

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 Eight Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- 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;
- 8. Building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and oppressions.

March's Monthly Worship Theme: Transformation

Hillcrest Campus Location 4190 Front Street San Diego, CA 92103 619-298-9978

Hillcrest Services 10 am Sundays

March 24

Rev. Justine Sullivan and Swamini Adityananda Saraswati

March 31 - Easter "Embodied Love"

Rev. Justine Sullivan and Swamini Adityananda Saraswati

"Rise Up"

March Generosity Offering UU Justice Ministry of California

Throughout the month of March our offering is being received in support of the UU Justice Ministry of California (UUJMCA). Their mission is to advance justice in our state by cultivating and connecting leaders and communities, and by empowering the public voice of those who share UU values and principles. In April, UUJMCA will be partnering with Casa de Luz and UU Refugee and Immigrant Services and Education (UURISE) to offer a border pilgrimage and home build. Our offering will go towards the supplies needed to build a home for a family in Tijuana. You can learn more about the pilgrimage *HERE*. You can donate at church or on our website, under gift designation select "Generosity."

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

South Bay Services 10 am Sundays

March 24 "Rise Up"

Livestream of the Hillcrest Service

March 31 - Easter "Transforming Love"

Rev. Kristen Kuriga and Lexi Pulido/South Bay Band

Journey Toward Wholeness (JTW) What Can I Do?

Walking the Red Carpet: A Contemporary **Analysis of Modern Native Actors**

Free Zoom film screening & discussion facilitated by Alan Lechusza, Ph.D. Sponsored by the American Indian Educational Talks & Documentaries Project. Saturday, April 4th at 6:00 pm PST.

Why are so few Native actors recognized in the Hollywood film/television industry? Attendees will have the chance to delve into how and why certain stereotypes about Indians in film history have become concrete fixtures in pop culture, and what choices modern Native actors have to combat them. To join, simply click this Zoom link:

Join our Cloud HD Video Meeting

Holy Week at First UU

The week before Easter is a holy time in the Christian calendar. On Friday, March 29 Tony Bianca and Rev. Justine will lead a "Good Friday" service in the chapel at 7 pm. This is a contemplative service, with readings and songs of lamentation that allow space for us to sit with feelings of loss and sorrow as we prepare to celebrate rebirth on Easter. On Saturday, March 30, Rev. Kristen and some members of the congregation will participate in a walk for Gaza, (See Rev. Kristen's article for more details). On Easter Sunday, March 31, we will have services at both campuses, including the Wheel of Life ritual, reading the names of those who have died over the last two years. Please note the Flower communion will be held in April, not on Easter Sunday.

Gaza Ceasefire Pilgrimage San Diego

Saturday, March 30

(opportunities to participate throughout the day)

During this season of lent, people of faith in over 145 cities in 18 countries are engaging in a Gaza Ceasefire Pilgrimage in their cities. The intention is to embody prayerful solidarity with those who are suffering in Gaza, the West Bank, and Israel. During the pilgrimage, participants will be praying for:

- 1. Enduring and Sustained Ceasefire.
- 2. Immediate flow of life-saving food, water, aid, fuel and humanitarian assistance.
- 3. Release of all hostages both the Israeli hostages held by Hamas and the Palestinian hostages held in the Israeli prison system.
- 4. End of occupation so a just-peace can begin.

You can learn more about the local San Diego Pilgrimage, including the schedule and route, here: https://www.facebook.com/events/394002796716735

/?ref=newsfeed

You can learn more about the global movement and its principles here:

https://www.gazaceasefirepilgrimage.com/

Two Board of Trustees Candidates Sought

Interested in serving on the Board of Trustees? Church members are still being sought for two Trustee-at-Large positions to work with five incumbent Board members. Three candidate positions have been filled for the elections in June.

Email <u>nomcom@firstuusandiego.org</u> or call 858-449-0431 if you are interested.

Register for All Church Camp

Join us for All Church Camp at de Benneville Pines May 31 — June 2! For more information and to register, visit: www.firstuusandiego.org/all-church-camp.html.

GA 2024 Coming Right Up — June 20th - 23rd

UUA General Assembly will be all virtual this year and final approval of Article II will be the hot topic for consideration (among other issues). We are asking for 10 volunteer delegates for our congregation.

