

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

"The Road Ahead" "El camino adelante"

Rev. Tania Y. Márquez, *Assistant Minister*

Sunday, November 8, 2020

9:30 am



First
Unitarian Universalist
Church of San Diego

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.

Prelude / Preludio

“Hold on to Love” — Jesse Manibusan
Women's Choir
~ Lorelei Isidro-Garner, *Director*

Welcome / Bienvenida

~ Rev. Julie Forest, *Affiliate Minister*

Land Acknowledgment / Reconocimiento de la tierra

~ Jennifer Clay

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

#1020 “Woyaya”

Story / Cuento

“Getting Through the Woods” / “Atravesando el bosque” — Tony Bianca
~ Tony Bianca, *Program Assistant*

Affirmation / Afirmación

Reflection / Reflexión

~ Rev. Kathleen Owens, *Lead Minister*

Song / Canto

“We Will Somehow Find a Way” / “De algún modo encontraremos el camino”

Extinguishing the Chalice for RJ Palmer

Meditation / Meditación

Special Music / Musica especial

#170 “We Are Gentle, Angry People” / #36 “Cantando por nuestras vidas”

Reading / Lectura

~ Matthew Waterman, *Intern Minister*

Message / Mensaje

“The Road Ahead” / “El camino adelante”
~ Rev. Tania Y. Márquez, *Assistant Minister*

Song / Canto

#1015 “I Know I Can”

Offering / Ofrenda

Blessing / Bendición

Postlude / Posludio

“Peace” — Horace Silver
~ Chase Pado, *Pianist*

***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>**

“Hold on to Love”

There is a place for the sadness. Hold on to Love.
There is a season of gladness. Hold on to Love.
when pain and confusion seem endless, Hold on to Love.
We cultivate healing through kindness. Hold on to Love.

Hold on to love where hope is found.
Hold on to love, where Joy abounds.
Hold on to love, where Grace and Mercy's overflowing.
Hold on to Love.

When terror and fear overwhelm us, Hold on to Love.
Courage and faith will sustain us. Hold on to Love.
When violence seeks to destroy us, Hold on to Love.
Acts of compassion restore us. Hold on to Love.

Hold on to love where hope is found.
Hold on to love, where Joy abounds.
Hold on to love, where Grace and Mercy's overflowing.
Hold on to Love.

When hatred is used to divide us, Hold on to Love.
Wisdom and Truth reunite us. Hold on to Love.
When prejudice poses as freedom, Hold on to Love.
Dignity means, “all are welcome!” Hold on to Love.

Hold on to love where hope is found.
Hold on to love, where Joy abounds.
Hold on to love, where Grace and Mercy's overflowing.
Hold on to Love.

Hold on to love where hope is found.
Hold on to love, where Joy abounds.
Hold on to love, where Grace and Mercy's overflowing.
Hold on to Love. (Repeat chorus)
Hold on to love.

#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!

#170 “We Are Gentle, Angry People” #36 “Cantando por nuestras vidas”

We are a gentle, angry people,
and we are singing, singing for our lives.
We are a gentle, angry people,
and we are singing, singing for our lives.

Somos in Pueblo de justicia,
Así cantamos y hemos de vivir.
Somos in Pueblo de justicia,
Así cantamos y hemos de vivir.

We are young and old together,
and we are singing, singing for our lives.
We are young and old together,
and we are singing, singing for our lives.

Somos de todos los colores
Así cantamos y hemos de vivir.
Somos de todos los colores
Así cantamos y hemos de vivir.

We are gay and straight together,
and we are singing, singing for our lives.
We are gay and straight together,
and we are singing, singing for our lives.

Somos humilde Pueblo amante,
así cantamos y hemos de vivir.
Somos humilde Pueblo amante,
así cantamos y hemos de vivir.

#1015 “I Know I Can”

Though days be dark with storms
And burdens weigh my heart
Though troubles wait at ev'ry turn,
I know I can go on.

When sorrow heals my soul
And burdens make me strong
Though troubles wait at ev'ry turn,
I know I can go on.

My sister in my heart
My brother in my song
Though troubles wait at ev'ry turn,
I know I can go on.

And though the journey is long
The destination is near
Though troubles wait at ev'ry turn,
I know I can go on.

So brothers take my hand
And sisters sing my song
Though troubles wait at ev'ry turn,
I know I can go on.

Calendar of Events

Sunday, November 8, 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>.

Rainbow Action Group's Koffee Klatch

November 8, 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.

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.

Monday, November 9, 2020

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.

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 10, 2020

Arts & Crafts Creative Social

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

Wednesday, November 11, 2020

Join Robie!

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

Senior High Youth Game Days

Wednesdays at 4:30 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.

Friday, November 13, 2020

Memory Matters Gathering

November 13, Fridays (second and fourth), 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, November 14, 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.

COIC (Committee on Institutional Change)

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

Upcoming Events

Living the Homestretch

November 21, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361.

Fourth Monday Meeting of the UU Men's Fellowship

Monday, November 23, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

Cosmos

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

Blood Brothers Book Discussion

Sunday, December 6, 4 pm, online. Join First UU Palestine-Israeli Justice Team for an online discussion of the inspirational autobiography "Blood Brothers" by Christian Palestinian Elias Chacour. Register at <https://www.eventbrite.com/e/127016942093> to receive Zoom info prior to the discussion.

Rev. Kathleen's Book Discussion Group

Thursday, December 17, 2 pm — 3:30 pm, online. We'll be discussing Sue Monk Kidd's *The Book of Longings*. Sign up with Rose at rose@firstuusandiego.org to receive the Zoom link.

Virtual Book Discussion of Mornings in Jenin

Sunday, January 10, 4 pm, online. Join First UU's Palestine-Israeli Justice Team for an online discussion of *Mornings in Jenin* by Susan Abulhawa. Please register at the [Eventbrite link](#) to receive Zoom info prior to the discussion.