The Window
A Weekly Publication
First Unitarian Universalist Church of San Diego

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 19, 2020 9:30 am
"PRIDE" 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?
1) Watch Phil Vischer’s “Race in America:"
https://www.youtube.com/watch?v=AGUwcs9qJXY&feature=youtu.be
2) Read the National Museum of African American History & Culture’s “Being Anti-racist”
https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist
3) View Verna Myers’ TED Talk “How to Overcome Our Biases.”
https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk.boldly_toward_them/discussion#t-176
**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/FirstUUSSurvey2020](https://bit.ly/FirstUUSSurvey2020). Thank you so much!

**Pride Live 2020**

There are various PRIDE events happening this week and the big event will be on Saturday, July 18 starting at 10 am – 6 pm. You can watch it here [sdpride.org](http://sdpride.org) and the theme is “Together We Rise.” Our Sunday, July 19, PRIDE service, 9:30 am, [https://www.firstuusandiego.org/](http://www.firstuusandiego.org/) will include reflections from a variety of members and friends of our congregation.

**Social Hour**

Sundays, weekly, 10:30 am — 11:30 am, url [https://bit.ly/FirstUUSSocialHour](https://bit.ly/FirstUUSSocialHour), 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](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](mailto: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](mailto:margewur@gmail.com).

**Summer Virtual Pick-Up Choir**


**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](mailto:boardpresident@firstuusandiego.org).

You can follow us on Twitter!  
Our user name is @firstuusd.

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**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.

**Join Robie!**

July 22, second and fourth Wednesdays, 4 pm — 5 pm, url [https://bit.ly/JoinRobie](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!

**Women’s Chorus Rehearsal**


**Memory Matters Gathering**

Fridays (second and fourth), July 24, 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](mailto:hybertsen@att.net) for the link to join.

**Coping With Chronic Conditions Support Group**

July 27, second and fourth Mondays, 1 pm, URL [https://bit.ly/CopingCCGroup](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](mailto:chris.smith7@cox.net) to discuss our covenant and mission statement and receive the password to attend.

**Arts & Crafts Creative Social**

July 28, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: [https://bit.ly/ArtGuildSocial](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.

**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](https://bit.ly/thislink) to register. Email [Angela@firstuusandiego.org](mailto:Angela@firstuusandiego.org) if you’d like to get involved with planning.
What's Happening?

Cosmos
Sundays (first), August 2, 1 pm — 3 pm, [https://bit.ly/CosmosFUUSD](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 Mathematical Cosmologist 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](https://bit.ly/CosmosFUUSD). Contact Cathy Pfister at keetcat@cjpsd.com with questions.

Rainbow Action Group’s Koffee Klatch

Living the Homestretch
Saturday, August 15, 10 am, online at [https://bit.ly/LivingTheHomestretch](https://bit.ly/LivingTheHomestretch). All are invited.

Book Discussion
Thursday, Aug. 27, 2 pm — 3:30 pm, online. Rev. Kathleen will be hosting another book discussion. We'll be discussing the book Once Night Falls – a novel by Roland Merullo. “Ordinary people make for extraordinary heroes in this novel of Nazi-occupied Italy.” Sign up with Rose [Rose@firstuusdiego.org](mailto:Rose@firstuusdiego.org) and the zoom link will be sent to you the week of the discussion.

Virtual Meetings with Rev. Kathleen
To schedule a virtual appointment with Rev. Kathleen, do so here: [https://calendly.com/uurevkathleen/30min](https://calendly.com/uurevkathleen/30min).

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, do so here: [https://calendly.com/tymt77/30min](https://calendly.com/tymt77/30min).

Schedule a Meeting With Rose
Visit [https://calendly.com/uurose/30min](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!

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

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@firstuusdiego.org](mailto:jenner@firstuusdiego.org) or 619-398-4443, who will connect you to volunteers who can take on your technical issues.

Written Copies of Sermons Available
If you would like a written text of a sermon send an email to Rose at [rose@firstuusdiego.org](mailto:rose@firstuusdiego.org) requesting the sermon for a particular date. She will send you a copy of the sermon for you to enjoy.

Our South Bay Campus

South Bay Social Hour
Sundays, weekly, 11 am, [https://bit.ly/SouthBaySH](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/fUSDDzbfiKnMxqtK8](https://forms.gle/fUSDDzbfiKnMxqtK8)

South Bay Singers Rehearsal

El Puerto / The Harbor:

Need some rest? A grounding moment in the middle of the week? Come to the Harbor. The harbor is a safe place for rest, to pause and to recover before heading out to the open sea of life. As a virtual spiritual place it has one purpose: to create a space in the week where we can come together with the intention to offer sanctuary to one another. All seekers and travelers are welcome as long as you come with the intention to contribute to the creation of this space for others. Wednesdays at 6:30 pm The Harbor: [https://bit.ly/TheHarbor1stUU](https://bit.ly/TheHarbor1stUU)

What's Happening?

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
Today, Thursday, July 16, 5:30 pm, online. Please join with UU congregants around the U.S. 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. A link will be sent to you.

