

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 21

"Building Beloved Community in a Time of Hate"

Rev. Justine Sullivan, Lead Minister

January 28
"Circles and Spirals:
Moving Forward While Looking Back"

Rev. Justine Sullivan & Rev. Kristen Kuriga

January 21 Generosity Offering Camp de Benneville Pines

Our Generosity Offerings in January go to Unitarian Universalist organizations that extend our values to the wider community. Our January 21 offering will go to Camp de Benneville Pines in the San Bernardino Mountains. Our Youth groups, the UU Mens Fellowship, our First UU Family Camp in June and the Adult Summer Break Camp all use this beautiful retreat center each year. This offering will support necessary maintenance and upgrades to the camp's facilities. Each dollar raised Sunday will be matched by generous camp lovers. Donate on our *website*, under gift designation select "Generosity."

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

South Bay Services 10 am Sundays

January 21
"Love at the Center"

Rev. Kristen Kuriga, Assistant Minister

January 28
"Circles and Spirals:
Moving Forward While Looking Back"
Livestream of the Hillcrest Service

The deadline for the next issue is: January 24 (**Weds**) at 8 am

If you would like an announcement placed in the Window email:

rose@firstuusandiego.org

Submission maximum is 60 words

What's Happening?

Our Church Family

Celebration of Life for Rev. Jim Grant

Rev. Jim Grant, Affiliated Community Minister, died on Saturday, January 6th. We are sending our care to all those who love Jim and are grieving his loss. A Celebration of Life is planned for Saturday, February 24th at 1 pm in the Meeting House with a reception to follow. The service will also be livestreamed. If you would like to send a card to Jim's family, you can drop it off at the church office or mail it to the church and we will arrange to get them to Jim's family:

Family of Rev. Jim Grant, First UU Church of San Diego, 4190 Front St, San Diego CA 92103

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. Join us to hear some beautiful music from one of our own. To learn more, visit Jud's *website*.

First UU Hosts Interfaith Homeless Shelter March 10-24

This winter/spring our congregation will again host the Interfaith Shelter at our congregation. We will provide shelter for up to 12 guests and breakfast, lunch and dinner for 2 weeks, from March 10-24. During this time, the common room and room 113 will be our guests' home. This is one important way our congregation acts on its values—and we need your help!

Volunteers provide potluck evening meals, serve as greeters, overnight hosts, and can help with a variety of small projects, including: coordinating bedding, organizing laundry, shopping for food and supplies, and set-up and clean-up of the shelter. We also need daytime volunteers for shifts on weekend days. Sign-ups will be available starting on Sunday, January 21 on both campuses.

Questions? Check out our *frequently asked questions* sheet.

Not able to volunteer but want to contribute? We are collecting toiletries and bedding which you can donate at bins on either campus. We can also use monetary donations, which help us buy food for breakfast and lunch, as well as supplies.

For more information or to sign up, contact Rev. Kristen Kuriga: <u>kristen@firstuusandiego.org</u>,

619-398-4435

Laura Ball: earlyworm@sbcglobal.net. 619-548-3231

Front Street Productions Welcome Team

Do you want to have some fun greeting visitors on our campus at some fabulous events? If your answer is yes, come join the Front Street Productions Welcome Team. Contact *Louise Titlow* for more information.

A Special Invitation

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

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 upcoming mid-year "State of the Congregation" meeting is an opportunity to check in with each other. We also be presented with two proposed amendments revisions of our Constitution.

I hope that as many of you who can, will join us in Sunday, January 28, 2024 at 12:30 pm for our State of the Congregation. We will meet in the Sanctuary and we will also live stream 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.

I hope you will also join us on February 18th at 1 pm, on Zoom, when we will approve and open the voting for two proposed amendments revisions.

Sincerely,

Everardo F. Aguilar

President, First Unitarian Universalist Church of San Diego Board of Trustees

Contact **Rose** to add your group's info to the Window!

Aging in India

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

Hillcrest In-Person Social Hour

January 21, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

What's Happening?

