



First  
Unitarian Universalist  
Church of San Diego

# FirstWords

Our Monthly Publication

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## UNVEILING THE NEW CHURCH LOGO

BY NANCY FISK

When looking for the inspiration for a redesign of our logo, the Publications Committee considered the chalice that is lit during the Hillcrest service every Sunday because it's symbolic of the work we do here at First Church. Our chancel chalice was originally commissioned in 2003 by Andy Backus, one of our interim ministers, who felt the newly dedicated Meeting House deserved a chalice that was as substantial as the changes created during the remodel. [Gerald \(Jerry\) Thiebolt](#), an artist who co-



created the Memorial Wall, the stele on the front walkway, and the Channing Society flame, created our chancel chalice from his chosen medium--clay.

Jerry always seeks to use imagery expressing the spiritual values of Unitarian Universalism and designed the chalice to tie into the imagery of our Memorial Wall. Some of that imagery are tree forms, based on the reading that appears on the Memorial Wall, from Isaiah 55:12, "For ye shall go out with joy . . . and all the trees of the field shall clap their hands." Other details are the spirals, that could represent spiral staircases or the DNA spiral.



On one side of the chalice is a stylized version of an agave plant representing the tenacity of desert plants. The images of water are forms that break off and create new life. There is a wavy line that flows

through the chalice's sides representing the wind—evocative of the passage of time and our time here, on the earth and at First Church. These images portray some of the spiritual principles present in the First Church community, from the joy we find living in community with each other, to the interdependent web of life, of which we are all a part.



Jerry is currently working on our new Memorial Garden next to the Chapel, leading from the current Memorial Wall next to the fountain. The Memorial Garden will also incorporate poetry and symbolism to represent the foundational philosophies of First Church as a spiritual community.

Our new church logo is Ame Stanko's interpretation of our Hillcrest chalice. Ame is the church's website consultant and member of our Publications Committee. You'll begin to see our new logo in many of our publications and its design is the initial step of our re-branding process to include a consistent color scheme and type of font usage throughout the church's many forms of media.

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## HEALING AND HONESTY

BY REV KATHLEEN OWENS, LEAD MINISTER

Though I've been in a shared ministry with you here at First UU Church for nine years, we still have much to learn about one another. For instance, I believe in miracles! I believe in the miracles of nature . . . how there is nothing inside a seed when it's cracked open and yet, put that same seed in the ground, give it water and something beautiful or nutritious comes up from the ground. . . or how sea turtles lay numerous eggs in a big hole in the sand at night, cover it up and walk away . . . and months later tiny baby turtles crack out of their eggs, climb up through the sand, out of the hole onto the surface, and find their way (if they're lucky) into the ocean.

I know our rational minds want to explain away miracles—the turtles have instincts and chemical reactions and sensitivities to light to guide them out of the hole, etc. But to a lay person noticing without a lot of technical knowledge, the wonder of it all can seem like a miracle. I also believe in the miracles that happen inside the human heart when healing has happened. I've witnessed the healing process in many here at First Church—the long and sometimes difficult process of healing after the death of a spouse, a child, a friend. And, I've witnessed the healing that can happen through relationships between spouses and friends.

Healing requires honesty, trust, a safe place to share one's truth without fear or judgment. This is part of the work of community—to create these kinds of spaces for one another so healing can happen. And healing also requires spiritual growth . . . being intentional, staying open, breathing to stay present to one another, and speaking our fears, not only our critiques. I think when we focus our energy on our personal, relational healing, we then become better participants in acting on our values to help heal the world.

I know for some of you, the subject of healing may not necessarily resonate, but I find healing in each part of our mission and invite you into a deeper engagement with this theme through our monthly Wisdom Circles and in our various worship services. May you find more healing in your life and in your relationships because you've participated in this congregation.

Faithfully yours,

Kathleen

## March 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])

### March's Transformational Theme is Healing

#### March 6, 2016

Hillcrest Services—

#### **"Finding a Balance—Celebrating International Woman's Day"**

Rev. Kathleen Owens, *Lead Minister*

South Bay Service—

#### **"The Name of the Tree"**

Rev. Ian W. Riddell,

*Minister of Music and Worship Arts*

#### March 13, 2016

Hillcrest Services:

