

The Window - First Unitarian Universalist Church of San Diego



The Mission of First Unitarian Universalist Church of San Diego is to create community, to nurture spiritual growth, and to act on our values to help heal the world.

VOLUME 22, NO. 6

February 4 through February 10, 2012

Quick Links: [Religious Education](#) | [Upcoming Events](#) | [Upcoming Services](#) | [Next Week](#) | [Calendar](#)
[Minister's Blog](#) | [Podcasts](#) | [Videocasts](#) | [Amazon Portal](#) | [Follow on Twitter](#) | [Like Us on Facebook](#)

The deadline for the next electronic newsletter is February 8 (Wednesday) at 8 a.m.

If you wish to be added to the e-mail list, [click here](#).

Upcoming Services

Hillcrest Services “**Compassionate Life Step 9: Concern for Everybody**” (live)

– Rev. Dr. Arvid Straube, Lead Minister.

With Contemporary Worship Music by Dana Decker and his band.

South Bay Service “**Loving You**” (live)

– Rev. Kathleen Owens.

The **Transformational Theme** for February is **Love**.

Did You Know . . . ?

- **Finances for Your Soul** is an Adult Education class being offered beginning February 13 (Monday). The content will provide useful and practical information on managing finances in a difficult and changing economy, no matter your income level. Please contact [Chris Christenson](#) to register. Part of the registration process is a brief-confidential survey to more accurately define your financial needs that will help shape each session's content.
- The Book Room accepts magazines that are **no older than three months**. All other donations of magazines that are long out-of-date are disposed of in the large dumpster, for recycling. The Book Room thanks you for your *current* donations - they are much appreciated.
- **PFLAG is Offering Post-Secondary School Scholarships**. PFLAG (Parents, Friends, and Family of Lesbians and Gays) San Diego has teamed up with their members, non-profit supporters of LGBT youth, and individual sponsors to offer scholarships to San Diego County residents. The purpose of these scholarships is to recognize outstanding LGBT undergraduate and graduate students, to encourage them to continue post-secondary education, and to promote a positive image of LGBT youth. To apply, or get more information about qualifications, please visit [the PFLAG website](#).

Announcements

Nominating Committee

Every year, the Nominating Committee has the pleasure of discovering Members who show strong leadership skills from referrals by other members, staff, and Ministers. We are charged with preparing a list of nominees for the Board. The Nominating Committee's list of candidates will be announced on April 20 (Friday). The election of Board Members and Officers will take place at the Annual Meeting in June. Officers to be elected include a Vice President (3-year term), Treasurer (1-year term), and two additional Board Members (3-year term each). All members in good standing, of at least one year's duration, are eligible to be nominated. There is a petition process for others who might wish to serve on the Board in one of the above positions. Petitions will be available on April 15 (Sunday) in the Church office. They are due back in the church office by May 4 (Friday) by 4:30 p.m. For more information, please contact one of the Nominating Committee Co-Chairs, [Tom Dowdy-Winslett](#) at 858-522-9413, or [Kathleen Garcia-Horlor](#) at 619-251-3331. The Nominating Committee welcomes and honors your participation.

Generosity Offering for February: Big Sister League of San Diego

Throughout the month of February our Generosity Offering is being received in support of the Big Sister League of San Diego. The Big Sister League is a non-profit organization whose mission is to assist women and girls in San Diego County by providing supervised transitional housing, volunteer mentor relationships, and support services. The League's programs are designed to encourage confidence, self-esteem, and independence. Currently the homes have space for 30 to 34 women.

Many of the women who receive support from the Big Sisters League suffer from mental illnesses, or have experienced trauma, domestic violence, homelessness, loss of children, and other complications. They are referred to Big Sisters from psychiatric hospitals, crisis homes and social service agencies throughout San Diego County. Over the years several members of the UUWomen served on the Big Sister League Board. Fryda Nicoloff has been instrumental in keeping this connection going and the current UUWomen Steering Committee continues to maintain support for this important community organization. To find out more about the work of this organization, you can go to their website: <http://www.bigsisterleague.org/>.

What will the UUA General Assembly be like?

