

# 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



February 1, 2026

“Fostering Resilience through Self-Compassion”

Order of Service: Sunday, February 1, 2026

Prelude

*Katie Klaerich*

Welcome

*Rev. Heather Megill*

Gathering Hymn "Enter, Rejoice, and Come In"

*Steve Milloy*

Enter, rejoice, and come in (2x),

Today will be a joyful day.

Enter, rejoice, and come in.

Open your hearts everyone...

Don't be afraid of some change...

Visitor's Introductions

*Lisa Shaffer*

Greeting Your Neighbor

Community Announcements

Welcoming Hymn #22 Dear Weaver of Our Lives' Design

*Steve Milloy*

*(please stand in body or spirit)*

Call to Worship

*Rev. Heather Megill*

Land Acknowledgement

*Lisa Shaffer*

Chalice Lighting

Special Music "People Get Ready"

*UUFSD Choir*

by Curtis Mayfield, arranged by Charles Beale

Time for All Ages

*Emily Host*

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 till we return."

Centering Hymn #381

*Steve Milloy*

"Spirit Of Life"

(please stand in body or spirit)

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.

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

*Lisa Shaffer*

Pastoral Prayer

*Rev. Heather Megill*

Offering

*Lisa Shaffer*

*Meditation (sung 2x - remain seated)*

When I breathe in, I breathe in peace.

When I breathe out, I breathe out love.

Reading

Sermon "Fostering Resilience through Self-Compassion"

*Rev. Heather Megill*

Closing Hymn #205 Amazing Grace (Verses 1-3 only)

*Steve Milloy*

*(please stand in body or spirit)*

Extinguishing the Chalice

*Lisa Shaffer*

"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."

Benediction

*Rev. Heather Megill*

Postlude

*Katie Klaerich*

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*Welcome visitors! We are delighted to see you. Immediately following the service, we invite everyone to join on the patio to enjoy refreshments and conversation, meet new friends, and gather in fellowship. Please feel free to take some flowers, they are for all to enjoy!*

**Give Online**



UUFSD is a welcoming congregation.



Today's Service	Speaker	<i>Rev. Heather Megill</i>
	Worship Associate	<i>Lisa Shaffer</i>
	Song Leader	<i>Steve Milloy</i>
	Usher	<i>Angela Knappenberger + Michael Cosgrove</i>
	Pianist	<i>Katie Klaerich</i>
UUFSD Staff	Minister	<i>Rev. Heather Megill</i>
	Dir. of Rel. Exploration	<i>Emily Host</i>
	Administrator	<i>Ashley Morn</i>
	Music Director	<i>Steve Milloy</i>
	Pianist	<i>Katie Klaerich</i>
	Audio Visual Technician	<i>Joe Cantrell</i>
	Set Up Coordinators	<i>Byrht Renfrow / Guthry Hahm</i>
RE Support Staff	<i>Charlotte Rosen</i>	

## Announcements for Sunday, February 1st, 2026

### The Nominating Committee Seeks Possible Board Candidates

This year's Nominating Committee (or NomCom) has begun the process of seeking two new prospective candidates for the Board to be voted on by the fellowship at the Congregational Meeting in June. We are actively soliciting interested parties. Candidates must have been a member of UUFSD for at least 6 months by June 2026. Once you express your interest, the process involves completing a survey and participating in some interviews. If you have any questions about the role of a Board member or the process, or if you want to express your interest in being considered, please email [nomcom@uufsd.org](mailto:nomcom@uufsd.org) or one of the committee members: Alisa Guralnick, Angela Knappenberger and Mary Anne Trause. We look forward to hearing from you.

### Endowment Grants are now open for application!

As announced at the Congregational meeting on January 18th - You can apply for a grant from the UUFSD Endowment Grant until April 15, using the simple form located in the newsletter. Grants may be for anything consistent with UU values - social justice, outreach, UU camps, social service agencies, spiritual or economic need, community programs - and can be for UUFSD or community related. Past grants have included Casas de Luz, shower tokens for the homeless, emergency immigrant relief, and UU the Vote. Send your application, or any questions, to [endowment@uufsd.org](mailto:endowment@uufsd.org). The total for this year's grants is expected to be about \$6,000.

### Lunch and Learn About AI

*February 1st; 11:30-1pm; Founders Hall West*

Our very own Victor Seguritan will share his professional expertise about the promise and problems with Artificial Intelligence. Enjoy the discussion and light lunch. For this "Lunch & Learn", we will explore the basic guts of an artificial neural network, the basic architecture of a chatbot or LLM, the accuracies of chatbots, and the resources used to train these computationally expensive models. Our goal is to understand the strengths and limitations of LLMs in order to better compare them to our own biological neural networks. This auction item is \$25 and can be purchased at the link in the newsletter.

