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 26, 2020 9:30 am
"Embodying Our First Principle" by Rev. Tania Márquez, Assistant 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?

Not sure what systemic racism is? Not sure if systemic racism really exists? Got nine minutes? Watch these one-minute video examples from Race Forward. All nine are accessed at https://www.raceforward.org/videos/systemic-racism just scroll down the page from one video to another:

1) Introduction to Systemic Racism
2) Wealth Gap
3) Employment
4) Housing Discrimination
5) Government Surveillance
6) Incarceration
7) Drug Arrests
8) Immigration Policy
9) Infant Mortality
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](https://bit.ly/FirstUUSurvey2020). 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.

First UU San Diego 2020 Congregational Survey
You are invited to complete our new congregational survey! This survey will help us to better meet the needs of this community in this unusual year, and your participation is very much appreciated. Please click the link to get started: [https://bit.ly/FirstUUSurvey2020](https://bit.ly/FirstUUSurvey2020)
Thank you so much!

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 for the link to join.

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, url [https://bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour), or call in at 1-669-900-6833, Meeting ID 824 042 297.

Pagan Conversations
Sundays, weekly, 1 pm — 2:30 pm, Meeting Link: [https://bit.ly/PaganConversations](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 sdpagsansu@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.

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 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.

Summer Virtual Pick-Up Choir

Women's Chorus Rehearsal

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 Whittburn 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@firstussandiego.org](mailto:Angela@firstussandiego.org) if you’d like to get involved with planning.

Cosmos
August 2, Sundays (first), 1 pm — 3 pm, Online. 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 Swinn’s series, Canticile to the Cosmos. The episode for August 2 is: The Nature of the Human. Contact James Long at kvolona1@gmail.com for the link to the meeting.

You can follow us on Twitter! 
Our user name is @firstuosd.
What's Happening?

Palestine-Israel Justice Team Book Discussion
August 2, Sunday, 4 pm, Online. Please join the Palestine-Israel Justice Team on Sunday, August 2 at 4 pm to discuss the book The Lemon Tree: An Arab, a Jew, and the Heart of the Middle East. This true tale of a simple act of faith and friendship between two people, one Israeli, one Palestinian, symbolizes the hope for peace in the Middle East. For information on obtaining the book, and joining the Zoom discussion, click here. Contact Cathy Pfister at keetcat@cjpsd.com with questions.

Rainbow Action Group’s Koffee Klatch

Join Robie!
August 12, second Wednesday, 4 pm — 5 pm, url https://bit.ly/JoinRobie or call 1-669-900-6833, Meeting ID 577-697-458. During these “stay at home” times, our Director of Operations, Robie, is missing her church friends, new and old, and even those she hasn’t met yet. Robie looks forward to this get-together!

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

Monthly Board Meeting
August 18, Tuesday, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: boardpresident@firstuosandiego.org.

Book Discussion
Aug. 27, Thursday, 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@firstuosandiego.org and the zoom link will be sent to you the week of the discussion.

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@firstuosandiego.org or 619-398-4443, who will connect you to volunteers who can take on your technical issues.

Virtual Adult Camps are Open for Registration at Camp de Benneville Pines
Camp is not the same without hearing your laughter, seeing campers enjoying the pool and hot tub, or the all-day busyness of the camp kitchen and lodge. We all are missing the familiar this summer. At Camp, we are also creating something new for you. Whether you are a regular visitor, have not been to camp in years, or are new to the possibilities of camp, Virtual Camp is a great way to connect or reconnect with others and try something new. Register for each virtual camp separately so you receive important information and updates. Summer Break for Adults is free (donations requested).

Visit the Camp Calendar to learn more and to register.

Virtual Meetings with Rev. Kathleen
To schedule a virtual appointment with Rev. Kathleen, click here: 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.

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

How to Call Into a Zoom Meeting
No computer? No Problem! You can still join us at our virtual meetings. To call into a Zoom meeting and join us by phone simply call 1-669-900-6833! When prompted, enter the meeting ID number and be connected.

