

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 18, 2026

"Passive Resistance is the Highest Form of Patriotism"

Order of Service: Sunday, January 18, 2026

Prelude

Katie Klaerich

Welcome

Leithe Miller-Kramer

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

Leithe Miller-Kramer

Greeting Your Neighbor

Community Announcements

Welcoming Hymn #107 We Are A Gentle Angry People

Steve Milloy

(please stand in body or spirit)

Call to Worship

Denise Donato-McConnell

Land Acknowledgement

Leithe Miller-Kramer

Chalice Lighting

Special Music "We Shall Not Be Moved (traditional)"

Steve Milloy

Arranged by Steve Milloy

Time for All Ages

Denise Donato-McConnell

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

Cathy Leach-Phillips

"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

Leithe Miller-Kramer

Offering

Leithe Miller-Kramer

Meditation (sung 2x - remain seated)

Leithe Miller-Kramer

When I breathe in, I breathe in peace.

When I breathe out, I breathe out love.

Reading

Leithe Miller-Kramer

Sermon

Denise Donato-McConnell

"Passive Resistance is the Highest Form of Patriotism"

Closing Hymn #118 This Little Light of Mine

Steve Milloy

(please rise in body or spirit)

Extinguishing the Chalice

Leithe Miller-Kramer

"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/Closing Words

Leithe Miller-Kramer & Denise Donato-McConnell

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



UUFSD is a welcoming congregation.



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|------------------------|---|
| <p>Today's Service</p> | <p>Speaker <i>Denise Donato-McConnell</i> Worship Associate <i>Leithe Miller-Kramer</i> Song Leader <i>Steve Milloy</i> Usher <i>Eileen Freedland and John Sundberg</i> Pianist <i>Katie Klaerich</i></p> |
| <p>UUFSD 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 18, 2026

Help Wanted

We are trying to restart a concert series at UUFSD. 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!!

Sugar for Tias!

For those of you who like to donate sugar for Tias, please bring it to the fellowship this Sunday **1/18**. We distribute boxes of food weekly and sugar once a month. The families are so appreciative for both the food and the experience of being supported and watched over by their neighbors. Thank you! Questions? Contact Mary Anne Trause or Donna Gerhauser.

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).

Sacred Writing Workshop: Spiritual Autobiographies

January 21st; 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.

Twentyfingers and Friends Musical Afternoon: A Benefit for UUFSD

January 25th; 2-4pm; Off-Campus at Monique Kunewalder's home

This was organized as a UUFSD auction item (and some of you have already purchased tickets as part of the auction). There is lots of room, so feel free to

pass this message along. Contact Lynne Talley at (858) 603-4408 or ltalley@ucsd.edu. Please find more information in the newsletter.

Celebration of Life for Roger Parker

January 30th; 12:30-1:30pm; Amphitheatre + Core Area

The Friday Buddhist Sangha will celebrate the life of our beloved member, Roger Parker, on Friday, January 30, 2026 in the amphitheater. A light lunch will follow. All are welcome to attend and an RSVP would be appreciated for planning purposes. Please reply to office@uufsd.org

Celebration of Life for Norma Showalter

January 31st; 2:30-3:30pm; Founders Hall

A Celebration of Life is planned for January 31st at 2:30 for our dear Norma Showalter who has been an active member for several years. If you would like to help with food, flowers, ushering please contact CompassionateCare@uufsd.org

Lunch and Learn About AI

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

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.

BOARD MEETING FEBRUARY

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.

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.



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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