

The Window

A Weekly Publication



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

July's Transformational Theme: **Growth**

Join Us Online!

Sunday Morning Worship

July 12, 2020 9:30 am

"Abundant Life Is Calling" by 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.

July Generosity Offering San Diego Black LGBTQ Coalition

As the central hub for Queer Black life, the SD Black LGBTQ Coalition's primary focus is connecting people to resources, events, and outlets that provide opportunities to strengthen the community. To benefit Black LGBTQ individuals/families and become a 'strong, sustained and connected' community, the Coalition organizes events and recently launched an emergency fund for Black trans folks and a new scholarship fund. You can donate using 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?

A willingness to explore, reflect, & learn is how we grow. Two resources to reflect on:

- 1) Read "12 Steps of Recovery from White Conditioning:" <https://recoveryfromwhiteconditioning.com/>
- 2) View the 2018 General Assembly (GA) Ware Lecture (intro starts at 11:45) presented by Brittany Packnett & learn the difference between an ally & an accomplice: <https://www.uua.org/ga/past/2018/ware>

What's Happening?

Wanted You to Know...

Thank you so very much for your generous financial support to the Ministers' Discretionary Fund. We have been able to provide financial assistance to many individuals and families within our congregation in these difficult times. And, because of your generous donations, Rev. Tania and I want you to know that we were able to make a significant donation in the Church's name to the Minority Humanitarian Foundation. This foundation gives cash grants to immigrant and refugee families who are not eligible for any federal assistance. We also made a significant donation in the Church's name to City of Hope International Church in San Diego. Rev. Kathleen knows Bishop Fletcher through the San Diego Organizing Project and Bishop Fletcher wrote to say, "Thank you for hearing and responding to the call [he made at a SDOP meeting.] The gift from the body of believers at First Unitarian Universalist is graciously received and will be put to integral use in the lives of families. Thank you all." Tania and I are proud to serve a congregation that is so generous to our own congregation and to our larger community. Thank you!!!

~ Rev. Kathleen

First UU San Diego 2020 Congregational Survey

You are invited to complete our new congregational survey! This survey will help us to better meet the needs of this community in this unusual year, and your participation is very much appreciated. Please click the link to get started: <https://bit.ly/FirstUUSurvey2020>. Thank you so much!

Social Hour

Sundays, weekly, 10:30 am — 11:30 am, url <https://bit.ly/FirstUUSocialHour>, or call in at 1-669-900-6833, Meeting ID 824 042 297.

Pagan Conversations

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

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.

Annual Meeting Video Available through July

Did you miss the annual meeting on June 28? If you are a member of the church, then you can view it [here](#). The video will be available for viewing through the end of July. Please note *the meeting starts at 7:57*, advance the video to that point to avoid watching a static screen for almost eight minutes.

Conscious Communication

Mondays, through August 24, 7 pm — 9 pm, online. Based on the distinctions of Non-Violent Communication, the mindfulness and cognitive practices of the Zen Center of San Diego, and the teacher's study with Oren Jay Sofer, Focused Attention and Dr. Marshall Rosenberg, students will learn:

- A systematic approach to align our communication and actions with our personal values and spiritual aspirations
- Identify how habitual patterns of mind, behavior and language impede effective communication
- Develop effective tools for compassion and empathy
- Make "do-able" requests.

No previous experience is required. This is an eight week class, not a drop-in practice group. Enrollment will close after the first two weeks. Fee is donation based. Please purchase a copy of "[***Nonviolent Communication***](#)" by Marshall Rosenberg, or for more in depth learning "[***Say What You Mean***](#)" by Oren Sofer. Contact Ron Punit Auerbacher punit_92103@yahoo.com or 619-295-6864.

Summer Virtual Pick-Up Choir

Wednesdays, weekly, 7 pm — 8 pm, <https://bit.ly/FUUSDSummerChoir>, Meeting ID: 810 8642 8898, Password: 878890. Join us as we work on vocal technique, rehearse and learn to record virtual choral pieces for our Worship Services.

Memory Matters Gathering

Fridays (second and fourth), July 10, 9:30 am — 11:30 am, Online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. 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. Email hybertsen@att.net for the link to join.

Coping With Chronic Conditions Support Group

July 13, second and fourth Mondays, 1 pm, URL <https://bit.ly/CopingCCGroup>, or call 1-669-900-6833 with meeting ID 681-036-9317. Effective July 2020 our meetings will be held on the second and fourth Mondays of the month - we are no longer doing weekly meetings. New participants need to reach out to Chris Smith prior to attending a meeting at 619-300-7477 or email chris.smith7@cox.net to discuss our covenant and mission statement and receive the password to attend.

