

## Week at a Glance Calendar

### Sunday, August 21, 2022

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

Sundays, following service, Hillcrest patio. Coffee, tea and snacks provided.

#### **Virtual Social Hour**

Sundays, 11 am,

[bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour), Meeting ID 824 042 297. Password: FUUSD

#### **Eyes on the Prize**

##### **Screening and Discussion**

August 21, Sunday, 4 pm, online. The Palestine-Israel Justice team invites you to a virtual screening and discussion of Episode seven of *Eyes on the Prize*. Register for the event at [Episode7EyesOnPrize.eventbrite.com](https://Episode7EyesOnPrize.eventbrite.com).

#### **Open Heart Sangha**

Sundays, 4 pm — 5:30 pm, contact [margewur@gmail.com](mailto:margewur@gmail.com).

#### **Friends of Camp de Benneville Pines**

August 21, Sundays (third), 6:30 pm — 8 pm. For location information, contact [johnschaibly@gmail.com](mailto:johnschaibly@gmail.com)

### Monday, August 22, 2022

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

August 22, Mondays (second & fourth), 1 pm, URL <https://bit.ly/CopingCCGroup>, meeting ID 681-036-9317.

#### **Caregivers/Allies Support Group**

August 22, Mondays (second & fourth), 4 pm — 5:30 pm, online. Contact [Les Vivian](mailto:LesVivian).

#### **Fourth Monday Meeting of UU Men's Fellowship**

Aug 22, Monday (fourth), 5:30 pm, Morley Field in Balboa Park for their annual summer picnics. Contact [Andy French](mailto:AndyFrench) or [John Keasler](mailto:JohnKeasler).

### Tuesday, August 23, 2022

#### **Worship Planning**

Tuesdays, 4 pm — 5 pm, [bit.ly/WorshipPlanning1UU](https://bit.ly/WorshipPlanning1UU), ID 878 4650 3375, Passcode 184690.

### Wednesday, August 24, 2022

#### **Uke Cafe**

Wednesdays, 3:30 pm, <https://bit.ly/lukecafe>. Join Tony on Zoom with your ukulele!

#### **South Bay Singers Rehearsal**

Wednesdays, 6:15 pm, via zoom. Contact [Loreleigi@hotmail.com](mailto:Loreleigi@hotmail.com) for details.

#### **Summer Choir Rehearsal**

Wednesdays, 7 pm — 8:30 pm, Bard Hall. Summer Choir rehearsals will take place inside Bard Hall. Join us! Contact [marshall@firstuusandiego.org](mailto:marshall@firstuusandiego.org).

### Thursday, August 25, 2022

#### **Beach Bonfire**

August 25, Thursday, 6:30 pm, De Anza Cove. Park in the De Anza Cove Parking lot and look for us at one of the fire pits on the Cove's Beach.

### Friday, August 26, 2022

#### **Memory Matters Gathering**

August 26, Fridays (2nd and 4th), 10 am — 11:30 am, Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

### Saturday, August 27, 2022

#### **Screening of Feature Documentary:**

##### **Women of the White Buffalo**

August 27, Saturday, 11 am, online. <https://zoom.us/join/zoom/register/tJwqf--urzqphFE9qXFqEUQxtTFGNOTmdlM>.

#### **South Bay Summer Worship**

August 27, Saturday, 4 pm, South Bay Campus. Join us for indoor worship (masks required)!

### Upcoming Events

#### **Pagan Conversations**

August 28, Sundays (2nd and 4th), 11:30 am, online [bit.ly/PaganConversations](https://bit.ly/PaganConversations), ID: 535-853-700 and 1 pm, Peace Garden.

