

# ThisWeek@UUSS Unitarian Universalist Society of Sacramento

## Sunday January 7

- 9:20am - Nursery Care - Room 11
- 9:45am - Labyrinth Walk - 1<sup>st</sup> Sunday - Labyrinth in meadow
- 9:45am - Parents Meeting (Parents of RE Youth) - Fahs Room
- 10:00am - Our Whole Lives (OWL) - Room 9
- 10:30am - Sunday Worship Service - Sanctuary
- 10:30am - Spirit Play (grades K-5) - Room 7/8  
Contact: [re@uuss.org](mailto:re@uuss.org)
- 11:30am - Soup Sunday - Welcome Hall. Join us following the service for delicious soups. Suggested donation per person is \$5.00.
- 11:30am - Newcomers Meet-and-Greet - Library
- 5:30pm - Easy Yoga by Paige Labrie - Room 7/8

## Monday January 8

- 10:00am - Chair Yoga by Paige Labrie- Fahs Room - 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](mailto:partybridge@uuss.org)
- 4:30pm - Earth Justice Ministry (EJM) Monthly Meeting - Welcome Hall Contact: [earthjustice@uuss.org](mailto:earthjustice@uuss.org)
- 6:30pm - A.E. Meditation Class - Fahs Room  
Contact: [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org)
- 6:30pm - Gen X Boomers Club Meeting - Room 9  
Contact: [genxboomers@uuss.org](mailto:genxboomers@uuss.org)
- 7:00pm - Men's Group - Music/Theater Room  
Contact: [men@uuss.org](mailto:men@uuss.org)

## Tuesday January 9

- 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)
- 6:30pm - 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)
- 7:00pm - 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 "*How Art Changes Us.*" Join Rev. Lucy for viewing and discussion of three thoughtful TED talks on transformative nature of art and its ability to shape the way we see ourselves and the world around us.
- 7:00pm - Gen Y Ministry Circle - Room 9  
Contact: [geny@uuss.org](mailto:geny@uuss.org)

## Wednesday January 10

- 1:00pm - Women's Group - Fahs Room  
All are welcome. Contact: [women@uuss.org](mailto:women@uuss.org)
- 10:00am - Kitchen Inventory & Clean up - Main Kitchen
- 2:30pm - Financial Resources Strategic-Planning Team FRST - Library  
Contact: [frst@uuss.org](mailto:frst@uuss.org)
- 7:00pm - UUSS Choir Rehearsal - Main Hall  
Contact: [keith@uuss.org](mailto:keith@uuss.org)

## Thursday January 11

- 10:45am - Alliance - Library - Kevin Sitter: the latest discoveries and treatments for AIDS. Contact: [alliance@uuss.org](mailto: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](mailto:ukes@uuss.org)
- 6:30pm - Stewardship Committee Meeting - Room 6  
Contact: [stewardship@uuss.org](mailto:stewardship@uuss.org)

## Saturday January 13

- 8:45am - American River Parkway Cleanup - (Offsite)  
Meet at the parking lot west-end of Northrop Ave.  
Contact: [parkway@uuss.org](mailto:parkway@uuss.org)

**Pastoral Prayers & Concerns**--We extend our care to these current and former UUSS members: Virginia Feagans had a fall and is healing at home. Judy Morrison fell down the stairs at home in the night and sustained a head injury; she is in a rehabilitation center. Roger Barr has been hospitalized with influenza near his new home in Ventura. Please let the ministers know of other needs. We all wish safe travels and a good year to the students and others who have been visiting home over the holidays. Blessed be.

**Lesbian UU Gatherings:** Lesbian-identified UUSS women gather for lunch & connection; 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)

**About these Announcements:** Church members who are leaders of UUSS activity groups may submit short articles of upcoming UUSS events at [bluesheet@uuss.org](mailto:bluesheet@uuss.org). **Deadline is noon Wednesday.** 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*

**Storage shelves for the basement** - Do you have any old shelving lying around that you would like to donate to UUSS? If yes, please contact the office at 916- 483-9283 or [office@uuss.org](mailto:office@uuss.org).

**"Religions of Japan: Pure Land and Soka Gakkai International Buddhism"** - Sunday, Jan. 14, noon, in the Main Hall. Keith Atwater, our Music Director and a professor of religious studies, will trace the beliefs, practices, and development of these popular branches of Japanese Buddhism from their origins back in Japan to their thriving communities here in our area today.

**Our 150<sup>th</sup> Anniversary Gifts** - We are on the way toward the goal of \$200,000--and new lights in the parking lot and a patio cover and furnishings to reduce crowding after service and hold events outdoors even in rain or hot sun. All gifts will complete our building renovation and mark our 150<sup>th</sup> anniversary. Visit Tina Stidman at the donations table or speak with Rev. Roger. Thanks!

## Exploring Unitarian Universalism

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

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

**January 21** - Social Justice: How Do We Live Our Values?

February 18 - Survey of UU History

## Sunday Morning Spiritual Practices

**Join Us Before the Service**

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

**2<sup>nd</sup> Sunday** - Qi Gong & Tai Chi Chuan - Labyrinth

3<sup>rd</sup> Sunday - Silent Meditation - Room 6

## Healing the World

**Sacramento Area Congregations Together *Environmental Justice* Committee** meets Tuesday, January 16 @ 7:00 – 8:30 in

our UUSS Library. Please join us if you'd like to participate in environmental justice work in the Sacramento area. As part of this January meeting, we will have a brief presentation on status and content of the Sacramento County Climate Action Plan.

Contact: [interfaithearth@uuss.org](mailto:interfaithearth@uuss.org) with questions.

**UUSS is joining** the Black Lives Matter Sacramento Chapter in their annual **Reclaim MLK March** on Monday, Jan. 15. We will meet up at 9:30 a.m. at the Safeway on Alhambra (1025 Alhambra Blvd.) and march to the State Capitol. Look for our group with our "Black lives matter here" banner.

**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 this UUA book in UUSS Library at coffee hour. Register at Adult Enrichment table by Jan. 28 and please read at least half the book.

### 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](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 the monthly meeting of parents of a UUSS teens. Join us for coffee before church at 9:45. Childcare Available. **Spirit Play** for children in Kinder through 5<sup>th</sup> grades meet 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.

**Our Whole Lives** meets today for those preregistered.

**Next weekend:** UUSS hosts the UU Pacific Central District middle school retreat from Friday evening to Sunday morning.

**Happy Sunday!**

-Miranda Massa, Religious Education Coordinator