What's Happening?

Arts & Crafts Creative Social

July 14, 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.

Women's Chorus Rehearsal

July 16, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

Living the Homestretch

Saturday, July 18, 10 am, online at <https://bit.ly/LivingTheHomestretch>. Chris Smith and Peggy Holl will present information on First UU's Caring Ministry team. They will provide an overview of the services available, followed by breakout group discussions. After the groups re-gather, and report on their conversations, there will be a Q&A time. All are invited.

Monthly Board Meeting

Tuesday, July 21, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Join Robie!

July 22, second and fourth Wednesdays, 4 pm — 5 pm, url <https://bit.ly/JoinRobie> 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. Robie looks forward to this get-together!

San Diego City Council District 3 Candidates Forum

Thursday, July 30, 6 pm — 7:30 pm, online. Our Organizing 4 Justice group in collaboration with St. Luke's and the San Diego Organizing Project will hold a digital city council candidate forum with Stephen Whitburn and Toni Duran. Typically, we ask both candidates 3-4 questions coupled with specific requests regarding city policy. Everyone is encouraged to attend (regardless of where you live); please use [this link](#) to register. Email Angela@firstuusandiego.org if you'd like to get involved with planning.

Cosmos

Sundays (first), August 2, 1 pm — 3 pm, <https://bit.ly/CosmosFUUSD>. 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 are currently watching Mathematician and Physicist Brian Swimme's series, *Canticle to the Cosmos*.

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 keetcat@cipsd.com with questions.

Need Tech Help?

Whether you are having trouble accessing a Zoom meeting, figuring out an unfamiliar website, or struggling with a computer that is not doing what you are hoping it will do – we'd like to help! Please contact Jenner, jenner@firstuusandiego.org or 619-398-4443, who will connect you to volunteers who can take on your technical issues.

Virtual Meetings with Rev. Tania

To schedule a virtual appointment with Rev. Tania, do so online here: <https://calendly.com/tymt77/30min>.

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.

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.

Schedule a Meeting With Rose

Visit <https://calendly.com/uurose/30min> to schedule a meeting with Rose, our Office Manager. Ask questions, propose ideas, or stop by to say hello. Rose's virtual door is open!

Written Copies of Sermons Available

Have you ever wished you could remember or quote something from a Sunday service? Maybe you are one of those people for whom the written word is easier to access than the spoken word. If this sounds appealing to you, just send an email to Rose at rose@firstuusandiego.org requesting the sermon for a particular date. She will send you a copy of the sermon for you to enjoy.

Our latest Annual Report is available on our
[First UU website!](#)

What's Happening?

Our South Bay Campus

South Bay Social Hour

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

Small Group Facilitators Wanted

Rev. Tania is looking for small group facilitators for Wisdom Circles and other identity based groups. If you're interested, fill out this form: <https://forms.gle/fUSDDzbfKnMxqtK8>

South Bay Singers Rehearsal

Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

El Puerto / The Harbor:

Canceled for July 15 while Rev. Tania is on vacation.

Social Justice

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>

Climate Justice News

Thursday, July 16, 5:30 pm, online. Please join with UU congregants around the US to watch the award-winning documentary *The Condor & The Eagle* in English with Spanish subtitles. Four indigenous environmental leaders journey from the Canadian plains to the Amazon jungle to unite the peoples of North and South America and deepen the meaning of "climate justice." For more information, [click here](#).

Fact: "A McKinsey study found that from 2000-2004, the number of garments purchased each year by the average consumer increased by 60% in the US"

Tip: "One of the best things you can do is conserve: Buy less, and buy longer-lasting garments such as those made with 100 per cent cotton, hemp, or linen. Wash them less, and use cold water on the delicate cycle. One study found that, unlike synthetic fabrics, natural fabrics don't trap smelly compounds produced by bacteria. They're also easier to recycle. Plus, synthetic fabrics shed up to 1.5 million toxic plastic micro-fibers per laundry load."

**Sierra Magazine, July/August 2020*

San Diego City Council District 3 Candidates Forum

Thursday, July 30, 6 pm — 7:30 pm, online. Our Organizing 4 Justice group in collaboration with St. Luke's and the San Diego Organizing Project will hold a digital city council candidate forum with Stephen Whitburn and Toni Duran. Typically, we ask both candidates 3-4 questions coupled with specific requests regarding city policy. Everyone is encouraged to attend (regardless of where you live); please use [this link](#) to register. Email Angela@firstuusandiego.org if you'd like to get involved with planning.

