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.

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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 14, 2020 9:30 am
"Preparing for an Encounter" 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.

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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.

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Journey Toward Wholeness (JTW)
What Can I Do?
It’s our individual responsibility to educate ourselves about white supremacy. Three resources for you:
1) Read former intern, Rev. Adam Dyer’s, blog post “What Can I Do?”
https://spiritwellness.org/2020/05/29/what-can-i-do/
2) View Robin DiAngelo’s “Deconstructing White Privilege”
https://www.youtube.com/watch?v=DwLx3KQer54
(She’s the author of “White Fragility.”)
3) Read “75 Things White People Can Do for Racial Justice”
https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234
**What's Happening?**

**Social Hour**
June 14, 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 14, 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**
June 14, 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**

**Zoom Help**
Monday, June 15, 12 pm; Tuesday, June 16, 3 pm; or Wednesday, June 17, 6 pm, https://bit.ly/HelpWithZoom. Are you having trouble with Zoom, or have questions about how certain features work? Join an upcoming Zoom Help Meeting where there are no silly questions! Just choose the drop-in session that works for you. All of them have the same Zoom link. If you have had trouble joining Zoom meetings in the past and want some help before the meeting, please email jenner@firstuusandiego.org so that she can walk you through it.

**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, https://bit.ly/ParadiseBuilt. Join Rev. Kathleen for a second book discussion. This time we'll be discussing Rebecca Solnit's book A Paradise Built in Hell. Please sign up with, and receive room password from, Rose@firstuusandiego.org as there is a 12 person limit.

**Women's Chorus Rehearsal**
June 18, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

**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.

**Arts & Crafts Creative Social**
June 23, 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 Robbie! – Zoom Chat Open House**
June 24, 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, 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!

**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.

**GA 2020 Delegate Slate Full This Year!**
Thanks to the 13 delegates that have volunteered to be delegates to this year’s ZOOM GA! Other members and friends can register at http://UUA.org/ga to witness the great speakers, workshops and business sessions of the UUA, June 24 — 28. The Ware Lecture at General Assembly (GA) this year will be given by the award-winning author and climate justice activist, Naomi Klein. She has been profiled in The New Yorker magazine, where she was called “the most visible and influential figure on the American left—what Howard Zinn and Noam Chomsky were thirty years ago.” https://www.uua.org/ga/program/highlights/ware-lecture. Unfortunately, this year the Ware Lecture will only be available to those who have registered for General Assembly. However, for some streamed events, you do not need to be registered.
What's Happening?

Cosmos
Sundays (first), July 5, 1 pm — 3 pm, Online. 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.

Palestine-Israel Justice Team Book Discussion
Sunday, August 2, 4 pm, Online. Please join the Palestine-Israel Justice Team on Sunday, August 2 at 4 pm to discuss the book The Lemon Tree: An Arab, a Jew, and the Heart of the Middle East. This true tale of a simple act of faith and friendship between two people, one Israeli, one Palestinian, symbolizes the hope for peace in the Middle East. For information on obtaining the book, and joining the Zoom discussion, click here. Contact Cathy Pfister at keecat@cnpsd.com with questions.

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 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.

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!

Our latest Annual Report is available on our First UU website!

Our South Bay Campus

South Bay Social Hour
Sundays, weekly, 11 am, https://bit.ly/SBSocialHour. Join in for a South Bay Social Hour. The password will be provided during the worship service.

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 space 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 otherUU 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"
<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 from you
Email me back as soon as you get this message
peace,
Rev. Kathleen Owens
Save Your Used Markers and Pens!
Irene Grumman has approached the Family Ministries Team to help her with a project. She has found a firm that accepts used pens, markers, etc. for recycling in order to keep them out of landfills. Perhaps you have some that can be saved in a box until we meet, or when we can create an easy way to drop them off at church sometime in the coming months.

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, contact 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 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, 11:40 am — 1 pm, url https://bit.ly/FirstUUParentsLounge. Please note that Parents' Lounge will happen weekly during this time of physical distancing.

Virtual Meetings with Angela
To schedule an online appointment with Angela (to ask a question, propose an idea or just hang out), do so here: https://calendly.com/angelafujii/30min

Clean Energy Petition
You are encouraged to sign on to this petition 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 to learn about SB54 & AB1080-the California Circular Economy and Plastic Pollution Reduction Act. Call your state Senator and Assembly member and urge them to vote for the Plastic Reduction Act this session (especially if you live in Assembly member Maireschein's District 77).

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.
South Bay Food Pantry News

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
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 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.

June Food Pantry Hours
970 Broadway Suite 101, Chula Vista, CA 91911. Our food pantry distributes food every Saturday in June from 11 am — 12:30 pm.

