

# Unitarian Universalist Society of Sacramento ~ Week of January 19 - 26, 2025

## Sunday January 19

- 9:30am - Intro to Qi Gong/Tai Chi - Fahs Room**
- 10:30am - Sunday Service "James Baldwin: America's Great Prophet" - Sanctuary & Online** Rev. Lucy Bunch, preaching.
- 10:30am - Soul Kids - Contact: [re@uuss.org](mailto:re@uuss.org)**
- 11:45am - Soup Sunday - Welcome Hall** Join us for Soup Sunday sponsored by The Choir! All are welcome to enjoy a warm bowl of soup, fresh bread, and a cookie. Freewill donations accepted.
- 12:00am - "Understanding Age-Related Health Changes: Facts, Questions, Answers" - Main Hall** UUSS Led by Olga Sukhenko, UC Davis Geriatrics Clinical Nurse Specialist and UCD Geriatric Resource Nurses. As part of their presentation, they will answer questions that are submitted ahead of time to Glory Wicklund or at the Connections table. No charge, but \$5-10 donations to support Adult Enrichment programs are welcome. [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org)
- 12:15pm - Men's Group Meet and Greet - Room 7/8** Please grab some soup and join us in fellowship, as we support each other in a journey of spiritual growth and exploration, with discussion of various compelling topics relevant to our lives as men. Your presence is welcome. For more details, [uuss.org/mensgroup](http://uuss.org/mensgroup) or email [mensgroup@uuss.org](mailto:mensgroup@uuss.org) with your specific questions.
- 12:00pm - Mercy Pedalers Quarterly Meeting - Room 12** Start the New Year aiding our houseless neighbors. UUSS Mercy Pedalers serve the homeless on the streets of Arden Arcade, Carmichael, College Greens/Glen and midtown. Come meet them every Sunday at their cart in front of the main entrance to find out how you can help.

## Monday January 20 \*\*\*OFFICE CLOSED\*\*\*

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

## Tuesday January 21

- 10:00am - Ted's Web Discussion Group - Library.** Political discussion group. In-person 1st & 3rd Tues. Online 2nd & 4th Tues. [tedsweb@uuss.org](mailto:tedsweb@uuss.org) for Zoom link.
- 7:00pm - Theology on Tap Building a Spiritual Community One Pub at a Time** - Bike Dog Brewery on Broadway, 915 Broadway Sac. All are welcome! Contact: [theologyontap@uuss.org](mailto:theologyontap@uuss.org)

## Wednesday January 22

- 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 - Main Hall** 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 January 23

- 11:00am - Weekly Folk Dance Class(Thursdays) - 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 or online at [www.uuss.org/online](http://www.uuss.org/online)** more info.

## Friday January 24

- 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](mailto:CrystalFountain@uuss.org)

## Sunday January 26

- 9:30am - Exploring Unitarian Universalism (Values & Beliefs)** - Fahs Room
- 10:30am - A Circle Service for All Ages "The Power of Story" - Sanctuary & Online**
- 11:30am - Our Whole Lives(OWL)** Contact: [re@uuss.org](mailto:re@uuss.org) for more info.
- 11:45am - POC Caucus Meet & Greet - Welcome 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)

## 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](https://calendly.com/revlucyb). Days off: Monday

Rev. Roger will be out of state Jan. 18 through Jan. 20.

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

**Call for Candidates:** Are you feeling called to play a larger part in the fabric of UUSS, or at least curious about it? If so, great! The Nominating Committee is starting its search for candidates for open leadership positions including on the Board of Trustees, the Program Council, the Endowment Trust Committee, and the Nominating Committee. Elections take place in May for terms beginning this summer. For information about roles and responsibilities email [nominating@uuss.org](mailto:nominating@uuss.org)

## Justice Works

**Speak up in Support for the Unhoused** Here's a 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 lobby day focused on housing and homelessness. The lobby day will be on Monday, January 27th at the State legislative offices downtown. And on Sunday, January 26th, we will have a training session after service on how to advocate. [Here's your chance to sign up.](#)

## Our Community Partner for January

### Sacramento ACT

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](https://uuss.org/donate)
- Credit card: Call the church office – (916)483-9283
- Mail a check to UUSS, 2425 Sierra Blvd, Sac 95825

## Sunday Morning Programs at UUSS

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

- **First Sunday** Labyrinth Walk - Meadow
- **Second Sunday** - Sermon discussion with Lue & Peter, 9:30-10:15, Fahs Room
- **Third Sunday** - Qi Gong/Tai Chi (Covered Patio)
- **Fourth Sunday** - Exploring Unitarian Universalism: Justice, Fahs Room. (Jan.26) NEW: We repeat Exploring UUism on Zoom, first Tuesday of each month, 7pm. [uuss.org/online](https://uuss.org/online)

## 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](https://www.uuss.org/online) at 6:00pm. **Next one: Jan. 29**

**A Magical Afternoon Concert -- Musical Favorites from the Movies -- featuring Irina, Anthony and Friends!!** Sunday, February 2, at 2 pm. Tickets at the door - \$20, students - \$10, kids under 12 - free.

**Ordination of Rosemary Dodd--3 pm, Sunday, March 9.** The UUs of Petaluma will ordain Rosemary to the ministry! She grew up in that church and served as our ministerial intern in 2023-24. UUSS members are invited! Seating is limited, so please respond soon: <https://invite.social/rosemary>. However, if you wish to attend by Zoom, you may register at the same link.

**Calling for old instruments** once played from mouth harp to electric guitar, pan pipe to brass. Bring in for re-gifting to Sacramento music-makers young and old through the non-profit Musiclandria ([www.musiclandria.org](https://www.musiclandria.org)), from Martin Luther King's weekend to Presidents Day.

**Singer Solicitation** Calling all Sopranos and Altos to come together in harmonious and joyful, a cappella music-making. If you can learn music on your own, contact [treble@uuss.org](mailto:treble@uuss.org) for more information.