Calendar of Events

Sunday, August 23
Comfort Choir Rehearsal
9 am, Meeting House. Current members only please. New members may join in September.

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.

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

A Gaza Flotilla Participant Speaks
11:30 am–12:30 pm, Common Room. Mea Marie will share her experience with detention in Israel. Middle Eastern food will be served.

Songs of Comfort and Healing
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.

Animal Ministry
11:30 am- 1 pm, Room 321. A group expressing faith through compassion for all beings.

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.

Monday, August 24
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 25
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!

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

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

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

Vigil to Repeal the "One Big Bloated Bill"
6 pm - 7 pm, Schwartz Federal Courthouse (221 W. Broadway.) Join Rev. Kristen and the Interfaith Coalition for Earth Justice for a one-hour vigil opposing HR1's harms.

Friday, August 28
Memory Matters Gathering
10 am - 11:30 am, Online. For those concerned about memory problems. Email **Gay Hybertsen** for the link.

Parents' Night Out
6 pm – 8:30 pm. We'll provide dinner and childcare so you can enjoy a free evening. RSVP to **Tony**.

Upcoming Events
Young Adult Group - Online
September 1, Tuesday, 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.

Ingathering Choir Rehearsal
September 2, Wednesday, 7 pm - 8:30 pm, Bard Hall. Special choir open to all singers. Sing during the Ingathering service on Sunday, September 13.

Our Grief Journeys Support Group
September 3, Thursday, 1:30 pm - 3 pm, Room 323. First and third Thursdays. For those grieving the loss of a loved one. Please contact **Brandon Hall**.

Racialized Identities Awareness (RIA) Book Group
September 4, Friday, 6:30 pm - 8 pm, Room 321 & Online. Join a discussion of *His Truth Is Marching On: John Lewis and the Power of Hope* by Jon Meacham. Contact **Louise Titlow** for more details.

September 7, Monday: Labor Day - Campuses Closed - No Staff on Duty

4th Annual Summer Tardeada Mexican Dance Party and Ice Cream Social
September 12, Saturday, 3 pm - 5 pm, St. John's Episcopal Church. Family-friendly Mexican dance party with free refreshments, ice cream, & dance lessons. Register on Eventbrite for free tickets.

Ingathering Service & Neighborhood Festival
September 13, Sunday, 10 am - 11 am, Meeting House
11 am - 1 pm, Hillcrest Patio
A festival of worship, community, and fun. Enjoy free snacks, face painting, music, lawn games, dancing, and more. Food trucks available for lunch purchases!

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.

"Accompanying Each Other"

Melinda Hohlbein, Mary Ann Harper, Chris Smith,
Brandon Hall, Les Vivian, Karen Thurston,
Julie Celebi, Michael Lofts
Lay Ministers

Rev. Kristen Kuriga, *Associate Minister*

Tony Bianca
Director of Spiritual Exploration & Worship Arts

Comfort Choir
Andrea Spiero, *Choir Director*
Tomás Acosta, *Musician*
Phil Dannels, *Pianist*

Sunday, August 23, 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
Melinda Hohlbein, *Lay Minister*

Prelude / Preludio
Phil Dannels, *Pianist*

Chalice Lighting / Encendido del cáliz
Chris Smith & Brandon Hall, *Lay Ministers*

Land Acknowledgment / Reconocimiento de la tierra
Rev. Kristen Kuriga, *Associate Minister*

Church Hymn / Himno de la iglesia
Church Aspiration / Aspiración de la Iglesia
Tomás Acosta, *Musician*

Welcome / Bienvenida
Mary Ann Harper, *Lay Minister*

Hymn / Himno
"What We Need is Here" — Amy McCreath
Comfort Choir
Andrea Spiero, *Choir Director*

Time for All Ages & Affirmation /
Tiempo para todas las edades y afirmación
You Can Sit With Me
— Rachel Tawil Kenyon & Tatiana Kamshilana
Les Vivian, *Lay Minister*
Tony Bianca
Director of Spiritual Exploration & Worship Arts

Announcements & Offering Words /
Anuncios y palabras sobre la ofrenda
TransFamily Support Services
Julie Celebi, *Lay Minister*

Offering Music / Ofreciendo música

Reading / Lectura
"The Difference Between Fixing Someone and Accompanying Them"

Meditation & Sharing / Meditación y compartir

Meditation Hymn / Himno de meditación
#1002 Comfort Me

Reflection / Reflexión
Karen Thurston, *Lay Minister*

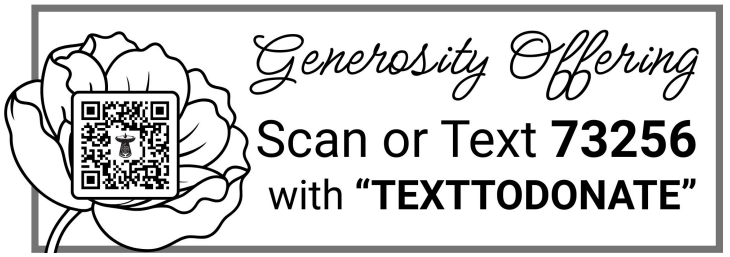
Music / Música

Reflection / Reflexión
— Brandon Hall, *Lay Minister*

Closing Hymn / Himno de clausura
"Walking with You" — Burns Stanfield
Comfort Choir

Blessing and Extinguishing of the Chalice /
Bendición y extinción del cáliz
Les Vivian and Michael Lofts, *Lay Ministers*

Postlude / Postludio



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