

Welcome / Bienvenida-o First Unitarian Universalist Church of San Diego

*Create community, nurture spiritual growth, help heal the world.
Crear comunidad, fomentar el crecimiento espiritual, sanar el mundo.*

November's Monthly Theme: Democracy

"What We Need Most Right Now"

"Lo que más necesitamos ahora"

Rev. Kathleen Owens, *Lead Minister*

Sunday, November 1, 2020

9:30 am

Centering thought

*"A democracy is designed for disagreement; it is
destroyed by mutual contempt" ~ Michael Gerson*



**First
Unitarian Universalist
Church of San Diego**

Prelude / Preludio

“Après un rêve” — Gabriel Urbain Fauré

~ Chase Pado, *Pianist*

Welcome and Land Acknowledgment / Bienvenida y reconocimiento de la tierra

~ Laura Ball, Matthew Waterman and Marcia Biller

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

#3 “Gracias por el amor”

Story / Cuento

“Going Up the Hill”

~ Tony Bianca, *Program Coordinator*

Affirmation / Afirmación

Reflection / Reflexión

~ Matthew Waterman, *Intern Minister*

Song / Canto

#31 “Fuente de amor” / #123 “Spirit of Life”

Extinguishing the Chalice for Regene Braun and for Claude Bradford

Meditation / Meditación

Special Music / Musica especial

“Love Knocks”

Chalice Choir

Message / Mensaje

“What We Need Most Right Now” / “Lo que más necesitamos ahora”

~ Rev. Kathleen Owens, *Lead Minister*

Song / Canto

#168 “One More Step”

Offering / Ofrenda

Blessing / Bendición

Postlude / Posludio

“Running Up That Hill” — Kate Bush

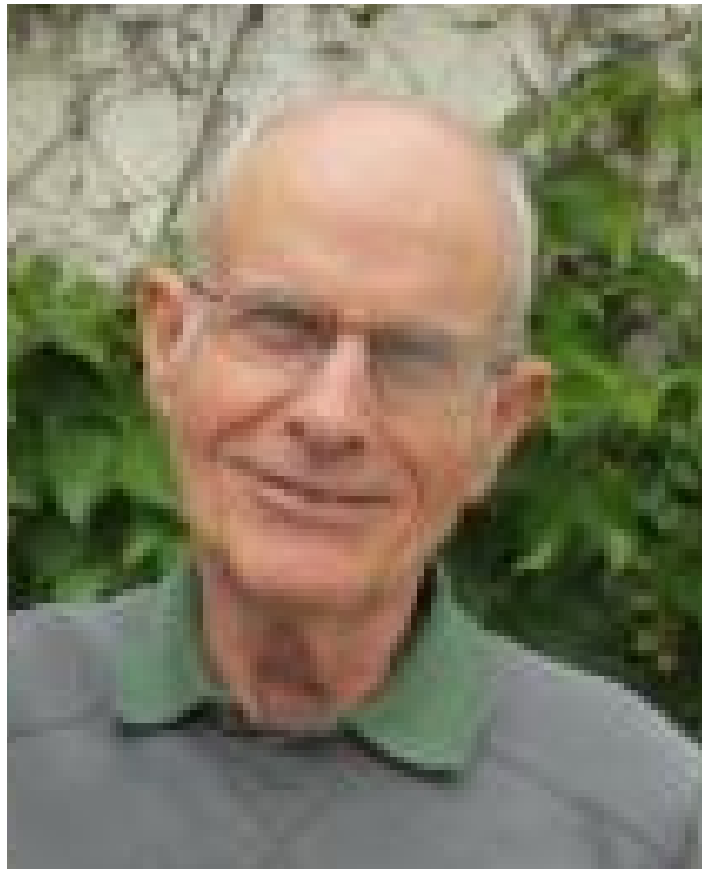
***Our sign language interpreter today is Paul Lambert.*

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

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



Regene Braun



Claude Bradford

#3 “Gracias por el amor”

Gracias por el amor del cielo,
gracias por el inmenso mar,
gracias por el cantar del bosque,
¡Aleluya!

Gracias por el amor del mundo,
gracias por la felicidad,
gracias por toda mi familia,
¡Aleluya!

Gracias por toda la hermosura,
gracias por nuestra juventud,
gracias por la amistad,
¡Aleluya!

Gracias por este nuevo día,
gracias por nuestra gran unión,
gracias por todas las bondades,
¡Aleluya!

#31 “Fuente de amor”

#123 “Spirit of Life”

Fuente de Amor, ven hacia mí.
Y al corazón, cántale tu compasión.
Sopla al volar, sube en la mar,
hasta moldear la justicia de la vida.
Arráigame, libérame,
Fuente de Amor, ven a mí, ven a mí.

Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea;
move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.

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.

#168 “One More Step”

One more step,
we will take one more step,
'til there is peace for us and everyone,
we'll take one more step.

One more word,
we will say one more word,
'til every word is heard by everyone,
we'll say one more word.

One more prayer,
we will say one more prayer,
'til every prayer is shared by everyone,
we'll say one more prayer.

One more song,
we will sing one more song,
'til every song is sung by everyone,
we'll sing one more song.

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, November 1, 2020

Social Hour

Sundays, weekly, 10:30 am — 11:30 am, url
<https://bit.ly/FirstUUSocialHour>, Meeting ID 824 042 297.

Zoom With Your Board

Sunday, November 1, 10:30 am, <http://bit.ly/BoardChats>.
Chat with Board members to find out what the Board is working on or voice your concerns for our congregation.

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>.

Cosmos

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

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.

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.

Día de muertos Vespers Service

Sunday, November 1, 5 pm, online. Rev. Tania will be offering a Day of the Dead service. Email tania@firstuusandiego.org for zoom meeting details.

Monday, November 2, 2020

Women's Chorus Rehearsal

Mondays, weekly, soprano 4:30 pm — 5:20 pm,
bit.ly/WomensChoirSoprano, alto 5:30 pm — 6:20 pm,
bit.ly/WomensChoirAlto.

South Bay Singers Rehearsal

Mondays, weekly, 6:30 pm, bit.ly/SouthBaySingers.

Tuesday, November 3, 2020

Election Community Zoom Room

Tuesday, November 3, 11 am — 9 pm and Wednesday, November 4, 11 am — 7 pm,
<http://bit.ly/FirstUUElectionGathering>, Meeting ID: 932 1804 3686 Passcode: 139685.

Turn Up Tuesdays

November 3, Tuesdays, 6 pm — 8 pm,
<http://bit.ly/TurnupTuesdays>, Meeting ID 913 8630 7033.

Wednesday, November 4, 2020

Senior High Youth Game Days

Wednesdays at 4 pm. Contact kathe@firstuusandiego.org.

Mindfulness & Meditation Practice Group

Wednesdays, 7 pm — 9 pm, Online. Contact keith@keithmesecher.com for the Zoom link.

Chalice Choir

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

Thursday, November 5, 2020

DRUUMM

Thursday, November 5, 6 pm, zoom. If you want to join, please email Rev. Tania Márquez at tania@firstuusandiego.org.

Friday, November 6, 2020

Senior High Youth Movie Nights

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

Saturday, November 7, 2020

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

November 8, Sundays (second), 12 pm, URL
<https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

Coping With Chronic Conditions Support Group

November 9, second and fourth Mondays, 1 pm — 3 pm, url
<https://bit.ly/CopingCCGroup>, ID: 681-036-9317.

Arts & Crafts Creative Social

November 10, second and fourth Tuesdays, 3 pm — 5 pm,
<https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

Join Robie!

November 11, second and fourth Wednesdays, 4 pm — 5 pm, url
<http://bit.ly/JoinRobie2nd>, Meeting ID 821 3727 4274.

Memory Matters Gathering

November 13, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link.

COIC (Committee on Institutional Change) Discussion

Saturday, November 14, 1 pm — 2:30 pm,
bit.ly/COICdiscussion, ID 884 8951 3944 Passcode 576130.

Living the Homestretch

November 21, Saturdays (third), 10 am, online at
<https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361. Angela Garcia-Sims and Laura Ball will lead a discussion on the proposed 8th UU principle with a focus on what it means for seniors. The presentation will be followed by breakout group discussions and a general Q&A. All are invited.