

**UU The Vote!**

**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](mailto: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 [ihimmelblau@gmail.com](mailto:ihimmelblau@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](mailto: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, August 2, 2020**

**“This I Believe -  
No Meaning is Given”**

**Gathering Room**

**Prelude**

“Jimbo’s Lullaby” from Children’s Corner by Claude Debussy

*Katie Klaerich, piano*

**Welcome**

*Dana Frieauf*

**Gathering Hymn #311 Let It Be a Dance**

*Chris Lehman*

**Greeting/Announcements**

**Chalice Lighting “Credo”** by Patrick Murfin

**Call to Worship “An Honor to Be Alive”** by Patrick Murfin

*Mary Anne Trause*

**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 Excerpt from “The Little Prince”**

by Antoine De Saint-Exupery

*Mary Anne Trause*

**Generosity Message**

**“Make You Feel My Love”** by Bob Dylan

*Mollie-Jean Rintala, solo*

**Spoken and Silent Meditation:**

“**First Principles**” by Mark Belletini

**Meditation on Breathing Hymn #1009**

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

**Sermon “This I Believe—No Meaning is Given”**

*Guest Speaker, Mary Anne Trause*

**Closing Hymn #163 For the Earth Forever Turning**

**Closing Words “Promise”** by Arthur Graham

**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 “Children in The Mountain”** by Yoshinao Nakada

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

*Rev. Thomas Perchlik  
Mary Anne Trause  
Dana Frieauf  
Alison A.L.G. McLeod  
Chris Lehman  
Katie Klaerich  
Joe Cantrell  
Ernie Dun*

**Virtual Coffee Time immediately follows the service**

 UUFSD is a welcoming congregation