



## 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](mailto:sjadmin@firstuusandiego.org)

*If receiving a printed copy, please visit [www.firstuusandiego.org](http://www.firstuusandiego.org) and click on current opportunities under the Social Justice heading on the front page to access the links.*

#### **NoMAS (No Miramar AirShow) Project Weekly Action**

Thursdays thru September 22, 3:30 - 5:30 p.m. at the Carroll Canyon I-15 overpass (park at the small mall to the east of the freeway exit)

The San Diego Chapter of Veterans For Peace holds a weekly action to protest the glorification and propaganda that the September Miramar Airshow represents. For more information, contact Dave Patterson at [dpatterson998@yahoo.com](mailto:dpatterson998@yahoo.com).

#### **“Tear Down the Wall” Happy Hour & Program**

Friday, July 21, happy hour at 5:30 p.m. and program at 6:30 p.m., 3850 Westgate Pl. 92105  
Join the Peace Resource Center and American Friends Service Committee to discuss a report on human and civil rights abuses at the U.S.-Mexico border, learn how to be an ally to vulnerable communities and tear down a mock border wall. The evening will also feature a performance by Baile Folklorico Mexicano and the Mexican card game “loteria.” [More info](#).

#### **Human Trafficking Awareness around Comic Con**

Friday, July 21, Saturday, July 22, 10 a.m. - 7 p.m., The G. St Enhancement, 302 G. St.  
The San Diego Human Trafficking Advisory Council Community Group, will have hundreds of volunteers throughout the convention center area of downtown, handing out TIPCards (Trafficking in Persons red flag cards) and Fans (with the HT Hotline information) to attendees of ComicCon. Put on a cape (or if you like, your favorite costume!), be a hero, and help us to spread the word: "Human Trafficking is NOT OK in San Diego!" [Sign up](#).

#### **San Diego350 Public Policy Team Meeting**

Sunday, July 23, 2 - 4 p.m., La Jolla Villa Square Community Room, 8657 Villa La Jolla Dr.  
Join SanDiego350 for their monthly Public Policy Team meeting. In addition to our usual updates, we'll be talking a lot about Community Choice Energy and what we can do to make sure the San Diego City Council adopts it this year. [RSVP](#).

## **Healthcare Webinar: The ACA & the Senate's Better Care Reconciliation Act (BCRA)**

Wednesday, August 2, 5 p.m., on your computer with internet access

This is part of a series of briefing webinars on Healthcare Justice as a UU Value. Prof.

Jerome Dugan will speak to the economic considerations of the ACA and BCRA.

To join, [click here](#). You can also join by phone at 1-408-638-0968 (US Toll) or 1-646-558-8656 (US Toll) with meeting ID: 162 242 742

## **Organizing for Justice Meeting**

Wednesday, August 2, 6:30 - 7:30 p.m., Common Room, Hillcrest

Organizing for Justice is First UU's liaison between our Social Justice Ministry Team and San Diego Organizing Project (SDOP). SDOP member congregations are being asked some important questions about how best to address the current political situation. Please join us for this conversation. For more info, email [Julie Schauble-Nguyen](mailto:Julie.Schauble-Nguyen) or call her at (619) 254-6518.

## **Food Bank Volunteer Night with UUFSD**

Thursday, August 3, 6 - 8 p.m. at the San Diego Food Bank

Food Bank Volunteer Night 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, and great camaraderie. For more info and to register, **you MUST contact Sara Ohara for the special UUFSD Group code:** [sara@saraohara.com](mailto:sara@saraohara.com)

## **SOLACE Volunteer Meeting**

Tuesday, August 8, 7 p.m. 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. Newcomers are always welcome. For more info, [contact Steve Howard](#).

## **Alternatives to Violence Project Basic Level Workshop**

Friday, August 11 - Saturday, August 12, 8:30 a.m. – 5:30 p.m., CARE Center

AVP workshops provide an experiential, transformative approach to learning positive conflict resolution skills and building community while having fun! AVP is a volunteer-run, evidence-based program that is successfully used in prisons, post-conflict areas, and communities around the world. [RSVP](#)

### **Walking the Walk Justice Summit & Camp**

Friday, August 12 to Wednesday, August 16, Camp de Benneville Pines

Registration is open for the **Walking the Walk Justice Summit & Camp**, August 12-16 at Camp de Benneville Pines in the San Bernardino Mountains of Southern California. Special guests, Pamela Sparr, Director of Justice Building for the Unitarian Universalist Service Committee (UUSC) and Katia Hansen, President and CEO of Unitarian Universalist Refugee & Immigrant Services and Education (UURISE) will join us. This event brings together justice seeking UUs for rejuvenating worship, practical skill development, networking and community building. Dozens of workshops will help develop strategies to advance immigrant justice; tackle race, class and cultural divides, address climate change; tackle housing insecurity and more. The four-day format allows for recreation and reflection with friends and family. Children welcome! Register at [uujmca.org/walkingthewalk](http://uujmca.org/walkingthewalk). Scholarships are available.

### **Churches Against Trafficking Meeting**

August 17, 6:30 p.m., Mission Church of the Nazarene 4750 Mission Gorge Pl.

This meeting will be focused on law enforcement perspectives in human trafficking. For more info, email [cat@churchesagainstrafficking.com](mailto:cat@churchesagainstrafficking.com)

## **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.