

UU The Vote!
July 26, August 2 & 9 via Zoom
Following Virtual Coffee Time after Services, (approximately Noon)

Zoom Meeting Info:
Meeting ID: 985 7388 4649, Password: 678648

Worried about our Election during COVID? You should be!! Laura Colban (lauracolban@gmail.com) is looking to form a group to work on this nonpartisan issue. Please see the article in the Friday, July 17th newsletter or go to <https://uufsd.org/uu-the-vote-2/> for more details and join us on Zoom!

2nd Monday Evening Book Club
August 10th at 6:30pm

Zoom Meeting Info:
Meeting ID: 994 3931 7355, Password: 777425

Twyla Tharp says chasing youth is a losing proposition. But she's renowned for her energy and attitude as well as the dance she has created for over 50 years. Her newest book Keep it Moving: Lessons for the Rest of Your Life (2019) provides a hopeful and energetic approach to each day.

For information on UUFSD Book Clubs please email Cathy Leach-Phillips at bookclub@uufsd.org. You may also call or text 650 224-1974.

REMEMBRANCES - Celebration of Life Tribute to Molly Low

Our dear Member Emeritus, Molly Low, passed away on June 30. This is a tremendous loss for all of who knew her. We will honor her memory with tributes in our "Remembrances, Celebration of Life" Magazine.

Molly was a lifetime Unitarian Universalist, and we treasure the many years we were fortunate to share with her at the UUFSD. Among her many accomplishments at UUFSD was her leadership in forming and conducting the first UUFSD choir.

If you have a tribute, memory or story about Molly, to share with the congregation, please send it to me at ihimelblau@gmail.com.

The Phone Tree Continues!

We are continuing to reach out to our UUFSD community through our UUFSD phone tree.

Our health care professionals are telling us we are far from over this pandemic and COVID numbers are on the rise in California and elsewhere. Our phone tree has been a meaningful way to keep us connected and reaching out during this time of worry and isolation.

If you have any questions or you are not receiving calls and would like to be receiving calls, please contact Barbara Walker at barbarawalker1@yahoo.com.

Unitarian Universalist Fellowship of San Dieguito

Single Service at 10:00am

Watch This Sunday's Sermon Via Zoom

<https://uufsd.org/zoom>
Meeting ID: 989 8033 8634
Password: 439327



Sunday, July 26, 2020

**“From Love to Hate and
Back Again:
The Power of Forgiveness”**

Gathering Room

Prelude "Sweet Forgiveness" by Daniel Moore, Bonnie Raitt

Welcome *Livia Walsh*

Gathering Hymn #131 Love Will Guide Us *Chris Lehman*

Greeting/Announcements

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."

Joys and Sorrows (sung response—2x) Hymn #1002

"Comfort me, comfort me, comfort me, oh my soul."

Story for All Ages *Alison A.L.G. McLeod*

Generosity Message/Offering

"**My Father**" by Megon McDonough, Four Bitchin' Babes

Reading "Prayer Before Prayer" by Desmond and Mpho Tutu

Meditation, Reflection or Prayer

Meditation on Breathing Hymn #1009

"When I breathe in, I breath in peace.
When I breathe out, I breathe out love."

Sermon "From Love to Hate and Back Again: The Power of Forgiveness"

Guest Speaker, Barry McIntosh

Closing Hymn #95 There is More Love Somewhere

Closing Words

excerpted from the writings of UU minister Rolfe Gerhardt

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 "Did Ye Get Healed" by Van Morrison

<i>Minister</i>	<i>Rev. Thomas Perchlik</i>
<i>Guest Speaker</i>	<i>Barry McIntosh</i>
<i>Worship Associate</i>	<i>Livia Walsh</i>
<i>Religious Education Director</i>	<i>Alison A.L.G. McLeod</i>
<i>Music Director</i>	<i>Chris Lehman</i>
<i>Pianist</i>	<i>Katie Klaerich</i>
<i>Sound/Audio Visual Specialist</i>	<i>Joe Cantrell</i>
<i>Pastoral Listener</i>	<i>Kelly Kelsoe</i>

Virtual Coffee Time immediately follows the service

 UUFSD is a welcoming congregation