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
May 31, 2020 9:30 am
"The Wonder of Imagination" Rev. Kathleen Owens, Lead Minister
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 months of April, May and June 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?

Does talking about race make you uncomfortable? For help building your capacity to talk about race, watch Shelly Tochluk’s TEDxSan Juan Island talk “Let’s Talk About Race.” It’s 18:31 long & you can access it at https://www.youtube.com/watch?time_continue=48&v=6tUBj-1MWG8&feature=emb_logo
Then check out the many resources on her website: http://shellytochluk.com/
What's Happening?

Social Hour
May 31, Sundays, weekly, 10:30 am — 11:30 am, url: https://bit.ly/FirstUSocialHour or call in at 1-669-900-6833, Meeting ID 824 042 297.

Pagan Conversations
May 31, 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 sdpagansu@gmail.com at any time.

Open Heart Sangha
May 31, 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.

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

Women’s Chorus Rehearsal

Cosmos
Sundays (first), June 7, 1 pm — 3 pm, Online. Cosmos will start up again on Zoom and continue on the first Sunday of each month. This month we will refresh our understanding of why Cosmos is important to us and why it is relevant to the challenging times we are going through. I hope to see you there and hear your voice. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community, and the universe itself. We will be exploring Canticle to the Cosmos as presented by physicist and cosmologist Brian Swimme. Contact James Long at kyolong1@gmail.com for the link to the meeting.

Arts & Crafts Creative Social
June 9, second and fourth Tuesday, 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 Robbie! – Zoom Chat Open House
June 10, second and fourth Wednesdays, 4 pm — 5 pm, url: 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)!

The Way of Gratitude
Thursday, June 11, 2 pm, Webinar. Join Kathleen as she welcomes Galen Guengerich, senior minister of All Souls Unitarian Church, New York, as he offers a webinar on his new book The Way of Gratitude. “An insightful, accessible handbook for anyone seeking a sense of belonging and purpose in our chaotic world. This book charts a modern roadmap for spiritual based on gratitude.” The is an hour-long webinar. Watch the Window for more details. Please note that while this book is not yet available in Spanish, we anticipate having a Spanish translator available as well as an ASL interpreter.

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@firsthusandiego.org as there is a 12 person limit.

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 hariub@ecu.edu or sjollinao6@hotmail.com.

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!
Make A Chalice
In our Sunday services we’ve been asking people to join in lighting a chalice in their homes as we light our communal chalice online. Several people asked about posting pictures of their lit chalices in the comment section of the livestream at that time in the service, and we invite you to do so. If you don't have a chalice at home, you can always make one! Be creative with household objects, or check out this tutorial to inspire your creativity to draw one! https://www.youtube.com/watch?v=SAVXIK3GP3Y

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 92103. 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.

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 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://calendarly.com/tvmt77/30min.

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.firstuusandiego.org/denominational-relations.html. We can even help pay your registration fee (apply on the form.) – John Schaibly, Denominational Relations Chair

Our South Bay Campus

South Bay Campus Meeting
Sunday, June 7, 11 am, bit.ly/MeetingSB. Connect with your friends and community and let’s talk about what our South Bay campus and community could look like in the months ahead. Click here to connect: bit.ly/MeetingSB.

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

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

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. stafname@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"
<rev.kathleen.firstuusandiego@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 you
Email me back as soon as you get this message
peace,
Rev. Kathleen Owens
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.

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 3:30 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.
Submit Your Best Recipes For Our Food Pantry Cookbook!
Our food pantry clients are now asking for our recipes! Let's make a cook book 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.

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 92103.
Online credit card donations can be made at: https://www.fuusandiego.org/donations.html. Under "Gift Designation" click on "SB Food Pantry." Also, please select the frequency for your donation.

Call for Artists
Long time member and South Bay campus congregant Lynda Gilgun 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.

Spanish Translators Wanted
Please contact Maureen if you are available to translate recipes into Spanish.

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 It's the end of the month, so donate whatever food you prefer for our pantry clients and for Chef Marcus Todd's Baking Project.

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.
Our Pantry has a Life of its Own  
by Maureen McNair

Our South Bay Food Pantry operates on the twin edge of your great generosity which allows us to purchase produce and pantry goods and the edge of grabbing donated bulk food before it goes into a landfill.

Preparing for last Saturday’s food distribution is a good example of what it is like to get enough food to feed 400 - 500 people a week now.

Remember, our pantry was applying to the major food banks just as corona virus arrived. Those food banks have been very kind, but have not brought us on as a partner because they have been operating at capacity. I source all our food every week.

By mid-week, I had a lead to pick up a pallet of baking soda in Mira Mesa. By the time I got the warehouse address, someone else had already taken it.

I also had notice the pantry would be receiving over a hundred frozen meals. That fell through too.

By Friday afternoon, I thought I would have to purchase all the food we would distribute the next morning. It is only your continued generosity which makes that sort of purchase possible.

I planned the Saturday food distribution around a recipe I found for a casserole made with a box of Mac n Cheese, cans of kidney beans, corn, diced tomatoes, and a fresh onion. Michael Gilgun translated the recipe into Spanish. I planned for the team to hand out the recipe with these main ingredients, a loaf of Chef Marcus Todd’s homemade bread, and enough fresh produce to last each family for a couple days.

Then, late Friday afternoon, I got a call — could I pick up 1,400 pounds of apples in a parking lot for 18-wheelers within the next half hour? The apples came down from Washington in a refrigerated truck, then the recipient canceled the order. If we hadn’t taken them, the driver would have delivered them to a landfill.

Luckily, I caught Loren Tomlinson just before he was going out for a bike ride. I met Loren and Dana in their pick up truck on Otay Mesa in a gravel lot.

Loren unloaded the 18-wheeler, drove the apples to the South Bay campus, and unloaded them into the worship space. He did not go on his planned bike ride later.

The apples attended Friday vespers, then Saturday morning prayers.

Overnight, I found a recipe for apple crisp, Andrew Ferrier generously translated it into Spanish, and the team handed out the recipe with the apples.

Then, a few minutes before distribution started, another contact showed up with 10 pans of lasagna — big four pound pans — which we gave to our largest families.

Twenty minutes after the distribution started, another friend showed up in a big box truck and delivered 37 boxes, each pre-packed with 20 pounds of fresh, mixed produce — broccoli, strawberries, and the like.

We had a fabulous distribution to about 100 heads of households with abundant produce, two recipes, and a lot of the ingredients for each of those recipes too.

Of course, our pantry clients have no idea how unstable our food supply is. But, the pantry has a life of its own. The abundant food that comes to us each week comes from the congregants who donate food and funds, and the generosity of people and companies who, up until a handful of months ago, were complete strangers to our congregation. This is what I mean when I say the food pantry has a life of its own.
Friday, May 29, 2020
First UU Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Saturday, May 30, 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 31, 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

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

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

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

Wednesday, June 3, 2020
First UU Youth Game Days
Wednesdays at 3:30 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

Thursday, June 4, 2020
Women's Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

Upcoming Events
South Bay Campus Meeting
Sunday, June 7, 11 am, bit.ly/MeetingSB. Join us for a brainstorming session about our South Bay campus in the months ahead.

Cosmos
Sundays (first), June 7, 1 pm — 3 pm, Online, Contact James Long at kyolong1@gmail.com for the link to the meeting.

Arts & Crafts Creative Social
June 9, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

Join Robie! – Zoom Chat Open House
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lône 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 N-L, 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 Epker, 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
(UCs of the South Bay)

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-288-9978 • 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