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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**Join Us Online!**

**Sunday Morning Worship**

9:30 am Sunday morning Live Streamed Worship [https://www.firstuusandiego.org/](https://www.firstuusandiego.org/)

All In-Person Meetings on Both of Our Campuses Are Suspended Until Further Notice

Please join us online!

Visit [https://www.firstuusandiego.org/](https://www.firstuusandiego.org/) on Sunday mornings to join us for virtual worship, and also to check the blog to keep up with the First UU staff! Some groups will be meeting virtually, watch The Window for instructions & meeting times.

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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. BRP also provides direct legal representation to detained individuals at Otay Mesa Detention Center, and coordinates immigration court observation in downtown San Diego.

How to Donate: [https://www.firstuusandiego.org/donations.html](https://www.firstuusandiego.org/donations.html)

Select "Generosity Offering" as Gift Designation.

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The deadline for the next issue of The Window is: March 25 (**Wednesday**) at 8 am

If you would like an announcement placed in the Window, please email: [rose@firstuusandiego.org](mailto:rose@firstuusandiego.org)

**The Window submission maximum is 60 words**
Feeling Good and Wanting to Help?
Friends, if you fall outside of the parameters of being susceptible to COVID-19 (meaning you’re younger than 60, don’t have underlying health issues or a compromised immune or respiratory system) and want to help those who are self-isolating, please check in with Rev. Tania Márquez or Chris Smith to volunteer for our Practical Care Network. You may be asked to pick up and / or deliver some supplies or food to those who are not getting out and about. Thank you.

First UU San Diego Facebook Group
Our online community for First Church is available for connecting and socializing at this time. Please feel free to use it for socializing, sharing calming or joyful photos, asking for specific assistance, or sharing information about resources. To join, search for First Unitarian Universalist Church of San Diego – Community Board or visit this link https://www.facebook.com/groups/1683518391763014/.

Families with Children or Youth
You can find lots of activities and stories, and can stay connected with other families by joining our Parents or Youth Facebook groups! Friend "Tony Bianca" on Facebook and send him a message requesting to join (as these are private groups). RE lessons can also be found on our website.

Non-Member Community Advocacy Caucus
If you are not an official member of First UU, but find that this community is important to you, you are invited to connect with the newly forming Non-Member Community Advocacy Caucus to discuss advancing FUUSD’s culture to the beloved intersectional community we all want it to be. Contact Honor at bellhon3@gmail.com to learn more.

Drop-in ZOOM sessions with Rev. Tania
Wednesdays, 10 am and 6 pm. An informal opportunity to touch base with each other. Join by clicking on the links below:
Wednesday 10 am: https://zoom.us/j/247068881
Wednesday 6 pm: https://zoom.us/j/626943049

Ostara Ritual
Saturday March 21, 4 pm — 6 pm, Zoom url https://zoom.us/j/6899241013 Meeting ID 699-241-013. Join us via Zoom for a ritual that includes story, movement, and more as we connect with hope and love to celebrate the Spring Equinox and continue to turn the wheel. Zoom meeting will start at 4 pm with time to get familiar with the platform and get any tech support you need from leadership circle to make sure you’re ready to fully enjoy ritual. Ritual begins at 4:30 pm. After ritual we will have some time to chat and snack (byo snack/drink!). To fully participate please have the following items with you as you are able: a fire-safe bowl, water, a candle, matches/lighter, a journal, pen/pencil, a loose piece of paper (or page torn from journal).

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, you can do so online here: https://calendly.com/tymt77/30min.

Pagan Conversations
Sunday, March 22, 1 pm — 2:30 pm, Zoom url https://zoom.us/j/241896723 Meeting ID 241-896-723. Join us via Zoom for our regularly scheduled Pagan Conversations. This is a time for pagans of varying traditions to come together in a guided discussion and be in community. We will be discussing how we as a community and as pagans are navigating the current landscape during the Coronavirus pandemic, and how we as a circle plan to stay connected during this time of social distancing.

Training: Immigration Court Observation
Wednesday, March 25, 6 pm — 7 pm, Zoom url https://sdcoe.zoom.us/j/304377258. Join us to learn about what we can do to live our values in support of immigrants and asylum seekers. Adam Howard, intern with Al Otro Lado (AOL) in Tijuana, will make a presentation on the Migrant Protection Protocols (aka “Remain in Mexico”), the work of AOL as it relates to the MPP and why and how we, as people of faith, should observe in immigration court. All are welcome.

