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.

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**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 26, 2020**
"Pastor, Prophet, Teacher, Scholar: Ministry Roles We all Take on"
Everett Howe
Music: JUUL Tones

**February 2, 2020**
"Strengthening Resiliency"
Rev. Kathleen Owens, Lead Minister
Music: Chalice Choir

**South Bay Bilingual Service**
9:30 am

**January 26, 2020**
"The Benefits of Putting It to Rest"
Rev. Kathleen Owens, Lead Minister

**February 2, 2020**
"What Bob, Bill and Rhoda’s Friends Learn"
Rev. Jim Grant, Affiliate Minister

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**January 26 Generosity Offering**

**Unitarian Universalist Service Committee**
UUSC is an independent human rights organization grounded in UU values and founded to support refugees and political dissidents fleeing the Nazis. In 20 countries around the world, UUSC collaborates with grassroots organizations to respond to natural disasters and humanitarian crises, advance the rights of Central Americans seeking asylum, and support Indigenous communities facing severe climate change impacts.

The deadline for the next issue of The Window is:
January 29 (**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?

Diversity Action Group Article for January 2020
Voting and Health
On Tuesday, January 21, 2020, the Board of Trustees discussed the issues presented in How Voting Restrictions Harm Public Health—And What We Can Do About It, from the Center for Science and Democracy. Find the full report and executive summary online at: https://www.ucsusa.org/resources/our-unhealthy-democracy.

Voting enables us to help shape our world and our lives. In the United States, access to voting varies by community, region and state. Questions for us at First Church San Diego:
1. Does access to voting affect our congregation?
2. Is the health or access to health care our communities affected by their access to voting?
3. What impact does living in a country where access to voting is limited to some communities have on us as UUs and residents of this country?
4. What do our 7 (and 8th) Principles lead us to do?

The report provides specific actions we can take to help heal these problems. Stop by and talk to your Board members about this at the Board table in South Bay and in the patio at Hillcrest. To learn we’re doing to address these challenges, contact Bella Furth of Organizing for Justice at ifurth@me.com or Angela Fujii, our social justice coordinator at angela@firstuusandiego.org.

Worship Flowers Person Needed
We let you know last month that Maggie Marshall is stepping down from her role as Hillcrest Flower Coordinator effective February 1st, 2020. At that time, we asked for volunteers to step in and help and to date, we’ve received no responses to our request. This is a very important ministry for the church and we need your help or we will not see beautiful flowers on our pulpit on Sundays. We will be looking for someone or perhaps even a small committee to take over this important ministry. Please see Julie McKane at a Hillcrest Sunday patio table through the end of January to sign up. If you are interested, please email at robie@firstuusandiego.org.

Visit Our "Who We Are" Portrait Gallery!
Please visit our ever evolving "Who We Are" Portrait Gallery (formerly the Ministers’ Wall) after services this Sunday, located in the lower level hallway of the Welcome Center. This wall not only contains all of our called ministers, but also those important past and present figures in our Unitarian Universalist Association's history. This project will be “under construction” for the next couple of weeks. For more information, contact robie@firstuusandiego.org.

Memory Matters Gathering
Fridays (second and fourth), January 24, 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.

ASL Signing Hub
Sunday, January 26 between services (10:30 am — 11:30 am), Patio. Visit our signing community table to learn the manual alphabet and the signs taught during 2nd service. For established signers, come and chat!

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.

Climate and Social Justice Group
Sunday, January 26, 10:45 am — noon, Room 321. We will examine ways we can actively respond to our planet’s needs. Bev Harju will describe some of the SanDiego350 Teams and their past and current projects. Other members are invited to describe their activist projects and groups, which will likely include the Veterans for Peace. We will review jobs needed to support our upcoming programs about our local climate weather by Matt Moreland and John Shaibly’s Drawdown project. Our team will support the Get Out the Vote project as well. These are exciting times! Join us. Questions email Bev at harjubeverly@gmail.com or email Sylvia at sjolling06@hotmail.com.

Singletarian Senior Singles Luncheon
Sunday, January 26, 12:30 pm, Aladin’s, M101 Vermont Ave at Vermont Way, Hillcrest, near Trader Joe's, 619-574-1111. Please contact Mac Downing at home 619-542-9320 or m2cdow4@yahoo.com.

ASL Signing Social
Sunday, January 26, 1 pm — 2 pm. Library. Themed conversations and socializing in American Sign Language for those with a working knowledge of ASL. Non-signers are always welcome to observe - “voices off”. Contact Laurie Gerber at gerbl@pacbell.net.

The Unitarian Universalist Christian Study Group

Are You Experiencing Food Insecurity?
Our new food pantry is open for you! We can open the pantry for congregants every Sunday after the 9:30 am service at our South Bay campus, 970 Broadway, Chula Vista, CA 91911. If you need food before then, please feel free to contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.
What's Happening?

