

## Calendar of Events

### Sunday, April 26

#### **Asahi Nordic Mind Body Practice**

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

#### **Hillcrest In-Person Social Hour**

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

#### **Palestine/Israel Workshop**

11:30 am - 1 pm, Common Room. With guest speakers Soumaya Tabar and Jonathan Graubart.

#### **Invitation to Community at First UU**

11:30 am - 12:15 pm, Library / Room 311. Come connect, get involved, and explore membership. Contact **Valeria**.

#### **Gentle Chair Yoga**

11:30 am - 12:30 pm, Room 323. Welcoming yoga practice suitable for all mobility levels.

#### **Mindful Gardening in the Peace Garden**

11:30 am, Peace Garden (enter through Room 113.) Grounding, connection, and light gardening. All ages are welcome!

#### **Game Day Hosted by Rainbow Action**

11:30 am - 12:30 pm, Room 323, All are welcome to come play!

#### **UU Animal Ministry of San Diego**

11:45 am - 1 pm, Room 321.

#### **Open Heart Sangha**

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

### Monday, April 27

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

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

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

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

### Tuesday, April 28

#### **Open Heart Sangha Online**

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

#### **Burrito Project**

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

#### **The Congregation is the Curriculum: Session Two**

6:30 pm - 8 pm, Zoom. Registration required, link in **The Window**.

### Wednesday, April 29

#### **Chalice Choir Rehearsal**

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

### Thursday, April 30

#### **The Laila Ibrahim Book Club**

6:30 pm - 8 pm, Room 323. A discussion on the *Yellow Crocus* series.

### Friday, May 1

#### **Parents' Night Out**

6:30 pm - 9 pm. We provide childcare so you can enjoy the evening. RSVP to **Tony** by April 29.

#### **Racialized Identities Awareness (RIA) Book Group**

6:30 pm - 8 pm, Room 321 and Online. A discussion of *He Mele A Hilo* by Ryka Aoki. Contact **Louise**.

### Saturday, May 2

#### **"Circle of History" Workshop**

1 pm - 5 pm, Bard Hall. An interactive workshop to share stories and help shape our congregation's narrative. Learn more and register on the **church blog** or **The Window**.

#### **Hillcrest Song Circle**

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

### Upcoming Events

#### **First UU Art Guild "Upcycle" Reception**

May 5, Tuesday, 5 pm - 8 pm, Bard Hall. Showcasing repurposed art and upcycled creativity.

#### **Young Adult Group**

May 5, Tuesday, 6 pm - 7:30 pm, Room 114b. For ages 18 to 35. Contact **Lara** for more info.

#### **Cosmos**

May 6, 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.

#### **Building Sacred Ground**

May 9, Saturday, 10 am - 1 pm, Common Room. Explore UU, community, membership, connection. For newcomers and longtime UUs! Read details in **The Window**. RSVP to **Valeria**.

#### **Women Together**

May 9, Saturday, 12 pm - 3 pm, Bard Hall. Second Saturdays. SoulCollage event. New members are welcome! Contact **Claudia**.

Details and contact info are in **The Window** or through contacting the church office: [mail@firstuusandiego.org](mailto:mail@firstuusandiego.org)

# 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.*

## “Broadening the Lens on Palestine/Israel: Learning, Connection, and Action”

Rabbi Alexis Pearce, *Guest Speaker*

Rev. Justine Sullivan, *Lead Minister*

Palestine-Israel Justice Team

Tony Bianca

*Director of Spiritual Exploration and Worship Arts*

Tomás Acosta, *Musician*

Sunday, April 26, 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

**Prelude / Preludio**

“Peace Salaam Shalom”  
— Pat Humphries and Sandy Opatow  
~ Rev. Justine Sullivan & Tony Bianca, *Vocalists*  
Tomás Acosta, *Pianist*

**Chalice Lighting / Encendido del cáliz**

“As you prepare your breakfast” — Mahmoud Darwish  
~ Kathy Smith, *Palestine-Israel Justice Team Member*

**Land Acknowledgment /****Reconocimiento de la tierra**

Tia Wallach & Steve Gelb  
*Palestine-Israel Justice Team Members*

**Gathering Hymn / Himno de entrada**

#180 Alhamdulillah (Alleluia)

**Words of Welcome / Palabras de bienvenida**

Rhea Kuhlman, *Palestine-Israel Justice Team Member*

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

*Eleven Words for Love*  
— Randa Abdel-Fattah & Maxine Beneba Clarke

**Announcements & Offering / Anuncios y ofertas**

GRID Alternatives San Diego

**Offering Music / Ofreciendo música**

“Erev Shel Shoshanim”  
— Joseph Hadar & Moshe Dor

**Reading / Lectura**

“Kindness” — Naomi Shihab Nye

**Music / Música**

#1023 Building Bridges

**Reflection / Reflexión**

“Broadening the Lens on Palestine/Israel”  
— Rabbi Alexis Pearce & Doris Bittar  
*Guest Speakers*

**Music / Música**

“Hold fast to Love” — Lynn Harrison

**Reflection / Reflexión**

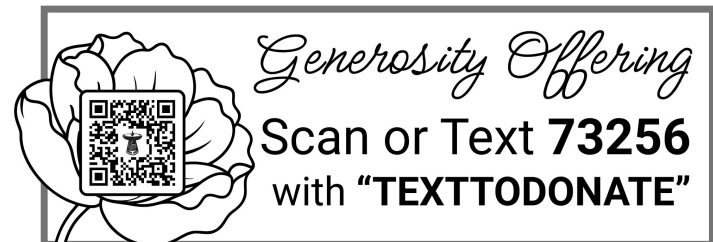
“Learning, Connection, and Action”  
— Steve Gelb

**Closing Hymn / Himno de Clausura**

“May Peace Rain Over Us” — Steve Milloy

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

“Primavera” — Ludovico Einaudi



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