

### Flower Dedication

In popular folklore, the Catholic Saint Patrick is known for dramatically driving all the snakes out of Ireland. The tale is widely accepted as a metaphor for Christianity's calculated subjugation of native Pagan beliefs, with the snake - a symbol of wisdom and transformation in Paganism, but evil and deceit in Christianity - at the crux. With that in mind, many modern Pagans observe All Snakes Day on March 17. It is a day to honor all the traditions, stories, wisdom, and sacred sites that were erased and destroyed. It is a day to honor all the elders, teachers, and practitioners who were killed, as well as the innocents targeted in the Witch Trials of the 16th and 17th centuries and the Satanic Panic of the 1980s. And it is a day to celebrate the indomitable spirit of Pagans everywhere. For more information about Pagan traditions, please stop by the Earth Centered Spirituality Circle's table on the patio.

### March Generosity Offering

#### Al Otro Lado's Border Rights Project

AOL's Border Rights Project hosts "Know Your Rights" training and legal orientation workshops in migrant shelters and at their office in Tijuana. The BRP also provides direct legal representation to detained individuals at Otay Mesa Detention Center and coordinates immigration court observation in downtown San Diego.

### Music Notes

I learned "Bright Morning Stars" from my college roommate during a road trip as we shared songs in turn — the old-fashioned way of passing time. I had never heard it before, and I made everyone in the car sing it again and again in harmony. I especially liked the way the song linked the "external" imagery of dawn and morning stars to the corresponding "internal" movements of renewal that we all experience — "day a-breaking in my soul." Years later, in the tender time following my mother's untimely death, I wrote the original SATB setting for chorus, soloist, and piano.

I made one addition to the original lyrics which ask, in turn, "O where are our dear fathers? O where are our dear mothers?" (The response: "They are down in the valley praying. They have gone to heaven shouting.") I added a final verse, in which the long-departed father and mothers have a chance to ask: "O where are our dear children?" The response: "They're upon the earth a-dancing." I like the image of those who have passed on and those who are yet present upon the earth calling to each other "across eternity." ~ *Shawn Kirchner, composer/arranger*

Singer/songwriter **Eliza Gilkyson** wrote Requiem as a song of grief following the Asian tsunami in December 2004, and the song found renewed audience after Hurricane Katrina devastated the Gulf Coast region. Ms. Gilkyson described in an interview on NPR's "All Things Considered," that she felt a need to create music in response to these events that would connect in a visceral way and serve as a vehicle for grieving. "My first intention was to write it like a mass, and I even looked into writing it in Latin. I even tried different female deities - I looked at different Muslim deities and Christian deities, different Indian or Buddhist deities, but I kept coming back to Mary. It just didn't feel right for me as a Westerner to be singing to a deity that I wasn't familiar with. And it seemed right since she's sort of the western archetype of compassion and that's the energy that I wanted to evoke."

# Welcome 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.*

March's Monthly Theme: Loss

## "Living with Loss"

Rev. Kathleen Owens, *Lead Minister*

Issel Martinez, *Worship Leader*

Tony Brumfield, *Worship Leader*

Sunday, March 15, 2020

9:30 am and 11:30 am

Meeting House



First  
Unitarian Universalist  
Church of San Diego

Hillcrest: 4190 Front St. San Diego, CA 92103  
South Bay: 970 Broadway Chula Vista, CA 91911  
619-298-9978

Visit [www.firstuusandiego.org](http://www.firstuusandiego.org) for more information

## Centering Thought

“To be human is to know loss, and indeed,  
the more fully human we are, the more we will know...”  
~ Rev. William Murry

### Gathering Bell

### Opening Music

“Bright Morning Stars”  
— Traditional Appalachian Song  
— Arranged by Shawn Kirchner  
Chalice Choir  
~ Lara Korneychuk, *Director*  
~ Chase Pado, *Pianist / Organist*

### Church Hymn

### Church Aspiration and Kindling of the Chalice

### Welcome

### Call to Worship

### Song

#51 “Lady of the Season’s Laughter”  
~ Liza Ferrier, *Songleader*

### Generosity Offering

### Offering Music

“Liebesträume No. 3” — Franz Liszt  
~ Chase Pado, *Pianist / Organist*

### Time For All Ages

“The Goodbye Book” — Family Ministry Team

### Affirmation

### Song

#101 “Abide With Me”

### Reading

### Meditation Song

#123 / #31 “Spirit of Life / Fuente de amor”

### Meditation

### Music

“Requiem” — Eliza Gilkyson  
— Arranged by Craig Hella Johnson

### Message

“Living with Loss”  
~ Rev. Kathleen Owens, *Lead Minister*  
~ Issel Martinez, *Worship Leader*  
~ Tony Brumfield, *Worship Leader*

### Song

#322 “Thanks Be For These”

### Extinguishing the Chalice and Blessing

### Postlude

“I Remember Clifford” — Benny Golson

## Reflection Question

What do you need to embrace in this ever-changing life we share?

### Church Hymn

From all who dwell below the skies,  
Let faith and hope with love arise,  
Let beauty, truth, and good be sung,  
Through ev’ry land, by ev’ry tongue.

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

### Church Aspiration

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.

### Our Affirmation

We are Unitarian Universalists, a people of open minds, loving hearts,  
and welcoming hands.

