

Welcome / Bienvenida-o First Unitarian Universalist Church of San Diego

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

January's Monthly Theme: Centering

"Centering on Purpose" "Centrándonos en el Propósito"

Rev. Kathleen Owens, *Lead Minister*

Sunday, January 3, 2021

9:30 am



First
Unitarian Universalist
Church of San Diego

Prelude / Preludio

“Sunrise Serenade” — Frankie Carle, Jack Lawrence
~ Chase Pado, *Pianist*

Welcome and Land Acknowledgment / Bienvenida y Reconocimiento de la tierra

Church Hymn / Himno de la iglesia

Church Aspiration and Kindling of the Chalice / Aspiraciones de la iglesia y encendido del cáliz

Call to Worship / Llamado a la celebración

Song / Canto

#361 “Enter, Rejoice and Come In” / #65 “Ven alegrate hoy”

Story / Cuento

Affirmation / Afirmación

Reading / Lectura

“Spilling the Light” / “Derramando luz” — Rev. Theresa I. Soto
~ Matthew Waterman, *Intern Minister*

Song / Canto

#18 “Busco Calma” / #352 “Find a Stillness”

Meditation / Meditación

~ Rev. Tania Y. Márquez, *Assistant Minister*

Special Music / Musica especial

“Hallelujah” — MaMuse
Women's Chorus
~ Lorelei Isidro-Garner, *Director*

Message / Mensaje

“Centering on Purpose” / “Centrándonos en el Propósito”
~ Rev. Kathleen Owens, *Lead Minister*

Song / Canto

#1014 “Answering the Call of Love”

Offering / Ofrenda

Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio

“Love Is A Beautiful Thing ” — Theo Katzman

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

**** Join us for Social Hour at <https://bit.ly/FirstUUSocialHour>**

**** Join us for South Bay Social Hour at <https://bit.ly/SBSocialHour>**

****Text-to-Give, text *give* to 844-635-0025**

#361 "Enter, Rejoice and Come In"

#65 "Ven alegrate hoy"

Enter, rejoice, and come in.
Enter, rejoice, and come in.
Today will be a joyful day;
enter, rejoice, and come in.

Open your ears to the song.
Open your ears to the song.
Today will be a joyful day;
enter, rejoice, and come in.

Open your hearts ev'ryone.
Open your hearts ev'ryone.
Today will be a joyful day;
enter, rejoice, and come in.

Don't be afraid of some change.
Don't be afraid of some change.
Today will be a joyful day;
enter, rejoice, and come in.

Enter, rejoice, and come in.
Enter, rejoice, and come in.
Today will be a joyful day;
enter, rejoice, and come in.

Ven, ven, alégrate hoy.
Ven, ven, alégrate hoy.
Es hoy un día muy feliz.
Ven, ven, alégrate hoy.

Ven a escuchar la canción.
Ven a escuchar la canción.
Es hoy un día muy feliz.
Ven a escuchar la canción.

Ven, abierto el corazón.
Ven, abierto el corazón.
Es hoy un día muy feliz.
Ven, abierto el corazón.

No tengas miedo a cambiar.
No tengas miedo a cambiar.
Es hoy un día muy feliz.
No tengas miedo a cambiar.

Ven, ven, alégrate hoy.
Ven, ven, alégrate hoy.
Es hoy un día muy feliz.
Ven, ven, alégrate hoy.

#18 "Busco Calma" / #352 "Find a Stillness"

Busco calma, una calma que me venga a envolver;
Un silencio, tal silencio que me venga a envolver.
En el alma y por el alma que me inspire muy adentro
La armonía alcanzare

Seek the essence, hold the essence,
let the essence carry me.
Let me flower, help me flower, watch me flower, carry me.
In the spirit, by the spirit, with the spirit giving power,
I will find true harmony.

#1014 "Answering the Call of Love"

The promise of the Spirit:
faith, hope and love abide.
And so ev'ry soul is blessed and made whole;
the truth in our hearts is our guide.

We are answering the call of love
hands joined together as hearts beat as one.
Emboldened by faith, we dare to proclaim
we are answering the call of love.

