Calendar of Events

Sunday, August 9

Asahi Nordic Mind Body Practice
9:25 am - 9:50 am, Room 323. Every Sunday. Research-tested, safe, and beneficial to health. Newcomers welcome. Contact **Bev Harju**.

Hillcrest In-Person Social Hour
Following worship, Bard Hall. Join your community for refreshments & conversation.

Art Installation: "Because We Eat"
11 am - 12 pm, Outside Meeting House. Art by Antonia Davis, honoring migrant farmworkers.

Rainbow Action Meeting
11:15 am - 12:15 pm, Room 323. All are welcome!

Open Heart Sangha
Weekly, 4 pm - 5:30 pm, Bard Hall. Also meets Tuesdays on Zoom. Mindfulness and meditation. All are welcome; no Buddhist experience needed. Contact **Marge Wurgel** for info.

Monday, August 10

Coping With Chronic Conditions Support Group
1:30 pm - 3 pm, Zoom. Second & fourth Mondays. For those managing chronic or long-term physical conditions. Please contact **Chris Smith** prior.

Tuesday, August 11

Gentle Chair Yoga
10 am - 11 am, Room 323. Tuesdays, Weekly. Join instructor Julia Doughty for a welcoming, accessible yoga practice suitable for all mobility levels.

Restorative Gentle Yoga
11:15 am - 12:15 pm, Room 323. Weekly. Another great option for yoga!

Open Heart Sangha Online
5:30 pm - 6:30 pm, Zoom. Weekly. Also held in Bard Hall on Sundays. Contact **Marge Wurgel**.

Young Adult Group - Online
6 pm - 7:30 pm, Zoom. For those ages 18 to 35. If you would like to be included in the group, email **Lara Anderson** for a Zoom link.

Wednesday, August 12

Summer Choir Session Two
7 pm - 8 pm, Bard Hall. Second rehearsal. Rehearsals are Wednesdays: August 12, 19, & 26. Sing in the service on Sunday, August 30, with a 9 am call time.

Thursday, August 13

Book Club
11:30 am, Library. Discussion of *Flowers for Algernon* by Daniel Keyes. This meeting is a potluck—please bring something to share. Contact **Mina Taylor** with any questions.

Friday, August 14

Memory Matters Gathering
10 am - 11:30 am, Online. For those who are concerned about memory problems. Email **Gay Hybertsen** for the link.

Upcoming Events

FSP 5th Annual Summer Arts Festival
August 15, Saturday, 2 pm - 4 pm, Hillcrest Patio. Register free on Eventbrite for a family afternoon of music, stories, snacks, and fun.

"Ageism" Discussion
August 15, Saturday, 10 am, Bard Hall & Zoom: **bit.ly/UUSeniors**. Explore everyday ageism and ways to promote positive views of aging. Hosted by UU Seniors. All are welcome.

Kirtan Sing-Along with Krishna Das
August 15, Saturday, 3 pm - 4:30 pm, Room 323. Third Saturdays. An ancient musical meditation from India with call-and-response chanting of sacred mantras.

Comfort Choir Rehearsal
August 16, Sunday, 11:30 am - 12:30 pm, Meeting House. Current members only please; new singers may join in September. Contact **Andrea** for info.

DRUUMM (Diverse, Revolutionary, UU Multicultural Ministries)
August 16, Sunday, 11:30 am, Room 114A. A group for building connection, fellowship, and mutual support among Black, Indigenous, and People of Color (BIPOC).

Picnic & Games at Civita Park
August 21, Friday, 6 pm - 8:30 pm, Civita Park, 7960 Civita Blvd. Bring your own picnic dinner, hang out and play games! Meet on the level of the park just above the playground area.

Rainbow Action Game Day
August 23, Sunday, 11:30 am - 12:30 pm, Room 323. Bring a game and enjoy fun for all ages!

More details and contact info are in *The Window* or through contacting the church office: 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.

"Art As Action"

Dalouge Smith, *Lay Leader*

Rev. Kristen Kuriga, *Associate Minister*

Tony Bianca
Director of Spiritual Exploration & Worship Arts

Tomás Acosta, *Musician*

Phil Dannels, *Pianist*

Sunday, August 9, 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: St. 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
Phil Dannels, *Pianist*

Chalice Lighting / Encendido del cáliz
Dalouge Smith, *Lay Leader*

Land Acknowledgment / Reconocimiento de la tierra

Gathering Hymn / Himno de entrada
#14 De Colores

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
"Barrio Rising: The Protest that Built Chicano Park"
— María Dolores Águila
Illustrated by Magdalena Mora
~ Tony Bianca
Director of Spiritual Exploration & Worship Arts

Announcements & Offering / Anuncios y ofertas
TransFamily Support Services

Offering Music / Ofreciendo música

Reflection: Part I / Reflexión: Parte I
Remembrances from "Because We Eat"

Meditation Hymn / Himno de meditación
#30 Over My Head

Meditation / Meditación

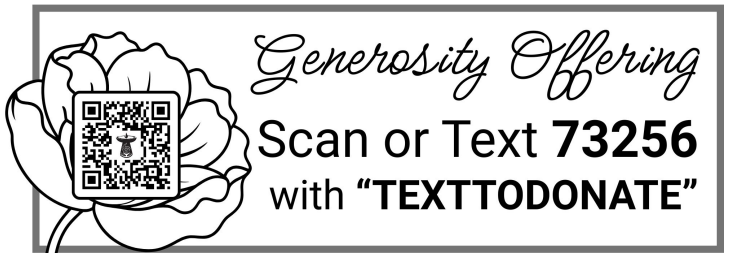
Reflection: Part II / Reflexión: Parte II
"Art as Action" — Dalouge Smith

Closing Hymn / Himno de clausura
#1018 Come & Go With Me

Blessing & Extinguishing of the Chalice /
Bendición y extinción del cáliz
"Into the World Singing" — Dawn Skjei Cooley

Postlude / Postludio

After-Service Art Installation: "Because We Eat"
In support of the "Art as Action" theme, the art installation *Because We Eat*, honoring migrant farmworkers, will be on display outside the Meeting House immediately following the service. Artist Antonia Davis will host a casual conversation about the work from 11 am - 12 pm during Coffee Hour and 2nd Hour.



Thank you to the Chicano Park Museum for granting permission to use the photos in this morning's slides.

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