

Calendar of Events

Sunday, March 1

Asahi Nordic Mind Body Practice

9:25 am - 9:50 am, Room 323. Every Sunday. Mind-body practice, nine-minute session, research-backed and safe. Newcomers welcome. Contact **Bev Harju**.

Hillcrest In-Person Social Hour

Following worship, Bard Hall. Join your community for refreshments, snacks, & conversation.

Defending Democracy, Defeating Authoritarianism

11:30 am, Common Room. Join us for a community conversation on strengthening democracy and resisting authoritarianism.

Comfort Choir Rehearsal

11:30 am - 12:30 pm, Clark Chapel. First Sundays. A community service choir that sings for those who are ill or dying. Contact **Andrea Spiero** for info.

2nd Hour - UU History with Jim Davis

11:30 am - 12:30 pm, Room 321. All are welcome to explore our history and heritage.

2nd Hour - Parents' Lounge

11:30 am - 12:30 pm, Room 114a. Parents are invited to join us for conversation and community.

Thank You Cards for the South Bay Food Pantry

11:30 am - 12:30 pm, Library. Join Deirdre to help write thank-you cards for the volunteers who support our South Bay Food Pantry.

Open Heart Sangha

Weekly, 4 pm - 5:30 pm, Bard Hall. Also held on Zoom on Tuesdays. Contact **Marge Wurgel** for more information.

Monday, March 2

Women's Choir Rehearsal

7 pm - 8:30 pm, Bard Hall, Weekly. Contact **Tomás Acosta** for information.

Tuesday, March 3

Gentle Chair Yoga

10 am - 11 am, Room 323. Tuesdays, Weekly. Join Julia Doughty for welcoming and accessible yoga.

Restorative Gentle Yoga

11:15 am - 12:15 pm, Room 323. Weekly. Another option for welcoming and accessible yoga.

Open Heart Sangha Online

Weekly, 4 pm - 5:30 pm, Zoom. Also held in Bard Hall on Sundays. Contact **Marge Wurgel** for info.

Young Adult Group

6 pm - 7:30 pm, Room 114b. Tuesdays weekly. Ages 18 to 35. Contact **Lara Anderson** for info.

Wednesday, March 4

Chalice Choir Rehearsal

Weekly, 7 pm - 8:30 pm, Bard Hall. Contact **Tomás Acosta** for more information.

Cosmos

7 pm - 8:30 pm, Room 323. Explore our place in the story of the universe through science, reflection, and mindfulness meditation.

Thursday, March 5

Climate Justice - SD350 Movie Night

5 pm - 8 pm, Bard Hall. Educational movie about climate change in partnership with San Diego 350.

Friday, March 6

Racialized Identities Awareness Book Group

6:30 pm - 8 pm, Room 321 and Online. Join for a discussion of *California, A Slave State* by Jean Pfaelzer. Contact **Louise Titlow** for info.

Saturday, March 7

Bard Art Guild Artist Trading Cards (ATC) Workshop and Trading Session

1 pm - 3 pm, Bard Hall. Making or share ATCs or other projects. Some materials provided; please bring your own supplies if possible. Reserve your spot by Sunday, March 1 - link in *The Window*.

Hillcrest Song Circle

2 pm - 4 pm, Rom 323. First Saturday, monthly. Bring your guitar and/or voice. For more information, please contact **Ed McCarroll** or **Connie Mack**.

Upcoming Events

Rainbow Action Meeting

March 8, Sunday, 11:15 am - 12:15 pm, Room 323. All family, friends and allies are invited!

Coping With Chronic Conditions Support Group

March 8, Sunday, 1:30 pm - 3 pm, Zoom. Second & fourth Mondays. For those who deal with chronic or long-term physical conditions. Contact **Chris Smith**.

Finance Committee Meeting

March 12, Thursday, 5 pm - 6 pm, Zoom. Link in the website members area. Non-committee members do not take part in discussions or vote.

DRUUMM

March 15, Sunday, 11:30 am - 1 pm, Room 114a. UU's oldest People of Color collective is relaunching at First UU to build connection and support among BIPOC members. Walk-ins welcome or RSVP to **Iris Swindell**.

Find full details in *The Window* on our church website. For the group leader's contact information, please contact the church office or refer to *The Window*.

Welcome / Bienvenida 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.*



“And She Persisted!”

Rev. Justine Sullivan, *Lead Minister*

Rose Van Oss, *Worship Associate*

Tony Bianca

Director of Spiritual Exploration and Worship Arts

First UU Women's Choir

Tomás Acosta, *Choir Director and Musician*

Alexander, *Guest Pianist*



Sunday, March 1, 2026

10 am Hillcrest Meeting House with Patio Viewing and Livestream



First
Unitarian Universalist
Church of San Diego

Hillcrest: 4190 Front St. San Diego, CA 92103
619-298-9978

South Bay: Saint John's Episcopal Church
760 1st Ave, Chula Vista, CA 91910

Visit firstuusandiego.org for more information

Prelude / Preludio

“In the Valley” — Music by Matt Podd
Text by Joseph Brackett
~ First UU Women’s Choir
Tomás Acosta, *Choir Director*
Alexander Oliver, *Guest Pianist*

Chalice Lighting / Encendido del cáliz

Rev. Justine Sullivan, *Lead Minister*

Land Acknowledgment / Reconocimiento de la tierra

Tony Bianca, *Director of Spiritual Exploration
and Worship Arts*

Opening Song / Canción de apertura

#1051 We Are

Words of Welcome / Palabras de bienvenida

Rose Van Oss, *Board Member*
Rev. Justine Sullivan, *Lead Minister*

Church Hymn / Himno de la iglesia**Church Aspiration / Aspiración de la Iglesia****Time for All Ages & Affirmation /****Tiempo para todas las edades y afirmación**

Ad Astra Per Aspera

Announcements & Offering / Anuncios y ofertas

UURISE: UU Refugee and Immigrant Services
and Education

Offering Music / Ofreciendo música

“Ticklin’ Toes” — Florence B. Price

Candle of Life for Jack Soule /**Vela de la vida para Jack Soule****Meditation / Meditación****Meditation Music / Música de meditación**

“La Fille aux cheveux de lin”
— Claude Debussy

Responsive Reading / Lectura Responsiva

It is That Time and That Place
— Qiyamah Rahman

Special Music / Música especial

“Hands Upon the Plow”
— Music by Jocelyn Hagen
Text by Barbara Saxton
~ First UU Women’s Choir

Sermon / Sermón

“She Persisted” — Rev. Justine Sullivan

Closing Hymn / Himno de Clausura

#1007 There’s A River Flowing in My Soul

**Blessing & Extinguishing of the Chalice /
Bendición y Extinción del Cáliz****Postlude / Postludio**

“Prelude BWV 851” — Johann Sebastian Bach



*Our sign language interpreter today is Paul Lambert.
Join us for Hillcrest In-Person Social Hour after Worship.*