The Justice GA in Phoenix in June will have all the elements that former GA attendees have come to love. In addition GA 2012 will be a gathering with multiple ways of engaging in justice work for people of all ages. Joining with the people of Arizona, we will worship, witness, learn, and work together. We will leave General Assembly grounded in our faith, energized for justice, and with resources to bring this work home to our congregations. Whether or not you are thinking about applying to be a delegate, you can find more information with this link: www.uua.org/ga/2012.

Religious Education and Family Ministry

This Week in Children's Religious Education

Hillcrest Campus

9:30 a.m. Service

Nursery Care is provided for children from birth through 24-months in Room 109.

Twos and Threes (two and three-year-olds) will meet in Room 105. The topic for the morning is "My World Has Animals."

Pre K/Kindergarten (four-year-olds and kindergarteners) will meet in Room 103. The class begins its exploration of World Religions by exploring the concepts of Same and Different.

First and Second Grade Class will meet in Room 107. The class will begin their new unit with an overview of World Religions.

Third and Fourth Grade Class will meet in Room 113. This week the class will be celebrating the life of Susan B. Anthony.

Fifth and Sixth Grade Class will meet in Room 115. This week the class will resume lessons from the curriculum Traditions with a Wink.

11:30 a.m. Service

Childcare is provided for children from birth through age three in Room 105.

The Primary Class (four-year-olds through second grade) will meet in Room 103. This morning's lesson explores the idea of life in winter.

The Upper Class (third through sixth grade) will meet in Room 113. The class will begin their look at our democratic process using the spiritual tool of a hammer.

A Reminder: Unless otherwise noted, children four years old and up, begin their Sunday morning in the Worship Service with their parents. We consider the time we spend together in worship before classes begin as an integral part of the religious education program. Parents of four and five-year-olds need to come with their children to the patio to sign them into class. Classes run one-hour from approximately 9:45 to 10:45 a.m., or from 11:45 a.m. to 12:45 p.m. Children should be picked up from their classrooms at 10:45 a.m. and 12:45 p.m. Children three and younger may be left in childcare before you enter the Meeting House and need to be picked up immediately after the service. Thank you for understanding the needs of our children and their classes.

South Bay Campus:

The children will continue the exploration of the fourth of our Unitarian Universalist Principles and explore more of the ways in which people envision God.

Youth Program Activities:

This Sunday, February 5, the 9:30 a.m. Youth Group will consider how doubt can be an obstacle to living life with purpose, explore ways which doubt holds us back from doing our best and consider ways we can overcome self doubt and how our Unitarian Universalist faith can sustain us in this endeavor. They will watch an excerpt from the movie *Willow*. At 11:30 a.m., the Junior and Senior High groups will meet in Rooms 114a and 114b respectively for their regular program activities. There will be an additional tune-up rehearsal for the "Cabaret of Love" performers that wish to put in extra

time polishing up their act. We will meet in Room 114b from 1:30 till 3 p.m. for anyone who wishes a little extra practice time. Next Sunday, February 12, the 9:30 a.m. Youth Group will take a look at the concepts of honesty and beauty and consider how these concepts are an integral part of our UU values as they watch an excerpt from the movie, *The Invention of Lying*. The 11:30 a.m. Junior and Senior High Youth Groups will meet in Rooms 114a and 114b to check-in, discuss contemporary issues, play games, and enjoy the friendships in their respective communities.

Our Whole Lives (OWL) News Flash!

The first session of the Jr. High OWL program will be this Saturday, February 4 from 12 to 6 p.m. Due to the Super Bowl, there will be no session on Sunday, February 5. Instead, the sessions will resume the following Sunday, February 12 from 2 to 6 pm. and then return to their regularly scheduled time of 2 to 5:30 p.m. every Sunday through graduation day on April 1.

Get Your Tickets for the Cabaret of Love

The 4th Annual Youth Benefit Concert will take place on February 11 (Saturday) at 7 p.m. in the Meeting House. It will have a cabaret format centered on the theme of Valentine's Day, so you won't want to miss this energetic and fun-filled program! You can enjoy an evening of entertainment and support the Youth Program here at Church at the same time – what a deal! Tickets are \$10 and are on sale now!

