

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 Eight Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

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;
8. Building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and oppressions.

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: **Interdependence**

Join Us Online!

Sunday Morning Worship

"Stories of the Pandemic" / "Historias de la pandemia"

Cluster Worship

July 25, 2021 9:30 am

Visit <https://www.firstuuusandiego.org/> on Sunday mornings to join us for virtual worship,
and also to check the [blog](#) to keep up with the First UU happenings!

July Generosity Offering The South Bay Youth Center

The South Bay Youth Center is a drop-in and recreational center in Chula Vista offering safe space and affirming programming for LGBTQ and nonbinary youth, as well as youth living with HIV. Donate using our website at www.firstuuusandiego.org/donations.html, under gift designation select "Generosity."

The deadline for the next issue of The Window is:

July 28 (Wednesday) at 8 am

If you would like an announcement placed in the Window, please email:
rose@firstuuusandiego.org

**The Window submission
maximum is 60 words**

What's Happening?

Your Reopening Team's Update – July 22, 2021

This is a time of hope and looking forward. Our team's "reopening" label isn't quite the right word. We as a community are more like turning a corner, embracing the challenges of a new future for First Church.

First, we recognize new concerns about Covid variants being more powerful and easier to pass on, about vaccines being our great savior but not quite 100% effective. With an eye on science and faith in human resilience we're willing right now to say OK to certain future plans, knowing anything and everything can change. If so, we'll just have to deal with it.

"Soft reopening" is a phrase being used for where to start. It means in-person worship service, but not Religious Education, youth group, or social hour just yet. Our beloved Rev. Kathleen's final service will be on August 22. We've okayed the worship planning people to prepare for in-person worship on that day, in the Meeting House, *with all of us wearing masks*. (Services are open to the public and we can't assure everyone will be vaccinated.) On August 29 we've okayed a similar plan for in-person worship but no other "normal" aspects of gathering together. Rev. Arvid Straube has graciously agreed to lead this service. *Masking will be required for everyone*.

We do encourage families to come, we'll have some activities available for youngsters who want to play while the adults worship. (Or the other way around!) Families, please come.

We'll have more to say about any additional protocols. For now, consider the dates, and consider whether you might want to come: a survey will be forthcoming later this week.

On September 5 we've given the green light to a "grand" reopening service, led by our Social Justice Ministry Team. This will include an in-person meet-and-greet with our transitional minister, Rev. Michael Brown. This will be a coffee and socializing Sunday, pretty much the whole deal (with some protocols).

While we'd love to give the go-ahead to South Bay for a similar start-up, this can't happen until October when the Food Pantry is relocated and space is freed up for services. In September, the plan is to meet for services at a park in South Bay; details will be announced in August.

A survey about interest in attending in-person services will be reaching you. More details about times, online alternatives, how we'll continue to stay safe, plans for Rev. Kathleen's going-away, all of that will be coming. For now, please enjoy the moment, and enjoy the steps forward we'll all be taking.

Church Directory Update

It's time to update your Membership Directory photo and contact information! Submit your pictures and updates to: rose@firstuusandiego.org

South Bay PRIDE

First UU will host a booth at South Bay Pride on Saturday, August 21. For more information, visit southbaypride.org. To help staff the booth, contact Tony@FirstUUSanDiego.org.

In-Person Camp de Benneville Pines

will be back for the *Men's 2021 Fall Renewal* scheduled for October 29 — 31. Please see more information at www.firstuusandiego.org/uploads/1/2/7/6/127676152/2021-07-12_advance_renewal_letter.pdf

Memory Matters Gathering

July 23, Fridays (second and fourth), 10 am — 11:30 am, Online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in. Email hybertsen@att.net for the link.

Social Hour

July 25, Sunday, 10:30 am — 11:30 am, <https://bit.ly/FirstUUSocialHour>, or call in at 1-669-900-6833, Meeting ID 824 042 297. Password provided during worship.

Pagan Conversations

July 25, Sundays (second and fourth), 1 pm — 2 pm, Meeting Link: <https://bit.ly/PaganConversations>, or call in at 1-669-900-6833, Meeting ID: 535-853-700. Join the Earth Centered Spirituality Circle (ECSC) for a bi-weekly, virtual version of Pagan Conversations. This is a time to come together in a guided discussion and be in community. Contact sdpagansuu@gmail.com.

