

## Calendar of Events

### Sunday, January 7, 2024

#### **Hillcrest In Person Social Hour**

Sundays, following service, Bard Hall.  
Coffee and tea provided.

#### **Virtual Social Hour**

Sundays, 11 am, [bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour),  
Meeting ID 824 042 297.  
Password: FUUSD

#### **Ice Cream Social**

Today after service in Bard Hall, the youth groups and Friends of de Benneville Pines are sponsoring an Ice Cream Social for the Youth Campership Fund. They are raising money so that all youth can attend camp next summer.

#### **ZUUMERS**

January 7, first Sundays, 11:30 am, online.  
For more information and link,  
please contact Claudia at  
[obata.claudia@gmail.com](mailto:obata.claudia@gmail.com).

#### **Board Chat**

January 7, first Sundays, 12:30 pm,  
[bit.ly/FirstUUBoardChat](https://bit.ly/FirstUUBoardChat), Meeting ID: 863 0218  
5062 Passcode: 203946.

#### **Hillcrest Song Circle**

January 7, first Sundays, 2 pm — 4 pm, Room  
323. Bring your guitar/and or voice.  
[Wombated@gmail.com](mailto:Wombated@gmail.com) or  
[cmack5913@gmail.com](mailto:cmack5913@gmail.com).

#### **Open Heart Sangha**

Sundays, 4 pm — 5:30 pm, Bard Hall.  
[margewur@gmail.com](mailto:margewur@gmail.com).

### Monday, January 8, 2024

#### **Coping With Chronic Conditions Support Group**

January 8, Mondays (second & fourth), 1:30 pm  
— 3 pm, URL <https://bit.ly/CopingCCGroup>,  
meeting ID 681-036-9317.

#### **Caregivers/Allies Support Group**

January 8, second Mondays & fourth Tuesdays,  
4 pm — 5:30 pm, online. For additional  
information contact [Les Vivian](mailto:Les Vivian).

#### **Women's Choir**

Mondays, 7 pm — 8:30 pm, Bard Hall.

### Tuesday, January 9, 2024

#### **Young Adult Group**

Tuesdays, 5:30 pm — 7 pm, Room 114b.  
Young Adults aged 22-35 are gathering in room  
114b every Monday. Contact [Lara](mailto:Lara).

### Wednesday, January 10, 2024

#### **Chalice Choir Rehearsal**

Wednesdays, 7 pm — 8:30 pm, Bard Hall.

#### **Neighborhood Groups without Borders**

January 10, second Wednesdays, 11 am — 1  
pm, 4349 Adams Ave, San Diego, CA 92116.  
Text RSVP to 619-987-6234 to reserve one of  
14 available spaces each month.

### Thursday, January 11, 2024

#### **Food Pantry Midweek Bagging**

Thursdays, 11 am — 12:30 pm, South Bay  
Campus Room 105. Join us putting together  
bags of healthy food for Saturday's distribution.  
[foodpantry@firstuusandiego.org](mailto:foodpantry@firstuusandiego.org).

#### **Finance Committee Meeting**

January 11, Thursday, 6:30 pm, link in the  
members area of the [website](https://www.firstuusandiego.org).

### Upcoming Events

#### **Memory Matters Gathering**

January 12, second and fourth Fridays, 10 am  
— 11:30 am, online. This is a place for those  
who worry about memory problem care  
partners. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

#### **Women Together Meeting**

January 13, second Saturdays, 12 pm — 2 pm,  
Common Room. Contact Claudia  
[obata.claudia@gmail.com](mailto:obata.claudia@gmail.com).

#### **Kirtan Chanting**

January 13, second Saturdays, 6 pm — 7 pm,  
Common Room. Join Patita Pavana of Spirit  
Soul And Friends along with our event host,  
James Long, for an evening of uplifting Kirtan.

#### **Steps to Membership**

January 14, Sunday, 11:30 am, Room 321.  
Join Rose Littler-Riedel and Swamini Saraswati  
to learn about how to become a member of  
First UU and have your questions answered!

#### **Cosmos**

January 14, second Sundays, 1 pm — 3 pm,  
room 323. The only prerequisite is an open  
heart and mind. Contact [James Long](mailto:James Long) for  
information.

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

January 14, second Sundays, 11:15 am —  
12:15 pm, Room 323. All family, friends and  
allies are invited.

#### **How Can the Church Go Greener?**

January 14, Sunday, 3:30 pm,  
[bit.ly/1stUUClimateJustice](https://bit.ly/1stUUClimateJustice).  
The Climate Justice Action Team will discuss  
ideas for greening our beloved church campus.

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

*Create community, nurture spiritual growth, heal the world.*

*Crear comunidad, fomentar el crecimiento espiritual, sanar el mundo.*

January's Monthly Theme: Liberating Love

## "Love at the Center"

Rev. Kristen Kuriga, *Assistant Minister*

Louise Titlow, *Worship Associate*

Marshall Voit, *Music Director*

Sunday, January 7, 2024

10 am Hillcrest Meeting House with Patio Viewing



First  
Unitarian Universalist  
Church of San Diego

Hillcrest: 4190 Front St. San Diego, CA 92103  
South Bay: 970 Broadway Chula Vista, CA 91911  
619-298-9978

Visit [www.firstuusandiego.org](http://www.firstuusandiego.org) for more information

## **Bell / Campana**

— Rev. Kristen Kuriga, *Assistant Minister*

## **Prelude / Preludio**

“Simple Gifts” Traditional Shaker Song

## **Call to Worship and Chalice Lighting / Llamado a la Adoración y encendido del Cáliz**

“Psalm 23 for This Moment” — Kevin Tarsa

## **Opening Hymn / Himno de apertura**

#18 "What Wondrous Love"

## **Words of Welcome and Land Acknowledgment / Palabras de bienvenida y reconocimiento de tierra**

— Leland Beck, *Board Member*

— Rev. Kristen Kuriga

## **Church Hymn and Aspiration / Himno y Aspiración de la iglesia**

## **Time for All Ages & Affirmation / Tiempo para todas las edades y afirmación**

"Love is Powerful" — Heather Dean Brewer

Illustrated by LeUyen Pham

~ Tony Bianca, *Director of Lifespan Faith Formation*

## **Announcements and Offering Words / Anuncios y Palabras de oferta**

Unitarian Universalist Service Committee

~ John Schaibly, *Lay Leader*

## **Offering Music / Ofreciendo música**

“Love at the Center” — w. & m. Tony Bianca

## **Reading / Lectura**

“To Invoke Love” — Sean Parker Dennison

~ Louise Titlow, *Worship Associate*

## **Meditation Hymn / Himno de meditación**

“There Is a Love”— Rev. Dr. Rebecca Parker

m. Elizabeth Norton

## **Meditation / Meditación**

— Rev. Kristen Kuriga

## **Sermon / Sermón**

“Love at the Center” — Rev. Kristen Kuriga

## **Closing Hymn / Himno de clausura**

#1014 “Answering the Call of Love”

## **Blessing and Extinguishing of the Chalice / Bendición y extinción del cáliz**

— Rev. Kristen Kuriga

## **Postlude / Postludio**

Excerpts from “Clair de Lune” — m. Claude Debussy

arr. Christina Petrandò

### **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.

*\*\*Our sign language interpreter today is Paul Lambert  
\*\* Join us for In Person Hillcrest Social Hour after Worship  
\*\* Join us for Virtual Social Hour at 11 am  
<https://bit.ly/FirtUUSocialHour>*