Hello, First UU Church of San Diego. My name is Matthew Waterman and I’m so excited to be your next intern. I’m currently finishing my third year of seminary at Starr King School for the Ministry, where I’ve also been the Director of Admissions and Recruitment.

I use the pronouns he, she, or they, interchangeably – I appreciate anything that is said in love.

My story into Unitarian Universalism is one that sounds familiar to many. I grew up Methodist and was heavily dedicated to the church, even helping facilitate a large youth retreat in Estes Park, Colorado. My faith was heavily developed by my Gramma Mac, who had loved all people. At 12, I didn’t have the exact words for it, but now I realize that I was ‘called’ to ministry, while at a church camp that was led by an LGTBQ+ minister. However, following the camp, my family moved to Wyoming from Colorado. Then life happened, a lot.

My Gramma Mac passed away, I came out, and I lost my faith. However, as fate happens, I started therapy at 16. One night, for therapy, my therapist took me to the local UU congregation for a PFLAG meeting. While the meeting had been canceled, we sat in on a small group meditation practice and I felt my soul come alive.

Nearly 10 years later, I had an unchurched child that needed to round off some of the rough edges that I’d created from my disappointment in church. So, thinking back to my experience at 16, I took him to the UU congregation in Cheyenne, Wyoming. As it happens, we found community, we found love, we found committees, and soon, we were immersed.

My partner, Deanne, reminded me that I had been mentioning being a minister since she met me. After reflecting on this, I pursued ministry as what I call the “next logical step in my accounting and finance career.”

I am blessed to be on this journey with my wife, Deanne, and our 15-year-old, Caidyn. We have been blessed with three older children: Lauren (Zach), Courtney (Jeff), and Brandon as well as two grandchildren, Zailen and Natalie, with Everlee due at the end of May.

Unitarian Universalism has brought so much to this world and to my life. To me, the principles exemplify the life that I want to live—one that values the inherent worth and dignity of all people. As a seminarian, I’ve learned that I preach what I also need to hear—it’s a lesson for me, one I yearn to continue as I grow and learn with you.

Also in this issue:
- Engagement by Rev. Kathleen Owens  Pg 2
- The Power of the Pause by Frank J. Sileo  Pg 3
- What Motivates Rev. Arvid Straube? by Maureen McNair  Pg 4
- Annual Meeting  Pg 5
- How Caring Ministry Has Helped Me by Linda Sola  Pg 6
- Join First UU’s Online Social Hour! by Nancy Fisk  Pg 6
- General Assembly Online  Pg 7
Engagement
By Rev. Kathleen Owens, Lead Minister

Some worship themes are easier to work with than others. Last month, our theme was Play, and in the middle of this new COVID-19 reality we’re living in, the theme was a bit of a challenge for some, myself included. And yet, it was a good reminder that, even in the midst of all we’re experiencing, life, nature, and our need for joy and laughter continue.

This month’s theme of Engagement offers its own challenge (and rewards, I hope). I know it can feel hard to stay engaged when many are starting to feel “Zoomed-out” or are having “Zoom fatigue.” I also know it can be hard to think about staying engaged when we now know the UUA Board and President Susan Frederick-Gray are strongly recommending we continue virtual/online church through May 2021.

Some are experiencing grief as this new way of “doing” church becomes more long-term than we first thought. This new reality can feel so unreal, can feel like we’re stuck, can feel limiting. And, that’s true if we compare now to the past. The truth is, the past is over, it’s done. The truth is we only have right now. And, right now, we have enough because we’re connected in community and in community, we have all we need.

In community, we can keep experimenting with worship services for all of us to engage in. In community, we can keep supporting the food pantry, knowing we’re expanding what community means in our lives. In community, we have all the talent, creativity, ideas, support, willingness, skills, energy to meet the challenges before us.