Our latest Annual Report is available on our First UU website!

Is Your Group Still Meeting Virtually?
If you facilitate an open group that is meeting virtually send the information to rose@firstuosandiego.org so that it may be included in The Window!
Our South Bay Campus

South Bay Social Hour
Sundays, weekly, 11 am. [bit.ly/SBSocialHour]. 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
Mondays, weekly, 6:30 pm, [bit.ly/SBSingers].

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)


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/angelafujiij/30min](https://calendly.com/angelafujiij/30min)

Climate Justice Team
Let's get a better deal for San Diego’s Clean Energy Future: [www.climateactioncampaign.org/landingpage/better-deal/](www.climateactioncampaign.org/landingpage/better-deal/)

The proposed franchise will most likely go to the full City Council later in July. In September, once the bids have been submitted, the Mayor’s Office will bring the proposed franchise agreement(s) back to the Council where they must be approved by 7/8 of the City Council.

**Commentary: San Diego is losing money on its franchise agreement with SDG&E, Here's how to fix it,** (Union Tribune, July 11 by Craig Rose)

**Two groups rap Faulconer's recommendations for a new franchise utility agreement** (Union Tribune, July 10)

**Faulconer's 4-point plan for new agreement covering San Diego's electric and gas services** (Union Tribune, July 9)

**Opinion: Franchise Fee Deal Is a Chance for the City to Make Much-Needed Changes** (Voice of San Diego, June 23 by Pia Piscitelli)

**Tip:**
To eliminate use of plastic bags when shopping, load purchased items into the shopping cart and transfer them into cloth bags when you reach your car.

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://firstuusandiego.org) to register. Email [Angela@firstuusandiego.org](mailto:Angela@firstuusandiego.org) if you’d like to get involved with planning.

The deadline for the next issue of The Window is:
July 29 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: [rose@firstuusandiego.org](mailto:rose@firstuusandiego.org)

The Window submission maximum is 60 words
Family Ministry

Children's RE Survey
Please take a moment and complete this **4 question survey** to help us create and adapt our Children's RE Program. As you complete it, please keep in mind that the information will inform our programs designed for children in grades pre-k through grade 5. Also, know that we'll be working in collaboration with the Parent's Team, an outside consultant and the Family Ministry Team to design our fall/spring programming. This survey will help us meet more immediate needs in our summer programming, though all feedback and input is helpful.

From Rev. Kathleen:
Rev. Kathleen offered this apology in the opening words of the 7/19 worship service: I want to apologize for falling short on Sunday, July 5th. The story we used in the service “The Beautiful Tiger” was a metaphor and I chose it because, from my own perspective it fit with the lies about this country, the lies that the Frederick Douglass' address named in the sermon. But I didn't tie the story and the sermon together. I received feedback from some who had a different perspective on the story - for some, the story was a huge ouch because they understood the Tiger as representing people of color and a message that oppressed people can free themselves from the cages of white supremacy if they try hard enough; another saw the story as representing the abuse of women. I'm sorry that other perspective viewpoints weren't considered when choosing the story. The worship team will address this need as we plan for future services. In the late summer we'll be working with a larger worship planning team to help make different choices. Again, I apologize for the hurt caused and am grateful that as a compassionate community, we can repair mistakes and learn together to do differently.

New Children's Zoom Offerings
For the summer months we'll be offering two new children's and multi-generational Zoom groups:
**Magical Mondays!** - Join us every Monday at 6 pm as we learn magic tricks and use those tricks to talk about our values, principles and how we can act on them to change the world. The focus of the hocus pocus will be on the children, but families and individuals of all ages are welcome!

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

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

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

Record the Affirmation!
Hi all! We'd like to include families more in our Worship Services. One way we'd like to do that is to have children and families record themselves leading our Affirmation so that we can include it after our time for All Ages. If you'd like to contribute a video, make sure we can clearly hear/see you and file share your video with **Tony@firstuusandiego.org**.

