

Unitarian Universalist Society of Sacramento ~ Week of July 26 – August 2, 2026

Sunday July 26

- 9:15am - Parent Group Meeting – Room 12** Join us on 4th Sundays to connect as UU parents/caregivers of babies, children and teens (expectant parents are welcome). Take a breath, have a chat and a cup of tea. Staffed childcare is available next door in Room 11. Snacks and tea are provided. (Please use the main USS entrance to access Room 12 and not the parking lot side.) Send questions to RE@uuss.org
- 9:30am - Embodied Practices for Stressful Times – Fahs Room**
- 10:30am - All Ages Circle Service: “Celebrating the Harvest” - Sanctuary & Online** Bring your garden harvest to share.
- 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**
This month: UU Faith led by Rev. Roger
- 12:15pm - Theater One Reading Group – Room 6** All welcome! We'll be reading “The Madwoman of Chaillot”. If interested, contact: Patricia Johnson and Brady Torres co-chairs theaterone@uuss.org
- 5:00pm - Lammas Celebration with CUUPs - Fahs Room** Everyone is welcome at the Covenant of UU Pagans (CUUPs) Lammas Celebration. Harvest is in full swing, come celebrate the Goddess and Harvest! Bring a potluck dish to share and tableware. Contact Leanna Pierson at cuups@uuss.org

Monday July 27

- 7:15am - Loaves and Fishes Prep Crew** We provide helping hands to prepare and serve food to homeless people on the fourth Monday of each month at **1321 North C St.** There are 2 crews: Food Prep and Serving/Cleanup. Contact us at loavesandfishes@uuss.org

Tuesday July 28

- 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.

Wednesday July 29

- 6:00pm - Mindfulness Meditation with Rev. Roger - Fahs Classroom/Zoom at uuss.org/online.** No experience necessary. We invite mindful attention to our breathing for 20 minutes of sitting in silence (30 minutes total time).

Thursday July 30

- 11:00am - Folk Dance Class - Welcome Hall** International folk dance for everyone, no experience or partner needed. All welcome! Contact: adultenrichment@uuss.org
- 7:00pm - USS Book Readers - Fahs Room** We meet on the LAST Thursday of each month in Fahs classroom 7:00 - 8:00pm. Get on our email list by contacting Glory Wicklund at uureaders@uuss.org We will be discussing *NEW AND SELECTED POEMS*, author, Marie Howe.

Friday July 31 **All Ages Camp Weekend**

Register at uuss.org/camp

Saturday August 1

- 10:00am - Saturday Stitchers and Crafters – Welcome Hall.** Bring your favorite hobby and join in this fun community activity. No RSVP required all are welcome. Contact Karen Sparrow at stitchers@uuss.org
- 7:00pm - Civil Rights Activist Bob Zellner – Welcome Hall** How does a white man born into the KKK become a civil rights activist? Bob Zellner, 87, is visiting from Alabama. Join us for a talk about his incredible life. Learn how each of us can find a place in the current struggles for justice. He joined the Student Nonviolent Coordinating Committee on graduation from college in 1961. His early life is dramatized in Spike Lee and Barry Alexander's 2020 film "Son of the South." Details at Connections Table or adultenrichment@uuss.org.

Sunday August 2

- 9:30am - 1st Sunday Labyrinth Walk – Meadow**
- 10:30am - Worship Service “Wisdom of the Crone” – Sanctuary & Online** Rev. Lucy Bunch, preaching.
- 10:30am - RE Summer ArtWorks – re@uuss.org**
- 2:00pm - Frank Clarke Celebration of Life – Welcome Hall** Rev. Lucy will officiate.

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.

Ministerial Intern Sophia McKean (they/them) on break; internship will resume in September.

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

Memorial Services

The Sacramento Society of Friends is holding the memorial service for our departed member **Dorothy Orolin** July 26 at the Friends Meeting House on 57th Street, with a lunch at 11:45 and program afterwards. All are welcome.

The memorial service for our member **Dennis Hubbard** will take place Sunday, Aug. 2, at 11:00 am, at St. Mary Cemetery & Funeral Center, 6509 Fruitridge Rd., 95820.

The service for **Jim Chakedis**, partner of Jan Fleming, is at 2:00pm, Sunday, Oct. 4, at UUSS.

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
- **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.

July 26: UU Faith with Rev. Roger

Our Community Partner for July

Mercy Pedalers

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

How You Can Help

Refugee Support Team—if you would like the quarterly email update from our team or if you would like to find out how you can provide accompaniment to our immigrant or refugee neighbors, tutoring, help with employment search, or donations to the emergency assistance, contact refugeesupport@uuss.org.

Coming Up

UU 101: Love at the Center – Tuesdays in August at 6:30 starting August 4.

Hybrid format led by Rev. Lucy and Rev. Roger. Our recently updated UU values statement has love at the center of our values and our faith. We will read together ***Love at the Center: Unitarian Universalist Theologies***, a book of essays that address these concerns. This is the common read for the Unitarian Universalist Association in 2026-27. Please register at the Connections Table or contact lucy@uuss.org Copies of the book are in the UUSS bookstore and on amazon. Meets in the library/bookstore.

New Testament Conversations--Aug. 5 at 6:30 pm (first Wednesday of the month)--a drop in group to share perspectives on the words of and words about Jesus of Nazareth. Pick up a used Bible in the Bookstore on Sunday so you can read ahead of time and bring it to class. Voluntary donations to UUSS Adult Enrichment welcome. Aug. 5 reading: Gospel of Mark ch. 2, vs. 1-12.

Interested in forming a French conversation practicing group?

Let's meet for coffee at UUSS after a Sunday service to discuss starting a group. Sign up at the Connections table on Sunday or contact Ray Ganon via adultenrichment@uuss.org

Join a current events discussion on Zoom in the evening? Ted's Web continues to meet Tuesday mornings in person at UUSS. Shall we add an evening meeting on Zoom? New voices are welcome! If interested, please contact Jim Glidden via tedsweb@uuss.org

Caregivers Support Circle--A monthly weekday afternoon meeting in person for UUSS folks who are caring for a loved one with dementia or other debilitating conditions (whether at home or not). With a covenant of mutual acceptance, trust and confidentiality we speak from the heart and listen in the same way. Contact [Rev. Roger](mailto:Rev.Roger) if you have an interest or if you'd prefer evening meetings by Zoom rather than at church.

UUSS Auction: The Sparkle of Community--Saturday, Nov. 7, 4- 6pm. Our team will reach out in August to request your donations of services and experiences that will enrich our community and one another as well as themed baskets for the raffle. auction@uuss.org