#### **Organizing for Justice Meeting**

September 1, Thursdays (first), 6 pm, online. Contact Newt Ferris at

# Welcome / Bienvenida-o to the First Unitarian Universalist Church of San Diego

*Create community, nurture spiritual growth, heal the world.*

*Crear comunidad, fomentar el crecimiento espiritual, sanar el mundo.*

August's Monthly Theme: Sources of Inspiration

## "Food"

Rev. Dr. Omega Burckhardt, *Assistant Minister*  
Rev. Justine Sullivan, *Lead Minister*

Sunday, August 21, 2022  
10 am Hillcrest Meeting House with Patio Viewing  
and Simultaneous Livestream

### *Centering Thought*

*What are ways that food has served as an inspiration  
in your life? Are there ways that food has been  
problematic? Do you have favorite family recipes?*



First  
Unitarian Universalist  
Church of San Diego

Hillcrest: 4190 Front St. San Diego, CA 92103  
South Bay: 970 Broadway Chula Vista, CA 91911  
619-298-9978

Visit [www.firstuusandiego.org](http://www.firstuusandiego.org) for more information

## Prelude / Preludio

#322 "Thanks Be For These" — Hungarian melody, 16th century

~ Lorelei Isidro-Garner, *Organ*

## Ingredient List

### Call to Worship / Llamado a la celebración

### Welcome and Land Acknowledgment / Bienvenida y Reconocimiento de la tierra

~ Rev. Justine Sullivan, *Lead Minister*

~ Rev. Dr. Omega Burckhardt, *Assistant Minister*

### Church Hymn / Himno de la iglesia

~ Andrea Spiero, *Vocals*

~ Lorelei Isidro-Garner, *Organ*

### Church Aspiration and Kindling of the Chalice / Aspiraciones de la iglesia y encendido del cáliz

## Preheating the Oven

### Song / Canto

#407 "We're Gonna Sit at the Welcome Table"

~ Rev. Dr. Omega Burckhardt, *Introduction*

~ Lorelei Isidro-Garner & Andrea Spiero, *Performers*

~ Aaron Irwin, *Percussion*

### Time For All Ages & Affirmation / El cuento y Afirmación

"Bear Says Thanks" — Karma Wilson & Jane Chapman

~ Tony Bianca, *Program Director*

### Generosity Offering / Ofrenda de Generosidad

Volunteer with Cheli

### Offertory / Ofertorio

"Food, Glorious Food" from *Oliver!* — Lionel Bart

~ Andrea Spiero, *Flute*

~ Lorelei Isidro-Garner, *Piano*

## Let It Marinate

### Reflection

~ Tyger Moses

### Meditation Song / Canción de meditación

#24 "Tengo sed de ti"

### Meditation / Meditación

### Special Music / Música especial

"If Music be the Food of Love" — Purcell

~ Andrea Spiero, *Flute*

~ Lorelei Isidro-Garner, *Piano*

## "¡Todos a comer!"

### Reflection

~ Valerie Jaques

### Reflection

~ Rev. Dr. Omega Burckhardt, *Assistant Minister*

### Closing Song / Canto final

"American Pie" — Don McLean

~ Lorelei Isidro-Garner, *Ukulele*

~ Andrea Spiero, *Vocals*

~ Aaron Irwin, *Percussion*

### Extinguishing of the Chalice and Blessing / Bendición

### Postlude / Postludio

"Jazz Alleluia" — Thomas Benjamin

~ Andrea Spiero, *Flute*

~ Lorelei Isidro-Garner, *Piano*

~ Aaron Irwin, *Percussion*

*\*\*Our sign language interpreter today is Paul Lambert*

*\*\* Join us for In Person Hillcrest Social Hour after Worship*

*\*\* Join us for Virtual Social Hour at 11 am [bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour)*

#### Church Hymn

From all who dwell below the skies,  
Let faith and hope with love arise,  
Let beauty, truth, and good be sung,  
Through ev'ry land, by ev'ry tongue.

De todos bajo el gran sol,  
Surja esperanza, fe, amor  
Verdad y belleza cantando,  
De cada tierra, cada voz.

#### Our Affirmation

We are Unitarian Universalists, a  
people of open minds, loving hearts,  
and welcoming hands.

Somos Unitarios Universalistas,  
personas de mentes abiertas,  
corazones amorosos,  
y manos que dan la bienvenida.

#### Church Aspiration

May love be the spirit of this church,  
May the quest for truth be its  
sacrament,  
And service be its prayer  
To dwell together in peace,  
To seek knowledge in freedom,  
And to help one another in  
fellowship,  
This is our Aspiration.

Que el amor sea la doctrina de esta  
iglesia, la búsqueda de la verdad su  
sacramento, y el servicio su oración.  
Vivir juntos en paz, buscar la verdad  
con libertad,  
y ayudarnos mutuamente en  
comunidad, a eso aspiramos.