Family Ministry

Childcare: Evening childcare will be available from 6:30 to 9 p.m. every Wednesday. Any member of a group meeting on campus is welcome to make use of this service. If your group needs childcare at other times, arrangements can be made by completing the childcare request form, found at the Scheduler's desk in the administration building. Donations to cover the cost of Childcare will be gladly accepted. Parents must remain on the church grounds.

Family Triads

The registration period for this year's Family Triads is closed. Families will be contacted by the end of January with the names and contact information for their Triad group.

Adult Religious Education:

The current Summer/Fall Adult Religious Education course catalog is available in paper on the patio or on the Church [website](#). New Classes: Coffee House Conversations with Arvid on Wednesdays, Finances for Your Soul beginning February 13, and Planning Your Memorial Service on February 27. Please pre-register as we need to prepare adequate facilities and supplies. You may now register for Adult RE Classes online from our [website](#). You do not need to be a Member of First Church to join in our classes. Got Ideas? The Adult Education Committee is looking for class facilitators for our program. We are looking for classes bursting with spiritual energy. If you have any creative expertise which you'd like to share, please contact [Chris Christenson](#) at 619-298-9978, ext. 214.

Upcoming Events

Saturday, February 4

SanDiego350.org and EarthKeepers Climate Activist Training

February 4 and 5 (Saturday and Sunday) at Foothills United Methodist, La Mesa

Learn what climate activists are doing around the country, build relationships with terrific local climate activists, develop crucial organizing skills, identify the strengths you have to be a movement leader, and brainstorm on key climate projects going on right here in San Diego. For more information [visit the event website](#), or contact Phil Petrie at 619-298-0464.

The Humanist Fellowship of San Diego presents "Religion and Politics: Fire and Water?"

February 4 (Saturday) at 11 a.m., San Diego Public Library-Pacific Beach/Taylor Branch

Please join the Humanist Fellowship of San Diego for a fascinating presentation by Dr. Robert Tapp, Ph.D., a renowned scholar on Humanist and Free-thought topics. Dr. Tapp will cover the various issues and time will be allowed for a question-and-answer session after his presentation. This event is free and open to the public. [RSVP's are appreciated, by not required.](#)

Sunday, February 5

Singletarians Luncheon

February 5 (Sunday) at 12:30 p.m.,

For more information or directions, contact Bob Graham at 858-560-4834.

UU Christian Study Group

February 5 (Sunday) – No Meeting this Week

We encourage people to attend "Telling Our Stories" rather than watch the Super Bowl. After "Telling Our Stories," Bernie Vainik will be in Room 114a with our UUCSG library for reading and discussion.

Telling Our Stories: A Spiritual Exploration of Diversity

February 5 (Sunday) from 1:15 to 3:15 p.m., Hillcrest Campus, Room 113

Find out what it's like to speak deeply from the heart and listen deeply to others as a spiritual practice.

Through sharing personal stories, we discover how diversity lives in each of us, and we deepen our connection to ourselves and one another. In keeping with the overall themes of intercultural diversity and social justice, we respond to a prompt that evokes memories of transformative moments, people, and events in our lives. No "storytelling" experience is necessary; spontaneity, a bit of introspection, and a willingness to explore are essential. This is open to everyone. Participants are invited to bring a meaningful object, which may be used as a "talking piece," to place on our altar. Prompt arrival is imperative in order to create a safe space. Join us and tell your story!

Monday, February 6

Monday Evening Meditation Sangha

Mondays from 7 to 8:30 p.m., Clark Chapel

A twenty-minute silent, sitting meditation is followed by a discussion of practice. No experience is necessary, all are welcome. Dharma talks on "An ancient, But Fresh Look at Buddhism." If you plan to attend just the talk, please enter quietly. For more information contact [John Holl](#) at 619-546-6525.

Tuesday, February 7

Men's Cracker Barrel Group

First and Third Tuesdays at 8:30 a.m., City Delicatessen

The Cracker Barrel men's informal-chat group is off and running. We meet at City Deli, at 6th and University on the 1st and 3rd Tuesdays of every month. Join us, we would be glad to welcome more attendees.

