Calendar of Events

Sunday, August 16

Postponed - Asahi Nordic Mind Body Practice
Asahi is cancelled for the remainder of August and will resume in September on Sundays, 9:25 am - 9:50 am in Room 323.

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

UU Women's Circle
11:30 am, Room 323. Join us to help plan the Fall 2026 retreat.

Comfort Choir Rehearsal
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)
11:30 am, Room 114A. Build connection, fellowship, and mutual support among Black, Indigenous, and People of Color (BIPOC).

Gentle Chair Yoga
11:30 am - 12:30 pm, Room 323. Welcoming, accessible yoga suitable for all mobility levels.

Gentle Restorative Yoga
12:30 pm - 1:30 pm, Room 323. Welcoming, accessible yoga suitable for all mobility levels.

Open Heart Sangha
Weekly, 4 pm - 5:30 pm, Bard Hall. Also meets Tuesdays on Zoom. Mindfulness and meditation. All are welcome. Contact **Marge Wurgel** for info.

Tuesday, August 18

Gentle Chair Yoga
10 am - 11 am, Room 323. Tuesdays, Weekly. Join instructor Julia Doughty for a welcoming, accessible yoga practice 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 19

Summer Choir Session Two
7 pm - 8 pm, Bard Hall. Third rehearsal. Last rehearsal will be August 26. Sing in the service on Sunday, August 30, with a 9 am call time.

Friday, August 21

Picnic & Games at Civita Park
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.

Upcoming Events

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

Comfort Choir Rehearsal
August 23, Sunday, 11:30 am - 12:30 pm, Meeting House. Current members only please; new singers may join in September. Contact Andrea for info.

A Gaza Flotilla Participant Speaks
August 23, Sunday, 11:30 am–12:30 pm, Common Room. Mea Marie will share her experience with the Sumud Flotilla and detention in Israel. Sponsored by the Palestine-Israel Justice Team. Middle Eastern food will be served.

Comfort Choir Rehearsal
August 23, Sunday, 9 am, Meeting House. Current members only please.

Songs of Comfort and Healing
August 23, Sunday, 11:30 am, Hillcrest Campus Memorial Garden (by the Meeting House)
After the service, receive music in the center of the Comfort Choir's song circle.

Burrito Project
August 25, Tuesday, 4 pm - 7:30 pm, Common Room & Downtown SD. Help feed our San Diego community. Contact **Lara** for more information.

Parents' Lounge
August 28, Friday, 11:30 am - 12:30 pm, Room 114a. Parents of children and youth are invited to join us for conversation and community.

Cosmos
September 2, 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.

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.

"MAY THE SOURCE BE WITH YOU"

Tony Bianca
Director of Spiritual Exploration & Worship Arts

Valeria Aguilar
Membership & Social Justice Coordinator

Kate Collier, Worship Associate

Tomás Acosta, *Musician*

Phil Dannels, *Pianist*

Sunday, August 16, 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

Prelude / Preludio
Phil Dannels, *Pianist*

Chalice Lighting / Encendido del cáliz
Tony Bianca
Director of Spiritual Exploration & Worship Arts

Land Acknowledgment / Reconocimiento de la tierra
Valeria Aguilar
Membership & Social Justice Coordinator

Song / Canción
#1051 We Are

Words of Welcome / Palabras de 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
Everything I Need to Know I Learned from Star Wars: A Little Golden Book — Geof Smith
~ Kate Collier, *Worship Associate*

Announcements & Offering Words /
Anuncios y palabras sobre la ofrenda
TransFamily Support Services

Offering Music / Ofreciendo música

Episode 1 / Episodio 1
Parable of the Sower: Change

Song / Canción
#123 Spirit of Life

Episode 2 / Episodio 2
The Left Hand of Darkness: Questions

Song / Canción
#1003 Where Do We Come From?

Episode 3 / Episodio 3
Dune: Fear

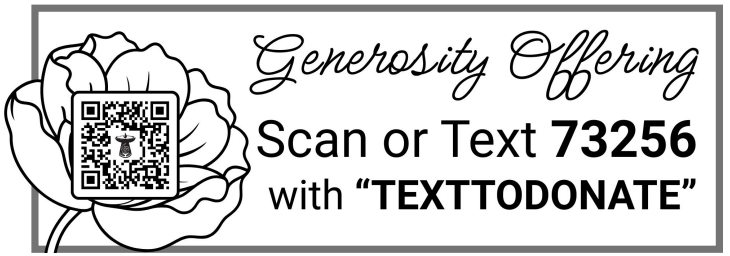
Song / Canción
#396 I Know This Rose Will Open

Episode 4 / Episodio 4
Andor: Being Anti-Fascist

Song / Canción
#1064 Blue Boat Home

Chalice Extinguishing / Extinción del cáliz

Postlude / Postludio



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