Calendar of Events

Sunday, September 14, 2025
Hillcrest In-Person Social Hour
Following worship, Bard Hall. Join your community for refreshments & conversation.

JUUL Tones Rehearsal
11 am - 12:30 pm, Clark Chapel. Weekly. Join our a cappella vocal ensemble! Contact ***Andrea***: **andrea@firstuusandiego.org**

Rainbow Action Meeting
11:15 am - 12:15 pm, Room 323. All family, friends & allies are invited!

***2nd Hour* - Invitation to Community**
This monthly series is designed to help new visitors explore & connect with our congregation. RSVP to: **valeria@firstuusandiego.org**

"Responding to the Anti Trans Movement"
12 pm - 1:30 pm, Bard Hall. A multi-session course about gender diversity, trans identity, and a building safe, welcoming UU congregation.

Open Heart Sangha
Weekly, 4 pm - 5:30 pm, Bard Hall. Contact ***Marge*** for more info: **margewur@gmail.com**

Monday, September 15, 2025
Women's Choir Rehearsal
7 pm - 8:30 pm, Bard Hall. Weekly. Contact ***Tomás Acosta*** for more info.

Tuesday, September 16, 2025
Board Meeting
6 pm - 8 pm, Bard Hall and Zoom. Meetings are open to all. The link is available in the members-only section of the website.

Wednesday, September 17, 2025
Chalice Choir Rehearsal
Weekly, 7 pm - 8:30 pm, Bard Hall. Contact ***Tomás Acosta*** for more information.

Thursday, September 18, 2025
Young Adult Group
6 pm - 7:30 pm, Room 114b
Weekly. For those ages 18 to 35. Please contact ***Lara*** for more info: **lara@firstuusandiego.org**

Saturday, September 20, 2025
"Making the Personal Decision to Move"
10 am, Bard Hall and Zoom: **bit.ly/UUSeniors**
A discussion on deciding to leave one's current abode, and move into a place better suited to our needs as we age.

Upcoming Events
2nd Hour - "Emotional Healing" Workshop
September 21, Sunday, 11:30 am - 12:30 pm, Room 114a. A workshop focused on tending to and healing our emotional self.

2nd Hour - Yoga: Two Options!
September 21, Sunday, 11:30 am - 12:30 pm, Common Room and Room 323. Join Jim Eischen for Yoga in the Common Room or Julia Doughty for Gentle Chair Yoga in 323.

Coping With Chronic Conditions
September 22, Monday, 1:30 pm - 3 pm, Zoom. Second & fourth Mondays. For people who deal with chronic and long-term physical conditions. Contact prior: ***chris.smith9209@gmail.com***

Caregivers/Allies Support Group
September 23, Tuesday, 4 pm - 5:30 pm on Zoom. Second Monday & fourth Tuesdays. For caregivers or those concerned about loved ones. Contact ***Les: lesvivian@gmail.com***

Despair to Resilience Support Group
September 23, Tuesday, 6:30 pm - 7:45 pm, Zoom: **bit.ly/4kxvlqG.** A group for sharing grief amid global changes. Meets every second and fourth Tuesday. Please contact ***Valeria***.

Rainbow Action Twilight Walk
September 25, Thursday, 5 pm - 7 pm, Balboa Park. Meet at the center of the museum area.

Shabbat Torah Study & Potluck Lunch
September 27, Saturday, 11 am - 1 pm, Common Room. Join Rabbi Alexis Pearce for a study Deuteronomy 31:1-30. Bring a vegetarian dish to share. All are welcome!

FSP Presents: 3rd Annual Summer Tardeada Traditional Mexican Dance Party
September 27, Saturday, 3 pm - 5 pm, Saint John's Episcopal Church. Free refreshments and dance lessons! Reserve free tickets on the **church website** or **EventBrite**.

Fostering Relationships with Land & People
September 28, Sunday, 11:30 am - 12:30 pm, Hillcrest Campus Peace Garden. Emma will guide a grounding session and light gardening.

Racialized Identities Awareness Book Group
October 3, Friday, 6:30 pm - 8:30 pm, Room 320
Contact ***Louise*** at **lmtitlow@gmail.com** for more information.

Welcome / Bienvenida 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.

September's Worship Theme: Building Belonging

"Glimmers"

Rev. Kristen Kuriga, *Assistant Minister*
Jan Garbosky, *Worship Associate*
Tony Bianca
Director of Spiritual Exploration and Worship Arts
Tomás Acosta, *Musician*

Sunday, September 14, 2025
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: 970 Broadway Chula Vista, CA 91911
Visit firstuusandiego.org for more information

Bell / Campana
~ Rev. Kristen Kuriga, *Assistant Minister*

Prelude / Preludio
"Here Comes The Sun" — George Harrison
~ Tomás Acosta, *Musician*

Chalice Lighting / Encendido del Cáliz
"Materializing" — Jean M. Olson
~ Jan Garbosky, *Worship Associate*

Land Acknowledgement / Reconocimiento de tierras

Gathering Hymn / Himno de reunión
#1000 Morning Has Come

Words of Welcome / Palabras de bienvenida
~ Karen Lamphere, *Board President*

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

Time for All Ages & Affirmation /
Tiempo para todas las edades y afirmación
"Tiny, Perfect Things"
— M. H. Clark and Madeline Kloepper
~ Tony Bianca
Director of Spiritual Exploration and Worship Arts

Announcements & Offering Words /
Anuncios y palabras de ofrenda
San Diego Organizing Project

Offering Music / Ofreciendo música
"All You Need Is Love"
— John Lennon and Paul McCartney

Reading / Lectura
"Startlement" — Ada Limón

Meditation Hymn / Himno de meditación
#1059 May Your Life Be As a Song

Meditation / Meditación

Anthem / Himno
"Holy Now" — Peter Mayer

Reflection / Reflexión
"Glimmers" — Rev. Kristen Kuriga

Closing Hymn / Himno de Clausura
#21 For the Beauty of the Earth

Blessing & Extinguishing of the Chalice /
Bendición y Extinción del Cáliz

Postlude / Postludio
"Climb Ev'ry Mountain" — Richard Rodgers

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