The Greater Beach Neighborhood Group
Sunday, January 26, 5 pm, at Bill and Liz Struve's house, 5520 Via Callado. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at harootuniana@yahoo.com.

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 encouraged 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.)

Save the date: The Mid-Century Modern Sacred Architecture of San Diego: An Outsider's View
Friday, January 31, 7 pm, Bard Hall. Rev. Dr. Mark Hargreaves, Rector of St James Episcopal Church in La Jolla will give a lecture examining the emergence of the Mid-Century Modern style, examining the influences which led to the building of so many mid-century places of worship in our city including the building of the First Unitarian Universalist Church of San Diego. Light refreshments served. For more info contact Jane Hoey at hoey3003@gmail.com.

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.

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 Punit 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.

Kirtan Movie Night
Saturday, February 8, 5:30 pm Room 323. Join us for popcorn and Kirtan chanting to a special screening of a documentary musical feature film. Come and engage in the spiritual practice of kirtan a non-denominational practice, with award-winning Spirit Soul and Friends. RSVP Love2you2all@gmail.com.

Dances of Universal Peace
Saturdays (second), February 8, 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) February 9, 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, February 9 (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.

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.

Living the Homestretch
Saturdays (third), February 15, 10 am, Bard Hall. 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.
What's Happening?

Monthly Board Meeting
Tuesdays (third), February 18, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), February 18, 6 pm, Room 114b. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (third), February 20, 4 pm — 5:30 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), February 20, 6 pm, Common Room. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

Coping with Chronic Conditions
Mondays (second and fourth), February 24, 1 pm — 2:30 pm, Common Room. For an indefinite time, we will just be meeting once a month. We will NOT be meeting on January 27, or February 10. 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.

Men’s Fellowship Spring Renewal
Camp DeBenneville Pines, April 17 to 19, 2020
Attention all UU men, please mark your calendar now for the 2020 Spring UUMF Renewal to be held at Camp DeBenneville Pines in Angelus Oaks CA. More information and reservation forms are available on the website or by contacting contact Mike Dorfi at mdorfi@cox.net or 619-466-5962, or by stopping by the UUMF table on the patio between services on Sunday morning.

Save the Date: Embracing the Climate of Justice
2020 UUA Pacific Southwest District Assembly
April 24 — 26, Unitarian Universalists San Luis Obispo, CA. “Embracing the Climate of Justice” is the theme of the 2020 PSW District Assembly. The keynote speaker will be Aly Tharp, the program director of the Unitarian Universalist Ministry for Earth (UUMFE) and leader of the UUA & UUMFE’s Create Climate Justice initiative. Detailed information coming early in the new year!

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.

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 Manager, 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@firstuusandiego.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 congregations’ 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 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/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!
New Food Pantry Opening
970 Broadway, Suite 101, Chula Vista

We are collecting canned food through January at two drop off locations!

Hillcrest — First Unitarian Universalist Church of San Diego
4190 Front St, San Diego, CA 92103
Sundays on the patio at the Social Justice table from 9:30 am – 1 pm

South Bay — First Unitarian Universalist Church of San Diego
970 Broadway, Chula Vista, CA 91911
Sundays from 9 am — 11 am

Preferred Foods
- chili con carne
- tuna
- pasta sauce with meat
- Soups with meat or fish

Yes! We accept donations of hygiene items.

If you would like to volunteer at the pantry or need to arrange a specific drop off time, please contact Maureen McNair at 619.427.1769 or memcnair948@gmail.com.

Songs of Resilience: In the Spirit of Pete Seeger
Emma's Revolution & Annie Patterson

Sat Feb 1st 7pm
Palomar UU Fellowship
1600 Buena Vista Dr, Vista
$20 advance / $25 door
No one turned away

The trio will lead songs from the new Seeger songbook "If I Had a Hammer" plus perform songs by Emma's Revolution & other justice songwriters

Info & Tickets: PUUF & riseupandsinging.org/events
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

January 26, 2020  "The Benefits of Putting It to Rest"
Rev. Kathleen Owens, Lead Minister

February 2, 2020  "What Bob, Bill and Rhoda's Friends Learn"
Rev. Jim Grant, Affiliate Minister

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) 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.

Diverse Revolutionary
UU Multicultural Ministries
Saturdays (third, every other month), March 21, 11 am — 1 pm, South Bay.
DRCUMM 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.