Virtual Social Hour

January 21, Sundays, 11 am, <u>bit.ly/FirstUUSocialHour</u>, Meeting ID 824 042 297. Password: FUUSD. Share your thoughts about the service or whatever is on your mind each Sunday just after the service. Let's keep connecting!

Open Heart Sangha

January 21, 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, *margewur@gmail.com*.

Coping With Chronic Conditions Support Group January 22, 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>.

Men's Fellowship Fourth Monday Meeting

January 22, Monday, 6 pm, Common Room.. Newcomers are welcome to come for the potluck at 6 pm and stay for our meeting on "Happiness" from 7 pm — 9 pm. (PS: You only have to bring an appetite.) Contact *Les Vivian*, *Chris Guelich*, or *Mike Dorfi* for more info.

Women's Choir

January 22, 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.

Caregivers/Allies Support Group

January 23, 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*.

Chalice Choir

January 24, 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.

Memory Matters Gathering

January 26, 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.

Adult RE

January 26, Friday, 6:30 pm — 8 pm, Zoom. Join us for "Article II 2.0: A Look at the Revisions." For more information and to register, visit: https://www.firstuu.sandiego.org/adult-faith-formation.html

Don't Miss Our Special Congregational Meeting

January 28, Sunday, 12:30 pm, Meeting House in person, and <u>via livestream</u>. "State of the Congregation" congregational meeting. We will present two proposed amendments revisions of our Constitution, plus we'll talk about other exciting and important programs of the church, including a financial update from our Treasurer. More info on our members only page of the <u>website</u>.

5th Tuesday Board Meeting - Transforming Conflict January 30, Tuesday, 6:30 pm, https://bit.ly/5thTuesday. When there is a 5th Tuesday in a month your board of trustees hosts a meeting focused on our work of journeying toward wholeness. These meetings are held on Zoom and are open to all members of our First UU community. This month, Rev. Kristen and Rev. Justine will lead a discussion of the book *Transforming Conflict* by Rev. Dr. Terasa Cooley. This workshop will focus on the first two chapters of the book and will offer an overview of the main concepts and tools. Join us to continue this work of learning together how to engage conflict with greater ease. Copies of the book are available from Rev. Justine

Racialized Identities Awareness Book Group

or by ordering here.

February 2, Friday, 6:30 pm — 8 pm, Room 323. Please come join the Racialized Identities Awareness Book Group's discussion of *South to America: A Journey Below the Mason Dixon to Understand the Soul of a Nation* by Imani Perry. Contact Louise Titlow at *Imtitlow@gmail.com* for more information.

Board Chat

February 4, Sunday, 12:30 pm, bit.ly/FirstUUBoardChat.

Hillcrest Song Circle

February 4, 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@qmail.com or cmack5913@qmail.com.

Book Club

February 8, second Thursdays, 6 pm, Zoom. We will be discussing the one San Diego book: *The Sum of Us.* Please join us for a lively discussion. Contact *Mina*.

Women Together Meeting

February 10, second Saturdays, 12 pm — 2 pm, Common Room. Come visit old friends, meet new friends, and experience sharing with a caring group of women. New members are welcome. Contact Claudia, obata.claudia@gmail.com.

Dances of Universal Peace

February 10, second Saturdays, 4 pm — 6 pm, Bard Hall.

Kirtan Chanting

February 10, second Saturdays, 6 pm — 7 pm, Common Room. Join Patita Pavana of Spirit Soul And Friends along with our event host, James Long, for an evening of Kirtan.

Rainbow Action Group's Koffee Klatch

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

Cosmos

February 11, second Sundays, 1 pm - 3 pm, Room 323. 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>.

What's Happening?

Neighborhood Group without Borders

February 14, 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

February 15, 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.

Special Membership Meeting - Please vote!

February 18, Sunday, 1 pm, Zoom only <u>bit.ly/SCM1UU</u>. We will approve and open the voting for two proposed amendments revisions. Please join us for this important work. More info on our members only page of the <u>website</u>.

Board Meeting

February 20, 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*.

