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
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.**


#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.

#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 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 sacramentó, 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](https://bit.ly/FirstUUSocialHour), Meeting ID 824 042 297.

**South Bay Social Hour**  

**Parents’ Lounge**  

**First UU Youth Group**  
Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusandiego.org.

**Pagan Conversations**  

**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**  

**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**  

**Thursday, July 9, 2020**

**Women’s Chorus Rehearsal**  

**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**  

**Arts & Crafts Creative Social**  