

The Window

A Weekly Publication



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.

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: **Stories of Who We Are**

"The Stories We Come From"

Rev. Suzelle Lynch, *Minister in Residence*

In-Person on the Hillcrest Patio and Simultaneous Livestream

****Please wear high-quality masks so that we can sing together safely as a congregation!****
April 10, 2022 9:30 am

RSVP to Attend In-Person Worship at <https://rsvp.church/r/0cQJU1PE>
N95, KN95, or KF94 type masks *required* for in-person attendance. Masks will be provided to those who need them.

Watch the service live online at: <https://www.firstuusandiego.org/>

April Generosity Offering Environmental Health Coalition

The Environmental Health Coalition is dedicated to achieving ***environmental and social justice***. They believe that justice is accomplished by empowered communities acting together to make social change. EHC organizes and advocates to protect public health and the environment threatened by toxic pollution. EHC supports broad efforts that create a just society and fosters a healthy and sustainable quality of life. You can donate at www.firstuusandiego.org/donations, under gift designation select "Generosity."

The deadline for the next issue is:
April 13 (**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?

Church Finances

There's a new handbook on the financial workings of First UU Church in the Members Only section of the [website](#). We invite you to read this guide to what's in financial statements, how the budgeting process works, who's involved, and so on, in an accessible four-page handbook. If you want more detail, there are a few appendices as well.

Cluster-Wide Reading of the Widening the Circle of Concern Report Starts April 30!

Our congregation will be participating in a cluster wide reading of "Widening the Circle of Concern" report beginning in April, along with other UU congregations in the San Diego area. Visit www.firstuusandiego.org/uploads/1/2/7/6/127676152/invitation.pdf for details.

D4\$ Returns! Start Those Creative Juices Flowing!

D4\$ is our beloved community-building offering of different events throughout the next fiscal year that our members and friends offer through an auction process. We realize this year's a little different and we're encouraging folks to create lots of fun and safe opportunities for people with different health needs to be able to participate. These events should be held starting in July 2022 and continuing through May 2023. We'll collect events during the month of April and bidding will begin June 1, 2022. More info is on our [website](#).

Outreach and Growth Fund Committee

Do you have an idea for an event or activity for teenagers? Something that can create a sense of welcome and belonging? Please reach out to the Outreach and Growth Fund Committee to share your thoughts at outreach@firstuusandiego.org.

We Need Your Feedback!

We're planning Camp for June 3 through 5, 2022. In order to have camp, we need a minimum of 40 people to register. This year, all individuals must be vaccinated (this includes children, so unvaccinated children under 5 would not be able to attend).

Costs for camp are:

Adults: \$185, 13-17 Year Olds: \$150, Under 12: \$130

Please take the following [one minute survey](#) to help us decide if camp is possible this year.

From Your Nominating Committee

Any interest-- or even curiosity-- about serving on the Board? Anyone you'd recommend? There will be a Nominating Committee member or two at each Sunday service to answer questions or direct you to a Board member who can. You can also email us at nomcom@firstuusandiego.org. At least three candidates need to have been chosen by the time of our Annual Meeting on June 12, 2022.

Our Worship Service "Rain Plan"

In case of rain on a Sunday morning, your worship team will decide by 7:30 am whether we will be rained out or not. If we can't worship in person on the patio because of the rain, we will post a notice on the home page of our [website](#). That way, everyone can stay safe and dry at home while watching our live stream service online at our regular worship time of 9:30 am. We will broadcast with staff and worship team only from Bard Hall. If you have any questions, please contact [Robie Evans](#).

Blossoming Through Mindfulness and Meditation A 5-Session Introductory Course

Please hold the dates on your calendar for this Adult Education Online Program being offered by Marge Wurgel. Classes will be Saturday mornings, 10 am to 11:30 am on May 28 and all Saturdays in June (4, 11, 18 and 25). More details and registration information will be in the Window starting in April.

Pride Events 2022

As First UU Rainbow Action is getting ready for Pride events 2022 we are looking for LGBTQ contacts and allies in each of the San Diego Cluster churches so we can better organize and coordinate events. We are looking to plan a Rainbow Cluster Leaders Online Introduction in April-May. Share this with those in other churches who may be interested. There is strength in unity. John Keasler jksdca@gmail.com

Listening Circle Report

Your Listening Circle Report Committee has posted their final report and facilitation guide on the church's website here: [Listening Circle Report](#) and [Listening Circle Facilitation Guide](#). Please watch the Window for more information about an upcoming forum to ask questions and discuss potential future uses of this process.