South Bay Campus

South Bay Worship

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

South Bay Leadership Meeting

January 21, Sunday, 11:30 am, South Bay Campus. Join us to reflect on what's working well at the South Bay Campus and our next steps together as a community. Some topics include cleaning up the space, volunteer sign ups, and community events for the spring. The meeting will be facilitated by Rev. Kristen. All are welcome!

South Bay Wisdom Circle

February 11, 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.

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.

Family & Lifespan

Sunday RE - This Sunday, Jan 21st, we'll offer our usual 3 Sunday RE Groups during the 10:00 AM Service.

Parent's Night Out - Friday, Feb 2nd, 6:30 - 9:00 PM. We provide dinner and watch the kids so the adults can have a night free to do whatever they'd like! RSVP to tony@firstuusandiego.org

Adult RE - Friday, Jan 26th, from 6:30 - 8:00 PM on Zoom for "Article II 2.0: A Look at the Revisions". For more information and to register, visit our website.

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*.

Social Justice

Climate Action: Don't Cut California Climate Programs

Governor Gavin Newsom's new proposal for the next state budget, includes an additional \$4 billion in cuts and delays to climate programs which target corporate transparency and climate risk disclosure, residential solar and zero emission vehicle programs. This proposal represents a retreat from our state's commitment to stave off the worst impacts of the climate crisis. Tell Gov. Newsom: Fund More Climate Investments, Not Less! - California Environmental Voters (everyaction.com)

Coalition for Reproductive Justice Annual Fundraiser

January 24, Wednesday, 5 pm, Mingei Museum, Balboa Park. Join us for Empowerment in Action: Harnessing Community Power for Positive Change. The keynote speaker is Carly Manes, abortion doula and author of What's an Abortion Anyway, a medically accurate, gender-inclusive, and nonjudgmental book for kids about abortion. This year's "Reproductive Advocate" and "Audre Lorde Emerging Leader" will be recognized for their ongoing commitment to reproductive justice. *Register*.

Power to Heal:

Medicare and the Civil Rights Revolution

January 31, Wednesday, 4:30 pm, Zoom. JTW invites you to a screening of "Power to Heal: Medicare and the Civil Rights Revolution." Sponsored by UUSJ, the film tells the story of how a new program, Medicare, was used to mount a coordinated effort that desegregated thousands of hospitals across the country in only months. Register for the Zoom webinar at <u>Saving Democracy</u>.



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.

Friday Food Rescue

Looking for someone to bring donations from Barons Supermarket in North Park to the food pantry on Fridays (times flexible, but before 4pm). Contact *foodpantry@firstuusandiego.org* if this might work for you - even once a month would help.

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.

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 **foodpantry@firstuusandiego.org** or 619-271-5017.

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

Saturday, January 20, 2024

Aging in India

January 20, Saturday, 10 am, Bard Hall and https://bit.lv/UUSeniors. Hosted by UU Seniors.

Food Pantry Food Distribution

Saturdays, 11 am — 1 pm, South Bay Campus. Volunteers should arrive by 10:30 am to staff a station.

foodpantry@firstuusandiego.org.

Sunday, January 21, 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, *bit.ly/FirstUUSocialHour*, Meeting ID 824 042 297. Password: FUUSD.

Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall.

margewur@gmail.com.

Monday, January 22, 2024

Coping With Chronic Conditions Support Group

January 22, Mondays (second & fourth), 1:30 pm — 3 pm, URL <u>https://bit.ly/CopingCCGroup</u>, meeting ID 681-036-9317.

Men's Fellowship Fourth Monday Meeting

January 22, Monday, 6 pm, Common Room. Contact <u>Les Vivian</u>, <u>Chris Guelich</u>, or <u>Mike Dorfi</u> for more info.

Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

Tuesday, January 23, 2024

Caregivers/Allies Support Group

January 23, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, online. For information contact *Les Vivian*.

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{Lara} .

Wednesday, January 24, 2024

Coalition for Reproductive Justice Annual Fundraiser

January 24, Wednesday, 5 pm, Mingei Museum, Balboa Park. Join us for Empowerment in Action: Harnessing Community Power for Positive Change. This year's "Reproductive Advocate" and "Audre Lorde Emerging Leader" will be recognized. *Register here*.

