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

Hillcrest Services
9:30 am and 11:30 am

July 7, 2019
"Finding Pride in Troubled Times"
Rev. Kathleen Owens, Lead Minister
Music: Justin Murphy-Mancini

July 14, 2019
"Living Our Rainbow PRIDE Outloud"
Rev. Kathleen Owens, Lead Minister
Music: Alegria

South Bay Campus Location
970 Broadway, Suite 104
Chula Vista, CA 91911
619-271-5017

South Bay Bilingual Service
9:30 am

July 7, 2019
"Perfectly Imperfect"
"Perfectamente imperfecta"
Rev. Tania Márquez, Assistant Minister

July 14, 2019
"The Ever-Expanding Fabric of Community"
Rev. Ian W. Riddell, Minister of Music & Worship Arts

July Generosity Offering
Center for Community Solutions
Founded in 1969, Center for Community Solutions’ mission is to end relationship and sexual violence by being a catalyst for caring communities and social justice. CCS operates the only rape crisis center in the city of San Diego along with a countywide 24-hour bilingual crisis helpline. The agency also provides an emergency domestic violence shelter.

The deadline for the next issue of The Window is:
July 10 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email:
window@firstuusandiego.org
The Window submission maximum is 60 words
Uptown for the Homeless
The Uptown Community Service Center (UptownCSC.org) serves homeless families and individuals from its center on 30th street in North Park. Started 35 year ago by First UU Minister Emeritus, Tom Owen-Towle, Uptown is supported by a coalition of 10 San Diego churches and individual volunteers. Call the Operations Director, Keith Thomas, 619-542-9344, to find out about volunteer opportunities. See Dave Karpinski, our current appointee to the Uptown board, or volunteers Irene Grummman or Kathy Hughart for more information.

Job Postings
First UU is seeking an Interim Music Coordinator and a Pianist/Organist. Full job descriptions and information about how to apply can be found on our website, www.firstuusandiego.org.

Stipends for UUJM Ca Retreat
Sunday, August 4, Camp de Benneville Pines. Half off cost of the $270 adult cost for 4 night retreat. Stipend given by UUSC Fair Trade Table reserve account. Write paragraph to Kathy Smith, ksmith04@san.rr.com, concerning your areas of social justice interests and willingness to be on an organized forum at our church. This intergenerational retreat is an opportunity to connect to UUs across the state in a relaxing environment. Come to Imagine a Better World in Activism, Work to Create Climate Justice and more.

2019 Summer Break Camp for Adults
Saturday, August 10 — Wednesday, August 14, Camp de Benneville Pines. Retreat to the beauty of our mountain camp where UUs and like-minded friends share experiences and refresh their souls. Swimming, hiking, crafting, singing, star gazing, socializing, learning, and more—it's all happening during your "Summer Break." Find more information on the website at https://www.uucamp.org.

Job Opening at Chalice UU!
Chalice Unitarian Universalist Congregation is seeking a Director of Family Ministries. For more information about this job posting visit Chalice's website at: https://chaliceuucongregation.org.

UU Leadership Institute Courses
UUA online enrollment now through July 31. The UU Leadership Institute is offering two leadership classes this summer, Centered Leadership: Parts 1 and 2. Take one or both classes online. $30/class. The UU Leadership Institute is also offering a free 53 minute course online this summer, Resources of Love: Faithful and Successful Congregational Stewardship. The class is self-paced. Register at uuinstitute.org.

Singletarian Senior Singles Luncheon
Sunday, July 7, 12:30 pm, Kanda Thai Cuisine 3545 Midway Dr., #M, 619-224-3245. Contact Mac Downing home 619-542-9320.

Signing Social
Sunday, July 7, 1 pm — 2 pm, Library. Signing Social! Join us to practice communicating in American Sign Language, and build our signing community. All levels welcome - “voices off.” Contact Andrea Newall-Lockett at ellipsister@gmail.com.

Cosmos
Sundays (first), July 7, 1 pm — 3 pm, Room 323. 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. All are welcome and no previous attendance is required. We meet every month on the first Sunday of the month, with occasional interruptions.

