

Unitarian Universalist Society of Sacramento ~ Week of August 9 - 16, 2026

Sunday August 9

10:30am - Worship Service "The Power of Sacred Places" - Sanctuary & Online Rev. Lucy Bunch, preaching.

10:30am - RE Summer ArtWorks - re@uuss.org

11:45pm - Coffee Hour Guest - Welcome Hall The amazing Loaves and Fishes Executive Director Angela Hassel will meet with members & friends after service.

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

12:00pm - Poland Pilgrimage - Fahs Room Hear from Rev Roger and recent pilgrims about their experiences in Poland. Learn about early Unitarianism and their history in Poland. For questions, contact adultenrichment@uuss.org

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

2:00pm - Jim Scott in Concert - Main Hall Jim brings a warmth and humor with his jazz/world influenced music. His songs are in our UU hymnbooks (Gather the Spirit) and as co-chair of the UU Ministry for the Earth, he helped develop the Green Sanctuary program. Freewill donations invited.

Monday August 10

2:00pm - Ukulele Strum-Along - Fahs Room. Everyone is welcome. Beginners are encouraged to come at 1:30 for help getting started. We welcome brand-new players, and we supply the music and have ukes to lend. Contact: ukes@uuss.org

Tuesday August 11

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.

6:30pm - UU 101: Love at the Center - Library and uuss.org/online Tuesdays in August led by Rev. Lucy and Rev. Roger. We will discuss *Love at the Center: Unitarian Universalist Theologies*, a book of essays that is the common read for the Unitarian Universalist Association. Please register at the Connections Table or contact lucy@uuss.org Copies of the book are in the UUSS bookstore and on amazon.

Wednesday August 12

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 August 13

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

Friday August 14

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

5:30pm - "Family Dinner" Potluck - Welcome Hall. Arrive at 5:30 and we'll sit down to eat at 6:00 pm. It's okay to come if you are not able to bring a dish. Plates, cups, and silverware (the reusable kind) are provided. Hosted for all ages by Family Ministry Events at UUSS. re@uuss.org

Sunday August 16

9:30am - Intro to Qi Gong/Tai Chi - Fahs Room

10:30am - Worship Service "Gifts of an Earth Brother: The Simplicity and Resistance of Henry David Thoreau"- Sanctuary & Zoom. Rev. Roger Jones & Eric Gudz

10:30am - RE Summer ArtWorks - re@uuss.org

11:45am - Coffee Hour Guest - Welcome Hall Meet Laura Weaver from Loaves and Fishes and learn about the Maryhouse program.

12:00pm - UU Christian Fellowship Organizing Meeting - Fahs Classroom Contact: uuchristian@uuss.org

12:15pm - Men's Group Meeting - Room 7/8 All with male or masculine identity welcome! Please consider bringing snacks to share. Contact: men@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(he/her) 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 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 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.

August 23: UU Social Justice with Karen Gunderson

Our Community Partner for August

Loaves and Fishes

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

BACK TO SCHOOL DONATION DRIVE Support Loaves and Fishes Mustard Seed School with back to school supplies. Sturdy backpacks, pens, pencils, 1" binders Crayola crayons, etc. Bring donations to the Welcome Hall every Sunday in August, or to the office through Friday, August 28. Contact: partners@uuss.org

How You Can Help

Sandwich Brigade dates are Wednesdays 8/12 & 8/19. Please bring your lunches to UUSS by 10am on either date. Lunches should include: PBJ sandwich, a soft fruit, a granola bar and napkin. Water can be packed separately. Thanks. For anyone new, please email sandwiches@uuss.org or see Sally Wilkins. FYI: We have passed the 20,000 mark. Thank you one and all for your continued support.

Refugee Support Team—if you would like the quarterly email update from our team 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. Save the date: Sept. 27, 2pm international music fundraiser at UUSS.

See What You Have Done! With your supplies and monetary donations you have helped your UUSS Mercy Pedalers serve 233 homeless women and men during July. This brings the grand total to 30,103 homeless served since 2018. Come meet them at the cart at the entrance and hear their stories of service as you donate.

Coming Up

The Fierce and Fractured Fight for Women's Votes Sunday, Aug. 23 from noon to 1:00 pm in the Sanctuary. How can we protect and expand voting rights? Hear about the fight to grant women the right to vote via the 19th Amendment to the U.S. Constitution from UUSS member Carolyn Peth. Check out the poster and paraphernalia display in the Welcome Hall before and after service Aug. 16. Questions? Reach out to Carolyn or send them to 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 Thursday morning 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, and confidentiality we speak from the heart and listen in the same way. Aug. 20 at 10:30am Contact [Rev. Roger](mailto:Rev.Roger)

CPR and AED training - Churches are sacred spaces where people gather for spirituality, fellowship, and community support. Yet, in the midst of spiritual care, physical emergencies can arise without warning. Certified CPR and first aid training can equip us to act quickly and confidently. UUSS's Safety Committee is looking for church members to volunteer to be trained and available during services. if interested. Training at UUSS is Saturday, Sept. 26, 1-4pm, with certification cards valid for 2 years. The cost is \$55/person but financial assistance is available. Contact Eric Gudz safety@uuss.org

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