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

May's Transformational Theme: Play

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.

Journey Toward Wholeness (JTW)
What Can I Do?

You're invited to watch:
1. Jay Smooth’s “How I Learned to Stop Worrying & Love Discussing Race”
[https://www.youtube.com/watch?v=MbdxeFCTaU]
Many thanks to Kathe Larick for sharing the link at the program staff meeting.
2. Discovery Channel’s 6-episode series “Why We Hate”
[https://www.discovery.com/shows/why-we-hate]
which looks at the origins of hate covering everything from school bullying to radicalism to mass murder.
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 for your report instructions and template. Refer to our 2019 Annual Report here, and submit your reports and pictures no later than Friday, May 15 to Rose Riedel at rose@firstususandiego.org.

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://bit.ly/FirstUUSocialHour, 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.firstususandiego.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. Please contact jenner@firstususandiego.org to provide us with your contact information.

Pagan Conversations
Sundays, weekly, 1 pm — 2:30 pm, Meeting Link: 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 weekly, 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 sdpagansuu@gmail.com at any time.

Open Heart Sangha
Sundays, weekly, 4 pm — 5 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. If you would like the link to the meetings, please contact Marge at marge@wur@gmail.com.

Coping With Chronic Conditions Support Group

Arts & Crafts Creative Social
May 12, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: 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
Day Changed to Wednesdays!
May 13, second and fourth Wednesdays, 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/.

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

You can follow us on Twitter! Our user name is @firstuusd.
**What's Happening?**

**How Are You Playing These Days?**

Board Games? Dancing? Painting? Playing an instrument? Share a picture how you play to be featured on our May 17 worship service on Play. Submit your photos to Tania@firstuusandiego.org by May 11.

**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 Marquez 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.

**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](https://www.firstuusandiego.org/donations.html)

Under “Fund” click on “SB Food Pantry.” Also, please select the frequency for your donation.

**All Church Camp Canceled**

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](https://www.firstuusandiego.org/donations.html).

**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 Kathë 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](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**


**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!
Ordination 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 pm PDT on Saturday, May 2, on the First Church YouTube channel: https://www.youtube.com/firstuusd
See this public Facebook post for more information and to see how you can participate:
https://www.facebook.com/everett.howe/posts/1022248393667020

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 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”
<revkathlen.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?

May Food Pantry Hours
970 Broadway Suite 101, Chula Vista 91911
Our food pantry distributes food every Saturday in May from 11 am — 12:30 pm.

Two Places to Bring Your Food Donations Every Week
Hillcrest Parking Lot Food Drop Off
Every Saturday, 8 am — 9 am
while the stay at home order is in place.
Please place your bag or box of food in the back of Dana & Loren Tomlinson’s dark gray Ford pick up truck with shell.

South Bay Campus
Drop off bagged or boxed food
every Saturday from 9 am — 10 am

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 "SB Food Pantry." Also, please select the frequency for your donation.

Our Most Frequently Requested Food
Peanut butter — kids want sandwiches! We always need more peanut butter. We distribute over 100 jars a week!

Join Chef Marcus Todd's Bread Baking Project
Drop off these tough-to-find goods at the Hillcrest parking lot on Saturdays from 8 am — 9 am, and at the pantry from 9 am — 10 am:
- Yeast
- All purpose flour
- Bread flour
- Shortening
- Baking soda
- Baking powder
- Buttermilk
- Butter

Glean Fresh Produce

We are now buying fresh produce from a wholesaler. So, the best use of your pantry funds is to contribute peanut butter or baking ingredients. But, our neighborhood gardens are heavy with oranges, lemons, limes, kumquats, loquats, and other produce. Glean from your neighbors. Check the Backyard Bounty posts on your neighborhood Facebook groups. Last week, congregants donated about 200 pounds of fresh produce to the pantry. We distributed all of it! This is a great way to contribute to the food pantry at no cost.

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.

Contact
Contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com To reach the food pantry by phone call 619-271-5017.
For the past six weeks, our front line food pantry volunteers have been distributing food to provide thousands of meals to heads of households who visit our pantry while under the extraordinary order from Governor Gavin Newsom that we all stay at home.

Planning food distribution has been a wild ride. There is no rice. There is no pasta. We can no longer purchase food in bulk at grocery stores. Other nearby food pantries close. Then, all that changes again!

The volunteers who actually stand in the South Bay church parking lot and distribute food have adapted many times. Rev. Arvid Straube, Kay Phillips, Dan Heiserman, Bella Furth, Sara Ferguson, Marcus Todd, Andrea Newall, and I recently debriefed our multitude of experiences. Together, we decided the best way to provide the best quality food to the most clients is to shift food distribution for the month of May to Saturdays.

Every Saturday in May, we will distribute food from 11 - 12:30 p.m. There are several reasons we think this change is necessary.

First, there are no food pantries in our church zip code that we know of that are open on the weekend. We want to fill that gap in service.

Second, we have found a produce wholesaler that will sell us fresh fruits and vegetables on Saturday mornings! We can distribute fresh produce immediately after delivery.

Unfortunately, the wholesaler is closed on Sundays. Our pantry just does not have space to store overnight the amount of food we purchase. So, we thought we would close on Sundays and open Saturdays.

Distributing food on Saturdays also allows us to share food right away that Dana and Loren Tomlinson deliver from the Hillcrest parking lot. They have very generously offered to collect food in the Hillcrest parking lot every Saturday morning from 8 - 9 a.m. while the stay at home order is in place.

We also decided to close our Tuesday morning food distribution. There had been a long standing Tuesday morning food distribution at a nearby local elementary school. However, when the public schools closed, that food distribution shut down. So, staying open Tuesday mornings filled an important need for a while. Now, thankfully, the long standing school food distribution has reopened in the nearby school parking lot even though the school itself is closed. There is no reason to duplicate those hours.

Even though the pantry will be open fewer hours each week, we believe we will continue to serve the same number of clients and continue to grow. Our clients love the fresh produce we can now add to the pantry goods we will continue to share.

The food pantry is constantly adapting. Stay tuned. It will happen again!
right now

date:

time:

Another good thing about this moment, right now:

One good thing about this moment, right now:

One thing about the space I’m in that I haven’t noticed until right now:

One emotion I am feeling right now:

One way that emotion is affecting me:

Things I can hear right now:

One thing that isn’t perfect right now, but that’s okay:

One thing I cherish:

One person I adore:
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
Jennfer Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Ray Evans, Maintenance
Mark Epel, 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
619-298-9978 • 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