February's Transformational Theme: **Resilience**

**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

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**Hillcrest Services**
9:30 am and 11:30 am

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

**February 16, 2020**
"Pt. 2 - Another Name for Love"
Rev. Kathleen Owens, *Lead Minister*
Music: Chalice Choir

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

**February 9, 2020**
"Rising"
Rev. Tania Márquez, *Assistant Minister*

**February 16, 2020**
Rev. Tania Márquez, *Assistant Minister*

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**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.

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The deadline for the next issue of The Window is: February 12 (**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**

Our own Lara Korneychuk and Rile Grant will be performing with Sacra/Profana "Music as Social Change" on Saturday, February 8, 7 pm, Meeting House. Tickets are available at [https://www.brownpapertickets.com/event/4302612](https://www.brownpapertickets.com/event/4302612).

**The Nominating Committee Needs YOU!**

Each year around this time, the NomCom sets out to fill vacancies on the Board of Governors, the JTW Core Team, and the Nominating Committee itself. We might just be looking for YOU! Service on any one of these key committees will bring you much closer to the important work that the Church does, as well as affording you with the opportunity to work with other GREAT UUs! If you are interested in any of these upcoming opportunities, please contact any of the NomCom members. We'd love to talk with you.

*Warmly, The Nominating Committee*

~ Kay Chandler, Chair, Betty Boone, Matt Mazzeo, Kathleen Garcia-Horlor & Rose Van Oss

**Voices in Unity**

Our youth vocal music ensemble, will resume rehearsals starting on Sunday, February 16. All singers from grade 7 and up are welcome to join us from 1 pm — 2 pm in the Chapel! We are trying a new model in which we don't rehearse every week, but we want to make every rehearsal count, so please mark the following dates for VIU rehearsals: 2/16, 3/1, 3/15, 4/12, 5/3, 5/17. Please e-mail Lara Korneychuk, Music Coordinator, to express interest or ask questions! [lara@firsttuusandiego.org](mailto:lara@firsttuusandiego.org).

**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](mailto: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.

**ASL Signing Hub**

Sunday, February 9, 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!

**Conscious Communication**

Mondays through 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 February 10. Please purchase a copy of “Nonviolent Communication” by Marshall Rosenberg. Contact Ron Punit Auerbacher at [punit_92103@yahoo.com](mailto:punit_92103@yahoo.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](mailto:memcnair948@gmail.com).

**Medical Equipment For Loan**

The church has various medical equipment items for short term loan. Contact Chris Smith at [chris.smith7@cox.net](mailto:chris.smith7@cox.net).
What's Happening?

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. The topic will be Transportation Options in San Diego. The when, how, and where of transportation methods that you are currently using, and other possible options, will be shared at the meeting, including the effective use of a cellphone. 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, 1 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 following this some members 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.

Parent’s Lounge
Sunday, March 1, between services, Room 323. Join us for conversation and camaraderie at our next Parent’s Lounge meeting!

Cosmos
Sundays (first), March 1, 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.

Diverse Revolutionary UU Multicultural Ministries
Thursdays (first), March 5, 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.

Is it too Late to stop Global Warming?
Sunday, March 15, 1:30 pm — 3 pm, Bard Hall. John Schaibly, retired nuclear engineer, and Andy French, retired building inspector, will look at some of the current research and technologies that might reduce, or even stop, some climate disasters from happening. Q&A will follow. Some may wish to address topics in the Drawdown book. This program is sponsored by the Climate and Social Justice Group of First UU. All are welcome. For Questions: Speakers or Bev Harju Bev@sandiego350.org and Sylvia Ollinger, SJolling06@hotmail.com.

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

South Bay Food Pantry
This Congregation is starting a Food Pantry at our South Bay Campus! Volunteers wanted!
* develop partnerships with grocery stores and bakeries
* make food pick ups and deliveries
* set up and distribute food to clients
To join us, please contact Maureen McNair memcnair948@gmail.com or 619-427-1769.

Your ongoing donation of $19/month to buy food at 19 cents a pound will keep this congregation's food pantry open! Before we open the FUUSD Food Pantry at our South Bay campus, we want to make sure we will be able to stay open. We need about 2,000 pounds of food for each day we distribute food to 100 people. That's 20 pounds of food each! Your ongoing commitment will determine when we have our Opening Day and how often we can distribute food to needy households. No amount of donation is too small, or too big. Donations can be made via credit card through the donate page on our website: app.etapetry.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 Fujii, 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!