#### **"All You Strange Rock and Rollers"**

Rev. Jennifer Channin, *Assistant Minister*

South Bay Service—

#### **"The Interconnection Between Science and Religion"**

Rev. Kathleen Owens, *Lead Minister*

#### March 20, 2016

Hillcrest Services—**Palm Sunday**

#### **"Living With Expectations"**

Rev. Kathleen Owens, *Lead Minister*

South Bay Service—

#### **"Class Stories: Sharing Our Whole Selves"**

Denise Moorehead and Kellie Kelly,

*UU Class Conversations;*

Megan Dowdell, *Intern Minister*

#### March 27, 2016—**Flower Communion**

Hillcrest Services—

#### **"Easter: Rebirth, Renewal, and Revisioning"**

Rev. Ian W. Riddell,

*Minister of Music and Worship Arts*

South Bay Service—

#### **"The Bloom-Space of Easter"**

Rev. Jennifer Channin, *Assistant Minister*



# BEING MULTIGENERATIONAL IN WORSHIP SERVICES

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

I'm very excited about the way First Church is growing into having children more fully present in worship services. At the Hillcrest campus, we've included more stories and have begun having more fully multigenerational services such as our "Name of the Tree" service last fall and our upcoming "Choose Your Own Adventure" service later this spring.

At the South Bay campus, Los Transformers, the team responsible for taking a careful look at the use of space, is moving forward with creating an area in the worship space for small children and their parents/guardians to be both in the service, and, to move and play quietly while listening to the service.

We've also made another slight change that you may have caught if you've been carefully reading the Order of Services. What we once called the "Children's Affirmation" is now simply the "Affirmation." This change was made to better reflect our reality that the Affirmation isn't just a way to express Unitarian Universalism for children; it's a ritual every week that we all participate in, to remind ourselves of core commitments we share as a community.



These are intentional moves we've been making, in order to live more fully into being a multigenerational community, in all aspects of who we are and all that we do. This is one more way we're taking children seriously as participants in our community, and better yet as in the case of the Affirmation, as leaders among us.

All that said, it's still challenging to be multigenerational, especially during worship services, where each person brings her or his own needs and hopes for the service. We want to foster a multigenerational community that honors the needs and journey of each person in it. Unfortunately, in many religious communities, the burden of this

challenge often falls to the parents of small children, who can feel they are alone in having to "keep their kids quiet," in order to be present in worship. Not only is that unwelcoming, it's unfair and unnecessary.

How do we, as a community, help parents and small children fully participate in worship? Here are 3 quick tips:

1. Be patient with wiggles and (some) noise. You know those times when your body simply won't let you do what you know is expected—the meeting is going long and your back won't let you sit anymore or you are a bit nervous and you can't help but tap your foot. Our children bring their full selves into the Meeting House and worship spaces just as we adults do. Sometimes their bodies and minds literally won't let them be still. On top of that, figuring out how to act in a setting like worship is a learning process. There are going to be some bumps along the way. Know there is no disrespect; just different needs and a learning curve.
2. Get to know families outside of the service. Wait—isn't this off topic? Not at all! The more the children and parents know and trust you, the easier it is for you to come along side them during a service and lend a hand, keeping the kids engaged.
3. Offer to help. Being proactive is good. Helping doesn't always mean reminding parents there is a quiet room. Introduce yourself and ask if you can sit by the family. Share a hymnal or order of service. The more we model for our children that we see them as full participants, the easier it is for them to live into that.

Looking for opportunities to live out suggestion #2? Join us for our annual All Church Eggstravaganza, March 25th, and mark your calendar for All Church Camp, June 3-5th.

# DYING IN THE AGE OF CHOICE WORKSHOP

BY MARLA ENGLISH

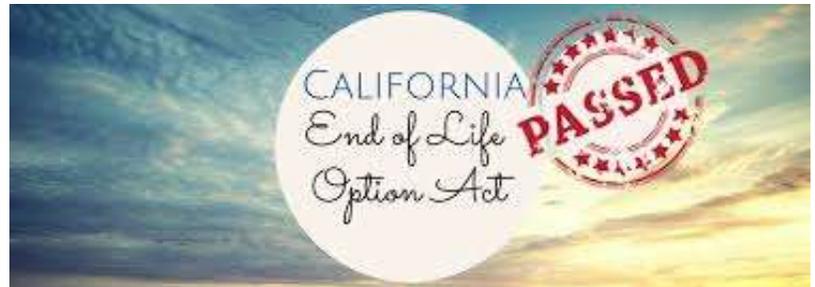
The process of considering your values, making decisions, and communicating with family and physician is a vital one when end of life approaches. To make the right decisions for you, you must be informed to make decisions based on your own assessment of the balance between quantity and quality of life options.