Coping with Chronic Conditions
July 8 (second and fourth Mondays) from 1 pm — 2:30 pm, Common Room. This is a support group for members and friends of First UU Church of San Diego who deal with chronic and long-term physical conditions. Fragrance free event.

Pride Parade Preparation Potluck
Monday, July 8, 5:30 pm — 8:30 pm, Common Room. Join us, to share Pride with open minded people! After potluck (bring an item), we continue the Stonewall 50 legacy by making posters for the Unitarian Universalist Trolley immediately after eating and food clean up.
Active Shooter Training
Tuesday, July 9, 12:30 pm — 2:30 pm, Bard Hall. We will be holding an active shooter training for church staff and all interested members and friends. Our facilitator will be Carey Brooks of the City of San Diego’s Homeland Security Department. Carey has specifically tailored his presentation for Houses of Worship. He is a dynamic speaker and has a wealth of experience and knowledge in this subject. Don’t miss it!

Solace Visitation Resumes!
Tuesday, July 9, 6:30 pm, Common Room. After a nearly year-long moratorium on Solace visits to immigrants detained at Otay Mesa Detention Center, Solace has found a way forward and will commence making visits again! If you’re interested in getting involved or just want to learn more about our visitation program, join us for our regular monthly meeting on the second Tuesday of the month.

Book Lovers Affinity Group
Thursday, July 11, 6 pm, Room 320. Everyone is welcome to join our discussion of "The Death of Artemio Cruz" by Carlos Fuentes. The title character looks back on his life as a corrupt, wealthy politician. Contact Maureen at 619-427-1769, email memcnair948@gmail.com.

Memory Matters Gathering
Fridays (second and fourth), July 12, 9:30 am — 11:30 am, Bard Hall, with Kathy Gilbert, LCSW, and Gay Hybertsen. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in.

Kirtan and Potluck
Saturday, July 13, 5:30 pm — 7 pm, Common Room. It's a LUAU Party potluck so come in your colorful ALOHA gear and let's celebrate Island Style! We invite everyone to share their favorite Vegetarian dish. Come relax in peace and bathe in the beautiful transcendental sound vibrations of sacred mantras that feed and nourish the spirit soul. Contact James Long at kvolong1@gmail.com.

Rainbow Coffee Klatch
Sundays (second) July 14, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, July 14 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have song books and we use “Rise Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Email Connie Mack cmack5313@gmail.com or Ed McC Carroll EdMcC@comsimplicity.com.

Conscious Communication
Mondays, July 15 — August 29, 7 pm — 9 pm, The Welcome Center. Conscious Communication adult RE Classes will be held. For More information, email Tony Bianca at tony@firstuusandiego.org.

Monthly Board Meeting
Tuesdays (third), July 16, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), July 16, 6 pm, Room 114b. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards have to tell us.

Burrito Project
Thursdays (third), July 18, 7 pm, Common Room. Join the Young Adult group and help to assemble and distribute hundreds of burritos for those living with hunger and homelessness. All ages invited! Follow "Burrito Project San Diego" on Facebook for updates and information.

Flower Donations
Flowers for Sunday worship are needed. A special dedication in the Order of Service is a wonderful way to honor a special event or person in your life. Please contact Maggie Marshall at maggiemarshall2@gmail.com.

You can follow us on Twitter! Our user name is @firstuusd.
What's Happening?

UUJMCA Justice Journey to Tijuana
July 19-22 sponsored by the UU Justice Ministry of California. Connect with individuals directly impacted by our broken immigration system. Gain a deeper understanding of the issues compounding the immigration crisis. Discover your personal story and how you can connect to immigration. Learn how you can bring it home and make a difference. Partial scholarship available – contact Kathy Smith for more details. Go to http://www.uuborders.org/ to register, read testimonials and learn all about these amazing Journeys. For more information, contact Dennis Brown, Co-Chair of UUJMCA's Immigration Justice Action Team, Dennis.brown@uujmca.org, 781 572 2745.

