

Flower Dedication

In memory of Rev. Dr. Martin Luther King, Jr. the flowers today celebrate all colors and varieties of children, teens, and grown-ups.

~ Generously given by Joan Cudhea and Tomas Firlle, two of the founders of Journey Toward Wholeness (JTW) at our church in 1997 and current supporters of JTW work and the “Beloved Conversations” program coming to First UU.

January 20 Sunday Generosity Offering Journey Towards Wholeness

Beloved Conversations: Meditations on Race and Ethnicity

Starting in April, Journey Towards Wholeness (JTW) is bringing this small-group, spiritually focused curriculum for exploring the role of race/ethnicity in individual and congregational lives to First UU. Learn more about it in this week’s Martin Luther King Jr. service. The generosity offering will help fund the program. JTW hopes you’ll give generously.

Music Notes

In the the Introduction to the African American Heritage Hymnal, Rev. Otis Moss, Jr., writes, “We took the apocalyptic literature of the biblical tradition and sent it marching across cotton fields, cane fields, corn fields, and plantations. The message was strange to the slave master because he thought, at times, he was being entertained when he was in reality being judged, “weighed in the balances” of truth and found guilty. We can hear the sounds, the songs and the protest ... the African American generation of the 1950s and 1960s took the songs and hymns of our ancestors into the marches, jail cells, and mass meetings and fashioned the faith of a movement that reintroduced the African drum, chant, and music in an undisguised and transforming symphony of protest and revolution ... each generation must sing its song, but if we are to sing with power and purpose, we must know the songs of our ancestors and embrace the spirit of their songs. It is incomprehensible to think of Dr. King as the leader of a sonless movement. African and African American theology has never been and never will be a songless theology.” We welcome **Mr. Michael Morgan** to our music leadership today. Mr. Morgan teaches music at Warren-Walker Middle School school and is the choir director at Christ Episcopal Church in Coronado. He is the Founder of the African American Music Foundation, a nonprofit organization dedicated to the preservation of the Negro Spiritual. He is a well-known and respected local performer and has led workshops and worship highlighting the history, tradition, and meaning of spirituals and the music of the African American church tradition.

~ Rev. Ian W. Riddell

Welcome to the First Unitarian Universalist Church of San Diego

*Create community, nurture spiritual growth, heal the world.
Crear comunidad, fomentar el crecimiento espiritual, sanar el mundo.*

January’s Monthly Theme: Contemplation

“A Martin Luther King Jr. Service”

Journey Toward Wholeness Lay Leaders
Sunday, January 20, 2019
at 9:30 am and 11:30 am
Meeting House



First
Unitarian Universalist
Church of San Diego

Hillcrest: 4190 Front St. San Diego, CA 92103
South Bay: 970 Broadway Chula Vista, CA 91911
619-298-9978

Visit www.firstuusandiego.org for more information

Centering Thought

“It is not taboo to fetch what is at risk of being left behind.”
~ *Literal translation of the word sankofa from the Akan language*

Gathering Bell

Opening Music “Woke Up This Morning”

Church Hymn

Church Aspiration and Kindling of the Chalice

Opening Words Quote from “Letter from the Birmingham Jail” by Rev. Dr. Martin Luther King Jr.

Time for All Ages “Let the Children March”
— Monica Clark-Robinson, *author*
— Frank Morrison, *Illustrator*

Affirmation

Song “All God’s Chillun Got Shoes”

Reading Excerpt from “The Other America” by Rev.
Dr. Martin Luther King Jr.

Response “Aspiration” — Alpa Patel

Song “I, Too” — Langston Hughes

Reading Excerpt from “Letter from the Birmingham Jail” by Rev. Dr. Martin Luther King Jr.

Response “A Poem” — Alex Mack

Song “Wade in the Water”

Generosity Offering

Offering Music “God is a God”

Ritual of Remembrance #SayTheirNames

Ritual Music “Deep River” and “Swing Low”

Reading Excerpt from “God is Marching On” by Rev.
Dr. Martin Luther King Jr.

Response “Go Back and Get It” — Kendrick Hornsby

Closing Words Quote from “Letter from the Birmingham Jail” by Rev. Dr. Martin Luther King Jr.

Closing Song “Woke Up This Morning”

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.

Que el amor sea la doctrina de esta iglesia, la búsqueda de la verdad su sacramento, y el servicio su oración.
Vivir juntos en paz, buscar la verdad con libertad,
y ayudarnos mutuamente en comunidad, a eso aspiramos.

