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 12, 2020
"Midnight Sky and Silent Stars"
Rev. Joseph Santos-Lyons, Guest Minister
with Rev. Kathleen Owens, Lead Minister
Music: Women’s Chorus

January 19, 2020
"Be Love, Be Loved, Community!"
Lay Leaders

South Bay Bilingual Service
9:30 am

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

January 19, 2020
"Be Love, Be Loved, Community!"
Lay Leaders with Rev. Kathleen Owens

January 12 Generosity Offering
Partner Church in the Philippines
Our offering this Sunday will help provide elementary and high school scholarships for kids at our Partner UU Church in the Philippines. If you can't make it to church this Sunday, please consider a donation by check to the Church with Philippines in the Memo line. Thank you.

The deadline for the next issue of The Window is: January 15 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: rose@firstuuandsdiego.org
The Window submission maximum is 60 words
What's Happening?

Staff Transition Announcements
As you know, Pam Bates left full-time employment with the Church earlier this year; she was still working part-time for the Church from her home. However, we agreed this work would stop at the end of December. We're letting you know that, while Pam is no longer an employee of First Church, she remains an active member and is on the list to be an Event Coordinator. We're grateful to Pam for all she's contributed to our staff and our congregation during her employment with us. We will miss her and look forward to seeing her at church as a member.

We're happy to announce that Rose Riedel has received a promotion — from Administrative Assistant to Office Manager. Her efficiency as an admin assistant and the many skills and creativity she's brought to her work made this promotion an easy decision. The promotion means Rose will take on more responsibilities (including some of Pam Bates' work) and decision-making. We're delighted that Rose accepted this new position and we look forward to working with her for many years to come.

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.

John Blacklow Plays Bach, Chopin, Rachmaninoff
Friday, January 10, 12 pm, Meeting House. Hailed for his "powerful and eloquent" playing (New York Times), as "a gifted musical presence with a high sense of pianistic fantasy" (Salzburger Nachrichten) and "capable of the utmost in virtuosity" (Fanfare Magazine), John Blacklow is a pianist of unusual versatility, as a soloist, as a collaborator with many ensembles and recital partners, and as an interpreter of repertoire both past and current. The concert will be approximately one hour long. The program will feature the works of famous classical composers, including Bach, Chopin, and Rachmaninoff. The concert is open to the public. A suggested donation of $10 per person will be gratefully accepted.

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!

Roe v Wade Celebration
This year marks the 47th Anniversary of the passage of landmark legislation granting women control over their reproductive decisions. The Coalition for Reproductive Justice will once again hold their annual celebration on Friday, January 24, at the Hilton Resort on Mission Bay. First Church has reserved a table and we hope you will join us. The Breakfast Celebration is from 7:30 am to 9:00 am to accommodate those who are working. Please call Jan Gallo at 619-519-2513 if you are able to join us. The tickets are $100 and of course the funds raised are more important now than ever before.

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.

Singleton Senior Singles Luncheon
Sunday, January 12, 12:30 pm, Elijah’s, 7061 Clairemont Mesa Blvd, 858-455-1461. Please contact Mac Downing at home by phone at 619-542-9320 or m2cdow4@yahoo.com.

UU Men's Fellowship
Brainstorming with Younger Male Identified People
Sunday, January 12, 12:30 pm, Law Lounge. Young male-identified people over 35 (especially those who have “aged out” of our Young Adults Group) are invited to a brainstorming session about the UU Men’s Fellowship. This is your chance to tell some members of the UUMF what we can do to help you in fellowship and possibly mentoring.

Pagan Conversations
Sunday, January 12, 1 pm — 2:30 pm. We’ll gather in Room 114b to discuss the church theme "What can we put to rest."

The Unitarian Universalist Christian Study Group
Sundays, January 12, 1 pm, Room 321. Rasa Sunday: The Essence of Healing and Contemplation with Arjay Palmer exploring the relationship the ancient concept of Rasa to the modern understanding of healing, wholeness and contemplation.

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@pachell.net.

Medical Equipment For Loan
The church has various medical equipment items for short term loan. Contact Chris Smith at chris.smith7@cox.net or Peggy Holl at peggyholl@cox.net.
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 connie.meck313@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.

Big Questions Starting in Hillcrest!  
Do you have Big Questions? Do you like pondering answers and hearing what others think? Yes! Great! There are three Big Questions groups you might join, but space is limited. If you are interested, contact the moderator for the group that works best for you.

* Starting January 14, 2020: every second Tuesday of the month, evening, 6:30 pm — 8:30 pm, Room 323, Everett Eastman, moderator, everetteeastman@cox.net
* Starting January 17, 2020: every third Friday of the month, afternoon, 1 pm — 3 pm, Room 323, Marla English, moderator, mariajeanenglish@gmail.com
* Starting February 5, 2020: every first Wednesday of the month, evening, 6:30 pm — 8:30 pm, Room 323, Everett Howe, moderator, however@alumni.caltech.edu

Voices of Peace Concert  
Wednesday, January 15, 7 pm, Meeting House. Start your new year with a celebration of music, connection, and peace. Voices of Our City Choir and the Jerusalem Youth Chorus will come together for a one-time concert entitled “Voices of Peace.” Come support these choirs.

Buy Tickets: https://www.tickettailor.com/events/voicesofourcitychoir/323769 or at the door.

Tea Talks/Charlas con té with Reverend Tania Canceled  
Thursdays (third), January 16. Canceled for this month only.

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

You can follow us on Twitter!  
Our user name is @firstuuusd.

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.

Friends of de Benneville  
Sunday, January 19, 5 pm, the Schaibly’s. Join the Friends of deBenneville! 5 pm Social Hour, 6 pm potluck, 7 pm meeting. At the Schaiblys’, 6659 Edmonton Ave, San Diego, (858) 453-5990.

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 UU Men’s Fellowship welcomes newcomers to our meeting on: “What Matters Most: Affirmations for 2020 and Beyond.” All self-identified men are encourage to come to check out the UU Men's Fellowship. We have an informal potluck social hour starting at 6 pm in the Common Room. (Newcomers don’t have to bring anything except themselves.)

Parent’s Lounge  
Sunday, February 2, between services, Room 323. Join us for conversation and camaraderie at our next Parent’s Lounge meeting.
What's Happening?

Cosmos
Sundays (first), February 2, 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.

Conscious Communication
Mondays, February 3 — March 30, 7 pm — 9 pm, Chapel.
Based on the distinctions of Non-Violent Communication, the mindfulness practices of the Zen Center of San Diego, and Ron’s study with Oren Jay Sofer and Focused Attention, students will learn: A systematic approach to align our communication with our personal values and spiritual aspirations; identify how habitual patterns of mind, behavior and language impede effective communication; Develop Compassion and Empathy; Make “Do-able” Requests. No previous experience is required. This is an eight-week class, not a drop-in practice group. Enrollment will close after the first two weeks. Please purchase a copy of “Nonviolent Communication” by Marshall Rosenberg.
Contact Ron Punt Auerbacher at punit_92103@yahoo.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 kiakiali@gmail.com.

Book Lovers Affinity Group
Thursday, February 13, 6 pm, Room 320. Everyone is welcome to join our discussion of the One Book, One San Diego selection, “The Great Believers” by Rebecca Makkai. In this novel, the gay community confronts the AIDS crisis in 1980s Chicago. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@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 PowerPoint is preferable. If you are interested in being trained in this volunteer position contact Rose at 619-398-4439 or rose@firsttuusandiego.org.

South Bay Food Pantry
This Congregation is Starting a Food Pantry at Our South Bay 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 ongoing donation of $19/month to buy food at 19 cents a pound will keep this congregation’s food pantry open! Before we open the FUUSD Food Pantry at our South Bay 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 ongoing 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.etapastery.com/hosted/FirstUnitarianUniversalistC/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@firsttuusandiego.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.

We will work to engage voters, get out the vote, and put UU values to work in this world.

Nationwide kickoff event on **Sunday, 1/12 @ 1p** at Hillcrest & South Bay. Join us for a webinar with other UUs across the country followed by discussion centered on our congregation. At Hillcrest, the youth will provide a fundraiser salad bar starting at 12:30p. At South Bay join us for lunch before the webinar at 12p.

Join us the following **Thursday, 1/16 at 6p** in Bard Hall on Hillcrest campus 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@firstusandiego.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) February 13, 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) February 13, 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.

UPCOMING SUNDAYS at SOUTH BAY at 9:30 am
January 12, 2020 "To be a Good Neighbor"
Rev. Tania Márquez, Assistant Minister
January 19, 2020 "Be Love, Be Loved, Community!"
Lay Leaders with Rev. Kathleen Owens

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 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
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Voices of Peace Concert - Voices of Our City Choir & Jerusalem Youth Chorus
Wednesday, January 15, 7 pm — 8:30 pm, Meeting House. Join Voices of Our City Choir and special guest on tour from the Jerusalem Youth Chorus for an evening of music and connection, a one-time concert celebrating peace and music. More information and tickets available here.

UU the Vote Postcard Party
Thursday, January 16, 6 pm, Bard Hall. Building on the UU the Vote launch party and kicking off our voter engagement efforts for the year, join the Social Justice team for a postcard party and discussion to help plan our mobilization efforts this year. Snacks/light refreshments provided. Contact Angela@firstuusandiego.org with any questions.

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 Mary Pulliam at 310-779-2053 for information.

South Bay Community Services
Tuesday, January 28, 6 pm — 7:30 pm, Castle Park High School. South Bay Community Services is hosting an event to inform us about the judges on the March 3 ballot. Castle Park High School, 1395 Hilltop Dr., Chula Vista. No registration necessary.

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#VOTELOVE, #DEFEATHATE, #UUDEVOTE
**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.