Living the Homestretch
Saturday, July 20, 10 am, Bard Hall. Veva Arroyo from Sharp Health Care will lead a discussion on Hospice and Palliative Care. "Living the Homestretch" is an ongoing program for those of us in our later years that focuses on living these years to the fullest. Please contact Marv Pulliam at 619-564-6510 for further information.

Caregivers/Allies Support Group
Sundays (third), July 21, 11 am — 12:30 pm, Room 321. Are you in the position of being a caregiver/ally/support person for another person? First UU has started a group for reflection, emotional support, and spiritual deepening around the issues that surface for people in this role. Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

Fourth Monday Meeting of UU Men’s Fellowship
Monday, July 22, 6 pm, Common Room. The Men’s Fellowship will be having their usual Pot Luck & Discussion group meeting. We’ll eat between 6 pm and 7 pm, followed by a presentation and discussion about men’s issues.

South Bay Worship Planning Meeting
Saturday, July 27, 10 am, South Bay. Join us as we discuss worship, share ideas, and plan future services at South Bay. If you’re interested in being part of our worship services, don’t miss this meeting.

Save Your "Stuff" for the Specialty Sale
First UUSD will be holding a Specialty Sale on October 11 — 13 to raise money for the church. If you have collectibles (such as figurines and other small art pieces), jewelry, luggage or sporting goods that you no longer need, please hang on to them until this fall, and watch this space for an announcement of collection days. Want to help price, sort, or sell? Contact Rhea Kuhlman at 619-491-0664.

Gentle Reminder
Reading the Board meeting minutes and Ministers’ report is a great way to stay informed about all that is happening in our congregation. You can find those documents here: firstuusandiego.org/board-of-trustees-minutes and www.firstuusandiego.org/board-packet.

Did you know First Church has an Instagram? You can follow us on Instagram, our user name is @firstuusd. Get a glimpse of everyday life at First UU Church! Tag us in your pictures! #firstuusd

Want an announcement in the Window?
To better serve our community we ask that Window announcement submissions are in line with our Congregations vision and principles. Submissions should be under 60 words, the announcement needs to be connected to First UU as a congregation, and needs to be submitted no later than Wednesday at 8 am of the week requested to be placed in the Window to Rose Riedel, by emailing officeadmin@firstuusandiego.org. Include the title of the event, date, time, location, a brief description, and a person's name and contact information for the event. All announcements need to be appropriate for our congregation. Grammatical corrections and / or edits may be made in order for the announcement to be placed in the Window.
Volunteer Opportunities

RE Volunteers Needed
South Bay needs your help to meet the needs of our families. We're seeking volunteers that can help out with offering religious education classes to our children at South Bay. If you're interested in serving our community in this capacity, please contact Karla Alvarez-Malo at karla@firstuusandiego.org.

Nominating Committee Volunteers
Needed Immediately
The congregation voted to elect one member of the Nominating Committee at our Annual Meeting on June 9, however we need four more! The Nominating Committee nominates members of the Board of Trustees, members of the Social Justice Executive Committee, and members of the Journey Toward Wholeness Team. This work is central to the governance and mission of our community. If you are interested in taking on this important task and would like more details, contact Rhiannon Smith at: boardpresident@firstuusandiego.org.

Interfaith Homeless Shelter
Volunteers Needed
July 15 — 29, 2019. We are hosting a new LGBTQ-focused branch of the shelter this summer and will provide housing and meals for up to 12 guests at a time. Sign up on Sundays on the patio to provide evening meals, serve as an overnight host, transport guests to the laundromat, set-up / break-down and more! For information or questions, contact Angela@firstuusandiego.org.

Beloved Conversations

Beloved Conversations: Medications on Race & Ethnicity: Developed by Dr. Mark Hicks of Meadville Lombard Theological School, the program is serving more than 140 UU, Jewish, and Quaker congregations. Using a small-group format, 31 participants in the first of three First UU sessions explored the role of race and ethnicity in the themselves and the congregation.

