. Children and youth are welcome in the sanctuary with us as we come together in community.

The Nursery is open for children preschool age and under, and it is an Our Whole Lives (OWL) Sunday.

Next Sunday, January 28: Spirit Play, JHYG, & SHYG all meet.

### **Happy day!**

-Miranda Massa, Religious Education Coordinator  
Coordinator