



First Unitarian Universalist Church of San Diego

Upcoming Social Justice Opportunities

Social Justice Ministry Team of the First Unitarian Universalist Church of San Diego
Creating justice & compassion in our community through spiritually-grounded action

For more information contact Ariel Shih at sjadmin@firstuusandiego.org

Ramadan Dinner—African Drought Crisis and Syrian Refugees

Sunday, May 28, 6 PM, Bethlehem Lutheran Church, 925 Balour Drive, Encinitas, 92124
Join with the local Muslim to community on working together to expand awareness and heal victims. Imam Taha Hassane will be the keynote, and a local panel discussion will be led by Issam Lagrichi & Yusef Miller, Helping Hand for Relief & Development. Dinner will be provided and donation are welcome. RSVP and more information contact [Issam Lagrichi](mailto:Issam.Lagrichi) by email or call 760-681-0755

Climate Chat: Can California Lead the Way on Climate Change?

Wednesday, May 31st at 6:30PM, in Bard Hall, Hillcrest
Dianne Takvorian, from Environmental Health Coalition, speaks about California leading the way on Climate Change. Learn how we can reduce emissions 50% by 2030 with renewable energy, carbon pricing, and transit solutions. [RSVP](#). All are welcome. Contact [James Long](#).

Food Bank Volunteer Night with UU San Dieguito

Thursday, June 1st from 6-8PM at the San Diego Food Bank
Food Bank Volunteer Night (first Thursday of the month) is a wonderful way to help those in need, to put *SERVICE IS OUR PRAYER in ACTION* and to strengthen our First UU community as well. Anyone over 10 years old can help! Mostly we just put food in boxes on an assembly line or bag fresh produce – really easy, no lifting, no bending! For more information and to register, you *MUST* contact [Sara Ohara](#) for the special UUFSD Group code.

Race and Reconciliation Dialogue Workshop

Saturday, June 3rd, 9AM - 5PM, Pacific Beach Presbyterian Church, 1675 Garnet Avenue
The workshop will be professionally facilitated by Dr. Henry Payne, a Human Resources and Organizational Development Consultant, who has conducted training workshops on race and reconciliation for the Healing and Reconciliation Committee in South Africa. *Pre-registration is required*, please call 858-273-9312, Workshop limited to 25 people, Cost is \$10, lunch included.

ACLU People Power Group

Saturday, June 3, 1PM, Room 323, Hillcrest
Monthly meeting for the ACLU Grassroots Activism Campaign. We'll discuss next steps, share info, and establish our network of allies. Newcomers welcome. Due to limited seating, [please RSVP](#).

4th Annual “Wear Orange Walk”

Saturday, June 3rd 9AM at Tidelands Park Coronado

MOMS Demand Action for Gun Sense in America is sponsoring the 4th Annual "Wear Orange Walk" in support of National Gun Violence Awareness Day. There will be music and speakers during a short rally, and then a walk along the beautiful San Diego Bay. Show support for survivors and victims of gun violence. For more information, [visit this page](#). Contact [Steve Bartram](#).

Equality March: San Diego

Sunday, June 11, 2017 at 10AM, starting at Balboa Park at 6th Ave and Juniper St, Come march for equality along with several other marches planned in Washington, D.C, and several other marches around the country! The goal of the march is to mobilize the diverse LGBTQ+ communities to peacefully and clearly address concerns about the current political landscape and how it is contributing to the persecution and discrimination of LGBTQ+ individuals. For more info, [visit this page](#).

SOLACE Volunteer Meeting

Tuesday, June 13th, 7PM, Room 112 (The Common Room), Hillcrest

As always, the meeting will be focused on discussing our experience visiting the Otay Mesa Detention Center. This is the time for volunteers to de-brief about their visits with the immigrants/asylum seekers, and come together for support. For more info, [contact Steve Howard](#).

Churches Against Trafficking Meeting

Thursday, June 15, 6:30PM at Mission Church of the Nazarene, 4750 Mission Gorge Pl. Join the Churches Against Trafficking as we discuss curriculum and bible studies for human trafficking awareness and prayer. Please contact churches@churchesagainstrafficking.com for more information.

Big O' Gay Anti-Conversion Therapy Protest Poster Making Party

Tuesday, June 13 at 3PM at Gossip Grill, 1220 University Ave

Come join the LGBTQ+ community and help make posters for people to carry for the anti-conversion therapy protest on Friday or Saturday. This is a great way to be involved with this protest if you can't be at the protest for whatever reason! Supplies will be available, but more is appreciated.

Big O' Gay Anti-Conversion Therapy Protest

Friday and Saturday, June 16, 17 from 9AM—5PM at City View Church, 8404 Phyllis Place
Come join the LGBTQ+ community and help protest the gay conversion therapy organization annual conference happening in San Diego this year. Protesters will be outside the church throughout the whole conference. For more info, [visit the FB event](#).

San Diego Trans Pride Tabling

Friday, July 14, Balboa Park

San Diego Trans Pride is a community-led group of volunteers who have come together to organize an event dedicated to celebrating San Diego's Trans Community. First UU is seeking people to staff a table at Trans Pride on Friday, July 14, 2017. This is a fun outdoor day in Balboa Park. Please contact [John Keasler](#) or [Dr. Melissa James](#) if you are interested.

Spirit of Stonewall Rally

Friday, July 14, Time TBA at Hillcrest Pride Flag, University Ave and Normal St

San Diego Pride's Spirit of Stonewall Rally is a time to recognize and honor leaders who are working hard to preserve our gains and meet the many challenges still facing our LGBTQA+ community. Come join us as cheering crowds and energetic speakers kick off San Diego Pride Weekend!

San Diego Pride Parade: Allied in Action: United for Justice

Saturday, July 15, 11AM starting at the Hillcrest Pride Flag at University Ave and Normal St. The annual San Diego Pride Parade is among the largest in the United States, attracting over 100,000 cheering spectators and significant media participation.

More Ways to Be Involved in Social Justice

- Join local chapters of the ACLU or NAACP or Planned Parenthood to find ways to make a difference.
- Monitor your elected officials' committee assignments and voting records; call their local offices to share your opinion on important issues.
- Offer supportive messages to elected officials who are working across the aisle to ensure programs and policies are for all people.
- Come to services, let your needs be known, talk with a Lay Minister or someone on the Ministry team.
- Practice Self-Care, every few months, take a day or two off to do things you love, that nourish YOU.
- Spend time with people who encourage you, laugh often and play in nature.
- Lighting a candle, breathing deeply for five minutes and writing in a journal can help give some perspective.
- Create a playlist of songs that inspire you.
- Find reasons to express gratitude – write a list of people, experiences and situations for which you are thankful.
- Turn off the news for one hour a day and turn on some music.
- Remind yourself it's okay to have limits.