January's Transformational Theme: What Can We Put to Rest?

Our Mission

Our mission is to create community, to nurture spiritual growth, and to act on our values to help heal the world.

Nuestra misión es crear comunidad, fomentar el crecimiento espiritual y vivir nuestros valores para ayudar a sanar el mundo.

Our Seven Principles

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another, and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience, and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

Hillcrest Campus Location
4190 Front Street
San Diego, CA 92103
619-298-9978

South Bay Campus Location
970 Broadway, Suite 104
Chula Vista, CA 91911
619-271-5017

Hillcrest Services
9:30 am and 11:30 am

January 5, 2020
"The Benefits of Putting It to Rest"
Rev. Kathleen Owens, Lead Minister
Music: Chase Pado

January 12, 2020
"Midnight Sky and Silent Stars"
Rev. Joseph Santos-Lyons, Guest Minister
Music: Women's Chorus

South Bay Bilingual Service
9:30 am

January 5, 2020
"Rest and Healing"
Rev. Tania Márquez, Assistant Minister

January 12, 2020
"To be a Good Neighbor"
Rev. Tania Márquez, Assistant Minister

January 5 Generosity Offering
Camp de Benneville Pines

Last year more than 400 kids experienced immersive UU youth camp programming that promotes values of self-acceptance, curiosity, compassion, and empowerment. Dozens of families benefited from scholarships to these camps. Camp became more green, comfortable, and accessible for those with limited mobility. Our offering will help keep camp affordable, welcoming and accessible in 2020.

The deadline for the next issue of The Window is:

January 8 (Wednesday) at 8 am

If you would like an announcement placed in the Window, please email: rose@firstuusandiego.org

The Window submission maximum is 60 words
**What's Happening?**

**Calling Artists and Graphic Designers**
Rev. Kathleen would like to meet with you on Saturday, January 11 at 1 pm — 2 pm to talk about how to re-design the History Wall (in the Meeting House) to make it more readable and accessible. We’ll talk about ideas and figure out next steps. Location for meeting will be decided at a later date.

**Current Common Scams!**
Just this week, at least three of our members each received a text from Rev. Kathleen asking them to buy her a gift card because she had a sick relative. Luckily, these members first either checked with Kathleen or with the church office. It was an out of area phone number and yes, this was a scam. Also, every once in a while, we receive emails asking for special help from someone on staff. You can tell these are scams if you investigate the return email closely. For example, if it says it’s coming from Rev. Kathleen, her email should state: kathleen@firstuuusandiego.org
NOT revkathleen@somerandomail.com.
Another popular one we get here at the church office is a caller to our front desk volunteer stating that our SDG&E bill is behind and they’re going to turn off the electricity to the church unless that get a payment in the next couple hours. This is also a scam. Please be careful out there and if you have a funny feeling, you’re probably right – it’s a scam!

**Storage Bins & Heavy Duty Metal Shelving Needed**
The South Bay Food Pantry needs $175 donation to purchase heavy duty metal shelving plus multi-gallon plastic storage bins with tight fitting lids where we can store food. We need the shelving to store canned food and the bins to store bags of rice and boxes of cereal. We want to protect the food from pests. If you have clean bins with secure lids you would like to donate, please give them to Angela Fuji on the Hillcrest campus or to Maureen McNair at the Chula Vista campus. If you would like to make a financial donation to seed the start up Food Pantry, please make a check to FUUSD and write “SB Food Pantry” on the memo line. Please send the check to Robie Evans, FUUSD, 4190 Front St., San Diego, CA 92103. Thanks you! Contact Maureen McNair at memcnair948@gmail.com or 619-427-1769.

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**Visioning the Future (VTF) Forums**
Forums will resume in January and February. Please note that these forums will be focused solely on their areas of work. Any questions or comments outside the scope of the presenting sub-committees will be given to the chair of the appropriate sub-committee.

**Roaring 2020’s Dance Party!**
Friday, January 3, 6 pm, Bard Hall. Ring in the New Year and the new decade at an all-ages dance party! Learn some 1920’s dance moves and dance to music spanning the decades from 1920 to 2020. Come as you are, or in fabulous twenties-style attire. Non-alcoholic drinks will be provided, please bring a snack to share.

**Parent’s Lounge**
Sunday, January 5, between services, Room 323. Join us for conversation and camaraderie at our next Parent’s Lounge meeting!