Wednesday, February 8

Wednesday Morning Meditation Sangha

Wednesdays from 10 a.m. to 12 p.m., Room 114b

All are welcome for a silent sitting meditation from 10 to 10:40 a.m., followed by a discussion of practice. From 11 a.m. to noon, there will be a dharma talk and discussion. If you plan to arrive later for a shorter meditation, or just for the talk, please enter quietly. For more information, please contact [John Holl](#) at 619-546-6525.

A New Group Starting!

February 8 (Wednesday) at 6 to 7 p.m., Room 114a

We are excited to announce that a new small group will start on February 8 (Wednesday). The focus of this new group will be Positive Mental Habits. This support group will focus its attention on learning how to support group members in developing and maintaining positive mental habits. The group will start by reading and discussing the book *Learned Optimism* by Martin Seligman, Ph.D. The book is a step-by-step discovery of the power of optimism including its power to inoculate against depression, improve health, and more. The group will meet on Wednesday evenings starting February 8, facilitated by Church Member, [Laura Todd](#). Please contact Laura if you have questions or would like to participate or you can call the church office to indicate your interest.

Coffee House Conversations with Arvid

February 8 (Wednesday)

Coffee at 6:30 p.m., Conversation from 7 to 8 p.m., Room 113

Coffee House Conversation: Presentation and Discussion with Arvid continues. This week we will talk about UU Spiritual and Theological Perspectives: Neo-Paganism and Earth Centered Religion. Just drop in and see what happening. Registration is not required. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 with questions.

Thursday, February 9

Book Lovers Affinity Group

February 9 (Thursday) at 6 p.m., Room 114a

We are pleased to announce that Zohreh Ghahremani, the author of the One Book, One San Diego novel *Sky of Red Poppies* will speak to our club at our February meeting. *Sky of Red Poppies* is the story of a naive, but wealthy, Iranian school girl and a lower class, but politically astute, school mate who build a friendship around Persian literature and poetry, amid the political and cultural upheaval of 1960's Iran. The Shah's secret policy test their friendship and family loyalties as his regime collapses. Zohreh also painted the beautiful cover art for her book. Zohreh will be happy to autograph your personal copy. Everyone is welcome to come and discuss with this lovely San Diego resident. If you have any questions, please feel free to contact [Maureen McNair](#) at 619-427-1769.

Are We Heretics: Unitarianism and Trinitarianism?

February 9 and 16 (Thursdays) from 6:30 to 8 p.m., South Bay Campus

“Are We Heretics: Unitarianism and Trinitarianism?” with Rev Kathleen Owens. Why is this difference between Unitarianism and Trinitarianism so important? This class will explore the beginnings of the doctrine of the Trinity, how it came about, and why Unitarian Universalists are not considered Christians. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

Owning Your Religious Past

February 9 and 16 (Thursdays) from 6:30 to 8:30 p.m., Room 113

Owning Your Religious Past with Rev Jim Grant, This is an opportunity to celebrate and move beyond our religious past. Unitarian Universalists come from a variety of religious as well as no religious pasts. In this five-part course, we explore how to move forward with appreciation and aspiration. Class size is limited, sign-up as soon as possible. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

Friday, February 10

Rev. Jason Shelton Workshop “With Hands and Hearts and Voices” at Orange Coast Unitarian Universalist Church in Costa Mesa

February 10 through 12 (Friday through Sunday) at Orange Coast UU Church

Associate Minister for Music at the First Unitarian Universalist Church in Nashville, Tennessee, will be at [Orange Coast Unitarian Universalist Church in Costa Mesa, California](#) (OCUUC) for a Worship Weekend. Ministers, worship committees, musicians, and church leaders are invited to the Saturday workshop. Singers from all churches are invited to participate in the weekend's mass choir events. Saturday's concert is open to the public. Free childcare is offered with advance reservations for all the weekend's events. For more information visit the OCUUC website. To purchase tickets, please visit [BrownPaperTickets.com](#). Please contact [Beth Syverson](#), OCUUC Music Director with questions at 714-376-6666.

Next Week

World Happy Day

February 11 (Saturday) at 11 a.m. World-Wide

On Saturday morning there is going to be a worldwide event, World Happy Day, wherein people from around the globe are going to be viewing *The Happy Movie*. The writer/producer, Roko Belic, has created a film that speaks to what you and your friends are concerned about, i.e., improving lives of people everywhere. Visit www.WorldHappyDay.com to find a theatre near you.

