

# 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.*

December's Monthly Theme: Hope

## "The Color of Hope" "El color de la esperanza"

Rev. Tania Y. Márquez, *Assistant Minister*

Sunday, December 6, 2020

9:30 am



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.

### 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.

## **Prelude / Preludio**

“Rising Green”  
~ Chase Pado, *Piano*  
~ Andrea N-L, *Vocalist*

## **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**

## **Lighting the Advent Wreath / Encendido la corona de adviento**

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

## **Song / Canto**

#226 “People Look East”  
~ Tony Bianca, *Songleader*

## **Story / Cuento**

“The Prophecy”  
~ Tony Bianca, *Program Coordinator*

## **Affirmation / Afirmación**

## **Reflection / Reflexión**

~ Mat Kaplan

## **Song / Canto**

“Earth, Water, Fire, Air”

## **Meditation / Meditación**

## **Reflection / Reflexión**

~ Rhiannon Rhys Roselle

## **Special Music / Musica especial**

“Hope” — Ysaye Barnwell  
JUUL Tones  
~ Andrea N-L, *Director*

## **Message / Mensaje**

“The Color of Hope” / “El color de la esperanza”  
~ Rev. Tania Y. Márquez, *Assistant Minister*

## **Song / Canto**

“Color Esperanza” — Diego Torres

## **Offering / Ofrenda**

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

## **Postlude / Posludio**

“Hands Off The Antarctic” — Thom Yorke

*\*\*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>**

## #226 "People Look East"

People, look east.  
The time is near  
of the crowning of the year.  
Make your house fair as you are able,  
Trim the hearth and set the table.  
People, look east and sing today  
Love, the Guest, is on the way.

Furrows, be glad.  
Though earth is bare,  
one more seed is planted there.  
Give up your strength the seed to nourish,  
that in course the flower may flourish  
People, look east and sing today  
Love, the Rose, is on the way.

Stars, keep the watch.  
When night is dim,  
one more light the bowl shall brim,  
Shining beyond the frosty weather,  
bright as sun and moon together.  
People, look east and sing today  
Love the Star, is on the way.

## "Earth, Water, Fire, Air"

The Earth, the Water, the Fire, the Air  
Return, return, return, return.

## "Hope"

If we want hope to survive in this world today  
Then every day, we've got to pray on, pray on,  
If we want hope to survive in this world today  
Then every day, we've got to pray on.

If we want hope to survive in this world today  
Then every day, we've got to walk on, walk on,  
If we want hope to survive in this world today  
Then every day, we've got to walk on.

If we want hope to survive in this world today  
Then every day, we've got to move on, move on;  
If we want hope to survive in this world today  
Then every day, we've got to move on.

If we want hope to survive in this world today  
Then every day, we've got to march on, march on;  
If we want hope to survive in this world today  
Then every day, we've got to march on.

If we want hope to survive in this world today  
Then every day, we've got to teach on, teach on;  
If we want hope to survive in this world today  
Then every day, we've got to teach on.

If we want hope to survive in this world today  
Then every day, we've got to sing on, sing on;  
If we want hope to survive in this world today  
Then every day, we've got to sing on.  
Sing on . . . sing on . . .sing on . . .sing on . . .  
Then every day, we've got to sing on!

## "Color Esperanza"

Sé que hay en tus ojos con solo mirar  
Que estás cansado de andar y de andar  
Y caminar, girando siempre en un lugar  
Sé que las ventanas se pueden abrir  
Cambiar el aire depende de ti  
Ay, te ayudará  
Vale la pena una vez más  
Saber que se puede  
Querer que se pueda  
Quitarnos los miedos  
Dejarlos afuera  
Pintarse la cara  
Color esperanza  
Tentar al futuro  
Con el corazón  
Vale más el presente que el futuro  
Dale suave que aquí no hay apuro  
Ya salimos adelante, ya no le des mente  
Y abrazo pa' toda mi gente  
É melhor perder-se que nunca embarcar  
Mejor tentarse a dejar de intentar  
E assim será (e assim será)  
E a vida muda, mudará  
Sé que lo imposible se puede lograr  
Que la tristeza algún día se irá  
Y así será (yeah-yeah y así será)  
La vida cambia y cambiará  
Sentirás, que el alma vuela  
Por cantar una vez más  
Saber que se puede  
Querer que se pueda  
Quitarse los miedos  
Écharlos pa' afuera  
Pintarse la cara color esperanza  
Tentar al futuro con el corazón  
Con el corazón  
Saber que se puede  
Querer que se pueda  
Quitarse los miedos  
Sacarlos afuera  
Pintarse la cara  
Color esperanza  
Tentar al futuro  
Con el corazón  
Saber que se puede  
Querer que se pueda  
Quitarse los miedos  
Sacarlos afuera  
Pintarse la cara color esperanza  
Tentar el futuro  
Con el corazón  
Saber que se puede (que sí se puede, se puede)  
Querer que se pueda (yo quiero, yo quiero que sí se pueda)  
Pintarse la cara  
Color esperanza  
Tentar el futuro  
Con el corazón  
Saber que se puede (claro que se puede)  
Querer que se pueda (ya ves que se pueda)  
Pintarse la cara  
Color esperanza (color esperanza)  
Tentar el futuro  
Con el corazón

# Calendar of Events

## Sunday, December 6, 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.

### **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, url <https://bit.ly/FirstUUParentsLounge>.

### **Cosmos**

Sundays (first), December 6, 1 pm — 3 pm, Online. Contact James Long at [kyolong1@gmail.com](mailto:kyolong1@gmail.com) for the link.

### **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> Meeting 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).

### **Blue Holiday Vespers Service**

Sunday, December 6, 5 pm, <https://bit.ly/1UUBlueHoliday>.

### **Blood Brothers Book Discussion**

Sunday, December 6, 4 pm, online. Register at <https://www.eventbrite.com/e/127016942093> to receive Zoom info prior to the discussion

### **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, December 7, 2020

### **Women's Chorus Rehearsal**

Mondays, weekly, soprano 4:30 pm — 5:20 pm, [bit.ly/WomensChoirSoprano](https://bit.ly/WomensChoirSoprano), alto 5:30 pm — 6:20 pm, [bit.ly/WomensChoirAlto](https://bit.ly/WomensChoirAlto).

### **South Bay Singers Rehearsal**

Mondays, weekly, 6:30 pm, [bit.ly/SouthBaySingers](https://bit.ly/SouthBaySingers).

## Tuesday, December 8, 2020

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

December 8, second and fourth Tuesdays, 3 pm — 5 pm, <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

### **Worship Planning**

Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, ID 878 4650 3375  
Passcode 184690.

## Wednesday, December 9, 2020

### **Join Robie!**

December 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.

### **Senior High Youth Game Days**

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.

### **Chalice Choir**

Wednesdays, weekly, 7 pm — 8 pm, [bit.ly/ChaliceChoir](https://bit.ly/ChaliceChoir), Meeting ID: 810 8642 8898, PW: 878890.

## Friday, December 11, 2020

### **Memory Matters Gathering**

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

### **Senior High Youth Movie Nights**

Fridays at 5 pm. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

### **Emerging Young Adults**

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

## Saturday, December 12, 2020

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

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

### **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

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

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

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

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

### **Monthly Board Meeting**

December 15, Tuesday, 6 pm, Online. Email President Sarah Ormond at: [boardpresident@firstuusandiego.org](mailto:boardpresident@firstuusandiego.org).

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

Thursday, December 17, 2 pm — 3:30 pm, online. We'll be discussing Sue Monk Kidd's *The Book of Longings*. Sign up with Rose at [rose@firstuusandiego.org](mailto:rose@firstuusandiego.org) to receive the Zoom link.