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

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

February 9, 2020
"Pt. 1 - Another Name for Love"
Rev. Kathleen Owens, Lead Minister
Music: Women's Chorus

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

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

February 9, 2020
"Rising from the Ashes"
Rev. Tania Márquez, Assistant Minister

February Generosity Offering
San Diego Organizing Project (SDOP)
SDOP is a multi-faith network of congregations that represents 70,000+ families across San Diego County. As one of the most diverse grassroots organizations in the region, they uniquely bridge racial, cultural and economic divides, unlocking the power of people to bring justice, equality and greater opportunity to fruition in their communities.

The deadline for the next issue of The Window is:
February 5 (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?

Our Church Family
Liz Jones has a new grandchild! Emily Grace Goodman, 8 lbs 5 oz., 20 inches long. Everyone doing well!
Born 1-22-20 to Liz’s son, Shawn and Carol Angell’s daughter, Sarah.

We are sad to share the news of Vicky Newman’s death on January 23. Vicky was a long time member of our congregation and then at the Fellowship in Solano Beach congregation. She was active in many events, especially in music. Please watch this space for the date of her Celebration of Life service.

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!

Singletarian Senior Singles Luncheon
Sunday, February 2, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Please contact Mac Downing at 619-542-9320 or m2cdow4@yahoo.com.

ASL Signing Social
Sunday, February 2, 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.

Feast of the Common Table
Sunday, February 2, 1 pm, Room 320. A UU friendly Table Fellowship designed to be a part of an open minded and progressive spiritual practice. Hosted by Curran Jeffery.

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 kia@kial.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 LGBTQ friends and allies.

Do You Need Extra Food?
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.

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

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 cmack5513@gmail.com or Ed McCarroll by email at Wombated@gmail.com.

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. San Diegans for Gun Violence Prevention, will join us and offer ways to connect with this work.

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.

Memory Matters Gathering
Fridays (second and fourth), February 14, 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.

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.

Middle East / Kensington Neighborhood Group
Saturday, February 16, 5 pm, at the Holls. Save the Date: The next Middle East / Kensington Neighborhood Group (92116, 92119, 92120) will be meeting. More details are forthcoming when Ann McDonald returns to town on February 10. RSVP to johnholl@cox.net.

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.

Caregivers/Allies Support Group
Sundays (fourth), February 23, 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.

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.

Banquet Dinner of the UU Men’s Fellowship
Monday, February 24, 6 pm — 9 pm, Bard Hall. The UU Men's Fellowship welcomes newcomers to our meeting. Fourth Monday Meeting of the UU Men’s Fellowship. The Fellowship will provide dinner and after dinner some men may tell us about one or two days in their life that gave them joy. If you have never been to a meeting of the UUMF this is a great time to enjoy a free dinner and see what we are all about.

Weather and the Changing Climate of Southern California
Sunday, April 5, 1:30 pm — 2:30 pm, Bard Hall. This program will be co-sponsored by our Social and Climate Justice Group and SanDiego350. Watch this space for upcoming 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 m dorfi@cox.net or 619-466-5962, or by stopping by the UUMF table on the patio between services on Sunday morning.

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

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.

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 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.etapery.com/hosted/FirstUnitarianUniversalistC/OnlineDonation.html

Under “Fund” click on “other” and then in the comments section put “SB Food Pantry.” You may also make checks payable to FUUSD and write “SB Food Pantry” on the memo line. Send checks to Angela Fuji, FUUSD, 4190 Front St., San Diego, CA 92013. And, if you have a tax sheltered annuity from which you would like to make a contribution and you want assistance with this, contact Maureen McNair at memcnair948@gmail.com or 619-427-1769. Thank-you!

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 619.477.1769 or memcnair948@gmail.com.
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

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

February 9, 2020  “Rising from the Ashes”
Rev. Tania Márquez, Assistant 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. DRIUUMM 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.
Do You Need Extra Food?
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.

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.

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

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.

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 & riseupandsing.org/events
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.

Free Books
We are cleaning out our library and have several shelves of books that we no longer need. They’ll be available for the taking on Sundays February 2, 9 and 16. After that, we’ll be donating them. Stop by Tony’s office on any of those Sundays and be sure to bring bags!

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 in Room 323.

Parents' Night Out
Wednesday, February 12, 6 pm — 8:30 pm, Room TBD. Have an early Valentine’s Day on us! Drop the kiddos off at Hillcrest (room TBA) and have the time to do whatever you want! We’ll have games, dinner for the children, make some Valentine's crafts and watch a movie. Please RSVP to Tony@firstuusandiego.org so that we can plan for dinner.
Youth

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.

