

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 8, 2026

“One Wild and Precious Human Birth”

Order of Service: Sunday, February 8, 2026

Prelude	<i>Katie Klaerich</i>
Welcome	<i>Mary Anne Trause</i>
Gathering Hymn #188 "Come, Come, Whoever You Are" Come, come whoever you are, wanderer, worshiper, lover of leaving. Ours is no caravan of despair. Come, yet again come.	<i>Cathy Leach-Phillips</i>
Visitor's Introductions	<i>Mary Anne Trause</i>
Greeting Your Neighbor	
Community Announcements	
Welcoming Hymn #128 For All That Is Our Life <i>(please stand in body or spirit)</i>	<i>Cathy Leach-Phillips</i>
Call to Worship	<i>Robin Mitchell</i>
Land Acknowledgement	<i>Mary Anne Trause</i>
Chalice Lighting	
Time for All Ages	<i>Emily Host</i>
Children's Recessional Hymn #414 <i>(sing 2x as children leave service)</i> "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 "From All That Dwell Beneath the Skies" <i>(please stand in body or spirit)</i> From all that dwell beneath the skies Let songs of hope and faith arise;	<i>Cathy Leach-Phillips</i>

Let peace, good will on earth be sung
Through every land, by every tongue.

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

Mary Anne Trause

Offering

Meditation

Robin Mitchell

Buddhist Loving-Kindness Meditation (remain seated)

Reading

Mary Anne Trause

"The Summer Day" by Mary Oliver

Sermon "One Wild and Precious Human Birth"

Robin Mitchell

Closing Hymn #6 "Just As Long As I Have Breath"

Cathy Leach-Phillips

(please stand in body or spirit)

Extinguishing the Chalice

Mary Anne Trause

"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

Robin Mitchell

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 *Robin Mitchell*
 Worship Associate *Mary Anne Trause*
 Song Leader *Cathy Leach-Phillips*
 Usher *Lisa Shaffer + Pamela Parker*
 Pianist *Katie Klaerich*

UUFSD Staff

Minister *Rev. Heather Megill*
 Dir. of Rel. Exploration *Emily Host*
 Administrator *Ashley Morn*
 Music Director *Steve Milloy*
 Pianist *Katie Klaerich*
 Audio Visual Technician *Joe Cantrell*
 Set Up Coordinators *Byrht Renfrow / Guthry Hahm*
 RE Support Staff *Charlotte Rosen*

Announcements for Sunday, February 8th, 2026

Helping Our Neighbors in Minneapolis

Many have wondered what they can do to help families and protesters in Minneapolis. Here is a Gofundme (<https://gofund.me/3834d21b8>) that you can donate to. Thank you. Robin Sales for SJA. "The situation in the Phillips neighborhood is dire, and many families are struggling to meet their basic needs. The ongoing challenges faced by our immigrant community and unhoused neighbors have left them vulnerable and in urgent need of support. This fund has been established to provide direct financial assistance to those who are most affected, helping cover essential expenses like rent, utilities, groceries, and medical bills." To see more information about the Gofundme, go to the link or view the newsletter.

Celebration of Life article for Norma Showalter

The April 2026 edition of "Dialogue," our quarterly magazine, will devote a section to the Celebration of Life for our dear friend Norma Showalter. I would appreciate receiving short "remembrances" that members and friends have of Norma that I might include in the section. The deadline for these articles is Wednesday, March 4, 2026. Irv Himelblau, Editor, Dialogue Quarterly Magazine

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 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. The total for this year's grants is expected to be about \$6,000.

BOARD MEETING

February 8th; 11:30-1pm; Admin Building Conference Room

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 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.

Camping Club - Desert - Agua Caliente

February 27th at 2:00pm - March 1st at 11:00am; Off-Campus

Desert Camping at Agua Caliente Park located west of Anza Borrego Desert State Park. Arriving Friday February 27 and leaving Sunday March 1st. Two nights to relax, hike, and star gaze. The park has three natural mineral pools to enjoy. Hikers can explore miles of trails that wind through the park's canyons and

up its hillsides. If you are interested and have not received an email from Patricia Cofré-Stone, please send a note to OutdoorAdventures@UUFSD.org.

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.

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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