Participate in our Service!
We'd like to invite families to participate in our online worship services! You might want to lead the Affirmation (see previous post). You could also Zoom in live on Sunday Morning and light the Chalice! Or, if you’d like to do even more, you’re invited to work with the Worship Team to find a week to present our Time for All Ages. That could be a story, a reflection, a poem, a skit… and could be done by recording a video ahead of time or by being a live participant in our service via Zoom. For more info or to participate, contact **tony@firstuusandiego.org**.

Parents’ Lounge

Senior High Youth
Youth in grades 9-12 are meeting online via Zoom on Wednesdays at 3:30 pm and Sundays at 11:30 am. Senior High youth are having Movie Night on Fridays. To get more info, contact Käthe at **kathe@firstuusandiego.org**.

Middle School Youth Group
July 26, Sundays (weekly), 2 pm, online. The Summer Middle school group for youth in grades 6-8 will meet. We will watch The Twilight Zone episode called, "The Shelter" and discuss maintaining compassion and ethics in the face of a crisis and great danger. To get more info, contact Käthe at **kathe@firstuusandiego.org**.

Still Scamming!
Please be aware that this is still happening – even nationwide at our other UU churches. Especially during these tender times, folks are scamming church members in order to get gift cards purchased and sent to them. And, 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, i.e. staffname@firstuusandiego.org. We do not use gmail accounts for our official church staff business. The following is an example of the latest email scam going around. Please be careful out there, stay safe
wear a mask when going out and wash your hands frequently!

From: "Kathleen Owens"
<revkathleownows10@gmail.com>
Date: Monday, June 29, 2020 10:05 AM
To: "First UU congregant email"
Subject: Blessings

Hi, How Are You Doing?
I Need An Assistance From You, Email Me As Soon As You Get This Message.
peace
Kathleen Owens
A Homeless Marine Visits the Food Pantry
by Maureen McNair

Last Saturday morning, a woman I had never met drove over to my house and gave me $300 in cash. To be fair, I had spoken with her on the phone earlier in the day when she used her credit card to pay the fees for over a week at a county campground.

Her altruism was on behalf of a homeless US Marine and his family who showed up at the South Bay Food Pantry earlier in the day. The Marine, David, with his two year old son in tow, found our pantry through 211 emergency services. One of our pantry volunteers gave David a standard bag of food we create for unsheltered guests.

Saturday was a busy day. Our pantry has seen a 25% increase in clients over the last two weeks. Last Saturday when David showed up, we served 127 heads of household, representing about 570 people, in 90 minutes. I did not have a chance to get to know David until he came back later to give me his phone number. He had offered to volunteer.

David looks fit, has close cropped hair, and kept calling me ma'am. I asked him if he was in the military. He is a retired Marine. I noticed his limp and the shadow of a back brace under his shirt. He had been injured in Afghanistan.

David was choked up, near tears with gratitude for a single bag of food and a package of diapers. He and his family had been sleeping in their car in a Walmart parking lot.

By the time I got home and had a chance to reflect on the day, it was mid-afternoon. I realized I had underserved David and his family. I could not go to bed Saturday night knowing an injured veteran was sleeping in his car in a Walmart parking lot with a 2 year old in diapers. So, I decided to try to find David and his family emergency accommodations before sundown.

I called several social service agencies. No one was open late on a Saturday afternoon.

After an internet search, I found an inexpensive hotel in San Ysidro. Then, I called South Bay congregant Rev. Andrea Travers to ask her if she would cover a night in a hotel. She could not say yes quickly enough. Then, it occurred to me I could try to crowd source additional funds through a private Facebook group called Together We Will San Diego (TWW SD), a group of over 8,000 liberal-minded folks who gelled after the 2016 presidential election.

Pantry volunteer Sara Ferguson saw my post right away and emailed me that she had made a donation to the pantry through the church website.

I phoned David, told him I had a hotel room in San Ysidro, and asked him to meet me there.