One of many options is represented in the new California End of Life Law ([SB-128 End of Life](#)) which will go into effect sometime between April 2016 and February 2017. This law allows a mentally capable, terminally ill adult with less than six months to live to request aid-in-dying medication from their doctor for self-administration in order to bring about a peaceful death if their suffering becomes unbearable.

This law has many requirements about who can and cannot use this law and many steps before you can use it. Many people are trying to understand what the law would mean to them if they were in a position of considering to use it.

To be eligible for medical aid in dying under California's law, an individual must be:

- An adult
- Terminally ill
- Given a prognosis of six months or less to live
- Mentally capable of making their own healthcare decision; (no mental illness or dementia)
- Capable of self-administering and ingesting the aid-in-dying drug



People are also beginning to understand that they must be their own advocate with their health care providers, if utilizing the End of Life Law is something that they want. Physicians, managed care organizations, and insurance companies are currently in the position of making policy regarding implementation of the law. It's not clear whether all doctors and systems will feel comfortable in helping patients use the law. Therefore, it may be wise to ask your doctor about his/her position on the law and what his/her institution is doing to implement it.



For a discussion of these and other end-of-life issues, the Caring Ministry Team is offering the following adult education class led by Faye Girsh, President of the [Hemlock Society](#):

“Dying in the Age of Choice”  
Friday, March 25, 2016 - 1:30 p.m.  
Hillcrest Welcome Center, Room 323  
First UU Church of San Diego

Drop in. Registration is not required.

# WELCOME TO OUR NEWEST STAFF MEMBER, MALI TAYLOR

BY NANCY FISK

Mali Taylor is our new Social Justice and Young Adult Ministries Coordinator. She'll be leading the two young adult groups, the 18-23 year olds and the 24-35 year olds. She'll be continuing campus ministry at the UCSD campus on Thursdays and will also help the young adults stay in touch on Facebook and email and coordinate major activities, such as Pride and Earth Day. Mali's previous work with young adults includes having been a resident assistant at Cal State Fullerton from 2000-2003 and a professor at Scripps College.

In addition to working with the young adults at First Church, she'll be the coordinating administrator between the many groups of the Social Justice Ministry Team, including immigration, racial justice, and economic justice. Mali has worked with social justice and the arts for quite some time. Her latest endeavor was at the La Jolla Playhouse, where she was hired to do community engagement. She facilitated dialogues about the plays the Playhouse produced, with the many community groups that do social justice in San Diego County, such as labor unions, RISE San Diego, San Diego City College, and the Social Justice Symposium.

At the Playhouse, she also worked with church member Leah Goodwin on the exhibit, The San Diego Experience of the Civil Rights Movement, in coordination with the play, "Blueprints to Freedom: an Ode to Bayard Rustin." Mali gathered a panel for Blueprints to Freedom that included City Beat and the NAACP. The LGBT Center in Hillcrest also became involved because Bayard Rustin was a gay member of the Civil Rights movement.

Mali is founder of [museSalonCollaborative](#) an artist-run, international arts network providing a platform for sharing resources, cultural exchange, and interdisciplinary collaboration. museSalon is fiscally-sponsored by the New York Foundation for the Arts. Through museSalon, she has curated a talk series for the Thumbprint Art Gallery.

One of Mali's other talents is her work as an operatic soprano. She has participated in performances at diverse locations including Lincoln Center, the Hollywood Bowl, Los Angeles Opera, and bodegas and laundromats in Brooklyn, New York. She also sings in the San Diego Opera chorus. Some of the operas she's been in are Manon, Don Carlos, Porgy and Bess, and Il Trittico-Fuor Angelica.

Mali has 3 children with her husband, James -- three-year-old twins, Matthew and Laila, and son, Sebastian, who is 10 months old. She looks forward to working with our First Church community.



