



FirstWords

Our Monthly Publication



FOOD CHAIN WORKERS ALLIANCE PANEL AT FIRST CHURCH BY JOHN SCHAIBLY

The Economic Justice Action Group will be presenting a

program entitled **"Justice at Every Meal"** in Bard Hall, Saturday morning February 27, from 8:30 a.m-12:15 p.m. The featured speaker will be Joann Lo, Co-Director of LA's Food Chain Workers Alliance and a local discussion panel.

Since 2011, the UU Service Committee has been working with the [Food Chain Workers Alliance](http://www.foodchainworkers.org) (FCWA), a coalition of more than 20 grassroots organizations standing up for the human rights of



people who work in the U.S. food system in the prevailing low wage jobs. Our keynote speaker, Joann Lo, will be spotlighting an initiative that is successfully underway in Los Angeles, called the [Good Food Purchasing Policy](#)

Initiative - GFPP. The FCWA played a leadership role in the adoption and development of this policy by both the City of Los Angeles and LA Unified School District. These are the defining food justice value-based criteria within the GFPP, which must be met: environmental sustainability, fair labor, animal welfare, good nutrition and support of local economies. UUSC supports week-long Young Adult Leadership Trainings at both the Chicago and Los Angeles offices of the Food Chain Workers Alliance. The FCWA (<http://www.foodchainworkers.org>) is a Featured Partner in the human rights of Economic Justice of UUSC (www.uusc.org).

In addition to Ms. Lo, the panel will include local food justice allies Diane Moss and Katia Hansen. Project New Village's Diane Moss has been a leading advocate for public policy change, participating in San Diego's

Urban Agriculture Initiative. She has also partnered with SDSU's Geography Department in a study to **assess Southeast San Diego's access to healthy food**. Panelist Katia Hansen is Director of UU RISE, a refugee support organization located in Vista. She will be **sharing UU RISE's contribution to North County's Farm Worker Care Coalition** and other aspects of her work. Rounding out the panel will be a fast food worker in San Diego's Initiative for an Increase in the Minimum Wage.

Our program will also include film clips from the award winning movie, [Food Chains](#) as it relates to the greater issues of our food system. This movie is co-produced by **Eva Longoria, a "Latina Visionary" who** has received a Cesar Chavez Legacy Award, and Eric Schlosser, a renowned labor activist and author of [Fast Food Nation](#).

Come learn about the 20 million people who do the work in our food chain as they plant, harvest, process, pack, transport, prepare, serve and sell food. Both the Good Food Purchasing Policy adopted in the LA area and newer initiatives led by local partners in San Diego are creating a world we would like to live in. You will also learn specific actions and projects to support our allies.

Please [RSVP](#) by Feb 13th to Dr. Melissa James for childcare service at this program.

For more information, contact Kathy Smith, 858 722-8778.

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WHAT IT MEANS TO BE IN COMMUNITY

BY REV KATHLEEN OWENS, LEAD MINISTER

This month's worship theme is community and it's a big deal for First Church. The idea is found throughout our principles and is featured as one of three parts of our mission statement. In fact, it's the first part, "The mission of First Unitarian Universalist Church is to create community" ...and yet, in a congregation as large as we are, spread across two campuses and engaged in so many programs, it can be hard to feel like one belongs to a community.

What does community look like? What does it take to be in a community? These are important questions worth our time, energy and action. The creation of community starts on Sunday morning - before, during, and after the worship services. For many visitors and newer members, social hour can feel isolating and lonely. During social hour, community looks like folks intentionally greeting and starting conversations with visitors and newer members, not just the people they already know. We all have a role in creating a sense and experience of community that is welcoming; that expresses delight at meeting one another and sharing a conversation.

In a large congregation, there is a need for multiple smaller communities existing within the larger one. Then community looks like a group that is inviting and open to folks exploring and wanting to be part of it; think of the choirs, book groups, Wisdom Circles, Family night activities, affinity groups, and Building Sacred Ground cohorts, among others. These groups create a community where people feel valued, where there is a safe space for folks to share what's happening in their lives - free from judgment or advice, in a group that offers attention and presence to one another, a place where joys can be celebrated.

