

### Adult Art Club

Join us for an open studio for UUFSD artists on the 1st Sunday of each month, 12:00 to 2:00pm in Founders Hall. Work on new or old projects. Bring your own materials (nothing too messy).

Please RSVP to [alicebrzovic@gmail.com](mailto:alicebrzovic@gmail.com)

### 2nd Monday Book Club, August 8th, 6:30-8:15pm in Founders Hall

In August, on the 8th, our Classic selection will be Virginia Woolf's novel **To the Lighthouse** (1927), a novel by Virginia Woolf.

It centers on the Ramsay family and their visits to the Isle of Skye in Scotland between 1910 and 1920. Among the book's many tropes and themes are those of loss, subjectivity, and the problem of perception.

Questions? Email [bookclub@uufsd.org](mailto:bookclub@uufsd.org) or call/text Cathy Leach-Phillips at 650 224-1974.

### Many Faces of Public Safety, A Free Mental Health Event

Social Justice Action at UUFSD is a proud co-sponsor of the "Many Faces of Public Safety - A Free Mental Health Event" organized by Lived Experiences, a non profit social justice organization in Oceanside. The conference will be held at the Star Theater in Oceanside on **August 10th**. The venue is filling up quickly. To ensure your seat and for more information, please register for free at <https://www.livedexperiences.org/mentalhealth2022>.

### UUFSD-the-Vote : Letter Writing for the November Election

UU The Vote will be working with the UUA partner Vote Forward. Go to <https://votefwd.org/uu>. If you would like to participate, or if you need more information contact me at [vote@uufsd.org](mailto:vote@uufsd.org). I will be in the core area Sunday, August 7 to distribute materials for this letter writing campaign.

Thank you, Ted Foster

### Earth Centered Spirituality, Monday, August 15th, 4:00pm, in the Core Area

Feel like squirming in your UU skin?

Join the Earth Centered Spirituality Group for a lively discussion of "How It Is" by Apache philosopher V.F. Cordova, pp 47-83.

Contact [ggbowden@cox.net](mailto:ggbowden@cox.net) for more information.

### Webinar with Peter Bolland

In support of our 8th Principle, First UU San Diego invites UUs & like-minded non-UUs to "Dismantling Racism One Insight at a Time"—the first presentation in its Adult RE Speaker Webinar Series—Thursday, August 18, 2022, 6:30-8:00 p.m. This FREE webinar focuses on our great unfinished work of finally coming to terms with racism in authentic, meaningful, & transformative ways by peeling back the layers of unconscious bias, laying bare the untold history of supremacy.

For more information & to register, go to <https://www.firstuusandiego.org/adult-faith-formation.html>.

## Unitarian Universalist Fellowship of San Dieguito

### Single Service at 10:00am

### Watch This Sunday's Sermon Via Zoom

<https://uufsd.org/zoom>

Meeting ID: 952 2706 0986

Passcode: 618961



Sunday August 7, 2022

### “The Science of Finding God”

Kriya Yoga, the heart of the Self-Realization teachings, consists of a series of meditation techniques, which when coupled with devotion, take you closer to whatever concept of God you have in your heart. So the Christian gets closer to Jesus Christ, the Buddhist to Buddha, the Hindu to Krishna or the Divine Mother, and so on. And for those who believe in a formless God, like the Jews, these teachings take you closer to that formless God.

Paramahansa Yogananda, the founder of Self-Realization Fellowship, said: “First, by meditation, give your soul the opportunity to manifest Bliss, and then, constantly living in this state, do your duty to your body and mind and the world. You need not give up your ambitions and become negative; on the contrary, let the everlasting joy, which is your real nature, help you to realize all your noble ambitions. Enjoy noble experiences with the joy of God. Perform real duties with divine joy.”

**Prelude** *Katie Klaerich*

**Welcome, Greeting and Announcements** *Maria Moodie*

**Gathering Hymn “Across the Universe”** by John Lennon

**Opening Prayer** *Brother Balananda*

**Land Acknowledgement**

**Chalice Lighting**

**Centering Hymn and Covenant**

**#30 Fuente de Amor / #123 Spirit of Life**

Words and music by Carolyn McDade

Spanish lyrics by Ervin Barrios

Fuente de Amor, ven hacia mí.  
Y al corazón, cántale tu compasión.  
Sopla al volar, sube en el mar,  
Hasta moldear la justicia de la vida.  
Arráigame, libérame,  
Fuente de Amor, ven a mí, ven a mí.

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.”

**Intergenerational Sharing: “Stepping into Christ Consciousness”**

*Brother Balananda*

**Children’s Recessional Hymn #414** (Sing 2x as children leave service)

“As we leave this friendly place, love gives light to every face  
May the kindness which we learn, light our hearts til we return”

**Offering**

**Reading**

**Sermon “The Science of Finding God”**

*Guest Speaker: Brother Balananda*

**Chanting**

**Guided Meditation**

*Brother Balananda*

**Closing Hymn “The Wind”** by Yusuf Islam (Cat Stevens)

**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.”

**Closing Announcements**

**Postlude**

*Katie Klaerich*

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*Guest Speaker*

*Brother Balananda*

*Worship Associate*

*Maria Moodie*

*Music Leader*

*Cheryl Close*

*Pianist*

*Katie Klaerich*

*Sound/Audio Visual Technician*

*Joe Cantrell*

*Setup Coordinator*

*Byrht Renfrow*

*Ushers*

*Charlie Mayfield/Bev Majors*

**Immediately following the service, feel free to join us in the Core area to enjoy conversation, meet new friends, and gather in Fellowship.**



UUFSD is a welcoming congregation

## Across the Universe

by John Lennon

Words are flowing out like endless rain into a paper cup,  
They slither wildly as they slip away across the universe.  
Pools of sorrow, waves of joy are drifting through my opened mind,  
Possessing and caressing me.

Jai Gu-ru De-va, om  
Nothing's gonna change my world.  
Nothing's gonna change my world.  
Nothing's gonna change my world.  
Nothing's gonna change my world.

Images of broken light which dance before me like a million eyes,  
They call me on and on across the universe.  
Thoughts me-an-der like a restless wind inside a letter box,  
They tumble blindly as they make their way across the universe.

Jai Gu-ru De-va, om  
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Sounds of laughter, shades of life are ringing  
Through my opened ears, inciting and inviting me.  
Limitless, undying love which shines around me like a million suns,  
It calls me on and on across the universe.

Jai Gu-ru De-va  
Jai Gu-ru De-va

## The Wind

By Yusaf Islam (Cat Stevens)

I listen to the wind, to the wind of my soul.  
Where I'll end up, well I think only God really knows.  
I've sat upon the setting sun  
But never never, never, never,  
I never wanted water once,  
No, never, never, never

I listen to my words, but they fall far below.  
I let my music take me where my heart wants to go.  
I swam upon the (hopeless) lake,  
But never, never, never, never,  
I'll never make the same mistake,  
No, never, never, never

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