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?
In December 2018, Rev. Marta Valentin led First UU in Intentional Conversations that resulted in our “history wall” of microaggressions. Watch her moving Sunday sermon at 2019 General Assembly—“In This Delicate Turning: It Is Time Now” at [https://www.youtube.com/watch?v=eSYq3PW-e1w](https://www.youtube.com/watch?v=eSYq3PW-e1w) (with captions). The sermon begins at 1:24:45 of the service. The entire service is very moving & well worth viewing in its entirety.
Extended! Annual Reports Are Due May 22
Annual report deadline extended one week! 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 22 to Rose Riedel at rose@firstuusandiego.org.

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://enewspaper.sandiegouniontribune.com/desktop/sdut/default.aspx?edid=ace55f57-86f1-46e3-83f2-70b94f6566e0) 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=MzEwMTU3MTg5ODE5S0)
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

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
May 17, 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.

Pagan Conversations
May 17, 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.

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 sjolling08@hotmail.com to be put on the email list for meeting notification.

Open Heart Sangha
May 17, 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 margevur@gmail.com.

Coping With Chronic Conditions Support Group

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.

Living the Homestretch
Saturday, May 23, 10 am, Online URL bit.ly/LivingtheHomestretch. Rev. Kathleen Owens will lead a discussion on the effects of the COVID-19 pandemic for the future of the church, especially its impact on seniors. Rev. Kathleen will provide an overview of the issues, followed by breakout group discussions. After the groups share their results, there will be time for Rev. Kathleen to answer general questions. The meeting will be on Zoom. All are invited.
The Occupation of the American Mind
Sunday, May 24, 4 pm, Online. The Palestine-Israel Justice Team invites you to join us for a free virtual screening and discussion of the film *The Occupation of the American Mind*. The film explores reasons Americans having a vastly different perception of the conflict than the rest of the world. Ed Sweed, founder of the San Diego chapter of Jewish Voice for Peace, will provide an introduction to the film and lead a post-film discussion. Please RSVP for the event by registering at [https://www.eventbrite.com/e/virtual-screening-and-discussion-of-the-occupation-of-the-american-mind-tickets-10473103280](https://www.eventbrite.com/e/virtual-screening-and-discussion-of-the-occupation-of-the-american-mind-tickets-10473103280). Zoom info will be sent to all registered attendees prior to the event. You can also watch the film online for free and join us online between 5 pm and 5:15 pm for our post-film discussion. Contact PL.Justice.Team@gmail.com.

Arts & Crafts Creative Social
May 26, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: [https://bit.ly/ArtGuildSocial](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 Robbie! – Zoom Chat Open House
May 27, second and fourth Wednesdays, 4 pm — 5 pm, url [https://bit.ly/AskRobbie](https://bit.ly/AskRobbie) or call 1-669-900-6833, Meeting ID 577-697-458. During these “stay at home” times, our Director of Operations, Robbie, 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! Robbie looks forward to this twice monthly get-together and BYOW (Bring Your Own Whatever)!

Rev. Kathleen's Book Discussion
Thursday, June 18, 4:30 pm - 6:30 pm, Online. Join Rev. Kathleen for a second book discussion. This time we’ll be discussing Rebecca Solnit’s book *A Paradise Built in Hell*. We’ll meet in Kathleen’s Zoom room. Please sign up with Rose@firstuusandiego.org as there is a 12 person limit.

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

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, do so online here: [https://calendly.com/tymt77/30min](https://calendly.com/tymt77/30min).

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](http://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.

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!
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.

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"
<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

The Pantry Needs to Restock

• Canned chili with meat
• Tuna
• Pasta
• Canned beans of any kind
• Peanut butter

As well as these hard to find items for Chef Marcus Todd’s weekly baking project:

• 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.

Glean and Donate Fresh Produce

We are now buying fresh produce from a wholesaler. So, the best use of your pantry funds is to contribute the items we ask for weekly for the Hillcrest campus Saturday food donation pick up. 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. Gleaning 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.firstuusandiego.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 Artists

We would love to show off your art or your children’s art here! Colorful submissions in any size sent by a good quality photo are best. For more details, please contact Maureen. All of today’s paintings are by Jenner Daelyn.

