

# 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



January 4, 2026

“There is Always a Way to Resist”

Order of Service: Sunday, January 4, 2026

Prelude

*Katie Klaerich*

Gathering Hymn "Enter, Rejoice, and Come In"

*Linda Kavanagh*

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...

Welcome and Greet Your Neighbors

*Lisa Shaffer*

Community Announcements

Welcoming Hymn #10 Immortal Love

*Linda Kavanagh*

*(please stand in body or spirit)*

Call to Worship

*Rev. Heather*

Land Acknowledgement

*Lisa Shaffer*

Chalice Lighting

*Lisa Shaffer*

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 #123 "Spirit of Life"

*(please stand in body or spirit)*

*Words and Music by Carolyn McDade*

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*

## Offering

*Lisa Shaffer*

## Meditation (*sung 3x - remain seated*) Hymn #389

*Rev. Heather*

Gathered here in the mystery of the hour.  
Gathered here in one strong body.  
Gathered here in the struggle and the power.  
Spirit, draw near.

## Reading

*Lisa Shaffer*

"Inspired by the Resistance of a Dandelion Seed" by Rev. Michelle Collins

## Sermon

*Rev. Heather*

"There is Always a Way to Resist"

## Closing Hymn #155 Circle 'Round for Freedom

*Linda Kavanagh*

(*sung 2x - please rise 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*

\* \* \* \* \*

*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.*

**Give Online**



UUFSO is a welcoming congregation.



<p>Today's Service</p>	<p>Speaker <i>Rev. Heather Megill</i>  Worship Associate <i>Lisa Shaffer</i>  Song Leader <i>Linda Kavanagh</i>  Usher <i>Linda Luisi + Ted Foster</i>  Pianist <i>Katie Klaerich</i></p>
<p>UUFSO Staff</p>	<p>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></p>

## Announcements for Sunday, January 4, 2026

### Help Wanted

We are trying to restart a concert series at UUFSD for our own enjoyment, to bring people to our campus who may not know us, and to raise funds for good causes. And, as with all good things, it takes people to make things happen. We have contacts with prospective performers. We need help initially with promotion, publicity, outreach, social media, etc. Then when the time arrives, we need help with ushers, refreshments and the like. In return, we can offer complementary tickets and a glass of wine. If you can help, please contact Lisa Shaffer or Libby Scott. THANKS!!

### Interfaith Dialogue Speaking Event

*Wednesday, January 7th; 12pm; Founders Hall*

UUFSD is now hosting the San Dieguito Interfaith Ministerial Association's (SDIMA) monthly gatherings and events. Mark your calendars to join us at 12pm on the first Wednesday of each month to learn about other faiths from religious leaders here in our San Dieguito area. Our January meeting will feature Rev. Dr. Lori McMacken, co-founder & visionary of Butterfly Effect Global. From the spotlight of Radio City Music Hall to the sacred soil of Odisha, India, Rev. Dr. Lori McMacken's life is a powerful testament to transformation through love, purpose, and service. A former Radio City Rockette for 16 years and alumna, Lori is also a seasoned real estate investor, a former member of the National Speakers Association, an ordained minister with Centers for Spiritual Living, and a devoted SRF yogi. Bring a sack lunch and join us. All are welcome!

### Attention! Coffee Klatch before the service on January 11!!!

*January 11th; 9:15-9:55am; Core Area*

January has arrived! It's time to sign up to be part of our fellowship group which creates a welcoming overnight shelter the last week of January (1/25/26 - 2/1/26) for a group of situationally homeless people. Please come to share coffee and bagels BEFORE the service on Sunday January 11 in the core area to learn more and discuss how this work connects to our UU values. Sign-ups will begin this Sunday January 4. As those of you who've done it before know, the guests sleep at James Catholic Church in Solana Beach for two weeks. The first week St. James' parishioners provide dinners (in addition to food the guests can take to make breakfasts and lunches), as well as overnight and weekend hosts during the day. The second week, we from UUFSD do the volunteering. It's sort of like doing a whole week of mini-Fill-a-Bellies, plus spend the nights! We need you! And just like Fill-a-Belly, we all love being part of it. Sign-ups in the core area through January or on Sign-Up Genius. Questions? Ask Mary Anne Trause or Barbara Walker

## BOARD MEETING JANUARY

The Board Meeting will be held in Founder's Hall West on **January 11 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.

