

# 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



First  
Unitarian Universalist  
Church of San Diego

## **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.

### 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, úsa-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, yiyaya, Woyaya, yiyaya  
Woyaya, yiyaya, Woyaya, yiyaya, 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.

# Calendar of Events

## Sunday, September 13, 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](mailto:kathe@firstuusandiego.org).

### **Parents' Lounge**

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

### **Rainbow Action Group's Koffee Klatch**

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

### **Children's Religious Education**

Sundays, 1 pm. Request meeting information from [tony@firstuusandiego.org](mailto:tony@firstuusandiego.org).

### **Pagan Conversations**

Sundays, weekly, 1 pm — 2 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](mailto: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](mailto:margewur@gmail.com).

## Monday, September 14, 2020

### **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.

### **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 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](mailto:boardpresident@firstuusandiego.org).

### **Turn-Up Tuesdays**

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

## Wednesday, September 16, 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](mailto:kathe@firstuusandiego.org).

### **NEW – Mindfulness & Meditation Practice Group**

September 16, Wednesdays, 7 pm — 9 pm, Online. Contact [keith@keithmesecher.com](mailto:keith@keithmesecher.com) for the Zoom link.

### **Chalice Choir**

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

## 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](mailto: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 [kathe@firstuusandiego.org](mailto:kathe@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](mailto: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.