

The Window

A Weekly Publication



First
Unitarian Universalist
Church of San Diego

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.

April's Monthly Worship Theme: Interdependence

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

Hillcrest Services 10 am Sundays

April 14
"The Sound of All of Us"
Rev. Justine Sullivan, Lead Minister

April 21
"Flower Communion"
First UU Worship Team

South Bay Services 10 am Sundays

April 14
"Blooming" - Flower Communion
Rev. Kristen Kuriga, Assistant Minister

April 21
"The Sound of All of Us"
Rev. Justine Sullivan, Lead Minister

April Generosity Offering I Am Green

Throughout the month of April our offering is being received in support of I Am Green. I Am Green's roots are firmly planted in Southeastern San Diego, and their mission is to reconnect people back to the planet and each other. In the face of climate change inequities and environmental harm, they are dedicated to educating, advocating, and adding value to the most affected communities. Through the EV Education, Environmental Literacy & Eco-Stewardship Training, and Deconstructing Decarbonization initiatives, I Am Green is working for more robust, resilient, and regenerative lives for all. Save the date for an opportunity to hear from leaders at I Am Green in our Earth Day worship service on Sunday, April 28. You can learn more about the organization here: www.iamgreenandsoareyou.org/. You can donate at church or on our [website](#), under gift designation select "Generosity."

Journey Toward Wholeness (JTW) What Can I Do?

Under new repatriation rules, museums must now gain consent from Native American tribes before displaying their cultural items. The Museum of Us in Balboa Park was already complying.

Under the 1990 Native American Graves Protection and Repatriation Act, tribes or descendants are allowed to begin the process of reclaiming the items or their ancestors' remains. Because museums have been so slow to relinquish hundreds of thousands of objects--often obtained generations ago through exploitative purchases or grave looting--they now face a new mandate to again consult with tribes about the items they still have, including those on display. To read more about the mandate, visit [HERE](#). To learn more about the efforts at the Museum of Us visit [HERE](#).

What's Happening?

We're Hiring!

First UU San Diego is hiring for a full-time Membership and Social Justice Coordinator. [Here is a link](#) to the position description and how to apply. Share with your networks or anyone you think might be interested in applying. Questions? Contact Rev. Kristen Kuriga, kristen@firstuusandiego.org, 619-398-4435.

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 [D4\\$ webpage](#) 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 [Laurie Crehan](#) or [Robie Evans](#).

Join us for Fun on the Membership Committee

Our recent meeting was so much fun, we decided to invite you to join us on the Membership Committee! Besides hanging out with Lynda Gilgun, Karen Thurston, Rhiannon Smith, Steve Howard, and Swamini Adityananda Saraswati, you will experience the satisfaction of helping to welcome new folks into our Beloved Congregation. We would love to have new members as well as long-time members. Contact Swamini at Swamini@FirstUUSanDiego.org.

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. 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 registration at bit.ly/CampAssembly.

Delegates Needed!

We need five more delegates for the de Benneville annual meeting (on ZOOM or in person at Ventura) April 27. We would like eight more delegates for General Assembly - ZOOM only, June 20-23. This year First UU is offering full reimbursement of the registration fees to delegates.

Delegates must fill out the application form at: <https://bit.ly/FUUDelegates>

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.

First UU SD Community Seder

April 25, Thursday, 6 pm, Bard Hall. Join us for our Community Passover Seder. Led by Marshall Voit and the Worship Team, we will join together in song, story, and a ritual meal to commemorate the Jewish exodus from slavery in Egypt. The church will provide all ritual food items, drinks, and a light dessert. Please bring a dish to share at our vegetarian, kosher-for-Passover pot luck. *Please make sure your recipes are kosher.* [Here's a guide](#) to preparing kosher-for-Passover food. Please RSVP to marshall@firstuusandiego.org by Monday, April 22. Thank you, and chag Pesach sameach, have a happy Passover!

Lay-Led Summer Services in July and August Need Leaders

Over the summer months, your ministers will be taking time off, and there is an opportunity for members and friends of First UU to lead worship services. Rev. Justine and Rev. Kristen are available to help with planning your service, but this is your chance to share that which makes you come alive! Think of a spiritual practice that holds meaning for you or perhaps there is a theological concept or a moment in our UU history that you would like to explore in a worship service. There are openings in both July and August. Please let Rev. Justine or Rev. Kristen know if you are interested in participating in a summer worship service. Marshall and the music staff will be assembling musical ensembles to provide music, but we need readers, preachers, and story-tellers. Let your light shine and help lead a service this summer at our Hillcrest or our South Bay campus.

Volunteer for Day of the Child/Día del niño in Chula Vista

April 20, Saturday, 10 am — 3 pm, Memorial Park 373 Park Way, Chula Vista 91910. The church will have a booth at a family-friendly community event in Chula Vista, Day of the Child/Día del niño. Join us to connect with families through engaging activities like mandala coloring and planting seeds. You can join us for any amount of time: a few hours or the whole day. Contact Corina Macias, South Bay Ministry Assistant, to sign-up: corina@firstuusandiego.org.

Memory Matters Gathering

April 12, 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.

What's Happening?

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. Bring a photo or two and share some memories of special people, places, and times in your life. New members are welcome. Contact obata.claudia@gmail.com.

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. 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.

Hillcrest In-Person Social Hour

April 14, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

Virtual Social Hour

April 14, Sundays, 11 am, bit.ly/FirstUUSocialHour, Meeting ID 824 042 297. Password: FUUSD.

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.

Pending California Bills on Climate and the Environment

April 14, Sunday, 3:30 pm, bit.ly/1stUUClimateJustice. Join the Climate Justice Team to look at some of the California bills that may be passed this legislative session aimed at slowing climate change and environmental damage. Decide which bills YOU want to support by calling and writing to your state legislators!

Open Heart Sangha

April 14, 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

April 15, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women. Join this warm and welcoming group of women. No experience required.

Board Meeting

April 16, third Tuesdays, 6:30 pm, Bard Hall & online. Board of Trustees meetings are open to congregants. Zoom link in the members only section of the [website](#).

Shelter Reflection Meeting

April 17, Weds, 7 pm — 8:30 pm, zoom.us/j/7434659479. Thank you to the many volunteers and staff who helped make our rotation of the Interfaith Shelter a success in March. Please join us for a reflection session to make meaning, document learnings, and assess our capacity for next year. The reflection session will be facilitated by Rev. Kristen and all are welcome.

Chalice Choir

April 17, Wednesdays, 7 pm, Bard Hall. Join us for singing and fun with First UU's largest ensemble. All have a place in the choir, come and take yours! No experience required.

End-of-Life Conversations

April 20, Saturday, 10 am, Bard Hall, there will be **NO ZOOM** option. Rev. Justine Sullivan will lead a discussion on how to share the medical end-of-life documents and estate planning documents with your family and loved ones. Hosted by UU Seniors. If you need a ride, contact Nedra Bickel at 310-486-1515. There will be coffee, tea, and snacks. Come early and socialize.

Flower Communion and Multi-Gen Service

April 21, Sunday, 10 am, Meeting House. Bring flowers to our 10 am Service on April 21st to participate in Flower Communion. This will also be a Multi-Gen Service featuring kid comedy, puppets & magic!

Coping With Chronic Conditions Support Group

April 22, second and fourth Mondays, 1:30 pm — 3 pm, zoom. Contact Chris Smith prior to attending 619-300-7477.

Men's Fellowship 4th Monday Meeting

April 22, Monday, 6 pm — 9 pm, Common Room. Potluck starts at 6 pm. Fourth Monday Meeting runs from 7 pm — 9 pm. Newcomers are welcome and they only need to bring an appetite. Please contact Les Vivian, lesvivian@gmail.com, with questions.

Caregivers/Allies Support Group

April 23, 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.

Our Grief Journeys

April 25 second & fourth Thursdays, until May 28, 1:30 pm — 3 pm, Room 323. This is a safe, supportive space for sharing our unique experiences of grief & loss, co-facilitated by Marcia Biller and Karen Thurston.

First UU SD Community Seder

April 25, Thursday, 6 pm, Bard Hall. Join us for our Community Passover Seder. Led by Marshall Voit and the Worship Team, we will join together in song, story, and a ritual meal to commemorate the Jewish exodus from slavery in Egypt. Please RSVP to marshall@firstuusandiego.org by April 22. Thank you, and chag Pesach sameach, have a happy Passover!

What's Happening?

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. Register through [Eventbrite](#). For information contact [Robie Evans](#).

UU the Vote Interest Meeting

April 28, Sunday, 11:30 am (after service), Room 323. Do you want to get out the vote and support our democracy this election year? Join the Social Justice Executive Team for a meeting to learn more about the UU the Vote Campaign, how to get involved, and how to help our congregation make a difference: <https://uuthevote.org/>

Israel and Gaza:

The Question of Genocide, International Law, and the Struggle for Palestinian Liberation

April 30, Tuesday, 6 pm, Zoom. Join First UU's Palestine-Israel Justice Team for a virtual event with guest speaker Dr. Raz Segal, an Israeli historian, Associate Professor of Holocaust and Genocide Studies, and Endowed Professor in the Study of Modern Genocide at Stockton University. Register at <https://bit.ly/49fHwSN>. Questions to pi.justice.team@gmail.com.

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 Saraswati. Contact swamini@firstuusandiego.org.

Social Justice

Climate Action: Is There Plastic In Your Tea Bag?

Ever wonder why you're not supposed to put teabags in your food waste recycling container? It's because many tea bags are made with plastic. You may be ingesting plastic every time you dunk your teabag in hot water. **READ THIS** to find out which teabags don't contain plastic and which do. Then check out this **TRAILBLAZING PLAN** to create climate resilience in California's state parks.

Family & Lifespan

Sunday RE

This Sunday, April 14, we'll have our usual three RE Groups for Children and Youth during the 10 am service: PreK - 1st, 2nd - 5th, Jr & SR High.

April 21st will be a MultiGen Service

featuring Flower Communion, stories, magic and music! We're looking for children/youth to share a joke with the congregation during the Time For All Ages. If your child has a joke to share, email tony@firstuusandiego.org.

Parents' Night Out

April 19, Friday, 6:30 pm — 9 pm. We provide dinner and childcare so that you can have the night to do with what you want. RSVP to tony@firstuusandiego.org

Youth Book Club

The youth will be choosing a new book for discussion. For info and to participate email lara@firstuusandiego.org.

Young Adult Group (ages 22 - 35)

Tuesdays, 5:30 pm — 7 pm. Room 114b was impacted by the recent rainstorm. Contact Young Adult Coordinator, [Lara](#) for guidance on temporary meeting locations.

Burrito Project

Join the Young Adults to make and distribute burritos to those experiencing food insecurity on the last Thursday of the month starting at 5 pm in the Common Room. Email lara@forstuousandiego.org for info and to join.

Register for All Church Camp

We hope you can join us for All Church Camp at de Beneville Pines May 31 — June 2! For more information & register, visit: www.firstuusandiego.org/all-church-camp.html

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.

Week at a Glance Calendar

Friday, April 12, 2024

Memory Matters Gathering

April 12, second and fourth Fridays, 10 am — 11:30 am, online. For those who worry about memory problems and their care partners. Email hybertsen@att.net for the link.

Saturday, April 13, 2024

Women Together Meeting

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

Sunday, April 14, 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.

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 [James Long](#) for information.

Pending California Bills on Climate and the Environment

April 14, Sunday, 3:30 pm <https://bit.ly/1stUUClimateJustice>

Open Heart Sangha

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

Monday, April 15, 2024

Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

Tuesday, April 16, 2024

Young Adult Group

Tuesdays, 5:30 pm — 7 pm. Contact [Lara](#) for location info.

Wednesday, April 17, 2024

Shelter Reflection Meeting

April 17, Weds, 7 pm — 8:30 pm, zoom.us/j/7434659479. Please join us for a reflection session to make meaning, document learnings, and assess our capacity for next year. The reflection session will be facilitated by Rev. Kristen and all are welcome.

Chalice Choir Rehearsal

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

Thursday, April 18, 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.

Upcoming Events

Men's Fellowship 4th Monday Meeting

April 22, Monday, 6 pm, Common Room. (We welcome men who identify as straight, gay or transgender.)

End-of-Life Conversations

April 20, Saturday, 10 am, Bard Hall, UU Seniors. Rev. Justine Sullivan will lead a discussion on how to share the medical end-of-life documents and estate planning documents with your family and loved ones.

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Book Club

April 25, second Thursdays, 6 pm, Zoom. We will be discussing *Mecca* by Susan Straight. Minastaylor@gmail.com

First UU SD Community Seder

April 25, Thursday, 6 pm, Bard Hall. Join us for our Community Passover Seder. [Here's a guide](#) to preparing kosher-for-Passover food. Please RSVP to marshall@firstuusandiego.org by Monday, April 22.

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Israel and Gaza: The Question of Genocide, International Law, and the Struggle for Palestinian Liberation

April 30, Tuesday, 6 pm, Zoom. Register at bit.ly/49fHwSN to receive the Zoom link. Questions to pi.justice.team@gmail.com.

The Racialized Identities Awareness Book Group

May 3, Friday, 6:30 pm — 8 pm, Room 323. *Hotel on the Corner of Bitter and Sweet* by Jamie Ford will be discussed. Please come and join us, contact [Louise Titlow](#) if you're interested.

Board Chat

May 5, first Sundays, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946.

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](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:

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