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 15 (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
Practicing Self-Care
Church member and psychologist Lynn Northrop and her colleague Amanda Mendez are sharing an important tool for self-care in the time of COVID-19. This tool, rooted in Acceptance and Commitment Therapy, was created by psychologist Russ Harris. The link below will take you to a YouTube video and a pdf (in English and in Spanish) that is a worksheet based on the video. I hope you find this helpful and my deep appreciation to Lynn and Amanda for sharing this tool. – Rev. Kathleen
Video link - https://youtu.be/BmvNCdpHUYM
Worksheet in Spanish
Worksheet in English

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 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, url https://bit.ly/1stUUSocialHour, 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 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 with your contact information.

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.

Ask Robie! – Zoom Chat Open House
Bi-weekly, second and fourth Tuesdays, 4 pm — 5 pm, url https://bit.ly/AskRobie or call 1-669-900-6833, Meeting ID 577-697-458. During these “stay at home” times, our Director of Operations, Robie, is missing her church friends, new and old, and even those she hasn’t met yet. She invites you to drop into her Zoom Room to say “hi,” ask that burning question you’ve always wanted to, and even just try to stump her! Robie looks forward to this twice monthly get-together and BYOW (Bring Your Own Whatever)!

Climate Justice Meeting - Online!
Sunday, April 19, 1:30 pm, Zoom. First UU’s Climate Justice team is meeting virtually this month. You'll need a laptop, tablet, or smart phone (video-enabled device) or you can call-in. Email kyolong1@gmail.com to RSVP and you'll receive further instructions.

Earth Day 2020 Virtual Climate Rally
Wednesday, April 22, 12 pm — 5 pm, online. Join SanDiego350 and your fellow San Diegans for a worldwide virtual rally to demand action on climate change. The coronavirus may keep us physically apart but it can't silence our collective voice! On the 50th anniversary of the first Earth Day, we will rally remotely to demand action on the climate crisis. RSVP and more info available here: https://tracking.etapesty.com/t/39374662/635895953/770692240/52456/?c=204e56d5

Rev. Kathleen’s Book Discussion
Wednesday, April 22, 3 pm — 4:30 pm. Join Rev. Kathleen for a book discussion of Elizabeth Strout's novel Olive, Again. Please email Rose@firstuusandiego.org to sign up; the limit for this discussion is 20 people. Once we have 20 people signed up, Rose will send you the zoom link.

First UU San Diego Facebook Group
Our online community for First Church is available for connecting and socializing at this time. To join, search for First Unitarian Universalist Church of San Diego – Community Board or visit this link https://www.facebook.com/groups/1683518391763014/.

211 San Diego
This website is a trusted, comprehensive, up-to-date website/referral for ALL services available in our county. 211 San Diego can be accessed by this link, https://211sandiego.org/, and by dialing 211 from any San Diego phone number. Public health nurses are available to talk to folks with COVID symptoms/concerns who don’t have a doctor.
What's Happening?

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.

Family Ministry
We hope that you'll join us as we continue to stay connected virtually! Please note that some of the times/links have changed as we continue to find the best ways to serve the largest number of people.

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 zoom meeting information contact tony@firstuusandiego.org.

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 at 3 pm on Wednesdays. To get more info, contact Käthe at kathe@firstuusandiego.org.

Online Lesson Plans and Activities
For a wealth of content to help our younger members stay engaged at home, check out our new "Children RE Library" page: https://www.firstuusandiego.org/childrens-re-library. There, you'll find a collection of lessons & activities for our children and youth including things like RE Lessons, Story Time videos, and Popcorn Theology lessons. Despite the name of the page, activities for Youth can be found here as well.

Family Ministry Facebook Groups
Another way to stay connected and engage with other First UU families is to join our First UU Parent Group. Send a friend request to Tony Bianca on Facebook and ask to be added to the group. Our staff and parents are sharing a wealth of information there to help children and adults alike stay connected.

Parents' Lounge
Sundays, weekly, 11:30 am — 1 pm, url https://bit.ly/FirstUUParentsLounge. Please note that Parents’ Lounge will happen weekly during this time of physical distancing.

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, you can do so online here: https://calendly.com/tvmt77/30min.

District Meeting is On Again - Sort Of
We just found out that the Pacific Southwest District (PSWD) and Camp de Benneville Pines business meetings will be ZOOMed Saturday, April 25 beginning at 10 am. We will have 10 slots available for First UU Delegates and you are welcome (encouraged) to register and vote. Please email john@schaibly.com if you would like to represent First UU Church. There are still details to work out on how registration/authentication will be done. When I have your intentions, I will let you know the process. Thanks for your consideration.

John Schaibly, LUUC Lay Leader

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

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

Still Scamming!
Please be aware that this is still happening – even nationwide at our other UU churches. Especially during these tender times, folks are scamming church members in order to get gift cards purchased and sent to them. And, there’s nothing we can do about it except warn you and educate you. Never respond to any church member, staff or minister unless it comes from a valid church email, i.e. staffname@firstuusandiego.org. We do not use gmail accounts for our official church staff business. The following is an example of the latest email scam going around. Please be careful out there, stay safe, wear a mask when going out and wash your hands frequently!

From: “Rev. Kathleen Owens” <revkathleen.firstuusandiego@gmail.com>
Date: April 7, 2020 at 7:30:21 AM PDT
To: “First UU congregation email”
Subject: PEACE UNTO YOU

Hi, how are you doing?
I need a favor from you, email me as soon as you get this message.

 Blessings.
Rev. Kathleen Owens
First Unitarian Universalist Church of San Diego
4190 Front Street,
San Diego, CA. 92103
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@firstuusandiego.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. You can also find us on Instagram at @uus_south_bay! Join us!

South Bay Food Pantry News

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.

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.

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

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. Open rain or shine!

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

Contact
Contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.
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 Epler, 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/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
619-238-9978 • 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
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