

Sunday Multigenerational Worship Service

Sunday, June 18, 2017 at 9:30 am

Centering Thought

“Prayer is not asking for what you think you want, but asking to be changed in ways you can't imagine.”

— Kathleen Norris

Gathering Bell

Gathering Music

“Melody”

— Aram Khatchaturian

Isabella Furth, *song leader*

Lorelei Garner, *piano/ukulele*

Opening Words

Katy Swanson, Angela Garcia-Sims

Opening Song

34 “Come, Come, Whoever You Are”

“Ven, ven, cual eres, ven ”

Welcome

Church Hymn

(words in English and Spanish on screen)

Church Aspiration and Kindling of the Chalice

Welcome Your Neighbor

Affirmation

Time for All Ages

Prayer Stones

Generosity Offering

Music

“El alma que anda en amor”

— Words: San Juan de la Cruz

Music: Comunidad de Taizé

Meditation Song

1034 “De Noche”

Meditation

Message

“Hundreds of Ways to Kneel and
Kiss the Ground”

Kay Swanson, *UU Chaplain*

Closing Song

1015 “I Know I Can”

Blessing

Extinguishing of the Chalice

Postlude

“My Life Flows On in Endless Song”

— Music by Robert Lowry

Question for Reflection — *How do you “kneel and kiss the ground” in your life?*

Church Hymn

From all who dwell below the skies,
Let faith and hope with love arise,
Let beauty, truth, and good be sung
Through ev'ry land, by ev'ry tongue.

De todos bajo el gran sol
Surja esperanza, fe, amor
Verdad y belleza cantando,
De cada tierra, cada voz.

Church Aspiration

May love be the spirit of this church,
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 Aspiration.

El amor es la doctrina de esta iglesia,
La búsqueda de la verdad es su sacramento
Y el servicio es su oración.
Habitar juntos en paz,
Buscar la verdad con libertad,
Y servir a la humanidad juntos,
Esto es lo que pactamos unos con otros.

To hear today's and previous sermons online, scan this QR code.





Unitarian Universalists of the South Bay



TRANSFORMATIONAL THEME FOR June: Time
SERVICE TIME: 9:30 am

THIS SUNDAY at SOUTH BAY:

June 18 “Hundreds of Ways to Kneel and Kiss the Ground”
Katy Swanson, *UU Chaplain*

UPCOMING SUNDAYS

June 25 **Worship Service held at Hillcrest**

Announcements

GA Week

During the week of June 18—24, the Admin office in Hillcrest will be open from 10 am to 2 pm. The Window will be a double issue.

UU South Bay Neighborhood Group Potluck.

July 2, (Sunday) 5 pm to 8 pm, Jamaica Village Clubhouse, 14 Jamaica Village Rd, Coronado (Coronado Cays). Please confirm to the host, Angela Garcia-Sims at 619-423-7248. Bring food and drink to share, and volunteer to help. Looking forward to seeing you!

Book Lovers Affinity Group

July 13, Thursday, 6 pm, Room 320, Hillcrest. Everyone is welcome to join our discussion of “A Bend in the River” by Nobel Prize winner VS Naipaul, about an ethnically Indian shopkeeper in a small, interior African village. For our August 10 meeting, we’ll discuss Toni Morrison’s first novel, “The Bluest Eye.” Please contact Maureen McNair at 619-427-1769.

UU Men's Fellowship Pot Luck & Discussion Group

Monday, June 26, 6 pm in the Common Room at Hillcrest. We'll eat between 6 pm and 7 pm. From 7 pm to 9 pm there will be a brief ceremony, followed by a discussion about friendship. Who are the friends you have known for the longest time? What made the friendships last?

Voter Irregularities in the November Election

Friday, June 30 at 7 pm, Meeting House, Hillcrest. Greg Palast, whom the Guardian has called “the best investigative reporter of our time”, is coming to First Church. This program co-sponsored by the Social Justice Ministry team, and Activist San Diego. There will be a reception from 6 - 7 pm in the Common Room, for those wishing to meet the author. Suggested donation—\$45 for the reception, and \$15 at the door. Contact John Schaibly for information.

Upcoming Events & Volunteer Opportunities

Dan Ratelle Retirement Celebration

Sunday, June 18, following second service at Hillcrest. Join us for a luncheon as we celebrate Dan Ratelle. He is retiring after more than 36 years as choir director, and congregational leader. More details to come! If you'd like to contribute to the congregation's gift to Dan, please contact Rev. Ian.

Caregivers/Allies Support Group

Tuesday, June 27, 12:30 pm -2 pm in the Law Lounge at Hillcrest. Are you in the position of being a caregiver/ally/support person for another person? First UU is starting a group for reflection, emotional support, and spiritual deepening around the issues that surface for folks in this role. Please contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740 with questions, and to RSVP.

All Church Picnic

July 2, Sunday, 11 am, Hillcrest. Bring your lunch and something to sit on to our All Church Picnic. We will provide beverages, ice cream, watermelon and games for the family. Come help us celebrate the start of summer and Len Pelletiri's 90th birthday!

Learn What Death Teaches About Living Fully

Friday, July 7 from 7 pm—8:30 pm, Meeting House, Hillcrest. Insight San Diego announces a Dharma talk "Discover What Death Teaches About Living Fully" presented by Frank Ostaseski. Register for this event at www.insightsd.org

SOLACE Volunteer Meeting

Tuesday, July 11, 7 pm, Common Room, Hillcrest. This will focus on discussing our experience visiting the Otay Mesa Detention Center. This is the time for volunteers to debrief about their visits with the immigrants/asylum seekers, and come together for support. For information, contact Steve Howard.

Chula Vista Folksong Circle Meet-up

July 9 (second Sundays), 7 pm, South Bay. Bring your acoustic instrument and your voice. We have song books and also use the folksong book, Rise Up Singing. It's an informal, fun evening. Contact Mikail Connor: 619-621-0996.

Meditate at South Bay on Sunday Mornings: Before Sunday morning service there will be meditation available from 9 to 9:20 am in Suite 101. This space for silent meditation is open to everyone, no matter which kind of contemplative practice works for you. Join us for 20 minutes, 10 minutes, or 5 minutes! Contact Pat Schmidt for information.

Chi Gung at South Bay with Lolly Brown—NO CLASS June 22

New time begins on June 29, 9 am.

Thursdays at 9:30 am, South Bay Campus. Incense Chi Gung is easy to learn and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation techniques.

Feldenkrais Awareness Through Movement

Elsie Sleeter is teaching a Feldenkrais Awareness Through Movement class Thursdays at 10:30 am.