WitchCRAFT and Tea Talk
Sunday, March 29, 1 pm — 2:30 pm, Zoom url https://zoom.us/j/995057665 Meeting ID 995-057-665. It’s like a bonus Pagan Conversations, but with more arts and crafts, and less guidance on the discussion! Maybe chaos! We’ll see! Sit down with a cuppa tea or coffee, whatever craft project you’re working on (or just grab a coloring page), and let’s chat and enjoy each other’s company.

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.firstusuandsdiego.org/all-church-camp.html

Call for Delegates
Annual District Meeting has been Canceled
Yes, the PSWD/de Benneville annual assembly scheduled for April 20 — 24 has been canceled. The UUA General Assembly, however, is still scheduled for June 24 — 28 in beautiful Providence RI. We still need delegates from First Church. If you are interested, please:
1. Register at uua.org/ga and
2. Fill out a delegate application form at www.firstusuandsdiego.org/denominational-relations.html
   - John Schaibly, LUUC Lay Leader

Did you know? You can follow us on Instagram; our user name is @firstusu.
Tag us in your pictures! #firstusu
South Bay Food Pantry News
Food Donations Wanted to Keep Pantry Open
Our South Bay food pantry is open! Right now, we cannot purchase bulk orders from retailers. Please think of adding a few items to your grocery shopping trips and dropping them off for the pantry.

In the Hillcrest Parking Lot
Saturday, March 28, 10 am — 12 pm, look for Dana Tomlinson & her dark grey Ford 250 pickup truck. Place bagged food directly in the truck bed to practice social distancing.

At the Food Pantry
970 Broadway, Ste 101 Chula Vista 91911
Sundays, 11 am — 12:30 pm; Mondays, 3:30 pm — 6:30 pm; Tuesdays, 10:30 am — 11:30 am
Please deliver your donations in bags or boxes so we can practice social distancing. We are trying to provide pantry food from which clients can make meals. We gratefully accept:

Canned
Tuna, salmon, chicken, chili, stew, soup, fruit, vegetables, corn, tomato sauce and jars of peanut butter.

Bags & Boxes
Pasta, rice, beans, oatmeal, and other cereals.

Frozen Food (We have a small chest freezer!)
Chicken

Hygiene Item
Baby wipes are flying off our shelves!

Food Pantry Volunteer Training
Sunday, March 22, 11 am, live online or by phone. Thanks to our volunteers, our food pantry remains open! Please attend our live training by Zoom. Zoom is an easy-to-use audio and video conferencing tool you can use live on your phone or computer. To participate in the Sunday, March 22 Zoom training at 11 am, please let Jennet Daelyn know your contact information. jennifer@fristvuusandiego.org or leave a message for her at (619) 298-9978 ext. 213.

Our Food Pantry is Open For You!
970 Broadway Suite 101, Chula Vista 91911
Sundays 11 am — 12:30 pm
Mondays 3:30 pm — 6:30 pm
Tuesdays 10:30 am — 11:30 am
And by appointment.

Food Pantry Volunteers Always Welcome!
If you are in a low-risk health group and would like to volunteer in our pantry using social distancing precautions, your help is welcome Sundays 11 am — 12:30 pm; 3:30 pm — 6:30 pm; Tuesdays 10:30 am — 11:30 am. Please let Maureen know when you are available.

Contact
If you have questions or would like to volunteer, contact Maureen McNair at 619-427-1769 or memcna948@gmail.com.

Did You Know?
You can check out library books on your smart phone or tablet? Check out the San Diego County Library at www.sdcl.org/refdb2.html to find out how!
3/18/2020
Hello Dear Members and Friends,
We are in a time like no other. There’s so much information coming at us, with changing statistics and with recommendations from local and federal officials, it is overwhelming. I want to encourage you to remember to intentionally take three deep breaths, regularly. Also know that your ministers and staff want to offer any help we can so you have what you need during this time. Though we are all working remotely and maintaining social distancing, we are busy re-imagining worship and our programs. We’re starting a “telephone reach out list” to connect and check in with each other. Please let the volunteer know if you want these calls to continue with you. Also, we’ll be hosting several online meetings and groups to stay connected and support one another through this time. Keep checking out our homepage on our website for new instructions in connecting online, and for reading/viewing new content from us. This is an ever-changing environment in which we’re living and that means how we connect, support, worship and offer programs will change too. I hope that you are already engaging in your Wisdom Circles online, or your Big Questions groups. The staff are busy creating different groups and spaces online for ministry team programs to continue in different ways. Like our website, our newsletter the Window will also offer information and various links for you to click on to join a meeting or group. I know managing technology is not easy for everyone and, frankly, I’m pretty inept with it. I found myself this morning getting very frustrated and dreading the need to learn about different social media tools and ways to do things; I also found myself getting resentful. And once I realized that, I knew I had to change my attitude and quick! I need to see this as an opportunity, as a time of learning and reminding myself it won’t be perfect, I’ll mess up and that’s okay. This is what we need to do right now. As I told the staff yesterday, our priority is relationships and connecting with the congregation; it’s a time for over-communicating with each other. I also want to remind us to pay attention to our own feelings and anxiety levels. If you’re able, limit your exposure to the news, play or listen to your favorite music, take a walk (in between the raindrops), say a prayer, watch a favorite movie – be gentle with yourself and each other. Pay attention to Nature – in the midst of everything, nature can continue to inspire and restore us. As Wendell Berry wrote: “When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children’s lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds. I come into the peace of wild things who do not tax their lives with forethoughts of grief. I come in to the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.” May it be so.

