

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



December 28, 2025

“Finding Comfort in Hope”

Order of Service: Sunday, December 28, 2025

Prelude

Katie Klaerich

Gathering Hymn "Enter, Rejoice, and Come In"

Cathy Leach-Phillips

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

Community Announcements

Welcoming Hymn #346 Come, Sing a Song with Me

(please stand in body or spirit)

Call to Worship

Rev. Heather

Land Acknowledgement

Cathy Leach-Phillips

Chalice Lighting

Cathy Leach-Phillips

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"

Cathy Leach-Phillips

(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

Cathy Leach-Phillips

Pastoral Prayer

Rev. Heather

Offering

Cathy Leach-Phillips

Meditation

Cathy Leach-Phillips

“When I Rise” Call & Response

Reading

Cathy Leach-Phillips

From “Show Up with Hope” by Anne Lamott

Sermon

Rev. Heather

“Finding Comfort in Hope”

Closing Hymn #344 A Promise Through the Ages Rings *Cathy Leach-Phillips*
(verse 1-3)

(please rise in body or spirit)

Extinguishing the Chalice

Cathy Leach-Phillips

"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

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.

Give Online



UUFSO is a welcoming congregation.



<p>Today's Service</p>	<p>Speaker <i>Rev. Heather Megill</i> Worship Associate <i>Cathy Leach-Phillips</i> Song Leader <i>Cathy Leach-Phillips</i> Usher <i>Lisa Shaffer</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, December 28, 2025

Administrative Holiday Hours Update

The office will be open from 9 AM - 2 PM on December 22-23, closed December 24-25, open 9 AM - 2 PM on December 29-30, and closed December 31-January 1. Normal hours return on Jan 5 (Mon-Thurs, 9am-2pm).

Parking Lot Update

The main entry to the lower parking lot will be closed to all vehicular traffic starting **Monday December 29 through end of day Saturday January 3.**

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!

Save the Date!

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

Join us in the Core Area for coffee and bagels before the service on January 11, 2026, to learn more about UUFSD participation in the Interfaith Overnight Shelter Network. Whether you've volunteered there for years or never have, come to share your experiences and questions and think about how we'd like to create a welcoming space this year. This will be the fortieth season the Interfaith Shelter Network has provided approximately 12 weeks of shelter for individuals and families experiencing homelessness by having religious institutions provide a rotation of two-week stays in their facilities each winter.

UUFSD joins with St. James Catholic Church in Solana Beach each year by providing volunteers the second week for the approximately 12 guests that reside at St. James. We'll provide food, overnight and weekend hosts from Sunday January 26 until Sunday February 1, 2026. Last year UUFSD was given the Spirit of Service Award for our attention to the needs of our guests. Let's gather on January 11 to think about how we want to do that again. Questions? Contact 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, 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) 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.

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.



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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