As we gain in experience in creating community, as an institution, we also want to be in community with other churches and nonprofits in San Diego who work for justice together - that's why we participate in the #Black Lives Matter movement, why we stand in solidarity with Muslim women who want to live free from fear and intimidation, why we continue building relationships to strengthen San Diego to be more fair, justice and equitable.

This month, as we explore this theme and deepen our practice of creating community, I hope you will find the courage to find ways to create community, starting where you are, reaching out to the folks around you, always making room for one more. May it be so.

Faithfully yours,

Kathleen

February Sermon Messages

Celebration Times:

Hillcrest Campus: Sunday, 9:30a and 11:30a (ASL Interpretation)

South Bay Campus: Sunday, 9:30a
(Intergenerational, Bi-lingual [Spanish, English])

February's Transformational Theme is Community

February 7, 2016

Hillcrest Services –

"Interconnections Between Science and Religion"

Rev. Kathleen Owens, *Lead Minister*

South Bay Service –

"A Misanthrope's Guide to Community Building"

Rev. Jennifer Channin, *Assistant Minister*

February 14, 2016

Hillcrest Services:

"A Misanthrope's Guide to Community Building"

Rev. Jennifer Channin, *Assistant Minister*

South Bay Service –

"Knit Together in Community"

Rev. Ian W. Riddell,

Minister of Music and Worship Arts

February 21, 2016

Hillcrest Services –

"Leaning Into Our Edges"

Rev. Kathleen Owens, *Lead Minister*

South Bay Service –

"Curiosity Killed the Created Community"

Megan Dowdell, *Intern Minister*

February 28, 2016

Hillcrest Services –

"Knit Together in Community"

Rev. Ian W. Riddell,

Minister of Music and Worship Arts

South Bay Service –

"About Time"

Rev. Jim Grant, *Affiliate Minister*



WHY I LET KIDS PLAY WITH HAMMERS

BY DR. MELISSA JAMES, DIRECTOR OF CHILDREN AND FAMILY MINISTRY

Technically, I don't let them "play" with hammers. I am, however, a huge proponent in having children use real tools to do real tasks. Not only does this help them develop skills and a sense of responsibility, it meets a very basic need that most of us share: the need to know we are doing work **that really means something.** So while I won't hand children a drill and say "Have fun! See you in an hour!", I've been known to sit down with them and work together to drill holes to create a worm bin.

Our 3rd principle invites us to accept and honor one another and then encourage each other as we learn and grow. Being a multigenerational community lends itself beautifully to embodying this principle. We all have limits on what we can do and how we can interact. When we accept ourselves and others in our community, of all ages, for who they are and what they can do, amazing things begin to happen.

Case in point: in January, a large group from our congregation, including adults, youth, and children, gathered for the Martin Luther King, Jr. Interfaith Day of Service in Balboa Park. I chose to stay on the flat area, under a number of large trees, where they encouraged families with younger children to work. Here we were faced with large piles of mulch. There we were, from toddler to adult, working together. There were no prouder faces than the 5 year old who had just filled a wheelbarrow, scoop by scoop, or the 6 year old who managed to figure out how to wheel and dump that full wheelbarrow in the exact right spot. **There was no "you can't do this,**

you're a kid!" or "why don't you let us adults do that." Sure, sometimes the 3-year-old took a little longer than the adult to spread the mulch, but they did it. With each of us working on a common task, we became a multigenerational mulch moving machine!

Throughout the spring, Family Ministry at First Church will be focusing on two important areas that create space for us to really practice doing meaningful work across all ages, that respects the gifts and limits that each age brings to the table.

