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
"Music Sunday" Led by First UU Musician Team
9:30 am Sunday Morning Online Worship

All In-Person Meetings on Both of Our Campuses Are Suspended Until Further Notice

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?

We're all wondering when we can return to our beautiful campus & what it will be like. Read what our former intern minister, Rev. Adam Dyer, thinks about returning to church in his reflection “Danger” where he asks the question “Will we be in danger if we open?” Here’s the link for you: https://spirituwellness.org/2020/05/13/danger/.
Music Sunday
This Sunday is Music Sunday with various performances from choirs and staff. The music will be a good mix of serious and playful and all the lyrics for all music (both hymns and performances) can be found in both in Spanish and in English in our order of service. Download it on Sunday morning before the service to enjoy!

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.

Social Hour
May 24, 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.firstusandiego.org/blog/announcing-sunday-social-hour-on-zoom.

Pagan Conversations
May 24, 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's 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
May 24, 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@firstusandiego.org
You may have a picture of you alone, or with your partner, or family, or pet!

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-104731013280. 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 PJJusticeteam@gmail.com.

Coping With Chronic Conditions Support Group

Arts & Crafts Creative Social
May 26, 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.

Join Robie! – Zoom Chat Open House
May 27, 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)!

Women’s Chorus Rehearsal

Monthly Board Meeting
Tuesday, June 16, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. Anyone interested in how the May 19th meeting went should email Vice President Sarah Ormond at: sarahormond@yahoo.com.

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, an affordable option for this book is the ebook edition. We'll meet in Kathleen's Zoom room. Please sign up with Rose@firstusandiego.org as there is a 12 person limit.
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!

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.firstusandiego.org/donations.html
Under "Gift Designation" click on “SB Food Pantry.” Also, please select the frequency for your donation.

Urgent Action
Please sign this Petition in the next 2 weeks to support clean, less costly, more equitable energy in San Diego through passing a new agreement with SDG&E: https://sandiego350.org/drupal/energy-franchise-agreement
Facts: Franchise webpage: https://sandiego350.org/better-deal/. Next Climate Justice Team meeting Saturday, June 27, 1:30 pm – 3 pm: Huge Enviro-Social-Financial Costs of US Military by Gary Butterfield. Contact Bev Harju or Sylvia Ollinger at harjub@ecu.edu or sjolling06@hotmail.com.

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@firstusandiego.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/mtym7/30min.

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. 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. We need five more members to be First UU SD delegates with voting privileges. If you are active and concerned about the future of UUism please apply to be a delegate by filling out the form on our church website: www.firstusandiego.org/denominational-relations.html
We can even help pay your registration fee (apply on the form.) – John Schaubly, 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.

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@firstusandiego.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"
<rev.kathleen.firstusandiego@gmail.com>
Date: 5/20/20 6:24 AM (GMT-08:00)
To: “First UU congregant email”
Subject: Many Blessings

Hello how are you doing?
I need a favor from from you
Email me back as soon as you get this message
peace,
Rev. Kathleen Owens
What's Happening?

**Family Ministry**

**RE Survey**
To help us better serve your family, we're asking families with children and youth to take a moment and complete this survey: [https://www.surveymonkey.com/r/693879F](https://www.surveymonkey.com/r/693879F).

**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).

**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 3:30 pm and Sundays at 11:30 am. Senior High youth are having Movie Night on Fridays. To get more information 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/children-re-library](https://www.firstuusandiego.org/children-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**

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**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](https://bit.ly/TheHarbor1stUU)


**South Bay Singers Rehearsal**
We’re Starting a Food Pantry Cookbook!
Our food pantry clients are now asking for our recipes! Let’s make a cookbook together! Please share your most tasty, easy to prepare, recipes for the frugal shopper with Maureen. Her contact information is at the bottom of this page. This week, we are asking for your best recipes using rice.

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

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.

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.

