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

July 21, 2019
"New Worlds, Terrifying Monsters, and Impossible Things"
Rev. Ian W. Riddell, Minister of Music & Worship Arts
Music: Justin Murphy-Mancini

July Generosity Offering
Center for Community Solutions
Center for Community Solutions aims to end relationship and sexual violence by being a catalyst for caring communities and social justice. CCS provides hospital and court accompaniment as well as legal and counseling services for those affected by domestic violence, sexual assault and stalking.

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

South Bay Bilingual Service
9:30 am

July 14, 2019
"The Ever-Expanding Fabric of Community"
"El tejido cada vez más amplio de la comunidad"
Rev. Ian W. Riddell, Minister of Music & Worship Arts

July 21, 2019
"The Gospel Of John, Paul, George and Ringo"
"El evangelio de John, Paul, George y Ringo"
Rev. Julie Forest, Affiliate Community Minister

The deadline for the next issue of The Window is:
July 17 (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
Change in Hours for Pam Bates
We want to share that Pam Bates, our Development Manager, will now be part-time as she moves into another position with a different employer in a full-time position. We are glad that she will continue in a part-time role with us as we assess our needs and create a process for moving forward. Rev. Kathleen, Rev. Tania and Robie will be discussing ways to continue support for our Generosity Ministry Team and will have more information in August.

Ways to Support Homeless through Uptown
Uptown Community Service Center (UptownCSC.org), located at 3725 30th Street in North Park, provides regular mail support, food, clothing, hygiene products and computer support to the homeless and other needy individuals. Contributions of new and good used underwear, clothing, blankets, backpacks, sleeping bags, and small toiletries are collected each Sunday in the Uptown barrel. Funds can be contributed through the website. Volunteers work 3-hour shifts at the center, 9 am to 12 noon and 12 noon to 3 pm each weekday and 10 am to 1 pm on the first Saturday each month. Call Operations Director, Keith Thomas, 619-542-9344, for volunteer opportunities.

Save the Date
The weekend of Aug 2 — 4, Rev. Marta Valentin and Rev. Roger Bertschausen will be leading our congregation in a visioning process. There will be details soon, but they expect our congregation to be part of this process on Friday evening and Saturday morning.

Save the Date
We're having a Farewell party for Rev. Ian Sunday, August 25, 1 pm, Bard Hall. If you are interested in helping with this event, please contact Rev. Tania Márquez or Rev. Kathleen Owens. If you would like to contribute to his gift contact Robie Evans, Dir. of Operations at robie@firstuusandiego.org.

Sunday Flower Power
You and/or your group have a once-a-year opportunity to bring beauty and a message to the worship in the Meeting House by providing a flower arrangement or display. Do you want to voice your story, your roots, your UU values? Maggie can help spark your imagination and guide you in your creativity. It’s a joyful experience which creates connections with others. Contact: maggiemarshall2@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.

Pride Parade Info
Saturday, July 13. Contingent name: Unitarian Universalists of San Diego, line-up number: 87, staging zone: G, check-in point: Green (click here for a map of the staging areas); start moving estimate: 11:20 am and step-off onto the parade route estimate: 11:52 am. If you are joining the contingent on foot, please plan to arrive at the staging zone/area around 11 am, in order to meet up with the trolley before it starts moving. Trolley riders should have received an email from Angela with details about meet-up and departure times. If you are planning to ride on the trolley and have not heard from Angela, please contact her directly at angela@firstuusandiego.org. Note: there is a free shuttle from the Old Naval Hospital to the parade (Essex & Richmond St., one block south of University Ave.) from 7 am – 3 pm but the parking lot may fill up early so you'll want to plan accordingly.

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 in the beautiful transcendental sound vibrations of sacred mantras that feed and nourish the spirit soul. Contact James at kyolong1@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.

Singletonarian Senior Singles Luncheon
Sunday, July 14, 12:30 pm, Red Lobster 3760 Sports Arena Blvd, 619 226-1057. Contact Mac Downing home 619-542-9320.

Our latest Annual Report is available on our First UU website. Find it in the members area! http://www.firstuusandiego.org/members-area.

