

Calendar of Events

Sunday, November 30

Nordic Asahi Mind Body Practice

9:25 am - 9:50 am, Room 323. Every Sunday. Join Bev Harju for this mind-body practice. All ages are welcome! Contact: harjubeverly@gmail.com

Hillcrest In-Person Social Hour

Following worship, Bard Hall. Join your community for refreshments & conversation.

Microaggressions: Responding with Love

11:30 am - 12:30 pm, Bard Hall. Join the JTW Team for a workshop on *Subtle Acts of Exclusion* to learn compassionate ways to recognize and address subtle exclusions and foster a more inclusive First UU community.

JUUL Tones Rehearsal

Weekly, 11:30 am - 12:45 pm, Clark Chapel. Join our a cappella vocal ensemble! Contact **Andrea**: andrea@firstuusandiego.org

Open Heart Sangha

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

Monday, December 1

Women's Choir Rehearsal

7 pm - 8:30 pm, Bard Hall. Weekly. Contact **Tomás Acosta** for more info.

Tuesday, December 2

Gentle Chair Yoga

Weekly, 10 am - 11 am, Room 323. Welcoming and accessible yoga. Please sign up using the link in *The Window* or just drop in!

Wednesday, December 3

Chalice Choir Rehearsal

Weekly, 7 pm - 8:30 pm, Bard Hall. Contact **Tomás Acosta** for more information.

Thursday, December 4

Our Grief Journeys Support Group

1:30 pm - 3 pm, Room 323. First and third Thursdays. A support group for those grieving the loss of a loved one, with Rev. Justine. Contact **Brandon Hall**: brandonhall5@gmail.com or (408) 464-8713

Annual Holiday Tree Decorating, Potluck & Sing-Along

6 pm, Bard Hall. Join us for crafts, food, music and fun! Please bring a dish to share. All are welcome!

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, December 6

"Love Will Save Us. Right?" Reception & Reading

6 pm - 8 pm, Bard Hall. A portion of book sales supports the church Food Pantry. Join local UU author Suzette (Southfox) Partido for a reading, signing, and wine-and-cheese reception.

Upcoming Events

Contract to Call Meetings

December 6, Saturday, 10 am, Zoom & December 7, Sunday, 11:30 - 1:30 pm, Common Room and Room 321 (This is the final session.) Sign up with the link in *The Window* or the church website.

Finance Committee Meeting

December 11, 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 Dell*

December 11, Thursday, 6 pm - 8 pm, Bard Hall. International student workers in Wisconsin Dells face low wages, exploitation, and unstable housing.

Book Club

December 12, Friday, 11:30 am, Hillcrest Campus Library. This month is a potluck gathering. We will be discussing *Orbital* by Samantha Harvey. Contact **Mina**: minastaylor@gmail.com.

FSP Presents: Navidad Latina: A Holiday Concert

December 12, Friday, 7 pm, Meeting House. Music from Ensemble Vocal de las Californias (EVOCA), guest musicians, and the First UU Chalice and Women's Choirs. Free event; register on [EventBrite](#).

Women Together

December 13, Saturday, 12 pm - 3 pm, Common Room. Second Saturdays. Join us to create seasonal greeting cards for Cards for Kindness New members welcome! Contact **Claudia**: obata.claudia@gmail.com

Hanukkah Celebration & Potluck

December 20, Saturday, 5 pm, Common Room. Celebrate with Rabbi Alexis. Please bring a vegetarian dish to share!

No-Rehearsal Christmas Pageant & Solstice Service

December 21, Sunday, 10 am, Meeting House. Join us for this fun, festive service.

FSP Presents: Winter Schminter Solstice Concert

December 21, Sunday, 7 pm, Meeting House. Join us for international song with Yale Strom and the Hot Pstromi Ensemble. Free event - register online.

Men's Fellowship Annual Yule Log Ceremony

December 22, Monday, 6 pm - 9 pm, Common Room. Potluck at 6 pm, Yule Log Ceremony at 7 pm. Reflect on 2025 and look ahead to 2026. Newcomers welcome. Questions: **Jim Hurtado**, 619-519-4007 or **Mike Dorfi**, 619-887-1748.

Christmas Eve Evening Service

December 24, Wednesday, 7:30 pm, Meeting House. Beginning with half an hour of music, the service will feature Christmas songs, readings, and candlelight.

Christmas Potluck

December 25, Thursday, 12 pm, Bard Hall. Main course will be provided, bring a side dish or dessert to share!

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.*

November's Worship Theme: Nurturing Gratitude

“UU Prayer: Help, Thanks, Wow!”

Rev. Kristen Kuriga, Assistant Minister

Louise Titlow, Worship Associate

Tony Bianca

Director of Spiritual Exploration and Worship Arts

Women's Choir

Tomás Acosta, Musician

Andrea Spiero, Musician

Alexander Oliver, Guest Pianist

Sunday, November 30, 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: Saint John's Episcopal Church
760 1st Ave, Chula Vista, CA 91910
Visit firstuusandiego.org for more information**

Bell / Campana

~ Rev. Kristen Kuriga, *Assistant Minister*

Prelude / Preludio

“Heimweh” — Edvard Grieg

~ Alexander Oliver, *Guest Pianist*

Chalice Lighting & / Encendido del cáliz

“That Which Holds All” — Rev. Nancy Shaffer

Land Acknowledgment / Reconocimiento de la tierra**Advent Candle / Vela de Adviento**

“Advent Prayers” — Rev. Elizabeth Mount

Introit / Introito

“Filled with Loving Kindness” — Ian W. Riddell

~ Women’s Choir

Tomás Acosta, *Musician*

Alexander Oliver, *Guest Pianist*

Welcome / Bienvenida

~ Louise Titlow, *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**

Many ways to pray

~ A discussion with Tony Bianca

Director of Spiritual Exploration and Worship Arts

Announcements & Offering Words /**Anuncios y palabras de ofrenda**

UU Partner Church in Brassó, Romania

Offering Music / Ofreciendo música

“Etude No. 2” — Philip Glass

Invitation / Invitación**Reading / Lectura**

Selections from “Prayer 101” — Anne Lamott

from *Help, Thanks, Wow: The Three Essential Prayers*

Hymn / Himno

#1048 Ubi Caritas

Journaling / Llevar un diario**Hymn / Himno**

#15 The Lone Wild Bird

Breath Prayer / Oración de aliento**Song / Canción**

“Sending You Light” — Melanie DeMore

~ Tomás Acosta, Andrea Spiero, Isabella Furth

Musicians

Sending Light / Enviando luz**Closing Hymn / Himno de Clausura**

#1057 Go Lifted Up

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

“Thank You For Your Blessings”

— Alexandra Sarton

~ Women’s Choir



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