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.

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

February 23, 2020
"To Be a Good Neighbor"
Rev. Tania Márquez, Assistant Minister
Music: Handbell & Children's Choir

March 1, 2020
"Why We Worship"
Rev. Kathleen Owens, Lead Minister
Music: Chalice Choir

South Bay Bilingual Service
9:30 am

February 23, 2020
"Another Name for Love"
Rev. Kathleen Owens, Lead Minister

March 1, 2020
"Loss Is / Pérdida es"
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 26 (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?

The Nominating Committee Needs YOU!
Each year around this time, the NomCom sets out to fill vacancies on the Board of Trustees, 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

Flowers Needed for Sunday Services
We are looking for folks to sign up to provide flowers for Sunday services in Hilcrest. This could be fresh cut flowers or a plant, something you arrange or done by a florist. These can be delivered to the church office by 4 pm on Fridays or brought to church before 9 am on Sunday. You will be sent a reminder and you can offer a dedication for the order of service. There are many weeks available so if there is a date that is meaningful for you, or you just want to be of service contact Julie McKane with questions, or to sign up jmckane38@gmail.com.

Ballot Measures Education
by The League of Women Voters
Saturday, February 22, 10 am, Bard Hall. Everyone is welcome to attend this free, non-partisan educational presentation about the measures on the March 3rd ballot.

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.

Singletarian Senior Singles Luncheon
Sunday, February 23, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

ASL Signing Social
Sunday, February 23, 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
Sundays (except first), February 23, 1 pm, Room 321. “Children of Abraham” An excellent documentary on the origins of Judaism, Christianity and Islam. Jan Mooers will host.

The Greater Beach Neighborhood Group
Sunday, February 23, 4 pm, Iris-Ann Decelle’s house, 2155 Diamond Street. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at harootuniana@yahoo.com.

Coping with Chronic Conditions
Mondays (second and fourth), February 24, 1 pm — 2:30 pm, Common Room. We will resume twice a month meetings starting in March. 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. 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.

Memory Matters Gathering
Fridays (second and fourth), February 28, 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.

Kirtan Dance Event
Saturday, February 29, 6 pm — 8 pm, Common Room. Get your dancing shoes on and get ready for a night of continuous non-stop Rock Out Kirtan with Patta Pavana, Dee Laborte and a “SUPER SURPRISE” attendance by our dear friends / musicians. Contact James Long at kylong@gmail.com.

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

How To Access The Member Directory
If you’re a church member you can access the member directory in the member’s area of our website! To access the directory, and other member’s only areas of the website, go to https://www.firstuusandiego.org/ and click the Log In / Register button. You can then register with your own email address and your own password! Once your registration is approved you can access all the great member content of our website. Contact rose@firstuusandiego.org if you need assistance.

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

Volunteer Opportunity!
Would you like to help out at the front desk of the Church office? Our front desk volunteers assist staff in keeping the wheels of the church turning smoothly by answering / directing calls, and doing office tasks. Front desk volunteer shifts are 10 am — 1 pm, and 1 pm — 4 pm, Monday — Friday; each volunteer typically works one shift per week. If you are interested email Rose@firstuusandiego.org. Thank you!

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.

South Bay Neighborhood Group Potluck
Sunday, March 1, 5:30 pm, 2530 Coyote Ridge Ter. Chula Vista, CA 91915. Great conversations, good food and enjoyment. You’re invited to bring your family and enjoy a potluck together. Please bring your favorite food and drink to share. Questions and RSVP’s to: Peter Woodbury 619-370-9623 or email uuyankee@gmail.com.

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.

Vespers Service: Responding to Gun Violence
Tuesday (second), March 10, 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.

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.

Book Lovers Affinity Group
Thursday, March 12, 6 pm, Room 320. Everyone is welcome to join our discussion of “The Orphan Master’s Son” by Adam Johnson. This novel, which won the Pulitzer Prize, deals with themes of propaganda, identity, and state in North Korea. For our April 9 meeting, we’ll discuss “All Systems Red” by Martha Wells. Maureen McNair memcnair948@gmail.com, 619-427-1769.

