Calendar of Events

Sunday, October 4
Cancelled: Asahi Nordic Mind Body Practice
Resuming next Sunday, October 11, 9:25 am - 9:50 am, in Room 323. Contact Bev Harju for more information.

Hillcrest In-Person Social Hour
Following worship, Bard Hall. Join in community for coffee, snacks, & conversation.

Congregational Conversations
11:30 am, Room 321. Small group meetings to help guide the search for our next Lead Minister. Sign up link in *The Window* or on the patio after services.

UU History: The Western Conference
11:30 am - 12:30 pm, Room 323. In the 19th century, missionaries established Unitarian churches across the Midwest, with mixed results.

Comfort Choir Rehearsal
11:30 am - 12:30 pm, Chapel. All are welcome to join us in singing songs of community and comfort. Contact **Andrea**.

Organizing for Justice
11:30 am - 12:30 pm, Common Room. Identifies First UU's social justice priorities and represents the church through the San Diego Organizing Project (SDOP).

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

Women's Choir Rehearsal
7 pm - 8:30 pm, Bard Hall. Weekly. For all people who identify as women. Contact **Tomás Acosta** for info.

Tuesday, October 6
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. Email **Lara Anderson** for a Zoom link.

Wednesday, October 7
Ballot Talk: Pros & Cons of Ballot Measures
6:30 pm, Hillcrest Campus. Got questions about the November ballot? Join us for a nonpartisan conversation presented by the League of Women Voters. No registration required!

Wednesday, October 7 (continued)
Chalice Choir Rehearsal
7 pm - 8:30 pm, Bard Hall. Weekly. Contact **Tomás** for information.

Cosmos
7 pm - 8:30 pm, Room 323. This group combines the Story of the Universe and meditation to explore our place in the cosmos.

Thursday, October 8
Book Club
6 pm, Zoom. Join for a discussion of *Song of Solomon* by Toni Morrison. Contact **Mina Taylor** with questions and for the Zoom link.

Friday, October 9
Memory Matters Gathering
10 am - 11:30 am, Online. For those who are concerned about memory problems. Email **Gay Hybertsen** for the link.

Saturday, October 10
DRUUMM Fall Retreat
9 am – 4 pm, Hillcrest Campus and Online, Registration link in T*he Window*. DRUUMM CA invites Black, Indigenous, and People of Color Unitarian Universalists across California to explore relationships within our faith communities and build Beloved Community. A Palestine Solidarity Action will follow the retreat.

Upcoming Events
Rainbow Action Meeting
October 11, Sunday, 11:15 am - 12:15 pm, Room 323. All are welcome!

Coping With Chronic Conditions Support Group
October 12, Monday, 1:30 pm - 3 pm, Zoom. Second & fourth Mondays. For church members and friends managing chronic or long-term physical conditions. Please contact **Chris Smith** prior.

Social Justice Film Screening and Discussion Series: *Interstate*
October 15, Thursday, 6 pm - 8 pm, Bard Hall. Examines how the U.S. highway system harmed Black communities in five cities and the lasting wounds it created.

Woven Faith: Exploring our UU Values
October 16, Friday, 6:30 pm - 8 pm, Online, Registration link in *The Window.* Explore living our UU Values through nine flexible monthly online conversations with UUs across the region.

Aging and Anxiety
October 17, Saturday, 10 am, Bard Hall & Zoom: **bit.ly/UUSeniors**. Longtime member and psychotherapist Barbara Davenport will discuss the anxieties of aging and helpful coping skills. All are welcome. The program will be recorded and posted on our webpage.

Finance Committee Meeting
October 22, Thursday, 5 pm - 6 pm, Zoom. Link in the website members area. Non-committee members do not take part in discussions or vote.

Book Discussion: *A Day in the Life of Abed Salama*
October 23, Friday, 6:30 pm - 8 pm, Room 321 & Zoom. The Palestine/Israel Justice Group and the Racialized Identities Awareness (RIA) Book Group are collaborating on another discussion of *A Day in the Life of Abed Salama: Anatomy of a Jerusalem Tragedy* by Nathan Thrall.

More details and contact information are available in *The Window* or by contacting the church office at: 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.