### TIAS Donations

TIAS is flush with sugar for families receiving food boxes, thanks to you! We received 15 boxes or bags just last Sunday alone. In addition to others donated earlier in the month! UUFSD agreed to supply enough sugar for monthly distribution. We need about 21 boxes or bags per month (each 2 to 5 pounds). The next date when they'll be distributed is approximately January 21, 2026. Please bring your donations to the fellowship on **Sunday, January 11 or January 18**. Mark your calendars. You are part of a vital web supporting our vulnerable neighbors. If we have too much, we give it to other groups in need.

### 2nd Monday Book Club meets January 12th

*January 12th; 6:30-8:15am; Founders Hall West*

We will be discussing another modern novel during the 2nd Monday Book Club here at UUFSD on January 12th, 2026 at 6:30pm. *Vera, or Faith by Gary Shteyngart (2025)*. In a near-future America, Vera Bradford-Shmulkin, an overanxious, over-watchful, and academically high achieving 10-year-old shows us her view of complicated adult affairs in a post-democracy world. Questions can be sent to [bookclub@uufsd.org](mailto:bookclub@uufsd.org), or you can call or text Cathy Leach-Phillips at 650 224-1974.

### Sacred Writing Workshop: Spiritual Autobiographies

*January 14th; 6:30-8pm; Zoom*

Please join Rev. Heather for a Sacred Writing Workshop to explore your individual Spiritual Autobiography. This workshop is open to all, not only seasoned writers. Topics explored include past religious affiliations, spiritual leanings, belief systems, and familial spiritual ancestry. Attendees will engage in writing prompts, sharing, and reflection. All are welcome regardless of writing experience or spiritual path. We will meet for six sessions, every Wednesday evening on ZOOM (6:30-8pm) from January 14 thru February 18. Please email Rev. Heather ([heather@uufsd.org](mailto:heather@uufsd.org)) to express your interest and get the Zoom link.

### Potluck: Plant-Based Planet-Friendly

*January 18th; 11am-12pm; Founders Hall/Core Area*

Let's ALL participate to help our planet. Invite family/friends to participate! Please all bring a healthy plant-based dish to share. If you don't cook: salads & fruit plates are welcome! Plant-Based Vegan: no animal products. Vegetarian: includes dairy/eggs. Place dairy/egg/cheese on the side. Label your dish:

spicy/nuts/gluten free; Tag w/ recipe/ingredients (for allergies). What UUA has to say: <https://www.uua.org/environment/eating>. Inspired by UUFSD's Climate Group. TO HELP US SET UP: Check in the kitchen before service (or clean up after).

## INTRODUCTION TO INSIGHT MEDITATION AND MINDFULNESS

*January 24th; 9-11:15am; Founders Hall + Core Area*

On January 24, 2026, from 9:00 to 11:15 am, you are invited to our mini retreat at the UUFSD. We'll start in Founders Hall and use part of the campus for walking meditation. No prior experience in meditation is necessary. Bob Isaacson has been teaching Insight Meditation for 20 years and practicing for 30 years. Bob will share this tradition, called Vipassana, with an interactive "Dharma talk" and short sitting meditations which he will guide, followed by feedback from the participants. We will conclude our mini retreat with instructions on walking meditation, followed by your feedback. There is no charge for this event. Voluntary contributions will be requested for the teacher and for the UUFSD. To register, please contact Bob Isaacson at [bob7isaacson@gmail.com](mailto:bob7isaacson@gmail.com).

## Camping Club - Desert - Agua Caliente Feb 27 to March 1st, 2026

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 gazing. 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, please send a note to [OutdoorAdventures@UUFSD.org](mailto:OutdoorAdventures@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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