

Unitarian Universalist Society of Sacramento ~ Week of February 16 - 23, 2025

Sunday February 16

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

10:30am - A Circle Service for all-ages "Your One Wild and Precious Life?" - Sanctuary & Online Led by Rev. Roger Jones

11:45am - Soup Sunday - Welcome Hall Warm your heart with soup, fresh bread, and a sweet treat! Sponsored by RE, this gathering is open to all. Freewill donations are appreciated. See you after the service! Contact: soupsunday@uuss.org

11:30am - Art of Ilona Montel - Room 9 Pieces available for donation.

11:45am - A Reflection on Race and Justice through James Baldwin's Notes of a Native Son Bring your soup and join together for a dialogue on race and justice in honor of Black History Month! Using excerpts from James Baldwin, we will learn more about the legacy of his advocacy and writing to spark reflection and conversation, facilitated by POC Caucus member and professor of social justice education at Sac State, Dr. Mathew Espinosa-Castro. All are welcome. Contact: multi@uuss.org

12:15pm - UUSS Men's Group - Room 7/8. Please grab some soup and join us as we support each other in a journey of spiritual growth and exploration, with discussion of topics relevant to our lives as men. Your presence is welcome. Visit uuss.org/mensgroup or email mensgroup@uuss.org with questions.

Monday February 17 ***OFFICE CLOSED***

10:00am - Lectio Divina Reading & Responding to Poetry w/JoAnn Anglin - Zoom www.uuss.org/online First and third Monday mornings. All are welcome!

Tuesday February 18

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 Building a Spiritual Community One Pub at a Time - Hop Gardens, 2904 Franklin Sac. <https://thehopgardens.com/> Check out their website for their food offerings! Topic for the month: Inclusion. All are welcome! Contact: theologyontap@uuss.org

Wednesday February 19

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

Thursday February 20

11:00am - Weekly Folk Dance Class - Welcome Hall International Folk dance for everyone, no experience or partner needed. Well known teacher. All are welcome! Contact: adultenrichment@uuss.org for more info.

Friday February 21

10:00am - Crone Expression - Fahs Room Creative activities that strengthen our Crone community by playfulness, fun, trying new things, and use of art materials for personal expression. A non-judgmental, creative playground. 3rd Friday of each month. We request a scale donation for materials. RSVP Marla Jensen at croneconnection@uuss.org

5:30pm - Family Dinner Potluck - Welcome Hall Starts at 5:30, we will eat at 6:00 and plan to clean up by 7:30. Meet us in the Welcome Hall for a welcoming all ages potluck. Bring a dish to share or just bring yourself. No sign up required. Send questions to CrystalFountain@uuss.org

Saturday February 22

9:00am - Congregational Meadow Plant Pruning - Meadow

5:00pm - Game Night - Welcome Hall 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 February 23

9:30am - Exploring Unitarian Universalism (History & Theology) - Fahs Room (enter at the main doors & come through)

10:30am - Sunday Service "Salmon, Rivers, and the Sludge of Transformation" - Sanctuary & Online Rev. Lucy Bunch, preaching

10:30am - Soul Kids - Contact: re@uuss.org

11:45am - POC Caucus Meet & Greet - Main Hall If you identify as Indigenous, a Person of Color, or have a mixed racial background, please join us after the service for light refreshments, introductions, and conversation. For more info contact: multi@uuss.org

12:00pm - Our Whole Lives(OWL) Contact: re@uuss.org for more info.

Staff and Minister Availability

Our Ministers are available for pastoral support or just to get acquainted. To schedule an appointment email Rev. Roger: rjones@uuma.org or Rev. Lucy's calendar: calendly.com/revlucyb. Days off: Monday

From Feb. 21-23, Rev. Roger will attend a planning retreat with other members of the board of the Pacific Western Region, a new UU organization.

Our office staff (office@uuss.org or 916-483-9283) are available to respond to your phone calls and emails weekdays 8:30-4:30. Religious Education Coordinator CrystalFountain@uuss.org. Pianist irina@uuss.org and Music Director anthony@uuss.org.

How You Can Help

FAMILY PROMISE DIAPER DRIVE Our Community Partner, Family Promise is urgently in need of diapers! Bring your diaper donations to the Welcome Hall on Sunday, Feb. 16. For any questions/info, please contact, Fred Pannek partners@uuss.org

Sandwich Brigade Our date this month is Wed. Feb. 19. Please bring your 15 PBJ sandwiches and lunches to UUSS by 10am. Pls include: PBJ, fruit, cookie or granola bars. Water may be stored separately. Thanks for your continued support. Over 15,000 lunches since Jan. 2021. Great job, everyone. sandwiches@uuss.org

The Nominating Committee NEEDS YOUR HELP! There are 11 UUSS elected leadership positions on the ballot, and we have information on the roles and responsibilities involved in each one. Thank you for considering joining UUSS leadership today. You can also send your inquiries to: NOMINATING@UUSS.ORG

Mercy Pedalers Update - In January your donations of supplies and funds helped serve 249 people living on the streets and in vehicles in our community. In these winter months they need tents, sleeping bags, rain ponchos, tarps, gloves, socks and beanies. You can bring them any Sunday to our cart in front of the entrance. Thanks!

Sunday Morning Programs at UUSS

Join us before the service at 9:30 AM at UUSS

- **First Sunday** Labyrinth Walk - Meadow
- **Second Sunday** - Sermon Reflections with Lue & Peter, 9:30-10:15, Fahs Room
- **Third Sunday** - Qi Gong/Tai Chi (Covered Patio)

- **Fourth Sunday** - Exploring Unitarian Universalism: History & Theology, Fahs Room. (Feb. 23) We repeat Exploring UUism on Zoom, first Tuesday of each month, 7pm (March 4). uuss.org/online

Our Community Partner for February Effie Yeaw Nature 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
- Credit card: Call the church office – (916)483-9283
- Mail a check to UUSS, 2425 Sierra Blvd, Sac 95825

Coming Up

Mindfulness Meditation--Join Rev. Roger on the 2nd, 4th, and 5th Wednesdays of the month at UUSS or at www.uuss.org/online at 6:00pm. **Next one: Feb. 26**

Calling for musical instruments once played-from mouth harp to electric guitar, pan pipe to brass. Used instruments collected from 10-12pm at the Connections Table through Feb. 16 will be delivered to Musiclandria for distribution within the local community. <http://musiclandria.com/>

Saturday Stitchers and Crafters Sat., March 1 at 10:00am, Fahs Classroom. Bring sewing, coloring, beading, knitting, or any other portable craft and join us! Bring your favorite hobby or just come, sit a spell and soak up some positive energy! Contact: stitchers@uuss.org

Soul Collage March 8, 10:30am in Room 7/8 Come embrace your intuition and creativity by making collage cards with images that you choose. Rev. Lucy will lead card making sessions and walk us through the process to learn how to access our inner wisdom by voicing the cards. No experience (or talent) required. For questions: soulcollage@uuss.org

Memorial Service for Jon Peterson--at UUSS at 10:30 am, Saturday, May 10. To help with the reception: memorial@uuss.org. Gifts to honor Jon's memory may be made to the UUSS Heritage Fund.