Calls Needed on Single Use Packaging Bill
A bill scheduled for early August voting in the California Legislature, summarized here, would dramatically reduce single use packaging in California by 2030. Calls urgently needed from constituents of CA’s 77th District to Assembly member Brian Maienschein, urging support for AB1020. Call his Sacramento office at 916-319-2077 (recommended) or comment on his website https://a77.asmca.org/.

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@firsttuusandiego.org if you’d like to get involved with planning.

Family Ministry

Parent Advisory Team
We are forming a Parent Advisory Team to work with the staff and an outside consultant in the planning of our Family Ministry Program and to help us center families - especially families of color - in the life of our congregation. If you’re interested in being a part of this Team or would like more information, email tony@firsttuusandiego.org.

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@firsttuusandiego.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.

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@firsttuusandiego.org.

Middle School Youth Group
July 19, Sundays (weekly), 2 pm, online. The Summer middle school group for youth in grades 6-8 will meet. This Sunday, we will watch The Simpsons episode called, “The Father, Son, and the Holy Guest Star” and then discuss spiritual growth and the search for truth and meaning. To get more info, contact Käthe at kathe@firsttuusandiego.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.

The deadline for the next issue of The Window is:
July 22 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: rose@firsttuusandiego.org

The Window submission maximum is 60 words
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 spaghetti sauce, peanut butter, toilet paper, paper towels, black ink cartridges, and these bags which we can’t find at the Chula Vista Smart and Final.

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.

Call for Diaper Program Volunteers!
Starting in August, we are going to move our free diaper distribution program to Sundays between 8:15 am — 9:15 am. If you would like to volunteer to distribute diapers with safe physical distancing once a month, please contact Maureen. The South Bay campus has wifi, so if you want to stay to watch the service live, just bring your laptop. Our Diaper Program Distributed over 1,250 Diapers our First Day!

Your Direct Financial Donations to the Food Pantry Sustain Us!
Both one-time and monthly sustaining donations help us stay open! No amount is too small, or too large. Donate online via credit card at https://www.firstuusandiego.org/donations.html or 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 at noon.

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.
Number of individual clients who have received free food since our December 2019 opening: 2,854

Number of heads of households who have picked up free food since our December 2019 opening: 656

Average number of people living in each household the food pantry served as of 2020 Independence Day: 4.4

Number of people the pantry provided meals for on Saturday, July 11: 545

Amount of fresh produce volunteers distributed on July 11: 4,012 pounds

Amount of food from Starbucks volunteers distributed on July 11: 540 pounds

Number of parents or guardians who received free packs of 25 diapers each on our first day of diaper distribution: 50

Amount of free dog food the pantry distributed on July 11: 150 pounds

Number of diapers that fell off a pick up truck bed and onto the freeway on the way from the Regional Diaper Bank to the pantry last Friday: 85

Number of good laughs we had at the pantry last week: Countless

Volunteer Karen Clay bagged dry dog food in the South Bay Social Hall last Saturday morning, which we distributed to pantry clients that day.

Service is our prayer: Right now, the service going on in the South Bay worship space is storage for 1,440 diapers. Here are some of them quietly congregating in the back of the room.

College student Jude Outwater, Rev. Julie Forest's son, sorted lemons into grocery bags. Volunteers assemble pre-packed grocery bags so pantry clients can grab and go for their food while practicing safe physical distancing.

The Tijuana River Valley Regional Park operates a program on various produce growing practices. They are our new community partner. Last week, they donated 360 pounds of organic zucchini and yellow squash.
Calendar of Events

Friday, July 17, 2020
Senior High Youth Movie Nights
Fridays at 5 pm. To get more info, contact Kätthe at kathe@firstuusandiego.org.

Saturday, July 18, 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 19, 2020
Live Streamed Worship

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

South Bay Social Hour

Parents' Lounge

Senior High Youth Group
Sundays at 11:30 am. To get more info, contact Kätthe at kathe@firstuusandiego.org.

Pagan Conversations

Middle School Youth Group
Sundays at 2 pm. To get more info, contact Kätthe at kathe@firstuusandiego.org.

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 20, 2020
South Bay Singers Rehearsal
Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Tuesday, July 21, 2020
Monthly Board Meeting
Tuesday, July 21, 6 pm, Online. For information email President Sarah Ormond: boardpresident@firstuusandiego.org.

Wednesday, July 22, 2020
Senior High Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Kätthe at kathe@firstuusandiego.org.

Join Robie! – Zoom Chat Open House

Summer Virtual Pick-Up Choir

Thursday, July 23, 2020
Women's Chorus Rehearsal
July 9, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

Upcoming Events

Memory Matters Gathering
July 24, Fridays (second and fourth), July 10, 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link to join.
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
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
Käthe Larick, Youth Programs Coordinator
Tony Bianca, RE Program Assistant
Rose Riedel, Office Manager
Angela Fujii, Social Justice Coordinator
Jennf Daeley, Connections Coordinator and Scheduler
Connie Hayes, Bookkeeper / Controller
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
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