**Philippine Partner Church Gathering**
Sunday, January 5, 11:30 am, The Archives Room. Join us for our monthly gathering to hear updates on our Partner Church in Malingin. In addition, we will be discussing the fact that we will receive the generously offering one Sunday in January and if we should have a table on the patio that day. Anyone interested in learning about this particular program or partnership in general is invited to attend.

**Singleton Senior Singles Luncheon**
Sunday, January 5, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Please contact Mac Downing at home by phone at 619-542-9320 or m2cdow4@yahoo.com.

**ASL Signing Social**
No signing social on Sunday January 5. Our next meeting will be January 12. Contact Laurie Gerber at gerbl@pacbell.net.

**Cosmos**
Sundays (first), January 5, 1 pm — 3 pm, Room 323. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community, and the universe itself. We will be exploring Canticle to the Cosmos as presented by physicist and cosmologist Brian Swimme.

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You can follow us on Twitter!
Our user name is @firstuuusd.
What's Happening?

Organizing4Justice / SDOP / Faith in Action
Tuesday, January 7, 6 pm, Room 323. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@icloud.com.

Book Lovers Affinity Group
Thursday, January 9, 6 pm, Room 320. Everyone is welcome to join our discussion of Nobel Prize winner JM Coetzee's novel "Foe," the Robinson Crusoe story told from a woman's point of view. For our February 13 meeting, we'll discuss the KPBS One Book, One San Diego selection, "The Great Believers" by Rebecca Makkai. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Memory Matters Gathering
Fridays (second and fourth), January 10, 9:30 am — 11:30 am, Bard Hall, with Kathy Gilbert, LCSW, and Gay Hybertsen. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in.

Dances of Universal Peace
Saturdays (second), January 11, 7 pm — 9 pm, Bard Hall. The Dances of Universal Peace use sacred chant, song, simple circle dances, and music to create an opportunity where hearts open, spirits can soar, and a deeply-rooted peace can be experienced. No experience is necessary.

ASL Signing Hub
Sunday, January 12, between services (10:30 am — 11:30 am), Patio. Our signing community will have a table, called the Signing Hub, we'll have introductory materials about ASL, and some new vocabulary and sentences to learn each week. For established signers, come and chat!

Rainbow Coffee Klatch
Sundays (second) January 12, 10:30 am — 11:20 am, Room 323 (find us on the patio weather allowing). Enjoy conversation and coffee with other LGBTQ friends and allies.

ASL Signing Social
Sunday, January 12, 1 pm — 2 pm, Library. Signing Social! Join us for socializing and activities for those with a working knowledge of ASL. Non-signers are always welcome to come and observe - "voices off." Contact Laurie Gerber at gerbl@pacbell.net.

The Unitarian Universalist Christian Study Group
Sundays, January 12, 1 pm, Room 321. Join us for the Unitarian Universalist Christian study group.

The Hillcrest Folksong Circle
Sunday, January 12 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have song books and we use "Rise Up Singing" and "Rise Again." We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Contact Connie Mack by email at cmack5313@gmail.com or Ed McCarroll by email at Wombated@gmail.com.

Vespers Service: Responding to Gun Violence
Tuesday (second), January 14, 6 pm — 6:30 pm, Chapel. Your ministers will hold a monthly vespers service in response to rising gun violence in our country. This service will be a time for lamentations, prayer and opportunities for action. Our community partners, San Diegans for Gun Violence Prevention, will join us and offer ways to connect with this work.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (third), January 16, 1 pm, Room 320. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings.

Burrito Project
Thursdays (third), January 16, 6 pm, Bard Hall. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

Living the Homestretch
Saturdays (third), January 18, 10 am, Bard Hall. The Medical Uses of Marijuana. Susanna Concha-Garcia, UU member, brings two experts to share how the scientific community views the medicinal benefits of cannabis. There is a discussion on the practicalities and culture of its use. Bring your questions. Living the Homestretch is an ongoing gathering with programs that cover topics of interest to those of us in our later years striving to live these years to the fullest. Contact Marv Pulliam at 310-779-2053 for information.

Did you know? You can follow us on Instagram; our user name is @firstuusd. Tag us in your pictures! #firstuusd
What's Happening?

All Peoples Celebration
Monday, January 20, Balboa Park. Join others from First UU for the Annual All Peoples Celebration Breakfast, which celebrates the life and legacy of Dr. Martin Luther King, Jr! This year’s theme is Be Heard. Be Counted. Belong. Tickets available for $85. Call Sylvia 858-689-9185 for information.

