

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.

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

South Bay Services
 10 am Sundays

April 21

April 21

**"This Service Brought to You By the Letters U & U"
 Flower Communion**

"The Sound of All of Us"

Tony Bianca, *Director of Lifespan Faith Formation*

Rev. Justine Sullivan, *Lead Minister*

April 28

April 28

"Earth Day Service"

"Earth Day Service"

Climate Justice Team with Guest Speaker
 Adria Fox from *I Am Green*

Livestream of the Hillcrest Service

April Generosity Offering
I Am Green

Journey Toward Wholeness (JTW)
What Can I Do?

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."

Join JTW on the next Fifth Tuesday, April 30, for a short presentation and discussion about microaggressions. What is a microaggression, anyway? How can we respond when we see one happening? This Zoom meeting will be an hour long, from 7 pm — 8 pm, on Tuesday, April 30. <https://bit.ly/5thTuesday>

Did you know that JTW now has a book table on the patio after the Hillcrest Sunday service? Come peruse different selections every week and borrow any that interest you for as long as you like. Reading such books offers us an opportunity to address the gaps in what we were taught about race, both in our country's history and in the present.

What's Happening?

Our Church Family

After a long illness, **Betty Grant** died peacefully on Tuesday, April 16, surrounded by daughter Martha, son James and Martha's husband Russ. Cards of condolence for the family may be sent to the church office.



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.

Camp de Benneville Pines Annual Assembly

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.

Contact [Rose](#) to add your group's info to the Window!

Follow us on Instagram [@firstuusd](#) and [@uus_south_bay](#)

04-16-24 Board Meeting Review and Digest

- Update from the Nominating Committee
- Board Goals Review
- Our Sustainable Future Core Team Update

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>

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!

Hillcrest In-Person Social Hour

April 21, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

Virtual Social Hour

April 21, Sundays, 11 am, bit.ly/FirstUUSocialHour. Meeting ID 824 042 297. Password: FUUSD.

Open Heart Sangha

April 21, 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.

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.

What's Happening?

Women's Choir

April 22, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women. No experience required.

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](mailto:Les.Vivian@uu.edu).

Chalice Choir

April 24, 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.

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](mailto:Karen.Thurston@uu.edu).

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](https://www.uu.edu/san-diego/first-uu-san-diego-community-seder) 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!

Memory Matters Gathering

April 26, 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.

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, they enthusiastically lend their voices to the movements issues inspire. Register through [Eventbrite](https://www.eventbrite.com). For information contact [Robie Evans](mailto:Robie.Evans@uu.edu).

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://uuthethevote.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.

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](mailto:Louise.Titlow@uu.edu) if you're interested.

Board Chat

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

Hillcrest Song Circle

May 5, first Sundays, 2 pm — 4 pm, Room 323. Bring your guitar/and or voice. Wombated@gmail.com or cmack5913@gmail.com.

Neighborhood Group without Borders

May 8, second Wednesdays, 11 am — 1 pm, 4349 Adams Ave, San Diego, CA 92116. BYO snack or lunch. Refreshments will be provided. Please RSVP to Susan Riegel Harding at 619-987-6234.

Book Club

May 9, Thursday, 6 pm, Zoom. Our next two books: *Curious Incident of the dog in the Nighttime* by Mark Hadon, scheduled for 5/9, *Their Eyes Were Watching God* by Zora Hurston for 6/13. If you are interested please contact Mina Taylor at minastaylor@gmail.com.

Women Together Meeting

May 11, 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

May 11, 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.

What's Happening?

Kirtan Chanting

May 11, 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

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

Cosmos

May 12, second Sundays, 1 pm — 3 pm, Room 323. Join us as we explore the birth and evolution of our universe. Contact [James Long](#).

Philippine Partner Church

May 18, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Church members Liz Jones and Rich Zemlin will share their experiences visiting our partner church and review our current projects with the church. Hosted by UU Seniors.

Board Meeting

May 21, 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](#).

South Bay Campus

South Bay Worship

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

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.

Family & Lifespan



April 21st will be a MultiGen Service featuring Flower Communion, stories, magic and music! Children and youth are invited to stay for the entire service and there will be no RE groups.

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@forstuusandiego.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

Social Justice

Cut Plastic Waste in Our Oceans and Landfills

Plastic breaks down into nanoparticles, ingested by everyone. The City of San Diego now prohibits restaurants from giving out styrofoam containers for takeout or leftovers. That's also true for plastic straws, which shouldn't be given out unless requested. But enforcement depends upon citizens to report violations. Reports can be emailed to sdrecyclingworks@sandiego.gov or called into 858-694-7000.



Week at a Glance Calendar

Saturday, April 20, 2024

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.

Sunday, April 21, 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, April 22, 2024

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April 23, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, zoom. For additional information about participating contact [Les Vivian](#).

Young Adult Group

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

Wednesday, April 24, 2024

Chalice Choir Rehearsal

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

Thursday, April 25, 2024

Food Pantry Midweek Bagging

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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.

Upcoming Events

Memory Matters Gathering

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May 5, first Sundays, 2 pm — 4 pm, Room 323. Bring your guitar/and or voice. Wombated@gmail.com or cmack5913@gmail.com.

Neighborhood Group without Borders

May 8, 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

May 9, Thursday, 6 pm, Zoom. Our next book: *Curious Incident of the dog in the Nighttime* by Mark Hadon. If you are interested please contact Mina Taylor at minastaylor@gmail.com.

Women Together Meeting

May 11, second Saturdays, 12 pm — 2 pm, Common Room. Contact Claudia obata.claudia@gmail.com.

Dances of Universal Peace

May 11, second Saturdays, 4 pm — 6 pm, Bard Hall.

Kirtan Chanting

May 11, 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.

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*

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

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