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.

The deadline for the next issue of The Window is:
May 13 (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
What's Happening?

Philippine Partner Church Scholarship Program
Thank you to so many of you who have helped us this year to raise over $4,400 toward the scholarship needs of the children and youth of our Partner Church in Maalingin. We sponsored 37 students this past year and there are an additional eight new students requesting assistance this year. We strive to answer the request to assist all these students. Funds we send help buy uniforms, school supplies, and often help with transportation to school. We are still in need of $1,400 to fill the requests for this year. If you read the update in the April 17 through April 23, 2020 issue of The Window, you know that the Enhanced Community Quarantine conditions are making life hard for our partners. If you are able to assist, please consider donating to help. You may donate on the Church’s Donate page. Please mark this as a restricted gift and in the comment section at the bottom of the page note that it is for the Philippine Scholarship Program. Any gift will be greatly appreciated! If you have questions about our program, please contact Liz Jones at ljones5@aol.com.

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@firstuusandiego.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.firstuusandiego.org/blog/announcing-sunday-social-hour-on-zoom.

Board Report
At the Board meeting on April 21, the Board of Trustees discussed two articles for our Diversity Action Group discussion: a short article on France and masks first (https://ennewspaper.sandiegouniontribune.com/desktop/sdkt/default.aspx?edid=ace55057-86f1-46e3-83f2-70b94f6556a0) and “The Coronavirus Pandemic Will Cleave America in Two.”(https://www.theatlantic.com/family/archive/2020/04/two-pandemics-newsletter&utm_content=20200411&silverid-ref=MzEwMTU3MTgyODE5M0)
The Board discussed five questions:
1. How do France and the USA compare in the changing of practices to cut the rate of infections?
2. How might the pandemic affect American awareness of interdependence and connection among all communities?
3. How has the pandemic affected different demographic groups within our congregation in different ways?
4. What can we do as a congregation and as congregants to promote the wellbeing of all of our members, especially those dealing with societal factors that increase their vulnerability to the virus?
5. What role, if any, do we as a progressive church have in addressing the societal inequality described in the Atlantic article?

We invite our fellow congregants to read the articles and discuss them with us and each other.

— Thank you! Angela Garcia-Sims, Board member

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 spdagansuu@gmail.com at any time.

Open Heart Sangha
Sundays, weekly, 4 pm — 5:30 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 margewur@gmail.com.

Church Directory Update
It’s time to update your Membership Directory photo and contact information! Submit your pictures and updates to: rose@firstuusandiego.org
You may have a picture of you alone, or with your partner, or family, or pet.
Coping With Chronic Conditions Support Group

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.

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
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)!

Climate Justice Meeting
Sunday, May 17, 1:30 pm — 2:45 pm, online via Zoom. There will be group discussion of possible projects and speakers and time to talk about how everyone is doing during these uncertain times. If you would like to be a member of this group, contact Bev Harju at harjubeverly@gmail.com or Sylvia Ollinger at sjolling06@hotmail.com to be put on the email list for meeting notification.

Monthly Board Meeting
Tuesday, May 19, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. Anyone interested in the May 19th meeting should email Vice President Sarah Ormond at sarahormond@yahoo.com.

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, do so online here: https://calendly.com/tymt77/30min.

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.

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.

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

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

SOLACE Visitation Program Statement on COVID-19
SOLACE has issued a statement calling for the release of immigrants currently detained at Otay Mesa Detention Center (OMDC), especially those who are at high risk of serious illness if infected by the novel coronavirus. OMDC has the highest number of reported COVID-19 cases in the country and access to personal protective equipment and medical care has been, and continues to be, inadequate. Read the full statement here.
What's Happening?

Family Ministry

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

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

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

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 encontrarnos 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 salon accounts for our official church staff business. The following is an example of the latest email scam going around. Please be careful out there, stay safe, wear a mask when going out and wash your hands frequently!

From: "Rev. Kathleen Owens"
<revkathleen.firstuusandiego@gmail.com>
Date: April 7, 2020 at 7:30:21 AM PDT
To: "First UU 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.

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

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

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. Your participation in the food pantry is confidential.

Don’t Let This Happen! 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.

Yes! You Can Still Make Financial Donations Directly to the Food Pantry!
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.firstusandiego.org/donations.html
Under “Gift Designation” click on “SB Food Pantry.” Also, please select the frequency for your donation.