Our Affirmation

We are Unitarian Universalists, a people of open minds, loving hearts, and welcoming hands.

Somos Unitarios Universalistas, personas de mentes abiertas, corazones amorosos, y manos que dan la bienvenida.

***Our sign language interpreter today is Paul Lambert.*

Rev. Kathleen Owens is on Sabbatical.
Rev. Ian W. Riddell is assisting worship in South Bay.

Announcements

Hillcrest Campus 9:30 am and 11:30 am, Meeting House
South Bay 9:30 am

Sunday, January 20, 2019

Singletarian Senior Singles Luncheon

Sunday, January 20, 12:25 pm. Aladdin's M101 Vermont Ave at Vermont Way. Hillcrest, near Trader Joe's. 619-574-1111. Please contact Mac Downing home 619-542-9320.

UU Christian Study Group

Sundays, January 20, 1 pm, Room 321. "Conscious Dying" with Ram Dass followed by discussion.

Open-Heart Buddhist Sangha

Sundays from 4 pm—6 pm, Room 323. Practicing in the tradition of Vietnamese Zen Master Thich Nhat Hanh. Please bring a cushion or mat to sit on. Chairs will be available. Open to everyone; drop in.

Join the San Diego Friends of deBenneville

Sunday, January 20, 5 pm Social Hour , 6 pm potluck, 7 pm meeting. At the Woodbury's in Chula Vista. Newcomers welcome. Call or email for directions. (619) 397-0993, uuyankee@gmail.com.

Monday, January 21, 2019

Yoga with Toni Turbyfill

Mondays, January 7, 10 am — 11 am, Common Room. Yoga with a focus on self-care and stress relief, guiding our minds to focus on positive thoughts.

Tuesday, January 22, 2019

Caregivers/Allies Support Group

Tuesdays (fourth), January 22, 1 pm — 2:30 pm, Law Lounge. Are you in the position of being a caregiver/ally/support person for another person? This is a group for reflection, emotional support, and spiritual deepening around the issues that surface for folks in this role. For questions, and to RSVP, contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740.

Sufi Healing with Jamil Larry Sweet

Tuesdays from 7 pm — 8 pm, Room 321. Explore ancient, individual, healing practices of the Sufis; the uses of meditation, breath, sacred phrases, and wazifa; includes a healing ceremony. Ongoing, drop in.

Wednesday, January 23, 2019

Wednesday Morning Meditation Sangha.

Wednesdays from 10 am to 12 pm, Room 323.

Young Adult Group—Ages 24-35.

Wednesdays, 7 pm—9 pm in Room 114B. Connect, grow, and unwind. Come build community with us!

Thursday, January 24, 2019

Gentle Yoga Class with Paula Johnson

Thursdays, 11:30 am, Common Room. A slow-paced Hatha Yoga class that focuses on relaxing your body and mind. Great for anyone seeking a rejuvenating, and restorative yoga experience. Yoga mat and blanket required.

Insight SD Greeting the Heavenly Messengers Affinity Group

January 24 (second and fourth Thursdays), 9:30 am—11:30 am, Room 323. This twice-monthly Insight San Diego group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. Current reading: *Older and Wiser* by Mu Soeng, Gloria Taraniya Ambrosia, and Andrew Olendzki.

South Bay FunRaiser

Thursday, January 24, 5 pm, Souplantation 1810 Main Court, Chula Vista. Take your family to dinner, meet your friends, have fun and support the church on Thursday, January 24 from 5 - 8 pm. Just print out the flyer, show it to the cashier when you purchase your meal and beverage (required), and 20% of your bill will be donated to the church.

Upcoming Events

Roe v. Wade Anniversary Breakfast

Friday, January 25, 7:30 am, Hilton San Diego Resort (1775 East Mission Bay Drive, San Diego, CA 92109). Please join fellow UUs and friends at the 2019 Roe v Wade anniversary celebration on Friday, Jan. 25 at the Hilton San Diego Resort on Mission Bay. Contact Karen Lamphere at klamphere100@gmail.com for information.

Memory Matters Gathering

Fridays (second and fourth), January 25, 9:30 am — 11:30 am, Bard Hall, with Kathy Gilbert, LCSW, and Gay Hybertsen. This is a gathering place for those who worry about memory problems and forgetfulness; and their care partners. Relax, share stories, learn, and enjoy games. The gathering, not only therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. For information, contact [Gay Hybertsen](#). On-going, drop in.