

Unitarian Universalist Society of Sacramento ~ Week of April 27 - May 4, 2025

Sunday April 27

- 9:30am - Embodied Practices for Stressful Times - Fahs Room**
- 10:30am - All-ages Service "Joy in the Earth" - Sanctuary & Online**
A Circle Service for all Ages, led by Rev. Lucy Bunch
- 11:30am - Budget & Strategic Plan forum today--our Treasurer and other Trustees invite you to a conversation about the 2025-26 budget and Strategic Plan revision. (For a vote at the Congregational Meeting.)**
Join us after the service at a table on the patio.
- 11:45am - POC Caucus Meet & Greet - Welcome Hall** Bring snacks to share for hospitality and conversation.
- 12:00pm - Exploring Unitarian Universalism - Fahs Room**
- 12:00pm - Our Whole Lives(OWL)** Contact: re@uuss.org for more info.
- 5:00pm - Beltane Celebration with CUUPs - Back Patio and Fahs Room.**
Everyone is welcome at the Covenant of UU Pagans (CUUPs) Beltane Celebration. Celebrate the Goddess and all that is blooming! Bring a couple of flowers and a potluck dish to share, if you're able to. Contact Laurie Jones or Leanna Pierson at cuups@uuss.org

Monday April 28

- 10:00am - Watercolor Classes - Room 7/8** Enhance your current watercolor skills with instructor Aziz Tokhi. Fee: \$30/class, pay at the door. Sign up at the Connections table. Contact: adultenrichment@uuss.org

Tuesday April 29

- 10:00am - Ted's Web Discussion Group - Library.** Political discussion group. In-person 1st & 3rd Tues. Online 2nd & 4th Tues. tedsweb@uuss.org for Zoom link.
- 6:00pm - Theater One - Room 6** We provide materials. We'll read, laugh and discuss whether to read a play aloud to an audience. Contact Patricia Johnson at TheaterOne@UUSS.org We hope you'll join us!

Wednesday April 30

- 6:00pm - Mindfulness Meditation** Join Rev. Roger - library/Zoom at www.uuss.org/online. No experience necessary. We invite mindful attention to our breathing for 20 minutes of silence. Done at 6:30.
- 7:00pm - Choir Rehearsal - Fahs Room** All welcome! Please join us: sing, make connections and share in a wonderful year of music and community! anthony@uuss.org

Thursday May 1

- 11:00am - Folk Dance Class - Welcome Hall** International Folk dance for everyone, no experience or partner needed. All welcome! Contact: adultenrichment@uuss.org.

- 6:30pm - Men's Group Weeknight Meeting - Room 12** men@uuss.org

Friday May 2

- 10:30am - Aggie Vawter Celebration of Life - Sanctuary**

Saturday May 3

- 10:00am - Saturday Stitchers and Crafters - Welcome Hall** Bring sewing, coloring, beading, knitting, or any other portable craft and join us! Contact: stitchers@uuss.org
- 10:00am - Race & Identity: What's Your Story?** Online Workshop via Zoom (link provided upon registration) Register by April 28, space is limited. Bring a Friend! Discover how to use engaged mindfulness practices using short-form writing and sharing to meet the challenges of facing our own beliefs around race with an open heart in a stress-free, judgement-free environment. racialjustice@uuss.org

Sunday May 4

- 9:30am - 1st Sunday Labyrinth Walk - Meadow**
- 10:30am - Sunday Service "Music for Body and Soul" - Sanctuary & Zoom.** Rev. Lucy Bunch, preaching Sacramento Master Singers
- 10:30am - Soul Kids - Contact:** re@uuss.org
- 10:30am - Junior High Youth Group JHYG** Contact: re@uuss.org
- 10:30am - Senior High Youth Group SHYG** Contact: re@uuss.org
- 11:30am - Meet the Candidates - Welcome Hall.** Everyone is invited to "meet and talk" with the nominees for UUSS elected positions. Get your questions answered prior to the May 18 election. **Contact:** nominating@uuss.org
- 12:00pm - Our Whole Lives (OWL)** Contact: re@uuss.org
- 1:00pm - Nonviolent Communication Training with Aya Caspi.** Fee-based, scholarships available Info at Connections Table! Sponsored by Easing Awake Buddhist Sangha.