This new online world we’re living in offers opportunities for connection like never before. This new reality we live in offers us various ways to “do” church business (i.e., an online annual meeting on June 28). We need you to stay engaged so our mission can be fulfilled. We need you to stay engaged with this congregation, by asking for your needs to be met, and giving of yourself so others’ needs can be met.

Finally, we want you to stay engaged so Love will flourish.

May it be so.

Rev. Kathleen
The Power of the Pause
by Frank J. Sileo, PhD

From Kathleen Swift: Over these past weeks, I've been listening to parents and am aware of the many challenges families face. We now know this isn't a short-term experience and, as we move forward, we need to figure out how we can make positive changes to ourselves and in our communities. I came across an article that may be helpful to many of us, though it's aimed at children and teens.

This week's column is an excerpt of “The Power of the Pause: Helping Your Child Learn Mindfulness in This Stressful Time” by Frank J. Sileo, PhD, a New Jersey licensed psychologist: See the full article here: The Power of the Pause

Families all over the world are experiencing increased stress and anxiety. As we all practice social distancing, our daily routines have been disrupted. While this is stressful, it also provides an opportunity to slow down, to pause, and learn new coping strategies. For children and teenagers, learning how to take a pause requires practice and support from adults. Read on for some helpful tips for teaching mindfulness to children and teens.

Be Patient

Children may initially become frustrated when learning to take a pause. Your patience with them will help them feel more confident about relying on taking a pause when things get difficult. Acknowledge their feelings and tell them that it may seem strange in the beginning. The more your child practices taking pauses, the more comfort and success they will experience. Your attitude about taking a pause is key to their success as well. Encourage them to practice, and practice together.

Acknowledge Differences

Some children and teens may have an easier time pausing than others. The pauses you use should be based on your child’s age and developmental level. Children with certain clinical issues or problems with impulse control, emotional regulation, executive functioning, depression, or anxiety may have more difficulty slowing down to pause, even while they have a greater need for taking pauses in their daily lives. Learning to successfully pause and be mindful may greatly impact a child or teen's overall emotional and behavioral functioning.

Know When to Pause

Anytime is a good time to take a pause! Initially, however, it’s a good idea to introduce pauses when your child is calm. They will be much more focused and compliant, and likely to be successful. If you try to teach a pause when your child is already upset, they may not be able to properly process what you are trying to teach them. Be aware of the emotional and behavioral triggers in your child. For example, if your child struggles with homework, remind them ahead of time about taking a pause or two. You could say, “I know math frustrates you. Math can be a frustrating subject. Let’s take a moment, realize you are frustrated, and then we can take a pause by washing our face.” Once your child knows how to pause, it will be easier for them to apply it to more emotional situations. And remember that pauses can also be taken when things are going well.

Children Learn From You

Children and teens alike notice how adults around them deal with frustration, anger, and disappointment. The manner in which you handle difficult emotions and situations will greatly influence how children will react when met with challenges of their own. Share with your child something that is difficult for you. Let them know that you are taking a pause to get in control and to handle the situation better. You might say, “I am feeling stressed. I am going to take a pause and go for a walk before I make dinner.”

Endless Possibilities

These ideas are only a few that can help your child or teen as they learn to become more mindful. After reading and trying these, foster discussion with your child about other pauses they can try. Encourage them to use their imagination and creativity. Make it fun and playful—try to make your child curious about pauses. Start slowly and gradually build on the concept of regularly taking pauses in life. Being mindful and engaging in mindfulness is a way of being, not just an activity!
What Motivates Rev. Arvid Straube to Volunteer at the Food Pantry?

By Maureen McNair

Food pantry work is largely grunt work. Setting up tables. Lugging bags and boxes of food. Standing in a parking lot in the sun, to guide clients in an orderly, physically distanced line through the food distribution. Then, there’s the cleaning. Our standard for sanitizing is we clean up like we’re covering up a crime scene. None of this requires any formal education or leadership skills. So, why is Arvid Straube, our former lead minister who retired six years ago, volunteering at a food pantry on Saturday mornings?

