March's Transformational Theme: **Loss**

**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

**March 8, 2020**
"Out of the Earth We Rise"
Rev. Kathleen Owens & Lay Leaders
Music: Women's Chorus

**March 15, 2020**
"Living with Loss"
Rev. Kathleen Owens & Lay Leaders
Music: Chalice Choir

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

**March 8, 2020**
"To Go On"
"Seguir adelante"
Rev. Tania Márquez, Assistant Minister

**March 15, 2020**
"Losing Ground"
Rev. Tania Márquez, Assistant Minister

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**March Generosity Offering**
**Al Otro Lado’s Border Rights Project**
AOL's Border Rights Project hosts "Know Your Rights" training and legal orientation workshops in migrant shelters and at their office in Tijuana. The BRP also provides direct legal representation to detained individuals at Otay Mesa Detention Center, and coordinates immigration court observation in downtown San Diego.

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The deadline for the next issue of The Window is: March 11 (**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
Celebrating the life of Vicky Newman on Sunday, March 15, 3 pm,seyster Auditorium (in Wells Fargo Hall), Rady School of Management at 5 Scholars Drive North UC San Diego, La Jolla. A reception immediately follows the service.
LOGISTICS: Carpooling and Ride Sharing are strongly encouraged. There is a ride-share drop-off location right next to the venue. Visitor parking is available at the Pangea parking structure, which is a short walk from Wells Fargo Hall. Visitor parking costs $6 per day.

HELP!!! Dining for Dollar$ Team
Volunteers/Chair(s) Needed!
Dear First UU members and friends,
I know when my husband Ray and I first started coming to church, we fell in love with Dining for Dollar$. It was a way for us to meet and connect with other members and friends. It was a hit in our book! I started by becoming a D4$ committee team member. Then, I became a co-chair with Bonny Russell, who started our whole program 16 years ago. And this was all before I became a staff member!
We want this important program to be lay-led with staff support (me!). I'm looking for ONE or TWO dear members and/or friends to help lead this year's D4$ auction effort into victory. And, of course, I'll be there to help, as always; it's a passion of mine. Other D4$ veteran members such as Dave Hunt, Laurie Crehan, Dan Paul, and others will be there to support you, also. Please email me at robie@firstusandiego.org if you're willing to consider joining this fabulous community-building fund raising effort. You'll be very warmly welcomed! We have a detailed process to follow so you won't be starting from scratch! You'll have plenty of others who will help you make this a success. Thanks, Robie

Flowers Needed for Sunday Services
We are looking for folks to sign up to provide flowers for Sunday services in Hillcrest. 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.

Singletonarian Senior Singles Luncheon
Sunday, March 8, 12:30 pm, Olive Garden, 3125 Sports Arena Blvd, 619-226-2124. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

Pagan Conversations
Sunday, March 8, 1 pm, Room 114b. Join us as we discuss the next turn of the wheel, Ostara.

ASL Signing Social
Sunday, March 8, 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), March 8, 1 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer. Exploring the relationship of the ancient concept of Rasa to the modern understanding of healing, wholeness and contemplation.

Coping with Chronic Conditions
Mondays (second and fourth), March 9, 1 pm — 2:30 pm, Common Room. 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.

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.

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.

Memory Matters Gathering
Fridays (second and fourth), March 13, 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.
What's Happening?

Kirtan Peace Vibrations
Saturday, March 14, 5:30 pm — 7 pm, Common Room. Join us for an evening of community friendship, peaceful Mantra Meditation, Japa Meditation and MORE uplifting Kirtan with the award-winning group Spirit, Soul and Friends. Kirtan is a living moving meditation, and a universally recommended practice. Contact James Long at kyolong1@gmail.com for info.

Dances of Universal Peace
Saturdays (second), March 14, 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.

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: Bev Harju Bev@sandiego350.org and Sylvia Ollinger, SJolling06@hotmail.com.

Friends of de Benneville
Sunday, March 15, 5 pm, Jane and Clancy Finleys’ in TierraSanta, 11247 Corte Playa Corona. Join the Friends of deBenneville for a 5 pm social hour, 6 pm potluck, 7 pm meeting. Contact 858-569-1291.

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@ujjme.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. A time to be in a relaxed atmosphere, enjoy some tea, and talk with Rev. Tania Márquez. 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.

Living the Homestretch
Saturdays (third), March 21, 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.

Conversation with Jewish UUs at First UU
Saturday, March 21, 2 pm — 3 pm, Library. Rev. Kathleen is inviting all Jewish UUs to meet with her for a conversation about how we have celebrated various Jewish holidays in the past, and how we might have a more culturally appropriate exchange and celebration, including the re-writing of various texts as needed. We'll be specifically addressing the Seder and the service recognizing the High Holy days in the fall. Please let Rose Riedel, Office Manager, know if you plan to attend by emailing Rose@firstuuandsandiego.org.

