

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

## 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** If you identify as Indigenous, a Person of Color, or have a mixed racial background, please join us after the service for light refreshments, introductions, and conversation. For more info: Christiana Quick-Cleveland at [multi@uuss.org](mailto:multi@uuss.org).

**12:00pm - Exploring Unitarian Universalism - Room 6**

**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](mailto: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](https://tinyurl.com/transjoymay25)

## Monday May 26

**~ OFFICE CLOSED for Memorial Day~  
No Events Scheduled**

## Tuesday May 27

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

## Wednesday May 28

**6:00pm - Mindfulness Meditation** Join Rev. Roger - library/Zoom at [www.uuss.org/online](http://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 – Fash Room** All welcome! Please join us: sing, make connections and share a wonderful year of music and community! [anthony@uuss.org](mailto:anthony@uuss.org)

## Thursday May 29

**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).

**7:00pm - UUSS Readers - Fahs Room** Meet on the LAST Thursday of each month in Fahs 7 PM to 8 PM+. Sign up at [www.uuss.org/uureaders](http://www.uuss.org/uureaders) to receive a meeting reminder each month or if there are changes. Contact: [uureaders@uuss.org](mailto:uureaders@uuss.org)

## Friday May 30

**5:30pm - Family Dinner Potluck - Welcome Hall** Starts at 5:30, we will eat at 6:00 and plan to clean up by 7:30. Meet us in the Welcome Hall for a welcoming all ages potluck. Bring a dish to share or just bring yourself. No sign up required. Send questions to [CrystalFountain@uuss.org](mailto:CrystalFountain@uuss.org)

## Sunday June 1

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

**10:30am - Sunday Service “Music for Body and Soul” - Sanctuary & Zoom.** Rev. Lucy Bunch, preaching

**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. Come learn about the Mormons (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 seekers of all ages. Time for questions.

## 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](https://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)

## We Want to Hear from You!

**DEADLINE TODAY MAY 25** Many of you have taken the USS "check the pulse" survey. Thank you!

Responses are anonymous and the survey is available by using this QR code:



## Sunday Morning Programs at USS

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

- **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, TODAY 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](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 new/special ideas for congregational betterment. [uuss.org/donate/endowment](https://uuss.org/donate/endowment) (submit proposal and budget). Applications due June 1, distributed by July 31. Questions? [endowment@uuss.org](mailto: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](mailto:UUtheVote@uuss.org)

**The Houseless 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)

## Coming Up

**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](mailto:anthony@uuss.org). If you would like to help in a non-musical capacity, you are welcome.

**Mindfulness Meditation**--Join Rev. Roger on the 2nd, 4th, and 5th Wednesdays of the month at USS or at [www.uuss.org/online](https://www.uuss.org/online) 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. Contact Rev. Roger or Board Member Sally Wilkins! [uua.org/ga](https://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](mailto:treble@uuss.org)