## DINING FOR DOLLAR\$ AUCTION—NOW ACCEPTING OFFERS TO HOST

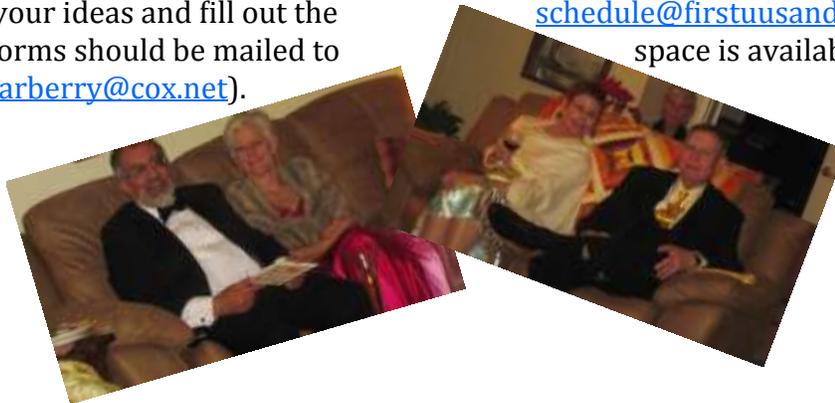
BY ROBIE EVANS

Dining for Dollar\$ is an opportunity to build community within our church, as well as a major fund raiser. Through the month of March, we are accepting offers to host events for this year's Dining for Dollar\$. Events are not limited to dining. We also have events such as hikes, tours, game nights, and services. For ideas go to our [website](http://www.firstusandiego.org/dining-for-dollars) (<http://www.firstusandiego.org/dining-for-dollars>) and review last year's bidding book. You may fill out the on-line form on the website, print a paper form from the webpage, or pick up a form at our table on the patio Sunday morning. The webpage also has an overview of D4\$, dates to avoid when planning an event, and videos from previous hosts. Volunteers at the patio table are available to help you develop your ideas and fill out the form. Completed forms should be mailed to Sue Marberry ([smarberry@cox.net](mailto:smarberry@cox.net)).



Are you overwhelmed with the thought of hosting an event alone? Do you have an idea but your home is not large enough? Are you willing to help someone else with their event? Visit our table on the patio and sign up to assist or to ask for assistance. We will work to coordinate those requests.

The last day to submit an offer to host is March 27, but do not wait until then to get your forms in. Early submission makes it much easier for the Committee to get the information organized in order to put out the bidding book. If you are planning on holding your event at the church, the fee will be waived. However, before you submit your host form, please coordinate with the Church Scheduler at [schedule@firstusandiego.org](mailto:schedule@firstusandiego.org) to be sure a space is available.



Quiche in the Corner is BACK!!!

Join us for a celebration of our 3<sup>rd</sup> annual *Quiche in a Corner* and learn more about our

[Planned Giving Program](#),

April 3<sup>rd</sup> after each service in Bard Hall.



## LOOKING GLASS THEATRE



### **Glass Theatre's "The Big Bad Musical" to be performed April 29-30 and May 6-7**

The notorious Big Bad Wolf faces a class-action lawsuit! Plaintiffs (Little Red Riding Hood, her Grandmother, Three Little Pigs, and the Boy Who Cried Wolf) are suing Big Bad for monetary damages. Can his lawyer, Evil Stepmother, get him acquitted, or will the plaintiffs' lawyer, Fairy Godmother, prevail? Only the jury - our audience - can say!

Come join Looking Glass Theatre's production of "The Big Bad Musical." at: [www.LookingGlassSD.org](http://www.LookingGlassSD.org).



**Staff**

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*Rev. Jennifer Channin, Assistant Minister*  
*Rev. Ian W. Riddell, Minister of Music and Worship Arts*  
*Megan Dowdell, Intern Minister*  
*Tania Márquez, Intern Minister*  
*Rev. Jim Grant, Affiliate Minister*  
*Robie Evans, Director of Operations*  
*Dr. Melissa James, Director of Children and Family Ministry*  
*Daniel Ratelle, Hillcrest Choir Director*  
*Lynn Mendoza-Khan, Choir Director*  
*Lorelei Isidro, South Bay Music Coordinator*  
*Andrea Newall, JUUL Tones Ensemble Director*  
*Roy Attridge, Handbell Ensembles Director*  
*Justin Murphy-Mancini, Organist and Pianist*  
*Pam Bates, Development Manager*  
*Brenda Garcia, Administrative Assistant*  
*Jenner Daelyn, Membership Coordinator*  
*Kristen Kuriga, South Bay Ministry Teams Coordinator*  
*Mali Taylor, Social Justice and Young Adult Ministries Coordinator*  
*Käthe Larick, Youth Programs Coordinator*  
*Chris Christenson, Communications, Database, Adult Ed. Coordinator*  
*Jenny Epler, Events Scheduler*  
*Connie Hayes, Bookkeeping Controller*  
*Ray Evans, Maintenance*  
*Mark Epler, Event Coordinator*  
*Rev. Dr. Carolyn and Rev. Dr. Tom Owen-Towle, Ministers Emeriti*

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**Main Website:** <http://www.firstuusandiego.org>

**South Bay Campus:**

<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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