Caregivers/Allies Support Group
Sundays (fourth), March 22, 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.

Fourth Monday Meeting of the UU Men's Fellowship
Monday, March 23, 6 pm — 9 pm, Common Room. The Men's Fellowship (UUMF) will be having their usual Monday Potluck & Discussion. Food will be served between 6 pm and 7 pm, followed by a presentation given by Jason Leichter entitled “Healthy vs. Toxic Masculinity.”

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

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 MZCDOW4@yahoo.com or call 619-542-9320.

Call for Delegates
It’s that time of year when we recruit delegates to represent First UU at the District Assembly in San Luis Obispo (April 24-26) and General Assembly in Providence, Rhode Island (June 24-28). The District Assembly will focus on “UUs and Climate Justice” and features the annual report from the District and Camp de Benneville Pines. This assembly will be the best opportunity of the year for UU congregations to share how they are working for climate justice and to learn from one another about how to live out our seventh principle: respect for the interdependent web. General Assembly, as usual, will be a large gathering of thousands of UUs from across the nation, doing the business of the association, and providing dozens of inspirational workshops. Discounted early-bird registration ends March 15. More information and registration: District Assembly — https://pswduua.org/https-psweduua-org-news-save-the-date-district-assembly-2020
General Assembly — https://www.uua.org/aa/registration. After registering please apply to be a delegate of First Church. Forms are available in box 23 of the volunteer room. Stipends of $100 for the District and $200 for the General are available for delegates who submit a report describing their experiences.

— John Schaibly, Lay Leader Larger UU Connections
South Bay Food Pantry News

Donate Your Used Refrigerator or Freezer to our Church Food Pantry!
We want to provide fresh and frozen food to our food pantry shoppers! If you have a used refrigerator or freezer — either a combo unit or separate appliances — please consider donating clean appliances in good working order to our pantry.

March Madness Means Peanut Butter Pantry Donations
Whether it's Smooth, Crunchy, Salt-free, or Sugar-free — almost everyone loves peanut butter! Let’s see how many unbreakable jars we can collect this month! All sizes and brands are gratefully accepted. Please bring your donations to the Hillcrest campus on Sundays from about 9:30 am — 1 pm and place them in the donation bin which is just outside Bard Hall. Please drop off peanut butter at our South Bay campus on Sundays between 9 am — noon in either the bin in our social hall or on the donation table in the pantry (suite 101).

Would You Like to Volunteer For The Food Pantry?
There are lots of ways to help!
- Staff the Food Pantry table on Sundays once a month in Bard Hall.
- Distribute fliers to our Chula Vista community partners
- Pick up food donations and deliver them to our Chula Vista campus
- Run a food drive with a group you lead or attend
- Spend time inside the pantry sorting and shelving food and giving it to clients
- Create fliers for us to print and distribute

Do You Need Food From Our Pantry?
Congregants are already shopping for free food at our pantry. Your participation is confidential and you may make a private appointment to shop with us.

Financial Donations are Gratefully Accepted
Both one-time and monthly sustaining donations help us stay open! No amount is too small, or too large.
- Please make checks payable to “FUUSD” and write “SB Food Pantry” in the memo line. Direct your checks to either Angela Fujii or Maureen McNair.
- Online credit card donations can be made at https://www.firstuusandiego.org/donations.html
- Under “Fund” click on “other” and then in the comments section put “SB Food Pantry.” Also, please select the frequency for your donation.
- If you have tax-sheltered income or would otherwise like to make a donation by a check from an institution, please set up that process with your financial firm.

Our clients and volunteers thank you for making this food pantry possible.

Mandatory Food Pantry Training
Sunday, March 22, 11 am, South Bay. If you want to volunteer to work directly with food pantry clients, please attend this training session at our South Bay campus, 970 Broadway, Chula Vista 91911. If you cannot make this date and time, we’ll schedule another training session at some point, but right now, we do not know when that will be. If you haven’t done so already, you might join us for the 9:30 am Sunday service and enjoy a half hour of social time before our meeting.

Contact
If you have questions or would like to volunteer, contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Daylight Saving Time Begins. Turn Your Clock Forward!
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

March 8, 2020  "To Go On / Seguir adelante"
Rev. Tania Márquez, Assistant Minister

March 15, 2020  "Losing Ground"
Rev. Tania Márquez, Assistant Minister

Announcement
As of Feb 25, 2020, Karla Álvarez-Malo is no longer working as our South Bay Administrative Assistant. We are grateful for the support offered during her employment here and wish her well. There will be an announcement in the near future about plans to fill that position. In the meantime, any questions about South Bay programming and needs can be directed to Rev. Tania Y Márquez.