Poetry, Pagans, and Potluck – Imbolc Ritual

February 11 (Saturday) from 4:30 to 6:30 p.m., Room 113

Imbolc is the first holy day that follows Winter Solstice in the Pagan Wheel of the Year. You are warmly invited to join First Church's Earth Centered Spirituality Circle as we observe Imbolc with a ritual of sharing poetry. Bring your favorite poem to share (original or other). We will cast a circle, worship, and share poems. We will also share a potluck meal—bring a dish that is ready to serve—we will not have access to the kitchen. Bring a beverage for yourself. We encourage you to also attend the Youth Cabaret benefit show at 7 p.m. following this event.

Mark your calendar for Earth Centered Events Through 2012:

Saturday, March 3 at 10 a.m. –"Field Trip" to Tree of Life and Philosopher's Stone in Ocean Beach, followed by lunch.

Saturday, March 24 from 4:30 to 6:30 p.m. –Ostara

Saturday, May 5, time to be determined –Beltane

Saturday, June 16 from 4:30 to 6:30 p.m. –Summer Solstice

Saturday, July 28 from 4:30 to 6:30 p.m. –Lammas

Saturday, September 22 from 4:30 to 6:30 p.m. –Mabon

Saturday, November 3 from 6:30 to 8:30 p.m. –Samain

Saturday, December 15 from 6:30 to 8:30 p.m. –Winter Solstice

Get Your Tickets for the Cabaret of Love

February 11 (Saturday) at 7 p.m., Meeting House

Join us for the 4th Annual Youth Benefit Concert. You can enjoy an evening of entertainment and support the Youth Program here at First Church at the same time – what a deal! The proceeds of this year's concert will be used to help send our youth to Justice GA in Phoenix this coming June. Tickets are \$10 and may be purchased at the youth table on the upper patio. Just look for the pink octopus! Hope to see you at the Cabaret of Love!

Dynamic Duos: "Aging Gracefully" and Potluck

February 11 (Saturday) at 6 p.m., Common Room

We are most fortunate to have Paul Speckart, MD; a practicing internist and endocrinologist, join us to discuss practical lifestyle changes we can make to enhance our quality of life as we age. For the web savvy, check out his [reviews](#). This is sure to be an opportunity for learning with a question and answer session to follow. All couples and solos of any age, gender, or sexual orientation are most welcome. Please bring a dish for 8, to share. Beverages will be provided. A donation of \$2.50 per person is suggested. RSVP's are appreciated. Please contact [Alice and Doug Diamond](#) with questions.

UU Humanist Study/Discussion Group

February 12 (Sunday) at 1 p.m., Room 114a

This month's topic is "Freakonomics," a documentary film created by Economist, Steven Levitt and *New York Times* Journalist, Stephen J. Dubner, the authors of the best-selling book "An Introduction to Behavioral Economics." Come discuss the topics talked about in this book, including: the real effects of cheating, information control, drug dealing, extra policeman, bribery, abortion, and more. Join us for an interesting and informative afternoon.

Finances for Your Soul – No Matter Your Income Level (Fixed or 1%)

Beginning February 13 (continuing on Second Mondays) from 6:30 to 8 p.m.

Finances for Your Soul with Iris Masotti and guests. With ideas from Suze Orman's *The Money Class*, Iris will present core information while focusing attention on major areas of group and each individual's need and interest. The content will be understandable and provide useful and practical information on managing finances in a difficult and changing economy, no matter your income level. This class can be valuable for anyone from Young Adults to those on a fixed income. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register. Part of the registration process is a brief-confidential survey to more accurately define your financial needs that will help shape each session's content.

Later in February

Tierrasanta Neighborhood Group

February 19 (Sunday) at 5:30 p.m., Villa Porto Fino Club House

Our Tierrasanta (92123 and 92124) Neighborhood Group welcomes you to its next potluck. The Villa Porto Fino Club House is at 10690 Escobar Drive. Come meet your neighbors and have some fun. For further information contact [John Batchelder](#).