First, we are committed to finding meaningful ways for people of all ages to work for justice together. We will continue with our All Church Service projects, with a renewed commitment to making them accessible for all ages and ability levels. We invite you to join us for our next project in April. We will also be pulling together a multigenerational forum where we will be identifying projects and issues that impact our families and build opportunities and relationships to work for justice from that conversation.

Second, we are committed to making more space to make music together. Working in collaboration with Rev. Ian, we will be offering monthly Music for All Ages between the 2 services at Hillcrest where young, old, and everyone else will have a chance to explore different ways of making music together.

Watch the Window for more information and plan on joining us! We are a vibrant multigenerational community because of you.



COMMUNITY MUSIC

BY REV. IAN. W. RIDDELL, MINISTER OF MUSIC AND WORSHIP ARTS;
REV. JENNIFER CHANNIN, ASSISTANT MINISTER

Join us as we gather together to make music in community. All are welcome, no training necessary!

Saturday, February 6 at 6:30 pm

Hymn Sing

Come and blend your voices together as we explore the richness of our hymnals: old classics, fond favorites, and new discoveries.

Friday, February 12 at 6pm

Family Dinner with Open Mic

Join us for our monthly Family Dinner and then share your talent at our open mic: sing a song, read a poem, tell a joke. More information about signing up coming soon!

And also coming soon: A drum circle, community singing, and more! Keep your eye on the Window and First Words. For more information, contact Rev. Ian at ian@firstuusandiego.org.



DINING FOR DOLLAR\$ RETURNS!

BY DOROTHY PEARLMAN AND LAURIE CREHAN

The 12th annual Dining For Dollar\$ returns!

What is this you ask? You host an event such as a dinner, museum tour, park party, craft workshop and we bid on your event in a silent auction. The bidding takes place in May. The events are scheduled for any time from June of 2016 until May of 2017. Last year we had a record breaking number of events offered and raised over \$60,000 in winning bids **contributed to the church's budget** – our most important fundraising activity! We had a number of people host for their very first time. This is a fun opportunity to meet new people and strengthen community. Memories are made and stories told for years to come.

Through March we will be accepting your offers to host an event. Your event will then be printed in a colorful bidding booklet with its description and minimum bid and also posted on the church website. The silent auction will take place in Bard Hall between and after services for three consecutive Sundays starting the first week of May.



This is a time to consider what you would like to offer to host. Dining for Dollar\$ can include outings and tours, game nights, young adult gatherings, donated services, creativity workshops, poetry readings, vacation get-aways. Look for information about Dining For Dollar\$ on the patio starting in March and in upcoming issues of The Window. Start planning now what you might like to offer. click [here](#) to go to the church website to get a host application and further ideas of possible events. You can also email:

Dorothy Pearlman knitdap@yahoo.com
Laurie Crehan lcrehan@juno.com



HOLIDAY SCRIP / GIFT CARD PROGRAM SUCCESS

BY KAREN LAMPHERE

A big shout out to the congregation for embracing the Scrip/Gift Card program in such a big way! You purchased just over \$13,000 in gift cards and retailers donated an average of 6% of every card sold. This means that the church gained nearly \$800—fundraising while we shop pays off!

The Generosity Ministry Team has decided to make **this an annual fall/winter event. We'll have a table on the patio every Sunday starting in October** so you can take care of holiday shopping early and also purchase cards to use for those expenses that crop up during the holidays—family get-togethers (Honey Baked Hams, Party City, grocery stores...), holiday decorating (Target, Lowes, Home Depot...), winter travel and activities (Dick's Sporting Goods, REI, Delta Airlines, Hotels.com, Disney...), and dining out (more than 100 options!).

We're making it easy to participate in this program year-round too. On the first Sunday of the month, the Generosity Ministry Team will have a table on the patio where you can purchase cards that will then be **available on the following Sunday. We'll also pre-order some popular (Sprouts, Amazon, Vons, Starbucks, etc.) and seasonal (See's Candy, 1-800-Flowers for Valentine's Day, etc.) cards that you'll be able to purchase and take with you that day.**

And for those who prefer to participate online, there are two options when you register and sign up for PrestoPay: ScripNow and Reload.

