

Unitarian Universalist Society of Sacramento ~ Week of April 28 - May 5, 2024

Sunday April 28

- 9:30am - Exploring Unitarian Universalism - Fahs Room**
- 10:30am - Worship Service "A Faithful Commitment to Values: An Ideology Is Not Faith"-** Rev. Dr. Roger Jones, preaching, with Worship Associate Dawn Huebner, Music Director Anthony Tavianini, Pianist Irina Tchantceva.
- 10:30am - Soul Kids - Contact: re@uuss.org for more info.**
- 10:30am - Junior High Youth Group (grades 6-8) Contact: re@uuss.org**
- 5:00pm - Beltane Celebration with CUUPs -** Back Patio and Fahs Room. Everyone is welcome! Spring is in full swing, come celebrate the Goddess and all that is blooming! Bring a couple of flowers and a potluck dish to share. Contact Laurie Jones or Leanna Pierson at cuups@uuss.org

Tuesday April 30

- 10:00am - Ted's Web Discussion Group -** Library. Political discussion group. In-person 1st & 3rd Tues. Online 2nd & 4th Tues. Contact: tedsweb@uuss.org for the Zoom link.

Wednesday May 1

- 7:00pm - Choir Rehearsal -** Fahs Room All are welcome! For more info, contact anthony@uuss.org

Thursday May 2

- 9:30am - Keep Moving - Get Fit** Every Thursday - Covered Patio or Welcome Hall depending on weather. Sitting and standing exercises for seniors, with Shelley Burns, instructor. \$10 drop-in. adultenrichment@uuss.org

Saturday May 4

- 10:00am - Saturday Stitchers and Crafters - Fahs Classroom.** Bring sewing, coloring, beading, knitting, or any other portable craft and join us! Contact: stitchers@uuss.org

Sunday May 5

- 9:30am - Labyrinth Walk - Meadow**
- 10:30am - Worship Service "Pluralism: A Pilgrimage of the Spirit"-** Rev. Dr. Roger Jones, preaching, with Ministerial Intern Rosemary Dodd, Worship Associate Courtney O'Neill and Music Director Anthony Tavianini Musical Guests: Sacramento Master Singers with Conductor Dr. Ralph Hughes and Pianist Heidi Van Regenmorter
- 10:30am - Soul Kids - Contact: re@uuss.org for more info.**
- 10:30am - Senior High Youth Group (grades 9-12) Contact: re@uuss.org**
- 12:00pm - Rise Up Singing - Patio**

Staff and Minister Availability

Rev. Roger rjones@uuma.org Roger's day off is Monday; study day is Friday. He is available for a pastoral appointment by phone or in person. **Pastoral Volunteers** are available for support by phone. Schedule an appointment with **Ministerial Intern Rosemary Dodd will be out of town April 22-30** rosemary@uuss.org **Rev. Lucy is on sabbatical until June 1.**

Our office staff (office@uuss.org or 916-483-9283) are available to respond to your phone calls and emails weekdays 8:30-4:30. Religious Education Coordinator CrystalFountain@uuss.org. Pianist irina@uuss.org and Music Director anthony@uuss.org.

UU Coffee! Enjoy coffee created just for UUSS: Chalice Blend! Beans grown by women-owned cooperatives in Latin America, roasted by a cafe in Oakland. Fresh beans sold in the Sunday Bookstore or in the Office any weekday. \$15 a bag.

May Congregational Meeting - Sunday, May 19, after church. We will be voting for church officers and approving next year's budget. To do this we need enough members there to represent the congregation, so please plan to attend.

UUSS Birthdays-- Ministers & staff sign and send birthday cards to members & pledging friends if we have a full date of birth (as well as to your children). If you'd like a card on your real birthday, please send your info to elaine@uuss.org

The Stories behind Tattoos: On Sunday, May 19, a few people will describe (but not show) a special tattoo and explain why it's meaningful. Tattoos touch on creativity and inspiration, personal identity, commitments, and communities. Contact Roger by May 12 if you have one! [Email](#) or telephone.

A Heart in Two Traditions: Are you a friend or member who finds depth and meaning in one of the other spiritual or ethical traditions as well as in Unitarian Universalism? Please tell [Rev. Roger](#) about your participation in or curiosity about another tradition. Email or telephone.

Sunday Morning Programs at UUSS

Join us before the service at 9:30 AM at UUSS

- **First Sunday** Labyrinth meditation - Meadow
Next: May 5
- **Second Sunday** - Justice and Equity Orientation is on hiatus. Labyrinth open for personal use.
- **Third Sunday** - Qi Gong/Tai Chi Next: May 19 (Fahs Room)
- **Fourth Sunday** - **Exploring UUism Next: Social Justice on April 28 (Fahs Room)**

Our Community Partner for April

[NorCal Resist](#)

Ways to Donate to the Shared Offering

- Text your amount to (916) 619-0903 (a first-time setup is required, but after that it's very easy)
- Online: Visit uuss.org/donate
- Credit card: Call the church office – (916) 483-9283
- Mail a check to UUSS, 2425 Sierra Blvd, Sac 95825

Coming Up

Afghan Dinner-Sunday, May 5, 6:00 pm--To benefit 30 parents and children from Afghanistan (supported by Refugee Support Team). The cooks among them will prepare a traditional Afghan meal to return our hospitality. Tickets \$30 or more per adult; \$5-\$10 per child/youth. Tickets or cash donations will help with legal asylum fees, rent, etc. Also seeking donations of summer clothes for 21 kids. Visit our Sunday table [today](#) or email us: refugeesupport@uuss.org

May is Mental Health Awareness Month! Our May community Partner, National Alliance on Mental Illness (NAMI) is holding their annual walk-a-thon, NAMIWalks, on May 4 starting at Land Park to raise funds for the local NAMI chapter. Sign up in the Welcome Hall on April 28 to walk with Team UUSS.

People of Color Caucus Meetings 2nd and 4th Thursdays this spring: **May 9 from 6 to 7:30 pm on Zoom**
May 23, 11:00 -12:30pm in person (Fahs Room)

Theater One Gathering to Read Plays at 3 pm in Rm. 6 - second Tuesday of the month - May 14 Contact: theaterone@uuss.org

End of Life Planning discussion with Molly Stuart, Tuesday, May 14, 10 a.m. to noon on Zoom. Topic is Forms: Advance Directive, POLST (Physician Orders for Life-Sustaining Treatment), and DNR (Do Not Resuscitate). For more info and to get the Zoom link, contact Molly, sign up at Connections or email adultenrichment@uuss.org.

Journey of Grief--Are you grieving the loss of a loved one and seeking a healing path forward? Consider this small group for sharing and support; 6 sessions at UUSS, Sundays, June 2 - July 14, 1:30 - 3:00 pm. (Not a drop-in series.) Facilitators: UUSS members Pat Hofmaster & Gail Evans, with support from Rev. Roger. Register by May 19 at Sunday Connections Table and a facilitator will reach out to discuss the program. For info: griefsupport@uuss.org

All-Ages Camp at Camp Norge in the Sierra

June 28 - 30, 2024 Save the dates! camp@uuss.org

Registration is now open! See the Weekly Message email for the registration link as well as cost and other information!