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

June's Transformational Theme: Engagement

Join Us Online!

Sunday Morning Worship
June 7, 2020 9:30 am
"Those Who Dare" Rev. Mary Katherine Morn
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?

There is so much each of us non-BIPOC people can & must do. Here are two:

1) 1) Listen to Peter Bolland's description of his June 30, 10 am — 11:30 am webinar “Dismantling Racism One Insight at a Time” at: https://www.youtube.com/watch?v=Z-Le_QPNiw
2) Sign up the Oasis webinar (open to all ages, not just those 50 or older) Register for class #321 ($15) at Oasis: https://www3.oasisnet.org/San-Diego-CA/clases
What's Happening?

Social Hour
June 7, Sundays, weekly, 10:30 am — 11:30 am, url https://bit.ly/FirstUSSocialHour or call in at 1-669-900-6833, Meeting ID 824 042 297.

Pagan Conversations
June 7, 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.

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.

Open Heart Sangha
June 7, 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

Arts & Crafts Creative Social
June 9, 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
June 10, 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!

Women's Chorus Rehearsal

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 spirituality based on gratitude.” The is an hour-long webinar. Watch our website 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. For meeting information 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@firstuusandiego.org as there is a 12 person limit.

Living the Homestretch
Saturday, June 20, 10 am, online at https://bit.ly/LivingTheHomestretch. Dr. Lynn Northrop will lead a discussion on Psychological Flexibility for Seniors in a Difficult World. She will provide an overview of the concepts, followed by breakout group discussions. After the groups report back on their conversations, Lynn will share her thoughts on the issues that are raised. All are invited.

Friends of de Benneville
Sunday, June 21, 7 pm, Online. Join the Friends of de Benneville. Contact Mac Downing m2cdow4@yahoo.com for meeting information.

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!
What's Happening?

**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](http://www.uua.org/ga). We need two 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](http://www.firstuusandiego.org/denominational-relations.html)

We can even help pay your registration fee (apply on the form.) — John Schaibly, Denominational Relations Chair

**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=5AVXIK3GP3Y](https://www.youtube.com/watch?v=5AVXIK3GP3Y)

**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](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 and want to help those who are self-isolating, please contact 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)

Did you know? You can follow us on Instagram; our user name is @firstuusd. Tag us in your pictures! #firstuusd

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Our South Bay Campus

**South Bay Campus Meeting**


**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/TheHarbor1sUU](https://bit.ly/TheHarbor1sUU)


**South Bay Singers Rehearsal**


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**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”<br>From: “Rev. Kathleen Owens”<br><br>Date: 5/20/20 6:24 AM (GMT-08:00)<br>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
**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.

**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](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**

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**Social Justice**

**Clean Energy Petition**
You are encouraged to sign on to [this petition](https://www.surveymonkey.com/r/693879F) to support clean, less costly, more equitable energy in San Diego by ensuring that the priority terms for a clean energy future be included in the final, new agreement (currently under negotiation) with SDG&E.

**Plastics Legislation**
See Frontline’s “Plastic Wars” on YouTube. Go [here](https://www.greenamerica.org/consume-less-live-more/why-we-should-quit-amazon) to learn about SB54 & AB1080-the California Circular Economy and Plastic Pollution Reduction Act. Call your [state Senator and Assembly member](https://www.greenamerica.org/consume-less-live-more/why-we-should-quit-amazon) and urge them to vote for the Plastic Reduction Act this session (especially if you live in Assembly member Mainschein's District 77).

**Why We Should Quit Amazon**
[https://www.greenamerica.org/consume-less-live-more/why-we-should-quit-amazon](https://www.greenamerica.org/consume-less-live-more/why-we-should-quit-amazon)

Also, check out CarbonBrief to learn more about climate issues generally and during COVID-19 times.
The South Bay Food Pantry distributed 9,240 lbs of food in May!

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.
This week look for Peter Woodbury in his white Toyota Sienna van.

South Bay Campus
Drop off bagged or boxed food
every Saturday from 9 am — 10 am
Donate food for our pantry clients and for Chef Marcus Todd's Baking Project.

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

Contact
Maureen McNair: memcnair948@gmail.com. To reach the food pantry by phone call 619-271-5017. The phone will take your message.

The still life is by John Keasler, who leads the Art Guild.
The week Governor Gavin Newsom issued the stay at home order last March, Chef Marcus Todd started baking bread for our food pantry. He has baked hundreds of dinner rolls and loaves of bread we have distributed for free. This past week, Marcus took off a well-deserved week of baking for the pantry.

