

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 Eight Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- 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;
- 8. Building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and oppressions.

January's Monthly Worship Theme: Liberating Love

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

Hillcrest Services 10 am Sundays

January 7 "Love at the Center"

Rev. Kristen Kuriga, Assistant minister

January 14 "An Unjust Law is No Law at All: Remembering Martin Luther King"

Journey Toward Wholeness Team and Rev. Justine

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

South Bay Services 10 am Sundays

January 7 "Setting Our Intentions for the New Year"

Rev. Justine Sullivan, Lead Minister

January 14
"An Unjust Law is No Law at All:
Remembering Martin Luther King"
Livestream of Hillcrest Service

January 7 Generosity Offering Unitarian Universalist Service Committee

UUSC collaborates with grassroots organizations and movements that are advancing our shared human rights goals on the ground. Recently they were a strong presence at the COP28 UAE (Conference of Parties) at the World Climate Action summit. UUSC supported the creation of seven side events at COP this year to bring together faith leaders and climate activists in a shared space to strategize solutions around the crisis. Please support this important work. Donate on our <u>website</u>, under gift designation select "Generosity."

January 14 Generosity Offering Journey Toward Wholeness

Journey Toward Wholeness is a First UU program addressing racism and marginalized populations within our congregation. Donate on our <u>website</u>, under gift designation select "Generosity."

What's Happening?

Jud Caswell, Singer-Songwriter Save the Date: January 27th, 2024

Jud Caswell is a member of the UU Congregation in Brunswick, Maine (our own Grace Lewis-McLaren is also a member), and he is a wonderful singer-songwriter. Jud will be leading a songwriting workshop on Saturday, January 27th from 3 pm to 4:30 pm and will offer a concert that evening at 7:30 pm. And on Sunday morning, January 28th Jud will join our music team to lead music for our worship service. Do join us to hear some beautiful music from one of our own. To learn more, visit Jud's **website**.

Skinny Dip or Fat Dip?

Of Ice Cream dips! Teens will be selling your favorite flavors with cookies to fatten their Camp Scholarship fund January 7 in Bard Hall after service. We sponsored our first two youth to attend Senior High Winter camp at de Benneville Pines. Thank you for your support!

Interfaith Shelter Network Congregational Rotation

First UU and the Social Justice Executive Team are proud to announce that our Hillcrest campus will host the Interfaith Shelter Network's rotational shelter from March 10 — March 24. We will need all the help we can get! Hosting the shelter is a serious community and congregational effort, and volunteers interested in helping prepare meals, stay overnight, or otherwise facilitate operations are encouraged to reach out now so we can start planning! Contact kristen@firstuu sandiego.org for more information or learn more at the Interfaith Shelter Network website.

Volunteers Needed as Ushers and Greeters! Contact <u>Rose</u> to find out more!

Racialized Identities Awareness Book Group

January 5, Friday, 6:30 pm — 8 pm, Room 323. Come join the Racialized Identities Awareness Book Group's discussion of *The House of the Broken Angels* by Alberto Urrea. Contact *Imtitlow@gmail.com* for more information.

Hillcrest In-Person Social Hour

January 7, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

Virtual Social Hour

January 7, Sundays, 11 am, <u>bit.ly/FirstUUSocialHour</u>, Meeting ID 824 042 297. Password: FUUSD. Come one, come all to virtual Social Hour, and share your thoughts about the service or whatever is on your mind each Sunday just after the service. Let's keep connecting!

ZUUMERS

January 7, first Sundays, 11:30 am — 12:30 pm, online. We are a neighborhood group online. New members welcome. Join our conversations, visit with friends and meet people. Contact Claudia <u>obata.claudia@gmail.com</u>.

A Special Invitation: Mid-Year State of the Congregation Sunday, January 28, 1 pm, Meeting House

Dear Members and Friends of First Unitarian Universalist Church of San Diego,

My sincerest wishes for a Happy Holiday Season and a Happy New Year for all of you! It is my honor and joy to serve as the President of your Board of Trustees. I am especially blessed that my term as President started half way through our 150th anniversary year. This year was also the Quinceñera of our South Bay Campus.

