

Generosity Sunday is May 17, 2020
Generosity Sunday Beneficiary is NAMI San Diego

NAMI San Diego provides free education, support services, and advocacy to improve the lives of those affected by mental illness. One in five people have a mental illness. The educational programs provided by NAMI are vital to ending the stigma, fear, and misinformation about mental illness. <https://namisandiego.org/>

Religious Education is continuing online through Zoom. Join us!

Mondays, Wednesdays, and Fridays, 6:30-7 pm: Story time with Alison
Tuesdays and Saturdays, 7pm: High school youth group
Saturdays, 4 pm: Middle school coming of age group
Sundays, 4 pm: Young Adult group

For the Zoom link & password, just email Alison, our R.E. Director, at alison@uufsd.org or text her at 619-252-1867. We may be physically distant, but we do not have to be socially or spiritually separated. We will get through this time together.

Wednesday Mindfulness Meditation Group

The Mindfulness Meditation group offered by Livia Walsh each Wednesday morning will be offered via Zoom from 9:30-10:30 instead of in person attendance. If you would like to participate on any given Wednesday please send Livia an email on Tuesday evenings and she will send you the Zoom link.

Contact Livia at: livwalsh1@gmail.com

Racial Justice Book Club is ZOOMing
Sunday May 24th at 5:00pm

We tried a Zoom Book Club in April, and it worked well! Please join us for our next discussion.

Ta-Nehisi Coates changed the national conversation about race with his essays. For his first novel, *The Water Dancer*, the author adds a fantastical element to the grief inherent in American slavery and the idealism of the abolitionist movement.

If you wish to borrow an electronic version of the book, please place a hold immediately through your local library app (usually Libby or Overdrive).

If you have questions, please email bookclub@uufsd.org or call/text Cathy Leach-Phillips at 650 224-1974.

Please contact Dana at dfriehauf@yahoo.com if you need assistance using Zoom.

Join Zoom Meeting Link:

[https://us02web.zoom.us/j/89432978306?](https://us02web.zoom.us/j/89432978306?pwd=SHR4eTNmMVozRWI5NTZBZHd1VVIQQT09)
[pwd=SHR4eTNmMVozRWI5NTZBZHd1VVIQQT09](https://us02web.zoom.us/j/89432978306?pwd=SHR4eTNmMVozRWI5NTZBZHd1VVIQQT09)
Meeting ID: 894 3297 8306
Password: 66931

Unitarian Universalist Fellowship of San Dieguito

Single Service at 10:00am

Watch This Sunday's Sermon Via Zoom

<https://uufsd.org/zoom>

Meeting ID: 995 7087 9448

Password: 485217

Telephone: 669-900-6833



Sunday, May 17, 2020

“Waking Up Together”

Gathering Room

Prelude “Reverie” by Robert Schumann

Katie Klaerich, piano

Greeting

Wenda Alvarez

Gathering Hymn #347 Gather the Spirit

(words on screen)

Welcome/Announcements

Wenda Alvarez

Chalice Lighting

Centering Hymn #123 Spirit of Life

Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea;
Move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.

Fellowship Covenant

“May love be the spirit of this congregation;
May the quest for truth be its sacrament.
And service be its prayer;
To dwell together in peace,
To seek knowledge in freedom,
And to help one another in fellowship.
This is our Covenant.”

Story for All Ages “Virginia Woolf” *Alison A.L.G. McLeod*

Generosity Sunday Recipient: NAMI San Diego

Offering/Offertory

Meditation on Breathing Hymn #1009

“When I breathe in, I breathe in peace.
When I breathe out, I breathe out love.”

Time of Silence

Special Music “I’ll Be Here” by Andrew Lipka

Wes Perry, tenor

Sermon “Waking Up Together”

Rev. Thomas Perchlik

Mental Health Poll

Personal Sharing Music “Awareness” by Katie Klaerich

Closing Hymn #1008 When Our Heart is in a Holy Place

Extinguishing the Chalice

“We extinguish this flame
but not the light of truth,
the warmth of community,
or the fire of commitment.
These we carry in our hearts
until we are together again.”

Postlude “Fantasia Appassionata” by Kevin Costley

*Minister
Worship Associate
Religious Education Director
Music Director
Pianist
Sound/Audio Visual Specialist
Pastoral Listener*

*Rev. Thomas Perchlik
Wenda Alvarez
Alison A.L.G. McLeod
Chris Lehman
Katie Klaerich
Joe Cantrell
Candace Sage*