Family Ministry

New Children's Zoom Offerings

For the summer months we'll be offering two new children's and multi-generational Zoom groups:

Magical Mondays! - Join us every Monday at 6 pm as we learn magic tricks and use those tricks to talk about our values, principles and how we can act on them to change the world. The focus of the hocus pocus will be on the children, but families and individuals of all ages are welcome!

Saturday Science, Stories and Songs - We'll gather in Zoom each Saturday at 10 am to learn about animal life cycles, tell stories and do some fun musical activities that will get you up and moving!

There will be NO 2 pm Children's Zoom on Saturdays.

For the safety of our children the zoom links for these meetings are not public, to request information contact tony@firstuusandiego.org.

NEW Parents' Lounge Link

Sundays, weekly, 11:40 am — 1 pm, url <https://bit.ly/ParentLounge>. Meeting ID: 873 6793 7478, Password: 504406. Parents' Lounge will continue to meet on Sundays at 11:40 am but the link has changed. Join us this Sunday, July 12, for a conversation with Rev. Kathleen as we discuss how we can center families - and especially families of color - in our congregation, discuss next steps for moving our racial justice work forward, and follow up on creating a Parent Advisory Team that will work with our Ministers and Staff to help implement our Religious Education Programming.

Senior High Youth

Youth in grades 9-12 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.

Middle School Youth Group

The summer Middle school group for youth in grades 6-8 is going to start mid-July. The curriculum we will use will combine three different curricula that use episodes of *The Simpsons*, *The Twilight Zone*, and popular PG-rated movies. We will watch the episodes (or movie excerpts) and then discuss how these relate to our UU values and the monthly worship theme. To get more info, contact Käthe at kathe@firstuusandiego.org.

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.

South Bay Food Pantry News

New Food Pantry On-Site Donation Program

Hillcrest Parking Lot Food Drop Off

We're moving our Hillcrest Parking Lot Food Drive from weekly to monthly. Starting Saturday, August 15, pantry volunteers will pick up food donations in the Hillcrest parking lot only on the **third Saturday of each month**. The pick up time will remain the same, 8 am — 9 am. *There will not be another donation pick up during July.* Please watch this space for information on our most needed and elusive items.

South Bay Campus

Drop off bagged or boxed food
every Saturday from
9 am — 10 am

We need toilet paper, paper towels, disposable forks, knives, and spoons as well as healthy food to distribute to our unsheltered pantry clients such as jerky and light-weight canned food with pop top lids — Vienna sausages, soups etc.



Fresh Produce Boxes Are Back!

We will probably receive the 22 lb boxes of fresh produce every Saturday in July. We will have extra boxes. If you would like to reserve one or more, please email Maureen. Please pick up the box on Saturday from the South Bay Social Hall between noon and 12:30 pm. The boxes contain a variety of very fresh produce such as lettuce, carrots, yellow squash, zucchini, onions, russet potatoes, apples, oranges, and strawberries.



Volunteers Opportunities Open for Food Pantry University Training

Wednesday, July 15, 2:30 pm — 3:30 pm. A free, one-time training opportunity is available for people interested in receiving training to help our pantry get free food and hygiene products from a local retailer. If you would like to attend, please contact Maureen.

Call for Diaper Program Volunteers!

Our new Diaper Program needs its initial team of volunteers. If you are interested in picking up diapers and delivering them to the pantry or distributing diapers from the pantry, please attend an informational Zoom meeting. The team who commits to the work also gets to shape how and when this program will operate. Please email Maureen if you are interested.



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. Donate online <https://www.firstusandiego.org/donations.html>. 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.

Invitation to Submit Art for this Page

If you would like to submit art for this page, please let Maureen know and send photos of your art to her by Monday.

If You Have Donated to the Food Pantry...

And have not heard directly from Maureen, please contact her!

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. It is open to the public Saturdays from 11 - 12:30 PM and to congregants by appointment.

Contact

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

**The South Bay Food Pantry Distributed
Over 19,300 lbs of Food in June!**

Our Pantry is Now Part of the SD Food Bank!

by Maureen McNair

Tomorrow morning while some of you are having your first cup of coffee or perhaps are still sleeping, a small team and I will already be at the Miramar warehouse operated by the San Diego Food Bank to pick up our very first order of food. Getting food from their warehouse is so easy! Instead of spending hours every week chasing down feral food in borderland warehouses, all I had to do was spend a few minutes to log-in to our account, read a menu of available food, select our purchases, and pre-schedule an appointment to pick it all up.

Partnership with a major food bank is a pivotal event for our pantry.

