Calendar of Events

Sunday, August 30

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.

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, September 1

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. Mindfulness and meditation. All are welcome. 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, please email **Lara Anderson** for a Zoom link.

Wednesday, September 2

Ingathering Choir Rehearsal
7 pm - 8:30 pm, Bard Hall. Special choir open to all singers. Second rehearsal on Wednesday, September 9. Sing during the Ingathering service on Sunday, September 13.

Thursday, September 3

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

Friday, September 4

Racialized Identities Awareness (RIA) Book Group
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.

Saturday, September 5

Hillcrest Song Circle
2 pm - 4 pm, Room 323. First Saturday, monthly. Bring your guitar and/or voice. For more information, please contact **Ed McCarroll** or **Connie Mack**.

Upcoming Events

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

Woven Faith: Exploring our UU Values
September 8, Tuesday, 6:30 pm - 8 pm, Zoom. Explore living our UU Values through monthly online conversations with UUs across the Pacific Southwest Region. Registration link and details in *The Window*.

Book Club
September 10, Thursday, 6 pm, Zoom. Please join us in the discussion of *Picture of Dorian Gray* by Oscar Wilde. Contact **Mina Taylor** with questions.

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!

Coping With Chronic Conditions Support Group
September 14, Monday, 1:30 pm - 3 pm, Zoom. Second & fourth Mondays. For those with long-term physical conditions. Please contact **Chris Smith** prior.

Handbell Ensemble
September 14, Monday, 5:30 pm, Meeting House. Weekly. Contact **Tony** for more information.

Women's Choir Rehearsal
September 14, Monday, 7 pm - 8:30 pm, Bard Hall. Weekly. A welcoming space for all who identify as women. Contact **Tomás** for information.

Chalice Choir Rehearsal
September 16, Wednesday, 7 pm - 8:30 pm, Bard Hall. Weekly. This is a mixed-voice choir, open to Sopranos, Altos, Tenors, and Basses of all gender identities and expressions. Contact **Tomás Acosta** for info.

Finance Committee Meeting
September 17, Thursday, 5 pm - 6 pm, Zoom. Link in the website members area. Non-committee members do not take part in discussions or vote.

Social Justice Film Screening and Discussion Series: The Shadow Scholars
September 17, Thursday, 6 pm - 8 pm, Bard Hall. Details in *The Window*.

4th Annual Summer Tardeada Mexican Dance Party and Ice Cream Social
September 19, Saturday, 3 pm, St. John's Episcopal Church. Family-friendly Mexican dance party with free refreshments & ice cream. Register on Eventbrite for free tickets.

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.

"Who Was Jesus, For Christ's Sake"

Rev. Dr. Arvid Straube, *Guest Minister*

Jan Garbosky, Worship Associate

Tony Bianca
Director of Spiritual Exploration & Worship Arts

Summer Choir
Tomás Acosta, *Choir Director*
Phil Dannels, *Pianist*

Sunday, August 30, 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
Tony Bianca
Director of Spiritual Exploration & Worship Arts

Prelude / Preludio
"A Place at the Table"
— Shirley Erena Murray & Mary McDonald
~ Summer Choir
Tomás Acosta, *Choir Director*
Phil Dannels, *Pianist*

Chalice Lighting / Encendido del cáliz
Rev. Dr. Arvid Straube, *Guest Minister*

Land Acknowledgment / Reconocimiento de la tierra

Gathering Hymn / Himno de reunión
#126 Come Thou Font

Welcome / Bienvenida
Jan Garbosky, *Worship Associate*

Church Hymn / Himno de la iglesia
Church Aspiration / Aspiración de la Iglesia

Time for All Ages & Affirmation /
Tiempo para todas las edades y afirmación
Parables and Beatitudes

Announcements & Offering Words /
Anuncios y palabras sobre la ofrenda
UU Church of the Philippines

Offering Music / Ofreciendo música

Reading / Lectura
"The Lord's Prayer" Interpreted by Lala Winkley

Meditation Hymn / Himno de meditación
#1047 Nada Te Turbe

Meditation / Meditación

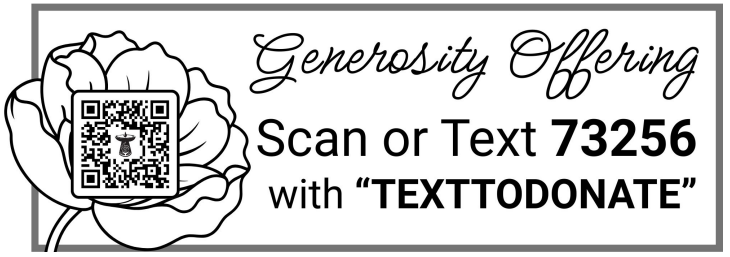
Special Music / Música especial
"I Dream A World"
— Music by Rollo Dilworth
Lyrics by Langston Hughes
~ Summer Choir

Sermon / Sermón
"Who Was Jesus, For Christ's Sake"
— Rev. Dr. Arvid Straube

Closing Hymn / Himno de clausura
#274 Dear Mother-Father of Us All

Blessing and Extinguishing of the Chalice /
Bendición y extinción del cáliz

Postlude / Postludio



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