

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 21, NO. 50

December 10 through December 16, 2011

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The deadline for the next electronic newsletter is December 14 (Wednesday) at 8 a.m.

This *Window* is a double-issue and covers events through the end of the year, from December 17 (Saturday) through December 30 (Friday).

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

Upcoming Services

Hillcrest Services “**How Should We Speak to One Another**” (live)

– Rev. Dr. Arvid Straube, Lead Minister.

South Bay Service “**Proudly Singing ‘Kum ba Yah’**” (pre-recorded)

– Rev. Dr. Arvid Straube, Lead Minister.

The **Transformational Theme** for December is **Hope**.

Our Church Family

Our thoughts and prayers go to **Sue Marberry** and her family upon the passing of **John**, who died at home on December 6 (Tuesday), after a long battle with cancer.

Did You Know . . . ?

- There's still time to do your holiday shopping at the [First Church Amazon Affiliates Program](#). You can get a bargain and First Church receives a portion of the proceeds; and it is safe and confidential.
- Our “new members” have a rich and varied background to Unitarian Universalism. Some “new members” are people who belonged to this congregation in the past. Some “new members” come from other UU congregations where they were active, involved lay leaders. Some “new members” have only recently discovered our faith and some have known about us for years – having just stepped into membership. Each “new member” has a unique and powerful story, bringing with them a new energy and enthusiasm. Take the time to introduce yourself to our “newest members” and you will grow your circle of community.
- There is an active group of church Members and Friends who are engaged with Occupy San Diego and are working to address economic inequality. If you would like to get involved, contact [Kristen Kuriga](#) at 619-298-9978, ext. 216.
- **December 18 is our Annual Music Service** at our Hillcrest campus. “Joyful, All Ye Nations Rise” is our annual Service of Music with choirs, brass, and bells. We celebrate the Christmas season with carols of many lands and traditions. From the spirited dance-like Spanish carol “Fum, Fum, Fum” to the lovely Christina Rossetti poem set to Gustav Holst’s music “In the Bleak Midwinter” and Jason Shelton’s contemporary “The Dawning of Our Dreams,” we invoke the deepest meanings of the season. This festival service features our Chalice Choir and Youth Choir “Voices in Unity,” as well as both of handbell ensembles. Come hear the music and sing some of your favorite carols.

Announcements

Generosity Offering for December: Promises2Kids

Originally founded as the Child Abuse Prevention Foundation of San Diego County, Promises2Kids is a 30-year-old nonprofit organization. The mission of Promises2Kids is to break the cycle of child abuse through prevention, education, and advocacy. In the early nineties, the organization built the A. B. and Jessie Polinsky Children’s Center, which is the County’s only emergency shelter for abused and neglected children. The Center provides shelter, protection and support for more than 3,000 children going through its doors each year. Promises2Kids also provides support to Foster Youth and

Youth who have recently transitioned out of the foster care system through a variety of programming including: youth to youth mentorship, scholarships, transitional housing, recreation, and camps that reunite children who have been separated by the foster care system. To find out more about this organization, you can go to their website, www.promises2kids.com.

Guest at Your Table Continues This Sunday

Our Annual UUSC Guest at Your Table event begins this Sunday. Please pick up a box or envelope at the table outside the Meeting House doors this morning and begin adding donations throughout this Advent season. Boxes and envelopes will be collected during the Christmas Eve services on December 24 (Saturday), or can be dropped off in the Church office for the following three weeks. The Unitarian Universalist Service Committee (UUSC) is a justice organization working both in this country and around the world by partnering with local organizations to work in the areas of human rights, environmental justice, economic justice, and civil liberties. Join with other Unitarian Universalists to support the work of this organization. More information about UUSC and the Guest at Your Table Program can be found at the social justice table on the patio, and by going to [the UUSC website](#).

The Giving Tree

The Giving Tree is back for its 15th year! We continue to work with San Diego Youth Services, an organization that has been in service for over 30 years. Through the Giving Tree, we sponsor needy families for Christmas. Please sign up at the Giving Tree table between services and after the second service on December 4 and December 11. All presents must be returned unwrapped by December 18 (Sunday) for delivery on December 24. Cash Donations are also appreciated. Please stop by the table and have any of your questions answered by Shannon Matsch, leader in training and her assistant/mom Joy Boatman.

