

# Unitarian Universalist Society of Sacramento ~ Week of February 23 - March 2, 2025

## 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](mailto: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](mailto:multi@uuss.org)
- 12:00pm - Our Whole Lives(OWL)** Contact: [re@uuss.org](mailto:re@uuss.org) for more info.

## Tuesday February 25

- 10:00am - Ted’s Web Discussion Group - ONLINE.** Political discussion group. In-person 1st & 3rd Tues. Online 2nd & 4th Tues. [tedsweb@uuss.org](mailto:tedsweb@uuss.org) for Zoom link.

## Wednesday February 26

- 6:00pm - Mindfulness Meditation--Join Rev. Roger on Zoom only this week** at [www.uuss.org/online](http://www.uuss.org/online) No previous experience necessary. We invite mindful attention to our breathing for 20 minutes of sitting in silence. Done by 6:30.
- 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](mailto:anthony@uuss.org)

## Thursday February 27

- 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](mailto:adultenrichment@uuss.org) for more info.

**6:30pm - UUSS Board Meeting - Library & Zoom**

[www.uuss.org/online](http://www.uuss.org/online)

**7:00pm - UUSS Readers - Fahs Room** Meet on the LAST Thursday of each month in Fahs 7 PM to 8 PM+. Sign up at [www.uuss.org/uureaders](http://www.uuss.org/uureaders) to receive a meeting reminder each month or if there are changes. “BLACK RIVER” by Nilanjana Roy Contact: [uureaders@uuss.org](mailto:uureaders@uuss.org)

## Saturday March 1

**10:00am - Saturday Stitchers and Crafters - Fahs Room** Bring sewing, coloring, beading, knitting, or any other portable craft and join us! Contact: [stitchers@uuss.org](mailto:stitchers@uuss.org)

## Sunday March 2

- 9:30am - 1st Sunday Labyrinth Walk - Meadow**
- 10:30am - Sunday Service “Worthy of Trust: Who and What Can You Trust?” - Sanctuary & Online** Rev. Dr. Roger Jones preaching
- 10:30am - Soul Kids - Contact: [re@uuss.org](mailto:re@uuss.org)**
- 10:30am - Junior High Youth Group JHYG**
- 10:30am - Senior High Youth Group (SHYG)**
- 1:00pm - Communion Ritual Open to All - Library** With music, prayer and the sharing of bread and fruit of the vine in memory of Jesus. You need not identify as Christian to participate. -[Rev. Roger](mailto:Rev.Roger)

## 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](mailto:rjones@uuma.org) or Rev. Lucy’s calendar: [calendly.com/revlucyb](http://calendly.com/revlucyb). Days off: Monday

Our office staff ([office@uuss.org](mailto: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](mailto:CrystalFountain@uuss.org). Pianist [irina@uuss.org](mailto:irina@uuss.org) and Music Director [anthony@uuss.org](mailto:anthony@uuss.org).

## How You Can Help

**Nominating Committee:** Curious about working with others to support and grow our UUSS community? The Nominating Committee will be available after service to discuss leadership opportunities! We are highlighting the Board Secretary position this week, a most essential role! Stop by our table after service today Feb. 23. Or send your questions to [Nominating@UUSS.org](mailto:Nominating@UUSS.org)

**Here's another chance for you to make your voice heard for our unhoused neighbors.** UUSS is partnering with Sacramento Area Congregations Together, a 30-year-old coalition of over 40 multi faith groups in the Sacramento area, in a series of lobby days focused on housing and homelessness. The next lobby day will be on Monday, March 3rd at the State legislative offices downtown. There will be appointments with legislators throughout the day, and you will be welcome to join us just for the morning or the afternoon. And on Wednesday, February 26th, 6:30 – 7:30 pm, we'll have a training session via Zoom on how to advocate. [Click here to Sign UP.](#)

**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. They need tents, sleeping bags, rain ponchos, tarps, gloves, socks and beanies. 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](http://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](http://uuss.org/donate)
- Credit card: Call the church office – (916)483-9283
- Mail a check to UUSS, 2425 Sierra Blvd, Sac 95825

## Coming Up

**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](mailto:soulcollage@uuss.org)

**Ukulele Strum-Along 2:00pm Monday, March 10** 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](mailto:ukes@uuss.org)

**Mindfulness Meditation**--Join Rev. Roger on the 2nd, 4th, and 5th Wednesdays of the month at UUSS or at [www.uuss.org/online](http://www.uuss.org/online) at 6:00pm. **Next one: March 12**

**Crone Connection:** A group for wise older women March 14 10 a.m. We explore our strengths and wisdom as elders, share our stories, laugh, support and inspire each other. Workshop format with monthly topics. Open to any woman who identifies as an elder; new members welcome. Second Friday of every month in the UUSS library. Contact Marla Jensen at [croneconnection@uuss.org](mailto:croneconnection@uuss.org) for more info.