The Occupation of the American Mind
Sunday, March 15, 5:30 pm, Common Room. Join the Palestine-Israel Justice group for free pizza and a screening of the documentary film, The Occupation of the American Mind. The film explores how the U.S. media cover the Israeli-Palestinian conflict quite differently than media in other countries, resulting in Americans having a vastly different perception of the conflict than the rest of the world. Ed Sweed, founder of the San Diego chapter of Jewish Voice for Peace, will provide an introduction and post-film Q&A session. Contact Cathy Pfister at cathy@uujme.org.

Monthly Board Meeting
Tuesdays (third), March 17, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), March 17, 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), March 19, 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), March 19, 6 pm, Common Room. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

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.

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

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

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.etapestry.com/hosted/FirstUnitarian
UniversalistC/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!

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 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.

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!

Spring Work at Camp deBenneville Pines
Mon — Wed / April 20 — 22. Free food and accommodations. Arrive Monday afternoon, work Tuesday, work Wednesday morning, leave after lunch. Skilled and unskilled people 11 years and up. Raking, gathering debris, general cleanup, maybe painting, etc. Register EARLY this will fill up. Search for uucamp.org Select Camps and Retreats, Select Camp Calendar then click on Work Camp. Also can register online at Registrar: registrar@uucamp.org, or phone 909-794-2928. For more information or ride sharing (drivers needed) contact Mac: Email M2CDQW4@yahoo.com or call 619-542-9320.

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!

South Bay Food Pantry
First UU Church of San Diego
970 Broadway, Suite 101
Chula Vista 91911

To volunteer at the pantry or by getting food from partners, please contact Maureen McNair 619.427.1769 or memcnair948@gmail.com.

To donate, please:
• drop off canned food on the Hillcrest patio Social Justice table on Sundays or in the South Bay Social Hall bin
• make checks to FUUSD, write “SB Food Pantry” on the memo line, and route to Angela Fujii, Social Justice Coordinator or to Maureen McNair at the South Bay campus.
• make a recurring or online donation at app.etapestry.com/hosted/FirstUnitarianUniversalistC/OnlineDonation.html Under “Fund” click on “other” and then in the comment section put “SB Food Pantry.

Our clients and volunteers thank you for making this pantry possible!
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

February 23, 2020  "Another Name for Love"
Rev. Kathleen Owens, Lead Minister

March 1, 2020  "Loss Is / Pérdida es"
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.

South Bay Neighborhood Group Potluck
Sunday, March 1, 5:30 pm, 2530 Coyote Ridge Ter. Chula Vista, CA 91915. Great conversations, good food and enjoyment. You're invited to bring your family and enjoy a potluck together. Please bring your favorite food and drink to share. Questions and RSVP's to: Peter Woodbury 619-370-9623 or email uuyankee@gmail.com.

Big Questions
Thursday (second) March 12, 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) March 12, 3 pm — 4:30 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.
Valentines for Voters — UU the Vote!

Love is on the ballot!

Throughout February, First UU’s Organizing for Justice team is coordinating Get Out The Vote! (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:

- Valentines will be available between services in Bard Hall at Hillcrest on 2/23, and at South Bay on 2/23

  Share the love! UU the Vote!

If you have questions or want more information, contact Isabella Furth at ifurth@me.com or anyone on the Organizing for Justice team.

Ballot Measures Education by The League of Women Voters

Saturday, February 22, 10 am, Bard Hall. Everyone is welcome to attend this free, non-partisan educational presentation about the measures on the March 3 ballot.

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 holds 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 congregation, 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.
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.

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.

Children’s Choir
Rehearsals:
Sundays from 10:45 am- 11:15 am in Room 113.

NO Rehearsals on the following Sundays:
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 23 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a with and their youth advisors to begin the special group project they chose. They will make posters of inspirational historical figures who were/are people of color. 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, Resilience.

Sunday, March 1 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a to finish the poster project and to take a sneak peek at the next unit of their Lodestone curriculum about Death. They will have a discussion of the March worship theme, “Loss.” At 11:30 am, youth in grades 9-12 will meet in Room 114b for the YRUU group meeting.

Sunday, March 8 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a to enjoy a visit from a member of the Social Justice Ministry Team. They will talk about how they can get involved in activities and events that help to make San Diego a more just, equitable and compassionate place. 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, March 15 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a to continue the next unit of their curriculum, as they discuss various ideas about “What Happens after Death?” At 11:30 am, youth in grades 9-12 will meet in Room 114b for YRUU group to enjoy their regular program activities. There is also a rumor of a special guest speaker!