We've had a difficult few years and faced many challenges including a global pandemic. This year saw the start of the second year of Rev. Justine Sullivan as our Developmental Minister. We also hired Rev. Kristen Kuriga as our Assistant Minister. We joyfully welcomed her back among us in her new capacity as part of our ministerial staff. We have much to celebrate and we also have much to look forward to in the future.

Our first ever mid-year "State of the Congregation" is an opportunity to check in with each other. We also have decisions to make which includes voting on a proposed Constitutional Amendment. I hope that as many of you who can, will join us in person for our State of the Congregation congregational meeting. We will meet in the Sanctuary and we will also livestream the meeting for those who can't attend in person. Join us for lunch after the service then join us for our mid-year gathering.

Wishing you all a blessed holiday and joyous new year. I look forward to seeing many of you at the Mid Year Gathering!

Sincerely,

Everardo F. Aguilar, President, First UU San Diego Board of Trustees

Board Chat

January 7, first Sundays, 12:30 pm, <u>bit.ly/FirstUU</u> <u>BoardChat</u>. This month we'll be discussing the board's proposed amendments to the constitution, which will be voted on by the congregation at the January 28 meeting.

Hillcrest Song Circle

January 7, first Sundays, 2 pm — 4 pm, Room 323. As always, bring your guitar/and or voice. This is a fun chance to sing—we are not a choir. For information contact *Wombated@gmail.com* or *cmack5913@gmail.com*.

Open Heart Sangha

January 7, Sundays, weekly, 4 pm — 5:30 pm, Bard Hall. The Open Heart Sangha, practicing mindfulness meditation in the tradition of Thich Nhat Hanh. All are welcome! Contact Marge, <u>margewur@gmail.com</u>.

Caregivers/Allies Support Group

January 8, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, zoom. The Caregivers/Allies Support Group is welcoming prospective new participants. For additional information about participating contact *Les Vivian*.

What's Happening?

Chalice Choir

January 10, Wednesdays, 7 pm, Bard Hall. Join us for singing and fun with First UU's largest musical ensemble. All God's critters got a place in the choir - come and take yours! No prior singing experience is required.

Coping With Chronic Conditions Support Group January 8, second and fourth Mondays, 1:30 pm — 3 pm, URL <u>bit.ly/CopingCCGroup</u>. Contact Chris Smith prior to attending 619-300-7477 or <u>email</u>.

Women's Choir

January 8, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women who create community through joyful, spirit-filled singing. No prior experience is required.

Neighborhood Group without Borders

January 10, second Wednesdays, 11 am — 1 pm, 4349 Adams Ave, San Diego, CA 92116. Susan Riegel Harding invites you to a brown bag lunch. We can chat, play games, or plant succulents, whatever we feel like doing. Coffee, water, and other beverages will be provided. Text RSVP to 619-987-6234.

Finance Committee Meeting

January 11, Thursday, 6:30 pm, link in the members area of the *website*. Non-committee members do not take part in discussions or have a vote.

Memory Matters Gathering

January 12, second and fourth Fridays, 10 am — 11:30 am, online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. This is a place for those who worry about memory problems and their care partners. The gathering enables members to learn to deal with the consequences of memory loss. Email hybertsen@att.net for the link.

Women Together Meeting

January 13, second Saturdays, 12 pm — 2 pm, Common Room. For the January meeting, we will share who our favorite and inspiring people are. Who are the people who have most influenced your life? New members are welcome. Come visit old friends and meet new ones. Contact Claudia, *obata.claudia@gmail.com*.

Kirtan Chanting - January 13 Cancelled

Kirtan And Chanting For Peace is canceled in January and will resume on February 10, 6 pm — 7:30 pm with Patita Pavana of Spirit Soul And Friends and host, James Long.