You can learn more about Beloved Conversations and its impact on participants in other congregations from the following videos:
Why Beloved Conversations: https://vimeo.com/162554100 (10:22)

Contact Jan Garbosky (jgarbosky@cox.net) or Steve Howard (steveh4544@icloud.com) with your questions about Beloved Conversations and/or to let them know of your interest in the program.
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Chi Gung at South Bay with Lolly Brown
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DRUUMM POC South Bay Group
Saturday (third, every other month), July 20, 11 am — 1 pm, South Bay. DRUUMM POC: Creates space for an intergenerational collective to heal and work towards anti-racism in Unitarian Universalism. This group is for Black/African descent, Latinx, Asian/Pacific Islander, Indigenous, Middle Eastern, and people of color marginalized due to societal perception of race.

South Bay Worship Planning Meeting
Saturday, July 27, 10 am, South Bay. Join us as we discuss worship, share ideas, and plan future services at South Bay. If you’re interested in being part of our worship services, don’t miss this meeting.

Annual Volunteer Meeting
Sunday, August 31, 1 pm, South Bay. Planning meeting for South Bay Volunteers.

Mosaic Community Garden
Do you want to start growing your own organic food but don’t have the space or know how? Join the Mosaic Community Garden! Located at 960 Fifth Avenue, Chula Vista. Contact Karla Alvarez-Malo by email at karla@firstuusandiego.org if you would like to join us at the Community Garden.
Pride Parade Preparation Potluck
Monday, July 8, 5:30 pm — 8:30 pm, Common Room. Join us, to share Pride with open minded people! After potluck (bring an item), we continue the Stonewall 50 legacy by making posters for the Unitarian Universalist Trolley immediately after eating and food clean up.

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Want to be Involved with Social Justice?
If you would like to be involved with Social Justice click here to find upcoming social justice events and activities. If you know of any events and or activities that are not listed in the document please email Angela Fujii, Social Justice Ministry Teams Coordinator angela@firstuusandiego.org to add the event and or activity. Together we can and together we will.

Georgette Gomez
Meeting with San Diego City Council President
Housing, Homelessness and Sustainability Policies

Everyone is welcome
Wednesday, July 10th at 6:30pm
First Unitarian Universalist
Church- 4190 Front St, San Diego, CA 92103

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.org
**Children's Religious Education (CRE)**

**Religious Ed Leaders needed at South Bay**
We need your help to facilitate Sunday RE at South Bay! You can volunteer to lead the children in a simple, pre-planned lesson OR you might offer to share a skill, talent or special interest with the children for 30-45 minutes during Religious Education time. In the past, individuals have shared a variety of skills like tying knots, sewing, calligraphy, building a bird house, magic tricks, origami, 3-D printing, astronomy, and much more! Not sure if your skill translates to a hands-on project for kids? Let’s talk, we can likely find a way! So if you’re able to help out by sharing something you enjoy or by leading a simple lesson that Tony has pre-planned, please contact Tony at tony@firstuusandiego.org to schedule a Sunday.

You only need to commit for one Sunday (though you could certainly do more) and would need to be able to be at South Bay from 9:15 am – 10:45 am on a Sunday morning. We’re hoping to start the programming as soon as this Sunday, provided we have volunteers.

**Parent’s Lounge**
Our next Parent’s Lounge will take place on July 7 between services. Topic: Meeting with the Strategic Planning Committee.

**Summer RE Programming**
In keeping with our theme, “Just Community,” we will have one class for students ages 5–12 during the 9:30 am Service. That class will participate in a variety of community building activities, games and crafts. Between services, we have our new multi-generational RE experience: “The Conversation, Coffee and Coloring Patio Organization” or “C3PO”. C3PO will take place on the Patio between service where tables, chairs, and coloring supplies will be provided for any and all who’d like to attend. You can grab a coffee or snack and join us as we color and talk about whatever’s on our minds. Coloring is a great way for people of all ages to come together and create community across generations. We hope to see you there!

For more information about any of our Children’s Programming contact **Tony Bianca**.

