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

April's Transformational Theme: Curiosity

Join Us Online!

Sunday Morning Worship
9:30 am Sunday Morning Online Worship 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/ 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.

April Generosity Offering

Musical Ambassadors of Peace

Musical Ambassadors of Peace (MAP) are individuals who travel the world to build cross-cultural bridges. MAP continues to support asylum seekers in Tijuana who don't have the luxury of physical distancing. They chat via WhatsApp and engage in resilience-building exercises. Here’s an example of a fun game to help with anxiety and fear and even boost the immune system.

How to Donate:
https://www.firstuusandiego.org/donations.html
Select "Generosity Offering" as Gift Designation.

The deadline for the next issue of The Window is:
April 8 (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
How to Call Into a Zoom Meeting
No computer? No Problem! You can still join us at our virtual meetings. To call into a Zoom meeting and join us by phone simply call 1-669-900-6833! When prompted, enter the meeting ID number and be connected.

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, Zoom url https://zoom.us/j/8240422977?pwd=cU5YuOVhNNW9GQJMyaQymMX1zd2QzUT09, or call in at 1-669-900-6833. Meeting ID 824 042 297. Please check out these helpful tips on our website about attending a virtual social hour https://www.firstuusandiego.org/blog/announcing-sunday-social-hour-on-zoom.

Online Zoom Meeting Schedule
With all of our meetings moving online, our church calendar is looking pretty empty without all of the in-person meetings listed! Church staff is working to list meetings on the calendar that are open to new participants, and you can find out about Zoom meetings on the calendar the way you used to find information about in-person meetings. Just click the event to find the organizer’s contact info, send them an email asking for a Zoom invitation. If you are organizing a meeting that is open to anyone at the church who is interested, send the timing and contact info to Jenner Daelyn at jenner@firstuusandiego.org so that she can list it on the calendar for you so that folks can connect during this time of physical distancing.

Staying Connected
We know this is a time of anxiety and uncertainty. As a community, we can stay connected in Love, even with physical distance. We want to know how you are doing. A team of callers has already been reaching out and spoken to many of you, but it is possible that we may not have your contact information. If you have been attending our church and haven’t received a call or email in the last week, please reach out to us with your contact information so we can add you to our outreach list. We are here for you, we can remain connected even with physical distance. Please contact jenner@firstuusandiego.org to provide us your contact information.

Feeling Good and Wanting to Help?
Friends, if you are considered at a lower-risk for COVID-19 (meaning you’re younger than 60, don’t have underlying health issues or a compromised immune or respiratory system, don’t live with anyone who is at a higher-risk, and have had no known contact with someone who has tested positive and have no symptoms yourself) and want to help those who are self-isolating, please check in with Rev. Tania Márquez tania@firstuusandiego.org or Chris Smith chris.smith7@cox.net 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.

Rev. Kathleen Recommends
Kathleen read this NYT article “How to Stay Sane When the World Seems Crazy” as a possible help.

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/.

First UU Youth
Youth are meeting online via Zoom on Wednesdays and Sundays. In order to be more accessible for the youth beginning online instruction and for our youth advisors, we are going to try meeting a little later on Wednesdays. To get more info, contact Käthe at yukathe@gmail.com.

Children’s Zoom Meet-Ups
We’ve scheduled weekly Zoom meetings to provide our youngest members a chance to stay connected! Preschool to Grade 2: Saturdays at 10 am. Grades 3 to 5: Saturdays at 2 pm. For the safety of our children the zoom links for these meetings are not public, to request to zoom meeting information contact tony@firstuusandiego.org.

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.

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

Parents’ Lounge
Sundays, weekly, 1 pm — 2 pm, Zoom url https://zoom.us/j/231258720. Please note that Parents’ Lounge will happen weekly during this time of physical distancing and that the time has changed to Sundays from 1 pm — 2 pm to accommodate the Church social hour.

Coping With Chronic Conditions Support Group
Mondays, weekly, 1 pm — 3 pm, Zoom URL https://us04web.zoom.us/j/6810369317, or call 1-669-900-6833 with meeting ID 681-036-9317.

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.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/qa and
2. Fill out a delegate application form at www.firstusandiego.org/denominational-relations.html
   — John Schaibly, LUUC Lay Leader

Training: Immigration Court Observation
Postponed
Postponed for the time being because immigration courts are closed. We’ll share information about a new date when we reschedule.

How to Use Zoom
Check out this tutorial from Zoom to learn how to join meetings!
https://www.youtube.com/watch?v=9isp3qPeQ0E

Is Your Group Still Meeting Virtually?
If you facilitate an open group that is now meeting virtually via Zoom or other platform please send the new meeting information to rose@firstusandiego.org so that it may be included in The Window!

Our South Bay Campus
El Puerto / The Harbor:
looking for a place to ground and center yourself in this time of isolation?
Rev. Tania will be offering this pilot midweek centering space to support each other’s spiritual growth. Our meetings will include readings, story telling, music, ritual and more. A brief centering space to help us keep moving forward. Space is limited and this group will be offered in both English and Spanish. If you are bilingual, please only sign up for one of the groups. El Puerto / The Harbor will take place weekly on Wednesdays, from 4 pm — 5 pm in Spanish and from 6:30 pm — 7:30 pm in English. For more information or to register for this group, please email Rev. Tania at tania@firstusandiego.org.

Missing Your South Bay Community?
Are you on Facebook? We now have a new Facebook group for South Bay! Search for Unitarian Universalists of the South Bay under groups and request to join. We’ve cleaned the space and put some chairs out for everyone. We’re waiting for you! Join us!

Did you know? You can follow us on Instagram;
our user name is @firstusud.
Tag us in your pictures! #firstusud

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.

Join Chef Marcus Todd’s Bread Baking Project
Chef Marcus seeks these tough-to-find goods:
- Yeast
- All purpose flour
- Bread flour
- Gallon sized freezer safe bags

Hillcrest Parking Lot Food Drop Off
Saturday, April 11, 8 am — 9 am
Harvest fresh fruit from your neighborhood trees!
Drop off produce, other food donations, and items for Chef Marcus’ Bread Baking Project in Dana Tomlinson’s dark gray Ford pickup truck with shell. Please place all donations in bags, then place the bags in the truck bed to practice safe social distancing.

April Food Pantry Hours
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

Food Pantry Volunteers Always Welcome!
More volunteers are welcome to work in the pantry and in many behind the scenes rolls. We need shoppers who will be reimbursed for food by the pantry, people to sort, record, and shelve food, and people to assemble bags of foods.

Contact
Contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.
In December last year, Rev. Tania gave the go-ahead to open a food pantry at our South Bay campus. Since then, our members and friends jumped right in with their labor and donations. Today, volunteers keep the pantry open three days a week. We have already distributed thousands of pounds of food to our congregants and the wider community. We will continue to grow.

**Where does the pantry get its food?**

If Covid-19 had not changed the food supply chain, our volunteers would have been picking up free and discounted produce and other goods from a local grocery store with which we have been paired by Feeding San Diego (FSD), one of the two major food rescue organizations in the county. Our first food distribution with FSD had been scheduled in March. Now, as FSD continues to navigate their daily changes, they continue to be a weekly source of information for us.

Meanwhile, the pantry continues to get nearly all our food through your food donations and by purchasing food at retail grocery store prices.

Prior to Covid-19, we could purchase food in bulk at grocery stores. Now, the only two retail outlets that permit bulk food purchases seem to be The Dollar Store and Costco. With most stores limiting the number of items each person may purchase, the pantry heavily relies on a web of decentralized food donations from people like you who can pick up and donate that extra bag of rice or pasta.

**What kind of food does the pantry distribute?**

Our only goal is to distribute healthy food. Pantry storage space is very limited so we gratefully accept canned, bagged, and boxed food which we assemble into bags that compose a few meals. For instance, a typical bag might contain rice, beans, diced canned tomatoes, canned vegetables and fruit, tuna, and a jar of peanut butter.
Through Kate Webb's magical relationship with a Facebook group, the pantry also received a donation of a used refrigerator and a used chest freezer within 30 minutes of Kate asking for them! Since Mike Dorf picked up the appliances from two households not associated with the church, the pantry has also been able to store and distribute fresh produce and dozens of loaves of bread.

The best shelf stable food to donate is:

Canned tuna, chicken, fruit, vegetables, beans, chili, diced tomatoes, soup Jars of marinara sauce and peanut butter.
Boxes and bags of rice, beans, mac 'n cheese, and other pasta.

Fresh produce and bread is best delivered during hours the pantry is open so we can distribute them immediately to clients. Our refrigerator and freezer are relatively small, and we must store undistributed live food in them — and not on shelves — for proper pest control.

**What types of hygiene products does the pantry distribute?**

We have distributed about 4,000 baby wipes. They fly off our shelves.

**Who are the pantry clients?**

Most pantry clients are families. We do not ask for ID or any proof of income. Anyone who asks for food receives it.

The pantry reaches local households who need extra food through a variety of social service agencies in the South Bay with which we have developed relationships. A few unsheltered individuals also stop by from time to time. We provide sandwiches, canned food with pop-tops, and can openers to anyone who needs them.

All the pantry volunteers eagerly look forward to the day when we can mingle with our clients and welcome them more warmly.

Congregants are also more than welcome to use the pantry! People are finding themselves laid off from jobs. Rents, already too high, and mortgages are due. Stop by during business hours or make a private appointment to shop.

A food pantry only needs three things to stay open: food, volunteers who show up on time ready to work, and clients. We have all three. The South Bay Food Pantry is humming along because our congregation truly acts on our weekly affirmation that service is our prayer.

Thank you, all!