Three reasons motivate Arvid.

First, Arvid experienced food insecurity as a college student at Ball State University in Muncie, Indiana. For a while, he and his roommate lived on boxes of Mac n cheese and packets of ramen. He gained empathy through this experience with food insecurity. When he attended the Hillcrest service last February about the pantry with a call for volunteers, the service “really touched my heart,” he said. Arvid stepped up to volunteer that day.

Even after we all became aware of the Covid-19 virus, Arvid continues to volunteer even though he’s in a high-risk group. He practices physical distancing. He stays on because, he says, “We all have to pitch in.”

Then, there’s Arvid’s understanding that part of the identity of the South Bay campus is embedded in reaching out to community. In the past, the campus has reached out in ways that aren’t as sustained as the pantry. He recalls our response to the 2010 Easter Sunday earthquake centered in Mexico. The South Bay campus collected food and clothing and then South Bay Coordinator Mar Cardenas drove the donations to a town in Mexico with an indigenous population.

Absent empathy from personally experiencing food insecurity, Arvid says another way people can nurture their sense of caring for our neighbors is through acting on our shared values. Arvid draws on the UU first principle, “We affirm and promote the inherent worth and dignity of every person.”

From his work in the 1980s documenting human rights abuses by death squads in El Salvador, Arvid learned that giving up our own wealth and privilege would only add one more person to the already vast numbers of people living in poverty. Through that earlier work, Arvid met Father Jon Sabrino, a Jesuit Priest who evaded the death squads, who is known for his contributions to liberation theology. Father Sabrino’s teaching is we must use our privilege, wealth, and education in service to the poor.

So, even though food pantry work is largely unskilled labor, there are deep Unitarian Universalist values at work here. Our pantry clients experience varying levels of poverty. But, regardless of their individual circumstances, our goals remain the same, to provide healthy food to people who feel uneasy about feeding themselves and their families and to treat them with dignity and respect while doing so.

The pantry also exemplifies our broadest goal, to create community. Poverty has been in our southwest Chula Vista neighborhood long before the Covid-19 virus. It’ll be there after we decide to return to in-person services. Our pantry is going to have to continue for a long time. One day, Arvid agrees, some of our pantry clients will want to step through our doors and join us as congregants. Showing our clients our values now is our first step to welcoming them to be part of our beloved community.

“I always feel good after I volunteer because I know I’m doing something important. I liked working at the table with the canned clams. Who knew so many people liked clams? It’s a good opportunity to connect with humor.” And, Arvid concluded, “The clients are grateful. I am happy to be there.”
Join us via Zoom for our Online Annual Meeting
Sunday, June 28, 1 pm

Visit [https://www.firstuusandiego.org/](https://www.firstuusandiego.org/) on June 28 to find a link to the meeting!

**Electronic Voting!**

Watch the Window for upcoming important information on how to attend and how to vote.

Contact: Robie Evans, Director of Operations
robie@firstuusandiego.org

Save the Date!
Learn about the FY 20-21 budget and ask questions before the annual meeting via Zoom on Tuesday, June 23rd at 6 pm.
Meeting URL will be published in the Window.

Meet the Candidates! Watch the Window for more information.
How Caring Ministry Has Helped Me During Covid-19

By Linda Sola

It’s never easy getting used to being disabled. And, I admit I’ve been the lousiest invalid since my first stroke broke into my busy life in 2012. Suddenly, poof! I disappeared from my job, my precious activities, and contact with people.

Not being at church was a big blow as I became increasingly limited. I missed getting all my six senses, my mind, and my spirit charged up every Sunday. I became a devout recluse.

So just imagine me recently being a target of the diversely skilled caretaking team from First UU as they made certain no member was in need during the COVID crisis! In just a few weeks, a flurry of calls connected me to different First UU members who could help me sort out solutions, paired me with intrepid listeners (bless your mighty ears Chris Smith and Jan Garbosky!), and gave my spirit a sudden boost of hope. Even better, I also ended up with a medical and practical care action plan that I could never have done on my own.