Reserve Your Free Produce Box for Every Saturday in June
The Food Pantry usually serves about 100 heads of household every Saturday. We have accepted a donation of pre-packed 20-pound boxes of fresh fruits and vegetables for every Saturday in June. However, we have to accept 160 boxes of produce to receive this donation. The food pantry will have approximately 60 extra boxes of fresh produce we would love to share with you! Every box will contain a mix of high quality fresh, seasonal fruits and vegetables. We will not know in advance the specific selection. However, all boxes will be the same. If you would like pantry volunteers to reserve a box for you, please email Maureen or leave a message on the pantry phone by Friday night. You must pick up the box on Saturdays between noon and 12:30 PM.

Volunteer For The Pantry From Home!
* Share your favorite recipes for. Frugal shoppers for our Food Pantry cookbook
* Translate recipes into Spanish
* Submit 3 — 5 photos of your original art work for this page to Maureen on Mondays by noon.

If You Have Donated to the Food Pantry Fund...
And have not heard personally from Maureen a month after your donation, please contact her. Thank you!
There is synchronicity among food pantry managers. It happened again twice last week.

I recently accepted a donation of a new freezer blanket. I had never heard of a freezer blanket, and the pantry did not have one. It is a huge insulated blanket people use to cover refrigerated food. We had never needed a freezer blanket, but, one never knows. Newt Farris was kind enough to pick up and deliver it to the pantry.

Five days later, I received a phone call for our very first donation to the pantry that required refrigeration to transport. Dana Tomlinson and I, toting our new freezer blanket, picked up hundreds of containers of yogurt.

Last week turned out to be a very difficult week to get bulk fresh produce. By Friday, I had offers to pick up a total of 5,900 pounds of a big variety of fresh fruits and vegetables. But, I had to turn down all the offers because by the time I received the offers, the Tomlinson’s, who own the only pick up truck the pantry has been able to use so far, were out of town.

On Saturday morning, a few hours before our food distribution started, I went to the produce wholesaler. The warehouse was very low on stock, so the only produce I came away with was 200 pounds of bananas. Sara Ferguson also brought in 75 pounds of donated grapefruits. While the pantry was in good shape for distributing pantry goods, yogurt, and Chef Marcus Todd's homemade bread, we did not have anywhere near the amount of produce we needed.

Twenty minutes before our food distribution started, another pantry manager called me out of the blue. She said she was sending over a truck with 100 20-pound boxes, each packed with a big variety of fresh fruits and vegetables.

Our food pantry is definitely part of an interconnected web.

Before Dana and Loren Tomlinson left town for a long weekend, the three of us did pick up another big donation.

Several weeks ago, we had accepted a donation of Keto protein bars. The manufacturer offered us another donation of another 3,600 bags of protein bars. They don’t expire for a couple years and are shelf-stable. So we will be distributing the bags at the pantry for many months to come.

The protein bars also provide a nifty insight into food manufacturing.

I asked the donors why they were disposing of so much food. It turns out their company has one major client. That client wants new recipes. So, the protein bar manufacturer is back to research and development.

Moving forward, I think I have secured 160 20-pound boxes of fresh, seasonal produce for the remaining Saturdays in June!

Quite a few local produce distributors are pulling out of the USDA farm to table food donation program. But, I think I have found a program for this month. We have to accept two pallets, or 160 boxes, to receive this donation. The pantry usually serves about 100 families each week, so we will most likely have extra boxes to share. If you would like to reserve a box for your family, please email me or leave a message on the pantry phone by Friday night. You will need to pick up the box Saturday between noon and 12:30 PM at the pantry. We are happy to share this bounty with our congregants who give so much to us.
Friday, June 12, 2020
First UU Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusdiego.org.

Saturday, June 13, 2020
Hillcrest Parking Lot Food Drop Off
Every Saturday, 8 am — 9 am. 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 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@firstuusdiego.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@firstuusdiego.org.

Sunday, June 14, 2020
Live Streamed Worship
Sundays, weekly, 9:30 am, https://www.firstuusdiego.org/

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, url https://bit.ly/FirstUUSSocialHour, Meeting ID 824 042 297.

South Bay Social Hour

Parents' Lounge

First UU Youth Group
Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusdiego.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 15, 2020
Zoom Help
Monday, June 15, 12 pm, https://bit.ly/HelpWithZoom. Are you having trouble with Zoom, or have questions about how certain features work? If you have had trouble joining Zoom meetings email jenner@firstuusdiego.org so that she can walk you through it.

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.

Tuesday, June 16, 2020
Zoom Help
Tuesday, June 16, 3 pm, https://bit.ly/HelpWithZoom. Are you having trouble with Zoom, or have questions about how certain features work? If you have had trouble joining Zoom meetings email jenner@firstuusdiego.org so that she can walk you through it.

Wednesday, June 17, 2020
First UU Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusdiego.org.

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

Zoom Help
Wednesday, June 17, 6 pm, https://bit.ly/HelpWithZoom. Are you having trouble with Zoom, or have questions about how certain features work? If you have had trouble joining Zoom meetings email jenner@firstuusdiego.org so that she can walk you through it.

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

Thursday, June 18, 2020
Women’s Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lóe 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

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
619-238-9978 • 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