

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.*

May's Monthly Theme: Identity

“For All That Is Our Life”
“Por todo lo que es nuestra vida”

Rev. Carlton Elliott Smith

Sunday, May 30, 2021

9:30 am



First
Unitarian Universalist
Church of San Diego

Prelude / Preludio

“Sonata in F Minor” — Domenico Scarlatti
~ Chase Pado, *Pianist*

Welcome / Bienvenida

~ Matthew Waterman, *Intern Minister* and Rev. Tania Y. Márquez, *Assistant Minister*

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

#123 “Spirit of Life” / “Fuente de amor”

Story / Cuento

Reflection “Feelings Amid Conflict” / “Emociones en medio de conflicto”
~ Tony Bianca, *Program Director*

Affirmation / Afirmación**Song / Canto**

#1031 “Filled With Loving Kindness”
South Bay Singers
~ Lorelei Isidro-Garner, *Director*

Meditation / Meditación**Reading / Lectura**

“Tao Te Ching” — Verse 31 / Verso 31

Special Music / Musica especial

“Moon River” — Henry Mancini

Message / Mensaje

“For All That Is Our Life” / “Por todo lo que es nuestra vida”
~ Rev. Carlton Elliott Smith

Song / Canto

#128 “For All That Is Our Life”

Offering / Ofrenda**Extinguishing the Chalice and Blessing / Bendición****Postlude / Posludio**

“Deep Peace” — Bill Douglas, *music*
— text: Gaelic Blessing
JUUL Tones Acappella Ensemble
~ Andrea N-L, *Director*

***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 bit.ly/CompassionCorner1

#123 “Spirit of Life” / “Fuente de amor”

Fuente de Amor, ven hacia mí.
Spirit of life come onto me.
Y al corazón, cántale tu compasión.
Sing in my heart all the stirrings of compassion.
Sopla al volar, sube en la mar,
Blow in the wind, rise in the sea;
Hasta moldear la justicia de la vida.
Move in the hand,
giving life in the shape of justice.
Arráigame, libérame,
Roots hold me close; wing set me free;
Fuente de Amor, ven a mí, ven a mí.
Spirit of Life, come to me, come to me.

#1031 “Filled With Loving Kindness”

May I be filled with loving kindness. May I be well.
May I be filled with loving kindness. May I be well.
May I be peaceful and at ease. May I be whole.

May you be filled with loving kindness.
May you be well.
May you be filled with loving kindness.
May you be well.
May you be peaceful and at ease.
May you be whole.

May we be filled with loving kindness.
May we be well.
May we be filled with loving kindness.
May we be well.
May we be peaceful and at ease.
May we be whole.

#128 “For All That Is Our Life”

For all that is our life
we sing our thanks and praise;
for all life is a gift
which we are called to use
to build the common good
and make our own days glad.

For needs which others serve,
for services we give,
for work and its rewards,
for hours of rest and love;
we come with praise and thanks
for all that is our life.

For sorrow we must bear,
for failures, pain, and loss,
for each new thing we learn,
for fearful hours that pass:
we come with praise and thanks
for all that is our life.

For all that is our life
we sing our thanks and praise;
for all life is a gift
which we are called to use
to build the common good
and make our own days glad.

“Deep Peace”

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing light on you
Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing light on you

Deep peace to you; deep peace to you

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, May 30, 2021

Social Hour and Meet & Greets with Board Candidates
Sundays, 10:30 am — 11 am, url <https://bit.ly/FirstUU>
SocialHour, Meeting ID 824 042 297. The password will be provided during the worship service.

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.

Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm,
<http://bit.ly/NewParentLounge>, Meeting ID 873 6793 7478,
Passcode 504406.

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 1:30 pm. To get more info, contact Käthe at
kathe@firstuusandiego.org.

Senior High Youth Group

Sundays at 3:30 pm. Contact 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.

Monday, May 31, 2021

Fourth Monday Meeting of the UU Men's Fellowship

Monday, May 24, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

Tuesday, June 1, 2021

Worship Planning

Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>,
or call in at 1-669-900-6833, Meeting ID 878 4650 3375,
Passcode 184690.

Widening the Circle of Concern Report Study Group

Tuesdays, 6:30 pm - 7:30 pm, and running weekly. Email
coicstudygroup@gmail.com with questions, and/or to sign up!

Wednesday, June 2, 2021

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.

Friday, June 3, 2021

Emerging Young Adults

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

Saturday, June 4, 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. Distributing food every Saturday from 11 am — 12:30 pm.

Upcoming Events

Board Chat

Sundays (first), June 6, 10:30 am,
<https://bit.ly/FirstUUBoardChat>, Meeting ID: 863 0218
5062 Passcode: 203946.

UU Christian Study Group

Sunday, June 6, 1 pm, in front of the Meeting House in the Narthex. We are limited to 12 people, please RSVP to curranjeffery@msn.com.

Cosmos

Sundays (first), June 6, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.

Discussion of The Ethnic Cleansing of Palestine

June 6, Sunday, 4 pm, online. Register at
<https://www.eventbrite.com/e/152615736777> to receive the Zoom info prior to the event.

Arts & Crafts Creative Social

June 8, second Tuesdays, 3 pm — 5 pm, Link to meeting:
<http://bit.ly/FirstUUArtGuild> or call in at 1-669-900-6833,
Meeting ID 860 2031 2916, Passcode 587290.

Monthly Board Meeting

June 8, Tuesday, 6 pm, Online. Email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Join Robie!

June 9, second and fourth Wednesdays, 4 pm — 5 pm, url
<http://bit.ly/JoinRobie2nd> or call 1-669-900-6833, Meeting ID 821 3727 4274.

Creative Writing Group

June 12, 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

June 13, Sundays (second), 12 pm, URL
<https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

Coping With Chronic Conditions Support Group

June 14, second and fourth Mondays, 1 pm — 3 pm, url
<https://bit.ly/CopingCCGroup>, ID: 681-036-9317.

Living the Homestretch

June 19, Saturday, 10 am, bit.ly/LivingTheHomestretch,
Meeting ID 911 2242 6361.

Climate Justice Meeting

Sunday, June 20, 1 pm, <http://bit.ly/CJMJune2021>. Matt Moreland, FUUSD member and head of the National Weather Service in San Diego, will offer a meteorologist's unique perspective on climate change.