It’s hot out there! If you need a place to cool off, come to our Hillcrest campus during office hours (Monday through Friday, 10 am to 5 pm) and we'll turn on the air conditioner for you. Check in at the front desk and we'll make sure you have a cool space in the Welcome Center or Common Room. If you have questions, feel free to call Robie Evans, Director of Operations, at 619-398-4433.
What's Happening?

The Unitarian Universalist Christian Study Group
Sundays (except first) July 14, 1 pm, Room 321. “The care and metaphysics of the soul.” Dharma talk led by R. J. Palmer based on Mark 8:37. "What does it profit a man to gain the whole world, yet forfeit his soul?"

Pagan Conversations
Sunday, July 14, 1 pm — 2:30 pm, in room 323. We will be discussing this month's church theme Pride.

Signing Social
Sunday, July 14, 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.

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." 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. Connie Mack emack5313@gmail.com or Ed McCarrl EdMcC@comsimplicity.com.

Conscious Communication
Mondays, July 15 — August 29, 7 pm — 9 pm, Welcome Center. Conscious Communication adult RE Classes will be held. 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 323. 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.

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.

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.

Join the San Diego Friends of de Benneville
July 21, 5 pm Social Hour, 6 pm potluck, 7 pm meeting. At the Woodbury’s in Chula Vista. Newcomers Welcome. Call/email for directions. 619-397-0993 uuyanke@gmail.com.

Coping with Chronic Conditions
July 22 (second and fourth Mondays) from 1 pm — 2:30 pm, Common Room. 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.

Fourth Monday Meeting of UU Men's Fellowship
Monday, July 22, 6:00 pm — 8:30 pm, Morley Field, located in Balboa Park at 2221 Morley Field Drive, San Diego, CA 92104. Picnic in Morley Field. We will meet in front of the tennis courts at about 5:30 pm and start eating at 6 pm. Bring a chair and a dish to share. The fellowship will provide utensils, plates, glasses, soft drinks, franks, hamburgers, vegetarian fare and a fire. If you have other dietary restrictions, please provide for them yourself. We will also have some, yet to be determined, outdoor activities. Here are the directions to the Picnic site - From University Avenue in North Park go South on Texas Street. Cross Upas Street into the Morley Field Recreation Area. As you see the swimming pool dead ahead, turn into the parking area in front of the tennis courts. We will be right there with a grill and tables.
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.

Stipends for UUJM Ca Retreat
Sunday, August 4, Camp de Benneville Pines. Half off cost of the $270 adult cost for four 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.

Cosmos
Sundays (first), August 4, 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.

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.

Addressing the Climate Crisis Through Meditation and Action
Monday, September 9, 6:30 pm - 8:30 pm, Bard Hall. It's natural to feel much insecurity about our planet's future when we see increasing evidence of the climate crisis. Do we wonder if individuals and communities working from this day forward have the power needed to enact significant change? And can mindful awareness empower us to find a place of refuge, nourishment and inner wisdom? Through small group discussion and short meditations, we will explore our moral authority and power. Please join us. No meditation experience required. This program is provided by the Social and Climate Justice Groups of InsightSD and First UU plus SanDiego350. Questions? Contact Bev Harju, hariubeverly@gmail.com or 252-258-1212.

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 course is self-paced. Register at uuinstitute.org.

GARDEN FLOWERS

AZALEA  BEE BALM  BEGONIAS  CALLA LILIES  CARNATIONS
CLEMATIS  CLOVER  DAFFODILS  DAISIES  GARDENIAS
HOLLY HOCK  IRIS  LILACS  MARIGOLDS  ORCHIDS
FANSIES  POPPIES  ROSES  SUNFLOWERS  SWEETPEA
TULIPS  VIOLETS  WISTERIA  YARROW  ZINNIAS
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@firstuu sandiego.org.

Nominating Committee Volunteers Needed
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@firstuu sandiego.org.