Rainbow Action Group's Koffee Klatch

January 14, second Sundays, 11:15 am — 12:15 pm, Room 323. Bring some refreshments and join us. All family, friends and allies are invited.

Steps to Membership

January 14, Sunday, 11:30 am, Room 321. Join Rose Littler-Riedel and Swamini Saraswati to have your questions answered about membership at First UU!

Follow us on Instagram @firstuusd and @uus south bay

Cosmos

January 14, second Sundays, 1 pm — 3 pm, Room 323. Cosmos will meet on the second Sunday of each month. We are beginning 2024 meeting in person for the first time since Covid changed the world. Join us as we explore the birth and evolution of our universe and what it means for us as a species as we address the major challenges and opportunities of our time. Contact <u>James Long</u>.

How Can the Church Go Greener?

January 14, Sunday, 3:30 pm, <u>bit.ly/1stUUClimateJustice</u>. The Climate Justice Action Team will discuss ideas for greening our beloved church campus, which is already pretty green (e.g. solar panels, plant-centered meals.) Come to our Zoom meeting with your ideas and suggestions. We'll present them to church decision-makers for consideration. (Alternate Zoom <u>link</u>)

Board Meeting

January 16, third Tuesdays, 6:30 pm, Bard Hall & online. Board of Trustees meetings are open to congregants. Zoom link in the members only section of the *website*.

Book Club - Note Different Night!

January 18, Thursday, 6 pm, Zoom. We will be discussing *Watchmaker of Filagree St* by Natasha Pulley. In February, we will be discussing the one San Diego book: *The Sum of Us* at our regular second Thursday date. Please join us for a lively discussion.

Aging in India

January 20, Saturday, 10 am, Bard Hall and https://bit.ly/UUSeniors. Swamini Saraswati, our intern minister, will lead a discussion on the Indian perspective on aging with stories from Hinduism. Hosted by UU Seniors.

5th Tuesday Board Meeting

January 30, Tuesday, 6:30 pm, https://bit.ly/5thTuesday. Led by Rev. Kristen and Rev. Justine on Transforming Conflict by Terasa Cooley. Copies of the book available in the Library and also Rev. Justine has copies on hand. You may recall the workshop given by Terasa Cooley this past Spring. We are doing a deep dive into her book to help us learn to be more aware and accepting of discomfort when it arises in our practice toward radical welcoming.

Cluster News

Summit Unitarian Universalist Fellowship Auction!

Summit UU Fellowship invites all SUUperheroes to participate in its annual silent auction, January 15 — 19, or its live auction on January 20 at SUMMITOPOLIS, 8778 Cottonwood Ave. in Santee! Anybody can bid, and your participation would be greatly appreciated!

Online silent auction: January 15 - 19

www.actria/summitopolis2024

In-person auction: January 20 Silent bidding 3 pm — 4:30 pm Live auction starting 4:45 pm.

South Bay Campus

South Bay Tamalada

January 6, Saturday, 1 pm — 6 pm, the home of Carlynn Ashley, 449 El Rancho Vista N., Chula Vista, 91910. Join us for the South Bay Tamalada on Día de los Reyes/Epiphany for an afternoon of community and nourishment. You can sign up at this *link*. If you have questions, you can also contact Rev. Kristen: *kristen@firstuusandiego.org*, or 619-398-4435.

South Bay Worship

Sundays, 10 am, South Bay Worship Hall. Join the South Bay community for Worship every Sunday.

South Bay Wisdom Circle

January 7, Sunday, 11:30 am, South Bay Worship Hall. Join us for a new year of inspiring conversations and fellowship. Each month offers the gift of connecting with members of our beloved community to discuss inspiring and important issues, and revel in the wisdom that emerges. The South Bay Wisdom Circle will be facilitated by our Intern Minister, Swamini Adityananda Saraswati. For more information: *swamini@firstuusandiego.org*.