This year, First UU is paying full registration for all delegates!

Delegate registration grants voting privilege in business sessions and on-demand programming including featured speakers, and major workshops.

If you would like to be a delegate, please contact **johnschaibly@gmail.com**. Rev. Justine will provide your credentials.

More information about GA at https://www.uua.org/ga/registration.

Two UU Conferences in April

April 19-21: UUA Pacific Western Region will hold its biennial Assembly in Denver. There will be no delegates or voting but it will feature UUA President Rev. Sofia Betancourt's Keynote address which will be remotely broadcast. This talk plus several workshops by prominent UUs including our previous members, Dr. Melissa James and Sarah Gibb Millspaugh, will be also available remotely. More information at *bit.ly/PWregion*

April 26-28: Camp de Benneville Pines Annual Assembly held in Ventura. We need to send 10 delegates to Ventura or to attend by ZOOM to elect board members, and do the business of our precious mountain resource. There will be camp status reports by Janet James and our own Pat Gordon, Board President in addition to workshops and entertainment. More information and

Transforming Conflict Learning Series

What's your relationship with conflict? As a congregation, we want to learn how to engage with conflict in loving and covenantal ways. Join us for a learning series on the book *Transforming Conflict: The Blessings of Congregational Turmoil* by Terasa Cooley. Copies of the book are available at church or you can purchase a copy here: https://a.co/d/e0INIEv

Mark your calendar and join us for the below zoom sessions where we will read, reflect, and practice new skills. You are welcome to join us even if you couldn't make other sessions. Before each session, please read the chapters and bring a quote with you to share. Each session will be on zoom and will be co-facilitated by Rev. Justine Sullivan and Rev. Kristen Kuriga: https://zoom.us/i/7434659479

- Session 4: Chapters 7-8, 3/26, 6:30 pm 8 pm
- Session 5: Chapters 9-10, 4/9, 6:30 pm 8 pm

Contact **Rose** to add your group's info to the Window!

03-19-24 Board Meeting Review and Digest

- Received an update from our Nominating Committee
 - Update on South Bay Property Purchase
- Our Sustainable Future core team has met and is getting started on this important work
- The Right Relations Team continues their good work

Memory Matters Gathering

March 22, second and fourth Fridays, 10 am — 11:30 am, online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. For those who worry about memory problems and their care partners. Email hybertsen@att.net for the link.

Hillcrest In-Person Social Hour

March 24, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

Virtual Social Hour

March 24, Sundays, 11 am, *bit.ly/FirstUUSocialHour*, Meeting ID 824 042 297. Password: FUUSD.

Open Heart Sangha

March 24, Sundays, weekly, 4 pm — 5:30 pm, Bard Hall. The Open Heart Sangha, practicing mindfulness meditation in the tradition of Thich Nhat Hanh. All are welcome! Contact Marge, *margewur@gmail.com*.

Women's Choir

March 25, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women who create community through joyful, spirit-filled singing. No experience required.

Coping With Chronic Conditions Support Group

March 25, 2nd and 4th Mondays, 1:30 pm — 3 pm, zoom. Contact *Chris Smith* prior to attending 619-300-7477.

Men's Fellowship 4th Monday Meeting

March 25, Monday, 6 pm, Common Room. Reconnect with old friends, meet new ones and to learn what we do. (We welcome men who identify as straight, gay or transgender.)

Caregivers/Allies Support Group

March 26, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, zoom. The Caregivers/Allies Support Group is welcoming prospective new participants. For additional information about participating contact *Les Vivian*.

Chalice Choir

March 27, Wednesdays, 7 pm, Bard Hall. Join us for singing and fun with First UU's largest musical ensemble.

Our Grief Journeys

March 28, second & fourth Thursdays, until May 28, 1:30 pm — 3 pm, Room 323. This is a safe, supportive space

Volunteers Needed as Ushers and Greeters! Contact *Rose* to find out more!

D4\$ 2024: Events are Now Needed!

D4\$ is our beloved community-building fundraising auction of different events between June 2024 and December 2024. We're trying a semi-annual format this year for the first time. We need You! Consider being a host for a fun-filled event at your home, on a hike, at the beach, or a myriad of different activities or destinations that folks can bid on during the month of May. Please go to our <u>D4\$ webpage</u> for a link to the online event submission form and creative ideas on what to offer. Submit your event(s) no later than April 15. If you'd like to volunteer in-person at church on Sundays to help folks with this, contact <u>Laurie Crehan</u> or <u>Robie Evans</u>.

for sharing our unique experiences of grief & loss, co-facilitated by Marcia Biller and $\underline{\textit{Karen Thurston}}$.

