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

"Embodying Change"
"Personificando el cambio"

Matthew Waterman, Intern Minister
Sunday, September 13, 2020
9:30 am
Prelude / Preludio
“Reflections in D” — Duke Ellington
~ Chase Pado, Pianist

Welcome and Land Acknowledgment / Bienvenida y reconocimiento de la tierra
~ Rev. Kathleen Owens, Lead Minister
~ Issel Martinez

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
#1008 “When Our Heart is in a Holy Place”
~ Andrea N-L, Songleader

Time For All Ages / Cuento
“Mr. Flux”

Affirmation / Afirmación

Song / Canto
#21 “Ven Espíritu de Amor”
South Bay Singers
~ Lorelei Isidro-Garner, Director

Meditation / Meditación

Special Music / Musica especial
“Hallelujah” — MaMuse
Women’s Choir
~ Lorelei Isidro-Garner, Director

Message / Mensaje
“Embodying Change” / “Personificando el cambio”
~ Matthew Waterman, Intern Minister

Song / Canto
#1020 “Woyaya”
~ Lorelei Isidro-Garner & Andrea N-L, Songleaders

Offering Words / Ofrenda
Extinguishing the Chalice and Blessing / Bendición

Postlude / Posludio
“Gravity” — John Mayer

**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
#1008
“When Our Heart is in a Holy Place”

When our heart is in a holy place,
When our heart is in a holy place
We are bless’d with love and amazing grace,
When our heart is in a holy place.

When we trust the wisdom in each of us,
Ev’ry color ev’ry creed and kind,
And we see our faces in each other’s eyes,
Then our heart is in a holy place.

When our heart is in a holy place,
When our heart is in a holy place
We are bless’d with love and amazing grace,
When our heart is in a holy place.

When we tell our story from deep inside,
And we listen with a loving mind,
And we hear our voices in each other’s words,
Then our heart is in a holy place.

When our heart is in a holy place,
When our heart is in a holy place
We are bless’d with love and amazing grace,
When our heart is in a holy place.

When we share the silence of sacred space,
And the God of our Heart stirs within,
And we feel the power of each other’s faith,
Then our heart is in a holy place.

When our heart is in a holy place,
When our heart is in a holy place
We are bless’d with love and amazing grace,
When our heart is in a holy place.

When our heart is in a holy place,
When our heart is in a holy place
We are bless’d with love and amazing grace,
When our heart is in a holy place.

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.

#21 “Ven Espíritu de Amor”
Ven, Espíritu de Amor, ven sobre mí.
Ven, Espíritu de Amor, ven sobre mí.
Tóma-me, cámbia-me, lléna-me, úsá-me,
Ven, Espíritu de Amor, ven sobre mí.

#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, yiyya, Woyaya, yiyya
Woyaya, yiyya, Woyaya, yiyya, ya!

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.
Sunday, September 13, 2020
Social Hour

South Bay Social Hour

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

Parents' Lounge

Rainbow Action Group's Koffee Klatch

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

Pagan Conversations

Middle School Youth Group
Sundays at 2 pm. To get more info, contact Käthe at kath@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 14, 2020
Coping With Chronic Conditions Support Group

Women's Chorus Rehearsal

South Bay Singers Rehearsal

Tuesday, September 15, 2020
Monthly Board Meeting
September 15, Tuesday, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Turn-Up Tuesdays

Wednesday, September 16, 2020
Join Robie!

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

NEW – Mindfulness & Meditation Practice Group
September 16, Wednesdays, 7 pm — 9 pm, Online. Contact keith@keithmesecher.com for the Zoom link.

Chalice Choir

Thursday, September 17, 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 18, 2020
Senior High Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kath@firstuusandiego.org.

Saturday, September 19, 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.