

Notice of Congregational Meeting, Sunday, January 29th

The January Congregational Meeting will be held in our amphitheater on Sunday January 29th immediately following our 10:00 am service. There will be updates from our Minister, Board President, Treasurer, Dream Builders, and Planned Giving. In addition, we will be voting on ByLaw changes proposed by the Board.

A quorum is needed so please plan to attend. The meeting will be livestreamed on Zoom and YouTube for those who physically cannot attend, but for this meeting, members must be physically present in-person to be able to vote. Any questions please contact Angie Knappenberger @ board@uufsd.org

Football Tailgate Foods Cook Off Today After the Service!

The Kitchen Elves are having a **throw down** before the **touchdown**. After the service, kick off the day right. Drinks and desserts will be provided. Suggested donation \$5.00, free if you bring food. Questions, contact Louise Garrett at lovenlou@gmail.com

Interfaith Overnight Shelter, Hosting Begins January 29

Next week we begin hosting the overnight shelter. Please sign up **now** to volunteer to bring part of a dinner or to spend the night as a chaperone. If you haven't been emailed a Sign-Up Genius invitation, contact Barbara Walker (barbarawalker1@yahoo.com) or sign up on the patio after today's service.

Circle Dinners will return on January 28!

Signups will be in the Core Area after Services. Members will sign up for specific dinners, with the possibility of being on a back up list and/or last minute substitute list. We are still looking for a couple of additional hosts, plus people to help coordinate the program throughout the year. For more information, or to volunteer as a host or coordinator, please contact Nancy Hebert at nancy.e.hebert@gmail.com.

Celebration of Life service for Charlie Khoury Saturday, January 28, 2:00-4:00pm

There will be a Celebration of Life service for Charlie Khoury, a former member, on Saturday, January 28, 2023, at 2:00 pm at the UUFSD. All are welcome. The Service will be held outside, weather permitting, and also be available on Zoom. See the Friday, January 20th Newsletter for more information or contact Livia Walsh @ livwalsh1@gmail.com.

1st Sunday UUFSD Art Club, February 5, Noon—2:00pm, Founders Hall

Adapted from the Muse Is In: You are invited to participate in one of the most powerful creative tools: Working with others on your own thing. Contact alicebrzovic@gmail.com

2nd Monday Book Club, February 13, 6:30-8:15pm, Founders Hall West

A Bigger Picture: My Fight to Bring a New African Voice to the Climate Crisis (2021) by Vanessa Nakate. Send questions or comments to bookclub@uufsd.org or call/text Cathy Leach-Phillips at 650 224-1974.

Scripps Institution of Oceanography Lab Tour Saturday, February 25, 10:00-11:00am

Tour the ice lab at Scripps Institution of Oceanography with our own Jeff Severinghaus. Learn the latest on his study of ancient ice as it relates to climate change. This is always fascinating and sometimes relieving as Jeff often has some good news on progress towards decarbonization and other advances towards a more sustainable future. Cost: \$40 all proceeds to UUFSD. To register email: jseveringhaus@ucsd.org

Unitarian Universalist Fellowship of San Dieguito

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, January 22, 2023

Mindfulness in Song

Prelude

Katie Klaerich

Welcome, Greeting and Announcements

Lisa Shaffer

Gathering Hymn “Breath In” by Peter Mayer

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 “Dr. Seuss” by Peter Mayer

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”

Joys & Sorrows/Special Recognition

Offering

Meditation, Reflection, Prayer

Meditation Chant (sung 2x)

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

Sermon “Mindfulness in Song”

Guest Speaker, Peter Mayer

Closing Hymn #1064 Blue Boat Home by Peter Mayer

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

Katie Klaerich

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*Minister
Worship Associate
Music Director
Pianist
Audio Visual Technician
Setup Coordinator
Ushers*

*Rev. Ellie Kilpatrick
Lisa Shaffer
Steve Milloy
Katie Klaerich
Joe Cantrell
Derek Stone
Bill & Anne Gernhardt*

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



UUFSO is a welcoming congregation