

# 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

"Bold dreaming"

"Soñar audaz"

Rev. Tania Y. Márquez, *Assistant Minister*

Sunday, January 24, 2021

9:30 am

## Centering Thought

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."



First  
Unitarian Universalist  
Church of San Diego

### 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.

## **Call to Worship / Llamado a la celebración**

### **Prelude / Preludio**

“Light As A Feather” — Stanley Clarke  
~ 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**

### **Song / Canto**

“The Tide is Rising” — Rabbi Shoshona Meira Friedman  
— Arr. Andrea N-L  
JUUL Tones Acappella Ensemble  
~ Andrea N-L, Director

### **Story / Cuento**

“Maps”

### **Affirmation / Afirmación**

### **Reflection / Reflexión**

~ Tony Brumfield

### **Song / Canto**

#391 “Voice Still and Small” / #40 “Pequeña voz”

### **Meditation / Meditación**

### **Special Music / Musica especial**

#34 “Libertad”  
~ Andrea N-L, *Songleader*

### **Message / Mensaje**

“Bold dreaming” / “Soñar audaz”  
~ Rev. Tania Y. Márquez, *Assistant Minister*

### **Song / Canto**

#1018 “Come And Go With Me”  
~ Kea Ciampi, *Songleader*

### **Offering / Ofrenda**

## **Extinguishing the Chalice and Blessing / Bendición**

### **Postlude / Posludio**

“Tell Me A Bedtime Story” — Herbie Hancock

*\*\*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**

## **“The Tide is Rising”**

The tide is rising, and so are we!  
The tide is rising, and so are we!  
The tide is rising, and so are we!  
This is where we are called to be,  
This is where we are called to be!

The task is mighty, and so are we!  
The task is mighty, and so are we!  
The task is mighty, and so are we!  
This is where we are called to be,  
This is where we are called to be!

The land is holy, and so are we!  
The land is holy, and so are we!  
The land is holy, and so are we!  
This is where we are called to be,  
This is where we are called to be!

The storm is raging, and so are we!  
The storm is raging, and so are we!  
The storm is raging, and so are we!  
This is where we are called to be,  
This is where we are called to be!

The sun is shining, and so are we!  
The sun is shining, and so are we!  
The sun is shining, and so are we!  
This is where we are called to be,  
This is where we are called to be!

The world is ready, and so are we!  
The world is ready, and so are we!  
The world is ready, and so are we!  
This is where we are called to be,  
This is where we are called to be!

## **#391 “Voice Still and Small”**

### **#40 “Pequeña voz”**

Voice still and small, deep inside all,  
I hear you call, singing.  
In dark and rain, sorrow and pain,  
still you remain singing.  
Calming my fears, quenching my tears,  
through all the years, singing.

Pequeña voz, dentro del ser,  
oigo tu voz cantando.  
En mi dolor, llanto y terror,  
Siento tu amor cantando.  
Siempre darás calma y solaz  
en mi pesar, cantando.

## **#34 “Libertad”**

Libertad no es despertar  
una mañana sin cadenas: es algo más.  
Libertad no es poseer las llaves  
de todas las puertas: es algo más.

Libertad, no es construirte, solitario,  
un mundo aparte: es algo más.  
Libertad es convivir, decidir, elegir.  
Libertad es amar, comprender y luchar  
para que todos tengan libertad.

## **#1018 “Come And Go With Me”**

Come and go with me to that land,  
Come and go with me to that land,  
Come and go with me to that land  
where I'm bound. (repeat)

There'll be freedom in that land,  
There'll be freedom in that land,  
There'll be freedom in that land  
where I'm bound. (repeat)

There'll be justice in that land,  
There'll be justice in that land,  
There'll be justice in that land  
where I'm bound. (repeat)

There'll be singin' in that land,  
There'll be singin' in that land,  
There'll be singin' in that land  
where I'm bound. (repeat)

# Calendar of Events

## Sunday, January 24, 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.

### **8th Principle Board Forum**

Sundays, January 24, 11:30 am, <http://bit.ly/8thPrincipleForum>, Meeting ID: 863 1526 7005, Passcode: 916960.

### **Senior High Youth Group**

Sundays at 11:30 am. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

### **Parents' Lounge**

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

### **Children's Religious Education**

Sundays, 1 pm. Request meeting information from [tony@firstuusandiego.org](mailto: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](mailto:kathe@firstuusandiego.org).

### **Open Heart Sangha**

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

## Monday, January 25, 2020

### **Coping With Chronic Conditions Support Group**

January 25, 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](https://bit.ly/WomensChoirSoprano), alto 4:45 pm — 5:30 pm, [bit.ly/WomensChoirAlto](https://bit.ly/WomensChoirAlto).

### **South Bay Singers Rehearsal**

Mondays, weekly, 5:30 pm, [bit.ly/SouthBaySingers](https://bit.ly/SouthBaySingers).

### **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](mailto:Kcohn@san.rr.com).

## Tuesday, January 26, 2020

### **Arts & Crafts Creative Social**

Jan 26, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

## Wednesday, January 27, 2020

### **Join Robie!**

January 27, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie4th> or call 1-669-900-6833, Meeting ID 814 3746 1400.

### **Senior High Youth Game Day**

Wednesdays at 4:30 pm. Contact [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

### **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](mailto:Matthew@firstuusandiego.org) for information.

### **Mindfulness & Meditation Practice Group**

Wednesdays, 7 pm — 9 pm, Online. Contact [kmesecher@gmail.com](mailto:kmesecher@gmail.com) for the Zoom link.

## Friday, January 22, 2020

### **Memory Matters Gathering**

January 22, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

### **Emerging Young Adults**

Fridays, weekly, 6 pm, online. For individuals between 17 and 25. If you're interested, please email Matthew at [matthew@firstuusandiego.org](mailto:matthew@firstuusandiego.org).

## Saturday, January 23, 2021

### **Saturday Science, Stories and Songs**

Saturdays at 10 am. Children's RE programming. Request meeting information from [tony@firstuusandiego.org](mailto: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

### **Kathleen's Book Discussion Group**

Thursday, February 4, 2 pm, online. Sign up with Rose at [rose@firstuusandiego.org](mailto: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](mailto:kyolong1@gmail.com) for the link.

### **New Creative Writing Group!**

February 13, Saturdays (second), 12:30 pm — 2:30 pm, <http://bit.ly/CreativeWritingFirstUU>, or call in at 1-669-900-6833, Meeting ID: 991 6747 3549.