

# Unitarian Universalist Society of Sacramento ~ Week of March 30 - April 6, 2025

## Sunday March 30

**10:30am - Soul Kids** [re@uuss.org](mailto: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](mailto: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.

- o **Jessica Mougharbel from the Wellspring Women’s Center is with us today. Please greet Jessica in the Welcome Hall and learn how you can support the vital work of the center.**

## Monday March 31

**\*\*OFFICE CLOSED for Cesar Chavez Day\*\***

**10:00am - Watercolor Classes \*\*Cancelled for the Holiday\*\*** Will resume on April 7 **Watercolor Classes - Room 7/8** **Cancelled for the Holiday** Sign up at the Connections table. Contact: [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org)

## Tuesday April 1

**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.

## Wednesday April 2

**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 April 3

**11:00am - Folk Dance Class - Welcome Hall** International Folk dance for everyone, no experience or partner needed. All welcome! Contact: [adultenrichment@uuss.org](mailto:adultenrichment@uuss.org).

**6:30pm - Weeknight Men's Group Meeting - Room 12** Please come join us for a check-in and inspired spiritual discussion the first Thursday of each month For details, visit [uuss.org/mensgroup](http://uuss.org/mensgroup) or email [mensgroup@uuss.org](mailto:mensgroup@uuss.org) with questions.

## Saturday April 5

**10:00am - Saturday Stitchers and Crafters - Fahs Room** PLEASE NOTE: Special Hours! Due to an abundance of activities on campus that day we are meeting from 10 - Noon. Bring your favorite handicraft and join in the rousing conversations as you enjoy your favorite hobby. Coffee, tea, water and light snacks provided. Come and celebrate SPRING with us! Contact: [stitchers@uuss.org](mailto:stitchers@uuss.org)

## Sunday April 6

**9:30am - 1st Sunday Labyrinth Walk - Meadow**

**10:30am - Sunday Service “Considering God (Again) - Sanctuary & Online** Rev. Lucy Bunch, preaching.

**10:30am - Soul Kids - Contact:** [re@uuss.org](mailto:re@uuss.org)

**10:30am - Junior High Youth Group (JHYG)** [re@uuss.org](mailto:re@uuss.org)

**10:30am - Senior High Youth Group (SHYG)** [re@uuss.org](mailto:re@uuss.org)

**12:00pm - Stewardship-sponsored lunch and concert - Sanctuary** Light lunch with music offered by Treble Ensemble. Contact Celia at [stewardship@uuss.org](mailto:stewardship@uuss.org)

**12:00pm - Our Whole Lives (OWL)** [re@uuss.org](mailto:re@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). or [lucy@uuss.org](mailto:lucy@uuss.org) Ministers’ 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)

## 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](http://uuss.org/donate)
- Mail a check to UUSS, 2425 Sierra Blvd, Sac 95825

**Pledge Drive ends April 13**--This is the annual campaign when all who care about UUSS will 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](http://www.uuss.org/pledge). Thanks for your support! [pledge@uuss.org](mailto:pledge@uuss.org)

**Sign Up for Garden Plots!** Contact [garden@uuss.org](mailto: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](http://uuss.org/donate/endowment) (submit your proposal and budget). Applications due June 1, distributed by July 31. Questions? [endowment@uuss.org](mailto: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 TODAY. Contact: Fred Pannek [partners@uuss.org](mailto:partners@uuss.org)

## Coming Up

**Wartime origins of the Serenity Prayer**--the Second Tuesday Forum with Rev. Roger, 7:00 pm, April 8, in the Library and [uuss.org/online](http://uuss.org/online). Reinhold Niebuhr wrote a simple prayer for his church in 1943 amid rising threats of fascism and conflict. Soon the 12 Step movement made it famous as a source of spiritual grounding. Come learn its history and hear how it continues to resonate for those among us. No charge; freewill donations to Adult Enrichment are welcome.

**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](mailto: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](http://www.uuss.org/online) at 6:00pm. **Next one: April 9**

**Race & Identity: What's Your Story?** Online Workshop, Sat., May 3, 10:00am – 1:15 pm Online 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. Hope Sandler, [racialjustice@uuss.org](mailto:racialjustice@uuss.org)

**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](http://uua.org/ga)

**Save empty 6-pack planting containers for the Monarch Foundation** to grow milkweed & nectar plants this Fall! On Sundays, leave unwashed 6-packs on or under the "UU the Vote" postcard table on the patio; Barbara Dace will collect, clean & sterilize them. Next Spring, UUSS members and community members can request free plants when they're ready for transplantation.