An Ash Wednesday Experience

February 22 (Wednesday) from 6:30 to 8 p.m., South Bay Campus

An Ash Wednesday Experience with Rev. Jim Grant. You are invited to experience Ash Wednesday and Lent at this special Service. Ash Wednesday is the beginning of the 40-day Lenten period; a time of contemplation leading up to Easter. You may have seen those with a slight smudge of ashes on their forehead. In this Service we will not have ashes, but we will explore the positive possibilities of Lent. Ash Wednesday is to re-consider our own death, and Lent is a time to consider our lives. The service will conclude with community-made vegetable soup. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

“Midlife Crossroads: Liberation from our Gender Roles through Dreams and Stories”

February 24 (Friday) at 7 p.m. and February 25 (Saturday) 9 a.m. to 3:30 p.m. Women and men are invited to a program with Dr. Allan Chinen, author of “Waking the World: Classic Tales of Women and the Heroic Feminine” and “Beyond the Hero: Classic Stories of Men in Search of Soul.” Dr. Chinen will present an evening program, (\$10 in advance, or \$15 at the door) on Friday night. Dr. Chinen will also conduct an all-day workshop on Saturday (\$40 in advance, or \$50 at the door). Lunch will be provided on Saturday. See the UU Men’s Fellowship (UUMF) table in the courtyard after Sunday services or contact [Mike Dorfi](#).

SJMT Service Project in February: Sorting Food at Feeding America

February 25 (Saturday) from 9 a.m. to 12 p.m., 9455 Waples Street, Ste. 135, 92121

Join us for a family-friendly service project sorting food at the Feeding America warehouse in Mira Mesa. Each month, Feeding America relies on volunteers to sort, clean, bag, and box more than 1 million pounds of food that helps alleviate hunger for the most vulnerable members of our community, including children, seniors, and the homeless. For more information or to sign up, please come to the SJMT Table at the Hillcrest Campus or the Get Involved Table at the South Bay Campus, or contact [Kristen Kuriga](#) at 619-298-9978, ext. 216.

Save Ethnic Studies Event

February 25 (Saturday) at 2 p.m., Lincoln High School at 4777 Imperial Avenue.

Please join us to support the highly successful Mexican American Studies program recently squashed in Tucson Unified School District (TUSD). The District board banned diverse literature and art including Shakespeare’s *Tempest* and Thoreau’s *Civil Disobedience*. Eleven TUSD teachers, administrators, and students are suing the state to bring back the program. To register visit [their website](#). Social justice organizations and groups are also invited to bring a table and literature to inform and recruit volunteers. Contact [Angela Garcia-Sims](#) at 619-423-7248.

Planning a Memorial Service Workshop

February 27 (Monday) from 6 to 8 p.m. Room 113

Planning a Memorial Service Workshop with Rev. Jim Grant. Planning a memorial service can be an overwhelming task. There are so many details to consider: when, where, by whom, flowers, music, readings, media, program, decorations, theme, reception; personalization of the event; meeting everyone’s wishes and desires. Participants may be considering their own memorial service or the honor of a family member or close friend. Grieving is an emotional time; not the time to make important decisions. It is best not to wait so that others will have to do last-minute planning. This is a repeat of the December Workshop. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

The Path of Sufism

Continuing on the 4th Monday through April) from 6:30 to 7:30 p.m., South Bay Campus
The Path of Sufism: Practices, Meditation, and Dance with Larry "Jamil" Sweet. A taste of the message of love, harmony, and beauty through invocation, dance, readings, and principles of Sufism; followed by familiarization with open wazifas (the repetition of sacred words and phrases), meditations, and more dance. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 with questions.

Volunteer for the Coalition for Neighborhood Councils Urban 5K Walk/Run

March 3 (Saturday) from 7 a.m. to 2 p.m., Southeast San Diego
The race begins at Chollas Lake in College Grove, and ends at Jacobs Center for Neighborhood Renovation (distance is 5k/3.1 miles). Volunteer to support Mama's Kitchen, the American Cancer Society, and many other local organizations at the Urban 5K Walk/Run. The run seeks to promote healthy lifestyles, and to raise health and food justice awareness for San Diego. Shifts for volunteering are 2 hours and jobs include: set-up and staffing registration tables, staffing bag check for runners, water stations along routes, and recording people's times. Volunteers will be accepted until February 10 (Friday), and orientation will be scheduled the following week. If you would like to volunteer, contact [Carlos Medina](#) at Mama's Kitchen at 619-233-6262.