First UU Welcomes Shelter Guests
For two weeks (July 15-29), the Common Room and Room 113 will be home to up to 12 guests on a nightly basis through the Interfaith Shelter Network’s rotational shelter program. Thanks to those of you who have signed up as volunteers! Angela will be hosting an orientation/training this Sunday, July 14 from 1-2:30 pm in the Common Room – this is an opportunity for new volunteers to meet others and learn about shelter logistics/operations and for returning volunteers as a refresher and to ask any questions.

Beloved Conversations

Beloved Conversations: Meditations 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.
Save The Date
The weekend of Aug 2 — 4, Rev. Marta Valentín and Rev. Roger Bertschhausen will be leading our congregation in a visioning process. There will be details soon, but they expect our congregation to be part of this process on Friday evening and Saturday morning.

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, contact Karla Alvarez-Malo by email at karla@firstusuandsiego.org.

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.

Living the Homestretch
Saturday, July 20, 10 am, Bard Hall. Veva Arroyo from Sharp HealthCare 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.

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.
Social Justice

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.org

Lights for Liberty, Close the Camps - San Diego
Friday, July 12, 5 - 9 pm @ Larsen Field – 4100 Camino de la Plaza, San Ysidro, 92173. Lights for Liberty and Coalition to Close the Concentration Camps – San Diego are collaborating to unify our communities with one event at Cesar Chavez Park at Larsen Field in San Ysidro this Friday, July 12. This is a peaceful vigil led by a coalition of parents, children, families and community groups. Bring your signs and join them – some of our ministerial team will be there and they encourage you to attend! More information and exact location here.

Pride Parade Info
Saturday, July 13. Contingent name: Unitarian Universalists of San Diego, line-up number: 87, staging zone: G, check-in point: Green (click here for a map of the staging areas); start moving estimate: 11:20 am and step-off onto the parade route estimate: 11:52 am. If you are joining the contingent on foot, please plan to arrive at the staging zone/area around 11 am, in order to meet up with the trolley before it starts moving. Trolley riders should have received an email from Angela with details about meet-up and departure times. If you are planning to ride on the trolley and have not heard from Angela, please contact her directly at angela@firstuusandiego.org. Note: there is a free shuttle from the Old Naval Hospital to the parade (Essex & Richmond St., one block south of University Ave.) from 7 am – 3 pm but the parking lot may fill up early so you'll want to plan accordingly.

First UU Welcomes Shelter Guests
For two weeks (July 15-29), the Common Room and Room 113 will be home to up to 12 guests on a nightly basis through the Interfaith Shelter Network’s rotational shelter program. Thanks to those of you who have signed up as volunteers! Angela will be hosting an orientation/training this Sunday, July 14 from 1 pm - 2:30 pm in the Common Room – this is an opportunity for new volunteers to meet others and learn about shelter logistics/operations and for returning volunteers as a refresher and to ask any questions.

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.

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.
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@firstuuusandiego.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 programing as soon as this Sunday, provided we have volunteers.

Parent's Lounge
Our next Parent's Lounge will take place on August 4 between services. Topic: TBA.

Summer RE Programming
Throughout the summer 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 multigenerational 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 Kathleen Swift.

Youth and OWL

Upcoming Sundays at First UU Hillcrest
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.

On Sunday, July 28, the 9:30 am Morning Movie Mix group will wrap up their discussion the July worship theme by watching and discussing an excerpt from the movie, Pride. Based on a true story, the film depicts a group of lesbian and gay activists who raised money to help families affected by the British miners’ strike in 1984. The 11:30 am group will meet and celebrate the graduating seniors before they leave for their next adventure!

Käthe Larick
Youth Programs Coordinator
(619) 398-4440
Email: kathe@firstuuusandiego.org

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

Kathleen Swift
Director of Family and Lifespan Ministry
(619) 398-4438
Email: kswift@firstuuusandiego.org
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

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

"It's actually everybody's responsibility to use whatever platform they have to do good in the world."
-Megan Rapinoe

TALENT If you have a Talent for pricing, sorting, staging, or conducting a sale, we need you! A Specialty Sale for collectibles, Jewelry, luggage, and sporting goods is planned for October. Who can help? I know you're out there! Call Rhea Kuhlman at 619-491-0664.