The Burrito Project

March 28, Thursday, 5 pm, Common Room. Join us for the next burrito making project! Distribution to our unhoused neighbors will take place at around 6:30 pm. Folks will return to church around 8:30 pm.

The Racialized Identities Awareness Book Group

April 5, Friday, 6:30 pm — 8 pm, Room 323. *Between the World and Me* by Ta-Nehisi Coates will be discussed. Please come and join us, contact *Louise Titlow*.

Board Chat

April 7, Sunday, 12:30 pm, bit.ly/FirstUUBoardChat.

Hillcrest Song Circle

April 7, first Sundays, 2 pm — 4 pm, Room 323. As always, bring your guitar/and or voice. This is a fun chance to sing—we are not a choir. For information contact *Wombated@gmail.com* or *cmack5913@gmail.com*.

Neighborhood Group without Borders

April 10, second Wednesdays, 11 am — 1 pm, 4349 Adams Ave, San Diego, CA 92116. Susan Riegel Harding invites you to a brown bag lunch. Chat, play games, plant succulents, whatever we feel like doing. Coffee, water, and beverages will be provided. Text RSVP to 619-987-6234.

Book Club

April 11, second Thursdays, 6 pm, Zoom. We will be discussing *Mecca* by Susan Straight. Contact *Minastaylor@gmail.com* for info.

Finance Committee Meeting

April 11, Thursday, 6:30 pm, link in the members area of the *website*. Non-committee members do not take part in discussions or have a vote.

Women Together Meeting

April 13, second Saturdays, 12 pm — 2 pm, Common Room. Come visit old friends, meet new friends, and experience sharing with a caring group of women. New members welcome. Contact <u>obata.claudia@gmail.com</u>.

Update your confidential Personal Emergency sheets. www.firstuusandiego.org/caring.html.

What's Happening?

Dances of Universal Peace

April 13, second Saturdays, 4 pm — 6 pm, Bard Hall. A heart-centered circle dance combining movement, sound, and breath. Embracing the many sacred traditions of humanity, this practice promotes peace with live music and open-hearted friends. All movements and chants are taught and no experience is necessary.

Kirtan Chanting

April 13, second Saturdays, 6 pm — 7 pm, Common Room. Join Patita Pavana of Spirit Soul And Friends along with our event host, James Long, for an evening of Kirtan.

Rainbow Action Group's Koffee Klatch

April 14, second Sundays, 11:15 am — 12:15 pm, Room 323. Bring some refreshments and join us. All family, friends and allies are invited.

Cosmos

April 14, second Sundays, 1 pm - 3 pm, Room 323. Join us as we explore the birth and evolution of our universe. Contact *James Long*.

Do You Need to Add Your Group to the Window? Send your info to <u>Rose</u> to be included in The Window!

South Bay Campus

South Bay Worship

Sundays, 10 am, South Bay Worship Hall. Join the South Bay community for Worship every Sunday.

South Bay Wisdom Circle

April 14, second Sundays, 11:30 am, South Bay Worship Hall. Join us for inspiring conversations about this month's theme of Transformation. Each month offers the gift of connecting with members of our beloved community to discuss inspiring and important issues, and revel in the wisdom that emerges. The South Bay Wisdom Circle will be facilitated by our intern minister, Swamini Adityananda Saraswait. For more information contact swamini@firstuusandiego.org.

Family & Lifespan

Sunday RE

Sunday RE - This Sunday, March 24th, we'll offer two groups for religious education: one for pre-k and younger elementary grades, and one for middle and high school aged youth during the 10 am Service.

Young Adult Group (ages 22 - 35)

Tuesdays, 5:30 pm — 7 pm. Room 114b was impacted by the recent rainstorm. If you are interested in attending young adult group contact Young Adult Coordinator, *Lara Anderson* for guidance on temporary meeting locations.

