

Unitarian Universalist Fellowship of San Dieguito

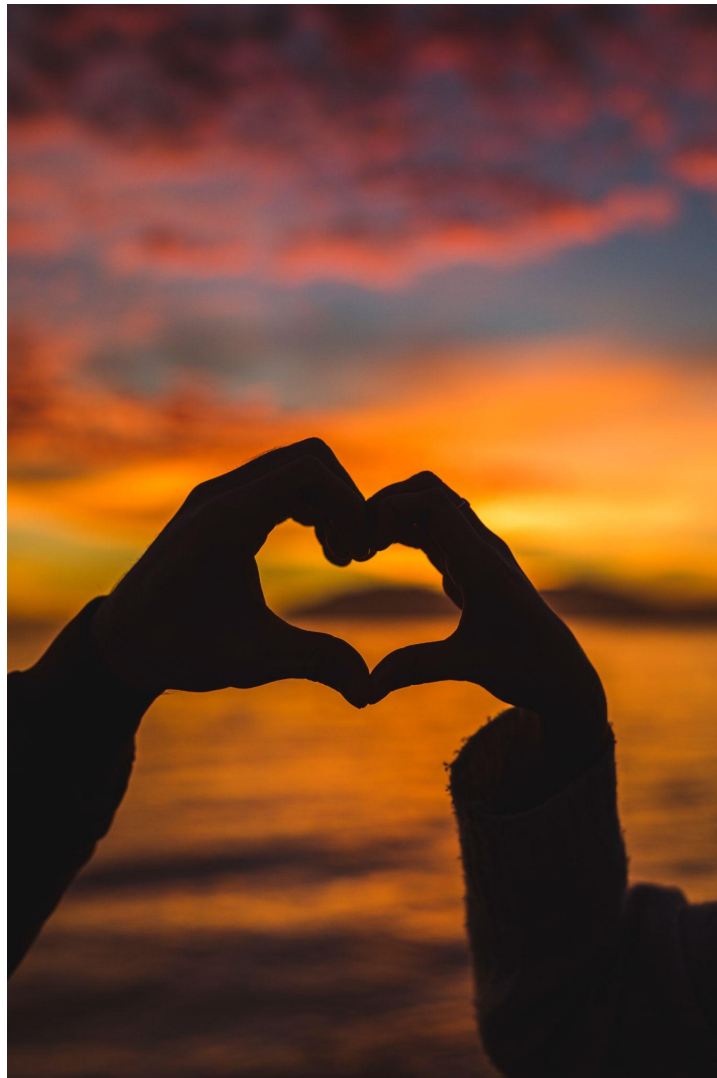
Service at 10:00am

Watch this Sunday's Sermon via Zoom

<https://uufsd.org/zoom>

Meeting ID: 920 8028 5746

Passcode: 1036



Sunday, September 20, 2026

"Forgiveness: Beginning Again in Love"

Sermon: Rev. Heather Megill

Order of Service: Sunday, September 20, 2026

Prelude

Lynne Talley

Autumn Leaves by Joseph Kosma

Welcome

Rev. Heather

Gathering Hymn #361 "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...

Introduction

Alisa Guralnick

Land Acknowledgment

Visitors' Introductions

Greeting Your Neighbor

Community Announcements

Welcoming Hymn #67 We Sing Now Together (v. 1, 3, 4)

(please stand in body or spirit)

Chalice Lighting

Rev. Heather

Call to Worship

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."

Reflections

Social Justice Committee Members

Immigration Support, Palestine-Israel Justice, UU the Vote, Climate Group,
Interfaith Shelter

Centering Hymn #370

"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

Alisa Guralnick

Meditation Chant (sung 2x)

When I breathe in, I breathe in peace.
When I breathe out, I breathe out love.

Reading

Sermon "Forgiveness: Beginning Again in Love"

Rev. Heather

Closing Hymn #1037 We Begin Again in Love

(please stand in body or spirit)



**Congregation: (Refrain) We forgive ourselves and each other.
We begin again in love.**

Minister: For remaining silent when a single voice would have made a difference...