Sunday, March 22 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a for about session 3 of the curriculum, “Death Clarifies Life” and how this concept helps to focus on life goals and aspirations. They will begin preparing to build a “Before I Die” wall. At 11:30 am, youth in grades 9-12 will meet in Room 114b for the YRUU group meeting.

Käthe Larick
Youth Programs Coordinator
(619) 398-4440
Email: kathe@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@firstuuandiego.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 become more involved in this community. This meeting usually lasts around half an hour, depending on how many people attend. Questions? Contact Jenner@firstuuandiego.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 longtime UUs. It is strongly suggested for those in the process of becoming members. By attending these sessions, you will become more deeply involved in church life and have a better understanding of your place in Unitarian Universalism.

THE SESSIONS - Spring 2020

UU 101 — Our Foundations—March 1st—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@firstuuandiego.org
<table>
<thead>
<tr>
<th>Saturday, February 22, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Insight SD Sitting Group/Dharma Study</strong></td>
</tr>
<tr>
<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, <a href="#">click here</a>.</td>
</tr>
</tbody>
</table>

| **Ballot Measures Education by The League of Women Voters** |
| Saturday, February 22, 10 am, Bard Hall. Everyone is welcome to attend this free, non-partisan educational presentation about the measures on the March 3rd ballot. |

<table>
<thead>
<tr>
<th>Sunday, February 23, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday Morning Meditation Sangha</strong></td>
</tr>
<tr>
<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>
</tbody>
</table>

| **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)** |

| **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. |

| **Singletarian Senior Singles Luncheon** |
| Sunday, February 23, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Please contact Mac Downing home 619-542-9320 or [m2cdow4@yahoo.com](mailto:m2cdow4@yahoo.com). |

| **ASL Signing Social** |
| Sunday, February 23, 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 (except first), February 23, 1 pm, Room 321. “Children of Abraham” An excellent documentary on the origins of Judaism, Christianity and Islam. Jan Mooers will host. |

| **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, February 23, 4 pm, Iris-Ann Decelle’s house, 2155 Diamond Street. 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>Monday, February 24, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yoga With Toni Turbyfill</strong></td>
</tr>
<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>
</tr>
</tbody>
</table>

| **Coping with Chronic Conditions** |
| Mondays (second and fourth), February 24, 1 pm — 2:30 pm, Common Room. 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. 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. |

<table>
<thead>
<tr>
<th>Tuesday, February 25, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sufi Healing with Jamli Larry Sweet</strong></td>
</tr>
<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>

<table>
<thead>
<tr>
<th>Wednesday, February 26, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday Morning Meditation Sangha</strong></td>
</tr>
<tr>
<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>
</tbody>
</table>

| **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! |
Memory Matters Gathering
Fridays (second and fourth), February 28, 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.

Kirtan Dance Event
Saturday, February 29, 6 pm — 8 pm, Common Room. Get your dancing shoes on and get ready for a night of continuous non-stop Rock Out Kirtan with Patita Pavana, Dee Laborte and a “SUPER SURPRISE” attendance by our dear friends / musicians. Contact James Long at kvolona@gmail.com.

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

D4S — Sundays thru March on the Hillcrest Patio — Submit your D4$ events!

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.

South Bay Neighborhood Group Potluck
Sunday, March 1, 5:30 pm, 2530 Coyote Ridge Ter. Chula Vista, CA 91915. Great conversations, good food and enjoyment. You’re invited to bring your family and enjoy a potluck together. Please bring your favorite food and drink to share. Questions and RSVP’s to: Peter Woodbury 619-370-9623 or email uuyankee@gmail.com.

Insight SD Social and Climate Justice Affinity Group
Mondays (first), March 2, 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), March 4, 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), 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 kia@icloud.com.

Insight SD Dharma Talk: “A Radical Path of Mind Training”
Friday, March 6, 7 pm – 8:30 pm, Bard Hall. Insight San Diego will host a dharma talk by Anushka Fernandopulle, a member of the Spirit Rock Teachers Council and long-time practitioner of Buddhist meditation. Anushka invites you to come learn what can develop from sincere and dedicated engagement in the powerful discipline of dharma practice.

Rainbow Coffee Klatch
Sundays (second) March 8, 10:30 am — 11:20 am, Room 323 (find us on the patio weather allowing). Enjoy conversation and coffee with LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, March 8 (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.
Our Staff

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

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