3/18/2020
Hola estimados todos,
Estamos en un momento como ningún otro. Nos llega tanta información, con estadísticas cambiantes y con recomendaciones de nuestros funcionarios locales y federales. Es abrumador. Quiero alentarlos a recordar respirar profundamente tres veces de manera intencional regularmente. También, sepán que sus ministros y personal de la iglesia quieren ofrecer la ayuda que podamos para que tengan lo que necesitan durante este tiempo. Aunque todos estamos trabajando de manera remota y manteniendo distanciamiento social, estamos ocupados re imaginando nuestros servicios dominicales y programas. Estamos creando una lista de contactos telefónicos para conectarnos y mantenemos al tanto unos de otros. Por favor déjenle saber a nuestros voluntarios si desean que estas llamadas continúen. Además, estamos organizando varias reuniones en línea y grupos para estar en contacto y apoyarnos mutuamente durante este tiempo. Continúen visitando nuestra página de internet para recibir instrucciones nuevas sobre cómo conectarse en línea y para ver y leer contenido nuevo de nosotros. Estamos viviendo en un entorno de constante cambio y eso significa que cómo nos conectamos, apoyamos, celebramos y ofrecemos programas va a cambiar también. Espero que ya estén involucrándose en sus circuitos de sabiduría en línea o en sus grupos de grandes preguntas. El personal está ocupado creando grupos distintos y espacios en línea para que los programas de los distintos ministerios continúen de manera distinta. Así como nuestra página de internet, nuestro boletín informativo la “Window” también ofrecerá información y varios enlaces para que hagan click y se unan a algún grupo o reunión. Sé que el uso de la tecnología no es fácil para todos y, francamente, yo soy muy inepta para eso. Esta mañana me sentí muy frustrada y temiendo la necesidad de aprender sobre distintas herramientas de redes sociales y maneras de hacer las cosas; también me encontré resentida. Y una vez que me di cuenta de eso, ¡sí, que tenía que cambiar mi actitud y rápido! Necesito ver esto como una oportunidad, como un tiempo de aprendizaje y de recordarme a mí misma que no será perfecto, que voy a equivocarme y que está bien. Esto es lo que necesitamos hacer ahora. Como le dije al personal ayer, nuestra prioridad es relacionarnos y conectar con la congregación; es tiempo de comunicación excesiva con nosotros. También quiero recordarnos prestar atención a nuestros propios sentimientos y niveles de ansiedad. Si te es posible, limita tu exposición a las noticias, toca o escucha tu música favorita, sal a caminar (entre la lluvia), di una oración, mira tu película favorita – se amable contigo mismo y con los demás. Presta atención a la naturaleza – en medio de todo, la naturaleza puede continuar inspirándonos y restaurándonos. Como escribió Wendell Berry “Cuando me crece una desesperación por el mundo y me despierto de noche al menor ruido asustado por lo que será de mi vida y la de mis hijos, voy y me tiendo donde descansa el pato salvaje, hermoso sobre el agua, y donde come la fabulosa garza. Entre en la paz de las cosas salvajes que no le imponen a sus vidas la previsión de las penas futuras. Entro en la presencia del agua quieta y siento por encima de mi las estrellas ciegas al día esperando con su luz. Durante un tiempo descanso en la gracia del mundo, y soy libre” Así sea.
What's Happening?

We're all in this TOGETHER
The Window, 4190 Front Street, San Diego, CA 92103-2098
E-mail: mail@firstuusandiego.org
Phone: 619-298-9978
4190 Front Street, San Diego, CA 92103-2098
First Unitarian Universalists Church of San Diego

Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lorne 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 Fujii, Social Justice Coordinator
Jenner Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Ray Evans, Maintenance
Mark Epfer, 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:
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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
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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