Sunday, February 16 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a for the fifth lesson in the race unit of the Lodestone curriculum which is about how racism is present in the children's books and popular media they may have seen growing up. Next Sunday, the youth and their parents / caregivers, and the youth advisers will meet to discuss what special family project they would like to do. 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, February 23 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a with and their parents/caregivers, and the youth advisors to discuss the special family project they would like to do. They will look at finding resources and support for the projects. At 11:30 am, youth in grades 9-12 will meet in Room 114b for YRUU group to enjoy some snacks and wrap up 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
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@firstusu sandiego.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 (firstusu sandiego.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 Mercey

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@firstusu sandiego.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/or 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 619.398.4443 or email jenner@firstusu sandiego.org
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday, January 31, 2019</strong></td>
<td><strong>The Mid-Century Modern Sacred Architecture of San Diego: An Outsider's View</strong></td>
<td>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 <a href="mailto:hoeyj3003@gmail.com">hoeyj3003@gmail.com</a>.</td>
</tr>
<tr>
<td><strong>Saturday, February 1, 2019</strong></td>
<td><strong>Insight SD Sitting Group/Dharma Study</strong></td>
<td>Saturdays, 9:30 am — 11:30 am, Room 323. This weekly <strong>Insight SD</strong> 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.</td>
</tr>
<tr>
<td><strong>Sunday, February 2, 2019</strong></td>
<td><strong>Sunday Morning Meditation Sangha</strong></td>
<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:johnholl@cox.net">johnholl@cox.net</a> or call 619-546-6525.</td>
</tr>
<tr>
<td><strong>Hillcrest Worship Services:</strong></td>
<td><strong>9:30 am and 11:30 am, Meeting House (see front page for topics)</strong></td>
<td><strong>South Bay Worship Service:</strong> 9:30 am (see front page for topics)</td>
</tr>
<tr>
<td><strong>Parent's Lounge</strong></td>
<td></td>
<td>Sunday, February 2, between services, Room 323. Join us for conversation and camaraderie at our next Parent's Lounge meeting!</td>
</tr>
<tr>
<td><strong>Singletonarian Senior Singles Luncheon</strong></td>
<td></td>
<td>Sunday, February 2, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Please contact Mac Downing home 619-542-8320 or <a href="mailto:m2cdow4@yahoo.com">m2cdow4@yahoo.com</a>.</td>
</tr>
<tr>
<td><strong>Feast of the Common Table</strong></td>
<td></td>
<td>Sunday, February 2, 1 pm, Room 320. A UU friendly Table Fellowship designed to be a part of an open minded and progressive spiritual practice. Hosted by Curran Jeffery.</td>
</tr>
<tr>
<td><strong>ASL Signing Social</strong></td>
<td></td>
<td>Sunday, February 2, 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 <a href="mailto:gerbl@pachell.net">gerbl@pachell.net</a>.</td>
</tr>
<tr>
<td><strong>Cosmos</strong></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Open-Heart Buddhist Sangha</strong></td>
<td></td>
<td>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 &amp; cushions are available. Open to everyone, no need to be Buddhist.</td>
</tr>
<tr>
<td><strong>Monday, February 3, 2019</strong></td>
<td><strong>Yoga With Toni Turbyfill</strong></td>
<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>
</tr>
<tr>
<td><strong>Insight SD Social and Climate Justice Affinity Group</strong></td>
<td></td>
<td>Mondays (first), February 3, 6:30 pm — 8 pm, Room 323. This monthly <strong>Insight San Diego</strong> group welcomes anyone interested in exploring the deep connections between Buddha dharma practice and social and climate justice. For more information, click here.</td>
</tr>
<tr>
<td><strong>Tuesday, February 4, 2019</strong></td>
<td><strong>Sufi Healing with Jamil Larry Sweet</strong></td>
<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>
<tr>
<td><strong>Wednesday, February 5, 2019</strong></td>
<td><strong>Saturday Morning Meditation Sangha</strong></td>
<td>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 <a href="mailto:johnholl@cox.net">johnholl@cox.net</a> or 619-546-6525.</td>
</tr>
<tr>
<td><strong>Organizing4Justice / SDOP / Faith in Action</strong></td>
<td></td>
<td>Wednesdays (first), February 5, 6:30 pm, Common Room. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, <a href="mailto:ifurth@icloud.com">ifurth@icloud.com</a>.</td>
</tr>
<tr>
<td><strong>Young Adult Group — Ages 24-35</strong></td>
<td></td>
<td>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!</td>
</tr>
</tbody>
</table>
**Thursday, February 6, 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.

**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. Contact Kia Bordner
kiakiali@gmail.com.

---

## Upcoming Events

**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 Unitarian Universalist Christian Study Group**
Sundays (except first), February 9, 1 pm, Room 321. Join us for The Unitarian Universalist Christian Study Group.

**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.

**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: Current reading: Being with Dying by Joan Halifax. 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.

**Memory Matters Gathering**
Fridays (second and fourth), February 14, 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.

**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.

**Middle East / Kensington Neighborhood Group**
Saturday, February 16, 5 pm, at the Holls. Save the Date: The next Middle East / Kensington Neighborhood Group (92116, 92119, 92212) will be meeting. More details are forthcoming when Ann McDonald returns to town on February 10. RSVP to johnholl@cox.net.

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

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Léone 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
Jennfer Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Epler, Event Coordinator

Board of Trustees

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

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

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

Contact the South Bay Campus (Chula Vista):
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