Monthly Board Meeting
Tuesdays (third), January 21, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), January 21, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Caregivers/Allies Support Group
Sundays (fourth), January 26, 11 am — 12:30 pm, Room 323. Are you in the position of being a caregiver/ally/support person for another person? This is a group for reflection, emotional support, and spiritual deepening around the issues that surface for people in this role. Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

Fourth Monday Meeting of the UU Men's Fellowship
Monday, January 27, 6 pm — 9 pm, Common Room. The meeting will include the usual Monday Potluck to be followed by a presentation at 7 pm by Les Vivian entitled "What Matters Most: Affirmations for 2020 and Beyond." This is a welcoming topic, especially for younger men who might want to check us out.

Diverse Revolutionary UU Multicultural Ministries
Thursdays (first), February 6, 6 pm, Room 323. DRUUMM is a Unitarian Universalist People of Color Ministry, A multigenerational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Contact Kia Bordner kiakiall@gmail.com.

Volunteer Opportunities

Hillcrest Tech Booth Operators Needed
Volunteers needed to learn how to run the slide show in the tech booth on Sunday mornings. This would be a "back-up" position, in case of the absence of our Office Administrator, Rose. Comfort with technology is required, and a working knowledge of Microsoft Publisher is preferable. If you are interested in being trained in this volunteer position contact Rose at 619-398-4439 or rose@firstuusandiego.org.

South Bay Food Pantry
This Congregation is Starting a Food Pantry at Our Chula Vista Campus! Volunteers Wanted!

* develop partnerships with grocery stores and bakeries
* make food pick ups and deliveries
* set up and distribute food to clients

To join us, please contact Maureen McNair memcnair948@gmail.com or 619-427-1769.

Your On-Going Donation of $19/month to Buy Food at 19 cents a Pound Will Keep this Congregations’ Food Pantry Open! Before we open the FUUSD Food Pantry at our Chula Vista campus, we want to make sure we will be able to stay open. We need about 2,000 pounds of food for each day we distribute food to 100 people. That's 20 pounds of food each! Your on-going commitment will determine when we have our Opening Day and how often we can distribute food to needy households. No amount of donation is too small, or too big. Donations can be made via credit card through the donate page on our website: app.etapery.com/hosted/FirstUnitarian UniversalistC/OnlineDonation.html

Under "Fund" click on "other" and then in the comments section put "Sb Food Pantry." Thank-you!

Church Directory Pictures
It's time to update your Membership Directory photo! Submit your pictures to: rose@firstuusandiego.org or ask Rose to take one for you. You may have a picture of you alone, or with your partner, or family, or pet!
As UUs, our deepest beliefs are a life-giving, life-saving, life-sustaining alternative to the narratives and policies of domination, supremacy, exceptionalism, and exploitation that are on the rise.

Nationwide kickoff event on Sunday, 1/12 at Hillcrest & South Bay. Join us for a webinar with other UUs across the country followed by discussion centered on our congregation.

Join us the following Thursday, 1/16 at 6p in Bard Hall for a voter registration postcard party and discussion.

#VOTELOVE, #DEFEATHATE, #UUTHEVOTE
Do You Have Space Reserved?
We are very happy to be having so many events happening at South Bay! To make sure everyone gets the space they need for their meetings, contact Karla@firstuusandiego.org. Thank you!

Chi Gung at South Bay with Lolly Brown
Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation.

Big Questions
Thursday (second) January 9, 1 pm, South Bay. Our South Bay Big Questions group is now meeting! We hope to see you there.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (second) January 9, 3:30 pm — 5 pm, South Bay Campus. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings.

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Interfaith Shelter Through January 5
Our guests have arrived. During the shelter, Rooms 112 (Common Room), 113 and 114a will be our guests’ home and become private spaces that should not be entered or otherwise accessed without prior approval, or accompaniment, by shelter coordinators (Angela Fujii & Jerry Ollinger). This helps to ensure that guests belongings remain secure for the entirety of their stay through January 5. If you regularly use any of the shelter spaces for activities/meetings, please consult the church calendar for details/information about the alternate location. Thank you for your understanding.

South Bay Food Pantry
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* set up and distribute food to clients
To join us, please contact Maureen McNair memcnair948@gmail.com or 619-427-1769.
Your On-Going Donation of $19/month to Buy Food at 19 cents a Pound Will Keep this Congregations’ Food Pantry Open! Before we open the FUUSD Food Pantry at our Chula Vista campus, we want to make sure we will be able to stay open. We need about 2,000 pounds of food for each day we distribute food to 100 people. That’s 20 pounds of food each! Your on-going commitment will determine when we have our Opening Day and how often we can distribute food to needy households.
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Organizing4Justice / SDOP / Faith in Action
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A Message from First UU Climate Justice
We (Bev Harju & Sylvia Ollinger) want to wish everyone great happiness and quality time with family and friends. While gift giving is a culturally meaningful expression of caring, we hope to buy “stuff” that doesn’t add more carbon and plastic to our precious earth. This is tough! In addition to offering “nontangible” holiday gifts, we recommend two books plus an app that make good presents:
1. “The Better World Shopping Guide #6" by Ellis Jones or download the free app, Better World. This resource helps you choose the best ranked environmental and social justice companies.
2. “Drawdown” by Paul Hawken lists ways we can lower our atmospheric planetary CO2 emissions. Our group will host a book discussion / program on this book with John Schaibly on January 26 from 10:45 am — noon.

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.org
Children's Religious Education (CRE)

This Week in Family Ministry
Religious Education classes are held during the 9:30 am service. There are no Religious Education classes during the 11:30 am service. Childcare will be provided at both services as usual.

Children's Choir
The Children's Choir will rehearse in Room 113 on January 5, at 10:45 am.

Please Register Your Students for RE
Registering your children helps us keep accurate records about the children we serve. Decisions about programming, demographics, special needs and budget are all impacted by the accuracy information we have. You can pick up a registration form on Sunday or register online through our church's website.

RE Leaders
Please consider helping in our classrooms as our youngest congregants explore Unitarian Universalism. Contact Kathleen at kswift@firstuusandiego.org. We have a special need in our 4/5 classroom but any of them could use help from you!

Parent's Lounge
Our next Parent's Lounge will take place on January 5 between services.
Youth

Sunday, January 5 - the 9:30 am Middle school group (MUUGS) will meet in Room 114b to celebrate the New Year by bringing their favorite new years snack (or a traditional family new years snack) to share with everyone. They will begin their discussion of the January worship theme, “What Can We Put to Rest?” At 11:30 am, youth in grades 9-12 will meet in Room 114b to celebrate the new year at the first YRUU group meeting of 2020.

Sunday, January 12 - At 9:30 am, the MUUGS group and their parents and guardians will meet in Room 114a for a special family conversation and meeting to discuss the upcoming Race module of the Lodestone curriculum. This special session will be from 9:30 am – 11:00 am. Parents will find out what the curriculum will address and how they can partner with the youth advisors and program to assist in these sessions by continuing the conversations at home. At 11:30 am, youth in grades 9-12 will meet in Room 114b for YRUU group to enjoy some snacks and continue their discussion about the January worship theme.

Sunday, January 19 - at 9:30 am, the MUUGS group will begin the first lesson in the race unit of the Lodestone curriculum as they discuss the complexity of each person, and the narrowness of stereotypes after watching the TED talk video by Chimamanda Ngozi Adichie called “The Danger of a Single Story.” At 11:30 am, youth in grades 9-12 will meet in Room 114b for YRUU group to enjoy some snacks and their regular program activities.

Sunday, January 26 - the 9:30 am Middle school group (MUUGS) will meet in Room 114a for the second lesson in the race unit of the Lodestone curriculum called “Know History.” They will look at the way that the history of racism and white privilege in America, including our UU denomination, has shaped our present. At 11:30 am, youth in grades 9-12 will meet in Room 114b for YRUU group to wrap up their discussion of the January worship theme and take their first look at what’s coming up in February.

Jr. High OWL is Almost Here!

The first of two required Parent Orientations will happen on Sunday, January 12, 2020 and the second takes place on Sunday, January 19, both from 1:30 pm — 3 pm in Room 112. A “Getting acquainted” Family pizza party will be held on Friday, January 24, 6:30 pm — 8:30 pm. The program begins Saturday, January 25. This 12-week sexuality education course addresses many issues that parents and youth face today. Contact Käthe Larick at kathe@firstuusandiego.org for more information!

