

Week at a Glance Calendar

Sunday, January 23, 2022

Hillcrest Social Hour

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

South Bay Social Hour

Sundays, 11 am,
<https://bit.ly/SBSocialHour>

Uke Cafe

Jan. 16, Sunday, 11 am,
<https://bit.ly/ukecafe>. Join Tony
on Zoom with your ukulele to learn
some chords and play along to
popular songs!

Drop in With a Witch

January 23, Sundays (fourth), 1
pm, bit.ly/PaganConversations,
Meeting ID: 535-853-700.

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 24, 2022

Coping With Chronic Conditions Support Group

Mondays (second & fourth),
January 24, 1 pm, URL
<https://bit.ly/CopingCCGroup>,
meeting ID 681-036-9317.

Tuesday, January 25, 2022

Worship Planning

Tuesdays, 4 pm — 5 pm,
<https://bit.ly/WorshipPlanning1UU>,
ID 878 4650 3375, Passcode
184690.

Friday, January 28, 2022

Memory Matters Gathering

January 28, Fridays (second and
fourth), 10 am — 11:30 am,
Online. Email hybertsen@att.net
for the link.

Upcoming Events

Military Spending, Nuclear Arms, and the Environment

Saturday, Feb. 5, 1 pm,
bit.ly/MSNAandEnvironment.

Board Chat

Sundays (first), Feb. 6, 12:30 pm,
bit.ly/FirstUUBoardChat, Meeting
ID: 863 0218 5062 Passcode:
203946.

Cosmos

Sundays (first), February 6, 1 pm
— 3 pm, bit.ly/CosmosFUUSD,
Passcode: 976520.

Arts & Crafts Creative Social

February 8, second Tuesdays, 3
pm — 5 pm,
bit.ly/FirstUUArtGuild, Meeting ID
860 2031 2916, Passcode 587290.

Creative Writing Group

February 12, Saturdays (second),
10:30 am — 12:30 pm,
bit.ly/CreativeWritingFirstUU, ID:
868 9505 3014 Passcode: 361410.

Rainbow Action Koffee Klatch

February 13, Sundays (second),
11:30 am, bit.ly/RainbowKlatch,
ID 899 4140 9956, PW 893622.

Pagan Conversations

February 13, Sundays (second), 1
pm, bit.ly/PaganConversations,
Meeting ID: 535-853-700.

Welcome / Bienvenida-o 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.

January's Monthly Theme: Contemplation

“Volver y Renover”

Rev. Dr. Omega Burckhardt, *Assistant Minister*
with members of the South Bay Congregation

Sunday, January 23, 2022
9:30 am Live Stream

Centering Thought

“Even a wounded world is feeding us. Even a wounded world holds us,
giving us moments of wonder and joy. I choose joy over despair.
Not because I have my head in the sand, but because joy is what
the earth gives me daily and I must return the gift.”

~ Robin Wall Kimmerer, in *Braiding Sweetgrass:
Indigenous Wisdom, Scientific Knowledge,
and the Teachings of Plants*



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 for more information

Video

Prelude / Preludio

“Morning Has Broken” — Traditional
~ Chase Pado, *Pianist*

Call to Worship / Llamado a la celebración

“The Way It Is” — Lynn Unger
~ Rev. Dr. Omega Burckhardt, *Assistant Minister*

Welcome and Land Acknowledgment / Bienvenida y Reconocimiento de la tierra

~ Lynda and Michael Gilgun

Church Hymn / Himno de la iglesia

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

~ Lynda and Michael Gilgun

Invitation to Welcoming / Invitación a la Bienvenida

Song / Canto

#65 “Ven Ven Alegrate Hoy”

Time For All Ages & Affirmation

“360 Degrees: Right Back Where We’ve Never Been”
~ Tony Bianca, *Program Director*

Introduction to Ritual / Introducción al ritual

Generosity Offering / Ofrenda

UU Service Committee

Offertory / Ofertorio

“From You I Receive / De Ti Yo Recibo”

Reading and Reflection / Lectura y Reflexión

“Not Lost, Just Different”
~ South Bay Congregants

Song / Canto

“The Earth, The Water, The Fire, The Air”

Rituals / Rituales

~ Rev. Dr. Omega Burckhardt and Lynda Gilgun

Special Music / Música especial

“Todo Cambia” — Julio Numhauser

Message / Mensaje

“Volver y Renover”
~ Rev. Dr. Omega Burkhardt, *Assistant Minister*

Song / Canto

#1017 “Building a New Way”

Blessing and Extinguishing of the Chalice / Bendición

Postlude / Posludio

“Moonshadow” — Cat Stevens

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.*

*** Join us for Hillcrest Social Hour at 10:30 am
<https://bit.ly/FirstUUSocialHour>*

*** Join us for South Bay Social Hour at 11 am at the
South Bay campus or online at <https://bit.ly/SBSocialHour>*