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 "I Can Wait."

Pre K/Kindergarten (four-year-olds and kindergarteners) will meet in Room 103. The class continues its exploration of our Jewish and Christian heritage by exploring the festival of Hanukkah.

First and Second Grade Class will meet in Room 107. The class continues their Jewish and Christian heritage units with a session on the Jewish festival of Hanukkah.

Third and Fourth Grade Class will meet in Room 113. This week the class will be exploring the festival of Santa Lucia.

Fifth and Sixth Grade Class will meet in Room 115. This week the class will explore the festival of Hanukkah.

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 looks at gift giving and the African American holiday of Kwanzaa.

The Upper Class (third through sixth grade) will meet in Room 113. The class will explore the concept of expression with the metaphorical tool of a paint brush. They will hear the story of the Cellist of Sarajevo.

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:

This week the children will continue to explore the third of our Unitarian Universalist principles and relate how Love Surrounds Us to the use of Rituals as they explore the Unitarian Universalist Flower Communion.

Youth Program Activities:

This Sunday, December 11 the 9:30 a.m. Youth Group will take a look at the concept of hope even in the face of tragedy and how indifference and inaction can lead to injustice as they watch a clip from the movie *Hotel Rwanda*. At 11:30 a.m., the Junior and Senior High Youth Groups will meet in Rooms 114a and 114b, respectively, to continue planning for the spring Benefit Cabaret and to enjoy their regular program activities. Next Sunday, December 18 the 9:30 a.m. Youth Group will consider the concept of leadership and how we choose who we will follow and explore the idea of how group mentalities may make us do things we might otherwise as they watch an excerpt from the movie *The Life of Brian*. **Parents please note:** This movie is rated R, so parental consent is required for your youth to watch this film clip. (Please see the note below about the registration packets and permission forms.) At 11:30 a.m., the Junior and Senior High Youtroups will meet in rooms 114a and 114b respectively for the regular program activities. *Registration forms* are available in Rooms 114a and 114b for the Youth Program. Also included in the registration packet is a parental consent form to view R rated movies, even though the film clips shown at the 9:30 a.m. Youth Group may not show the content that garnered the R rating for that particular movie.

Our Whole Lives (Grades 7 through 9) Coming Soon

The first of two required parent orientation sessions for the Junior High (grades 7-9) sexuality education program, *Our Whole Lives*, will take place on January 22 (Sunday) from 1:30 to 3 p.m. in the Common Room. (The second parent orientation session will be held the following Sunday, January 29 at the same time and place.) Childcare will be provided for the parent orientation sessions and is available upon request for the class sessions which begin in February, so please let youth Programs Coordinator Käthe Larick know if you need childcare for the 10 program sessions. You may either call her at 619-298-9978, extension 210 or email her at [Kathe Larick](mailto:Kathe.Larick@unitarian.org) to RSVP.

The Cabaret of Love – Coming in February

News Flash--If you would like to participate in the 4th Annual Youth Benefit Concert, please plan on attending youth group on December 11 (Sunday) to discuss what you'd like to do. This year's benefit program will take place on February 11 (Saturday) at 7 p.m. It will have a cabaret format centered on the theme of Valentine's Day, so start working on your act or thinking about what group act you'd like to be a part of. Talk to [Käthe](mailto:Kathe.Larick@unitarian.org) if you have any questions.

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.

Nativity Tableau at the Christmas Eve Family Vespers

There are still a few roles left in our annual Nativity Tableau. All of our children from age 4 through 6th Grade are invited to take part in the Christmas Eve Nativity Tableau. The Tableau will be a major part of the worship service at 5 p.m. on Christmas Eve, December 24 (Saturday). There will be rehearsals on December 11 (Sunday) at 1 p.m. and a required dress rehearsal at 1 p.m. on December 18 (Sunday). Participants must be able to attend both the dress rehearsal and the Christmas Eve service to participate. Call Liz Jones at 619-298-9978, ext. 208, with questions or to sign up.