Family & Lifespan



Young Adult Group (ages 22 - 35)

Tuesdays, 5:30 pm — 7 pm, Room 114b. This is an open, welcoming space to share meaningfully, play games, consider social and climate justice issues, and plan events. Contact Youth & Young Adult Coordinator, *Lara Anderson*.

Beware of Email Scams!

Scammers are pretending to be our Ministers! Be aware that real staff email addresses all have the ending of @firstuusandiego.org - no gmail accounts!

Staff and ministers will never reach out to you via email or text message for money or gift cards.

Social Justice

Need a New Year's Resolution? Save Our Groundwater!

Most U.S. irrigated farmland goes to feed animals, not people. It takes about 1,847 gallons of water to produce one pound of beef. Per the U.S. Department of Agriculture, per-person consumption of cheese has doubled since the 1980's. (Pizza, anyone?). Last year the average American ate 100 pounds of chicken. America's rapidly depleting groundwater supply is being drained to grow animal feed. Resolve to eat more plants. Cut back on beef, cheese and chicken to save our disappearing groundwater.

Let the Tribal Rebels Yell!

January 6, Saturday, 6 pm, <u>Zoom</u>. Free Zoom Film screening & discussion facilitated by Alan Lechusza, Ph.D. This film screening & discussion is open to anyone located anywhere on Mother Earth and is made possible by the generous support of Palomar UU Fellowship & many individual donors to sustain the American Indian Educational Talks & Documentaries project housed at Palomar UU Fellowship.

South Bay Food Pantry News

Need Support?

Could you or someone you know use support with food, blankets, or other basic needs? The South Bay Food Pantry wants to help! Let a minister or staff person know, or leave a voicemail at the pantry office: (619) 271-5017.

Save the Bread

Con Pane bakery in Liberty Station would throw out hundreds of pounds of bread but UUs are there to rescue it every Friday and Saturday! Contact foodpantry@firstuu

sandiego.org to get involved.

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. Open to the public Saturdays 11 am — 12:30 pm. Contact <u>foodpantry@firstuusandiego.org</u> or 619-271-5017.

How to Donate to the South Bay Food Pantry

Donate online or by check payable to FUUSD with "SB Food Pantry" in the memo. Mail to 4190 Front St., 92103.

Food Pantry Collecting Supplies for Unsheltered Folk

The pantry can always use easy-open, no-cook food, hygiene items, and adult incontinence supplies. Drop off in Hillcrest on Sunday morning in the Meeting House.

Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. Join us putting together bags of healthy food for Saturday's distribution. Drop by or check ahead with **foodpantry@firstuusandiego.org**.

Week at a Glance Calendar

Friday, January 5, 2024

Racialized Identities Awareness Book Group

January 5, Friday, 6:30 pm — 8 pm, Room 323. Come join the Racialized Identities Awareness Book Group's discussion of *The House of the Broken Angels* by Alberto Urrea. Contact *Imtitlow@gmail.com* for more information.

Saturday, January 6, 2024

Food Pantry Food Distribution

Saturdays, 11 am — 1 pm, South Bay Campus. Volunteers should arrive by 10:30 am to staff a station. Youth may volunteer with a parent. $\underline{foodpantry@firstuusandiego.org}$.

Sunday, January 7, 2024

Worship Service & Livestream

In person or *online* at 10 am! Outdoor viewing available.

South Bay Worship Service

Sundays, 10 am, South Bay Worship Hall.

Hillcrest In Person Social Hour

Sundays, following service, Bard Hall. Coffee and tea provided.

Virtual Social Hour

Sundays, 11 am, <u>bit.ly/FirstUUSocialHour</u>, Meeting ID 824 042 297. Password: FUUSD.

ZUUMERS

January 7, first Sundays, 11:30 am, online. For more information and link, please contact Claudia at *obata.claudia@amail.com*.

Board Chat

January 7, first Sundays, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946.