Time for more FUNdraising!
The next fundraiser for the Youth Program scholarship fund will take place on Sunday, January 19 at the Point Loma Souplantation, at 3960 West Point Loma Blvd. all day long from 11 am until 9 pm. Flyers must be presented for the youth program to receive 20% of the proceeds of your meal purchase, so they will be distributed at church in the orders of service and at the youth table on the patio. Thanks for your support!
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

TALENT Do you know how to transform stuff into cash, through the internet? There are many ways to sell goods online, and your talent could help the Generosity Ministry Team AND First UU! Contact pam@firstuusandiego.org and tell me more.

TREASURE You can do something today to make sure that our beloved liberal religious home remains vibrant and welcoming to future generations! To make a Planned Gift, or to find out more about what's involved or what a difference it makes, check out the Planned Giving page of our website, or talk to someone on the Planned Giving Committee (Dave Hunt, Carolyn Owen-Towle, Marcia Biller, George Longstreth, or Jerry Ollinger).

TIME If you shop on Amazon, it doesn't take much time to make sure that First UU gets 2-10% of every purchase. Go to our website (firstuusandiego.org), scroll to the bottom of any screen, and click on the "Shop via Amazon" button. It will take you to Amazon and you proceed as you normally would, but now First UU gets 2-10% of every purchase!

We Americans like stuff. We like accumulating material stuff, we always seem to need more stuff, and we also like to compare our stuff to our neighbor's stuff. And we go stuff-crazy around the holidays, especially. Instead of filling up our lives with stuff, let's concentrate on substance. Have a meaningful conversation with someone. Smile and offer to help someone. Sit still for 5 minutes and listen. Make time for older and wiser members of our population to impart some wisdom on the younger generations. If everyone asked a neighbor or a stranger they encountered "What is it like to be you?" this world could be a better place filled with more empathy and kindness and less stuff. — Angela Merchey

Connections

Unable to make it to a Dining 4 Dollar$ event that you won?
Consider sharing your spaces with folks who are new to the church! Open spaces are offered to people who have recently become members, have attended an orientation, or have expressed a desire to connect more deeply with the church community. Dining 4 Dollar$ events are great places to connect! If you are unable to attend an event that you won a space at and have not been able to find someone to go in your stead, please contact Jenner@firstuusandiego.org.

Open Meeting Times
If you want some help connecting, have questions about groups that meet on campus, or want to chat with Jenner about an idea you have for a mixer/social event, she is available throughout the week to meet with you. Please contact her to set up a meeting during one of these time slots:

- Monday: 12 pm — 2 pm
- Wednesday: 12 pm — 1 pm; 5:30 pm — 7 pm
- Thursday: 12 pm — 2 pm

Becoming a Member Orientation
Sunday, January 5, 10:45 am, Room 321. Are you interested in membership? Come learn about what being a member of First UU Church means, how to start the process, and how to get more involved in this community. This meeting usually lasts around half an hour, depending on how many people attend. Questions? Contact Jenner@firstuusandiego.org.

ROARING 2020'S DANCE PARTY!
Friday, January 3rd 2020 6:00 PM
First UU Church - Bard Hall
Ring in the New Year and the new decade at an all ages dance party!
Learn some 1920’s dance moves and dance to music spanning the decades from 1920 to 2020.
Come as you are, or in fabulous twenties-style attire
Non-alcoholic drinks will be provided, please bring a snack to share
Saturday, January 4, 2019
Insight SD Sitting Group/Dharma Study
Saturdays, 9:30 am — 11:30 am, Room 323. This weekly Insight SD group begins with 30 minutes of sitting meditation (late arrivals welcome) and continues with introductions, a dharma talk, and sharing. To sign up or find out more, click here.

Sunday, January 5, 2019
Sunday Morning Meditation Sangha
Sundays from 9 am — 9:20 am, Room 323. All are welcome for a silent sitting meditation before Worship each Sunday. For more information, contact John Holl johnholl@cox.net or call 619-546-6525.

Hillcrest Worship Services: 9:30 am and 11:30 am, Meeting House (see front page for topics)
South Bay Worship Service: 9:30 am (see front page for topics)

Parent's Lounge
Sunday, January 5, between services, Room 323. Join us for conversation and camaraderie at our next Parent's Lounge meeting!

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Open-Heart Buddhist Sangha
Sundays from 4 pm — 6 pm, Room 323. Practicing in the tradition of Vietnamese Zen Master Thich Nhat Hanh. Bring a cushion or mat to sit on. Chairs will be available. Open to everyone; drop in.

