

Unitarian Universalist Society of Sacramento ~ Week of May 4-11, 2025

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 Special guests 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.

Monday May 5

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 May 6

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.

1:00pm - UU the Vote - Covered Patio Put your rage/fear/intentions to good use! We will write to Black voters in Virginia for their crucial primary. Contact: UUtheVote@uuss.org

5:45pm - Theater One - Room 6 Join us to read short comedic plays. Contact Patricia Johnson at TheaterOne@UUSS.org We hope you'll join us!

7:00pm - Budget & Strategic Plan forum – On Zoom at uuss.org/online Our Treasurer, Victoria Owens and Vice President, Andy Cramer invite you to a conversation about the 2025-26 budget and Strategic Plan revision. (For a vote at the Congregational Meeting.)

Wednesday May 7

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 8

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

Friday May 9

10:00am - Crone Connection (for wise older women) Welcome Hall. We explore our strengths and wisdom, share our stories, support, inspire each other and laugh. Open to any woman who identifies herself as an elder. Email Marla Jensen at croneconnection@uuss.org

Saturday May 10

10:30am - Celebration of Life for Jon Peterson - Main Hall

Sunday May 11 ~Mother's Day~

10:30am - All-ages Service "The Miracle of Ordinary Things" - Sanctuary & Zoom. Led by Rev. Dr. Roger Jones

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

12:00pm - Young Adult Meet-n-Greet & Discussion - Room 7/8 Join us for connection and conversation with people of the UUSS community aged 18-40! Monthly discussion topics range from reflection on the service, world events and personal passions. Contact: youngadults@uuss.org

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 USS

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

- **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 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 USS, 2425 Sierra Blvd, Sac 95825

Help us conclude the Pledge Drive --This is the time when all who care about USS 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](https://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 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 (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

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

Coming Up

Write postcards to Virginians, Tuesday May 13, 1:30 to 3 pm. Put your RAGE/fear/intentions to good use! We will write to Black voters in Virginia for their crucial primary. Contact: UUtheVote@uuss.org

Apocalyptic Diplomacy--faith and fear in foreign relations from England in 1650 to Trump. 2nd Tuesday Forum May 13, 7:00 pm. Rev. Roger hosts Dr. John Watkins, professor emeritus at Univ. of Minnesota, for a lecture with Q&A. Join us in the Library/Bookstore or at www.uuss.org/online.

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

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 USS on Friday, May 23, 6:30-9:30 p.m. and Saturday, May 24, 9:30 a.m. -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.

UU Values Concert Event Sunday, June 8, 2:00pm in the 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 be involved 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. USS 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.