

# 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

"On the Verge..."

"Al Límite..."

Rev. Kathleen Owens, *Lead Minister*

Sunday, January 31, 2021

9:30 am

### **Centering Thought**

"...I savor the peace of living in a country where discernment, collective responsibility and intellectual honesty often take priority in society, media and politics."

~ *Géraldine Schwarz*



**First  
Unitarian Universalist  
Church of San Diego**

## **Prelude / Preludio**

“Stormy Weather” — Harold Arlen and Ted Koehler  
~ Chase Pado, *Pianist*

## **Welcome and Land Acknowledgment / Bienvenida y Reconocimiento de la tierra**

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

## **Church Hymn / Himno de la iglesia**

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

## **Song / Canto**

#37 “Ven, ven, cual eres, ven” / #188 “Come, Come, Whoever You Are”

## **Story / Cuento**

“Jabari Jumps” — Gaia Cornwall

## **Affirmation / Afirmación**

## **Ritual of Farewell for / Ritual de despedida para Andrew & Liza Ferrier**

## **Reading / Lectura**

“Begetting Community” — Christine Slocum  
~ Matthew Waterman, *Intern Minister* & Steve Gelb

## **Song / Canto**

#1013 “Open My Heart”

## **Meditation / Meditación**

## **Special Music / Musica especial**

“Love Knocks and Waits”  
Chalice Choir  
~ Tony Bianca, *Director*

## **Message / Mensaje**

“On the Verge...” / “Al Límite...”  
~ Rev. Kathleen Owens, *Lead Minister*

## **Song / Canto**

#28 “Vamos Todos Adelante”

## **Offering / Ofrenda**

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

## **Postlude / Posludio**

“I’m Beginning To See The Light” — Duke Ellington

*\*\*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**

**#37 “Ven, ven, cual eres, ven”**

**#188 “Come, Come, Whoever You Are”**

Ven, ven, cual eres, ven,  
nómada en búsqueda, si amas la vida.  
La nuestra es la caravana de amor.  
Ven, otra vez ven.

Come, come, whoever you are,  
wanderer, worshipper, lover of leaving.  
Ours is no caravan of despair.  
Come, yet again come.

**#1013 “Open My Heart”**

Open my heart to all that I seek;  
Let me be part of the love you give.

Ábreme a lo que deseo  
y recibir el amor que das.

**#28 “Vamos Todos Adelante”**

Vamos todos adelante,  
Siempre hacia adelante,  
Siempre hacia adelante  
Sin volver atrás, sin volver atrás.

Cantaremos en voz alta,  
Siempre en voz alta,  
Siempre en voz alta,  
Sin volver atrás, sin volver atrás.

Amaremos con pasión,  
Siempre con pasión,  
Siempre con pasión,  
Sin volver atrás, sin volver atrás.

Trabajemos para el cambio,  
Siempre para el cambio,  
Siempre para el cambio,  
Sin volver atrás, sin volver atrás.

**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.

# Calendar of Events

## Sunday, January 31, 2020

### **Social Hour**

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

### **Compassion Corner**

Sundays, weekly, 10:30 am — 11 am, <https://bit.ly/Compassioncorner1>, Meeting ID: 979 7637 7178 Passcode: 540948.

### **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](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, February 1, 2020

### **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).

## Wednesday, February 3, 2020

### **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.

## Thursday, February 4, 2020

### **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.

## Friday, February 5, 2020

### **Emerging Young Adults**

Fridays, weekly, 6 pm, online. For individuals between 17 and 25. Email Matthew at [matthew@firstuusandiego.org](mailto:matthew@firstuusandiego.org).

## Saturday, February 6, 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

### **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.

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

February 8, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, ID: 681-036-9317.

### **Join Robie!**

February 10, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie2nd> or call 1-669-900-6833, Meeting ID 821 3727 4274.

### **Memory Matters Gathering**

February 12, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email [hybertsen@att.net](mailto:hybertsen@att.net) 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.

### **Rainbow Action Group's Koffee Klatch**

February 14, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

### **Monthly Board Meeting**

February 16, Tuesday, 6 pm, Online. Email President Sarah Ormond at: [boardpresident@firstuusandiego.org](mailto:boardpresident@firstuusandiego.org).

### **Living the Homestretch**

February 20, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361.

### **Virtual Book Discussion of Mornings in Jenin**

Sunday, February 21, 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 <https://www.eventbrite.com/e/126508936635> to receive Zoom info prior to the discussion.