Hillcrest Song Circle

January 7, first Sundays, 2 pm — 4 pm, Room 323. Bring your guitar/and or voice. <u>Wombated@gmail.com</u> or <u>cmack5913@gmail.com</u>.

Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall. margewur@gmail.com.

Monday, January 8, 2024

Coping With Chronic Conditions Support Group

January 8, Mondays (second & fourth), 1:30 pm — 3 pm, URL https://bit.ly/CopingCCGroup, meeting ID 681-036-9317.

Caregivers/Allies Support Group

January 8, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, online. For additional information contact *Les Vivian*.

Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

Tuesday, January 9, 2024

Young Adult Group

Tuesdays, 5:30 pm — 7 pm, Room 114b. Young Adults aged 22-35 are gathering in room 114b every Monday. Contact $\underline{\textit{Lara}}$.

Wednesday, January 10, 2024

Neighborhood Groups without Borders

January 10, second Wednesdays, 11 am - 1 pm, 4349 Adams Ave, San Diego, CA 92116. Text RSVP to 619-987-6234 to reserve one of 14 available spaces each month.

Chalice Choir Rehearsal

Wednesdays, 7 pm — 8:30 pm, Bard Hall.

Thursday, January 11, 2024

Food Pantry Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. Join us putting together bags of healthy food for Saturday's distribution. *foodpantry@firstuusandiego.org*.

Finance Committee Meeting

January 11, Thursday, 6:30 pm, link in the members area of the *website*.

Upcoming Events

Memory Matters Gathering

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Women Together Meeting

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Cosmos

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How Can the Church Go Greener?

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Mid-Year State of the Congregation congregational meeting January 28, Sunday, 1 pm, Meeting House.



POSTMASTER: Please send address changes to The Window, 4190 Front Street, San Diego, CA 92103-2098

First Unitarian Universalist Church of San Diego 4190 Front Street, San Diego, CA 92103-2098 Phone: 619-298-9978, Fax: 619-298-9997 E-mail: mail@firstuusandiego.org

Our Staff

Ministers:

Rev. Justine Sullivan, *Lead Minister* Rev. Kristen Kuriga, *Assistant Minister*

Swamini Adityananda Saraswati, ${\it Intern\ Minister}$

Rev. Jim Grant and Rev. Lone Broussard, Affiliate Ministers

Rev. Bonnie Tarwater, Rev. Dr. Everett Howe, Rev. Frank Placone-Willey, Rev. Julie Forest and Rev. Katy Swanson, *Community Ministers* Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

Music Staff:

Marshall Voit, Music Director Andrea Spiero, JUUL Tones Ensemble Director Tony Bianca, Handbell Program Director Tomás Acosta, Collaborative Pianist

Staff:

Robie Evans, Director of Operations
Tony Bianca, Director of Lifespan Faith Formation
Rose Littler-Riedel, Communications Coordinator & Chaplain Intern
Lara Anderson, Youth and Young Adult Coordinator
Jazmine Ramanathan, Administrative Assistant
Kate Collier, Program Assistant
Corina Macias, South Bay Ministry Assistant
Pam Bates, Scheduler
Ray Evans, Facilities Manager
Connie Hayes, Controller / Bookkeeper
Mark Epler, Event Coordinator

Board of Trustees

Everardo Aguilar, **President**Valerie Jaques, **Vice President**Sue Marberry, **Treasurer**Karen Lamphere, **Secretary**Leland Beck, Rosalba Ciampi, Steve Howard,
Gay Hybertsen, and Paula Johnson, **Trustees**

Important E-mail Addresses:

General First Church E-mail: mail@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:

Tuesday—Friday, 10 am to 2 pm and Sunday after Services

Contact the South Bay Campus (Chula Vista):

Unitarian Universalists of the South Bay 970 Broadway, Suite 101 & 104, Chula Vista, California, 91911 619-271-5017 • uusouthbay@firstuusandiego.org www.firstuusandiego.org/uus-of-the-south-bay Campus Hours: Sunday for Service or By Arrangement