

Unitarian Universalist Society of Sacramento ~ Week of March 23 - 30, 2025

Sunday March 23

9:30am - Embodied Practices for Stressful Times - Fahs Room

10:30am - All-ages Service “Life Lessons from My Dog” - Sanctuary & Online A Circle Service for all Ages, led by Rev. Lucy Bunch

11:45am - POC Caucus MEGA Meet & Greet - Sanctuary The POC members of the UUSS congregation will have the opportunity to meet with visiting POCs from nearby UU congregations. Bring snacks to share for hospitality and conversation.

11:45am - UU the Vote - Covered Patio Put your rage/fear/intentions to good use! We will write to Black voters in Virginia for their crucial primary. We will meet again Tuesday March 25, patio, 1-3 pm. For more info contact UUtheVote@uuss.org

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

12:00pm - Exploring UU - Library There are four rotating topics: Social Justice, Values and Beliefs, History and Theology, and Faith. Each class includes a presentation and group discussion. Join Rev. Roger for a class on Faith: What does it mean to a UU. We hope to see you there.

• **There will be Irish music on the patio. Enjoy listening to Irish songs and tunes celebrating Saint Patrick’s Day week.**

Monday March 24

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

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

Tuesday March 25

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.

Wednesday March 26

6:00pm - Mindfulness Meditation--Join Rev. Roger **on Zoom only this week** at 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

Thursday March 27

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 Meeting - Library & Zoom
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 to receive a meeting reminder each month or if there are changes. “THE WOMEN” by Kristin Hannah Contact: uureaders@uuss.org

Sunday March 30

10:30am - Soul Kids re@uuss.org for more info.

10:30am - Sunday Service “Embracing Community, Shaping the Future” - Sanctuary & Online Rev. Dr. Roger Jones, preaching

11:45am - Art exhibit committee meeting - Room 9 All are welcome. Bring your coffee & tea. Snacks provided. Contact art@uuss.org for more info.

12:00pm - New to UUSS? Come Meet the Ministers Have you started attending UUSS in the past 12 months or so? All newcomers are welcome to meet the ministers at noon in the Fahs room. There will be snacks, a time to connect with other newcomers, and an opportunity to ask questions of Rev. Roger and Rev. Lucy. We hope you will join us.

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. Ministers’ days off: 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 UUSS

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

- **First Sunday** Labyrinth Walk - Meadow
- **Second Sunday** - Sermon Reflections, Fahs Room
- **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 moves to after the service at noon on the 4th Sunday. Come learn about UU history, theology, and explore our values, faith and belief. Designed for newcomers, all are welcome.

Our Community Partner for March

Wellspring Women's 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

Pledge Drive starts--on Sunday, March 30, we launch the drive to fund the budget for 2025-26. Our theme is Embracing Community: Shaping the Future. Join us for special music, a stirring sermon, and snacks at the Stewardship Table, where you can submit your commitment for the coming year. The pledge drive ends April 13. Thank you for your support!

Sign Up for Garden Plots! Contact garden@uuss.org if you are interested growing vegetables and/or flowers in the organic ComUnity garden this summer (Earth Day, 4/22 through October 31, 2025). Plots are 4' x 5', have soaker hose irrigation ON a timer. Summer rates are \$25 each plot. You may request one or two plots. **DEADLINE** to get on the waiting list is MARCH 31.

Apply for Endowment Trust Funds Do you have an idea for a project that would deepen lives or be a force for healing? Since 1980 generous UUSS members have contributed to an Endowment Trust, a small percentage of which is intended to be released annually. For this church year the amount is around \$10,000. These are NOT ongoing funds, but intended to fund new/special ideas for community betterment. Request funds: 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

Essential Supply Drive for Wellspring Women's Center - Please bring donations of toiletries, ground coffee, herbal tea, and large size diapers to the Welcome Hall on Sundays March 23 and 30.

Contact: Fred Pannek partners@uuss.org

The Nominating Committee is excited about the impressive and committed candidates who have come forward to run for our elected positions. However, we still have three important positions to fill: Board Member-at-Large, Program Council, and Nominating Committee. If you are a UUSS member, we would love to give you more information and encouragement to take on one of these vital roles. Contact us soon at nominating@uuss.org. Our deadline is March 30, so time is of the essence!

Do You Want to Become a Mercy Pedaler? If so, come to our cart in front of the entrance any Sunday and find out how. Training is available. Pedalers are needed to serve the homeless on established routes south of the American River in College Glen/Greens. A commitment of 2 hrs. per week in a car or on a bike is required.

Coming Up

Theater One will be meeting for our next comedic reading: Either Larissa FastHorse's "The Thanksgiving Day" or Yasmina Reza's "Art the Play". At 6:00pm in Room 6, on Tuesday, April 8. Contact Patricia Johnson at TheaterOne@UUSS.org We hope you'll join us!

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: April 9**

Is General Assembly for You? --June 18-22, in Baltimore or online. Our denomination's conference includes inspiring worship, insightful workshops, and community-building experiences. We'll make friends and return renewed to our congregation. GA registration rates go up on March 31; the UUSS Board will cover your delegate fee up to \$410. Contact Rev. Roger or Board Member Sally Wilkins soon! Learn more at uua.org/ga