Register for All Church Camp

We hope you can join us for All Church Camp at de Benneville Pines May 31 — June 2! For more information and to register, visit:

https://www.firstuusandiego.org/all-church-camp.html

Social Justice

Climate Action:

Ask Chris Ward to Close Loophole in CA AB1999

On Saturday, March 23, 9 am, Assemblymember Chris Ward will host a Community Coffee at 5050 Conrad Avenue (middle school). Let's THANK HIM for co-authoring AB1999, which would stop the outrageous Utility Tax California's for-profit utilities are proposing, and ask him to close a major loophole which would leave apartment and mobile home dwellers, EV owners, and rooftop solar users under NEM-3 vulnerable to the tax. Learn more **HERE**.

UU Justice Ministry of California Border Pilgrimage

"Building Homes, Creating Community" House Build Project. April 4 — 7, 2024. We are excited to offer an in-person immersion experience for individuals interested in engaging with the realities of immigration at the California border. Registration is free but don't hesitate to make a financial contribution if you can. Youth and Adults are welcome to attend the Pilgrimage. Learn more: uuimca.org/building-homes-creating-community/

South Bay Food Pantry News

Need Support?

Could you or someone you know use support with food, blankets, or other basic needs? Let a minister or staff person know, or call the pantry office: (619) 271-5017.

How to Donate to the South Bay Food Pantry

Donate online or by check payable to FUUSD with "SB Food Pantry" in the memo. Mail to 4190 Front St., 92103.

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. Open to the public Saturdays 11 am — 12:30 pm. Contact **foodpantry@firstuusandiego.org** or 619-271-5017.

Food Pantry Needs Your Grocery Bags!

The pantry can use the plastic grocery bags you're collecting! And we always need easy-open no-cook food, hygiene items, and adult incontinence supplies. Drop off in Hillcrest on Sunday morning in the Meeting House.

Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. Join us putting together bags of healthy food for Saturday's distribution. Drop by or check ahead with **foodpantry@firstuusandiego.org**.

Cluster News

An Invitation from the San Dieguito Fellowship

UUFSD welcomes you to join us April 14-16 at Camp de Benneville Pines. We will offer a creative writing experience with Eberly Barnes, chair of the writing department at Roosevelt College at UCSE, yoga, hiking, art, and improv games. Kids can explore, try archery, and play games. All are welcome. Registration is at <u>UUFSD.org</u>. Questions to chrisfaller5@gmail.com or christieturner@gmail.com.

Week at a Glance Calendar

Friday, March 22, 2024

Memory Matters Gathering

March 22, second and fourth Fridays, 10 am — 11:30 am, online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. For those who worry about memory problems and their care partners. Email hybertsen@att.net for the link.

Sunday, March 24, 2024

Worship Service & Livestream

In person or online at 10 am! Outdoor viewing available.

South Bay Worship Service

Sundays, 10 am, South Bay Worship Hall.

Hillcrest In Person Social Hour

Sundays, following service, Bard Hall. Coffee and tea provided.

Virtual Social Hour

Sundays, 11 am, *bit.ly/FirstUUSocialHour*, Meeting ID 824 042 297. Password: FUUSD.

Food Pantry Food Distribution

Saturdays, 11 am — 1 pm, South Bay Campus. Volunteers arrive by 10:30 am to staff a station. *foodpantry@firstuusandiego.org*.

Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall. margewur@gmail.com.

Monday, March 25, 2024

Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

Coping With Chronic Conditions Support Group

March 25, 2nd and 4th Mondays, 1:30 pm — 3 pm, zoom. Contact <u>Chris Smith</u> prior to attending 619-300-7477.

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Tuesday, March 26, 2024

Caregivers/Allies Support Group

March 26, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, zoom. For additional information about participating contact $\underline{\textit{Les}}$ $\underline{\textit{Vivian}}$.

Young Adult Group

Tuesdays, 5:30 pm — 7 pm. Contact *Lara* for location info.

Wednesday, March 27, 2024

Chalice Choir Rehearsal

Wednesdays, 7 pm — 8:30 pm, Bard Hall.

Thursday, March 28, 2024

Food Pantry Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. Join us putting together bags of healthy food for Saturday's distribution. *foodpantry@firstuusandiego.org*.

Our Grief Journeys

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The Burrito Project

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Upcoming Events

The Racialized Identities Awareness Book Group

April 5, Friday, 6:30 pm — 8 pm, Room 323. *Between the World and Me* by Ta-Nehisi Coates will be discussed. Please come and join us, and contact *Louise Titlow* if you're interested.