Plastic Bags
The food pantry can no longer accept donations of plastic grocery bags. Thank you!

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.

Call for Artists
Local artist Michael Stanley, who has exhibited in Bard Hall, submitted all the art work this week. We’d love to show off your talent or your children’s art work. We appreciate a variety of styles and mediums. Contact Maureen for details.

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.
Cactus Road out on Otay Mesa is a relatively rugged place. It’s not far off the freeway. But, it is far enough off the highway that the land is rutted and the plant life pretty scruffy. It’s the kind of place where you might still see a road runner and where trap door spiders might have half a chance of surviving. The warehouse out there is modest. There are no loading docks where 18 wheeler trucks pull up. Your car fits into the loading zone just fine.

So it felt anomalous this past week when we went down to a warehouse on Cactus Road to pick up a bulk donation of a very trendy, modern food — 600 bags of Keto White Chocolate Macadamia Nut Cookie Dough Protein Bars to be precise. Each bag was packed with six protein bars. That netted us 3,600 fancy protein bars which we distributed to food pantry clients last Saturday.

The protein bars looked healthy. The main ingredient is organic roasted cashews. Each bar has only 130 calories, 5 grams of fiber, and 6 grams of protein. Just as important, they were not perishable the way the prior weeks’ hauls of bell peppers and spinach were. I had no anxiety about storing the cartons in the worship space for a few days. But, it is really clear to me that as the hot summer approaches, the food pantry is going to need more cold storage.

Our food pantry clients were pretty excited to receive the protein bars amid the usual offerings of pantry goods and produce.

We have a really friendly and appreciative crowd of people every Saturday. Bella Furth has taken to working at the client intake table. Under the circumstances, where everyone is wearing masks and social distancing, Bella is doing as good a job as anyone could turning that intake table into more of a welcoming table. I am brainstorming ways with some folks on how we can build community with our clients under these unusual circumstances.

The other thing I know the pantry will be needing in the near future is more truck transportation. If you have a pick up truck and are available to haul bulk food donations on short notice, please let me know. Or if you know of a used pickup truck in good operating order, we can reach out to the great interconnected web of people who love our pantry to find a way to get that truck, insure, and maintain it. I do not know what kind of one-time food donation I might be able to score for this coming Saturday or in future weeks. But, I do know that if we can't haul it and store it properly, it will end up in a landfill.

Those of us who work on the front lines of the food distribution on Saturdays find this a rewarding volunteer job. If you are interested in why our retired minister, Rev. Arvid Straube, volunteers on the front lines with us, please read my interview with him in the June issue of “First Words,” which will be available on our church website in a couple weeks.

And for those of you who volunteer with us by donating food and funds, thank you. We could not keep this pantry operating from week to week without you.
Friday, May 22, 2020
First UU Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuuusandiego.org.

Saturday, May 23, 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.

Living the Homestretch
Saturday, May 23, 10 am, Online URL bit.ly/LivingtheHomestretch. All are invited.

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

Sunday, May 24, 2020
Live Streamed Worship

Social Hour

Parents’ Lounge

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

Pagan Conversations

The Occupation of the American Mind
Sunday, May 24, 4 pm, Online. Please RSVP for Zoom info. Contact Pl.Justice.Team@gmail.com with questions.

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 25, 2020
Coping With Chronic Conditions Support Group

South Bay Singers Rehearsal
Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Tuesday, May 26, 2020
Arts & Crafts Creative Social
May 26, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

Wednesday, May 27, 2020
First UU Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuuusandiego.org.

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

Join Robie! – Zoom Chat Open House

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

Thursday, May 28, 2020
Women’s Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Marquez, Assistant Minister
Rev. Jim Grant and Rev. Lone 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
Kathe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper / Controller
Rose Riedel, Office Manager
Angela Fuji, Social Justice Coordinator
Jennar Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Ray Evans, Maintenance
Mark Epler, 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
(URs 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