"Blessing of the Animals"

Rev. Justine Sullivan, *Lead Minister*

Rev. Kristen Kuriga, *Associate Minister*

Valerie Jaques & Susan Bond
Worship Associates

Tomás Acosta, *Musician*

Phil Dannels, *Pianist*

Sunday, October 4, 2026
10 am Hillcrest Bard Hall 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

Prelude / Preludio
Phil Dannels, *Pianist*

Introduction / Introducción
Rev. Kristen Kuriga, *Associate Minister*

Chalice Lighting / Encendido del cáliz
“Blessed Are All Living Things” — Rev. Maureen Killoran
Susan Bond & Valerie Jaques, *Lay Leaders*

Land Acknowledgment / Reconocimiento de la tierra

Gathering Hymn / Himno de entrada
#203 All Creatures of the Earth and Sky
Tomás Acosta, *Musician*

All creatures of the earth and sky,
come, kindred, lift your voices high,
Alleluia, Alleluia!
Bright burning sun with golden beam,
soft shining moon with silver gleam:
Alleluia, Alleluia, Alleluia, Alleluia, Alleluia!

Swift rushing wind so wild and strong,
white clouds that sail in heav’n along,
Alleluia, Alleluia!
Fair rising morn in praise rejoice,
high stars of evening find a voice:
Alleluia, Alleluia, Alleluia, Alleluia, Alleluia!

Cool flowing water, pure and clear,
make music for all life to hear,
Alleluia, Alleluia!
Dance, flame of fire, so strong and bright,
and bless us with your warmth and light:
Alleluia, Alleluia, Alleluia, Alleluia, Alleluia!

Welcome / Bienvenida
Rev. Justine Sullivan, *Lead Minister*

Leader:
Welcome to this space: bring all of who you are.
In all the beauty of languages, cultures, and skin tones that come together in your uniqueness.

Congregation:
You are welcome here.

Leader:
In all of the ways you experience and express gender.

Congregation:
You are welcome here.

Leader:
In the beauty that is who you love and how you love.

Congregation:
You are welcome here.

Leader:
In all the ways you live, move, and experience your embodied self.

Congregation:
You are welcome here.

Leader:
With all of the religious and ethical traditions that inform your spiritual life.

Congregation:
You are welcome here.

Leader:
Together may we live into our shared values, with love at the center.

All:
It is good to be together!

Greet Your Neighbor / Saluda a tu vecino

Church Hymn / Himno de la iglesia
From all who dwell below the skies,
Let faith and hope with love arise,
Let beauty, truth, and good be sung.
Through every land, by every tongue.

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

Church Aspiration / Aspiración de la Iglesia
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

Time for All Ages & Affirmation / Tiempo para todas las edades y afirmación
"St. Martin de Porres"
Tony Bianca, *Director of Spiritual Exploration and Worship Arts*

Announcements & Offering Words / Anuncios y palabras sobre la ofrenda
DRUUMM, Diverse Revolutionary UU Multicultural Ministries

Offering Music / Ofreciendo música
"You've Got a Friend" — Carole King

Reading / Lectura

Ritual of Remembrance / Ritual de recuerdo

Hymn / Himno
#1002 Comfort Me

Comfort me, comfort me,
comfort me, oh my soul.
Comfort me, comfort me,
comfort me, oh my soul.

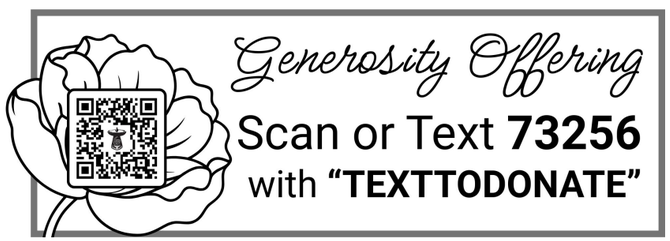
Sing with me, sing with me,
Sing with me, oh my soul.
Sing with me, sing with me,
Sing with me, oh my soul.

Pray with me, pray with me,
Pray with me, oh my soul.
Pray with me, pray with me,
Pray with me, oh my soul.

Comfort me, comfort me,
comfort me, oh my soul.
Comfort me, comfort me,
comfort me, oh my soul.

Reflection / Reflexión
"Odin's Family" — Valerie Jaques

Blessing of Animals / Bendición de los animales



Closing Hymn / Himno de clausura
#175 We Celebrate the Web of Life

Blessing and Extinguishing of the Chalice / Bendición y extinción del cáliz
"May Blessings Flow" — Rev. Lora Kim Joyner

Postlude / Postludio
"All God's Critters" — Bill Staines

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