July's Transformational Theme: **Pride**

**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

**Hillcrest Services**  
9:30 am and 11:30 am

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

**July 28, 2019**  
"Chipped Cups or Finest China"  
Rev. Dr. Carolyn Owen-Towle, *Minister Emerita*  
Music: Justin Murphy-Mancini

**South Bay Bilingual Service**  
9:30 am

**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*

**July 28, 2019**  
"A Dreamer’s Dream"  
Rev. Tania Márquez, *Assistant Minister*

**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 works with local community groups and schools to provide innovative prevention programs to promote healthy relationships and peaceful communities.

The deadline for the next issue of *The Window* is:  
July 24 (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**
Vandalism at First Church
On Sunday, July 14, after first service, one of our members discovered our wayside pulpit at the street corner had been defaced. Someone painted a swastika on the acrylic cover and then lit the paint on fire to burn it into the cover. They also painted an expletive on the wall. A police report was filed and they are treating this as both vandalism and a hate crime. We want to assure our community that this sign publicly represents our deepest beliefs and we will not allow this to intimidate us. To cover the sign our youth put up butcher paper and painted on it. We are working on ordering a new acrylic cover. Please know that your ministerial team is available if you need to talk, process, or have any questions. We will continue to inform you as new information becomes available.

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.

Supporting the Homeless through Uptown
Uptown Community Service Center has been serving homeless families and individuals for 35 years. Volunteers from local San Diego churches pass out mail in 3-hour shifts each weekday to folks who have no fixed addresses, prepare packages of canned food for clients twice each week, sort and display clothing, help with computer issues, and direct clients to other agencies for housing, medical help, food needs and other areas of support. Two members from each church serve on the Uptown Board of Trustees, planning and supporting fund raising events, publicizing activities through the UptownCSC.org website, finding and applying for support grants, planning for future growth, and supervising ongoing operations of the Center. Dave Karpinski is currently our only member on the Board. Speak to him or our minister, Kathleen, if you are interested in working on the Uptown Board.

Rev. Kathleen’s Sabbatical Classes Online
To see Kathleen’s classes from her Sabbatical, follow these steps: From our website, click on Worship tab and then click on Messages. Then on the right hand side of page, click on Go to YouTube Channel. Once there click once on “Videos” and there are three of Rev. Kathleen’s Sacred Ground classes you can view. Please note that class three is in two parts.

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.

Save The Date
The weekend of Aug 2 — 4, Rev. Marta Valentín and Rev. Roger Bertschausen will be leading our congregation in a visioning process. More 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.

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.

Medical Equipment For Loan
This is a reminder that the church has various medical equipment items for short term loan. Contact Chris Smith at chris.smith7@cox.net or Peggy Holl at peggyholl@cox.net.
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.

South Bay Organizing for Justice
SDOP/Faith in Action
Sunday July 21 11:15 am, South Bay Campus. (San Diego Organizing Project/Faith in Action) Join us, if you are ready to be active, or just want to learn more. Our SDOP organizer, Jose Perez, will be there and we will continue learning more about SDOP/Faith in Action and we will discuss the event on July 10, at the Hillcrest Campus with Georgette Gomez, San Diego City Council President. We will also discuss some other issues of local importance. Contact Julie Schauble-Nguyen jschauble.nguyen@gmail.com or Connie Mack cmack5313@gmail.com.

Singleton Senior Singles Luncheon
Sunday, July 21, 12:30 pm, Souplantation, 7095 Clairemont Mesa Blvd, 858-715-6824. Contact Mac Downing home 619-542-9320.

The Unitarian Universalist Christian Study Group
Sundays (except first) July 21, 1 pm, Room 321. Join us as we look at the history of homophobia in the Christian Church and hear the remarkable story of a Mother who stood up to the church that told her she had to reject her daughter.

Signing Social
Sunday, July 21, 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.

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

The Middle East Expanded Neighborhood Group
Sunday, July 21, 5:30 pm. The Middle East Expanded Neighborhood Group (El Cajon, to Kensington) potluck will be hosted by John & Peggy Holl. To RSVP or for directions call 619-546-6525.

