

Welcome / Bienvenida-o First Unitarian Universalist Church of San Diego

*Create community, nurture spiritual growth, help heal the world.
Crear comunidad, fomentar el crecimiento espiritual, sanar el mundo.*

January's Monthly Theme: Centering

"Staying Grounded and Centered"

Matthew Waterman, *Intern Minister*

Sunday, January 10, 2021

9:30 am



First
Unitarian Universalist
Church of San Diego

Prelude / Preludio

“All Blues” — Miles Davis
~ Chase Pado, *Pianist*

Welcome and Land Acknowledgment / Bienvenida y Reconocimiento de la tierra

Church Hymn / Himno de la iglesia

Church Aspiration and Kindling of the Chalice / Aspiraciones de la iglesia y encendido del cáliz

Call to Worship / Llamado a la celebración

Song / Canto

#1009 “Meditation on Breathing”
~ Music Staff, *Singers*

Story / Cuento

“Grounding and Centering with Sugar and Cinna Bear”
~ Rhiannon Roselle

Affirmation / Afirmación

Reading / Lectura

Song / Canto

“Spiraling Into the Center” — Lorna Kohler

Meditation / Meditación

“Do Not Fear Agitation” — Rev. Tania Y Márquez

Special Music / Musica especial

“Pachyderm Caravan” — Nancy & Randall Faber
~ Ronan Rogers, *Pianist*

Message / Mensaje

“Staying Grounded and Centered”
~ Matthew Waterman, *Intern Minister*

Song / Canto

#3 “Gracias por el Amor”

Offering / Ofrenda

Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio

“Redemption Song” — Bob Marley

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

**** Join us for Social Hour at <https://bit.ly/FirstUUSocialHour>**

**** Join us for South Bay Social Hour at <https://bit.ly/SBSocialHour>**

****Text-to-Give, text *give* to 844-635-0025**

#1009 “Meditation on Breathing”

When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.

Breathe in, Breathe out,
Breathe in, Breathe out.

“Spiraling Into the Center”

Spiraling into the center
The center of our soul
Spiraling into the center
The center of our soul

We are the weavers
We are the woven ones
We are the dreamers
We are the dream.

We are the weavers
We are the woven ones
We are the dreamers
We are the dream.

#3 “Gracias por el Amor”

Gracias por el amor del cielo,
Gracias por el inmenso mar,
Gracias por el cantar del bosque, Aleluya!

Gracias por el amor del mundo,
Gracias por la felicidad,
Gracias por toda mi familia, Aleluya!

Gracias por toda la hermosura,
Gracias por nuestra juventud,
Gracias por la amistad de todos, Aleluya!

Gracias por este nuevo dia,
Gracias por nuestra gran union,
Gracias por todas las bondades, Aleluya!

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.

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.

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.

Calendar of Events

Sunday, January 10, 2020

Social Hour

Sundays, 10:30 am — 11:30 am, url <https://bit.ly/FirstUUSocialHour>, Meeting ID 824 042 297.

South Bay Social Hour

Sundays, weekly, 11 am, <https://bit.ly/SBSocialHour>. Join in for a South Bay Social Hour.

Senior High Youth Group

Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusandiego.org.

Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm, <https://gather.town/app/bJgi72VcPaCb5yvv/ParentsLounge>.

Rainbow Action Group's Koffee Klatch

January 10, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

South Bay Social Hour 2.0

Sunday, Jan. 10, 12:30 pm, <https://bit.ly/SBSocialHour>. Join the meeting using the social hour password given during the service.

Children's Religious Education

Sundays, 1 pm. Request meeting information from tony@firstuusandiego.org.

Pagan Conversations

Sundays, weekly, 1 pm — 2 pm, Meeting Link: <https://bit.ly/PaganConversations> ID: 535-853-700.

Middle School Youth Group

Sundays at 2 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Virtual Book Discussion of *Mornings in Jenin*

Sunday, January 10, 4 pm, online. Join First UU's Palestine-Israel Justice Team for an online discussion of *Mornings in Jenin* by Susan Abulhawa. Please register at the [Eventbrite link](#) to receive Zoom info prior to the discussion.

Open Heart Sangha

Sundays, weekly, 4 pm — 5:30 pm, for the link to the meetings please contact Marge at margewur@gmail.com.

Monday, January 11, 2020

Coping With Chronic Conditions Support Group

January 11, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, ID: 681-036-9317.

Women's Chorus Rehearsal

Mondays, weekly, soprano 4 pm — 4:45 pm, bit.ly/WomensChoirSoprano, alto 4:45 pm — 5:30 pm, bit.ly/WomensChoirAlto.

South Bay Singers Rehearsal

Mondays, weekly, 5:30 pm, bit.ly/SouthBaySingers.

Tuesday, January 12, 2020

Arts & Crafts Creative Social

Jan 12, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

Wednesday, January 13, 2020

Senior High Youth Game Day

Wednesdays at 4:30 pm. Contact kathe@firstuusandiego.org.

Join Robie!

January 13, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie2nd> or call 1-669-900-6833, Meeting ID 821 3727 4274.

Young Adults

Wednesdays, 6 pm, online. A sacred time for individuals between 26 and 35 years of age. Please email Matthew at Matthew@firstuusandiego.org for information.

Mindfulness & Meditation Practice Group

Wednesdays, 7 pm — 9 pm, Online. Contact kmesecher@gmail.com for the Zoom link.

Saturday, January 16, 2021

Living the Homestretch

January 16, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361.

Saturday Science, Stories and Songs

Saturdays at 10 am. Children's RE programming. Request meeting information from tony@firstuusandiego.org.

South Bay Food Pantry Hours

970 Broadway Suite 101, Chula Vista 91911. Our food pantry distributes food every Saturday from 11 am — 12:30 pm.

Upcoming Events

8th Principle Board Forum

Sundays, January 17 & 24, 11:30 am, <http://bit.ly/8thPrincipleForum>.

Climate Justice Team

Sunday, January 17, 1 pm, Online. Contact James Long at kyolong1@gmail.com for Zoom link.

Monthly Board Meeting

January 19, Tuesday, 6 pm, Online. Email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Fourth Monday Meeting of the UU Men's Fellowship

Monday, January 25, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

Kathleen's Book Discussion Group

Thursday, February 4, 2 pm, online. Sign up with Rose at rose@firstuusandiego.org to receive the Zoom link the week before the discussion.

Board Chat

Sundays (first), February 7, 10:30 am, <https://bit.ly/FirstUUBoardChat>, Meeting ID: 863 0218 5062 Passcode: 203946.

Cosmos

Sundays (first), February 7, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.