Congregation: (Refrain)

Minister: For each time that our fears have made us rigid and inaccessible...

Congregation: (Refrain)

Minister: For each time we have struck out in anger without just cause...

Congregation: (Refrain)

Minister: For each time that our greed has blinded us to the needs of others...

Congregation: (Refrain)

Minister: For the selfishness that set us apart and alone...

Congregation: (Refrain)

Minister: For falling short of the admonitions of the spirit...

Congregation: (Refrain)

Minister: For losing sight of our unity...

Congregation: (Refrain)

Minister: For those and for so many acts both evident and subtle which have fueled the illusion of separateness...

Congregation: (Refrain)

Extinguishing the Chalice

Alisa Guralnick

"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

Lynne Talley

Romanze, Op. 118 No. 5 by Johannes Brahms

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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 *Rev. Heather Megill*
Worship Associate *Alisa Guralnick*
Song Leader *Alisa Guralnick*
Ushers *John Sundberg and Eileen Freedland*
Pianist *Lynne Talley*
Zoom Greeter *Ashley Morn*

UUFSD Staff

Minister *Rev. Heather Megill*
Dir. of Rel. Exploration *Emily Host*
Administrator *Ashley Morn*
Music Director *Steve Milloy*
Pianist *TBD*
Audio Visual Technician *Joe Cantrell*
Set Up Coordinators *Byrht Renfrow / Guthry Hahm*
RE Support Staff *Charlotte Rosen*

Announcements for Sunday, September 20, 2026

Preview of Overnight Shelter with St. James

For many years, UUFSD has collaborated with St. James Catholic Church to welcome and house unsheltered individuals for two weeks each winter through the auspices of the Interfaith Shelter Network. Beginning this January, Jack Makowski and David Sheils from St. James will be Coordinators for both weeks. To help Jack and David, Mary Anne and Paul Trause from UUFSD will be there every evening of the second week as consistent hosts for the guests and volunteers. You'll be able to volunteer to bring meals or serve as overnight hosts during both weeks, as can congregants from St. James. We're looking for a Communication Liaison from our fellowship to ensure smooth communications between the congregations. If you're interested, email wintershelter@uufsd.org. Mark your calendar for the shelter dates: 1/17- 1/31/27. The first Sign-Up Genius will go out on 11/23/26. Stay tuned! Please find more information in the newsletter.

To quote the Beatles...

"Help, I need somebody, Help, not just anybody..." Would you like to help UUFSD without having to write a check or change out of your pajamas? Are you a competent editor? Do you know how to use "track changes" and convert a Word document into a PDF? Then the Policy & Procedures team needs you. The work is occasional. You don't write new policies or procedures. You help committees and the Board as they develop new P&Ps or review and update existing ones as needed. Your job is to check for clarity and consistency, format, and ensuring proper approval and record-keeping. We need someone to replace Nancy Hebert so she can take on other, new responsibilities for the Fellowship. Contact President@uufsd.org to say yes, or to contact Nancy or Angie Knappenberger if you have questions.

Sugar Team Continues!

As you know, UUFSD has been actively involved in helping our vulnerable neighbors by providing sugar delivered in weekly food boxes for over a year. The week of 9/28/26 is the next time we'll need about 30 one- to two-pound boxes. Please bring your donations Sundays and leave them in the box on the patio. Thanks to each of you for your ongoing support!

Flowers in Patio Area

Every week we get flowers from Trader Joes that will be thrown out if they are not taken. Please take some flowers to enjoy!

BOARD MEETING

September 20th; 11:30-1pm; Programs Room

The Board Meeting will be held in the Programs Room on **September 20 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 - the link is in the newsletter.

Social Justice - Check Us Out on Sunday

September 20th; 11am-12:30pm; Core Area

Curious about Social Justice at UUFSD? Want to learn how to enrich your life while improving the lives of others? Come to the patio after the Sunday service for the Social Justice Involvement Fair. Program leaders would love to hear about your special interests. Learn how you might live your values through one of our programs. Discover the impressive social justice action history at our Fellowship. All that plus snacks and a drawing for a free book!