Environmental Health Coalition

[Environmental Health Coalition](#) is the recipient of our generosity offering throughout April and May. To join the fight for environmental justice and stay updated on how you can take action for healthier communities, [sign up for EHC's newsletter](#).

Outreach and Growth Fund Committee

Are you interested in volunteering to publicize events and activities on campus? Do you have experience with advertising on social media or other platforms or writing press releases and advertising in local print media? If you have any ideas or if you'd like to help, please contact the Outreach and Growth Committee at outreach@firstuusandiego.org.

How to Call Into a Zoom Meeting

Call into a Zoom meeting by phone at 1-669-900-6833. When prompted, enter the meeting ID number.

What's Happening?

Memory Matters Gathering

April 8, Fridays (second and fourth), 10 am — 11:30 am, Online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. 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. Email hybertsen@att.net for the link.

Creative Writing Group

April 9, Saturdays (second), 10:30 am — 12:30 pm, <http://bit.ly/CreativeWritingFirstUU>, Meeting ID: 868 9505 3014 Passcode: 361410. This group is for anyone with a desire to create and experiment with different styles of writing. This is a great space to meet individuals who want to share their creative abilities with others. RSVP to evagarciamayers@yahoo.es. A minimum of three attendees is required for the group to be hosted.

Hillcrest In-Person Social Hour

April 10, Sundays, following worship, Hillcrest Patio. Join your community on the Hillcrest patio after the service for Bring-Your-Own-Beverage social time! Fill up your thermos, gather your juice boxes, and stick around for some conversation and conviviality! "Airplane rules" for masking will still apply—remove your mask when taking a sip, but please continue to wear it as you converse. Are you interested in helping make social hour a success in the future? Look for ways to volunteer in the coming weeks.

Hillcrest Virtual Social Hour

April 10, Sundays, 11 am, bit.ly/FirstUUSocialHour, or call in at 1-669-900-6833, Meeting ID 824 042 297. Password provided during worship.

Uke Cafe

April 10, Sundays, 11:30 am, Hillcrest upper patio. You can still join us in person on the Upper Patio or on Zoom at <https://bit.ly/ukecafe>.

Rainbow Action Group's Koffee Klatch

April 10, Sundays (second), 11:30 am, URL <https://bit.ly/RainbowKlatch>, password: 893622, or call in at 1-669-900-6833, ID 899 4140 9956, PW 893622. Rainbow Action Group's Koffee Klatch has gone virtual. Join us! All "family" friends and allies invited. The event is hosted by John Keasler and Louise Titlow.

Medical Equipment for Loan

Our church has an inventory of medical equipment for loan (up to two months). If you would like to borrow a wheelchair, walker (regular and seated), crutches, knee scooter, toilet riser, bedside commode, canes, grabbers, or bed pan, call Chris Smith 619-300-7477 or Peggy Holl 619-787-5770. If you would like to donate used medical equipment in good working condition, let them know also.

Unitarian Universalist Christian Study Group

April 10, Sunday, 1 pm, Hillcrest Patio. Our topic will be "Entry Level Contemplation." What makes prayer contemplative? What role can it play in a 21st Century UU spiritual practice. We will mask and distance. We will start this Sunday honoring those who we have recently passed from this life. Our good brother Clayton Becker, passed from this life the first week of February. He has been a regular in our group for many years. He will be missed. We will light a candle for Clayton as well as Katie and Arjay. Then we will have a brief review of the material we have already covered in our Prayer 101 workshop and move on to contemplative prayer. We would love to see you there. If you have any questions, contact curranjeffery@msn.com.

Pagan Conversations

April 10, Sundays (second), 1 pm — 2 pm, bit.ly/PaganConversations, Meeting ID: 535-853-700. Join us for community and conversation.

International Song Circle

April 10, Sunday, 3 pm — 5 pm, Pioneer Park (West side, near the small parking lot) 1521 Washington Pl, San Diego. We will all be wearing masks and maintaining social distance. You'll need to bring a chair. We provide music books.

Open Heart Sangha

April 10, Sundays, weekly, 4 pm — 5:30 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. Contact Marge, margewur@gmail.com for the link.

Coping With Chronic Conditions Support Group

April 11, Mondays (second and fourth), 1 pm, URL bit.ly/CopingCCGroup, or call 669-900-6833 with meeting ID 681-036-9317. New participants reach out to Chris Smith prior to attending a meeting at 619-300-7477 or email chris.smith7@cox.net to discuss our covenant and mission statement and receive the password.

Caregivers/Allies Support Group

April 11, Mondays (second and fourth), 4 pm — 5:30 pm, online. The Caregivers/Allies Support Group is welcoming prospective new participants. We are meeting on the second and fourth Mondays. Members and friends who are seeking additional information about participating, contact Rose Riedel at Rose@firstuusandiego.org.

Art Guild Monthly Arts & Crafts Creative Social

April 12, second Tuesdays, 3 pm — 5 pm, <http://bit.ly/FirstUUArtGuild> Meeting ID 860 2031 2916, Passcode 587290. Everyone is welcome. Bring a work to share and/or a project to work on. Doing something special? We would love to see it.

Worship Planning

April 12, Tuesdays, 4 pm, bit.ly/WorshipPlanning1UU, Meeting ID 841 0548 1861 Passcode: 092833.

What's Happening?

Uke Cafe

April 13, Wednesdays, 3:30 pm, <https://bit.ly/ukecafe>. Join Tony on Zoom with your ukulele to learn some chords and play the ukulele with us!

Chalice Choir Rehearsal

April 13, Wednesdays, 7 pm — 8:30 pm, Hillcrest Patio. Our choirs have returned to meeting in person! Please contact marshall@firstuusandiego.org with questions.

Women's Chorus Rehearsal

April 14, Thursdays, 7 pm — 8:30 pm, Hillcrest Patio. Our choirs have returned to meeting in person! Please contact marshall@firstuusandiego.org with any questions.

Art Conversation with John Keasler

April 16, Saturday, 10 am, <https://bit.ly/UUSeniors>, or call in at 1-669-900-6833, Meeting ID 911 2242 6361. John Keasler, Chair of our First UU Bard Hall Art Guild, will lead a discussion of the value of art in our lives and how we all can be more involved in art. Hosted by UU Seniors. Everyone is invited.

Friends of Camp de Benneville Pines

April 17, Sundays (third), 6:30 pm — 8 pm, online. Friends of Camp de Benneville Pines meet via Zoom on third Sundays. Newcomers are welcome. To be added to the ZOOM invite list, contact johnschaibly@gmail.com

Monthly Board Meeting

April 19, Tuesday, 6 pm, online. Board of Trustees meetings are open to congregants via Zoom. Find the zoom link in the members only section of the [website](#).

Rainbow Twilight Walk

April 21, third Thursdays, 5 pm, the center of Balboa Park's museum area. Join us for exercise and in-person socializing. Contact John Keasler at 619-278-1267 or Louise Titlow at 619-990-5622 for info.

Drop In With a Witch

April 24, Sundays (fourth), 1 pm — 2 pm, bit.ly/PaganConversations, Meeting ID: 535-853-700. Rhiannon Roselle will discuss any questions from the community regarding paganism in an informal setting.

Fourth Monday Meeting of UU Men's Fellowship

April 25, Monday, 7 pm — 9 pm, online. The UU Men's Fellowship will be holding their fourth Monday meetings via Zoom for the foreseeable future. Men interested in additional information and the Zoom link should contact Andy French (afrench11@gmail.com) or John Keasler (jksdca@gmail.com).

Board Chat

May 1, Sundays (first), 12:30 pm, bit.ly/FirstUUBoardChat, or call in at 1-669-900-6833, Meeting ID: 863 0218 5062 Passcode: 203946. Ask a question of your Board or tell them something you would like them to know.

Tech Tip: AVOIDING EMAIL SCAMS



CHECK THE SENDER

Many scams are disguised to look like they came from someone you know: a friend or relative, even. Double check the sender's email address against the one you have on file.



DO NOT CLICK OR REPLY

The best way to keep yourself safe is not to engage at all when you see a suspicious email. Delete it or mark it as spam, and move on.



DO SOME RESEARCH

If you're still unsure and curious whether the email might be legitimate, do a Google search for the agency or cause it's claiming. Often this step will confirm it is a fraudulent attempt.



SECURE YOUR ACCOUNTS

If you believe your information or identity may have been compromised, update your passwords and security settings immediately. Do this routinely to ensure sensitive information is safe.



REST ASSURED

FUUSD will never request personal identification information, money, or financial information from you directly over email.

South Bay Campus

Your Help Needed!

Meet with Rev. Omega and members of the South Bay community to discuss what we can do to get our spaces tidied up and ready for return! Click the link to sign up for a time in the coming weeks to meet outside of the Fellowship Hall area (not indoors). <https://www.signupgenius.com/go/10C0E4FA4AF2DAAFEC07-south>

South Bay Virtual Social Hour

April 10, Sundays, 11 am, bit.ly/SBSocialHour. Meeting ID: 997 8730 8948. Password provided at worship service.

South Bay Singers Rehearsal

April 11, Mondays, 5:30 pm — 6:15 pm, [bit.ly/SouthBay Singers](http://bit.ly/SouthBaySingers), Meeting ID: 831 5037 5219.



South Bay Food Pantry News

April is National Volunteer Month - Recognizing the Time and Talents of Bella and Deirdre by Maureen McNair

Our South Bay Food Pantry opened in December 2019 with a good-sized volunteer crew of people who regularly attended services at our Chula Vista campus. We displayed food on shelves in a large closet. Our clients came in to select the food they wanted and shopped for themselves. Then, the covid pandemic hit and inside of a week, almost all the volunteers went into self-quarantine. Read the rest of the article on our blog at www.firstuusandiego.org/blog/april-is-national-volunteer-month

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. It is open to the public Saturdays from 11 am - 12:30 pm and to congregants by appointment.

Volunteers Wanted - Person @ the Pantry: Magician

Every Saturday morning at 11 am, pantry tables are hidden under mountains of produce, bread, and starbucks sandwiches. Freezers and fridges are stuffed with fresh meat and eggs. Somehow by 12:15 pm all the food has disappeared. By 1 pm, the people are gone too. Wanna join the magic? Contact Deirdre Lonergan (deirdre@deirdre.com 619-261-8474).

How to Donate to the South Bay Food Pantry

Donate online at firstuusandiego.org/donations.html or make checks payable to FUUSD and write "SB Food Pantry" in the memo line. Mail checks to Robie Evans, FUUSD, 4190 Front St., San Diego, CA 92103.

Contact

If you would like to volunteer at the pantry please contact Maureen McNair at memcnair948@gmail.com. To reach the food pantry by phone call 619-271-5017.

Family & Lifespan

Religious Education takes place during the 9:30 am Worship Service on Sundays.

Music and Movement group Sundays from 10:45 am — 11:15 am on the Upper Patio. Music and Movement is a percussion and movement group designed for children in grades Pre-K through 2nd and their families, but all are welcome!

Uke Cafe Sundays at 11:30 am on the Upper Patio. Uke Cafe is a multigenerational group to learn chords and practice playing the ukulele together. Bring your own ukulele.

RE Adult Help Needed: We need adults to help with Sunday RE! While we'll eventually need leaders to teach a lesson plan, we're currently in need of adults just to be a second adult to assist the staff leads. If you're willing to help out on Sundays during 9:30 am RE time, contact tony@firstuusandiego.org.

Parent Lounge

May 1, Sunday, 10:30 am, Welcome Center Upper Deck.

All Church Camp

We're back at Camp this summer, June 3 — 5! Learn more & register: www.firstuusandiego.org/all-church-camp.html

Register!

As we reopen and rebuild our programs, it's critical that we have updated information about our children. Please fill out an online registration form for each child: www.firstuusandiego.org/childrens-re-registration.html



Social Justice

Climate Action:

Demand EPA Pass Cleaner Truck Standards

Federal regulations to clean up dirty trucks haven't been updated in 20 years. This rule is critical for environmental justice, public health, and climate action. The current proposal requires the trucks and buses to cut smog and soot forming nitrogen oxide emissions by up to 90% by 2031. [CLICK HERE](#) to tell the EPA to deliver a stronger rule for a path to 100% zero-emission trucks and buses on our roads!



Week at a Glance Calendar

Friday, April 8, 2022

Memory Matters Gathering

April 8, Fridays (2nd and 4th), 10 am — 11:30 am, Email hybertsen@att.net for the link.

Saturday, April 9, 2022

Creative Writing Group

April 9, Saturday, 10:30 am — 12:30 pm, bit.ly/CreativeWritingFirstUU, ID: 868 9505 3014 Passcode: 361410.

Sunday, April 10, 2022

In Person & Simultaneous

Livestream Worship

Sundays, 9:30 am, Hillcrest Patio.

RSVP for in person worship:

rsvp.church/r/0cOJU1PE or watch the Service online: www.firstuusandiego.org/

Hillcrest In Person Social Hour

Sundays, following service, Hillcrest patio.

Bring your own beverage (only remove your mask when actively taking a sip).

Hillcrest Virtual Social Hour

Sundays, 11 am, bit.ly/FirstUUSocialHour, Meeting ID 824 042 297.

South Bay Virtual Social Hour

Sundays, 11 am, bit.ly/SBSocialHour. Meeting ID: 997 8730 8948.

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Arts & Crafts Creative Social

April 12, second Tuesdays, 3 pm — 5 pm, <http://bit.ly/FirstUUArtGuild>, Meeting ID 860 2031 2916, Passcode 587290.

Worship Planning

Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, ID 878 4650 3375, Passcode 184690.

Wednesday, April 13, 2022

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Upcoming Events

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Friends of Camp de Benneville Pines

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Parent Lounge

May 1, Sunday, 11 am, Welcome Center Balcony.

Board Chat

Sundays (first), May 1, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946.

Cosmos

Sundays (first), May 1, 1 pm — 3 pm, <https://bit.ly/CosmosFUUSD>, Passcode: 976520.

IN THIS CONGREGATION, WE BELIEVE:

LOVE IS LOVE

BLACK LIVES MATTER

CLIMATE CHANGE IS REAL

NO HUMAN BEING IS ILLEGAL

WOMEN'S RIGHTS ARE HUMAN RIGHTS

ALL GENDERS ARE WHOLE, HOLY, & GOOD

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. Suzelle Lynch, *Minister in Residence*
Rev. Dr. Omega Burckhardt, *Assistant Minister*
Rev. Jim Grant and Rev. Löne Broussard, *Affiliate Ministers*
Rev. Bonnie Tarwater, Rev. Frank Placone-Willey,
Rev. Julie Forest, and Rev. Katy Swanson
Affiliate Community Ministers
Rev. Dr. Carolyn S. Owen-Towle, *Minister Emerita*
Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

Music Staff:

Marshall Voit, *Music Director*
Chase Pado, *Pianist*
Lorelei Garner, *South Bay Music Coordinator*
Andrea Spiero, *JUUL Tones Ensemble Director*
Tony Bianca, *Handbell Program Director*

Staff:

Robie Evans, *Director of Operations*
Tony Bianca, *Program Director*
Rose Riedel, *Office Manager & Scheduler*
Jenner Daelyn, *Connections Coordinator & Congregational
Assistant for Diversity, Equity, and Inclusion*
Kate Collier, *Program Assistant*
Connie Hayes, *Bookkeeper / Controller*
Ray Evans, *Maintenance*
Joshua Morrison, *Janitor*
Mark Epler, *Event Coordinator*

Board of Trustees

Rev. Julie Forest, **President**
Cora Pendergast, **Vice President**
Laura Ball, Rosalba Ciampi, Brian Krohne, Karen Lamphere,
Sue Marberry, Rhiannon Roselle, and Louise Titlow, **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](mailto>window@firstuusandiego.org)
First Church Web Site: website@firstuusandiego.org
<http://www.firstuusandiego.org> (Main site)
<http://www.firstuusandiego.org/uus-of-the-south-bay>
(UUs of the South Bay)

Contact the Main Office (Hillcrest Campus):

First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
www.firstuusandiego.org

Office Hours:

Monday—Friday, 9 am to 4 pm and Sunday after Services
Admin Mobile Line: 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