

Healthy Potluck for All!
Today! After the Service, 11:15am, Core Area

Are you curious about plant-based “diets” or ways of eating? Did you know that eating (primarily) plant-based is nutritionally advantageous and has potential health benefits vs. a meat-centered diet? Did you know that plant-based eating requires less energy resources and produces significantly less environmental waste? And did you know that following a plant-based diet supports social justice in BIPOC communities? Stop by the potluck after today’s service and sample some delicious plant-forward foods! Contact Linda Luisi at lindamluisi@gmail.com. \$5.00 Donation.

The Pleasures of Poetry Poetry-Writing Workshop
Beginning Tuesday, May 2, 2023 11:00am – 2:00pm, Palmer Library

Harry Griswold reminds everyone he is restarting his poetry-writing workshop which met for years on our campus before the pandemic. New, interested writers are welcome regardless of experience. He will pursue contemporary American-style poetry, which largely means a free-verse departure from classic forms and structure. The emphasis will be on well-chosen details and sincerely-conveyed feelings. Three Tuesday meeting dates are set: May 2, June 6, and July 11.

At the meetings Harry will provide instruction and time for writing. In the week following each meeting Harry will oversee an email exchange of poems and helpful critiques by all participants. For more details or questions please contact Harry at griswold@san.rr.com.

2nd Monday Book Club
Monday, May 8, 2023, 6:30 – 8:15pm, Palmer Library

Seen as scandalous when published in 1919, the classic fiction, “Winesburg, Ohio” by Sherwood Anderson is 22 connected short stories about small town life in the 1890s. Discussion -- with laughs -- will be Monday, May 8th at 6:30pm here at UUFSD. All are free to join us. Send questions to bookclub@uufsd.org or call/text Cathy Leach-Phillips at 650-224-1974.

SoulCollage Workshop
Saturday, May 20, 2023, 1:00 - 3:00pm, Founder’s Hall

SoulCollage is an engaging process of using your imagination and your intuition to create collages that help you explore your soul, your shadow, and your unborn gifts. You do not need to be an “artist.” All you need to be able to do is find and cut out images and glue them on a card. It is both a solitary process and a collaborative one. It’s easy and it’s fun.

All materials will be provided. Just come with your curiosity and willingness to try the SoulCollage experience! In order to provide the necessary materials, **please sign up by May 10** by contacting Lea Abrams at leacarlaabrams@gmail.com

Treat Yourself!
Items Needed for UUFSD 2023 Auction

Please start thinking about what you want to donate to our **2023 Auction on May 21**. There will be a table in the Core Area following the service with lots of good ideas for what you might want to donate. Donation forms will be available, but you can directly enter your donations by going to: <https://uufsd.org/auction>. If you would like to donate the same thing you donated in 2022, just email Betsy Gilpin at betsygilpin01@gmail.com

Fill a Belly Encinitas—UPDATE
Tuesday, May 23, 2023, 6:00 - 7:15pm, Cottonwood Creek Park, Encinitas, CA

On Tuesday, May 23 we will be serving dinners to our homeless brothers and sisters at Cottonwood Creek Park in Encinitas. All dinner and desserts slots have been filled, but we are still in need for someone, or several people, to provide 36 bottles of water for the event. Please sign up at the Social Justice table TODAY if you can provide the water.

Our next Fill a Belly dinner is Tuesday, July 25. We will have sign up sheets for that dinner opportunity later in June.

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, April 30, 2023

Plant-Based Perspectives

Inspired by UUFSD’s
Climate Action Task Force

Prelude *Katie Klaerich*

Welcome, Greeting and Announcements *Maria Moodie*

Gathering Hymn “Climate Change Song” by Adam & Susan Sinclair
Used with permission *Ciara Grieser and Cathy Leach-Phillips*

Call to Worship “For the Garden of Your Daily Living” *Leslie Gomez*
Author Unknown

Land Acknowledgement *Linda Luisi*
"We honor the legacy of the continuing presence of the Kumeyaay Nation here in San Diego County. May we treat this land as well as those who came before us did, living sustainably and in harmony with the gifts nature provides. May we be as one and live as one. Amen."

Chalice Lighting

Centering Hymn and Covenant
#31 “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 "Our Animal Neighbors" by Matthieu Ricard
and Jason Gruhl, illustrated by Becca Hall *Greg Brown*

Joys and Sorrows

Offering *Generosity Sunday Beneficiary—
Environmental Health Coalition*

Meditation, Reflection, Prayer #94 “What Is This Life”

Sermon “Plant-Based Perspectives” *Sarah Miller, Linda Luisi,
Greg Brown, Kenneth Kales*

Closing Hymn #175 “We Celebrate the Web of Life”
Used with permission of the Estate of Alicia S. Carpenter

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
Guest Speakers

Worship Associate
Music Director
Pianist
Audio Visual Technician
Setup Coordinator
Ushers

Rev. Ellie Kilpatrick
Sarah Miller, Linda Luisi,
Greg Brown, Kenneth Kales,
Maria Moodie
Steve Milloy
Katie Klaerich
Joe Cantrell
Derek Stone
John Drew / Nancy Romig

Immediately following the service, please join us in the Core Area to enjoy conversation, meet new friends, and gather in Fellowship, all while indulging in a plant-based potluck.



UUFSD is a welcoming congregation.