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.

Call for Illustrators and Cartoonists
Submit your original art work about the food pantry for this page! Please contact Maureen for details.

Contact
Contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com. To reach the food pantry by phone call 619-271-5017. The phone will take your message.
When our pantry opened last December, I thought the pantry would have to support itself for three or four months with retail shopping, then pick up food from a single, discounted source at one of the county’s two food banks. Ha! Food banks don’t have enough food to provide their existing pantries, much less new ones. So, sourcing bulk food during the pandemic is a new adventure everyday.

Here’s what a few days at the pantry looks like now.

Pastor Will James, who runs a pantry at his Seventh Day Adventist Church, asks if I’ll take 1,500 cans of pork and beans and canned clams off his hands. His congregation won’t eat them. He’s closing in a few hours. Kay Phillips, Dan Heiserman, Arvid Straube, and Laura Todd dash to National City to pick up his donation.

I find a recipe for an easy dish for clams, then buy 100 pounds of pasta at a grocery store and 40 pounds of lemons at a produce wholesaler to distribute with the clams. My Duolingo Spanish helps me translate the recipe.

Thanks to generous donors like you, we have lots of other pantry goods we have purchased to add variety to our food distribution too.

We have a very happy ending with the canned clams though when a pantry client emails me a photo of the platter of pasta with clam sauce she made and thanks me for such a delicious recipe. We may not recognize one another when our masks come off, but we are building community.

A few days later, a produce distributor out in Otay Mesa makes us an offer — take all of his load of 2,800 pounds of fresh mini-bell peppers, or take none of them. No delivery included. But, the peppers are free. Dana and Loren Tomlinson, Laura Todd, Sonya Pretridge, and I meet in Otay Mesa with our vehicles. I invite Pastor Will to share in our bounty. He arrives with his van and takes 200 pounds of peppers.

So I ask myself, where are we going to store 2,600 pounds of mini-bell peppers overnight? There seems to be only one answer. The peppers are going to attend church.

Rev. Tania came upon our merry party of movers and snapped this photo of the South Bay worship space filled with boxes of peppers.

So, did we manage to distribute 2,600 pounds of peppers last Saturday? Why yes we did! Now, we know what we can do! And, for those of you not present at the food distribution last Saturday, you have not lived until you have seen Marcus Todd hustle peppers.

After the food pantry clients left, we only had 96 pounds of peppers left. I traded them for 10 dozen eggs with an east county pantry and gave all the eggs to Chef Marcus for this week’s baking project.

As usual, everything worked out just fine. We’re all ready to take on another week.
Calendar of Events

**Friday, May 8, 2020**
First UU Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

**Saturday, May 9, 2020**
Hillcrest Parking Lot Food Drop Off
Every Saturday, 8 am — 9 am. Place your food in the back of Dana & Loren Tomlinson’s dark gray Ford pick up truck with shell.

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

Children’s Zoom Meet-Up Preschool to Grade 2
Saturdays at 10 am. Request meeting information from tony@firstuusandiego.org.

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.

Children’s Zoom Meet-Up Grades 3 to 5
Saturdays at 2 pm. Request meeting information from tony@firstuusandiego.org.

**Sunday, May 10, 2020**
Live Streamed Worship
Sundays, weekly, 9:30 am. [https://www.firstuusandiego.org/](https://www.firstuusandiego.org/).

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, url [https://bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour), Meeting ID 824 042 297.

Parents’ Lounge

First UU Youth Group
Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusandiego.org.

Pagan Conversations

Open Heart Sangha
Sundays, weekly, 4 pm — 5:30 pm, for the link to the meetings please contact Marge at margewur@gmail.com.

**Monday, May 11, 2020**
Coping With Chronic Conditions Support Group

**Tuesday, May 12, 2020**
How Are You Playing These Days?
Share a picture of how you play. Submit your photos to Tania@firstuusandiego.org by May 11.

**Wednesday, May 13, 2020**
First UU Youth Game Days
Wednesdays at 3 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Ask Robie! – Zoom Chat Open House

El Puerto

**The Harbor**

**Friday, May 15, 2020**
Annual Reports Due
Submit your reports and pictures no later than Friday, May 15 to Rose Riedel at rose@firstuusandiego.org.

First UU Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.