

Welcome / Bienvenida-o First Unitarian Universalist Church of San Diego

*Create community, nurture spiritual growth, heal the world.
Crear comunidad, fomentar el crecimiento espiritual, sanar el mundo.*

June's Monthly Theme: Growth

"What Freedom Means"
"¿Qué significa la libertad?"

Rev. Kathleen Owens, *Lead Minister*

Sunday, July 5, 2020

9:30 am



First
Unitarian Universalist
Church of San Diego

Prelude / Preludio

“Prelude in E Minor (Op. 28 No. 4)” — Frédéric Chopin
~ Chase Pado, *Pianist / Organist*

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

Call to Worship / Llamado a la celebración

Song / Canto

#1035 “Freedom is Coming”
~ Lorelei Isidro-Garner & Tony Bianca, *Songleaders*

Time For All Ages / Cuento

Affirmation / Afirmación

Song / Canto

#1009 “Meditation on Breathing”
~ Lara Korneychuk, *Songleaders*

Extinguishing the Chalice for Nancy Beach

Meditation / Meditación

Special Music / Musica especial

“Libertad”
~ Andrea N-L and Drew Masicott

Message / Mensaje

“What Freedom Means” / “¿Qué significa la libertad?”
~ Rev. Kathleen Owens, *Lead Minister*

Offering Words / Ofrenda

Song / Canto

#148 “Let Freedom Span both East and West”
~ Lorelei Isidro-Garner & Tony Bianca, *Songleaders*

Blessing / Bendición

Postlude / Posludio

“Lazy Afternoon” — John Latouche and Jerome Moross

***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/SouthBaySH>

#1035 “Freedom is Coming”

Oh freedom, oh freedom,
oh freedom, freedom is coming!
Oh freedom, oh freedom,
oh freedom, freedom is coming!

Oh yes I know, oh yes I know,
oh yes I know, freedom is coming!
Oh freedom, oh freedom,
oh freedom, freedom is coming!

#1009 “Meditation on Breathing”

When I breathe in,
I'll breathe in peace.
When I breathe out,
I'll breathe out love.

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.

#148 “Let Freedom Span both East and West”

Let freedom span both east and west,
and love both south and north,
in universal fellowship
throughout the whole wide earth.

In beauty, wonder, everywhere,
let us communion find;
compassion be the golden cord
close-binding humankind.

Beyond all barriers of race,
of color, caste, or creed,
let us make friendship, human worth,
our common faith and deed.

Then east and west will meet and share,
and south shall build with north,
one human common wealth of good
throughout the whole wide earth.

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, July 5, 2020

Social Hour

Sundays, weekly, 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. Password provided during worship service.

Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm, url <https://bit.ly/FirstUUParentsLounge>.

First UU Youth Group

Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusandiego.org.

Pagan Conversations

Sundays, weekly, 1 pm — 2:30 pm, Meeting Link: <https://bit.ly/PaganConversations> Meeting ID: 535-853-700.

Cosmos

Sundays (first), July 5, 1 pm — 3 pm, Online, Contact James Long at kyolong1@gmail.com for the link to the meeting.

Open Heart Sangha

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

Monday, July 6, 2020

South Bay Singers Rehearsal

Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Wednesday, July 8, 2020

First UU Youth Game Days

Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Join Robie! – Zoom Chat Open House

July 8, second and fourth Wednesdays, 4 pm — 5 pm, url <https://bit.ly/JoinRobie>, Meeting ID 577-697-458.

Thursday, July 9, 2020

Women's Chorus Rehearsal

July 9, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

Friday, July 10, 2020

First UU Youth Movie Nights

Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Saturday, July 11, 2020

Hillcrest Parking Lot Food Drop Off

Every Saturday, 8 am — 9 am. Please place your bag or box of food in the back of Dana & Loren Tomlinson's dark gray Ford pick up truck with shell.

South Bay Campus Food Drop Off

Drop off bagged or boxed food every Saturday from 9 am — 10 am.

Children's Zoom Meet-Up Preschool to Grade 2

Saturdays at 10 am. Request meeting information from tony@firstuusandiego.org.

Food Pantry Hours

970 Broadway Suite 101, Chula Vista 91911. Our food pantry distributes food every Saturday in May from 11 am — 12:30 pm.

Children's Zoom Meet-Up Grades 3 to 5

Saturdays at 2 pm. Request meeting information from tony@firstuusandiego.org.

Upcoming Events

Coping With Chronic Conditions Support Group

July 13, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, Meeting ID 681-036-9317.

Arts & Crafts Creative Social

July 14, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>.