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 jenner@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) March 12, 1 pm, South Bay. Our South Bay Big Questions group is now meeting! In March the group will meet to watch and discuss the movie “Parasite”.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (second) March 12, 3 pm — 4:30 pm, South Bay Campus. A time to be in a relaxed atmosphere, enjoy some tea, and talk with Rev. Tania Márquez. 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 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. 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.
Social Justice

Interested in Serving on the Social Justice Executive Team (SJET)?
The SJET is a six-person team (four lay leaders - Bella Furth, Michanne Hoot-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.

#UUtetheVote: 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 #UUtetheVote webpage for resources and more.

Uptown CSC’s 7th Annual 5K Walk for the Homeless
Saturday, March 14, 8 am — noon. Registration and the Walk begin at 8 am at University Christian Church. The Walk route has a half-way stopping point at Uptown’s center, where walkers can have tours of the Center and then, by a slightly different route, return to University Christian Church for a pancake breakfast and be entertained with live music. Walk entrance fee of $25 includes breakfast. Non-walkers can join us for the breakfast by paying the $25 registration fee. You can register online at www.uptowncsc.org and clicking on the Walk-a-Thon rectangle in the header. Sponsorship forms for walkers are available on the website. You can also sponsor Team First UU by making a donation under our Team button on the website. Walkers: Please be sure to register so we know how many people to expect for breakfast. Thank you!

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

The work of welcome is never done. We are renewing our commitment to boldly & truly include LGBTQ / TGQNB communities here at First UU.

Volunteer with Al Otro Lado
Donate to Al Otro Lado

www.alotrolado.org

Have ideas? Want to get involved? We want to hear from you! Join Rainbow Action on Sunday, March 8, 10:30 - 11:30 am in Room 323 (Hillcrest) or contact Angela F.
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!

All Church Camp “Spirit at Play”
Save the date and come join us at Camp deBenneville Pines, May 29-31 with an optional evening on Thursday May 28th. For more information, or to register, visit our website: https://www.firstuusandiego.org/all-church-camp.htm

Parent’s Lounge
Our next Parent’s Lounge will take place on April 4 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):
April 5
May 17 & 24

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

Sunday, March 8 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a to work on their posters and enjoy a visit from members 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 a visit from members of the Social Justice Ministry Team. They will talk about how they can get involved in activities and events her at 1st UU and our San Diego Community, and talk about what kinds of issues they wish to work on with the Social Justice team.

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.

Sunday, March 29 - At 9:30 am the Middle school group (MUUGS) will meet in Room 114a to finish making their “Before I Die” wall project. They will check in with the group about any family conversations this unit may have initiated in their families and things they have learned from it. 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 of the March worship theme, Loss.
Generosity Ministry Team

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 robie@firstuusandiego.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@firstuusandiego.org.

Open Meeting Times
If you want some help connecting, have questions about groups that meet on campus, or want to chat with Jenner about an idea you have for a mixer/social event, she is available throughout the week to meet with you. Please contact her to set up a meeting during one of these time slots:
Monday: 12 pm — 2 pm
Wednesday: 12 pm — 1 pm; 5:30 pm — 7 pm
Thursday: 12 pm — 2 pm

BUILDING SACRED GROUND

BUILDING SACRED GROUND is an experiential multi session program to help people explore Unitarian Universalism, share personal foundations of faith, and get to know a small group of people well. The series ends with a private tea with ministers where you have a chance to visit, socialize and dialogue.

This series is appropriate for newcomers and/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
All held from 1PM—2:30 PM in Room 323 at the Hillcrest Campus
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.
### Friday, March 6, 2019

**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.

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### Saturday, March 7, 2019

**Insight SD Sitting Group/Dharma Study**

Saturdays, 9:30 am — 11:30 am, Room 323. This week’s **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](#).

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### Sunday, March 8, 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)

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**D4S** — Sundays thru March on the Hillcrest Patio — Please submit your D4S events!

[https://www.firstuusandiego.org/dining-for-dollar.html](https://www.firstuusandiego.org/dining-for-dollar.html)

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**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.

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**Singletarian Senior Singles Luncheon**

Sunday, March 8, 12:30 pm, Olive Garden, 3125 Sports Arena Blvd. Mac Downing 619-542-9320 or m2cdow4@yahoo.com

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**Pagan Conversations**

Sunday, March 8, 1 pm, Room 114b. Join us as we discuss the next turn of the wheel, Ostara.