Child Dedication on Christmas Eve

This year during our annual Christmas Eve Family Vespers at 5 p.m. will celebrate the rite of Child Dedication. If you have a child or children who you would like to be celebrated during this Service please contact [Liz Jones](mailto:Liz.Jones@unitarian.org) our Director of Religious Education and Family Ministry. She will be happy to answer any question you may have about this Service, and let you know what information we need from you. If you are interested, but this date will not work for you, let Liz know and an additional date will be scheduled in the New Year. You may reach her at 619-298-9978, ext. 208 or by e-mail.

Family Triads

Would you like to get to know other families in the Church better? Would you like to make some deeper connections? Consider joining in a Family Triad. Three families will be matched together and from February through June, they will agree to meet together at least three times, away from the Church. These gatherings can happen in a home or at a park. The general expectation will be that these families will share a meal, engage in activities that are appropriate for all the members of the families involved, and take the time to talk and learn about each other. If you are interested in being matched with other families, pick up a brochure at the RE Office or go to [the Church website](#) to download the application.

Adult Religious Education:

The current Summer/Fall Adult Religious Education course catalog is available in paper on the patio or on the First Church [website](#). New classes: "Shape Note Singing" returns on December 11 and "Memorial Service Planning Workshop" on December 17. 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, December 10

Holiday Stress-Buster Meditation Retreat – Please Note Room Change

December 10 (Saturday) from 9 a.m. to 3 p.m., Common Room

Holiday Stress-Buster Meditation Retreat with Rev. Dr. Arvid Straube, Lead Minister and John Holl, Sangha Leader. This is a class in Buddhist meditation suitable especially for those that are brand new to meditation, although more experienced "meditators" will find it worthwhile. Take a break from your busy holiday schedule to cultivate mindfulness, loving kindness and a peaceful mind. Learn about meditation from two experienced "meditators." The foundation of this class will be based on Theravada Buddhist practice but some meditation methods from our Unitarian tradition will also be included. Bring a bag lunch. A follow up session on December 20 (Tuesday) from 7 to 8:30 p.m., will help you establish a firm foundation for a regular meditation practice. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

Annual Peace on Earth Holiday Bazaar

December 10 (Saturday) from 10 a.m. to 2 p.m., Mid City Gym

Support local peace, social justice and environmental organizations, and *avoid the typical commercialization* of the holidays by purchasing alternative gifts at the peace bazaar! It's an event worth enjoying. Listen to holiday carolers, get your face painted, eat tasty food, and more. Gift items often include: t-shirts, holiday cards, calendars, buttons, peace jewelry, books, imported goods, free trade coffee and tea, ornaments, soap products, lotions, and more. For more information, please contact the [Peace Resource Center](#) or call 619-263-9301. For details and to see the flyer, please visit their [website](#).

Posada Sin Fronteras—Posada without Borders

December 10 (Saturday) from 2 to 4 p.m., Border Field State Park

Faith groups from both sides of the border will gather to pray and celebrate the 18th Annual La Posada Sin Fronteras. The theme will be: "The star still shines, the search for shelter continues." Please bring candles, dress warmly, and be prepared for a 40 minute walk into friendship park. For more information please e-mail: usmexborder@afsc.org or rjohnston@interfaithshelter.org, or call 619-233-4114.

Sunday, December 11

Include the Book Room as a Stop for Your Holiday Gift Shopping

There are several excellent poetry books from the UUA you might consider for your Teen/Young Adult. Two titles to consider are - "Tell The World", and "Encounters". Two others available are -

"Stone Blessings", and "Sonata for Voice and Silence." For the younger set, there are several books that would appeal. One for immediate enjoyment is "The Shortest Day" . . . author is Wendy Pfeffer. Other books to consider are - "26 BIG Things small Hands Do," "Hide and Seek with God," and "Unitarian Universalist is a really long name!" For adults, from the UUA, there are copies of "A House for Hope," "Serving with Grace," and "Creative Aging." This is a small sampling of what is available. Come and see the wide selection we have

Singletarians Annual Holiday Luncheon

December 11 (Sunday) at 12:30 p.m., Bayside.