Out & About

Sunday, July 25, 2 pm — 4 pm, USS Recruit. Our next First UU Out & About event will meet at the USS Recruit (4461 N Harbor Dr #4325, San Diego, CA 92101). After a brief opening circle, we'll have 90 minutes to walk, ride or otherwise enjoy the Liberty Station & Spanish Landing areas before gathering for a closing circle and conversation. Bring a picnic dinner and stick around for dinner if you like! This is a multi-generational event. All are welcome! Contact Tony@FirstUUSanDiego.org.

Open Heart Sangha

July 25, Sundays, weekly, 4 pm — 5:30 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. Contact Marge, margewur@gmail.com for the link.

Coping With Chronic Conditions Support Group

July 26, second and fourth Mondays, 1 pm, URL <https://bit.ly/CopingCCGroup>, or call 669-900-6833 with meeting ID 681-036-9317. New participants reach out to Chris Smith prior to attending a meeting at 619-300-7477 or email chris.smith7@cox.net to discuss our covenant and mission statement and receive the password.

What's Happening?

Fourth Monday Meeting of UU Men's Fellowship

Monday, July 26, 7 pm, online. We'll join men from all over the country, thanks to Zoom, to talk about ourselves and men's issues. More information will be sent to the UU Men's mailing list. To be added to the list or for information about this meeting, contact kcohn@san.rr.com

Compassion Corner

July 26, Mondays, weekly, 7 pm — 7:30 pm, <https://bit.ly/CompassionCorner1>, or call in at 1-669-900-6833, Meeting ID: 979 7637 7178 Passcode: 540948. A lay ministry listening space. To protect your privacy, the room has a waiting room enabled, a lay minister will let you in once they are available to speak.

Worship Planning

July 27, Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, or call in at 1-669-900-6833, Meeting ID 878 4650 3375, Passcode 184690. We want to encourage direct conversations and find ways to co-create worship that is meaningful.

Widening the Circle of Concern Report Study Group

July 27, Tuesdays, 6:30 pm - 7:30 pm, online. The UUA's Commission on Institutional Change (COIC) Report focuses on ways that both the UUA and UU congregations can shift their current structures to be more intentionally diverse, inclusive, and equitable. This group will be diving deeply into the report. Email coicstudygroup@gmail.com for information.

Join Robie!

July 28, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie4th> or call 1-669-900-6833, Meeting ID 814 3746 1400. 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!

Board Chat

Sundays (first), August 1, 10:30 am, <https://bit.ly/FirstUUBoardChat>, or call in at 1-669-900-6833, Meeting ID: 863 0218 5062 Passcode: 203946. Have a question for your Board of Directors or something you would like them to know? There's a Zoom Board Chat at 10:30 am right after our service.

Cosmos

August 1, Sundays (first), 1 pm — 3 pm, <https://bit.ly/CosmosFUUSD>, Passcode: 242202. We are currently watching Brian Swimme's series, *Canticle to the Cosmos*. Please join us. The only prerequisite is an open heart and mind. Contact James Long at kylong1@gmail.com for information or meeting ID.

Rainbow Action Group's Koffee Klatch

August 8, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, password: 893622, or call in at 1-669-900-6833, ID 899 4140 9956, PW 893622. Rainbow Action Group's Koffee Klatch has gone virtual. Join us! All "family" friends and allies invited. The event is hosted by John Keasler and Louise Titlow.

Caregivers/Allies Support Group

Tuesday, August 3, 3 pm — 4:30 pm, online. Due to conflicts, the August meeting will be moved to **Tuesday August 3**, this group normally meets on the second Monday of the month. The Caregivers/Allies Support Group is welcoming prospective new participants. Members and friends of the First Unitarian Universalist Church of San Diego who are seeking additional information about participating, should contact Rose Riedel at Rose@firstuu sandiego.org, who will put you in touch with one of the facilitators.

First UU Summer Music Lecture Series & Sing-Along

Wednesday, August 4, 7 pm, <https://bit.ly/MusicLectureSeries>, Meeting ID 856 3744 7406, Passcode 191707. All are welcome!

Arts & Crafts Creative Social

August 10, second Tuesdays, 3 pm — 5 pm, Link to meeting: <http://bit.ly/FirstUUArtGuild> or call in at 1-669-900-6833, Meeting ID 860 2031 2916, Passcode 587290. Join members of the Art Guild for a few hours of creativity in community! Work on ongoing projects, create Artist Trading Cards, begin new work, or even color in a coloring book alongside other artists.