- ScripNow: Electronic gift cards are available from many retailers and can be ordered and printed immediately at home. The ScripNow eCard is delivered to your ShopWithScrip account in minutes when you pay for your order with PrestoPay - 24 hours a day, 7 days a week. Print the certificate and redeem it in stores, or copy and paste the code at checkout to apply to an online purchase.
- Reload: Many of the gift cards purchased through this program can be kept and used again by simply going online and reloading them.



To Register:

- Go to ShopWithScrip.com
- Select "Register" at top of page
- Select "Join a scrip program"
- Enter enrollment code LE1AL63247512
- Enter registration information...and you're done!

PrestoPay

PrestoPay securely links a bank account to your ShopWithScrip account so you can choose electronic debit when you check out online. The rebate is automatically credited to First Church.

To set up PrestoPay:

- Go to ShopWithScrip.com
- Go to Dashboard (top of page)
- Select PrestoPay under Family Functions
- Enter banking information and follow directions from there

You will receive an email with an approval code to send to the First UU Church scrip coordinator (Karen Lamphere)

Thank you for your previous and future participation in **First Church's Scrip/Gift Card Program. When you purchase cards as gifts or for everyday shopping, you are contributing to the mission and vision of our church community.** If you have any questions about the program please contact Karen Lamphere, 619-220-8108 or klamphere@cox.net.

UPTOWN COMMUNITY SERVICE CENTER

BY REX GRAHAM

First Church has been one of San Diego's leading congregations in support of the city's homeless population. These efforts range from the holiday shelter on our campus to Sunday service generosity offerings for organizations that efficiently provide much-needed services to the homeless.

One of those organizations is the Uptown Community Service Center, 4101 30th St. (<http://uptowncsc.org/>). It handles over 2,500 client visits per month. About 6 First Church members volunteer weekly at Uptown, and the First Church Children's Religious Education program has supported Uptown as well.

The First UU Church of San Diego provided one of its 2015 generosity offerings to the Uptown Community Service Center, but the daily needs of homeless people **continues. Since homeless persons don't have** permanent physical addresses, they pick up mail and packages delivered in their names to the center, which operates as a satellite post office for them. Each Uptown client gets a much-appreciated snack of a cereal bar or similar nutritious, packaged-food item.

Homeless clients also use Uptown's free 8-computer internet lab for email, online job applications and entertainment. Once-a-month resume-writing workshops offered by volunteer employment managers at San Diego State University will begin in May in the internet lab.

Uptown uses cash donations to buy non-perishable food from the San Diego Food Bank. The center offers twice-a-week food bags containing about 6 single-serving canned soups, tuna and other pull-to-open, ready-to-eat items.

First UU's ongoing clothing and food donations have



made a difference. **Socks, men's and women's** underwear, shoes and blanket donations are always in

demand. A gray bin is placed outside the church's Welcome Center every Sunday to received donations.

Hygiene packets are very popular. The most valuable items are single-use, hotel-sized small bars of soap, small bottles of shampoo and liquid soap, disposable razors, tooth brushes & small tubes of tooth paste, etc. (Mouthwash is not distributed at Uptown.)



Since 2016 could be a wet year, rain ponchos are also needed. Here is a link to a \$6 poncho offered by IKEA - <http://www.ikea.com/us/en/catalog/products/60283421/#/30283421>. These ponchos can be a godsend to a homeless person.

On April 16th, there will be a benefit 5K Walk-a-thon to benefit Uptown (details later). Uptown has a variety of ongoing volunteer opportunities available. Credit-card donations can be made at <http://uptowncsc.org/donations.html>.

Please contact Rex Graham at rgraham@topbirdingtours.com if you have any questions.

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<http://www.firstuusandiego.org/uus-of-the-south-bay>

To view sermon video casts, click on these
 YouTube or Vimeo buttons:



Giving: <http://www.firstuusandiego.org/giving-overview>

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