### COMING SOON! FEBRUARY MEMBERSHIP CLASSES

*February 1st; 11:30am-12:30pm; Founders Hall East*

**EXTRA EXTRA! NEW TO UU CLASS FEBRUARY 1**

Are you new to UUFSD? Want to find out more about us? You are welcome to attend our "New to UU" class after the service at 11:30 on February in East Founders Hall. RSVP to [membershipchair@uufsd.org](mailto:membershipchair@uufsd.org). If you forget, come anyway. Childcare is available by request. You'll be able to enjoy a light lunch, meet other new attendees, share what brought you to UUFSD, hear about our

Fellowship's history, and discover the many ways to participate in our community. Rev Heather will be on hand too and will give a little history of Unitarian Universalism. On February 15, our UUFSD Orientation Chit Chat will be held for those considering membership, with information on how we govern ourselves, handle our affairs and what pledging means. Stay tuned for more details.

### BOARD MEETING

*February 8th; 11:30-1pm; Founders Hall West*

The Board Meeting will be held in Founder's Hall West on **February 8 beginning at 11:30 AM**. You are welcome to join us. If you would like to view the meeting, but are unable to be physically present, you can listen via Zoom. Everyone is welcome.

### Patio Ambassador Training

*February 8th at 11:30-12:30pm in Founders Hall West*

Do you hesitate starting a conversation with someone you don't know? Come to the Patio Ambassador Training on Feb 8, following the service at 11:30. We should be done by 12:30. You will learn some tips on how to approach someone new to you. It's actually a very rewarding experience, and you will make a new acquaintance, who over time just might become a new friend.

### HOPE FOR CYNICS is next Book Club Pick

*February 9th; 6:30-8:15pm; Founders Hall West*

The 2nd Monday Book Club is back to reading non-fiction this month! Our choice is: Hope for Cynics: The Surprising Science of Human Goodness (2024) by Jamil Zaki. The author is a professor and director of the Stanford Social Neuroscience Lab. Come and join us to discuss this fascinating topic. Questions or comments can be sent to [bookclub@uufsd.org](mailto:bookclub@uufsd.org) or you can call or text Cathy Leach-Phillips at 650 224-1974.

### Cafe Valentino's

*February 13th; 5:30-7pm; Founders Hall*

Join us for a delicious pasta dinner and an evening of fellowship! Our youth will serve as hosts for the evening as you sit back, relax, and enjoy some entertainment.

### Climate Briefing

*February 15th; 11:30-1pm; Founders Hall East*

Join our very own, Dr. Lynne Talley of Scripps Institute of Oceanography for her latest take on our warming planet. Dr. Talley's research was heralded by Al Gore when he spoke at UCSD's commencement. She is a global leader in finding solutions to our current crisis. A light lunch will be served and your questions will

be welcomed. If you have not purchased this auction item, a Breeze link will soon be posted on our website to buy a ticket for \$20.

Camp de Benneville Pines Family Weekend

*UUFSD Camp de Benneville Pines Weekend April 10 -12, 2026*

Registration is now open online and forms available in the office. Explore the magic of the mountains with family and friends. Nourishment for the mind and body. Enjoy crafts, dancing, yoga, games, workshops and more. Gather around the fire at Homet Lodge for a sing along Walk to Jenks Lake or hike up the mountain. Activities for all ages, Adults, Teens, Youth. A warm cup of coffee, tea or hot chocolate while enjoying nature. Cozy heated cabins with hot showers. Delicious food prepared by camp staff. Online Registration and Payment at: <https://uufsd.org/connection/community-life/cdpwreg/>. Or contact with questions and registration details: Chris Faller: cfaller5@gmail.com mobile: 858.344.0227. Emily Host: [explore@uufsd.org](mailto:explore@uufsd.org).

Unitarian Universalist congregations affirm and promote eight Principles, which we hold as strong values and moral guides.

- 1) The inherent worth and dignity of every person;
- 2) Justice, equity and compassion in human relations;
- 3) Acceptance of one another and encouragement to spiritual growth in our congregations;
- 4) A free and responsible search for truth and meaning;
- 5) The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6) The goal of world community with peace, liberty, and justice for all;
- 7) Respect for the interdependent web of all existence of which we are a part;
- 8) Journeying toward spiritual wholeness by working to build a diverse and multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.



Contact Us:

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