Staff and Minister Availability

Our Ministers are available for pastoral support or just to get acquainted. We welcome your input! To schedule an appointment email Rev. Roger: rjones@uuma.org or Rev. Lucy's calendar: calendly.com/revlucyb or lucy@uuss.org Ministers' day off is Monday.

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

Sunday Morning Programs at UUSS

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

- **First Sunday** Labyrinth Walk - Meadow
- **Second Sunday** – No program May 11
- **Third Sunday** - Qi Gong/Tai Chi (Covered Patio)
- **Fourth Sunday** - **NEW Embodied Practices for Stressful Times** - Fahs Room. Feeling anxious and stressed about the state of the world? Rev. Lucy will teach gentle movement and practices to help us process anxiety in these stressful times. All bodies are welcome.

Exploring Unitarian Universalism is now after the service at noon on the 4th Sunday. Come learn about our social justice history and values with Karen Gunderson. Designed for newcomers, all are welcome. **12pm, April 27**

Our Community Partner for April

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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
- Mail a check to UUSS, 2425 Sierra Blvd, Sac 95825

Help us conclude the Pledge Drive --This is the time when all who care about UUSS make our pledges of financial support for the 2025-26 budget year. See our ministers' letter, member testimonials, videos, charts, and FAQs--and make your pledge easily--at www.uuss.org/pledge. Thanks for your support! pledge@uuss.org Get your sticker if you've pledged!

Apply for Endowment Trust Funds Does your committee or program have an idea for a project for UUSS? A small percentage of the Endowment is intended to be released annually. This year it is around \$10,000. Not a source of ongoing funds but intended for new/special ideas for congregational betterment. uuss.org/donate/endowment (submit proposal and budget). Applications due June 1, distributed by July 31. Questions? endowment@uuss.org.

How You Can Help

UU the Vote - pick up packets to write postcards at home on the patio to African American voters in Virginia after the service. ACTION overcomes fear! Contact: UUtheVote@uuss.org

The Creation District is an incubator and safe haven for creation, discovery, activism, daring, and dream-making for Sacramento's youth and young adults. Support with donations of healthy snacks and bottled water! Contact: partners@uuss.org

Here's another chance for you to make your voice heard for our unhoused neighbors: Monday, April 28 at the State legislative offices downtown. In addition to lobby visits we'll be rallying with advocates from around the state. There will be appointments with legislators throughout the day, and you will be welcome to join us just for the morning, the afternoon, or all day. [Click here to Sign UP.](#)

May is Mental Health Awareness Month! [Register to walk with or donate to Team UUSS 2025](#) for the NAMI WALKS on May 3rd! **For questions** contact partners@uuss.org

Coming Up

Mindfulness Meditation--Join Rev. Roger on the 2nd, 4th, and 5th Wednesdays of the month at UUSS or at www.uuss.org/online at 6:00pm.
Next one: May 14

The **Men's Group's** next Sunday meeting will be May 15 after the service. We look forward to seeing you there, or at our Thursday meeting on May 3, at 6:30pm.

Congregational Meeting Please plan on attending the Congregational Meeting on Sunday, May 18, after service. The congregation will be voting for church officers, the 2025-2030 Strategic Plan and approving next year's budget. To do this we need a quorum. Your vote is very important!

Beyond The Deep End of Meditation: Spontaneous Discussions with Delson Armstrong and Doug Kraft, in person at UUSS on Friday, May 23, 6:30-9:30 p.m. and Saturday, May 24, 9:30-12:30 p.m. Visit remote territories of consciousness, perception, and meaning. Cost? Free-will donation to the dana bowl. Info at the Connections table or adultenrichment@uuss.org Signing up is not required, but we appreciate an idea of how many are coming.

UUA General Assembly--June 18-22, in Baltimore or online.

Our denomination's conference includes worship, workshops; voting and community-building experiences. UUSS will cover your delegate fee up to \$410. Contact Rev. Roger or Board Member Sally Wilkins soon! Learn more at uua.org/ga

Save 6-pack planting containers for Monarch Foundation to grow milkweed & nectar plants! Leave unwashed 6-packs on or under the "UU the Vote" table on the patio; Barbara Dace will collect and clean them. Next Spring, community members can request free plants, ready for transplantation.