

Unitarian Universalist Society of Sacramento ~ Week of April 20 - 27, 2025

Sunday April 20

- 9:30am - Intro to Qi Gong/Tai Chi - Fahs Room**
- 10:30am - Sunday Service “Easter: Celebration and Hope in Spite of Everything - Sanctuary & Online** Rev. Dr. Roger Jones, preaching. UUSS Choir & a string quartet!
- 10:30am - Soul Kids - Contact: re@uuss.org**
- 10:30am - Junior High Youth Group (JHYG)**
- 10:30am - Senior High Youth Group (SHYG)**
- 11:45am - Easter Egg Hunt with lunch for families - RE Play Area**

Monday April 21

- 10:00am - Watercolor Classes - Room 7/8** Enhance your current watercolor skills with instructor Aziz Tokhi. Fee: \$30/class, pay at the door. Sign up at the Connections table. Contact: adultenrichment@uuss.org
- 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 April 22

- 10:00am - Ted’s Web Discussion Group - ONLINE.** Political discussion group. In-person 1st & 3rd Tues. Online 2nd & 4th Tues. tedsweb@uuss.org for Zoom link.
- 1:00pm - UU the Vote - Covered Patio**
- 6:00pm - Theater One - Room 6** We will provide reading materials. We’ll read, laugh and discuss whether to read a play aloud to an audience. Contact Patricia Johnson at TheaterOne@UUSS.org We hope you’ll join us!

Wednesday April 23

- 6:00pm - Mindfulness Meditation** Join Rev. Roger - library/Zoom at www.uuss.org/online. No previous experience necessary. We invite mindful attention to our breathing for 20 minutes of sitting in silence. Done at 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

Thursday April 24

- 11:00am - Folk Dance Class - Welcome Hall** International Folk dance for everyone, no experience or partner needed. All welcome! Contact: adultenrichment@uuss.org.
- 6:30pm - UUSS Board of Trustees Meeting - Library or online at www.uuss.org/online** more info.

- 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 to receive a meeting reminder each month or if there are changes. “JAMES” by Percival Everett Contact: uureaders@uuss.org

Friday April 25

- 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 April 26

- 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 April 27

- 9:30am - Embodied Practices for Stressful Times - Fahs Room**
- 10:30am - All-ages Service “Joy in the Earth” - Sanctuary & Online** A Circle Service for all Ages, led by Rev. Lucy Bunch
- 11:45am - POC Caucus Meet & Greet – Welcome Hall** Bring snacks to share for hospitality and conversation.
- 12:00pm - Exploring Unitarian Universalism – Fahs Room**
- 12:00pm - Our Whole Lives(OWL)** Contact: re@uuss.org for more info.
- 5:00pm - Beltane Celebration with CUUPs - Back Patio and Fahs Room.** Everyone is welcome at the Covenant of UU Pagans (CUUPs) Beltane Celebration. Spring is in full swing; celebrate the Goddess and all that is blooming! Bring a couple of flowers and a potluck dish to share, if you’re able to. Contact Laurie Jones or Leanna Pierson at cuups@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: rjones@uuma.org or Rev. Lucy’s 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 weekdays 8:30-4:30. Religious Education Coordinator CrystalFountain@uuss.org. Pianist irina@uuss.org and Music Director anthony@uuss.org

Sunday Morning Programs at USS

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

- **First Sunday** Labyrinth Walk - Meadow
- **Second Sunday** – No program May 11
- **Third Sunday** - Qi Gong/Tai Chi (Covered Patio)
- **Fourth Sunday** - **NEW Embodied Practices for Stressful Times** - Fahs Room. Feeling anxious and stressed about the state of the world? Rev. Lucy will teach gentle movement and practices to help us process anxiety in these stressful times. All bodies are welcome.