Contact
Contact Maureen McNair at memcnair948@gmail.com.
To reach the food pantry by phone call 619-271-5017. The phone will take your message.
Can One Pick-Up Truck and Two Prius' Carry 1,370 Pounds of Spinach?

by Maureen McNair

Yes, they can. But only if no one sits in the passenger seats of the Prius. All the spinach fit. But wow! Was it a tight fit!

Last week, our Saturday morning South Bay Food Pantry had a fabulous food distribution. Thanks to your generous donations, we had already purchased essential shelf stable pantry goods to give to our neighbors in need.

But, on Friday morning, I received another take it or leave it offer —pick up 1,370 pounds of spinach inside of 2 hours at a warehouse near the Otay Mesa border. I made lots of phone calls and sent out lots of emails for drivers ready, willing, and able to meet me and my old Prius to accept the donation. If I don't find enough last minute volunteers, we have to turn down the donation. Then, all this healthy food goes into a land fill.

Luckily, Dana and Loren Tomlinson and their essential pickup truck were available. John Holl, who recently moved to Chula Vista, jumped into the transportation adventure for the first time with his trusty Prius.

Prior to opening our pantry, I had no idea the Otay Mesa border crossing was populated by enormous produce warehouses. We had not worked before with this particular warehouse. But dock manager CJ told me that under his contract with the Veterans Administration, he could not deliver this particular lot of fresh spinach from Salinas because some of the leaves had started to turn yellow.

Inside each box of spinach were four 2.5 lb bags. The spinach looked fine to me, but what do I know? I found very few yellow leaves or any other type of spoilage. The spinach looked just right for salads, juicing, and hot dishes.

I found a wonderful recipe for a one-pot dinner featuring spinach that we distributed to our pantry clients. The main ingredients were spinach, rice, pinto beans, canned diced tomatoes, and fresh onions. Thanks to donors to the Food Pantry fund, we bought all those ingredients to give away. The pantry clients just needed to add their own oil and seasonings.

We also had about 200 frozen dinners to give to our pantry clients. Our Youth Programs Coordinator, Käthe Larick, and their Eastern Star chapter, donated a variety of entrees.

Rev. Arvid Straube manned the distribution tables stocked with canned clams, pasta, and jars of spaghetti sauce.

And, of course, Chef Marcus delivered his bread from his weekly baking project which we were able to share with jars of peanut butter.

So, did we distribute 1,370 pounds of spinach?

Yes, we did! We gave the vast majority of it to our pantry clients. After the distribution, I called our newest pantry partners from San Ysidro who do a Sunday distribution. They picked up about a dozen boxes.

We have had another successful week!

But, it is becoming apparent that the pantry needs volunteers with pickup trucks or other large capacity vehicles to pick up donations. If you are available, please call or email me right away.
Calendar of Events

Friday, May 15, 2020
First UU Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Saturday, May 16, 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 17, 2020
Live Streamed Worship
Sundays, weekly, 9:30 am. https://www.firstuusandiego.org/

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, url 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

Climate Justice Meeting
Sunday, May 17, 1:30 pm — 2:45 pm, Online. Bev Harju harjubeverly@gmail.com or Sylvia Ollinger sjolling06@hotmail.com.

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 18, 2020
Coping With Chronic Conditions Support Group
Mondays, weekly, 1 pm — 3 pm, url https://bit.ly/CopingCCGroup, Meeting ID 681-036-9317.

Wednesday, May 20, 2020
First UU Youth Game Days
Wednesdays at 3 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

El Puerto
Miércoles a las 4 pm El Puerto: bit.ly/ToElpuerto

The Harbor
Wednesdays at 6:30 pm The Harbor: https://bit.ly/TheHarbor1stUU

Friday, May 22, 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.

Upcoming Events
Arts & Crafts Creative Social
May 26, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

Ask Robie! – Zoom Chat Open House