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**Youth and OWL**

**Upcoming Sundays at First UU Hillcrest**

**This Sunday, July 7**, will mark the beginning of the Summer youth program. The 9:30 am youth group will be a mixed age group and will meet in Room 114b and will be structured around movies that reflect the monthly worship theme. This Sunday, the youth groups will explore the July worship theme of “Pride.” The 9:30 am Morning Movie Mix group will kick off the summer by watching an excerpt from the movie *Brave*, and will discuss the personal attribute of pride and how this trait can be both constructive and destructive. The 11:30 am YRUU youth group for youth in grades 9-12 will meet in Room 114b for a presentation by Crystalinda White about voting and voting rights.

**On Sunday, July 14**, the 9:30 am Morning Movie Mix group will celebrate the life of Harvey Milk. They will watch and discuss an excerpt from the movie *Milk*. The 11:30 am group will meet in Room 114b for check-in, games and some spirited discussion.

**On Sunday, July 21**, the 9:30 am Morning Movie Mix group will continue their examination of the many manifestations of pride. They will watch and discuss an excerpt from the movie *Birdcage*. The 11:30 am group will meet to check-in and talk about their experiences at last weekend’s San Diego Pride Festival.

**2019 Coming of Age Program**
The First UU Coming of Age program will begin this Sunday, July 7 at the South Bay Campus at 1 pm. This year’s program will be held alternately at both campuses to give our youth and their families the opportunity to explore and meet people at both Hillcrest and South Bay. The program has also been expanded to include children entering grades 6-8 to be more reflective of the current middle school system in San Diego.

**Morning After Mess Beach Clean-up!**
The First UU Youth Program, will sponsor their 13th annual beach clean-up on Friday, July 5, 9 am to 12 pm. Volunteers will meet at Mission Beach Park at Belmont Park located at 3000 Mission Blvd, in Mission Beach. Surfrider Foundation and I Love a Clean San Diego will have cleanup supplies, snacks, and water. Please contact **Käthe Larick**, youth programs coordinator, if you plan to come - all are welcome to participate.

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Tony Bianca, Program Assistant  
(619)398-4444  
Email: tony@firstuusandiego.org  
Our website

Käthe Larick  
Youth Programs Coordinator  
(619) 398-4440  
Email: kathe@firstuusandiego.org
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

Pam Bates Development Manager
(619) 398-4442
Email: pam@firstuusandiego.org

TALENT We need your Talent! The Generosity Ministry Team now meets during the day for one hour per month, and you can attend via conference call. There are many ways to contribute, and you can work on things you’re good at, in timeframes that work for you. Find out more from Pam@FirstUUsandiego.org.

TREASURE Ralph’s & Food4Less shoppers, THANK YOU! Over the last year, we’ve doubled the amount we received from grocery shoppers who registered First UU in the Ralph’s Community program so that the church gets a percentage of most purchases without additional cost. We’ve gained almost $500 since July 1, 2018. JUST IMAGINE what would happen if every member of the church used this feature every time they shop at these stores! Contact Pam Bates or any member of the Generosity Ministry Team for more information!

TIME If you shop on Amazon, is doesn’t take much time to make sure that First UU gets 2-10% of every purchase. Go to our website (firstuusandiego.org), scroll to the bottom of any screen, and click on the “Shop via Amazon” button. It will take you to Amazon and you proceed as you normally would, but now First UU gets 2-10% of every purchase!

What's happening in July? Stop by the Gift Card table on July 7 to order your gift cards for summer events like vacations and beach parties! To get out of the heat, pick up a restaurant or movie card - or both!

Connections

Looking to Connect With a Purpose?
The Social Justice Ministry Team offers many ways to connect with other folks here at church while working to make the world a better place. A shared passion for justice, environmentalism, fair elections, or reproductive rights can spark lifelong friendships and working relationships that can make a direct, positive impact in the community and the wider world. Connect with like-minded activists by volunteering your time, attending meetings, and planning ways to take action on causes you believe in through the work of the SJMT. To find out what people at First UU are working on and to jump into the action, please visit the Social Justice patio table on Sundays, or read about opportunities on our website:

http://www.firstuusandiego.org/social-justice

Becoming a Member Orientation
Sunday, July 7, 10:45 am and 12:45 pm, Room 321. Are you interested in membership? Come learn about what being a member of First UU Church means, how to start the process, and how to get more involved in this community. Questions? Contact Jenner@firstuusandiego.org.