Karla Alvarez-Malo
South Bay Campus
Administrative Assistant
(619)271-5017
Email: karla@firstuusandiego.org
Our website
https://www.facebook.com/UUSouthBay
Social Justice

Climate and Social Justice Group
Sunday, January 26, 10:45 am — noon, Room 321. We will examine ways we can actively respond to our planet's needs. Bev Harju will describe some of the SanDiego350 Teams and their past and current projects. Other members are invited to describe their activist projects and groups, which will likely include the Veterans for Peace. We will review jobs needed to support our upcoming programs about our local climate weather by Matt Moreland and John Shaiby's Drawdown project. Our team will support the Get Out the Vote project as well. These are exciting times! Join us. Questions email Bev harjubeverly@gmail.com or Sylvia sjolling06@hotmail.com.

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.

Get Ready for COURT OBSERVATIONS

1/29/20

Mass Observation for the one year anniversary of the injustice of MPP (Migrant Protection Protocols)

What does injustice look like? See for yourself—come out to mark the anniversary of the ironically named ‘Migrant Protection Protocols’ by helping us to pack the courts in San Diego, San Antonio and the ‘port court’ in Brownsville.

Join Us!
1/29/20 – to witness the atrocities playing out in the court rooms across America and share your observations so we can #ENDMPP.

Two timeslots: 8am-12pm and 12pm-4pm.

Court address:
401 West "A" Street, Suite 800
San Diego, CA 92101

Please sign up for the observation at: https://www.stemgenius.com/po/8050ed4fab726e2d77court

You will also be able to sign up for future court observations on our normal schedule. Thank you for supporting the human rights of asylum seekers!

Please note...
Please be aware that the courts have not been cooperative in providing information on how many judges will be hearing MPP cases each day, so potentially if there is a big turn out and only one judge hearing MPP cases that day, there may not be an opportunity for everyone to observe.

Also, we do not want to jeopardize the future of the court observing program that Al Otro Lado, St. Mary’s and RAICES have built, so just a reminder, we will only be observing while inside the court rooms and will hopefully be respectful and causing a disturbance outside of the courtroom.

Are You Experiencing Food Insecurity?
Our new food pantry is open for you! We can open the pantry for congregants every Sunday after the 9:30 am service at our South Bay campus, 970 Broadway, Chula Vista, CA 91911. If you need food before then, please feel free to contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firsttuusandiego.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.

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@firstusuandiego.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 in Room 323.
Youth

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.

Sunday, February 2 - the 9:30 am Middle school group (MUUGS) will meet in Room 114a for the third lesson in the race unit of the Lodestone curriculum called “Listen.” They will discuss the precept that the first response in racial justice is for white folks to listen and allow people of color to share their experience. At 11:30 am, youth in grades 9-12 will meet in Room 114b for YRUU group to enjoy some snacks and begin their discussion about the February worship theme, “Resilience.”

Sunday, February 9 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a for the fourth lesson in the race unit of the Lodestone curriculum called “Finding Hope.” They will discuss how they can find hope in moving towards an anti-racist society. 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 February worship theme.

No Jr. High OWL This Year!
Due to low enrollment and attendance at the Parent Orientations, the Our Whole Lives classes for grades 7-9 have been postponed until next year. Please put the dates of January 10 & 17, 2021 in your calendar for the parent orientation meetings. The program will begin with a getting acquainted event on Friday, January 22nd, with classes starting on January 23rd, 2021.

Käthe Larick
Youth Programs Coordinator
(619) 398-4440
Email: kathe@firstuusandiego.org

Thank you!

Many thanks to everyone who supported the youth program fundraiser last Sunday and went to the Point Loma Souplantation!
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

**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).

**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 robie@firstuusandiego.org.

**TIME** If you shop on Amazon, is 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

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 long-time 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—1 pm—2:30 pm—Room 321

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—1 pm—2:30 pm—Room 323

Engaging and thoughtful activities will help participants reflect on their spiritual lives, spiritual development and future spiritual explorations.

**Tea with a Minister**—March 15th—1 pm—2:30 pm—Room 323

Participants are invited to 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 you.

To register for Building Sacred Ground, please contact Jenner at 619.398.4448 or email jenner@firstuusandiego.org.
<table>
<thead>
<tr>
<th><strong>Friday, January 24, 2019</strong></th>
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<td><strong>Memory Matters Gathering</strong></td>
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<td>Fridays (second and fourth), January 24, 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.</td>
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<td><strong>Insight SD Sitting Group/Dharma Study</strong></td>
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<td>Saturdays, 9:30 am — 11:30 am, Room 323. This weekly <em>Insight SD</em> 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, <a href="#">click here</a>.</td>
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<td>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 <a href="mailto:johnoll@cox.net">johnoll@cox.net</a> or call 619-546-6525.</td>
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<tr>
<td><strong>Hillcrest Worship Services: 9:30 am and 11:30 am, Meeting House (see front page for topics)</strong></td>
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<tr>
<td><strong>South Bay Worship Service: 9:30 am (see front page for topics)</strong></td>
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<tr>
<td><strong>ASL Signing Hub</strong></td>
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<tr>
<td>Sunday, January 26 between services (10:30 am — 11:30 am), Patio. Visit our signing community table to learn the manual alphabet and the signs taught during 2nd service. For established signs, come and chat!</td>
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</table>