Coping with Chronic Conditions - Canceled for July
No Meeting on July 22. We will meet again on August 12, (second and fourth Mondays) 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.

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.

Memory Matters Gathering
Fridays (second and fourth), July 26, 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.

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.
What's Happening?

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.

Book Lovers Affinity Group
Thursday, August 8, 6 pm, Room 320. Everyone is welcome to join our discussion of “Founding Brothers: The Revolutionary Generation,” Joseph Ellis’ Pulitzer Prize winning book about the 6 moments that exemplify the most crucial issues facing our new nation. For September 12, we’ll discuss Ernest Hemingway’s “A Farewell to Arms” to celebrate Banned Books Week. Maureen McNair memcnair948@gmail.com or 619-427-1769.

Come Join Singing in the Pines
Saturday, August 10 to Wednesday, August 14, Camp de Benneville Pines. Join Guest Choir Director, Donald Milton III, as he leads us to "connect great music with stories." He will help us explore the power of music and how it takes us deeper into our UU worship and our spiritual communities. Click to find out more about Choir Camp and Summer Break Camp for Adults.

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

The Hillcrest Folksong Circle
Sunday, August 11 (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 edmcc5313@gmail.com or Ed McCarol

Buurrito Project
Thursdays (third), August 15, 7 pm, Common Room. 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.

Monthly Board Meeting
Tuesdays (third), August 20, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), August 20, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards have to tell us.

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.

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

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

Church Directory Pictures
It's time to update your Membership Directory photo! Submit your pictures to firstuuphotos@gmail.com, or ask Rose to take one for you. You may have a picture of you alone, or with your partner, or family!

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

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 Garbosity (jgarbosity@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 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.

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@firstuusandiego.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.

South Bay Organizing for Justice
SDOP/Faith in Action
Sunday July 21 11:15 am, South Bay Campus. (San Diego Organizing Project/Faith in Action) Join us, if you are ready to be active, or just want to learn more. Our SDOP organizer, Jose Perez, will be there and we will continue learning more about SDOP/Faith in Action and we will discuss the event on July 10, at the Hillcrest Campus with Georgette Gomez, San Diego City Council President. We will also discuss some other issues of local importance. Contact Julie Schauble-Nguyen jschauble.nguyen@gmail.com or Connie Mack cmack5313@gmail.com.

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

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

Community Garden
South Bay just became part of Mosaic Community Garden. We just rented a plot from them. We are very excited about the different classes offered, having the opportunity to volunteer, participate in Community Outreach, garden organization, and more. If you are a master gardener or a beginner and are interested in planting and propagation of different plants, fruits, and vegetables please contact Karla Alvarez-Malo at karla@firstuusandiego.org.
Social Justice

Volunteer with the San Diego Rapid Response Network
If you are interested in attending an orientation to learn more about different roles and volunteer opportunities with the San Diego Rapid Response Network, contact VolunteerCoordinator@sdop.net.

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@firstsuusandiego.org to add the event and or activity. Together we can and together we will.

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.

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

Religious Ed Leaders needed at South Bay
We need your help to facilitate Sunday RE at South Bay! You can volunteer to lead the children in a simple, pre-planned lesson OR you might offer to share a skill, talent or special interest with the children for 30-45 minutes during Religious Education time. In the past, individuals have shared a variety of skills like tying knots, sewing, calligraphy, building a bird house, magic tricks, origami, 3-D printing, astronomy, and much more! Not sure if your skill translates to a hands-on project for kids? Let's talk, we can likely find a way! So if you're able to help out by sharing something you enjoy or by leading a simple lesson that Tony has pre-planned, please contact Tony at tony@firstuuasandiego.org to schedule a Sunday. You only need to commit for one Sunday (though you could certainly do more) and would need to be able to be at South Bay from 9:15 am – 10:45 am on a Sunday morning. We're hoping to start the programming as soon as this Sunday, provided we have volunteers.

