

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

"Embodying Our First Principle" "Encarnar nuestro primer principio"

Rev. Tania Márquez, *Assistant Minister*

Sunday, July 26, 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

“Impromptu No. 1 G Minor” — Jean Sibelius

~ 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 cáliz

Call to Worship / Llamado a la celebración

Song / Canto

#1020 “Woyaya”

~ Andrea N-L, Tony Bianca, and Lorelei Isidro-Garner, *Songleaders*

Time For All Ages / Cuento

“The story of the Good Samaritan” / “La historia del buen samaritano”

Affirmation / Afirmación

Song / Canto

“The First Principle”

~ Tony Bianca

Meditation / Meditación

Special Music / Musica especial

#30 “Danos un corazon”

~ Andrea N-L, *Vocalist*

~ Chase Pado, *Piano*

Message / Mensaje

“Embodying Our First Principle” / “Encarnar nuestro primer principio”

~ Rev. Tania Márquez, *Assistant Minister*

Offering Words / Ofrenda

Song / Canto

“The Tide is Rising”

Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio

“Ordinary Pain” — Stevie Wonder

***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 bit.ly/SBSocialHour**

#1020 “Woyaya”

We are going,
heaven knows where we are going,
but we know within.

And we will get there,
heaven knows how we will get there
but we know we will.

It will be hard, we know,
and the road will be muddy and rough

But we'll get there,
heaven knows how we will get there
but we know we will.

Woyaya,
Woyaya, Woyaya, Woyaya

We are going,
heaven knows where we are going,
but we know within.

And we will get there,
heaven knows how we will get there
but we know we will.

Woyaya, Woyaya, Woyaya, Woyaya
Woyaya, yiyaya, Woyaya, yiyaya
Woyaya, yiyaya, Woyaya, yiyaya, ya!

#30 “Danos un corazon”

Danos un corazón grande para _ amar,
danos un corazón fuerte para luchar.

Gente nueva crey adora de la _ historia
constructora de nueva _ humanidad,
gente nueva que vive la _ existencia
como riesgo de _ un largo caminar.

Danos un corazón grande para _ amar,
danos un corazón fuerte para luchar.

Gente nueva luchando _ en esperanza,
caminnantes sediented de verdad,
gente nueva sin frenos ni cadenas,
gente libre que _ exige libertad.

Danos un corazón grande para _ amar,
danos un corazón fuerte para luchar.

Gente nueva amando sin fronteras
por encima de razas y lugar,
gente nueva al lado de los pobres
compartiendo con ellos techo _ y pan.

Danos un corazón grande para _ amar,
danos un corazón fuerte para luchar.

#30 “Give Us A Heart”

Give us a big heart for loving,
give us a strong heart for fighting.

A new people creating history,
building a new humanity.
A new people living their existence
like the risk of a long journey.

Give us a big heart for loving,
give us a strong heart for fighting.

A new people struggling in hope,
on a journey, thirsty for truth.
A new people, without restraints or chains,
a free people demanding truth.

Give us a big heart for loving,
give us a strong heart for fighting.

A new people, loving without borders,
regardless of ethnicity or place.
A new people, on the side of the poor,
sharing with them both shelter and bread.

Give us a big heart for loving,
give us a strong heart for fighting.

“The Tide is Rising”

The tide is rising, and so are we! (X3)
This is where we are called to be (X2)

The task is mighty, and so are we! (X3)
This is where we are called to be (X2)

The land is holy, and so are we! (X3)
This is where we are called to be (X2)

The storm is raging, and so are we! (X3)
This is where we are called to be (X2)

The sun is shining, and so are we! (X3)
This is where we are called to be (X2)

The world is ready, and so are we! (X3)
This is where we are called to be (X2)

The tide is rising, and so are we! (X3)
This is where we are called to be (X2)

La marea sube, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

La tarea es grande, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

La tierra es sagrada, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

La tormenta está embravecida, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

El sol brilla, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

El mundo está listo, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

La marea sube, nosotros también (3x)
Aquí es donde estamos llamados a estar (2x)

Calendar of Events

Sunday, July 26, 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, <bit.ly/SBSocialHour>. Join in for a South Bay Social Hour.

Parents' Lounge

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

Senior High 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.

Middle School Youth Group

Sundays at 2 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

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 27, 2020

Coping With Chronic Conditions Support Group

July 27, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, Meeting ID 681-036-9317.

South Bay Singers Rehearsal

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

Tuesday, July 28, 2020

Arts & Crafts Creative Social

July 28, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>.

Wednesday, July 29, 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

Wednesdays, weekly, 7 pm — 8 pm, <https://bit.ly/FUUSDSummerChoir>, Meeting ID: 810 8642 8898, PW: 878890.

Thursday, July 30, 2020

Women's Chorus Rehearsal

Thursdays, weekly, 1:15 pm, <bit.ly/WChoir>.

Friday, July 31, 2020

Senior High Youth Movie Nights

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

Saturday, August 1, 2020

South Bay Campus Food Drop Off

Drop off bagged or boxed food every Saturday from 9:30 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

Cosmos

Sundays (first), August 2, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.

Palestine-Israel Justice Team Book Discussion

Sunday, August 2, 4 pm, Online. For information on obtaining the book, and joining the Zoom discussion, [click here](#). Contact Cathy Pfister at keetcat@cipsd.com with questions.