| **Climate and Social Justice Group** |
| Sunday, January 26, 10:45 am — noon, Room 321. We will examine ways we can actively respond to our planet’s needs. Bev Harju will describe some of the SanDiego350 Teams and their past and current projects. Join us. Email Bev [harjubeverly@gmail.com](mailto:harjubeverly@gmail.com) or Sylvia [spillingo6@hotmail.com](mailto:spillingo6@hotmail.com). |

| **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. |

| **Singletonian Senior Singles Luncheon** |
| Sunday, January 26, 12:30 pm, Aladin’s, M101 Vermont Ave at Vermont Way, Hillcrest, near Trader Joe’s, 619-574-1111. Please contact Mac Downing home 619-542-9320 or [m2cdow4@yahoo.com](mailto:m2cdow4@yahoo.com). |

| **ASL Signing Social** |
| Sunday, January 26, 1 pm — 2 pm. Library. Themed conversations and socializing in American Sign Language for those with a working knowledge of ASL. Non-signers are always welcome to observe - 'voices off'. Contact Laurie Gerber at [gerbl@pacbell.net](mailto:gerbl@pacbell.net). |

| **The Unitarian Universalist Christian Study Group** |
| Sundays, January 26, 1 pm, Room 321. *"The Faith Instinct."* Is spirituality and religion written in our DNA? Join us for the discussion based on Nicolas Wade’s book. |

| **Open-Heart Buddhist Sangha** |
| Sundays from 4 pm — 6 pm, Room 323. Practicing in the mindfulness tradition of Thich Nhat Hanh. There is sitting meditation, a lesson, walking meditation and sharing. Chairs or mats & cushions are available. Open to everyone, no need to be Buddhist. |

| **The Greater Beach Neighborhood Group** |
| Sunday, January 26, 5 pm, at Bill and Liz Struve’s house, 5520 Via Callado. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at [harootuniana@yahoo.com](mailto:harootuniana@yahoo.com). |

<table>
<thead>
<tr>
<th><strong>Monday, January 27, 2019</strong></th>
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<tbody>
<tr>
<td><strong>Yoga With Toni Turbyfill</strong></td>
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<tr>
<td>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.</td>
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| **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 encouraged 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.) |

<table>
<thead>
<tr>
<th><strong>Tuesday, January 28, 2019</strong></th>
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<tbody>
<tr>
<td><strong>Sufi Healing with Jamil Larry Sweet</strong></td>
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<tr>
<td>Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact <a href="mailto:lsweet@cox.net">lsweet@cox.net</a>.</td>
</tr>
</tbody>
</table>
Wednesday, January 29, 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 30, 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.

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**Upcoming Events**

**Save the date: The Mid-Century Modern Sacred Architecture of San Diego: An Outsider’s View**

Friday, January 31, 7 pm, Bard Hall. Rev. Dr. Mark Hargreaves, Rector of St James Episcopal Church in La Jolla will give a lecture examining the emergence of the Mid-Century Modern style, examining the influences which led to the building of so many mid-century places of worship in our city including the building of the First Unitarian Universalist Church of San Diego. Light refreshments served. For more info contact Jane Hoey at hoeyj3003@gmail.com.

**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.

**Insight SD Social and Climate Justice Affinity Group**

Mondays (first), February 3, 6:30 pm — 8 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](#).

**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 kia@icloud.com.

**Kirtan Movie Night**

Saturday, February 8, 5:30 pm Room 323. Join us for popcorn and Kirtan chanting to a special screening of a documentary musical feature film. Come and engage in the spiritual practice of kirtan a non-denominational practice, with award-winning Spirit Soul and Friends. RSVP Love2you2all@gmail.com.

**Dances of Universal Peace**

Saturdays (second), February 8, 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) February 9, 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, February 9 (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.
Upcoming Events

Vespers Service: Responding to Gun Violence
Tuesday (second), February 11, 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.

Insight SD Greeting the Heavenly Messengers Affinity Group
February 13 (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.

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.

Living the Homestretch
Saturdays (third), February 15, 10 am, Bard Hall. 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.

Monthly Board Meeting
Tuesdays (third), February 18, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), February 18, 6 pm, Room 114b. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (third), February 20, 4 pm — 5:30 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), February 20, 6 pm, Common Room. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

Coping with Chronic Conditions
Mondays (second and fourth), February 24, 1 pm — 2:30 pm, Common Room. For an indefinite time, we will just be meeting once a month. We will NOT be meeting on January 27, or February 10. 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.
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 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 Eppler, 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):
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