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.

September's Monthly Theme: Change

"The Changing Cost of Labor"
"El costo cambiante del trabajo"

Rev. Kathleen Owens, Lead Minister
Sunday, September 6, 2020
9:30 am
Prelude / Preludio
“Rêverie” — Claude Debussy
~ Chase Pado, Pianist

Welcome and Land Acknowledgment / Bienvenida y reconocimiento de la tierra

Church Hymn / Himno de la iglesia
~ Lorelei Isidro-Garner and Tony Bianca, Songleaders
~ Andrea N-L, Flute
~ Chase Pado, Pianist

Church Aspiration and Kindling of the Chalice / Aspiraciones de la iglesia y encendido del cáliz

Call to Worship / Llamado a la celebración

Song / Canto
#65 / #361 “Ven, Ven, alégrate hoy” / “Enter, Rejoice and Come In”

Time For All Ages / Cuento
“Dolores Huerta: A Hero to Migrant Workers”

Affirmation / Afirmación

Song / Canto
#18 / #352 “Busco calma” / “Find a Stillness”

Meditation / Meditación
~ Rev. Tania Y Márquez, Assistant Minister

Special Music / Musica especial
“Bread Alone” — Lea Morris
~ Andrea N-L

Message / Mensaje
“The Changing Cost of Labor”
“El costo cambiante del trabajo”
~ Rev. Kathleen Owens, Lead Minister
~ Emily Fletcher Kaestner & Issel Martinez

Offering Words / Ofrenda

Song / Canto
#157 “Step by Step”

Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio
“Work Song” — Nat Adderley and Oscar Brown Jr

**Our sign language interpreter today is Paul Lambert.**
#65 “Ven, Ven, alégrate hoy”
#361 “Enter, Rejoice and Come In”
Ven, ven, alégrate hoy.
Ven, ven, alégrate hoy.
Es hoy un día muy feliz.
Ven, ven, alégrate hoy.

Open your ears to the song.
Open your ears to the song.
Today will be a joyful day;
enter, rejoice, and come in.

Ven, abierto el corazón.
Ven, abierto el corazón.
Es hoy un día muy feliz.
Ven, ven, alégrate hoy.

Don't be afraid of some change.
Don't be afraid of some change.
Today will be a joyful day;
enter, rejoice, and come in.

Enter, rejoice, and come in.
Enter, rejoice, and come in.
Today will be a joyful day;
enter, rejoice, and come in.

#18 “Busco calma”
#352 “Find a Stillness”
Busco calma, una calma que me venga a envolver;
Un silencio, tal silencio que me venga a envolver.
En el alma y por el alma que me inspire muy adentro,
la armonía alcanzare.

Seek the essence, hold the essence,
let the essence carry me.
Let me flower, help me flower,
watch me flower, carry me.
In the spirit, by the spirit,
with the spirit giving power,
I will find true harmony.

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,
lá 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.

#157 “Step by Step”
Step by step the longest march can be won,
can be won.
Many stones can form an arch, singly none,
singly none.
And by union, what we will can be accomplished still;
drops of water turn a mill, singly none,
singly none.
Calendar of Events

**Sunday, September 6, 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, [url](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.

**Parents’ Lounge**
Sundays, weekly, 11:40 am — 1 pm, [url](https://bit.ly/FirstUUParentsLounge).

**Children’s Religious Education**
Sundays, 1 pm. Request meeting information from tony@firstuusandiego.org.

**Pagan Conversations**

**Cosmos**
Sundays (first), September 6, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.

**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, September 7, 2020**

**Women’s Chorus Rehearsal**

**South Bay Singers Rehearsal**
Mondays, weekly, 6:30 pm — 7:20 pm, [url](http://bit.ly/SouthBaySingers).

**Tuesday, September 8, 2020**

**Arts & Crafts Creative Social**
September 8, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: [url](https://bit.ly/ArtGuildSocial).

**Turn-Up Tuesdays**
Tuesdays, 6 pm — 8 pm, [url](http://bit.ly/TurnupTuesdays) ID: 913 8630 7033. Contact ifurth@me.com.

**Wednesday, September 9, 2020**

**Join Robie!**

**Senior High Youth Game Days**
Wednesdays at 4 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

**Summer Virtual Pick-Up Choir**

**Thursday, September 10, 2020**

**Movie Night**
Thursday, September 10, 5 pm — 7:30 pm, online. Join Rev. Tania for a guided screening and discussion of the documentary 13th. Email rose@firstuusandiego.org to sign up and receive the link to the movie.

**Friday, September 11, 2020**

**Memory Matters Gathering**
September 11, Fridays (second and fourth), July 10, 9:30 am — 11:30 am, Online. Email 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.

**Saturday, September 12, 2020**

**South Bay Campus Food Drop Off**
Drop off bagged or boxed food every Saturday from 9:30 am — 10 am.

**Saturday Science, Stories and Songs**
Saturdays at 10 am. Children’s RE programming. 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**

**Rainbow Action Group’s Coffee Klatc**

**Coping With Chronic Conditions Support Group**