**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 February 2 between services.
Youth

Sunday, January 12 - At 9:30 am, the MUUGS group and their parents and guardians will meet in Room 114b 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 briefly in Room 114b and then adjourn to Bard Hall to begin preparations for the Salad Bar fundraiser luncheon in conjunction with the “UU the Vote” kick-off event at 12:30 pm.

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).

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

BUILDING SACRED GROUND

Building Sacred Ground is an experiential multi-session program to help people explore Unitarian Universalism, share personal foundations of faith, and get to know a small group of people well. The series ends with a private tea with ministers where you have a chance to visit, socialize and dialogue.

This series is appropriate for newcomers and longtime UUs. It is strongly suggested for those in the process of becoming members. By attending these sessions, you will become more deeply involved in church life and have a better understanding of your place in Unitarian Universalism.

THE SESSIONS - Spring 2020

UU 101—Our Foundations—March 1st - This first session is both an introduction to Unitarian Universalist principles, values, and theology, and an opportunity to get acquainted with the rest of the group!

Sharing Our Journeys—March 8th - Engaging and thoughtful activities will help participants reflect on their spiritual lives, spiritual development and future spiritual explorations.

Tea with a Minister—March 14th - participants are invited share casual social time with a minister in a small group setting, snacks and tea will be provided. Bring your burning questions about First UU, Unitarian Universalism, or how this faith tradition relates to your life.

To register for Building Sacred Ground, please contact Jenner at 619.398.4443 or email jenner@firstuusandiego.org
### Friday, January 10, 2019
**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. Ongoing, drop in.

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Friday, January 10, 12 pm, Meeting House. The concert will be approximately one hour long. The program will feature the works of famous classical composers, including Bach, Chopin, and Rachmaninoff. The concert is open to the public. A suggested donation of $10 per person will be gratefully accepted.

### Saturday, January 11, 2019
**Insight SD Sitting Group/Dharma Study**
Saturdays, 9:30 am — 11:30 am, Bard Hall. 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](#).

**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.

### Sunday, January 12, 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](mailto: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)

**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 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!

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Sunday, January 12, 12:30 pm, Law Lounge. Young male-identified people over 35 (especially those who have “aged out” of our Young Adults Group) are invited to a brainstorming session about the UU Men's Fellowship. This is your chance to tell some members of the UUMF what we can do to help you in fellowship and possibly mentoring.

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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.

**Pagan Conversations**
Sunday, January 12, 1 pm — 2:30 pm. We'll gather in Room 114b to discuss the church theme "What can we put to rest."

**The Unitarian Universalist Christian Study Group**
Sundays, January 12, 1 pm, Room 321. Rasa Sunday: The Essence of Healing and Contemplation with Arjay Palmer exploring the relationship the ancient concept of Rasa to the modern understanding of healing, wholeness and contemplation.

**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.

**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](mailto:cmack5313@gmail.com) or Ed McCarroll by email at [Wombated@gmail.com](mailto:Wombated@gmail.com).
### Monday, January 13, 2019

**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.

### Tuesday, January 14, 2019

**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.

**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

### Wednesday, January 15, 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 johnhall@cox.net or 619-546-6525.

**Voices of Peace Concert**
Wednesday, January 15, 7 pm, Meeting House. Start your new year with a celebration of music, connection, and peace. Voices of Our City Choir and the Jerusalem Youth Chorus will come together for a one-time concert entitled “Voices of Peace.” Come support these choirs. Buy Tickets: [https://www.tickettailor.com/events/voicesofourcitychoir/323769/](https://www.tickettailor.com/events/voicesofourcitychoir/323769/) or at the door.

**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 16, 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.

**Tea Talks/Charlas con té with Reverend Tania - Canceled**
Thursdays (third), January 16. Canceled for this month only.

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

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 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.

Friends of de Benneville
Sunday, January 19, 5 pm, the Schaibly’s. Join the Friends of deBenneville! 5 pm Social Hour, 6 pm potluck, 7 pm meeting. At the Schaiblys’, 6659 Edmonton Ave, San Diego, (858) 453-5990.

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.

Insight SD Greeting the Heavenly Messengers Affinity Group
January 23 (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.

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 UU Men’s Fellowship welcomes newcomers to our meeting on: “What Matters Most: Affirmations for 2020 and Beyond.” All self-identified men are encourage to come to check out the UU Men’s Fellowship. We have an informal potluck social hour starting at 6 pm in the Common Room. (Newcomers don’t have to bring anything except themselves.)

Parent’s Lounge
Sunday, February 2, between services, Room 323. Join us for conversation and camaraderie at our next Parent’s Lounge meeting!

Cosmos
Sundays (first), February 2, 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.

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 Bordonr kiaakiall@gmail.com.

Book Lovers Affinity Group
Thursday, February 13, 6 pm, Room 320. Everyone is welcome to join our discussion of the One Book, One San Diego selection, “The Great Believers” by Rebecca Makkai. In this novel, the gay community confronts the AIDS crisis in 1980s Chicago. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Löne 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 Newhall-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
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Laura Ball, Andrea Gonzalez, Brian Krohne, Kathleen MacLeod and Maureen McNair, Trustees

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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)

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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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