Creative Writing Group

August 14, Saturdays (second), 12:30 pm — 2:30 pm, <http://bit.ly/CreativeWritingFirstUU>, or call in at 1-669-900-6833, Meeting ID: 991 6747 3549. This group is for anyone with a desire to create and experiment with different styles of writing. This is a great space to meet individuals who want to share their creative abilities with others. RSVP to evagarciamayers@yahoo.es if you plan to attend. A minimum of three attendees is required for the group to be hosted each month.

Friends of Camp de Benneville Pines

Sundays (third), August 15, 6:30 pm — 8 pm, online. Friends of Camp de Benneville Pines meet via Zoom on third Sundays. Newcomers are welcome. To be added to the ZOOM invite list, please contact john@schaibly.com

Monthly Board Meeting

Tuesday, August 17, 6 pm, online. Board of Trustees meetings are open to congregants via Zoom. Find the zoom link in the member's only section of the [website](#).

Living the Homestretch

September 18, Saturdays (third), 10 am, <http://bit.ly/LivingTheHomestretch>, or call in at 1-669-900-6833, Meeting ID 911 2242 6361. **August 2021 is canceled.** We will resume on Saturday, September 18 at 10 am, with Rhea and Armin Kuhlman leading a discussion on how climate change affects seniors differently from younger folks and how seniors can address the effects of climate change.

Did you know? You can follow us on *Instagram*; our user names are @firstuusd and @uus_south_bay

Social Justice

Climate Action: Stop Methane Pollution

Methane is a potent greenhouse gas responsible for a quarter of the warming of the planet. Reducing methane pollution from the oil and gas industry is the single fastest, most cost-effective way to slow the rate of warming today. The EPA needs to implement new regulations to improve detection, repair leaks and limit wasteful burning off of excess methane on wells. Send your comments to the EPA by July 30. Take action to sign the EPA petition <https://bit.ly/EPAmethanepetition>

Family Ministry

Children's Religious Education Schedule Change

For the remainder of July, we will continue to have Music and Movement on Saturdays at 9 am, and Stories and Science on Saturdays at 10 am. There will be **NO Children's RE Groups on Sundays**. For more information about Children's RE Programming or to get the Zoom links for these groups, contact Tony Bianca at Tony@firstuuusandiego.org.

Parents' Lounge

With summer vacations and re-opening plans in the works, the group has decided to take a break from meeting weekly. Parents' Lounge will go on hiatus for August and plans to resume meeting in person in September. Keep an eye out for the exact date and time of our September meeting.

Middle School Youth Group

July 25, Sundays, 1:30 pm, online. The Middle School UU Group (MUUGS) for youth entering grades 6-8 **will not meet this Sunday**. Youth and their family are encouraged to attend the Family Ministry Out and About event (see article on page two for details). The group will meet in **August on the 1st, 8th, and 22nd**, when they will explore the theme of "re-imagining community. They will not meet on August 15 or 29. To get more information contact Käthe at kathe@firstuuusandiego.org.

Senior High Youth

July 25, Sundays, 3:30 pm, online. The Senior High youth group (YRUU) for youth entering grades 9-12, **will not meet this Sunday**. The group will meet in **August on the 1st and 22nd**. (They will not meet on August 8, 15 or 29). For more information or to get the Zoom link contact Käthe at kathe@firstuuusandiego.org.

How to Call Into a Zoom Meeting

Call into a Zoom meeting by phone at 1-669-900-6833. When prompted, enter the meeting ID number.

Our South Bay Campus

South Bay Social Hour

Sunday, July 25, 11 am, <https://bit.ly/SBSocialHour>. Meeting ID: 997 8730 8948. Join in for a South Bay Social Hour. The password will be provided during the worship service.

South Bay Singers Rehearsal

July 26, Mondays, 5:30 pm — 6:15 pm, bit.ly/SouthBaySingers, Meeting ID: 831 5037 5219.

South Bay Food Pantry News

Will Child Tax Credits Effect the Food Pantry?

by Maureen McNair

One of the things weighing on my mind as I planned the food distribution for last week was whether or not the food pantry would end up with more perishable food than we could distribute... Read the rest of the article on our blog at www.firstuuusandiego.org/blog/will-child-tax-credits-effect-the-food-pantry

Volunteers Wanted ...