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**ASL Signing Social**

Sunday, March 8, 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

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**The Unitarian Universalist Christian Study Group**

Sundays (except first), March 8, 1 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer.

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**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.

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**The Hillcrest Folksong Circle**

Sunday, March 8 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. Come and sing, just for fun. Contact Connie Mack by email at cmack5313@gmail.com or Ed McCarroll by email at Wombated@gmail.com.

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### Monday, March 9, 2019

**Yoga With Toni 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.

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**Coping with Chronic Conditions**

Mondays (second and fourth), March 9, 1 pm — 2:30 pm, Common Room. 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 from 1 pm — 1:30 pm, 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.

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### Tuesday, March 10, 2019

**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.

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**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 jsweet@cox.net
**Upcoming Events**

**Memory Matters Gathering**
Fridays (second and fourth), March 13, 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 Peace Vibrations**
Saturday, March 14, 5:30 pm — 7 pm, Common Room. Join us for an evening of community friendship, peaceful Mantra Meditation, Japa Meditation and MORE uplifting Kirtan with the award-winning group Spirit Soul and Friends. Kirtan is a living moving meditation, and a universally recommended practice. Contact James Long at kyolong1@gmail.com for info.

**Dances of Universal Peace**
Saturdays (second), March 14, 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.

**Is it too Late to stop Global Warming?**
Sunday, March 15, 1:30 pm — 3 pm, Bard Hall. John Schaibly and Andy French look at the present technologies and whether they are enough to stop climate disaster from happening. This presentation, sponsored by the Climate Justice Action Group, will discuss the current research. All are welcome.

**Friends of de Benneville**
Sunday, March 15, 5 pm, Jane and Clancy Finleys’ in TierraSanta, 11247 Corte Playa Corona. Join the Friends of deBenneville for a 5 pm social hour, 6 pm potluck, 7 pm meeting. Contact 858-569-1291.

**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 US 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.
Upcoming Events

Living the Homestretch
Saturdays (third), March 21, 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.

Conversation with Jewish UUs at First UU
Saturday, March 21, 2 pm — 3 pm, Library. Rev. Kathleen is inviting all Jewish UUs to meet with her for a conversation about how we have celebrated various Jewish holidays in the past, and how we might have a more culturally appropriate exchange and celebration, including the re-writing of various texts as needed. We’ll be specifically addressing the Seder and the service recognizing the High Holy days in the fall. Please let Rose Riedel, Office Manager, know if you plan to attend by emailing Rose@firstuusandiego.org.

Caregivers/Allies Support Group
Sundays (fourth), March 22, 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.

Fourth Monday Meeting of the UU Men’s Fellowship
Monday, March 23, 6 pm — 9 pm. Common Room. The Men’s Fellowship (UUMF) will be having their usual Monday Potluck & Discussion. Food will be served between 6 pm and 7 pm, followed by a presentation given by Jason Leichter entitled “Healthy vs. Toxic Masculinity.”

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), April 1, 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), April 2, 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.

Parent’s Lounge
Sunday, April 4, between services, Room 323. Join us for conversation and camaraderie!

ASL Signing Hub
Sundays (first), April 4, 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!

Cosmos
Sundays (first), April 4, 1 pm — 3 pm, Room 323. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community, and the universe itself. We will be exploring Canticle to the Cosmos as presented by physicist and cosmologist Brian Swimme.

Insight SD Social and Climate Justice Affinity Group
Mondays (first), April 6, 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.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Löne Broussard, Affiliate Ministers
Rev. Bonnie Tarwater, Rev. Katy Swanson, and Rev. Julie Forest
Affiliate Community Ministers
Rev. Dr. Carolyn S. Owen-Towle, Minister Emerita
Rev. Dr. Thomas A. Owen-Towle, Minister Emeritus

Music Staff:
Lara Korneychuk, Hillcrest Music Coordinator & Youth Choir Dir.
Chase Pado, Pianist / Organist
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea Newall-Lockett, JUUL Tones Ensemble Director
Tony Bianca, Handbell Program and Children’s Choir Director

Staff:
Robie Evans, Director of Operations
Kathleen Swift, Director of Family and Lifespan Ministry
Käthe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper / Controller
Rose Riedel, Office Manager
Angela Fuji, Social Justice Coordinator
Jennif Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Ray Evans, Maintenance
Mark Eppler, Event Coordinator

Board of Trustees

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

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

Contact the Main Office (Hillcrest Campus):
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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
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619-271-5017 • uusouthbay@firstuusandiego.org
www.firstuusandiego.org/uuus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement