

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



First
Unitarian Universalist
Church of San Diego

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.*

** Join us for Social Hour at <https://bit.ly/FirstUUSocialHour>

** Join us for South Bay Social Hour at <https://bit.ly/SBSocialHour>

#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.

#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.

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.

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, <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

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

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

September 7, Mondays, weekly, soprano sectional 4:30 pm — 5:20 pm, <http://bit.ly/WomensChoirSoprano>, alto sectional 5:30 pm — 6:20 pm, <http://bit.ly/WomensChoirAlto>.

South Bay Singers Rehearsal

Mondays, weekly, 6:30 pm — 7:20 pm, <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: <https://bit.ly/ArtGuildSocial>.

Turn-Up Tuesdays

Tuesdays, 6 pm — 8 pm, <http://bit.ly/TurnupTuesdays>, ID: 913 8630 7033. Contact ifurth@me.com.

Wednesday, September 9, 2020

Join Robie!

September 9, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie2nd>, Meeting 821 3727 4274.

Senior High Youth Game Days

Wednesdays at 4 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, 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 Koffee Klatch

September 13, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, ID: 899 4140 9956, PW 893622.

Coping With Chronic Conditions Support Group

September 14, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, ID: 681-036-9317.