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

UU Christian Fellowship (UUCF)

December 11 (Sunday) at 1 p.m., Room 115

The Christian Fellowship is a small informal gathering of some members of our congregation who are interested in learning more about Christianity and religion in general. Each is motivated by some religious need for either for Jesus, for Christianity, or simply tradition. We view ourselves primarily as students of Jewish and Christian history, philosophy, and theology. We enjoy small devotions as a reminder of our Christian and Jewish heritage. We take pride in the topics of our studies. This week we will explore those amazing Prayers in Stone: the Gothic Cathedrals. We will do so through the DVD lecture of Professor Dorsey Armstrong of Perdue University. All are Welcome.

Shape Note Singing: "The Sacred Harp"

December 11 (and on-going on second Sundays) from 3 to 5 p.m., Room 113

Shape Note Singing: "The Sacred Harp" with members of the San Diego FaSoLa Singers. Everyone is welcome. It doesn't matter if you can't sing. It matters that you want to. Your voice is your harp. Let's sing together, without instruments or formal training, using shape note notation. Or just stop by and listen. Drop in, registration not required.

Monday, December 12

Voluntary Simplicity Meeting

December 12 (Monday) from 7 to 9 p.m. Common Room

It is party and planning time! Come join us for a potluck dinner for our last meeting of 2011. We will celebrate our 2011 programs (clutter, photos, transportation, travel, and solar panels), and celebrate our 15 years of Voluntary Simplicity programs. Alec and Ann have been co-chairs for several years now; we want to thank them and other long-time leaders and contributors: Marge Wurgel, Suellen Sorenson, Maggie Marshall, Alice and Doug Diamond. We will brainstorm ideas for 2012; there is a possibility that we will "hibernate" for a year. Bring food to share and ideas to explore. Beverages will be provided. For information contact [Ann McDonald](#).

Monday Evening Meditation Sangha

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

A twenty-minute silent sitting meditation is followed by discussion. The last hour continues our discussion of *Unlimiting Mind* by Andrew Olendzki. No experience is necessary, all are welcome. For more information contact [John Holl](#) at 619-546-6525.

Tuesday, December 13

San Diego Organizing Project (SDOP) Health Care Action and Community Forum

December 13 (Tuesday) at 6:30 p.m., St. Stephen's Cathedral

Join with the San Diego Organizing Project, and members of PICO affiliates from throughout the country (People Improving Communities Through Organizing) to take action on bringing health care reform home. This event will focus on highlighting racialized health disparities that exist in our local San Diego community, and looking at practical steps we can take to start addressing these disparities. For more information, contact [Hannah](#) at 619-840-4769.

San Diego Hospice "Light Up a Life" Memorial Service

December 13 (Tuesday) at 8 p.m., San Diego Civic Theater

Several former church Members including Betty Law and Bonnie Hockett will be honored at the "Light Up a Life" Service presented by San Diego Hospice and the Institute for Palliative Medicine. Jung-Ho Pak and Orchestra Nova will play holiday songs, Eve Selis will sing, and a Christmas tree and

Menorah will both be lit in remembrance of people who have touched our lives and are no longer with us this holiday season. Let's plan on sitting together in the front left side of the auditorium. Following the program, there is a dessert reception, with music by Church Member, Drew Massicot, and an opportunity to buy his recently-released CD of Christmas music. For more information, contact [Alice Diamond](#).

Wednesday, December 14

Wednesday Morning Meditation Sangha

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

All are welcome. Starting December 14, we will start a 10-week series of dharma talks on the life of the Buddha, his early teachings, and the development of Buddhism. If you plan to attend just the talk and not the meditation, please arrive by 10:50am. For more information, please contact [John Holl](#) at 619-546-6525.

Coffee House Conversations with Arvid

December 14 (Wednesday)

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

Coffee House Conversations with Arvid continues with Transcendentalism. This week we will talk about Unitarianism Afterwards. Just drop in and see what happening. Registration is not required. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 with questions.

Thursday, December 15

Book Lovers Affinity Group

December 8 and January 12 (Thursdays) from 6 to 8 p.m., Room 114a

At our December 8 meeting, we will discuss *The Imperfectionists*, by British journalist Tom Rachman. This first novel follows the lives of the reporters and editors at an English language newspaper in Rome that will be managed by the founder's unconcerned heir. *The New York Times* calls this book "alternately hilarious and heart-wrenching." At our January 12 meeting, we will discuss Thomas Mann's classic novella *Death in Venice*, in which an aging German writer goes to Venice in search of inspiration. Everyone is welcome to join us and suggest titles to read and discuss during 2012. If you have any questions, please feel free to contact [Maureen McNair](#) at 619-427-1769.