TREASURE Your junk can be First UU's treasure! If Spring Cleaning means getting rid of a car, truck, motorcycle, boat, or other vehicle, you can make it easy by donating to your community. Look on our website under "Giving", or call (877) 537-5277.

TIME Do you know how to PARTY?? Do you like creating events where people get together and enjoy themselves? You can use that skill to contribute to First UU. For more information, contact Pam Bates at pam@firstuusandiego.org.

FIRST UU's Bed & Breakfast Program

Nedra Bikel, Marcia Biller, & Jan Garbosky are happy to answer your questions!
Or, email BedBTeam@firstuusandiego.org
SIGN UP ONLINE!
www.firstuusandiego.org/bed-and-breakfast-program

Connections

Great things are done by a series of small things brought together. ~ Vincent Van Gogh

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:

www.firstuusandiego.org/social-justice

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 12, 2019
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. Ongoing, drop in.

ISD Dharma Talk with Nikki Mirghafori: “Got Enlightenment?”
Friday, July 12, 7 pm – 8:30 pm, Bard Hall. Insight San Diego will host a dharma talk with Nikki Mirghafori, 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.

Saturday, July 13, 2019
Insight SD Sitting Group/Dharma Study
Satrurdays, 9:30 am — 11:30 am, Common Room. 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.

ISD Day of Mindful Practice with Nikki Mirghafori
Saturday, July 13, 10 am – 5 pm, Bard Hall. Insight San Diego, invites you to a day of mindful practice with Nikki Mirghafori, 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. Contact James Long at kvolong1@gmail.com.

Sunday, July 14, 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)

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.

Singletarian Senior Singles Luncheon
Sunday, July 14, 12:30 pm, Red Lobster 3760 Sports Arena Blvd, 619 226-1057. Contact Mac Downing 619-542-9320.

The Unitarian Universalist Christian Study Group
Sundays (except first) July 14, 1 pm, Room 321. “The care and metaphysics of the soul.” A dharma talk led by R. J. Palmer based on Mark 8:37. “What does it profit a man to gain the whole world, yet forfeit his soul?”

Signing Social
Sunday, July 14, 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.

Pagan Conversations
Sunday, July 14, 1 pm — 2:30 pm, in room 323. We will be discussing this month's church theme Pride.

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.

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.”

Monday, July 15, 2019
Yoga With Toni Turbyfill
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.
**Tuesday, July 16, 2019**

**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 [jsweet@cox.net](mailto:jsweet@cox.net)

**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 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards have to tell us.

**Wednesday, July 17, 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 [johnhoff@cox.net](mailto:johnhoff@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 18, 2019**

**Chi Gong at South Bay with Lolly Brown**
Thursdays at 9 am, South Bay Campus. Incense Chi Gong 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.

**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.

---

**Upcoming Events**

**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.

**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.

**Join the San Diego Friends of de Benneville**
July 21, 5 pm Social Hour, 6 pm potluck, 7 pm meeting. At the Woodbury's in Chula Vista. Newcomers Welcome. Call/email for directions. 619-397-0993 [uyuyankeegmail.com](mailto:uyuyankeegmail.com).

**Coping with Chronic Conditions**
July 22 (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.

**Fourth Monday Meeting of UU Men's Fellowship**
Monday, July 22, 6:00 pm — 8:30 pm, Morley Field, located in Balboa Park at 2221 Morley Field Drive, San Diego, CA 92104. Picnic in Morley Field. We will meet in front of the tennis courts at about 5:30 pm and start eating at 6 pm. Bring a chair and a dish to share.

**Insight SD Greeting the Heavenly Messengers Affinity Group**
Thursdays (second and fourth), July 25, 9:30 am — 11:30 am, Room 323. This twice-monthly **Insight San Diego** group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. To sign up or find out more, [click here](#).

**Dances of Universal Peace**
Saturday, August 3, 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.

**Cosmos**
Sundays (first), August 4, 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.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Ian W. Riddell, Minister of Music and Worship Arts
Rev. Tania Máquez, Assistant Minister
Rev. Jim Grant and Rev. Lóné 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
Jenner Dae, 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 Krehm, 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