Somos Unitarios Universalistas, personas de mentes abiertas,  
corazones amorosos, y manos que dan la bienvenida.

*\*\*Our sign language interpreter today is Paul Lambert.*

*\*\*A digital copy of the Order of Service can be found at  
[www.firstusandiego.org/worship](http://www.firstusandiego.org/worship)*

## **Rev. Tania Márquez is leading service in South Bay.**

Announcements

**Hillcrest Campus** 9:30 am and 11:30 am, Meeting House

**South Bay** 9:30 am

Sunday, March 15, 2020

**D4\$ \* Sundays thru March on the Hillcrest Patio \* Submit your D4\$ events!**

<https://www.firstuusandiego.org/dining-for-dollar.html>

### **Singletarian Senior Singles Luncheon**

Sunday, March 15, 12:30 pm, Aladin's, M101 Vermont Ave at Vermont Way, Hillcrest, near Trader Joe's, 619-574-1111. Please contact Mac Downing at home 619-542-9320 or m2cdow4@yahoo.com.

### **ASL Signing Social**

Sunday, March 15, 1 pm — 2 pm. Library. Themed conversations and socializing in American Sign Language for those with a working knowledge of ASL. Non-signers are always welcome to observe - "voices off". Contact Laurie Gerber at gerbl@pacbell.net.

### **The Unitarian Universalist Christian Study Group**

Sundays (except first), March 15, 1 pm, Room 321. "The Children of Abraham" Documentary. Story of Judaism, Christianity, & Islam.

### **Is it too Late to stop Global Warming?**

Sunday, March 15, 1:30 pm — 3 pm, Bard Hall. John Schaibly and Andy French look at the present technologies and whether they are enough to stop climate disaster from happening. This presentation, sponsored by the Climate Justice Action Group, will discuss the current research. All are welcome.

### **Open-Heart Buddhist Sangha**

Sundays 4 pm — 6 pm, Room 323. Practicing in the mindfulness tradition of Thich Nhat Hanh. There is sitting meditation, a lesson, walking meditation and sharing. Chairs or mats & cushions are available. Open to everyone, no need to be Buddhist.

### **Friends of de Benneville**

Sunday, March 15, 5 pm, Jane and Clancy Finleys' in TierraSanta, 11247 Corte Playa Corona. Join the Friends of deBenneville for a 5 pm social hour, 6 pm potluck, 7 pm meeting. Contact 858-569-1291.

### **The Occupation of the American Mind**

Sunday, March 15, 5:30 pm, Common Room. Join the Palestine-Israel Justice group for free pizza and a screening of the documentary film, The Occupation of the American Mind. Contact Cathy Pfister at cathy@uujme.org.

Monday, March 16, 2020

### **Yoga With Toni Turbyfill**

Mondays, 10 am — 11 am, Common Room. Yoga with a focus on self-care and stress relief, guiding our minds to focus on positive thoughts.

Tuesday, March 17, 2020

### **Monthly Board Meeting**

Tuesdays (third), March 17, 6 pm, Bard Hall. All welcome to attend Board meetings.

### **Tarot Group**

Tuesdays (third), March 17, 6 pm, Room 114b. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

### **Sufi Healing with Jamil Larry Sweet**

Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required.

Wednesday, March 18, 2020

### **Wednesday Morning Meditation Sangha**

Wednesdays from 10 am — 12 pm, Room 323. All are welcome for a silent, sitting meditation, followed by a discussion of practice, after which will be a Dharma talk, and discussion. Contact [johnholl@cox.net](mailto:johnholl@cox.net) or 619-546-6525.

### **Young Adult Group — Ages 24-35**

Wednesdays, 7 pm — 9 pm in Room 323. Connect, grow, and unwind. Each week, someone leads a discussion, introduces a game, and we share food and laughter. Come build community with us!

Thursday, March 19, 2020

### **Chi Gung at South Bay with Lolly Brown**

Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures and meditation.

### **Tea Talks/Charlas con té with Reverend Tania**

Thursdays (third), March 19, 1 pm, Room 320. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings.

### **Burrito Project**

Thursdays (third), March 19, 6 pm, Common Room. Help assemble and distribute hundreds of burritos for those living with hunger. Follow "Burrito Project San Diego" on Facebook.

Saturday, March 21, 2020

### **Conversation with Jewish UUs at First UU**

Saturday, March 21, 2 pm — 3 pm, Library. Rev. Kathleen is inviting all Jewish UUs to meet with her for a conversation about how we have celebrated various Jewish holidays in the past, and how we might have a more culturally appropriate exchange and celebration, including the re-writing of various texts as needed. We'll be specifically addressing the Seder and the service recognizing the High Holy days in the fall. Please let Rose Riedel, Office Manager, know if you plan to attend by emailing [Rose@firstuusandiego.org](mailto:Rose@firstuusandiego.org).

## **Upcoming Events**

### **Caregivers/Allies Support Group**

Sundays (fourth), March 22, 11 am — 12:30 pm, Room 323. Are you in the position of being a caregiver/ally/support person for another person? This is a group for reflection, emotional support, and spiritual deepening around the issues that surface for people in this role. Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

### **Coping with Chronic Conditions**

Mondays (second and fourth), March 23, 1 pm — 2:30 pm, Common Room. A support group for folks with long-term conditions of any type. Our meeting is in the Common Room and is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510 for more information.