Come and Meet the Unitarian Universalists of the Philippines

Partner Church Pilgrimage--March 9 through 22, 2012

The first stop is Manila, where you will meet your American traveling companions—that is, your fellow UU pilgrims. Together you will get to know the culture and history of the Philippines in Manila, then worship with UUs in the Manila district of Bicutan and meet young professional UUs in the suburb of Quezon City. Next, you will fly to Negros Island. You will be welcomed and celebrated at church headquarters and learn about the dreams and realities of the UUCP, tour the lovely coastal university town of Dumaguete City, where bikes and scooters outnumber cars, and the vibe is gentle and sweet. The heart of the journey will be a road trip for several days around the beautiful island of Negros, visiting 10 of the 27 UU congregations in small fishing and farming villages, with spectacular views and warm hospitality. The trip costs \$1,600 per person, double occupancy and a \$150 registration fee. The cost includes all in-country flights and ground transportation, hotels, meals, drivers, interpreters, and entrance fees. It does not include your airfare to Manila and initial ride to the hotel, gratuities, alcoholic beverages, gifts, personal expenses, or airport transfers as you leave the country. For a modest extra cost, pilgrims often choose to arrive a day or two early to adjust to the time change. Registration can be made through [the UU Partner Church Council website](#) or by calling the Partner Church Council office near Boston at 781-275-1710. For more information, contact roger@uuss.org or call Lee Boeke Burke in Appleton at 920-915-1667.

Human Trafficking: Child Slavery Symposium

March 10 (Saturday) from 8:30 a.m. to 3:30 p.m., Mt. St. Mary's College

The symposium will feature survivors of human trafficking who will share their personal stories. The keynote speaker, Sandie Morgan will speak about Prevention, Protection, Prosecution, and Partnership. The Roadies from Invisible Children will talk about child soldiers and a State Department speaker will present the topic, "Global Reality: child sex slavery and labor slavery." There will be an opportunity to hear from one another about existing efforts to raise awareness and prevent human trafficking, and there will be time to explore actions that can support and unite us in furthering our work to eliminate modern day slavery. For more information, [visit the symposium website](#) or contact [Zonia Duenas](#). [Irene Grumman](#) from First Church will attend; please contact her if you are interested in carpooling.

"Crests to Troughs: Riding the Waves of Our Lives" UU Men's Spring Renewal

April 13 through 15 (Friday through Sunday)

What wave of uncertainty are you surfing—financial disaster, relationships, health or old-age issues? The UU Men's Fellowship invites all men to join them for their annual Spring Renewal at Camp de Benneville Pines; to unpack these issues and support each other in our quest for the exhilarating ride on the top of the crest. Please find more information on the Sunday Morning Patio table, on the Church [website](#), or by contacting [Mike Dorfi](#) at 619-466-5952.

Week-at-a-Glance Calendar

Saturday, February 04, 2012

Our Whole Lives Program (Grades 7 to 9)	12:00PM - 5:00PM	Common Room
"Sources" Youth Choir Rehearsals	1:00PM - 2:30PM	Clark Chapel
Campus Shut Down for Water Main Fix	5:00PM	Hillcrest Campus

Sunday, February 05, 2012

Hillcrest Worship Service	9:30AM & 11:30AM	Meeting House
Hillcrest Children's Religious Education	9:45AM & 11:45AM	Please See RE Office
South Bay Worship Service	10:00AM - 11:00AM	South Bay Campus
Becoming a Member Orientation program	10:45AM - 11:15AM	Room 115
Becoming a Member Orientation program	12:45PM - 1:15PM	Room 114a
Telling Our Stories	1:15PM - 3:15PM	Room 113
YACM Coordinating Committee	1:15PM - 3:15PM	Room 115

Monday, February 06, 2012

Las Campanas Rehearsal	6:00PM - 7:30PM	Meeting House
Meditation/Sangha	7:00PM - 8:30PM	Clark Chapel