Sounds too good to be true? Nope. Putting all this TLC into action, my health has started improving. And I blame it on this dedicated First UU tribe who opened this door.

First Church has my deepest gratitude for their care and attention during this time.

If you haven’t been receiving calls from the Caring Ministry Call Team, and would like to, please contact Chris Smith at chris.smith7@cox.net.

Join First UU’s Online Social Hour on Sundays!

By Nancy Fisk

You may already know about our livestreaming service every Sunday at 9:30 am. The link is up on the website: firstuusandiego.org.

You can see also see past services on Youtube, on our channel: https://www.youtube.com/firstuusd

Right after the service, around 10:30 am, you can join the First UU Zoom call for an online social hour. The link is: https://bit.ly/FirstUUSocialHour.

Each Sunday, the weekly password is announced at the end of the service. The link to join is in the order of service and in the chat during the service.

Jenner Daelyn, our Connections Coordinator and Scheduler, moderates the Zoom call. Once she approves you to join the Zoom call, we hear from Rev. Tania and/or Rev. Kathleen, and then Jenner divides us into small groups in “break out rooms.” You’re randomly assigned with 6-7 other people for the next 15 minutes. You can ask how people are doing or just participate in whatever discussion the group initiates. There’s usually time for three small group/breakout room discussions. After the third discussion, everyone returns to the large group for a few minutes to talk as a whole group again. It’s a good way to stay connected with other members of the church. Hope to see you online soon!
General Assembly (GA), the annual meeting of the Unitarian Universalist Association (UUA) was scheduled to be held in Rhode Island this year, June 24-28, 2020. Due to Covid-19, the UUA is making all of GA a virtual experience and enhancing the technology so they can accommodate a wider, and ideally, more global audience.

All GA registrants will have access to the GA Virtual Participation Portal, which combines multiple modes of participant engagement including chat, Q&A, and polling. Registrants can watch and ask questions in live sessions including workshops and business sessions (mini-assemblies, hearings, etc). Delegates are also able to propose amendments in the live business sessions, participate in debates, and vote in general sessions.

Virtual registration for General Assembly is $150 per person. Registration for General Assembly is the same process for delegates and non-delegates. Virtual Registration

The schedule for General Assembly in our time zone is available here: General Assembly Schedule.

As in past years, there will be a series of events streamed on UUA.org for public viewing. You do not need to be registered to view them. Check the schedule for times and dates.

- **General Sessions**: Unitarian Universalist Association (UUA) Co-Moderators Mr. Barb Greve and Elandria Williams preside over the general sessions in which the business of the Association is conducted.

- **Service of the Living Tradition**: This service honors fellowshipped and credentialed religious leaders; remembering those who have died, recognizing those who have completed active service, and welcoming those who have received fellowship or credentialed status in the past year. The service includes a collection to benefit the Living Tradition Fund.

**Rooted, Inspired, & Ready!**

- **Synergy Bridging Worship**: This is a rite of passage worship for our youth who are bridging from adolescence to young adulthood. It’s an inspiring night for all generations.

- **Sunday Morning Worship**: This worship service will include a collection for the Tomaquag Museum, an indigenous museum featuring an extensive collection and archive of Southern New England tribal communities.

The Ware Lecture this year will be given by Naomi Klein. She is a regular media commentator in print, radio, and television around the world, appearing on such shows as Fareed Zakaria’s GPS on CNN, BBC Newsnight and HARDTalk, Democracy Now, The Rachel Maddow Show, The Colbert Report, The Tavis Smiley Show, Charlie Rose and HBO’s Real Time with Bill Maher.

Unfortunately, this year the Ware Lecture will only be available to those who have registered for General Assembly.

General Assembly is a great way to participate in the life of our denomination and to attend workshops on topics reflecting our UU values that can help First UU in the work we do within and beyond our congregation. Check in to uua.org/ga for more information.