

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



March 29, 2026
"The Gift of Attention"

Order of Service: Sunday, March 29, 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>Alisa Guralnick</i>
Introduction	<i>Chris Byrnes</i>
Land Acknowledgement	
Visitor's Introductions	
Greeting Your Neighbor	
Community Announcements	
Welcoming Hymn #303 We Are the Earth Upright and Proud <i>(please stand in body or spirit)</i>	<i>Alisa Guralnick</i>
Call to Worship	<i>Rev. Heather</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 #370

Alisa Guralnick

“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

Chris Byrnes

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

“You’re Shaped by What You Pay Attention To” by Sherry Ning *(abridged)*

Sermon “The Gift of Attention”

Rev. Heather

Closing Hymn #194 Faith is a Forest

Alisa Guralnick

(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.



<p>Today's Service</p>	<p>Speaker <i>Rev. Heather Megill</i> Worship Associate <i>Chris Byrnes</i> Song Leader <i>Alisa Guralnick</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, March 29th, 2026

Last Call for Endowment Grant Requests!

Do you have a project that needs funding? Does it support UU values? Then you should apply for an Endowment grant before April 15. Examples include social justice, community outreach, UU camps and schools, local social service agencies, programs for those in our community in spiritual or economic need, campus renovation or maintenance, or any other need. Grant requests must be for an item or activity not otherwise covered by the regular UUFSD budget or grants from other organizations. Find the short application form on our website at "Requesting Grants from our Endowment," using the link below. Grant applications are due by April 15. Just submit your application to endowment@uufsd.org. Grants will be made after the congregation votes at the June congregational meeting.

Bags, Books, and Sugar

Somos Tías continues to serve our neighbors who are food insecure. We have 3 asks from our congregation: sugar, plastic grocery bags, and gently used children's books, all ages. Please bring these items to the Core area each Sunday. Thanks for your generosity! Robin Sales for SJA Immigration Support

Overflow Parking for Sunday Service

Please know overflow parking for Sunday service is available at LePort School parking lot. The gate code is 235.

GOOD NEWS FROM THE "HELPING OUR NEIGHBOR" SOCIAL JUSTICE ACTION GROUP

We have good news for all our members and friends who travel. We are re-starting our collection of travel toiletries that many of us accumulate from hotels, motels and ships. And, we also have good news for everyone who visits their dentist a few times a year and come away with baggies of toothbrushes, toothpaste and floss. Bring them to the fellowship on Sundays and look for our toiletries basket, on one of the Social Justice tables.

Changes in UUFSD Board Schedule

Please note the following schedule for UUFSD Board meetings: Regular board meeting for April moved to April 19, 2026, at 11:30 am because of conflict with DeBenneville weekend. Special board meeting to consider the 2026/27 budget Monday, April 20, 2026 at 6 pm on Zoom. Regular board meeting for May moved to May 17, 2026 at 11:30 am to avoid conflict with Mother's Day. Board meetings are open to all members.

Are you a friendly driver?

The Compassionate Care team is seeking individuals willing to offer rides to some of our older members for medical appointments or to join us for Sunday services (depending on location convenience.) If you would consider helping out another member in this way, please let us know. You could occasionally drive someone to a doctor's appointment or commit to bring a member to a Sunday service once a month. Carpooling is not only good for our planet, but it fosters community connection and offers the ability for some of our older members to be a part of our community even after they no longer drive. Please consider sharing your time in this way. Email compassionatecare@uufsd.org for more info. Thank you!

Waking the Body

March 27th; 9am-2pm; Palmer Library

The Wakeful Body by Willa Blythe Baker has been inspiring our Friday meditation group. We have decided to spend from 9:00am-2:00pm on March 27th practicing some of the many experiential exercises which she offers in her book. Our regular meditation group will meet as part of this day. No previous experience is necessary to participate. A suggested donation of \$25 will be used for future programs. To register email: christieturner@gmail.com.

"Northies" Potluck

March 28th; 4-7pm; Off-Campus

Following the success of the "Southies" potluck group, the "Northies" are starting up! This is a chance for those who live north of the Fellowship to gather for an informal potluck once a month at a different member's house. The first Northies potluck will take place at our very own Rev. Heather's house in Oceanside. Please RSVP to Rev. Heather if you'd like to attend (heather@uufsd.org). Attendance may be limited. If you can't attend, but would like to be added to the Northies email list for future potluck opportunities, please email our Administrator, Ashley (office@uufsd.org). May the Northies potlucks begin!

Family Picnic

March 29th; 11:30am-12:30pm; Playground

Inviting all parents and children to join together for a family picnic! Join us after service on Sunday, March 29 on the playground. Children can play, parents can connect, and we can all enjoy some refreshments. The RE Committee will provide fruit and muffins. You are welcome to bring something to share or just come and enjoy!

2nd Monday Book Club 13th April at 6:30pm

April 13th; 6:30-8:15pm; Palmer Library

For our April meeting, the 2nd Monday Book Club will discuss the 2023 novel and winner of the Booker Prize, *Orbital* by Samantha Harvey. A space station orbits the Earth 16 times per day. Aboard, 6 astronauts experience the wonder

and beauty of a world up close in the window, but whose inhabitants and troubles are not in view. What do they do in a day? What does their view of our "big blue ball" of a planet inspire? All are welcome! If you have any questions, email bookclub@uufsd.org or call/text Cathy Leach-Phillips at 650 224-1974.

Poetry Workshop

April 18th; 11am-1pm; FH West

Join Encinitas poet Dr. Marit Anderson for a two-hour workshop on writing poetry. Whether you're a novice or experienced poet, try your hand at Ekphrastic and Acrostic poems. Easier than they sound, they include using art as a prompt to look deeper and write; or a word written vertically down the page to begin the lines of your poem. Donation to UUFSD auction: \$25 for the chance to write, enjoy the company of others in the flow, and share a yummy snack. Questions? Call Mary Anne Trause 360-870-3740.

BOARD MEETING

April 19th; 11:30-1pm; Palmer Library

The Board Meeting will be held in the Admin Building Conference Room on **April 19 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.

POTLUCK following EARTH DAY SERVICE: Plant-Based Planet-Friendly

April 19th; 11am-12:30pm; Core Area

A variety of speakers, music, plus potluck to follow. Everyone bring a healthy plant-based dish to share. Let's ALL participate to help our planet and all creatures to thrive. Invite family/friends to participate! If you don't cook: salads & fruit plates are welcome! Plant-Based Vegan: No animal products. PLEASE label your dish: spicy/nuts/gluten free; Tag w/ recipe/ingredients (for allergies). Inspired by UUFSD's Climate Group

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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