Tuesday, February 07, 2012

Young Adults Ages 18-24s Meeting	7:30PM - 9:00PM	Room 114b
----------------------------------	-----------------	-----------

Wednesday, February 08, 2012

Meditation/Sangha	10:00AM - 12:00PM	Room 114b
Wisdom Circle *	2:00PM - 4:00PM	Room 113
UUBellation Rehearsal	5:00PM - 6:00PM	Meeting House
Positive Mental Habits*	6:00PM - 7:00PM	Room 114a
Adult Education: Coffee House Conversations with Arvid	6:30PM - 8:30PM	Room 113
Wednesday Evening Childcare	6:30PM - 9:30PM	Room 105
Chalice Choir Rehearsal	7:00PM - 8:40PM	Clark Chapel
Young Adults 25s-35s	7:00PM - 9:00PM	Room 114b
Share the Love	7:00PM - 9:30PM	Common Room

Thursday, February 09, 2012

*Adult Ed: Twelve Steps to a Compassionate Life: Reading Group C	12:30PM - 2:30PM	Room 115
Book Lovers Affinity Group	6:00PM - 8:00PM	Room 114a
Adult Education: Are We Heretics: Unitarianism and Trinitarianism* (South Bay)	6:30PM - 8:00PM	South Bay Campus
Adult Education: Owning Your Religious Past *	6:30PM - 8:30PM	Room 113
Women's Chorus Rehearsal	7:00PM - 8:30PM	Clark Chapel

Friday, February 10, 2012

Youth Benefit Rehearsals	6:00PM - 8:00PM	Meeting House
--------------------------	-----------------	---------------

Saturday, February 11, 2012

IMBOLC Ritual	4:30PM - 6:30PM	Room 113
Dynamic Duos Potluck	6:00PM - 9:00PM	Common Room
4th Annual Youth Benefit: "Cabaret of Love"	7:00PM - 9:00PM	Meeting House

* registration appreciated

The Window - First Unitarian Universalist Church of San Diego



VOLUME 22, NO. 6

February 4 through February 10, 2012

Hillcrest Campus Location:

4190 Front Street,
San Diego, CA 92103

South Bay Campus Location:

970 Broadway, Suite 104,
Chula Vista, CA 91911

Sunday Services: 9:30 and 11:30 a.m.

Sunday Services are at 10 a.m.

Staff Members:

Rev. Dr. Arvid Straube, Lead Minister
Rev. Kathleen Owens, Associate Minister
Rev. Jim Grant, Affiliate Minister
Robie Evans, Director of Operations
Liz Jones, Director of Religious Education and Family Ministry
Kenneth F. Herman, Director of Music
Chris Christenson, Communications, Database, Adult RE Coordinator
Kristen Kuriga, Social Justice and South Bay Ministry Teams
Coordinator
Suzette Southfox, Director of Membership and Development
Alice King, Young Adult and Campus Ministry Coordinator
Käthe Larick, Youth Programs Coordinator
Revs. Dr. Carolyn and Dr. Tom Owen-Towle, Ministers Emeriti
Patty Eshleman, Director, Unitarian Cooperative Preschool

Important Phone Numbers:

First Church Office: 619-298-9978

Pastoral cell phone: 619-370-0891

(Pastoral cell phone for life and death emergencies only)

Board of Trustees:

Marv Pulliam, President
Rose Van Oss, Vice President
Armin Kuhlman, Treasurer
Sue McLeod, Secretary
Everett Howe, Past-President, however@alumni.caltech.edu
Sean Bohac, Newt Ferris, Katie Jaques, Julie McKane, Mike Moreau,
Susan Oliver, Julie Schauble.

Important E-mail Addresses:

Facilities (request for maintenance): facilities@firstuusandiego.org

First Words (magazine): nfisk1@juno.com

General First Church E-mail: mail@firstuusandiego.org

Order of Service submissions: oos@firstuusandiego.org

Scheduling of Church Property: schedule@firstuusandiego.org

The Window (bulletin): [window@firstuusandiego.org](mailto>window@firstuusandiego.org)

First Church Web Site: website@firstuusandiego.org

Care Network: carenetwork@firstuusandiego.org

Web Sites:

<http://www.firstuusandiego.org> (Main site)

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

(UUs of the South Bay)