

# Unitarian Universalist Society of Sacramento ~ Week of May 25 – June 1, 2025

## Sunday June 1

**9:30am - 1st Sunday Labyrinth Walk - Meadow**

**10:30am - All ages Sunday Service “The Unitarian Flower Communion: Welcoming New Life” - Sanctuary & Zoom.**

**12:00pm - America’s Other Home-Grown Denominations: Forum with Keith Atwater - Fahs Room** Light snacks available but bring your coffee over. No charge: voluntary donations invited. Learn about the LDS, Christian Scientists, Seventh Day Adventists, and Jehovah’s Witnesses. (Universalists are home-grown but that's why we offer Exploring UUism on the 4th Sunday of each month.) Keith is a retired professor of religious studies and humanities at American River College, our former music director, and current music director at Carmichael Presbyterian. Open to all ages. Time for questions.

**\*This Sunday is the last day to purchase art from the walls. The paintings will be removed on Monday.**

## Monday June 2

**10:00am - Watercolor classes with Aziz Tokhai will resume.** The class will be held in the Fahs room. It is desirable to have some introduction to watercolor, but Aziz enjoys helping students at any stage of experience. If interested, contact [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org)

**10:00am - Lectio Divina: Reading & Reflecting on a Poem w/JoAnn Anglin - Zoom** enter via [www.uuss.org/online](http://www.uuss.org/online) First and third Monday mornings. All are welcome!

## Tuesday June 3

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

**5:45pm - Theater One Reading Group** will be reading Mark Twain's "Is He Dead" or Tom Stoppard's "Travesties". We meet Tuesday, June 3 (the first Tuesday of the month) at 5:45 PM (or when you arrive is fine) in Room 6. Hope to see you! Contact: [theaterone@uuss.org](mailto:theaterone@uuss.org)

## Wednesday June 4

**7:00pm - Choir Rehearsal – Fahs Room** All welcome! Last rehearsal of the season! [anthony@uuss.org](mailto:anthony@uuss.org)

## Thursday June 5

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

**6:30pm - Men’s Group Weeknight Meeting – Room 12**

Please come join us for a check-in and inspired spiritual discussion. \*The Weeknight Men's Group Meeting will continue to meet indefinitely on the first Thursday of each month. [men@uuss.org](mailto:men@uuss.org)

## Saturday June 7

**10:00am - Saturday Stitchers and Crafters – Fahs Room** Bring your favorite crafts and come for some wonderful community time together. Coffee, iced tea, water and snacks provided. Contact: [stitchers@uuss.org](mailto:stitchers@uuss.org)

## Sunday June 8

**9:30am - Silent Meditation - Fahs Room**

**10:30am - Sunday Service “Freedom” - Sanctuary & Zoom.** Rev. Lucy Bunch, preaching.

**10:30am - RE Craft Party - [re@uuss.org](mailto:re@uuss.org)**

**11:45am - Young Adult Meet-n-Greet & Discussion - Room 7/8** Join us for connection and conversation with people of the USS community aged 18-40! Monthly discussion topics range from reflection on the service, world events and personal passions. Contact: [youngadults@uuss.org](mailto:youngadults@uuss.org)

**11:50am - Newcomers Orientation & Tour - Welcome Hall**

**2:00pm - UU Values Concert Event - Sanctuary** "Core Values in Song" Instrumentalists and singers from the congregation explore the UU shared values through music. You are sure to hear some choir and other favorites from the past alongside fresh new offerings by a great variety of performers. No charge, but donations welcome.

## 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](mailto:rjones@uuma.org) or Rev. Lucy's calendar: [calendly.com/revlucyb](http://calendly.com/revlucyb) or [lucy@uuss.org](mailto:lucy@uuss.org) Ministers' day off is Monday.

Our office staff ([office@uuss.org](mailto: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](mailto:CrystalFountain@uuss.org) Pianist [irina@uuss.org](mailto:irina@uuss.org) and Music Director [anthony@uuss.org](mailto:anthony@uuss.org)

## Sunday Morning Programs at USS

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

- **First Sunday** Labyrinth Walk - Meadow
- **Second Sunday** – Meditation June 8 9:30 - 10:00
- **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 UU UU History and Theology with Rev. Lucy. Designed for newcomers, all are welcome. **12pm, June 22.**

### Our Community Partner for June

#### Opening Doors

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](https://uuss.org/donate)
- Mail a check to USS, 2425 Sierra Blvd, Sac 95825

**Apply for Endowment Trust Funds** Does your committee have an idea for a project for USS? 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 special ideas for congregational betterment. [uuss.org/donate/endowment](https://uuss.org/donate/endowment) (submit proposal and budget). Applications due TODAY, distributed by July 31. Questions? [endowment@uuss.org](mailto:endowment@uuss.org).

### How You Can Help

**The Unhoused in your Neighborhood Need your Help!** Currently, USS Mercy Pedalers are serving in Arden Arcade, Carmichael, and midtown. There are houseless people living near you that need your help. Join us by going out once a week in your car or bike. We will train you and provide the supplies. Come to our cart in the entryway any Sunday to find out how to get started. Contact: [mercypedalers@uuss.org](mailto:mercypedalers@uuss.org)

**Sandwich Brigade:** Bring your lunches on June 11 & 18 by 10am to USS. Please include: PBJ sandwich, water, a soft fruit, a cookie or granola bar and a napkin. Water may be packed separately. Label the bag "PBJ". Thanks for your continued service. To date: 16,200 lunches in 4 years, 6 months. WOW! Contact: Sally [sandwiches@uuss.org](mailto:sandwiches@uuss.org)

**Our June Community Partner, Opening Doors supports refugee families and has a current need for diapers!** Support Opening Doors with diaper donations accepted all Sundays in June or office drop off in the office through June 27. Contact: [partners@uuss.org](mailto:partners@uuss.org)

## Coming Up

**Mindfulness Meditation**--Join Rev. Roger on the 2nd, 4th, and 5th Wednesdays of the month at the USS library at 6:00pm. **Next one: June 11**

**UUA General Assembly**--June 18-22, in Baltimore or online. Our denomination's conference includes worship, workshops, voting and community-building experiences. USS will cover your delegate fee up to \$410. Two of our delegates had to cancel, and we're looking for two people to replace them for ONLINE only participation. If you'd like to participate this year, please see Rev Roger, Rev Lucy or speak with Sally Wilkins. [uua.org/ga](https://uua.org/ga)

**Save the date:** July 13 after service, Fahs Room. Theater One is sponsoring a one person play about Col. Ingersoll a father of a famous suffragist, a civil war veteran, abolitionist and agnostic. Contact: [theaterone@uuss.org](mailto:theaterone@uuss.org)

**Summer Singing:** The Treble Ensemble would love to expand. If you have choral experience and the skills to learn vocal music on your own, and you yearn for the camaraderie of a cappella singing, this may be a good fit. Let's chat. Contact Christiana Quick-Cleveland [treble@uuss.org](mailto:treble@uuss.org)