

## Calendar of Events

### Sunday, March 8

#### **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.

#### **Rainbow Action Meeting**

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

#### **“The News These Days”**

11:30 am - 12:30 pm, Common Room. We'll reflect on Rev. Justine's time in Minneapolis, sing together, and share tools for staying grounded in the news.

#### **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 9

#### **Coping With Chronic Conditions Support Group**

1:30 pm - 3 pm, Zoom. Second & fourth Mondays. For those with chronic or long-term conditions. Please contact **Chris Smith** prior.

#### **Women's Choir Rehearsal**

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

### Tuesday, March 10

#### **Gentle Chair Yoga**

10 am - 11 am, Room 323. Tuesdays, Weekly. Join Julia Dougherty 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 11

#### **Defending Democracy, Defeating**

#### **Authoritarianism**

5:30 pm, Zoom. Join us for a community conversation on strengthening democracy and resisting authoritarianism.

#### **Chalice Choir Rehearsal**

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

### Thursday, March 12

#### **Finance Committee Meeting**

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

#### **Our Grief Journeys Support Group**

1:30 pm - 3 pm, Room 323. Second and Fourth Thursdays. A support group for those grieving the loss of a loved one. Please contact **Brandon Hall**.

#### **Book Club**

6 pm, Zoom. A discussion on *Let the Great World Spin* by Colum McCann. Contact **Mina**.

### Friday, March 13

#### **Memory Matters Gathering**

10 am - 11:30 am, Online. For individuals and their care partners who are concerned about memory problems. Email **Gay Hybertsen** for the link.

#### **Adult RE Series: Light and Shadow**

6:30 pm, Zoom. Join Tony Bianca for Session Five: Interdependence and Pride. All are welcome. Register on our church website, link in *The Window*.

### Saturday, March 14

#### **Celebration of Life for Betsy Stevens**

1 pm, Meeting House. Please join us in celebrating the life of Betsy Stevens, with a reception to follow.

#### **Upcoming Events**

#### **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-in or RSVP to **Iris Swindell**.

#### **Burrito Project**

March 17, Tuesday, 4 pm - 7:30 pm, Common Room & Downtown SD. Help feed our San Diego community. Contact **Lara Anderson** for more info.

#### **Board Meeting**

March 17, Tuesday, 6 pm - 8 pm, Bard Hall and Zoom. All meetings are open to congregants. Link is in the members-only section of the website.

#### **The Congregation is the Curriculum**

March 17, Tuesday, 6:30 pm - 8 pm, Zoom. New Adult RE series from the Pacific Southwest Region. Session 1, *Our Spaces*, explores how our spaces reflect our values. Registration link in *The Window*.

#### **Are You Curious About Mild Cognitive Impairment?**

March 21, Saturday, 10 am, Bard Hall & Zoom. A discussion on brain health, and testing, with time for questions. All are welcome.

**Details and contact info are in *The Window* or through contacting the church office.**

# Welcome / Bienvenida First Unitarian Universalist Church of San Diego

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



## “Tending the Garden”

Rev. Kristen Kuriga, *Associate Minister*

Emma Parrott Price, *Worship Associate and Musician*

Tony Bianca

*Director of Spiritual Exploration and Worship Arts*

Tomás Acosta, *Musician*

Sunday, March 8, 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](http://firstuusandiego.org) for more information

**Bell / Campana**

Rev. Kristen Kuriga, *Associate Minister*

**Prelude / Preludio**

“Prelude, Op. 10” — Mel Bonis  
~ Tomás Acosta, *Pianist*

**Chalice Lighting / Encendido del cáliz****Land Acknowledgment / Reconocimiento de la tierra**

Emma Parrott Price, *Worship Associate*

**Opening Hymn / Himno de apertura**

#163 For the Earth Forever Turning /  
#15 Por la Tierra sempiterna

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

“Our Peace Garden”

~ Tony Bianca

*Director of Spiritual Exploration & Worship Arts*

~ Emma Parrott Price, *Lay Leader*

**Announcements & Offering / Anuncios y ofertas**

UURISE: UU Refugee and Immigrant Services  
and Education

**Offering Music / Ofreciendo música**

“To A Wild Rose” — Edward MacDowell

**Reading / Lectura**

From *Braiding Sweetgrass*  
— Robin Wall Kimmerer

**Meditation / Meditación****Song / Canción**

“Bird Song”  
— Heather Masse of the Wailin’ Jennys

**Sermon / Sermón**

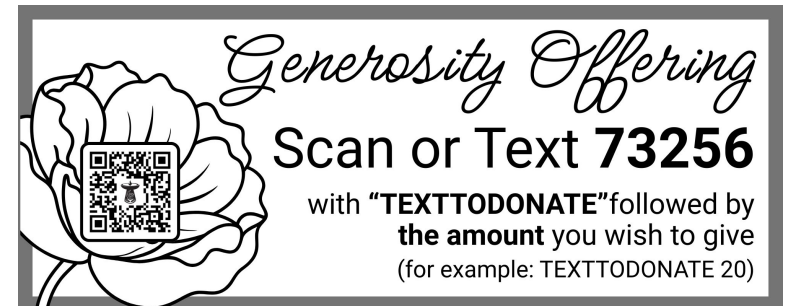
“Tending the Garden” — Rev. Kristen Kuriga

**Closing Hymn / Himno de Clausura**

“We Shall Be Known” — Ma Muse

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

“Deux Roses, No. 2” — Leokadiya Kashperova



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