Unitarian Universalist Society of Sacramento ~ Week of Nov. 22 - 29, 2026

Sunday November 22

9:15am - **Parent Group Meeting – Room 12** Join us 4th Sundays to connect as 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 provided. (Please use the main 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 "Gratitude" - Sanctuary & Online**

12:00pm - **Meet Sacramento Native American Health Clinic's representative Mollie March – Fahs Room** Learn about the important work of SNAHC and volunteer opportunities. Contact: ***partners@uuss.org***

12:00pm - **Exploring Unitarian Universalism – Fahs Room** UU Faith led by Rev. Lucy

12:00pm - **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***

Monday November 23

6:00pm - **Board of Trustees Special Meeting – Library/Bookstore and *uuss.org/online* Contact: *board@uuss.org***

7:00pm - **MOSAIC TEAM – Library** Join the *Waking Up White* book study. This week's discussion will focus on Section 3: "Why Didn't I Wake Up Sooner? Contact: ***mosaic@uuss.org***

Tuesday November 24

10:00am - **Ted's Web Discussion Group – Library** We meet every Tuesday for open discussion of current events and politics in person 10 a.m. to 12:00pm AND as a separate group on Tuesday evenings on Zoom at 6:30 p.m. Contact ***tedsweb@uuss.org*** for the link.

Wednesday November 25

6:00pm - **Mindfulness Meditation with Rev. Roger - Library/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).

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 November 26

OFFICE CLOSED for Thanksgiving

Friday November 27 *OFFICE CLOSED*

Saturday November 28

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 November 29

10:30am - **Soul Kids – Room 12** ***RE@uuss.org*** with Rev. Roger & Annette Orella

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

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) ***sophia@uuss.org***. Sophia is available for pastoral support by phone, Zoom or in person. They are on campus Tuesdays and Sundays and by appointment.

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***, Member Engagement Coordinator Nicolette Thayer ***nicolette@uuss.org,*** Pianist ***irina@uuss.org*** and Music Director ***anthony@uuss.org***

The Website Redesign Team is grateful for everyone who completed the online survey and joined last Sunday's forum. Your input shaped the first phase of this project. As the new site takes shape, there will be more chances to weigh in. Accessibility is a top priority in our design. If you use a screen reader or voice control every day, we'd love your help testing the new site. Please contact Jennifer Webb at ***newwebsite@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** – no program
- **Third Sunday -** Qi Gong/Tai Chi (Covered Patio)
- **Fourth Sunday** - Embodied Practices for Stressful Times

Exploring Unitarian Universalism after the service at noon on the 4th Sunday of each month. Designed for newcomers, all are welcome. **Nov. 22 UU Faith** and **Dec. 27: UU Social Justice**

Our Community Partner for November

Sacramento Native American Health Center

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

Coming Up

Holiday Tree-trimming & Potluck at UUSS Friday, Dec. 4 at 5:30 pm in the Welcome Hall We invite all ages to join us for Christmas carols around the piano, Kwanzaa, Hanukkah and Christmas crafts, food, and decorating our tow UUSS trees! Bring a dish to share if you can. Friends and family are welcome! Contact ***CrystalFountain@uuss.org*** with questions.

Saturday Stitchers & Crafters - Saturday, Dec. 5 at 10:00am in the Welcome Hall. Bring your favorite hobby or crafts for the usual Saturday Stitchers activities. Snacks to share are always welcome. Come! Bring your friends! No RSVP required. All are welcome! Contact: Karen Sparrow ***stitchers@uuss.org***

Save the Date! Sunday, Dec. 13 at noon, Fahs Room.
Forum: Bushy Lake Eco-Cultural Restoration Project: Reciprocity in Action UUSS member Dr. Michelle Stevens, a Nez Perce descendent of the Colville Reservation and Professor Emerita at Sacr State, will be talking about the ecological and cultural restoration at Bushy Lake, near Cal Expo. The talk will be followed by an invitation to visit Bushy Lake, Saturday, Dec. 19 from 9:00 - 12:00 am.