

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 22, 2026

"Antifragility"

Order of Service: Sunday, February 22, 2026

Prelude	<i>Katie Klaerich</i>
Welcome	<i>Rev. Heather</i>
Gathering Hymn "Enter, Rejoice, and Come In" 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...	<i>Steve Milloy</i>
Visitor's Introductions	<i>Chris Byrnes</i>
Greeting Your Neighbor	
Community Announcements	
Welcoming Hymn #300 With Heart and Mind <i>(please stand in body or spirit)</i>	<i>Steve Milloy</i>
Call to Worship	<i>Rev. Heather</i>
Land Acknowledgement	
Chalice Lighting	
Special Music "Home (from The Wiz)" by Charlie Smalls, arranged by Andy Beck and Michael Spresser	<i>UUFSD Choir</i>
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

Steve Milloy/Chris Byrnes

“From All That Dwell Beneath the Skies”

(please stand in body or spirit)

From all that dwell beneath the skies

Let songs of hope and faith arise;

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

Rev. Heather

Pastoral Prayer

Offering

Chris Byrnes

Meditation *(sung 2x - remain seated)*

When I breathe in, I breathe in peace.

When I breathe out, I breathe out love.

Reading

“Failure Builds Resilience and Antifragility” from *Elevate Next* and
Psychology Today

Sermon “Antifragility”

Rev. Heather

Closing Hymn #207 Earth Was Given as a Garden

Steve Milloy

(please stand in body or spirit)

Extinguishing the Chalice

Chris Byrnes

"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

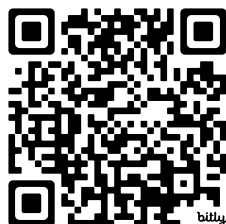
Postlude

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. 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>Chris Byrnes</i>
	Song Leader	<i>Steve Milloy</i>
	Usher	<i>Eileen Freedland + John Sundberg</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 22nd, 2026

Campus Master Plan Informational Forum

March 1st; 11:30-12:30pm; Founders Hall East

All UUFSD members are invited to attend an Informational Forum after service on Sunday, March 1, for an update on current status and possible next steps related to the Fellowship's Campus Master Plan. Phase 1 (Administration Building), and Phase 2 (Lower Parking Lot Improvements) are substantially complete and the question of What's Next will be the focus of this event. As a congregation member you have a voice in how and when the next phase of the Master Plan develops, and being informed is the best foundation for good decision making. A potluck lunch will be served and all questions will be welcome following the presentation.

Tias Sugar

We as a fellowship have supported our neighbors in need for two months now by contributing enough sugar to fill food boxes for 27 families each month. Thank you! We're learning as we go. It seems one-pound boxes are adequate since not a lot of sugar is consumed. This month we need 27 one- (or maybe two-) pound boxes by Sunday 2/22. An online search suggested that Walmart and Smart and Final have that size in stock. If you learn something different, let us know. If you want to order it online, you can send it to one of us. Otherwise, you can buy it and bring it in. Thanks in advance for the time and effort you're devoting. The families give us big hugs and blessings in appreciation every week. We couldn't do it without you! Donna Gerhauser and Mary Anne Trause.

Phase 2 Parking

After many years of planning and months of construction, our Phase 2 project to expand the lower parking lot and improve access for those with disabilities is nearly complete. The focus of Phase 2 was to provide for emergency vehicle access and turnaround capability, a Fire Marshal mandate. The curbs in the turnaround will soon be painted red as it is a Fire Lane and parking is prohibited in this area. Thank you for your patience, cooperation and understanding during construction.

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. Please send these reflections to ihimelblau@gmail.com. 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.

BOARD MEETING

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

The Board Meeting will be held in the Admin Building Conference Room on **March 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.

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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