

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.*

February's Monthly Theme: Love is a Verb

"Strength to Love, Part 1"

"La fuerza del amor, Parte 1"

Rev. Kathleen Owens, *Lead Minister*

Sunday, February 14, 2021

9:30 am



**First
Unitarian Universalist
Church of San Diego**

Call to Worship / Llamado a la celebración

Welcome / Bienvenida

~ Angela Garcia-Sims

Prelude / Preludio

“Prelude Op. 28, No. 20, in C minor” — Frédéric Chopin

~ Chase Pado, *Piano*

Land Acknowledgment / 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

#3 “Gracias por el amor ”

Story / Cuento

“Martin’s Big Words” — Doreen Rappaport

— Bryan Collier, *illustrator*

~ Itzel Márquez

Affirmation / Afirmación

Ritual of Farewell for / Ritual de despedida para Mary Rose and Len Pellettiri

Reflection / Reflexión

~ Everett Eastman

Song / Canto

#34 “Though I May Speak With Bravest Fire”

Meditation / Meditación

Special Music / Musica especial

“Hold Onto Love”

Message / Mensaje

“Strength to Love, Part 1” / “La fuerza del amor, Parte 1”

~ Rev. Kathleen Owens, *Lead Minister*

Song / Canto

“Love Will Guide Us”

Offering / Ofrenda

Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio

“À la manière de Borodine” — Maurice Ravel

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

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

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

** Compassion Corner, 10:30 am <https://bit.ly/CompassionCorner1>

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

#3 “Gracias por el amor ”

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

Gracias por el amor el 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 día,
Gracias por nuestra gran unión,
Gracias por todas las bondades,
Aleluya!

#34 “Though I May Speak With Bravest Fire”

Though I may speak with bravest fire,
and have the gift to all inspire,
and have not love, my words are vain,
as sounding brass, and hopeless gain.

Though I may give all I possess,
and striving so my love profess,
but not be given by love within,
the profit soon turns strangely thin.

Come, Spirit, come, our hearts control,
our spirits long to be made whole.
Let inward love guide every deed;
by this we worship, and are freed.

“Love Will Guide Us”

Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.

If you cannot sing like angels,
if you cannot speak before thousands,
you can give from deep within you.
You can change the world with your love.

Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.

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.

“Hold Onto Love”

There is a place for the sadness.
Hold on to Love.
There is a season of gladness.
Hold on to Love.
when pain and confusion seem endless,
Hold on to Love.
We cultivate healing through kindness.
Hold on to Love.

Chorus-

Hold on to love where hope is found.
Hold on to love, where Joy abounds.
Hold on to love, where Grace and Mercy's
overflowing.
Hold on to Love.

When terror and fear overwhelm us,
Hold on to Love.
Courage and faith will sustain us.
Hold on to Love.
When violence seeks to destroy us,
Hold on to Love.
Acts of compassion restore us.
Hold on to Love.

Chorus-

When hatred is used to divide us,
Hold on to Love.
Wisdom and Truth reunite us.
Hold on to Love.
When prejudice poses as freedom,
Hold on to Love.
Dignity means, “all are welcome!”
Hold on to Love.

Chorus-

Hold on to love where hope is found.
Hold on to love, where Joy abounds.
Hold on to love, where Grace and Mercy's
overflowing.
Hold on to Love. (Repeat chorus)
Hold on to love.

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, February 14, 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.

Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm, <https://gather.town/app/bJqi72VcPaCb5yvv/ParentsLounge>.

Rainbow Action Group's Koffee Klatch

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

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.

Open Heart Sangha

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

Tuesday, February 16, 2020

Monthly Board Meeting

February 16, Tuesday, 6 pm, Online. Email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Wednesday, February 17, 2020

Senior High Youth Game Day

Wednesdays at 4:30 pm. Contact 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 for information.

Mindfulness & Meditation Practice Group

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

Friday, February 12, 2020

Emerging Young Adults

Fridays, weekly, 6 pm, online. For individuals between 17 and 25. Email Matthew at matthew@firstuusandiego.org.

Saturday, February 13, 2021

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

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. Please register at <https://www.eventbrite.com/e/126508936635> to receive Zoom info prior to the discussion.

Coping With Chronic Conditions Support Group

February 22, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, ID: 681-036-9317.

Women's Chorus Rehearsal

Feb 22, 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

Feb 22, Mondays, weekly, 5:30 pm, bit.ly/SouthBaySingers.

Fourth Monday Meeting of the UU Men's Fellowship

Monday, February 22, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

Arts & Crafts Creative Social

February 23, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

Join Robie!

February 24, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie4th> or call 1-669-900-6833, Meeting ID 814 3746 1400.

Memory Matters Gathering

February 26, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Board Chat

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

Cosmos

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

Creative Writing Group

March 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.