Jenner Daelyn is the Connections Coordinator and Scheduler at First UU Church, and is happy to help you connect to activities, or to answer your questions about membership! She is in the office on Sunday - Thursday (scheduler hours 2:30 pm - 5:30 pm) and can be reached by email at jenner@firstuusandiego.org or by phone at 619-398-4443.
**Friday, July 5, 2019**

Qigong (chee-gun) for Wellness Class at FUUSD
Fridays, 9 am, Common Room. Based on Chinese medicine practices, Qigong clears and balances our physical and spiritual energies through gentle movement, meditative breathing and wellness exercises. Contact Mary Byrne Hoffmann marybyrneh@yahoo.com for info.

**Saturday, July 6, 2019**

Insight SD Sitting Group/Dharma Study
Saturdays, 9:30 am — 11:30 am, Room 323. This weekly Insight SD group begins with 30 minutes of sitting meditation (late arrivals welcome) and continues with introductions, a dharma talk, and sharing. For information, click here.

Dances of Universal Peace
Saturday, July 6, 7 pm — 9 pm, Bard Hall (every first Saturday). The Dances of Universal Peace use sacred chant, song, simple circle dances, and music to create an opportunity where hearts can open, spirits can soar, and a deeply-rooted peace can be experienced. No experience is necessary.

**Sunday, July 7, 2019**

Sunday Morning Meditation Sangha
Sundays from 9 am — 9:20 am, Room 323. All are welcome for a silent sitting meditation before Worship each Sunday. For more information, contact John Holl johnholl@cox.net or call 619-546-6525.

Hillcrest Worship Services: 9:30 am and 11:30 am, Meeting House (see front page for topics)
South Bay Worship Service: 9:30 am (see front page for topics)

Becoming a Member Orientation
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Signing Social
Sunday, July 7, 1 pm — 2 pm, Library. Signing Social! Join us to practice communicating in American Sign Language, and build our signing community. All welcome - "voices off." Contact Andrea Newall-Lockett at ellipsister@gmail.com.

Cosmos
Sundays (first), July 7, 1 pm — 3 pm, Room 323. 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.

Open-Heart Buddhist Sangha
Sundays from 4 pm — 6 pm, Room 323. Practicing in the tradition of Vietnamese Zen Master Thich Nhat Hanh. Bring a cushion or mat to sit on. Chairs will be available. Open to everyone; drop in.

**Monday, July 8, 2019**

Yoga
Mondays, 10 am — 11 am, Common Room. Yoga with a focus on self-care and stress relief, guiding our minds to focus on positive thoughts.

Coping with Chronic Conditions
July 8 (second and fourth Mondays) from 1 pm — 2:30 pm, Common Room. This is a support group for members and friends of First UU Church of San Diego who deal with chronic and long-term physical conditions. Fragrance free event.

Pride Parade Preparation Potluck
Monday, July 8, 5:30 pm — 8:30 pm, Common Room. Join us, to share Pride with open minded people! After potluck (bring an item), we continue the Stonewall 50 legacy by making posters for the Unitarian Universalist Trolley immediately after eating and food clean up.

**Tuesday, July 9, 2019**

Active Shooter Training
Tuesday, July 9, 12:30 pm — 2:30 pm, Bard Hall. We will be holding an active shooter training for church staff and all interested members and friends. Our facilitator will be Carey Brooks of the City of San Diego's Homeland Security Department. Carey has specifically tailored his presentation for Houses of Worship. He is a dynamic speaker and has a wealth of experience and knowledge in this subject. Don't miss it!

Sufi Healing with Jamil Larry Sweet
Tuesdays, 7 pm — 8 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact lswet@cox.net.
Wednesday, July 10, 2019

Wednesday Morning Meditation Sangha
Wednesdays from 10 am — 12 pm, Room 323. All are welcome for a silent, sitting meditation, followed by a discussion of practice, after which will be a Dharma talk, and discussion. Contact johnhall@cox.net or 619-546-6525.