Chalice Jewelry Sale in the Book Room
Special 20% off for Valentine's Day, and the rest of February, on all pins and pendants in stock!

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 mddorfi@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 soon!

Do You Need Extra Food?

Our Food Pantry is NOW OPEN to all congregants and staff! Your participation will be kept confidential.

WALK IN hours are:

Tuesday 10:30 – 11:30 am
Thursday 9 am – noon
Sunday 8 am - noon

For an appointment, please contact Maureen at memcnair948@gmail.com or 619.427.1769.

Our pantry is located at 970 Broadway, Suite 101 Chula Vista 91911

You asked, we listened!

We have opened this pantry in response to the church-wide surveys we began last June asking what you want to see in our church's future. We are happy to serve you! Our public grand opening will be later this month.
South Bay Campus

Our mission is to create community, to nurture spiritual growth, and to act on our values to help heal the world.
La misión es crear una comunidad, fomentar el crecimiento espiritual y vivir en nuestros valores para ayudar a sanar el mundo.

UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

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

February 16, 2020  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. DRUUMM is a Unitarian Universalist People of Color Ministry. A multi-generational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Help us lay the groundwork for a revitalized (metaphorical) "Cultural Community Garden" to help sustain us in these troubled times. Contact Kathleen Garcia-Horlor uukhorlor2@cox.net.
Welcomeing Congregation Renewal
Thursday, February 20, 6 pm — 7 pm, Room 323.
In order for First UU to remain “current,” Welcoming Congregations must renew the Five Practices of Welcome every year. To this end, our Rainbow Action Group, worship leaders and social justice team are forming a committee/task force/group to create and implement a renewal plan for 2020 and hopefully, years to come. All are welcome. Contact Angela@firstuusandiego.org.

Interested in Serving on the Social Justice Executive Team (SJET)?
The SJET is a six-person team (four lay leaders - Bella Furth, Michanne Hoctor-Thompson, Megan Horton, Erik Kaestner plus Rev. Kathleen & Angela Fujii) that hold meetings twice per month to discuss social action endorsement proposals, activities/initiatives of the ministry team, supports the action teams and facilitates meetings of the Social Justice ministry team at-large. The commitment is approximately 3-4 hours per month for a two-year term. Click here for a list of desired skills/qualities of team members. All of the current lay team members are willing to answer questions and chat with you about their experience.

#UUtheVote: Ensuring Election Year Advocacy Efforts Remain Nonpartisan
For those already engaging in this work or looking to get involved, especially within our conregation, check out this Election Checklist for 501(c)(3) Public Charities (First UU is a 501c3) and Religious Activism: Political, Not Partisan. Want to brainstorm an idea/action or have lingering questions after reviewing the above information? Contact Angela@firstuusandiego.org. The stakes couldn’t be higher in the 2020 elections - we must speak with moral courage, and act with prophetic clarity and determination this electoral cycle. Visit the UUA’s #UUtheVote webpage for resources and more.

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.

Social Justice

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.

Valentines for Voters — UU the Vote!
Love is on the ballot!
Throughout February, First UU’s Organizing for Justice team is coordinating GOTV valentine-writing parties aimed at low-propensity voters in San Diego. We’ll provide the postcard, the address, and the stamp — you provide the heartfelt message to your fellow San Diegans about voting in the March primary. Valentines for Voters parties will be held at the following times/location:
- Sunday February 16 at South Bay (potluck after services)
- Wednesday February 19 6–8 PM in Bard Hall at Hillcrest (a party with music and snacks!)
- Valentines will also be available between services In Bard Hall at Hillcrest on 2/9, 2/16, and 2/23, and at South Bay 2/16 and 2/23

Share the love! UU the Vote!
If you have questions or want more information, contact Isabella Furth (ifurth@me.com) or anyone on the Organizing for Justice team.

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.
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 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 of 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 March 1 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.

Children’s Choir

Rehearsals:
Sundays from 10:45 am - 11:15 am in Room 113.

NO Rehearsals on the following Sundays:
February 9
March 8
April 12
May 10

We’ll sing at BOTH Services on the following Sundays (9:30 am & 11:30 am):
February 23
April 5
May 17 & 24

On Sundays when we sing in services, there is no rehearsal between services.
Youth

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 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

Voices in Unity
Our youth vocal music ensemble, will resume rehearsals starting on Sunday, February 16. All singers from grade 7 and up are welcome to join us from 1 pm — 2 pm in the Chapel! We are trying a new model in which we don't rehearse every week, but we want to make every rehearsal count, so please mark the following dates for VIU rehearsals: 2/16, 3/1, 3/15, 4/12, 5/3, 5/17. Please e-mail Lara Korneychuk, Music Coordinator, to express interest or ask questions! lara@firstuusandiego.org.
IT’S COMING – START THINKING OF THOSE GREAT EVENTS AND SERVICES YOU’D LIKE TO HOST FOR 2020’s D4$ ONLINE AUCTION

Our favorite time of the year is almost here - it’s time to plan event and service offerings for D4$! Let us know the host/co-host, date, time, and details. Visit the D4$ patio table, starting March 1. Deadline for submitting events is March 31. Your event will be printed in a colorful bidding booklet, with descriptions and minimum bids. All bidding will be online starting May 3, 2020 and continuing throughout the month. All bidding will be available online through the church’s auction bidding site. After each service on May 3, May 10, May 17 and May 24, those church members, friends, and regular attendees and their families who need the extra help may enter bids on devices with the help of techie experts in Bard Hall. Bidding sheets will also be available to see who’s bid on the events and what’s still available at a great price! Click here to go to the church website to get an Event Submission form plus ideas for possible events. Email Co-Chair robie@firstuuandsdiego.org for help or information.

Connections

Save the Date:
Making Connections at First UU
Sunday, March 8, 10:45 am, Room 321.

Becoming a Member Orientation
Sunday, April 5, 10:45 am and 12:45 pm, Room 321. Are you interested in membership? Come learn about what being a member of First UU Church means, how to start the process, and how to get more involved in this community. This meeting usually lasts around half an hour, depending on how many people attend. Questions? Contact Jenner@firstuuandsdiego.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 share casual social time with a minister in a small group setting, snacks and tea will be provided. Bring your burning questions about First UU, Unitarian Universalism, or how this faith tradition relates to your life.

To register for Building Sacred Ground, please contact Jenner at 619.398.4443 or email jenner@firstuuandsdiego.org.
### Saturday, February 8, 2019
**Insight SD Sitting Group/Dharma Study**  
Saturdays, 9:30 am — 11:30 am, Bard Hall. This weekly **Insight SD** group begins with 30 minutes of sitting meditation (late arrivals welcome) and continues with introductions, a dharma talk, and sharing. To sign up or find out more, [click here](#).  

**Kirtan Movie Night**  
Saturday, February 8, 5:30 pm Room 323. Join us for popcorn and Kirtan chanting with 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](mailto: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.

### Sunday, February 9, 2019
**Sunday Morning Meditation Sangha**  
Sundays from 9 am — 9:20 am, Room 323. All are welcome for a silent sitting meditation before Worship each Sunday. For more information, contact John Holl [johnholl@cox.net](mailto:johnholl@cox.net) or call 619-546-6525.  

**Hillcrest Worship Services: 9:30 am and 11:30 am, Meeting House (see front page for topics)**  
**South Bay Worship Service: 9:30 am (see front page for topics)**

**ASL Signing Hub**  
Sunday, February 9, 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!  

**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.  

**ASL Signing Social**  
Sunday, February 9, 1 pm — 2 pm. Library. Themed conversations and socializing in American Slgn 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.  

**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 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.

### Monday, February 10, 2019
**Yoga With Tony Turbyfill**  
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.

### Tuesday, February 11, 2019
**Vespers Service: Responding to Gun Violence**  
Tuesday (second), February 11, 6 pm — 6:30 pm, Chapel. Your ministers 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 Diegos for Gun Violence Prevention, will join us and offer ways to connect with this work.

**Sufi Healing with Jamil Larry Sweet**  
Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact lswett@cox.net.

### Wednesday, February 12, 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](mailto: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, February 13, 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.

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: 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.

Upcoming Events

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.

Singletarian Senior Singles Luncheon
Sunday, February 16, 12:30 pm, Location TBD. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

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 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, 1 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.

Welcoming Congregation Renewal
Thursday, February 20, 6 pm — 7 pm, Room 323. In order for First UU to remain “current,” Welcoming Congregations must renew the Five Practices of Welcome every year. To this end, our Rainbow Action Group, worship leaders and social justice team are forming a committee/task force/group to create and implement a renewal plan for 2020 and hopefully, years to come. All are welcome. Contact Angela@firstuusandiego.org.

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
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lione 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 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

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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):
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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