Next Week

Planning a Memorial Service Workshop with Rev. Jim Grant

December 17 (Saturday) from 10 a.m. to 12 p.m., Room 113

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, and 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. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

Winter Solstice

December 17 (Saturday) promptly at 6:30 p.m., Meeting House

Through stories, music, dance, drumming, and ritual, we honor the ageless triumph of the human spirit on this sacred night. This is the 15th year we have brought our very special Winter Solstice Ritual to First Church. Last year we took a rest. We're back this year! If you have attended in the past, please prepare for a new and different experience, as our beloved patio is under construction. There will be no social gathering before or after. However, festive attire is still encouraged! Children and families are welcome. We ask a suggested donation of \$10 for Adults and \$5 for children 12-years-old and younger. *There is no charge for infants. Tickets will be on sale Sundays at First Church, now through December 11. A form for ordering "will call" tickets is available in the Church Office.* For more information, contact [Alice King](#) at 619-298-9978, ext. 213.

Friends of de Benneville Pines Meeting

December 18 (Sunday) for a 5 p.m. Social hour, 6 p.m. Potluck, and 7 p.m. short Meeting, at the Jania-Smith home

Join the Friends of de Benneville Pines at Barbara and Don Jania-Smith's, 2068 Batchelder Court, El Cajon. For directions or to RSVP please call 619-461-7039.

Men's "Cracker Barrel" Group

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

This is a free-wheeling men's group that just gets together for breakfast and general conversation. Our first few meetings have been a success, but we would welcome a few more attendees. For more information, please contact [Al Weiss](#).

Board of Trustees Meeting

December 20 (Tuesday) from 6 to 9 p.m., Common Room

All First Church Members, Friends, and visitors are invited to attend our monthly Board Meetings on the third Tuesday of each month. "Open Mic" Time at Every Board Meeting: Because we're interested in your opinions and ideas, time is scheduled at the beginning of each regular Board meeting for you to share what's on your mind. You may speak, uninterrupted, for a maximum of three minutes. It's best to plan your talk in advance. You may speak on any church-related topic that interests you, except personnel matters, which are not discussed in open Board meetings, even by Board members.

Christmas Day Potluck

Come one, come all – to our Christmas Day Worship Service on December 25 (Sunday) at 11:30 a.m.. Following the Service there will be a potluck lunch for all. Please bring your favorite dish for 6 to 8 to share and sign up with [Joanne Ell](#), our point person, to volunteer to help set up the lunch. The sign-up table is on the patio near the Preschool office. We look forward to seeing you there.

UU Tennis Gathering

December 31 (Saturday) at 9:30 a.m., Porto Fino Tennis Courts, Tierrasanta

Join UU tennis players for a round of tennis at the beautiful Porto Fino courts in Tierrasanta. Players of all ability levels are welcome. Bring a new can of tennis balls and a light snack to share. For directions to the courts call Joe Combs at 858-571-5300 or Pat McCann at 858-550-0221.

Coming in January 2012

Got Your 2012 Calendar Yet?

Planning your 2012 trips already? Consider District Assembly in Los Angeles from April 27 (Friday evening) to April 28 (all day and evening Saturday). And/or plan for Justice General Assembly in Phoenix from June 20 to June 24 (Wednesday through Sunday). For more information, go to [visit the UUA's website](#), or email Joan Cudhea at [Joan Cudhea](#).

Telling Our Stories: A Spiritual Exploration of Diversity

January 1 (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!

Coffee House Conversations with Arvid

January 4 (Wednesday)

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

Coffee House Conversations with Arvid continues with Transcendentalism. This week we will talk about Spiritual Perspectives and Liberal Christianity. This is the first conversation in a new series on UU Spiritual and Theological Perspectives. Just drop in and see what's happening. Registration is not required. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 with questions.

