

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.*

August's Monthly Theme: Re-imagining Community

“Making the Most of It”

“Aprovechando al Máximo”

Rev. Kathleen Owens, *Lead Minister*

Sunday, August 1, 2021

9:30 am



First
Unitarian Universalist
Church of San Diego

Prelude / Preludio

“Skylark” — Hoagy Carmichael
~ Chase Pado, *Pianist*

Call to Worship / Llamado a la celebración

~ Rev. Kathleen Owens and Marcia Biller

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

~ Laura Ball

Song / Canto

#1017 “Building a New Way”

Story / Cuento

“The Butterfly Blues”

Song / Canto

#396 “I Know This Rose Will Open”

Meditation / Meditación

Reading / Lectura

“Transitions”

Special Music / Musica especial

“Changes” — David Bowie

Message / Mensaje

“Making the Most of It” / “Aprovechando al Máximo”
~ Rev. Kathleen Owens, *Lead Minister*

Song / Canto

#1024 “When the Spirit Says Do”
~ Malesha Taylor

Offering / Ofrenda

Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio

“Bittersweet Symphony” — Richard Ashcroft

**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>

#1017 “Building a New Way”

We are building a new way.
We are building a new way.
We are building a new way,
feeling stronger ev'ry day,
We are building a new way.

We are working to be free.
We are working to be free.
We are working to be free.
We are working to be free,
hate and greed and jealousy.
We are working to be free.

We can feed our every need.
We can feed our ev'ry need.
We can feed our ev'ry need,
Start with love, that is the seed.
We can feed our every need.

Peace and freedom is our cry.
Peace and freedom is our cry.
Peace and freedom is our cry,
Without these this world will die.
Peace and freedom is our cry.

#396 “I Know This Rose Will Open”

Sé que abrirá esta rosa,
y sé que mi temor se irá.
Sus alas mi amor desplegará.
Sé que abrirá esta rosa.

I know this rose will open,
I know my fears will burn away.
I know my soul will unfurl its wings.
I know this rose will open.

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.

#1024 “When the Spirit Says Do”

You got to do when the spirit says do!
You got to do when the spirit says do!
When the spirit says do, you got to do,
oh Lord!
You got to do when the spirit says do!

You got to sing when the spirit says sing!
You got to sing when the spirit says sing!
When the spirit says sing, you got to sing,
oh Lord!
You got to sing when the spirit says sing!

You got to dance when the spirit says dance!
You got to dance when the spirit says dance!
When the spirit says dance, you got to dance,
oh Lord!
You got to dance when the spirit says dance!

You got to laugh when the spirit says laugh!
You got to laugh when the spirit says laugh!
When the spirit says laugh, you got to laugh,
oh Lord!
You got to laugh when the spirit says laugh!

You got to shout when the spirit says shout!
You got to shout when the spirit says shout!
When the spirit says shout, you got to shout,
oh Lord!
You got to shout when the spirit says shout!

Calendar of Events

Sunday, August 1, 2021

Social Hour

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

Board Chat

Sundays (first), August 1, 10:30 am, <https://bit.ly/FirstUUBoardChat>, Meeting ID: 863 0218 5062 Passcode: 203946.

South Bay Social Hour

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

Cosmos

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

Open Heart Sangha

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

Monday, August 2, 2021

Compassion Corner

Mondays, weekly, 7 pm — 7:30 pm, <https://bit.ly/Compassioncorner1>, Meeting ID: 979 7637 7178 Passcode: 540948.

Tuesday, August 3, 2021

Caregivers/Allies Support Group

Tuesday, August 3, 3 pm — 4:30 pm, online. Contact Rose Riedel at Rose@firstuusandiego.org.

Worship Planning

Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, 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

Wednesday, August 4, 2021

First UU Summer Music Lecture Series & Sing-Along

Wednesday, August 4, 7 pm, <https://bit.ly/MusicLectureSeries>, Meeting ID 856 3744 7406, Passcode 191707.

Saturday, August 5, 2021

Saturday Music and Movement & Science, Stories and Songs

Saturdays at 9 am & 10 am. Children's RE programming. Request 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

Rainbow Action Group's Koffee Klatch

August 8, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

Pagan Conversations

August 8, Sundays (second and fourth), 1 pm — 2 pm, <https://bit.ly/PaganConversations> ID: 535-853-700.

Coping With Chronic Conditions Support Group

August 9, second and fourth Mondays, 1 pm, URL <https://bit.ly/CopingCCGroup>, or call 669-900-6833 with meeting ID 681-036-9317.

Arts & Crafts Creative Social

August 10, 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.

SOLACE Speaker Meeting

Tuesday, August 10, 7:15 pm, bit.ly/SOLACMeeting, Meeting ID: 548 467 669. Passcode: 267441.

Join Robie!

August 11, 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

August 13, Fridays (second and fourth), 10 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Creative Writing Group

August 14, 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.

Friends of Camp de Benneville Pines

Sundays (third), August 15, 6:30 pm — 8 pm, online. To be added to the ZOOM invite list, please contact john@schaibly.com

Monthly Board Meeting

August 17, Tuesday, 6 pm, Online. Find the zoom link in the member's only section of the [website](#).

Rev. Kathleen's Farewell Picnic Party!

Saturday, Aug. 21, 6 pm – 8 pm, Hillcrest patio. Come and help us celebrate Rev. Kathleen's 14 years of service to our congregation as we fondly say "Farewell."

Fourth Monday Meeting of the UU Men's Fellowship

Monday, August 23, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

Living the Homestretch

September 18, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, or call in at 1-669-900-6833, Meeting ID 911 2242 6361.