Chalice Choir Rehearsal

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

Thursday, January 25, 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*.

<u>Upcoming Events</u>

Memory Matters Gathering

January 26, second and fourth Fridays, 10 am — 11:30 am, online. This is a place for those who worry about memory problems care partners. Email hybertsen@att.net for the link.

Adult RE - "Article II 2.0: A Look at the Revisions"

January 26, Friday, 6:30 pm, Zoom. Lead by Tony Bianca, this will be one of several opportunities to explore and discuss the revised Article II proposal before the final vote at General Assembly 2024. Register *HERE*.

Don't Miss Our Special Congregational Meeting

January 28, Sunday, 12:30 pm, Meeting House in person, and *via livestream*. "State of the Congregation" congregational meeting. We will vote on two revisions of our Constitution, plus we'll talk about other exciting and important programs of the church, including a financial update from our Treasurer. More info on our members only page of the *website*.

Power to Heal:

Medicare and the Civil Rights Revolution

January 31, Wednesday, 4:30 pm, Zoom. The film tells the story of how a new program, Medicare, was used to mount a coordinated effort that desegregated thousands of hospitals across the country in only months. Register for the Zoom webinar at *Saving Democracy*.

Racialized Identities Awareness Book Group

February 2, Friday, 6:30 pm — 8 pm, Room 323. Please come join the Racialized Identities Awareness Book Group's discussion of *South to America: A Journey Below the Mason Dixon to Understand the Soul of a Nation* by Imani Perry. Contact Louise Titlow at <a href="mailto:limitstand-new-m

ZUUMERS

February 4, first Sundays, 11:30 am, online. For more information and link, please contact Claudia at **obata.claudia@gmail.com**.

Board Chat

February 4, first Sundays, 12:30 pm,

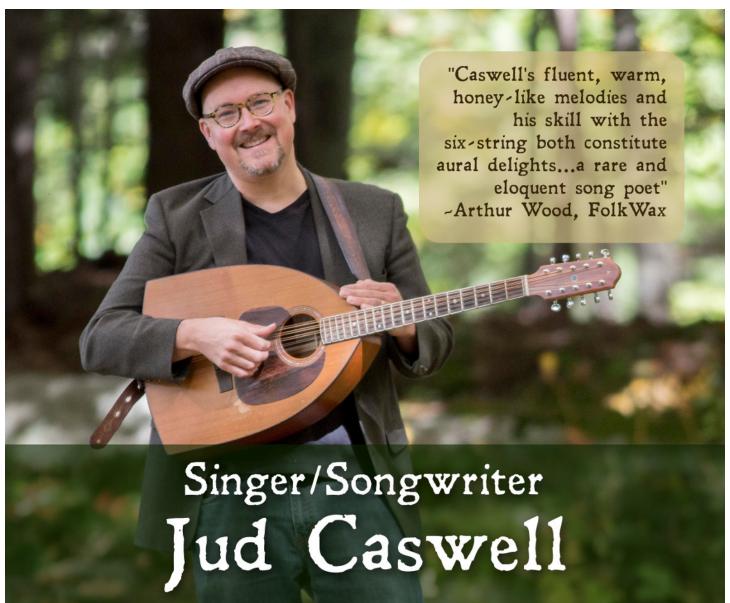
bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946.

Hillcrest Song Circle

February 4, 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>.

Special Membership Meeting - Please vote!

February 18, Sunday, 1 pm, Zoom only *bit.ly/SCM1UU*. We will approve and open the voting for two proposed amendments revisions.



7:30 pm Saturday, January 27th 2024



Funded by the First UU Outreach and Growth Fund First Unitarian Universalist Church of San Diego 298 W Arbor Street San Diego, CA 92103 Free accessible parking in our lot

Admission is free with registration. Sign up online at

FirstUUSanDiego.org

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, *Intern Minister*

Rev. Lone Broussard, Affiliate Minister
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

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:

(UUs of the South Bay)

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