

Unitarian Universalist Society of Sacramento ~ Week of April 19-26, 2026

Sunday April 19

- 9:30am - Intro to Qi Gong/Tai Chi - Fahs Room**
- 10:30am - "The Possibility of America: 250 Years and Counting"- Sanctuary & Zoom.** Rev. Dr. Roger Jones, preaching.
- 10:30am - Soul Kids - Contact: re@uuss.org for info.**
- 10:30am - Junior High Youth Group - Contact: re@uuss.org**
- 10:30am - Senior High Youth Group - Contact: re@uuss.org**
- 12:00pm - Men's Group Meeting - Room 7/8** All with male or masculine identity welcome! Please consider bringing snacks to share. Contact: men@uuss.org
- 12:00pm - Mercy Pedaler Quarterly Meeting - Room 9** Come hear what Mercy Pedalers do and find out about the houseless they serve. Contact: mercypedalers@uuss.org
- 12:00pm - Fearless & Curious Conversations - Fahs Room**
Advance registration required; see Connections Table.

Monday April 20

- 10:00am - Lectio Divina Reading & Responding to Poetry w/JoAnn Anglin - Zoom uuss.org/online** First and third Monday mornings. All are welcome!
- 10:00am - Watercolor with Aziz Tokhi - Room 7/8** At each class Aziz demonstrates the various steps of the image we are using. Aziz will accept students who are beginners and give them appropriate work for their level. Sign up at the Connections Table. adultenrichment@uuss.org

Tuesday April 21

- 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.
- 7:00pm - Theology on Tap - OFFSITE** Bike Dog Brewery 915 Broadway Suite 110. Join us for a rousing discussion on Embracing Possibility. Outside food is welcome. Selland's is next door. Come early to buy your food. Contact theologyontap@uuss.org for more info.

Wednesday April 22

- 6:00pm - Intro to Mindfulness Meditation w/ Rich Howard - Fahs Room** This introductory class is for those who would like to learn how to practice Insight Meditation in the Buddhist tradition; those who already meditate are welcome to attend

also. Contact: roger@uuss.org This class includes Rev. Roger's regular sitting at 6pm

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

Thursday April 23

- 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 Meeting - Library/Zoom uuss.org/online**
Contact: board@uuss.org

Saturday April 25

- 5:00pm - Game Night - Fahs Room** A selection of games, limited snacks and non-alcohol drinks will be provided. No gaming experience necessary! While the event is geared toward younger adults (aged 18-40), 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 to participation. Contact: youngadultgroup@uuss.org

Sunday April 26

- 9:30am - Embodied Practices for Stressful Times - Fahs Room**
- 10:30am - All Ages Service "Earth Day: Gratitude for the Gifts of the Earth" - Sanctuary & Online**
- 11:45am - POC Caucus Meet & Greet - Room 6** If you identify as Indigenous, a Person of Color, or have a mixed racial background, please join us for light refreshments, introductions, and conversation. Contact Christiana Quick-Cleveland at multi@uuss.org
- 12:00pm - Exploring Unitarian Universalism - Fahs Room**
- 12:15pm - Theater One - Room 7/8**
- 5:00pm - Beltane Celebration with CUUPs - Fahs Room** Everyone is welcome at the Covenant of UU Pagans (CUUPs) Beltane Celebration. Spring is in full swing, come celebrate around the Maypole! Bring a couple of flowers, a potluck dish to share if you're able to, and table service for your family. Contact Leanna Pierson at cuups@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**(he, him): rjones@uuma.org or **Rev. Lucy's**(she/her) **calendar**: calendly.com/revlucy or lucy@uuss.org Ministers' day off is Monday.

Sophia McKean (they, them) sophia@uuss.org, our Ministerial Intern, is available for pastoral support by phone, Zoom or in person, or getting acquainted. They are on campus on Tuesdays and Sundays.

Our office staff (office@uuss.org or 916-483-9283) are available to respond to your phone calls and emails Tuesday - Friday 8:30-4:30. Closed Mondays. 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** - Soul Matters Discussion Drop-in session on each month's theme - Fahs Room
- **Third Sunday** - Qi Gong/Tai Chi (Covered Patio)
- **Fourth Sunday** - Embodied Practices for Stressful Times - Fahs Room.

Exploring Unitarian Universalism after the service at noon on the 4th Sunday of each month. Come learn about UU History and Theology, with Rev. Lucy. Designed for newcomers, all are welcome. **April 26.**

Our Community Partner for April *The Creation District*

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

****Meet Morgan Summers, Center Co-Director of The Creation District, after today's service on the patio. Contact: partners@uuss.org**

NAMI WALKS! Join the UU's 4 NAMI 2026 team as we support our May Community Partner, NAMI Sacramento at the NAMI Walks event, May 9, 2026, at Southside Park. Join the team by registering at: www.namiwalks.org/teams/81506 Contact: partners@uuss.org

How You Can Help

You are making a difference for our unhoused neighbors. Through your donations of funds and supplies you have enabled UUSS Mercy Pedalers to touch the lives of 28,930 people. Your efforts bring kindness, recognition and hope to those living on our streets.

Coming Up

All Ages Camp – July 31 - Aug 2 – Camp Norge – Alta, CA Enjoy a weekend of community, crafts, nature, a day hike, swimming, campfires with singing & s'mores, and fun for everyone. Cabins, tents, RVs—something for all! Great for families, friends, and all generations! Register before June 29 for the lowest fees. Registration fees will go up by 20% starting on June 29. Visit uuss.org/camp for more info and registration. Contact: Alicia Taylor - camp@uuss.org

SacACT Lobby Day at the Capitol Recognizing the inherent worth and dignity of every human being, we as UU's hold that access to affordable, habitable housing is a fundamental right in a just society. We are committed to the values of justice and equity and we can work for a better world for everyone. UUSS is partnering with Sacramento Area Congregations Together, a 30-year old coalition of over 50 multi faith groups, in a series of lobby days focused on housing and homelessness. The next lobby day will be on Monday, April 20 at the State legislative offices downtown. There will be appointments with legislators throughout the day, and you will be welcome to join us just for the morning or the afternoon. [Click here to register.](#)

JOIN the 18th Annual World Labyrinth Day for "Walk as One at 1" on Saturday, May 2, creating a rolling wave of peaceful energy passing from one time zone to the next around the globe as a moving meditation for peace. Meet on the UUSS labyrinth anytime between Noon and 2:00PM. Introductory information available for new participants on site. Get a flyer at Connections Table. Contact Christie Braziel at WorldLabyrinthDay@uuss.org

Spring Abstractions Art Show Our spring art show features 4 local artists. Is it time to update your home with colorful art? UUSS receives a 30% commission on all sales.

Join in the conversation at the **Theology on Tap** meeting in May We are meeting at the SacYard Community Tap House, 1725 33rd St, **May 19th 7-9 PM** 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. Topic: Awakening Curiosity Contact: theologyontap@uuss.org