If you are available to volunteer for the pantry on either Sunday evenings or Monday or Friday mornings, please contact Maureen. Lifting bags or boxes of food is involved. Thanks!

How to Donate to the South Bay Food Pantry

Donate online via credit card at www.firstuuusandiego.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.

Contact

You can email Maureen McNair at memcnair948@gmail.com. To reach the food pantry by phone call 619-271-5017.

The South Bay Food Pantry...

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

SCAM - Ignore this!

Scammers are trying to get gift cards purchased and sent to them. There's nothing we can do about it except warn you and educate you. **Never respond to any church member, staff or minister unless it comes from a valid church email**. The following is an example of the latest email scam going around. **No minister or staff member will ever reach out this way!**

From: Rev Kathleen Owens <maryjovi1998@gmail.com>

Date: Wednesday, July 14, 2021 at 10:25 AM

To: "First UU congregant email"

Subject: (no subject)

Drop a cell number I can reach you on. I need to use your help on something.

Rev. Kathleen Owens

Week at a Glance Calendar

Friday, July 23, 2021

Memory Matters Gathering

July 23, Fridays (second and fourth), 10 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Saturday, July 24, 2021

Saturday Music and Movement & Science, Stories and Songs

Saturdays at 9 am & 10 am. Children's RE programming. Request information from tony@firstuuusandiego.org.

South Bay Food Pantry Hours

970 Broadway Suite 101, Chula Vista 91911. Distributing food every Saturday from 11 am — 12:30 pm.

Sunday, July 25, 2021

Live Streamed Worship

Sundays, weekly, 9:30 am,

<https://www.firstuuusandiego.org/>.

Social Hour

Sundays, 10:30 am — 11 am, url https://bit.ly/FirstUU_SocialHour, Meeting ID 824 042 297.

South Bay Social Hour

Sundays, 11 am, <https://bit.ly/SBSocialHour>

Pagan Conversations

July 25, Sundays (second and fourth), 1 pm — 2 pm, <https://bit.ly/PaganConversations> ID: 535-853-700.

Out & About

Sunday, July 25, 2 pm — 4 pm, USS Recruit, 4461 N Harbor Dr #4325, San Diego, CA 92101

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 26, 2021

Coping With Chronic Conditions Support Group

July 26, second and fourth Mondays, 1 pm, URL <https://bit.ly/CopingCCGroup>, or call 669-900-6833 with meeting ID 681-036-9317.

Fourth Monday Meeting of the UU Men's Fellowship

Monday, July 26, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

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Tuesday, July 27, 2021 >>>cont.<<<

Widening the Circle of Concern Report Study Group

Tuesdays, 6:30 pm - 7:30 pm, and running weekly. Email coicstudygroup@gmail.com with questions, and/or to sign up!

Wednesday, July 28, 2021

Join Robie!

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Upcoming Events

Board Chat

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

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

Our Staff

Ministers:

Rev. Kathleen Owens, *Lead Minister*
Rev. Jim Grant and Rev. Löne Broussard, *Affiliate Ministers*
Rev. Bonnie Tarwater, Rev. Frank Placone-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*
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, *Program Director*
Rose Riedel, *Office Manager*
Jenner Daelyn, *Connections Coordinator* (on leave)
Connie Hayes, *Bookkeeper / Controller*
Ray Evans, *Maintenance*
Mark Epler, *Event Coordinator*

Board of Trustees

Rev. Julie Forest, **President**
Cora Pendergast, **Vice President**
Laura Ball, Brian Krohne, Maureen McNair, Rosalba Ciampi and
Rhiannon Roselle, **Trustees**

Important E-mail Addresses:

General First Church E-mail: mail@firstuuusandiego.org
Scheduling of Church Property: schedule@firstuuusandiego.org
The Window (newsletter): [window@firstuuusandiego.org](mailto>window@firstuuusandiego.org)
First Church Web Site: [website@firstuuusandiego.org](http://www.firstuuusandiego.org)
<http://www.firstuuusandiego.org> (Main site)
<http://www.firstuuusandiego.org/uus-of-the-south-bay>
(UU's 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@firstuuusandiego.org
www.firstuuusandiego.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@firstuuusandiego.org
www.firstuuusandiego.org/uus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement