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.

A Change in our Offering Practice

We are redirecting our offerings for the next three months to go to our Ministers’ Discretionary Fund - to help our Food Pantry AND to help members and friends of this congregation who are experiencing financial hardship due to this pandemic and economic crisis. Because of systemic racism, we know communities of color are being hit the hardest, both in health and economics, so we are prioritizing the needs of People of Color. And we will help all who are experiencing need as we can. We ask everyone to donate generously to the Ministers’ Discretionary Fund through the donate button on our website at www.firstuusandiego.org/donations.html. Thank you for your support and generosity.

The deadline for the next issue of The Window is:
April 29 (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
From Rev. Kathleen:
With appreciation to Newt for sharing this with me, I’m sharing this link to an important video as a follow-up to our Earth Day service (4/19) and this health and climate crisis we’re living in right now. [https://youtu.be/2cEXJc6_d0](https://youtu.be/2cEXJc6_d0)

**Annual Reports Are Due May 15**
It’s time for preparation and submission of your Ministry Team / Affiliate Group / Committee reports for our 2020 Annual Report. Click [here](https://www.firstuusandiego.org) for your report instructions and template. Refer to our 2019 Annual Report [here](https://www.firstuusandiego.org), and submit your reports and pictures no later than Friday, May 15 to Rose Riedel at [rose@firstuusandiego.org](mailto:rose@firstuusandiego.org).

**Journey Toward Wholeness (JTW) “What Can I Do?”**
COVID-19 disproportionately affects poor people & Black & Brown communities & blame has been placed on China eliciting fear & discrimination against Asians & Asian-Americans. SURJ (Showing Up for Racial Justice) has produced a “Combating Anti-Asian Racism & COVID-19 Toolkit” to help illuminate anti-Asian racist scapegoating & to offer resources to combat it. Access the 8-pg document at [https://docs.google.com/document/d/1MKYl0s7NdoXJ0TYg3nm4YIoIRZHkKgsOwROyXvll/edit](https://docs.google.com/document/d/1MKYl0s7NdoXJ0TYg3nm4YIoIRZHkKgsOwROyXvll/edit)

**Save the Date - Virtual Annual Meeting – June 28**
Our virtual annual meeting will be held on Sunday, June 28th at 1 pm. Please plan on attending to hear about and vote on important issues and learn about how things are going in our church. More detailed information about meeting URL and virtual voting process will be coming soon. See you there!

**Social Hour**
Sundays, weekly, 10:30 am — 11:30 am, [url](https://www.firstuusandiego.org/blog/announcing-sunday-social-hour-on-zoom).

**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](mailto:jenner@firstuusandiego.org) to provide us with your contact information.

**Pagan Conversations**
Weekly, Sundays, 1 pm — 2:30 pm, Meeting Link: [https://bit.ly/PaganConversations](https://bit.ly/PaganConversations) Meeting ID: 535-853-700. Join the Earth Centered Spirituality Circle (ECSC) via Zoom for a weekly, virtual version of Pagan Conversations. This is a time for pagans of varying traditions to come together in a guided discussion and be in community with one another. Topics vary, and usually center on the church monthly theme, upcoming Pagan holidays, and personal spiritual practice while allowing time to check in with how everyone is doing mentally, emotionally, and physically. If you have questions about the meeting, ECSC, paganism, or how our practices relate to Unitarian Universalism, please contact [sdpagansu@gmail.com](mailto:sdpagansu@gmail.com) at any time.

**Coping With Chronic Conditions Support Group**
Mondays, weekly, 1 pm — 3 pm, [URL](https://bit.ly/CopingCCGroup), or call 1-669-900-6833 with meeting ID 681-036-9317.

**Arts & Crafts Creative Social**
Bi-weekly, second and fourth Tuesdays, 3 pm — 5 pm, [Link](https://bit.ly/ArtGuildSocial). Join members of the Art Guild for a few hours of creativity in community! This is a great time to work on ongoing projects, create Artist Trading Cards, begin new work, or even color in a coloring book alongside other artists.

**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)!

**Beltane Ritual**
Saturday, May 2, 4:30 pm, [URL](https://bit.ly/ECSCBeltaneRitual) ID 863-2534-8289. Hosted by the Earth Centered Spirituality Circle, this year’s Beltane Ritual will be hosted on Zoom. This pagan holiday celebrates the world being in full bloom, the fire within our souls, and our connection to faery and spirit realms. Participants will need a candle, matches/lighter, a fire-safe dish or cauldron, paper or a dried leaf (to burn), water, and a notebook and pen.

**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/](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.

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.

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, you can do so online here: https://calendly.com/tvtmt77/30min.

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

Food Pantry
Financial Donations are Gratefully Accepted
Both one-time and monthly sustaining donations help us stay open! No amount is too small, or too large. Please 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 92101. Online credit card donations can be made at: https://www.firstuusandiego.org/donations.html. Under “Fund” click on “other” and then in the comments section put “SB Food Pantry.” Also, please select the frequency for your donation.

All Church Camp Cancelled
Due to pandemic, our annual retreat cannot take place. We're sad to miss togetherness in nature, and with Camp closed for months we're concerned about lost income. John and I will donate our registration fees (adult $165). Campers, please consider giving what you can to pay for this lost weekend and help Camp de Benneville Pines recover. Contact uucamp.org.

- Ardath Schaibly, Friends of de Benneville Pines

A Message from Kathleen Swift
Dear Families, I know that, for many of you, the challenge of juggling working from home while supporting your children’s education is exacerbated by internet that doesn't always keep up with the needs of everyone in the family. If we can help by paying for a temporary upgrade to your service or purchasing cellular hotspots, please contact me: kswift@firstuusandiego.org or 951-256-6335. You can also turn your cell phone into a hotspot. Here is a link with instructions for both Android and iPhone: hotspots.

Children’s Zoom Meet-Ups
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 at 3 pm and Sundays at 11:30 am. Senior High youth are having Movie Night on Fridays. To get more info, contact Käthe at kathe@firstuusandiego.org.

Online Lesson Plans and Activities
For a wealth of content to help your 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.

Is Your Group Still Meeting Virtually?
If you facilitate an open group that is now meeting virtually send the meeting information to rose@firstuusandiego.org so that it may be included in The Window!
Ordonation of Everett Howe
Saturday, May 2, 2 pm, First UU YouTube Channel. You are invited to attend the ordination of Everett Howe! The service will be livestreamed starting at 2:00 pm PDT on Saturday, May 2, on the First Church YouTube channel: https://www.youtube.com/user/firstuuud
See this public Facebook post for more information and to see how you can participate: https://www.facebook.com/everett.howe/posts/10222483936670200

San Diego Pride Status Update
SD Pride has issued a statement canceling all in-person mass gathering events in July 2020. An excerpt: "The health and safety of all must come first and foremost. Given the realities of the COVID-19 pandemic, large-scale events such as Pride Parades and Festivals are simply not possible and pose too much of a risk to public health and safety." Mass gatherings may be canceled but Pride is not - we, as a community, will celebrate in alternative ways.

General Assembly on ZOOM: Delegates Wanted
General Assembly (GA) will be on ZOOM this year on June 24-28. We encourage as many of us as possible to register to attend this important inspiring conference. Anyone can register and attend hearing wonderful speakers, and many workshops, in addition to annual business sessions. We need 11 more members to be First UU SD delegates with voting privileges. If you haven't been to GA, this is a great opportunity to attend at a fraction of the usual cost. Registration is only $150 and there are no airfare and hotel expenses! You can register and get more information at www.uua.org/ga. If you would like to be a voting delegate, please fill out the form at our church website: www.firstuusandiego.org/denominational-relations.html
-- John Schaibly, Denominational Relations Chair

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.

Our South Bay Campus

El Puerto / The Harbor:
Need some rest? A grounding moment in the middle of the week? Come to the Harbor. The harbor is a safe place for rest, to pause and to recover before heading out to the open sea of life. As a virtual spiritual place it has one purpose: to create a space in the week where we can come together with the intention to offer sanctuary to one another. All seekers and travelers are welcome as long as you come with the intention to contribute to the creation of this space for others. Wednesdays at 6:30 pm The Harbor: https://bit.ly/TheHarbor1stUU
¿Necesitas un descanso? ¿Un momento para centrarte de nuevo? Vengan a el Puerto. El puerto es un lugar seguro para descansar, para detenerse un poco, para recuperarse antes de volver a salir a mar abierto. Como espacio espiritual virtual el objetivo es uno: crear un espacio en la semana en el que podamos reunirnos con la intención de ofrecernos unos a otros un refugio. Todos los viajeros son bienvenidos siempre y cuando vengan con la intención de contribuir a crear este espacio para los demás. Miércoles a las 4 pm El Puerto: bit.ly/ToElpuerto

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 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 congregant 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
South Bay Food Pantry News

Is Your Family Looking For a Safe, Easy Volunteer Project?

We have found a wholesaler to sell the pantry bulk rice and beans! Wouldn't your household like to help put it in smaller bags? You can do this mid-week when the pantry is not open to clients, work at the pantry table together, and be pantry volunteers. Bring your own music. The pantry has everything else you will need. We're looking for one team a week. How often would you like to volunteer?

April Food Pantry Hours
970 Broadway Suite 101, Chula Vista 91911
Sundays 11 am — 12:30 pm
Mondays 4 pm — 5:30 pm
Tuesdays 10:30 am — 11:30 am

Do You Have Fresh Produce or Other Food Donations?
Hillcrest Parking Lot Food Drop Off
Every Saturday, 8 am — 9 am
South Bay Food Drop Off
30 Minutes Before Each Time The Pantry is Open

Harvest fresh fruit from your neighborhood trees!
Drop off produce, other food donations, and items for Chef Marcus’ Bread Baking Project in Dana and Loren 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.

Financial Donations are Gratefully Accepted
Both one-time and monthly sustaining donations help us stay open! No amount is too small, or too large. Please 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 92101. Online credit card donations can be made at: https://www.firstusansdiego.org/donations.html.
Under "Fund" click on "other" and then in the comments section put "SB Food Pantry." Also, please select the frequency for your donation.

Join Chef Marcus Todd’s Bread Baking Project
Marcus has to bake, pantry clients have to eat. It’s a match made in heaven!

Drop off these tough-to-find goods at the Hillcrest parking lot on Saturdays or at the pantry 30 minutes before it is open:
- Yeast
- All purpose flour
- Bread flour
- Shortening
- Baking soda
- Baking powder

The Food Pantry is Open for Congregants
If you are feeling uneasy about getting groceries, please stop by during pantry hours or call to schedule a private appointment.

If you want to donate food . . .
Our most frequently requested item is peanut butter.

Contact
Contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.
Stay at Home Volunteers Keep the Pantry Operating
By Maureen McNair

Not too many months ago, Peter Woodbury, one of the earliest supporters of the food pantry, and I enjoyed a face to face discussion about how the pantry was going to keep track of client information. Peter preferred using index cards organized alphabetically in a box. I preferred whole sheets of paper organized alphabetically in a binder.

It is so good to have something to smile about these days.

The pantry clientele has grown so quickly and so voluminously that we have moved to digitizing client information. Volunteers who distribute food to the clients now work from spread sheets.

Barbara Davenport works from her home computer to keep the pantry client list updated every week.

The first digitized system for the pantry, however, was the brain child of Andrea Travers, former Treasurer at Summit UU, and South Bay resident. Andrea created the system the pantry uses to inventory food. She also updates the food inventory several times a week. We track the type of food the pantry receives and the poundage.

In mid-February, 211.org accepted the application from the South Bay Food Pantry to serve as an emergency food provider. San Diego 211 is the county wide phone and on-line resource for social service needs of all kinds, including food insecurity.

Megan Horton and Everardo Aguilar, who are both bilingual in English and Spanish, take turns checking the food pantry phone for emergency messages every day.

Certainly, the most urgent call the pantry received from 211 was from a 91 year old woman who lived alone in an apartment a few blocks from our South Bay church. A pantry volunteer grocery shopped and delivered food to her for two weeks. We then made contact with a social worker from a local senior services agency who was able to see to her many needs.

Even after we all emerge from the world of Covid-19, the food pantry will continue to operate. Poverty and food insecurity sadly, are not going away any time soon. So, all these services — client tracking, inventory tracking, and checking for emergency food requests — are going to be volunteer jobs that will need to continue. Thank you to our stay at home volunteers! We can't wait to shake your hands, or better yet, give you big hugs.
#1 - NOPE! KEEP LOOKING!

by David Levinson Wilk

ACROSS
1. Unexpected hangups
6. Exposes
11. Candy from a dispenser
14. Cupid's projectile
15. Movado competitor
16. Fruity drink
17. Highly sought-after item for many city dwellers
19. Even score
20. Pay to play
21. Result of cremation
23. Nope! Keep looking!
28. Gulp for air
29. Chimney buildup
30. National Endowment for the ___
34. Charges
37. Neighbors of Venezuelans
39. Singer DiFranco
40. Nope! Keep looking!
42. Fido or Fluffy
43. Vice President James ___ Quayle
45. Letter-shaped fasteners
47. One of Chekhov's "Three Sisters"
48. Relative of "aah"
50. Spanish house
51. Nope! Keep looking!
55. MTV airing
58. In the public eye
59. ___ Canals
60. It may not be highly sought after, but it's a solution
67. Stop for the night
68. DVD player option
69. Unleashed
70. Illiterates' signatures
71. Safe spot
72. Mex. misses

DOWN
1. Drain
2. Gun owners' org.
4. Fun racers
5. Hogs
6. Finishes one over par
7. Mornings, briefly
8. Weightlifting unit
9. Kind of trip
10. He's so tempting
11. Route
12. Actress McClurg
13. Marks of Zorro
18. Utmost
22. "South Park" boy
23. Pertaining to the animal life of a region
24. In sports it has a top and a bottom
25. Event that a boxer might win
26. Give a drubbing
27. "Here's looking ___"
28. Madrid museum
31. Map out again
32. Fly over Africa?
33. ___ good example (does admirably)
35. Blood letters
36. Author Scott
38. N.Y.P.D. alert
41. Old Greek portico
44. Kismet
45. Supreme Court justice who appeared in the 1987 documentary "Gap-Toothed Women"
49. Hurry
52. Zing
53. "So's ___ old man!"
54. Enthusiasts
55. Fair-sized auto engine
56. Actress Skye
57. Puts on
61. Stop before the majors, perhaps
62. Isuzu Rodeo, e.g.
63. NNW's opposite
64. Drunkard
65. "This ___ bust!"
66. Your: Fr.
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 Newhall-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 Fuji, *Social Justice Coordinator*
Jenner Daelyn, *Connections Coordinator and Scheduler*
Tony Bianca, *Program Assistant*
Ray Evans, *Maintenance*
Mark Eppler, *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 Website: 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
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