Monday, January 6, 2019
Yoga With Toni Turbyfill
Mondays, 10 am — 11 am, Common Room. Yoga with a focus on self-care and stress relief, guiding our minds to focus on positive thoughts.

Insight SD Social and Climate Justice Affinity Group
January 6 (1st Mondays), 6:30 pm – 8:00 pm, Room 323. This monthly Insight San Diego group welcomes anyone interested in exploring the deep connections between Buddha dharma practice and social and climate justice. For more information, click here.

Tuesday, January 7, 2019
Sufi Healing with Jamil Larry Sweet
Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact lsweet@cox.net.

Organizing4Justice / SDOP / Faith in Action
Tuesday, January 7, 6 pm, Room 323. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@icloud.com.

Wednesday, January 8, 2019
Wednesday Morning Meditation Sangha
Wednesdays from 10 am — 12 pm, Room 323. All are welcome for a silent, sitting meditation, followed by a discussion of practice, after which will be a Dharma talk, and discussion. Contact johnholl@cox.net or 619-546-6525.

Young Adult Group — Ages 24-35
Wednesdays, 7 pm — 9 pm in Room 323. Connect, grow, and unwind. Each week, someone leads a discussion, introduces a game, and we share food and laughter. Come build community with us!
Thursday, January 9, 2019

Chi Gung at South Bay with Lolly Brown
Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation.

Insight SD Greeting the Heavenly Messengers Affinity Group
January 9 (2nd and 4th Thursdays), 9:30 am–11:30 am, Room 323. This twice-monthly Insight San Diego group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. Current reading: In Love with the World: A Monk’s Journey through the Bardos of Living and Dying by Yongey Mingyur Rinpoche. To sign up or find out more, click here.

Big Questions
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Upcoming Events

Insight SD Greeting the Heavenly Messengers Affinity Group
January 9 (2nd and 4th Thursdays), 9:30 am–11:30 am, Room 323. This twice-monthly Insight San Diego group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. Current reading: In Love with the World: A Monk’s Journey through the Bardos of Living and Dying by Yongey Mingyur Rinpoche. To sign up or find out more, click here.

Big Questions
Thursday (second) January 9, 1 pm, South Bay. Our South Bay Big Questions group is now meeting! We hope to see you there.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (second) January 9, 3:30 pm — 5 pm, South Bay Campus. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings.

Book Lovers Affinity Group
Thursday, January 9, 6 pm, Room 320. Everyone is welcome to join our discussion of Nobel Prize winner JM Coetzee’s novel “Foe,” the Robinson Crusoe story told from a woman’s point of view. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Memory Matters Gathering
Fridays (second and fourth), January 10, 9:30 am — 11:30 am, Bard Hall, with Kathy Gilbert, LCSW, and Gay Hybertsen. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in.

Dances of Universal Peace
Saturdays (second), January 11, 7 pm — 9 pm, Bard Hall. The Dances of Universal Peace use sacred chant, song, simple circle dances, and music to create an opportunity where hearts open, spirits can soar, and a deeply-rooted peace can be experienced. No experience is necessary.

Rainbow Coffee Klatch
Sundays (second) January 12, 10:30 am — 11:20 am, Room 323 (find us on the patio weather allowing). Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, January 12 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have song books and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Contact Connie Mack by email at cmack5313@gmail.com or Ed McCarrol by email at Wombated@gmail.com.

Coping with Chronic Conditions
Mondays (second and fourth), January 13, 1 pm — 2:30 pm, Common Room. A support group for folks with long-term conditions of any type. Our meeting is in the Common Room and is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510 for more information.
Upcoming Events

**Vespers Service: Responding to Gun Violence**
Tuesday (second), January 14, 6 pm — 6:30 pm, Chapel. Your ministers will hold a monthly vespers service in response to rising gun violence in our country. This service will be a time for lamentations, prayer and opportunities for action. Our community partners, San Diegans for Gun Violence Prevention, will join us and offer ways to connect with this work.

**Tea Talks/Charlas con té with Reverend Tania**
Thursdays (third), January 16, 1 pm, Room 320. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings.

**Burrito Project**
Thursdays (third), January 16, 6 pm, Bard Hall. Help assemble and distribute hundreds of burritos for those living with hunger. Follow "Burrito Project San Diego" on Facebook.