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

Summer RE Programming
This Sunday, July 21, we'll have one Religious Education class during the 9:30 am service for children ages 5 - 12. We'll be focusing on "Courage" and will be decorating courage rocks to keep in our pockets as well as larger rocks that our patio table groups can use to keep things from being blown off their tables. Because our shelter guests are in the Common Room and Room 113, we'll be meeting in the Preschool classrooms this Sunday. Childcare will be provided for both services as usual.

We Need Your Help
It's that time of year again when we start planning for the fall semester. If you'd like to be a part of our Religious Education team by leading or assisting in our Sunday classes, please contact Kathleen Swift at kswift@firstuuasandiego.org or look for a sign-up sheet on the RE table this Sunday.

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 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@firstuuasandiego.org

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

Tony Bianca, Program Assistant
(619) 398-4444
Email: tony@firstuuasandiego.org
Our website
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

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

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.

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

FIRST UU’s Bed & Breakfast Program

Nedra Bikel, Marcia Biller, & Jan Garbosky are happy to answer your questions!
Or, email BandBTeam@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.
**Saturday, July 20, 2019**
**Insight SD Sitting Group/Dharma Study**
Saturdays, 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. To sign up or find out more, [click here](#).

**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.

**DREUUMM POC South Bay Group**
Saturday (third, bimonthly), July 20, 11 am — 1 pm, South Bay. DREUUMM 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.

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**Sunday, July 21, 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](mailto: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)**

**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 Rev. Katy Swanson at 626-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

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**The Unitarian Universalist Christian Study Group**
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**Signing Social**
Sunday, July 21, 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.

**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.

**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 [uuyankee@gmail.com](mailto:uuyankee@gmail.com).

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**Monday, July 22, 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.

**Coping with Chronic Conditions - Canceled For July**
No Meeting on July 22. We will meet again on August 12, (second and fourth Mondays) 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.

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**Tuesday, July 23, 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 [lsweet@cox.net](mailto:lsweet@cox.net).
Wednesday, July 24, 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 johnoll@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 25, 2019

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

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), July 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.

Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), July 26, 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.

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.

Insight SD Social and Climate Justice Affinity Group
Mondays (first), August 5, 6:30 pm – 8 pm, Room 323. This monthly Insight San Diego group welcomes anyone interested in exploring the deep connections between Buddha dharma practice and social and climate justice. For more information, click here.

Book Lovers Affinity Group
Thursday, August 8, 6 pm, Room 320. Everyone is welcome to join our discussion of “Founding Brothers: The Revolutionary Generation,” Joseph Ellis’ Pulitzer Prize winning book about the 6 moments that exemplify the most crucial issues facing our new nation. For September 12, we’ll discuss Ernest Hemingway’s “A Farewell to Arms” to celebrate Banned Books Week. Maureen McNair memcnair348@gmail.com or 619-427-1769.

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

The Hillcrest Folksong Circle
Sunday, August 11 (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 cmack5313@gmail.com or Ed McCarroll EdMcC@comsimplicity.com.

Monthly Board Meeting
Tuesdays (third), August 20, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), August 20, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards have to tell us.

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 please contact Robie Evans, Dir. of Operations.

Addressing the Climate Crisis Through Meditation and Action
Monday, September 9, 6:30 pm - 8:30 pm, Bard Hall. It is natural to feel much insecurity about our planet’s future when we see increasing evidence of the climate crisis. Through small group discussion and short meditations, we will explore our moral authority and power. Questions? Contact Bev Harju, harjubeverly@gmail.com or 252-258-1212.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Ian W. Riddell, Minister of Music and Worship Arts
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lorraine 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 Fujii, Social Justice Coordinator
Jennifer Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Kara Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Eppler, Event Coordinator

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Important Email Addresses:
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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/uuos-of-the-south-bay
(UUs of the South Bay)

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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
619-271-5617 • uusouthbay@firstuusandiego.org
www.firstuusandiego.org/uuos-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement