

Calendar of Events

Sunday, March 22

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.

Mindful Gardening in the Peace Garden

11:30 am, Peace Garden (thru Room 113.) Connect to the earth with light gardening. All ages welcome!

Invitation to Community at First UU

11:30 am - 12:15 pm, Library / Room 311. This monthly program helps visitors connect and explore ways to get involved or become members.

UU Animal Ministry of San Diego

11:45 am - 1 pm, Memorial Garden (thru Room 113)

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 23

Coping With Chronic Conditions Support Group

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

UU Men's Fellowship Fourth Monday Meeting

6 pm - 9 pm, Common Room. Come connect and share a potluck dinner. Men of all identities are welcomed. Contact **Jim Hurtado** or **Mike Dorfi**.

Women's Choir Rehearsal

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

Tuesday, March 24

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.

Burrito Project

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

Open Heart Sangha Online

Weekly, 5:30 pm - 6:30 pm, Zoom. Also held in Bard Hall on Sundays. Contact **Marge Wurgel** for info.

Wednesday, March 25

Chalice Choir Rehearsal

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

Thursday, March 26

Our Grief Journeys Support Group

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

Social Justice Film Screening and Discussion:

Climate Refugees: A Global Challenge

6 pm - 8 pm, Bard Hall. Stories from Asia, the Pacific, and Latin America highlight impacts of climate disasters.

Friday, March 27

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.

Saturday, March 28

Front Street Productions Presents:

Chinese-American Violinist Strauss Shi

7:30 pm - 9 pm, Meeting House. Learn more and register for free on our church website.

Upcoming Events

Racial Justice: Where Are We, Where Do We Want To Be?

March 29, Sunday, 11:30 am - 12:30 pm, Common Room. The JTW Team will guide our Journey Toward Wholeness across church life.

March 31, Tuesday: **César Chávez Day - Both Campuses Closed - No Staff on Duty**

Cosmos

April 1, Wednesday, 7 pm - 8:30 pm, Room 323. This group combines the Story of the Universe and meditation to explore our place in the cosmos.

Racialized Identities Awareness Book Group

April 3, Friday, 6:30 pm - 8 pm, Room 321 and Online. A discussion of *A Choice of Weapons* by Gordon Parks. Contact **Louise Titlow** for more info.

Hillcrest Song Circle

April 4, Saturday, 2 pm - 4 pm, Room 323. First Saturday, monthly. Bring your guitar and/or voice. Contact **Ed McCarroll** or **Connie Mack** for info.

Men's Fellowship Spring Renewal

April 17, Friday - April 19, Sunday, Camp de Benneville Pines. Men of all identities welcome. Contact **Mike Dorfi** or **Les Vivian** for details.

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.*

“We are Unitarian Universalists”

Rev. Kristen Kuriga, Associate Minister

Valeria Aguilar

Membership and Social Justice Coordinator

Tony Bianca

Director of Spiritual Exploration and Worship Arts

Chalice Choir

Tomás Acosta, Choir Director

Alexander Oliver, Guest Pianist

Sunday, March 22, 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

Bell / Campana

Rev. Kristen Kuriga, *Associate Minister*

Prelude / Preludio

“Two Sturdy Oaks”

— Neil Ginsberg, Lyrics by Henry David Thoreau

~ Chalice Choir

Tomás Acosta, *Choir Director*

Alexander Oliver, *Guest Pianist*

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

Valeria Aguilar

Membership and Social Justice Coordinator

Opening Hymn / Himno de apertura

#1003 Where Do We Come From?

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 afirmaciones**

“What does it mean to be UU?”

~ Tony Bianca

Director of Spiritual Exploration & Worship Arts

Announcements & Offering / Anuncios y ofertas

UURISE: UU Refugee and Immigrant Services
and Education

Offering Music / Ofreciendo música

“Wayside Flowers” — Wilson G Smith

New Member Blessing /**Bendición para nuevos miembros****Anthem / Himno**

“You Are the New Day” — John David

~ Chalice Choir

Sermon / Sermón

“We Are Unitarian Universalists”

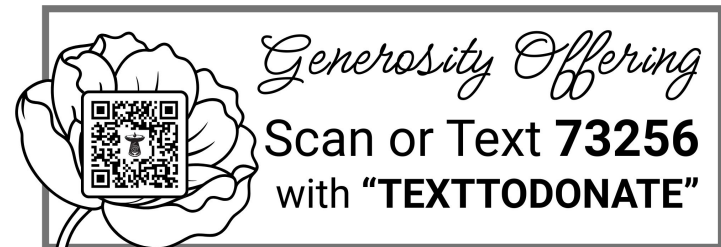
— Rev. Kristen Kuriga

Closing Hymn / Himno de Clausura

“Hold Fast to Love” — Lynn Harrison

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

“Sonata in D Major” — Mateo Albéniz



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