Young Adult Group — Ages 24-35
Wednesdays, 7 pm — 9 pm in Room 323. Connect, grow, and unwind. Each week, someone leads a discussion, introduces a game, and we share food and laughter. Come build community with us!

Thursday, July 11, 2019

Chi Gung at South Bay with Lolly Brown
Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), July 11, 9:30 am — 11:30 am, Room 323. This monthly Insight San Diego group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. Current reading: Older and Wiser by Mu Soeng, Gloria Taraniya Ambrosia, and Andrew Olendzki. To sign up or find out more, click here.

Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), July 12, 9:30 am — 11:30 am, Bard Hall, with Kathy Gilbert, LCSW, and Gay Hybertsen. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in.

ISD Dharma Talk with Nikki Mirghafouri: "Got Enlightenment?"
Friday, July 12, 7 pm – 8:30 pm, Bard Hall. Insight San Diego will host a dharma talk with Nikki Mirghafouri, a Buddhist teacher and artificial intelligence scientist. Nikki will explore questions surrounding enlightenment: What is it, anyway? Should it be the goal of meditation practice? Does it happen suddenly or gradually? Is it out of reach for most of us, or can we hope to taste it in our very lives? Everyone welcome.

ISD Day of Mindful Practice with Nikki Mirghafouri
Saturday, July 13, 10 am — 5 pm, Bard Hall. Insight San Diego, invites you to a day of mindful practice with Nikki Mirghafouri, a member of the Spirit Rock Teachers Council and an artificial intelligence scientist. The agenda will include dharma talks, guided meditations, and small and large group dialogues around the theme “Awakening to Our Precious Life through Contemplating Death.” Registration required.

Kirtan and Potluck
Saturday, July 13, 5:30 pm — 7 pm, Common Room. It’s a LUAU Party potluck so come in your colorful ALOHA gear and let’s celebrate Island Style! We invite everyone to share their favorite Vegetarian dish. Come relax in peace and bathe in the beautiful transcendental sound vibrations of sacred mantras that feed and nourish the spirit soul. Contact James Long at kyojong1@gmail.com.

Rainbow Coffee Klatch
Sundays (second) July 14, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Unitarian Universalist Christian Study Group
Sundays (except first) July 14, 1 pm, Room 321.

The Hillcrest Folksong Circle
Sunday July 14 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have song books and we use “Rise Up Singing” and “Rise Again.”

Monthly Board Meeting
Tuesdays (third), July 16, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), July 16, 6 pm, Room 114b. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards have to tell us.

Burrito Project
Thursdays (third), July 18, 7 pm, Common Room. Join the Young Adult group and help to assemble and distribute hundreds of burritos for those living with hunger and homelessness. All ages invited! Follow “Burrito Project San Diego” on Facebook for updates and information.

Living the Homestretch
Saturday, July 20, 10 am, Bard Hall. The topic is Hospice and Palliative Care. This is part of an ongoing program that focuses on living our later years to the fullest. Please contact Marv Pulliam at 619-564-6510 for further information.

DRUUMM POC South Bay Group
Saturday (third, bimonthly), July 20, 11 am — 1 pm, South Bay. DRUUMM POC: Creates space for an intergenerational collective to heal and work towards anti-racism in Unitarian Universalism. This group is for Black/African descent, Latinx, Asian/Pacific Islander, Indigenous, Middle Eastern, and people of color marginalized due to societal perception of race.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Ian W. Riddell, Minister of Music and Worship Arts
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lorne 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:
Justin Murphy-Mancini, Organist/Pianist
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
Käthe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper/Controller
Pam Bates, Development Manager
Rose Riedel, Office Administrator
Angela Fuji, Social Justice Coordinator
Jennfer Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Epler, Event Coordinator

Board of Trustees

Rhiannon Smith, President
Sarah Ormond, Vice President
James Long, Treasurer
Laura Ball, Angela Garcia-Sims, 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