Rev. Tania Marquez stands in front of the box truck of our dreams

So, imagine my surprise last Saturday when half an hour before our food distribution started, a new friend shows up unannounced at the pantry with over 200 pounds of bread, cakes, and pies. She gave us artisan loaves of French bread, English muffins, hot dog buns, whole decorated sheet cakes, and many kinds of fruit pies. This was an amazing, perfectly timed gift which over 105 pantry clients enjoyed. They each picked what they wanted. The sweets disappeared first.

With her gift, our pantry has been able to distribute bread every week since the shut down order.

We had another good food distribution. But, during the week, we did not know quite how it would go.

On May 27, the City of Chula Vista gave beauty shops permission to reopen at midnight. The food pantry’s next door neighbor is a beauty shop.

I wanted to talk with the owner about our food distribution Saturdays. As our line of clients has grown longer, we moved food distribution outside and set up tables of food in the parking places in front of our suite. Rev. Tania Marquez and I spent a good part of the week trying to get ahold of the beauty shop owner to work out a way we could distribute food without making either her or her clients uncomfortable. With the way our suites are situated in the strip mall, we thought 100 or more pantry clients would at least have to walk by her front door.

Rev. Tania figured out how to reach the beauty shop owner the day before distribution.

Lizzie Grant volunteers every week at the pantry while she is home from studying anthropology at UC Santa Cruz

The beauty shop owner turned out to be as understanding as we could hope for. All she asked was that the pantry clients not use the parking spaces in front of our two suites. The strip mall has a big parking lot, so we could, and did, make that work. And over 100 pantry clients did walk right past her front door. We gifted her and the clients that were in her shop while we were there boxes of fresh produce to thank them for their understanding.

Those boxes of produce were part of a one-time donation I arranged early in the week. We were going to receive 100 boxes of produce packed with 20 pounds each of fresh fruits and vegetables that were in a warehouse in Carlsbad. Of course, that did not happen. Instead, we ended up with 104 boxes of produce from Imperial Beach, each box already packed with a pint of strawberries and bags of apples, oranges, broccoli, onions, potatoes, zucchini, yellow squash, and carrots. We handed these boxes out with big bags of rice we purchased with your donations and a recipe for a vegetable and rice casserole.

David Phillips, son of congregant Kay Phillips, volunteers at the pantry every week

For the first time, we also had the opportunity to educate pantry clients about additional money for qualifying households. The State is issuing extra EBT cards (Electronic Benefit Transfer cards) for a one-time cash benefit of an extra $365 per child for buying food. We handed out fliers in English and Spanish about this new benefit.

Elias Malouf helps us set up for food distribution every Saturday

I have no idea whether we will receive another donation of bulk food for this coming Saturday. I am planning to hand out a recipe and key ingredients for Cheesy Corn Spoon Bread using corn muffin mix and canned corn plus cans of chili con carne. The pantry is grateful for all this food with your donations. If you would like to volunteer with the pantry from home, we have a recurring need for volunteers to translate recipes into Spanish. Let me know if you’re available!
Calendar of Events

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

Saturday, June 6, 2020
Hillcrest Parking Lot Food Drop Off
Every Saturday, 8 am — 9 am. Look for Peter Woodbury’s white Toyota Sienna van.

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, June 7, 2020
Live Streamed Worship
Sundays, weekly, 9:30 am, https://www.firstuusandiego.org/

Social Hour

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.

Parents’ Lounge

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

Pagan Conversations

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

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 8, 2020
Coping With Chronic Conditions Support Group

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

Tuesday, June 9, 2020
Arts & Crafts Creative Social
June 9, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

Wednesday, June 10, 2020
First UU Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Join Robie! – Zoom Chat Open House

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 11, 2020
Women’s Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

The Way of Gratitude
Thursday, June 11, 2 pm, Webinar, Watch our website for more details.
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 Fuji, Social Justice Coordinator
Jenner Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Ray Evans, Maintenance
Mark Eppler, Event Coordinator

Board of Trustees

Rhiannon Smith, President
Sarah Ormond, Vice President
James Long, Treasurer
Angela Garcia-Sims, Secretary
Laura Ball, Andrea Gonzalez, Brian Krohne, Kathleen MacLeod
and Maureen McNair, Trustees

Important E-mail Addresses:
General First Church E-mail: mail@firstuusandiego.org
Order of Service submissions: oos@firstuusandiego.org
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): window@firstuusandiego.org
First Church Web Site: website@firstuusandiego.org
http://www.firstuusandiego.org (Main site)
http://www.firstuusandiego.org/uus-of-the-south-bay
(UUs of the South Bay)

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
www.firstuusandiego.org
Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

Contact the South Bay Campus (Chula Vista):
Unitarian Universalists of the South Bay
970 Broadway, Suite 101 & 104, Chula Vista, California, 91911
619-271-5017 • uusouthbay@firstuusandiego.org
www.firstuusandiego.org/uus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement