

**Please See the Friday, November 4th UUFSD Newsletter
for More Details About the Following Events**

Holiday Basket Throw Drive

We are excited to be participating in the CRC's Holiday Basket program this year by having a Senior Throw Drive on Sundays **November 6th, 13th and 20th.**

Men's informal discussion group, Friday, November 4th at 11:30am

Round Table Pizza in Encinitas and continuing every first Friday. Contact John Drewe sddrewe@gmail.com for more info and to get on reminder list.

Building and Grounds Work Party, Saturday, November 5th, 9:00am-Noon

We need you! Please join the efforts of the B&G committee to keep our incredible grounds safe and beautiful!! There are projects for all levels of expertise! Coffee and bagels await! Contact: Ed Mlakar 760-805-4636

Adult Art Club, Sunday, November 6th, 12-2:00pm in Founders

Join Art Club to work on your own art projects. Our group is for artists 18 years or older. Bring your own materials and enjoy the company. Contact alicebrzovic@gmail.com.

All Ages Game Night, Monday, November 7th at 6:00pm in Founders Hall

All are welcome! A night of table games. We welcome you for fun and fellowship whether you are an experience gamer or just want to learn something new. Simple pizza dinner provided. Come on out, socialize with other UUs and brighten up your Monday!

Sacred Text Discussion Group Saturday, November 12th, 11:00am-12:30pm in Palmer Library

Our Sacred Texts Discussion Group meets monthly to discuss a topic from our 8 Principles and 6 Sources. (Go to <https://uufsd.org/first-time-visitor/> to read our principles and sources). Questions? Rich Macdonald redimac@gmail.com

Art Fair! Sunday, November 13th, 11am-12:30pm, Core Area and Founders Hall

Come do your Holiday shopping at our annual Art Fair on Sunday, November 13th. following the service in the Core Area and Founders' Hall. Bring cash or checks, as artists may not be able to accept credit cards. **NOTE:** We also need Artists and Crafters to take part in the Art Fair! Please see Friday's newsletter for more information on how to enter.

2nd Monday Book Club Reads a Classic, Nov. 14th, 6:30-8:15pm in Palmer Library

Persuasion by Jane Austen (1817)
See the Friday, October 28th UUFSD newsletter for more information. Send questions or comments to bookclub@uufsd.org or call/text Cathy Leach-Phillips at 650 224-1974.

UUFSD Fall Soup Cook-Off, Sunday, November 20th in the Core Area Sampling Begins at 11:15am

The Golden Ladle Soup Competition! Read more about this tradition in our newsletter. Questions? Contact Louise Garrett at lovenlou@uufsd.org.

Rev. Ellie's contact information: Email: revellie@uufsd.org, Appointments: <https://calendly.com/revellie/30min>.

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

*Everyone in attendance aged 5 years or older
is required to be fully vaccinated against Covid19*



Sunday, November 6, 2022

Happy, Healthy & Wealthy?

How Gratitude Changes Us and Our Relationships

Prelude

Lynne Talley

Welcome, Greeting and Announcements

Mary Anne Trause

Gathering Hymn #1053 How Could Anyone

Call to Worship

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.”

Joys and Sorrows

Intergenerational Sharing

Sheryl Goto

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

“Simple Gifts” (Shaker Song) adapted by Aaron Copland, arr. David L. Brunner

UUFSD Choir

Meditation, Reflection or Prayer

Meditation Chant (sung 2x)

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

Sermon

“Happy, Healthy & Wealthy? How Gratitude Changes Us and Our Relationships”

Dr. Michael E. McCullough, PhD

Closing Hymn #128 For All That Is Our Life

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 Words

Postlude

Lynne Talley

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Minister
Guest Speaker
Worship Associate
Music Director
Pianist
Sound/Audio Visual Technician
Setup Coordinator
Ushers

Rev. Ellie Kilpatrick
Dr. Michael E. McCullough, PhD
Mary Anne Trause
Steve Milloy
Lynne Talley
Joe Cantrell
Guthry Hahm
Norma Showalter/ John Post

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