**Living the Homestretch**
Saturdays (third), January 18, 10 am, Bard Hall. The Medical Uses of Marijuana. Susanna Concha-Garcia, UU member, brings 2 experts to share how the scientific community views the medicinal benefits of cannabis. There is a discussion on the practicalities and culture of its use. Bring your questions. Living the Homestretch is an ongoing monthly gathering with programs that cover topics of interest to those of us in our later years striving to live these years to the fullest. Contact Marv Pulliam at 310-779-2053 for information.

**Diverse Revolutionary UU Multicultural Ministries**
Saturdays (third, every other month), January 18, 11 am — 1 pm, South Bay. DRUUMM is a Unitarian Universalist People of Color Ministry. A multi-generational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Help us lay the groundwork for a revitalized (metaphorical) ”Cultural Community Garden” to help sustain us in these troubled times. Contact Kathleen Garcia-Horlor uukhorlor2@cox.net.

**Monthly Board Meeting**
Tuesdays (third), January 21, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

**Tarot Group**
Tuesdays (third), January 21, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

**Caregivers/Allies Support Group**
Sundays (fourth), January 26, 11 am — 12:30 pm, Room 323. Are you in the position of being a caregiver/ally/support person for another person? This is a group for reflection, emotional support, and spiritual deepening around the issues that surface for people in this role. Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

**Fourth Monday Meeting of the UU Men's Fellowship**
Monday, January 27, 6 pm — 9 pm, Common Room. The meeting will include the usual Monday Potluck to be followed by a presentation at 7 pm by Les Vivian entitled “What Matters Most: Affirmations for 2020 and Beyond.” This is a welcoming topic, especially for younger men who might want to check us out.

**Organizing4Justice / SDOP / Faith in Action**
Wednesdays (first), February 5, 6:30 pm, Common Room. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@icloud.com.

**Diverse Revolutionary UU Multicultural Ministries**
Thursdays (first), February 6, 6 pm, Room 323. DRUUMM is a Unitarian Universalist People of Color Ministry. A multigenerational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Contact Kia Bordner kiaakial@gmail.com.

**HAPPY NEW YEAR! 2020**
Our Staff

Ministers:
Rev. Kathleen Owens, *Lead Minister*
Rev. Tania Márquez, *Assistant Minister*
Rev. Jim Grant and Rev. Loncé Broussard, *Affiliate Ministers*
Rev. Bonnie Tarwater, Rev. Katy Swanson, and Rev. Julie Forest
*Affiliate Community Ministers*
Rev. Dr. Carolyn S. Owen-Towle, *Minister Emerita*
Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

Music Staff:
Lara Korneychuk, *Hillcrest Music Coordinator & Youth Choir Dir.*
Chase Pado, *Pianist / Organist*
Lorelei Garner, *SB Music Coordinator & Women’s Chorus Director*
Andrea Newall-Lockett, *JUUL Tones Ensemble Director*
Tony Bianca, *Handbell Program and Children’s Choir Director*

Staff:
Robie Evans, *Director of Operations*
Kathleen Swift, *Director of Family and Lifespan Ministry*
Käthe Larick, *Youth Programs Coordinator*
Connie Hayes, *Bookkeeper / Controller*
Rose Riedel, *Office Manager*
Angela Fuji, *Social Justice Coordinator*
Jenner Daelyn, *Connections Coordinator and Scheduler*
Tony Bianca, *Program Assistant*
Karla Alvarez-Malo, *South Bay Administrative Assistant*
Ray Evans, *Maintenance*
Mark Epler, *Event Coordinator*

Board of Trustees

Rhiannon Smith, *President*
Sarah Ormond, *Vice President*
James Long, *Treasurer*
Angela Garcia-Sims, *Secretary*
Laura Ball, Andrea Gonzalez, Brian Krohne, Kathleen MacLeod and Maureen McNair, *Trustees*

Important E-mail Addresses:
General First Church E-mail: *mail@firstuusandiego.org*
Order of Service submissions: *oos@firstuusandiego.org*
Scheduling of Church Property: *schedule@firstuusandiego.org*
The Window (newsletter): *window@firstuusandiego.org*
First Church Web Site: *website@firstuusandiego.org*
http://www.firstuusandiego.org (Main site)
http://www.firstuusandiego.org/uus-of-the-south-bay (UUs of the South Bay)

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • *mail@firstuusandiego.org*
www.firstuusandiego.org
Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

Contact the South Bay Campus (Chula Vista):
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970 Broadway, Suite 101 & 104, Chula Vista, California 91911
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Campus Hours: Sunday for Service or By Arrangement