Every week, for the past 6 months, I have not known where I would get enough food to feed our pantry clients on distribution day. And, at one point, we distributed food three days a week. It amazes me that there is so much available food to a homeless food pantry. In June alone, our pantry still distributed over 19,300 pounds of food! Using the formula from Feeding America, that means that in June, our little pantry distributed the equivalent of over 16,000 meals. Your donations have gone a long way!

Partnership with the SD Food Bank might not increase the number of tons of food we distribute. However, the partnership will do two important things. First, it will assure us that we can get food. Second, the partnership frees up my time to do program development.

Last week, I wrote about the pantry's new diaper distribution program. If all goes according to plan, we will distribute free diapers starting this Saturday.

Now, I am developing two more food sourcing programs available to us through the San Diego Food Bank.

First, our pantry will participate in the warehouse food pick up program every week. I will pre-order that food.

To practice safe physical distancing, the SD Food

Bank is requiring pick up by appointment only, not allowing slack time for tardiness, and limiting the amount of time representatives from each pantry can be on their premises to 45 minutes. In addition, only four people from each pantry can be at a food pick-up. Two of them have to stay at the loading dock, and two may go inside to shop. It is always important to have various teams available for every job. So, if you would like to make yourself available to

help with food pick-up occasionally, please let me know.

Second, pantry volunteers have a training opportunity to learn how we can pick up free food and hygiene products from a local grocery store.

Grocery stores glean food and other products off their shelves every week based on

shoppers' habits. After training, we will be assigned a grocery store where we can pick up those items. One of our pantry partners which I have written about here before, received so many extra gleaned products last week that they gave some to us. We received such items as a case of cooking spray, a carton of Skittles, a carton full of boxes of vitamins, and a host of hygiene products ranging from soap to hair brushes. We set these miscellaneous items out on tables on distribution day and offer pantry clients the choice of one or two items.

If you would like to receive the training to rescue food and hygiene products from a grocery store, please contact me. The training will be at the San Diego Food Bank on Wednesday, July 15 from 2:30 - 3:30 pm. I will send you the registration link.

The individual members and friends of this congregation want this food pantry to exist. Together, we are doing great work in a community that needs and appreciates us. Thank you for your continued donations made directly to the South Bay Food Pantry. Those monthly donations made directly to the South Bay Food Pantry will be the measure moving forward of how much food we purchase from the Food Bank and distribute every week. Thank you again so much!



James Floros is CEO of the San Diego Food Bank

Calendar of Events

Friday, July 10, 2020

Memory Matters Gathering

Fridays (second and fourth), July 10, 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link to join.

Senior High Youth Movie Nights

Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Saturday, July 11, 2020

South Bay Campus Food Drop Off

Drop off bagged or boxed food every Saturday from 9:30 am — 10 am.

Children's Zoom Meet-Up Preschool to Grade 5

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 from 11 am — 12:30 pm.

Sunday, July 12, 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.

South Bay Social Hour

Sundays, weekly, 11 am, <https://bit.ly/SouthBaySH>. Join in for a South Bay Social Hour. Password provided during worship service.

Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm, url <https://bit.ly/FirstUUParentsLounge>.

Senior High Youth Group

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

Pagan Conversations

Sundays, weekly, 1 pm — 2:30 pm, Meeting Link: <https://bit.ly/PaganConversations> Meeting ID: 535-853-700.

Open Heart Sangha

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

Monday, July 13, 2020

Coping With Chronic Conditions Support Group

July 13, second and fourth Mondays, 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, July 14, 2020

Arts & Crafts Creative Social

July 14, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>.

Wednesday, July 15, 2020

Senior High Youth Game Days

Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Summer Virtual Pick-Up Choir

Wednesdays, weekly, 7 pm — 8 pm, <https://bit.ly/FUUSDSummerChoir>, Meeting ID: 810 8642 8898, PW: 878890.

Thursday, July 16, 2020

Women's Chorus Rehearsal

July 9, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

POSTMASTER: Please send address changes to
The Window, 4190 Front Street, San Diego, CA 92103-2098

First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, CA 92103-2098
Phone: 619-298-9978
E-mail: mail@firstuusandiego.org

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. Frank Piccone-Willey,
Rev. Julie Forest, and Rev. Katy Swanson
Affiliate Community Ministers
Rev. Dr. Carolyn S. Owen-Towle, *Minister Emerita*
Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

Music Staff:

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*
Jenner Daelyn, *Connections Coordinator and Scheduler*
Tony Bianca, *RE Program Assistant*
Ray Evans, *Maintenance*
Mark Epler, *Event Coordinator*

Board of Trustees

Sarah Ormond, **President**
Rev. Julie Forest, **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](mailto>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