

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 Power Found in Waiting"
"El poder que se encuentra en la espera"

Rev. Kathleen Owens, *Lead Minister*

Matthew Waterman, *Intern Minister*

Sunday, November 29, 2020

9:30 am



First
Unitarian Universalist
Church of San Diego

Prelude / Preludio

“Prélude Modal” — Jean Langlais
~ Grace Lewis-McLaren, *Organ*

Welcome and Land Acknowledgment / Bienvenida y Reconocimiento de la tierra

Church Hymn / Himno de la iglesia

Church Aspiration and Kindling of the Chalice / Aspiraciones de la iglesia y encendido del cáliz

Lighting the Advent Wreath / Encendido la corona de adviento

Call to Worship / Llamado a la celebración

Song / Canto

#18 “Busco Calma” / #352 “Find a Stillness”

Story / Cuento

“The Crows and the Pitcher”
~ Tony Bianca, *Program Coordinator*

Affirmation / Afirmación

Reading / Lectura

~ Rev. Tania Y. Márquez, *Assistant Minister*

Song / Canto

#55 “Dark of Winter”

Extinguishing the Chalice for June Ewing

Meditation / Meditación

Special Music / Musica especial

“Listening” — Lea Morris
JUUL Tones
~ Andrea N-L, *Director*

Message / Mensaje

“The Power Found in Waiting”
“El poder que se encuentra en la espera”
~ Rev. Kathleen Owens, *Lead Minister*
~ Matthew Waterman, *Intern Minister*

Song / Canto

#23 “El alma que anda en amor”

Offering / Ofrenda

Blessing / Bendición

Postlude / Posludio

“Look To The Rainbow” — Burton Lane and Yip Harburg
~ Chase Pado, *Piano*

***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>**

#18 “Busco Calma”

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 alcanzaré.

Busco esencia, una esencia que
me venga a envolver;
cual los brotes al rocío,
que yo pueda florecer.
En el alma y por el alma que
me inspire muy adentro,
la armonía alcanzaré.

#352 “Find a Stillness”

Find a stillness, hold a stillness,
let the stillness carry me.
Find the silence, hold the silence,
let the silence carry me.
In the spirit, by the spirit,
with the spirit giving power,
I will find true harmony.

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.

#55 “Dark of Winter”

Dark of winter, soft and still,
your quiet calm surrounds me.
Let my thoughts go where they will;
ease my mind profoundly.
And then my soul will sing a song,
a blessed song of love eternal.
Gentle darkness, soft and still,
bring your quiet to me.

Darkness, soothe my weary eyes,
that I may see more clearly.
When my heart with sorrow cries,
comfort and caress me.
And then my soul may hear a voice,
a still, small voice of love eternal.
Darkness, when my fears arise,
let your peace flow through me.

#23 “El alma que anda en amor”

El alma que anda en amor,
ni cansa ni se cansa. ¡Oh! ¡Oh!
(repeat)

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, November 29, 2020

Social Hour

Sundays, 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.

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 30, 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, December 1, 2020

Worship Planning

Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, ID 878 4650 3375
Passcode 184690.

Wednesday, December 2, 2020

Senior High Youth Game Days

Wednesdays at 4:30 pm. Contact kathe@firstuusandiego.org.

Young Adults

Wednesdays, 6 pm, online. A sacred time for individuals between 26 and 35 years of age. Please email Matthew at Matthew@firstuusandiego.org for information.

Mindfulness & Meditation Practice Group

Wednesdays, 7 pm — 9 pm, Online. Contact kmesecher@gmail.com for the Zoom link.

Chalice Choir

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

Friday, December 4, 2020

Senior High Youth Movie Nights

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

Emerging Young Adults

Fridays, 6 pm, online. For individuals between 17 and 25. Please email Matthew at matthew@firstuusandiego.org.

Saturday, December 5, 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

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. Register at <https://www.eventbrite.com/e/127016942093> to receive Zoom info prior to the discussion.

Arts & Crafts Creative Social

December 8, second and fourth Tuesdays, 3 pm — 5 pm, <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

Join Robie!

December 9, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie2nd> or call 1-669-900-6833, Meeting ID 821 3727 4274.

Rainbow Action Group's Koffee Klatch

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

Coping With Chronic Conditions Support Group

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

Monthly Board Meeting

December 15, Tuesday, 6 pm, Online. Email President Sarah Ormond at: boardpresident@firstuusandiego.org.

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.

Living the Homestretch

Living the Homestretch will not meet in December. The program will resume on January 16, 2021.