Grassroots Leadership Is Coming To San Diego

January 14 (Saturday) from 8:30 a.m. to 12 p.m., Clark Chapel

Learn about private prisons corporations criminalizing people like *undocumented immigrants* to increase profits. Hear what it's like to be detained. Consider how the American Bar Association

Immigrant Justice Program is helping. Explore how to defend those being exploited for profit. To pre-register, contact [Angela](#) at 619-423-7248.

SJMT Service Project in January: MLK Interfaith Work Day

January 16 (Monday) from 9 a.m. to 1 p.m., Morley Field in Balboa Park

Join the Social Justice Ministry Team for a family-friendly service project. The 4th Annual Interfaith Dr. Martin Luther King, Jr. Day of Service at Balboa Park will bring together people of different faiths and cultural backgrounds for a morning of community service in our parks, including clearing brush and collecting trash. After the park cleanup, there will be a picnic, so please bring a lunch for yourself and dessert to share. For more information or to sign up, please come by the Social Justice Ministry Team table on the Hillcrest Campus, the Get Involved table on the South Bay Campus, or contact [Kristen Kuriga](#), SJMT Coordinator at 619-298-9978, ext. 216. For more information, go to: [their website](#).

Coffee House Conversations with Arvid

January 18 (Wednesday)

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

Coffee House Conversations with Arvid continues with Transcendentalism. This week we will talk about UU Spiritual and Theological Perspectives and Nature Mysticism vs. Scientific Theism. Just drop in and see what happening. Registration is not required. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 with questions.

Owning Your Religious Past

January 19, 26 and February 2, 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.

Movie Lovers Gabfest (Affinity Group)

January 19 (Thursday) from 7 to 9 p.m., Room 114a

We will *not* meet in November and December 2011 due to imminent Holidays. Join us to discuss exciting new movies that you have seen. If you have any questions contact Bobbi Karpinski at 858-384-6261.

Clear Your Clutter – Change Your Life

January 21 and 28 (Saturdays) from 9:30 to 11:30 a.m., Common Room

Clear Your Clutter – Change Your Life with Ann Marie Holz knecht. This 2-session course will present the “how to” and “why” of clutter clearing. We will give you the tools to change clutter clearing from a mundane task to a life-transforming journey. The focus will be on how to get the most from your clutter clearing efforts while improving your home, relationships, and life. Please contact [Chris Christenson](#) at 619-298-9978, ext. 214 to register.

The Path of Sufism

Beginning January 23 (and on the 4th Wednesday 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

Week-at-a-Glance Calendar

Saturday, December 10, 2011

Adult Education: Meditation Retreat*	9:00AM - 3:00PM	Common Room
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Sunday, December 11, 2011

Sunday Morning Meditation Sangha	9:00AM - 9:20AM	Room 114a
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
UU Christian Fellowship	12:45PM - 3:30PM	Room 115
UU Humanist Study and Discussion Group	1:00PM - 3:00PM	Room 114a
YACM Coordinating Committee	1:15PM - 3:15PM	Room 114b
Shape Note Singing: "The Sacred Harp"*	3:00PM - 5:00PM	Room 113

Monday, December 12, 2011

Las Campanas Rehearsal	6:00PM - 7:30PM	Meeting House
Monday Evening Meditation/Sangha	7:00PM - 8:30PM	Clark Chapel
Voluntary Simplicity meeting	7:00PM - 9:00PM	Common Room

Tuesday, December 13, 2011

Young Adults Ages 18-24 Meeting	7:00PM - 9:00PM	Room 114b
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Wednesday, December 14, 2011

Wednesday Morning Meditation/Sangha	10:00AM - 12:00PM	Room 114b
UUBellation Rehearsal	5:00PM - 6:00PM	Meeting House
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

Thursday, December 15, 2011

Meditation Group	6:30PM - 7:30PM	South Bay Campus
Movie Lovers Gabfest (Affinity Group)	7:00PM - 9:00PM	Room 114a

Friday, December 16, 2011

No events scheduled

Saturday, December 17, 2011

Adult Education: Planning a Memorial Service*	10:00AM - 12:00PM	Room 113
Winter Solstice	6:00PM - 8:00PM	Meeting House

* registration appreciated

The Window - First Unitarian Universalist Church of San Diego



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December 10 through December 16, 2011

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:

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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)