The Listening Bench - 3rd Sundays

September 20th; 11:15am-12pm; Memorial Walkway

The Compassionate Care committee is bringing back the Pastoral Listening program, led by Lay Minister Eileen Freedland. On the 3rd Sunday of each month, a Lay Minister from the Compassionate Care team will be located at the Listening Bench in the Memorial Walkway following the service. If you would like a listening ear, please visit the bench to share a personal concern. Lay Ministers are trained not to give advice, but to listen and hold space for you to express what is on your heart. If your concern is great, the Lay Minister may follow up with Rev. Heather for further support. If you would like to be trained as a Lay Minister to provide Pastoral Listening to our community, please reach out to compassionatecare@uufsd.org. In the meantime, feel free to stop by the Memorial Walkway Listening Bench on the 3rd Sunday of each month to share what's in your heart.

Sacred Texts Discussion Group

September 22nd; 2:30-4:00pm; Admin Conference Room

Our Sacred Texts Discussion group meets in person on Tuesday September 22, 2:30-4:00 in the Admin Conference room. All are welcome to share a reading, or just listen and discuss. Email sacredtextscoord@uufsd.org for Zoom info.

UU-the-Vote Special Event

September 27th; 11:30am-1pm; Founders Hall (East)

The League of Women Voters San Diego North County will present the Pros and Cons. This will be a live presentation with questions and answers for the November 2026 election ballot measures and propositions.

EXTRA! FIRST OF 2 MEMBERSHIP CLASSES THIS FALL

September 27th; 11:30am-12:30pm; Founders Hall (New to UU Class)

October 11th; 11:30am-12:30pm; Palmer Library (Membership Chit Chat)

Are you new to UU? Come meet other attenders and enjoy a light lunch together as you learn more about Unitarian Universalism. You'll hear some of our Fellowship's history, and discover the many ways to participate in our community. (Followed by our Membership Chit Chat in October). RSVP to membershipchair@uufsd.org--if you forget, come anyway. Childcare is available by advance request.

Lend a Hand: Monthly Buildings & Grounds Work Party / Sat, Oct. 3 at 9 AM

October 3rd; 9am-12pm; Core Area

Help care for our shared space! Drop in anytime to weed, trim, or tackle light repairs. All tools are provided and no experience is needed—just wear comfortable work clothes. Meet on the patio or look around if arriving later. Whether you've attended work parties before or are curious about getting involved for the first time, we'd love to have you join us to help our grounds be a welcoming and safe place to gather. Reach out to buildingandgrounds@uufsd.org with questions or to get direct info about work parties. Bonus: We'll be providing fish tacos for lunch! Please let us know if you will be there so we can plan accordingly. Looking forward to seeing you there.

Amphitheatre Renovation Update

October 4th; 11:30am-12:00pm; Founders Hall

Come hear an update on our campus master plan implementation. Now that Phase 2 is complete (parking lot and ramps), we need to decide if and how to move forward with the last phase, renovating the amphitheater with bathrooms, new A/V space, accessible ramps, handrails, and, if we choose, more parking and permanent shade sails. This will be an information meeting. After the presentation, you can join a small group that day, or on any of the following Sundays in October where facilitators will gather to review what we know, and invite feedback, questions, and suggestions. Stay tuned for more details.

Save the Date: Youth Home Build in Mexico

Join us October 24-25 in Mexico to create a new home for a deserving family! Youth ages 4th grade and above are invited to take part in this social action. Information session about logistics, fundraising, and registration coming soon. If you are interested in learning more, email Emily Host at explore@uufsd.org.

Thanksgiving and Christmas Day Dinners

November 26th and December 25th; Founders Hall + Core Area

EXCITING NEWS FOR THE HOLIDAY SEASON! Louise and Chef Trent are back in the kitchen and will be hosting Thanksgiving and Christmas Day Dinners. Keep an eye on the upcoming bulletins for the details. BRING FAMILY AND FRIENDS AND JOIN US FOR THESE WARM INVITING FESTIVE EVENTS.

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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