Exploring Unitarian Universalism is now after the service at noon on the 4th Sunday. Come learn about our social justice history and values with Karen Gunderson. Designed for newcomers, all are welcome. **12pm, April 27**

Our Community Partner for April **Nor Cal Resist**

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 USS, 2425 Sierra Blvd, Sac 95825

Last day of tabling for the Pledge Drive --This is the time when all who care about USS make our pledges of financial support for the 2025-26 budget year. Our theme is Embracing Community: Shaping the Future. See our ministers' letter, member testimonials, videos, charts, and FAQs--and make your pledge easily--at www.uuss.org/pledge. Thanks for your support! pledge@uuss.org Get your sticker if you've pledged!

Apply for Endowment Trust Funds Does your committee or program have an idea for a project for USS? Since 1980 generous USS members have contributed to an Endowment Trust, a small percentage of which is intended to be released annually. For this church year it is around \$10,000. This is not a source of ongoing funds but intended for new/special ideas for congregational betterment. uuss.org/donate/endowment (submit your proposal and budget). Applications due June 1, distributed by July 31. Questions? endowment@uuss.org.

How You Can Help

UU the Vote - pick up packets to write postcards at home on the patio to African American voters in Virginia after the service. ACTION overcomes fear! Contact: UUtheVote@uuss.org

Memorial Service snacks and helping hands needed for Aggie Vawter (former Memorial Committee volunteer herself) Friday May 2. Expecting 60 people. Please contact Molly at memorial@uuss.org

The Creation District is an incubator and safe haven for creation, discovery, activism, daring, and dream-making for Sacramento's youth and young adults. Support with donations of healthy snacks and bottled water! Contact: partners@uuss.org

Annual NAMI Walk on Saturday, May 3 from 8 am to noon at William Land Park. Family and pet friendly chance to come out and show your support for the National Alliance on Mental Illness (NAMI) Sacramento our Community Partner for May.

Coming Up

Mindfulness Meditation--Join Rev. Roger on the 2nd, 4th, and 5th Wednesdays of the month at USS or at www.uuss.org/online at 6:00pm. **Next one: April 23**

Here's another chance for you to make your voice heard for our unhoused neighbors: Monday, April 28 at the State legislative offices downtown. In addition to lobby visits we'll be rallying with advocates from around the state. There will be appointments with legislators throughout the day, and you will be welcome to join us just for the morning, the afternoon, or all day. [Click here to Sign UP](#).

Race & Identity: What's Your Story? Online Workshop, Sat., May 3, 10:00am via Zoom (link provided upon registration) Register by April 28, space is limited. Bring a Friend! Discover how to use engaged mindfulness practices using short-form writing and sharing to meet the challenges of facing our own beliefs around race with an open heart in a stress-free, judgement-free environment. racialjustice@uuss.org

Meet the Candidates- Sunday, May 4, in the Welcome Hall at 11:30, after services. Everyone is invited to "meet and talk" with the nominees for USS elected positions. Get your questions answered prior to the May 18 election. **Contact:** nominating@uuss.org

The **Men's Group's** next Sunday meeting will be May 15 after the service. We look forward to seeing you there, or at our Thursday meeting on May 3, at 6:30pm. HAPPY EASTER!

If you are interested in **Pink Haven**, our new gender refugee support program that launched last week, please visit the information table out on the patio before or after the Easter service. There's a mailing list to keep up on the latest about the project, as well as ways to sign up to volunteer or to offer temporary housing, if you are able. Plus, candy. :-) Contact: pinkhaven@uuss.org

Is General Assembly for You? --June 18-22, in Baltimore or online. Our denomination's conference includes inspiring worship, workshops; voting and community-building experiences. The USS Board will cover your delegate fee up to \$410. Contact Rev. Roger or Board Member Sally Wilkins soon! Learn more at uaa.org/ga

Save empty 6-pack planting containers for the Monarch Foundation to grow milkweed & nectar plants! Leave unwashed 6-packs on or under the "UU the Vote" postcard table on the patio; Barbara Dace will collect and clean them. Next Spring, community members can request free plants, ready for transplantation.