Sometimes we build a barrier
to keep love tightly bound.
Corrupted by fear, unwilling to hear,
denying the beauty we've found.

We are answering the call of love
hands joined together as hearts beat as one.
Emboldened by faith, we dare to proclaim
we are answering the call of love.

A bright new day is dawning
when love will not divide.
Reflections of grace in ev'ry embrace,
fulfilling the vision divine.

We are answering the call of love
hands joined together as hearts beat as one.
Emboldened by faith, we dare to proclaim
we are answering the call of love.

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.

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.

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.

Calendar of Events

Sunday, January 3, 2020

Social Hour

Sundays, 10:30 am — 11:30 am, url <https://bit.ly/FirstUUSocialHour>, Meeting ID 824 042 297.

Board Chat

Sundays (first), January 3, 10:30 am, <https://bit.ly/FirstUUBoardChat>, Meeting ID: 863 0218 5062 Passcode: 203946.

South Bay Social Hour

Sundays, weekly, 11 am, <https://bit.ly/SBSocialHour>. Join in for a South Bay Social Hour.

Senior High Youth Group

Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusandiego.org.

Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm, url <https://bit.ly/FirstUUParentsLounge>.

Children's Religious Education

Sundays, 1 pm. Request meeting information from tony@firstuusandiego.org.

Cosmos

Sundays (first), January 3, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.

Pagan Conversations

Sundays, weekly, 1 pm — 2 pm, Meeting Link: <https://bit.ly/PaganConversations> Meeting ID: 535-853-700.

Middle School Youth Group

Sundays at 2 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Open Heart Sangha

Sundays, weekly, 4 pm — 5:30 pm, for the link to the meetings please contact Marge at margewur@gmail.com.

Monday, January 4, 2020

Women's Chorus Rehearsal

Mondays, weekly, soprano 4:30 pm — 5:20 pm, bit.ly/WomensChoirSoprano, alto 5:30 pm — 6:20 pm, bit.ly/WomensChoirAlto.

South Bay Singers Rehearsal

Mondays, weekly, 6:30 pm, bit.ly/SouthBaySingers.

Wednesday, January 6, 2020

Senior High Youth Game Days

Wednesdays at 4:30 pm. Contact kathe@firstuusandiego.org.

Young Adults

Wednesdays, 6 pm, online. A sacred time for individuals between 26 and 35 years of age. Please email Matthew at Matthew@firstuusandiego.org for information.

Mindfulness & Meditation Practice Group

Wednesdays, 7 pm — 9 pm, Online. Contact kmesecher@gmail.com for the Zoom link.

Friday, January 8, 2021

Memory Matters Gathering

January 8, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Saturday, January 9, 2021

Saturday Science, Stories and Songs

Saturdays at 10 am. Children's RE programming. Request meeting information from tony@firstuusandiego.org.

Food Pantry Hours

970 Broadway Suite 101, Chula Vista 91911. Our food pantry distributes food every Saturday from 11 am — 12:30 pm.

Upcoming Events

Rainbow Action Group's Koffee Klatch

January 10, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

Virtual Book Discussion of *Mornings in Jenin*

Sunday, January 10, 4 pm, online. Join First UU's Palestine-Israel Justice Team for an online discussion of *Mornings in Jenin* by Susan Abulhawa. Please register at the [Eventbrite link](#) to receive Zoom info prior to the discussion.

Living the Homestretch

January 16, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361. Valeria Ochoa from the Southern Caregivers Resource Center will lead a discussion on how to be a friend to someone with dementia. The presentation will be followed by breakout group discussions and a general Q&A. All are invited. If you need help using Zoom, please contact Marv Pulliam at 301-779-2053 prior to the meeting.

Climate Justice Team

Sunday, January 17, 1 pm, Online. Please contact a co-chair at rheakuhlman2@gmail.com or sjolling06@hotmail.com to be added to the e-mail list of members.

Monthly Board Meeting

January 19, Tuesday, 6 pm, Online. Email President Sarah Ormond at: boardpresident@firstuusandiego.org.