

Calendar of Events

Sunday, March 29

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.

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

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

Open Heart Sangha

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

Monday, March 30

Women's Choir Rehearsal

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

Tuesday, March 31

Campus Closed in Honor of the Farm Workers Movement - No Staff on Duty

Wednesday, April 1

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. This group combines the Story of the Universe and meditation to explore our place in the cosmos.

Friday, April 3

Racialized Identities Awareness Book Group

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.

Saturday, April 4

Hillcrest Song Circle

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

***Beyt Tikun: A Synagogue Without Walls* Liberation Seder**

4 pm - 7 pm, Bard Hall. A Jewish, pro-Palestinian event open to all. RSVP required; contact Rev. Sarah (links in **The Window**.)

Upcoming Events

Comfort Choir Rehearsal

April 5, Sunday, 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** for more information.

UU History with Jim Davis

April 5, Sunday, 11:30 am - 12:30 pm, Room 321. Explore aspects of UU History with Jim.

Parents' Lounge

April 5, Sunday, 11:30 am - 12:30 pm, Room 114a. Parents of children and youth are invited to join us for conversation and community.

Gentle Chair Yoga

April 7, Tuesday, 10 am - 11 am, Room 323. Tuesdays, Weekly. Join Julia Doughty for welcoming and accessible yoga.

Restorative Gentle Yoga

April 7, Tuesday, 11:15 am - 12:15 pm, Room 323. Weekly. Another option for welcoming and accessible yoga.

Open Heart Sangha Online

April 7, Tuesday, Weekly, 5:30 pm - 6:30 pm, Zoom. Also held in Bard Hall on Sundays. Contact **Marge Wurgel** for information.

Book Club

April 9, Thursday, 6 pm, Zoom. Please join us in discussing *Tell Me Everything* by Elizabeth Stroud. Contact **Mina** for information.

Kirtan Meditation

April 11, Saturday, 3 pm - 4:30 pm, Room 321. Third Saturdays. An ancient musical meditation from India with call-and-response chanting of sacred mantras.

Rainbow Action Meeting

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

Finance Committee Meeting

April 16, Thursday, 5 pm - 6 pm, Zoom. Link in the website members area. Non-committee members do not take part in discussions or vote.

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.*

“Transcendent Joy”

Rev. Justine Sullivan, *Lead Minister*

Louise Titlow, *Worship Associate*

Tony Bianca

Director of Spiritual Exploration and Worship Arts

Pop-up Choir

Andrea Spiero, *Choir Director & Songleader*

Tomás Acosta, *Pianist*

Sunday, March 29, 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

“Hashiveinu” — Traditional Jewish Folk Song

~ Pop-up choir

Andrea Spiero, *Choir Director*

Tomás Acosta, *Pianist*

Chalice Lighting / Encendido del cáliz

Louise Titlow, *Worship Associate*

Land Acknowledgment /**Reconocimiento de la tierra****Opening Song / Canción de apertura**

#1053 How Could Anyone

Words of Welcome / Palabras de bienvenida

Rev. Justine Sullivan, *Lead Minister*

Louise Titlow, *Worship Associate*

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

A Reflection from Harper and Ember

~ 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

“Matanzas (Rumba)” — John Kember

Reflection / Reflexión

“Transcendent Joy” — Rev. Justine Sullivan

Meditation Music / Música para meditación**Reflection / Reflexión**

“Tiger Mom”

— Written by a Parent of a Non-Binary Youth

Special Music / Música especial

“All Will Be Well”

— Meg Barnhouse, Arr. Kiya Heartwood

~ Pop-up Choir

Reading / Lectura

“Tone it Down” — Adunni

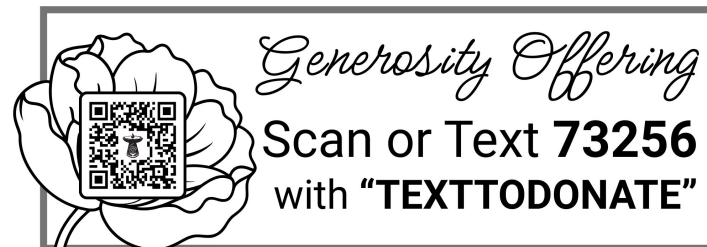
~ Sabrina Davidson

Closing Hymn / Himno de Clausura

“Joy in the Morning” — Adam Podd

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

“Rapsodia Española” — Dennis Alexander



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