

Unitarian Universalist Society of Sacramento ~ Week of May 17 - 24, 2026

Sunday May 17 Congregational Meeting Day!

- 9:30am - Intro to Qi Gong/Tai Chi - Fahs Room
- 10:30am - "Take the Good with the Bad" Sanctuary & Zoom.
Rev. Lucy Bunch, 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
- 11:45am - Congregational Meeting – Sanctuary & Zoom
- 1:00pm - Men's Group Meeting - Room 7/8 Meeting after the Congregational Meeting at around 1pm to 2pm in Room 7/8. All with male or masculine identity welcome! Some light food will be provided, please consider adding additional snacks! Contact: men@uuss.org

Monday May 18

- 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 May 19

- 10:00am - Ted's Web Discussion Group – Library & ONLINE Ted's Web political discussion group meets every Tuesday at 10:00 a.m. in the library and separately on Zoom at the same time – two groups! Contact: tedsweb@uuss.org for the Zoom link.
- 7:00pm - Theology on Tap – OFFSITE SacYard Community Tap House, 1725 33rd St. 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.

Wednesday May 20

- 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 May 21

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

Saturday May 23

- 5:00pm - Game Night - Fahs Room A selection of games, limited snacks and non-alcohol drinks provided. No gaming experience necessary! Event is geared toward younger adults (aged 18-40), but feel free to bring friends, partners, and family of any age. Childcare not available but please reach out if this is a barrier to participation. Contact: youngadultgroup@uuss.org

Sunday May 24

- 9:30am - Embodied Practices for Stressful Times - Fahs Room
- 10:30am - "The Transformation of Silence" - Sanctuary & Online Ministerial Intern Sophia McKean, preaching
- 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 UU Values and Beliefs led by Rev. Lucy

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/revlucyb or lucy@uuss.org Ministers' day off is Monday.

*Rev. Roger is leading a UU pilgrimage to Poland May 18-29. Rev. Lucy and Intern Sophia McKean can reach him in an emergency.

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, last one of the year - 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. Designed for newcomers, all are welcome.

May 24: UU Values and Beliefs led by Rev. Lucy

Our Community Partner for May

[NAMI](#)

[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

May is Mental Health month; learn more about NAMI programs with UUSS member Patricia Wentzel, Sunday May 31 in the Sanctuary after the service.

How You Can Help

Consider helping at Sunday Connections Table! Adult Enrichment is recruiting to help staff the Connections Table. If you enjoy meeting new people, if you enjoy helping people connect to activities and resources, please think about giving an hour on one Sunday a month! Interested? Contact adultenrichment@uuss.org

Host a foreign exchange student (or be one)—Sunday, May 31, 12:00 pm, Room 7/8--Join Greg Redmond, Carrie Cornwell, and Sota, 18, their guest from Japan. Learn about hosting a student for one or two semesters. Learn how our local high schoolers can study overseas and how the local AFS chapter promotes intercultural understanding and friendship. No charge. adultenrichment@uuss.org

Sandwich Brigade dates this month are Weds., May 13 & 20. Please have your bag lunches to UUSS by 10am on either date. Include PBJ sandwich, soft fruit, granola bar, a napkin and water, which may be packed separately. May brings our total to 19,900. Thank you all. PS. I will need a driver for July and August as I'm having knee surgery. Please contact Sally Wilkins at sandwiches@uuss.org. Thanks!

Coming Up

All Ages Camp – July 31 - Aug 2 – Camp Norge – Alta, CA Enjoy a weekend of camping, community, & fellowship. Tents, dorm bed, RVs—something for all! Great for all generations! Visit uuss.org/camp for more information and registration. Contact: Alicia Taylor - camp@uuss.org

Sacramento Area Congregations Together (SacACT) will host a forum for candidates running in the June 2 primary for the District 1 seat on the Sacramento Board of Supervisors. Saturday, May 16, 3:00 to 4:30 pm, St. John's Lutheran Church, 1701 L St. District 1 includes central Sacramento stretching Northeast to the airport and Southwest to Florin and Watt. Phil Serna is leaving the seat. Flojaune Cofer, Eric Guerra, Deborah Ortiz, and Tim Riley are running. We urge UUSS members to attend the forum and vote in this election, particularly if you live in District 1. Contact Meg Gunderson with the UUSS Social Justice Coordinating Council for further information.