Board Chat

April 7, first Sundays, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946.

Hillcrest Song Circle

April 7, first Sundays, 2 pm — 4 pm, Room 323. Bring your guitar/and or voice. <u>Wombated@gmail.com</u> or <u>cmack5913@gmail.com</u>.

Neighborhood Group without Borders

April 10, second Wednesdays, 11 am - 1 pm, 4349 Adams Ave, San Diego, CA 92116. Text RSVP to 619-987-6234 to reserve one of 14 available spaces.

Book Club

April 11, second Thursdays, 6 pm, Zoom. We will be discussing *Mecca* by Susan Straight. *Minastaylor@gmail.com*

Finance Committee Meeting

April 11, Thursday, 6:30 pm, link in the members area of the *website*.

Women Together Meeting

April 13, second Saturdays, 12 pm — 2 pm, Common Room. Contact Claudia *obata.claudia@qmail.com*.

Dances of Universal Peace

April 13, second Saturdays, 4 pm — 6 pm, Bard Hall.

Kirtan Chanting

April 13, second Saturdays, 6 pm — 7 pm, Common Room. Join Patita Pavana of Spirit Soul And Friends along with our event host, James Long, for an evening of uplifting Kirtan.

Rainbow Action Group's Koffee Klatch

April 14, second Sundays, 11:15 am — 12:15 pm, Room 323. All family, friends and allies are invited.

Cosmos

April 14, second Sundays, 1 pm — 3 pm, room 323. The only prerequisite is an open heart and mind. Contact $\underline{\textit{James Long}}$ for information.

Front Street Productions Presents!

April 26, Saturday, 7:30 pm, Meeting House. Front Street Productions presents "Emma's Revolution" concert featuring Pat Humphries and Sandy O. Known for fearless, truth-telling lyrics and melodies you can't resist singing, they consistently write songs about critical issues happening in the world and enthusiastically lend their voices to the movements those issues inspire. You must register to attend this open-seating show through **Eventbrite**. For more information, contact **Robie Evans**.

Medical Equipment for Loan

Our church has an inventory of medical equipment for loan. If you would like to borrow a wheelchair, walker, crutches, knee scooter, toilet riser, bedside commode, etc., call Chris Smith 619-300-7477.

POSTMASTER: Please send address changes to The Window, 4190 Front Street, San Diego, CA 92103-2098

First Unitarian Universalist Church of San Diego 4190 Front Street, San Diego, CA 92103-2098 Phone: 619-298-9978, Fax: 619-298-9997 E-mail: mail@firstuusandiego.org

Our Staff

Ministers:

Rev. Justine Sullivan, *Lead Minister*Rev. Kristen Kuriga, *Assistant Minister*Swamini Adityananda Saraswati, *Intern Minister*Rev. Lone Broussard, *Affiliate Minister*Rev. Bonnie Tarwater, Rev. Dr. Everett Howe,
Rev. Frank Placone-Willey, Rev. Julie Forest
and Rev. Katy Swanson, *Community Ministers*Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

Music Staff:

Marshall Voit, Music Director Andrea Spiero, JUUL Tones Ensemble Director Tony Bianca, Handbell Program Director Tomás Acosta, Collaborative Pianist

Staff:

Robie Evans, Director of Operations
Tony Bianca, Director of Lifespan Faith Formation
Rose Littler-Riedel, Communications Coordinator & Chaplain Intern
Lara Anderson, Youth and Young Adult Coordinator
Jazmine Ramanathan, Administrative Assistant
Kate Collier, Program Assistant
Corina Macias, South Bay Ministry Assistant
Pam Bates, Scheduler
Alex Bates-Lamparella, Shelter Project Coordinator
Ray Evans, Facilities Manager
Mark Epler, Event Coordinator

Board of Trustees

Everardo Aguilar, **President**Valerie Jaques, **Vice President**Sue Marberry, **Treasurer**Karen Lamphere, **Secretary**Leland Beck, Rosalba Ciampi,
Steve Howard, and Gay Hybertsen **Trustees**

Important E-mail Addresses:

General First Church E-mail: mail@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:

Tuesday—Friday, 10 am to 2 pm and Sunday after Services

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