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.

July's Monthly Theme: Growth

"Abundant Life is Calling"
"Una vida abundante está llamando"
Rev. Kathleen Owens, Lead Minister
Sunday, July 12, 2020
9:30 am
Prelude / Preludio
“Ständchen” — Franz Schubert
~ Chase Pado, Pianist

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 cáñiz

Call to Worship / Llamado a la celebración

Song / Canto
#1000 “Morning Has Come”
~ Lorelei Isidro-Garner & Tony Bianca, Songleaders

Time For All Ages / Cuento

Affirmation / Afirmación

Reading / Lectura

Song / Canto
#396 “I Know This Rose Will Open” / #9 “Sé que abrirá esta rosa”
~ Andrea N-L, Songleader / Flute / Oboe

Extinguishing the Chalice for Paul Marsh

Meditation / Meditación

Special Music / Musica especial
“When You Believe” from The Prince of Egypt
— Stephen Schwartz, words and music
— Audrey Snyder, choral arrangement
~ Performed by members of the Chalice Choir

Message / Mensaje
“Abundant Life is Calling” / “Una vida abundante está llamando”
~ Rev. Kathleen Owens, Lead Minister

Offering Words / Ofrenda

Song / Canto
#131 “Love Will Guide Us”

Blessing / Bendición

Postlude / Posludio
“Mercy Mercy Mercy” — Joe Zawinul

**Our sign language interpreter today is Paul Lambert.**
#1000 “Morning Has Come”
Morning has come, arise and greet the day!
Dance with joy and sing a song of gladness!
The light of hope here shines upon each face.
May it bring faith to guide our journey home.

A new day dawns, once more the gift is giv'n.
Wonder fills this moment shared together.
The light of peace here shines upon each face.
May it bring faith to guide our journey home.

Open our eyes to see that life abounds;
open hearts to welcome it among us.
The light of love here shines upon each face.
May it bring faith to guide our journey home.

#1000 “La Mañana ha llegado”
¡Ha llegado la mañana, levántate y saluda al día!
¡Baila de alegría y canta una canción de alegría!
La luz de la esperanza aquí brilla en cada rostro.
Que traiga fe para guiar nuestro viaje a casa.

Amanece un nuevo día, una vez más
se da el regalo.
La maravilla colma este momento compartido
entre todos.
La luz de la paz aquí brilla en cada rostro.
Que traiga fe para guiar nuestro viaje a casa.

Abre nuestros ojos para ver que la vida abunda;
abre corazones para recibirlo entre nosotros.
La luz del amor aquí brilla en cada rostro.
Que traiga fe para guiar nuestro viaje a casa.

#396 “I Know This Rose Will Open”
I know this rose will open.
I know my fear will burn away.
I know my soul will unfurl its wings.
I know this rose will open.

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

#131 “Love Will Guide Us”
Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.

If you cannot sing like angels,
if you cannot speak before thousands,
you can give from deep within you.
You can change the world with your love.

Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.

#131 “El Amor nos Guiará”
El amor nos guiará, la paz nos ha puesto a prueba,
la esperanza dentro nuestro liderará
el camino de la codicia a la entrega.
El amor nos guiará a través de la difícil noche.

Si no puedes cantar como los ángeles,
si no puedes hablar ante miles,
puedes dar desde lo más profundo de ti.
Puedes cambiar el mundo con tu amor.

El amor nos guiará, la paz nos ha puesto a prueba,
la esperanza dentro nuestro liderará
el camino de la codicia a la entrega.
El amor nos guiará a través de la difícil noche.

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 12, 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

Parents’ Lounge

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

Pagan Conversations

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 13, 2020
Coping With Chronic Conditions Support Group

South Bay Singers Rehearsal
Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Tuesday, July 14, 2020
Arts & Crafts Creative Social
July 14, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

Wednesday, July 15, 2020
Senior High Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Summer Virtual Pick-Up Choir

Thursday, July 16, 2020
Women’s Chorus Rehearsal
July 9, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

Friday, July 17, 2020
Senior High Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Saturday, July 18, 2020
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 5
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 from 11 am — 12:30 pm.

Upcoming Events

Monthly Board Meeting
Tuesday, July 21, 6 pm, Online. For meeting information email President Sarah Ormond at: sarahormond@yahoo.com.

Join Robie! – Zoom Chat Open House
Living the Homestretch

Saturday, July 18, 10 AM

Chris Smith and Peggy Holl will present information on First UU’s Caring Ministry Team. They will provide an overview of the services available and how to access them, followed by breakout group discussions. After the groups re-gather, and report on their conversations, there will be a Q&A time. All are invited.

You may join the Zoom meeting any time after 9:50 at

https://bit.ly/LivingTheHomestretch