

Unitarian Universalist Society of Sacramento ~ Week of May 18 - 25, 2025

Sunday May 18

- 9:30am** - Intro to Qi Gong/Tai Chi - Fahs Room
- 10:30am** - Sunday Service "Let's Hear it for Humanism!" - Sanctuary & Online Rev. Dr. Roger Jones, preaching.
- 10:30am** - Soul Kids - Contact: re@uuss.org
- 10:30am** - Junior High Youth Group (JHYG)
- 10:30am** - Senior High Youth Group (SHYG)
- 11:45am** - Congregational Meeting - Sanctuary Please attend after service. Members will be voting on church officers, the 2025-2030 Strategic Plan and next year's budget. To do this we need a quorum. Your vote is very important!

Monday May 19

- 10:00am** - Watercolor Classes - The watercolor classes taught by Aziz Tokhi on Mondays will not be held Monday, 19th and 28th. They will resume in June. Those interested can sign up at the Connections Table on Sundays. adultenrichment@uuss.org
- 10:00am** - Lectio Divina Reading & Responding to Poetry w/JoAnn Anglin - Zoom uuss.org/online First and third Monday mornings. All are welcome!

Tuesday May 20

- 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.
- 1:30pm** - Write postcards to Virginia voters - Put your rage/fear/intentions to good use! We will write to Black voters in Virginia for their crucial primary. Contact: UUtheVote@uuss.org
- 7:00pm** - Theology on Tap - SacYard Community Tap House, 1725 33rd St. They have opened a kitchen! Check out their menu: <https://sacyard.beer/bites-and-other-beverages/> Not into beer? No problem! They offer a rotating selection of wines, ciders, hard kombucha, and craft non-alcoholic beverages.

Wednesday May 21

- 7:00pm** - Choir Rehearsal - Sanctuary All welcome! Please join us: sing, make connections and share a wonderful year of music and community! anthony@uuss.org

Thursday May 22

- 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** - UUSS Board of Trustees Meeting - Library or online at www.uuss.org/online more info.

Friday May 23

- 6:30pm** - Beyond The Deep End of Meditation: Spontaneous Discussions with Delson Armstrong and Doug Kraft - Fahs Room 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 Sign up for both today and May 24, 9:30 a.m. -12:30 p.m. is not required, but we appreciate an idea of how many are coming.

Saturday May 24

- 9:30am** - Beyond The Deep End of Meditation: Spontaneous Discussions with Delson Armstrong and Doug Kraft - Fahs Room (see above)
- 5:00pm** - Game Night - Welcome Hall No gaming experience necessary! Geared toward younger adults (aged 18- 40), but feel free to bring your friends, partners, and family of any age. Childcare is not available but please reach out if this is a barrier. Contact: youngadultgroup@uuss.org

Sunday May 25

- 9:30am** - Embodied Practices for Stressful Times - Fahs Room
- 10:30am** - Sunday Service "Heroism!" - Sanctuary & Online Rev. Lucy Bunch, preaching.
- 11:45am** - POC Caucus Meet & Greet - Sanctuary Bring snacks to share for hospitality and conversation.
- 12:00pm** - Exploring Unitarian Universalism - Fahs Room
- 12:00pm** - NAMI Program - Fahs Room Join Patricia Wentzel for a discussion of Sacramento's Mental Health community resources and NAMI programs. Suitable for individuals with mental health conditions and families and friends; anyone interested in learning about Mental Health services in the community. partners@uuss.org
- 7:00pm** - Benefit concert for our Pink Haven gender refugee project at UUSS. "Trans Joy and Resistance" will feature local trans/nonbinary musicians: indie folk-pop duo Dogprayer, multi-genre bass-baritone singer Michael Alexander Aoun, and folk/country songwriter Eli Conley, who will perform with an acoustic trio. There will be baked goodies and interactive fun. Suggested donation is \$25 per person. Tickets are available in advance at tinyurl.com/transjoymay25

OFFICE CLOSED

May 26 for Memorial Day

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

We Want to Hear from You!

Beloved Community at UUSS On behalf of the UUSS strategic plan, your Justice and Equity Team (JET) at UUSS is inviting you to participate in a congregational survey to gather information to help us begin to understand the climate around certain issues related to diversity, welcoming, and belonging. Responses are anonymous and the survey is available by using this QR code:



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 at this time
- **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 Values & Beliefs with Rev. Roger. Designed for newcomers, all are welcome. **12pm, May 25**

Our Community Partner for May

NAMI Sacramento

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

Apply for Endowment Trust Funds Does your committee 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

We Need Your Help! UU the Vote's current postcards should be mailed by May 30; we need to distribute them all this week if possible, so you have time enough to write them. Donations are optional; please grab a pack! Contact: UUtheVote@uuss.org

Sandwich Brigade Please bring your lunches to UUSS by 10am on **Wed. May 21**. Include: PBJ sandwich, a soft fruit, a granola bar or cookie in a paper bag labeled PBJ. Water may be stored separately. Thank you.

The Houseless in your Neighborhood Need your Help! Currently, UUSS 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

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 27

Our Choir's UU Values Concert Event Sunday, June 8, 2:00pm, Sanctuary
"Core Values in Song" This special event will feature instrumentalists and singers from the congregation as they 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. Musician who did not receive prior communications from Anthony, contact him at anthony@uuss.org. If you would like to help in a non-musical capacity, you are welcome.

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! uua.org/ga

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.