I waited in the hotel parking lot quite awhile. It turns out he was collecting cans to sell so he could put gas in his car. And, when he arrived with his whole family, it turned out he and his wife, Laurie, have 4 children — ages 2, 6, 11, and 13. So, I upgraded to a room with two beds.

Andrea, Sara, and I pooled our funds, and I paid for a room for two nights, pushing the housing emergency from Saturday night to Monday’s 11 AM check out time.

They had an ice chest, but no money for ice. So I bought ice, milk for the baby, a few other items, raided the food pantry, and brought them more food for dinner and breakfast. I did not know that David and Laurie had been giving all the food they could source to their children and had not eaten themselves for 3 days. I did not know their situation had spiraled into starvation already. When I learned about this Sunday afternoon, I finally understood why a Marine would visibly choke up in front of a stranger.

David, who had worked as a chef and also receives monthly retirement income, found himself without a home, food, gas, or money after being robbed at the point of an M-16 rifle, he reports, by Tijuana police the night of July 3. He had taken his family across the border to find affordable housing after losing his job and residence in Texas. David says the police took all his cash and had him empty his bank account at an ATM where he incurred over $600 in deficit spending and fees. He said he drove right back to this side of the border when the police let him go.
A Homeless Marine Visits the Food Pantry

by Maureen McNair

The Knights Inn in San Ysidro is a residential hotel for families. Located across from a freeway on-ramp, it is relatively safe, but the rooms do not have shampoo, soap, a refrigerator, a microwave, a table, or even a chair.

The family spent the holiday weekend in a parking lot. They own camping supplies, and received a week of camping, food, and gas assistance from the Navy and Marine Society Relief Fund. The Veterans Administration told them the wait for housing was 3 - 4 months. The American Red Cross turned them away because they had been out of the country. COVID-19 is not kind. David applied for CalFresh, but the benefits had not come through yet.

The outpouring of financial support for David and his family from Andrea, Sara, and the people on TWW SD — including other congregants — was immediately effective.

I drove over to the beautiful county park where David camped earlier in the month, called two strangers who had messaged their phone numbers, handed my cell phone to the county employee who handled reservations, and they put the camping fees on their credit cards. We have paid for accommodations for all except two nights (no camp sites available) through August 1. Other people from TWW SD drove over to my house in Chula Vista to donate brand new towels and hygiene products. It turns out the San Ysidro hotel does not provide soap, shampoo, or conditioner and only gives clients one towel per room.

David and his family will set up their own apartment in Tijuana August 1 when his retirement check is deposited. They will need some support with food and a few other things for awhile until he can find work in the COVID-19 economy. I have given him the names, phone numbers, and addresses of several local agencies that should be able to help him.

Here is what I am left with: lots of families live at the Knights Inn in San Ysidro. I saw lots of children living in this hotel across the street from two gas stations and a freeway on-ramp.

The rooms have no table, not a single chair, no mini-refrigerator, no microwave, and costs $80 a night, or $2,400 a month.

The families cannot buy and store groceries. They cannot prepare healthy food. And if by some chance they own a laptop, there is still no table, desk, or chair for their children to use when on-line school opens in August.

These families live in a poverty trap. If they are minimum wage workers, they cannot keep a roof over their heads, feed themselves, travel to work, and pay for health care today and save enough money for a month’s rent and a deposit for tomorrow.

The great social anthropologist Margaret Mead once observed, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

I had the great privilege of seeing her observation in action this past weekend. If you recognize yourself in Margaret Mead’s observation, I invite you to join us in whatever role in which you feel comfortable at the South Bay Food Pantry and Diaper Program.

South Bay Food Pantry News

Special Request for Recurring Donors for the South Bay Food Pantry

Now that our pantry is a partner with the SD Food Bank, we can order and pay for some of the food we distribute on a weekly basis! It will be a great help to have monthly recurring donations so we can plan our purchases. If you would like to make that commitment, no amount is too small, or too large. You may donate by credit card at https://www.firstuusandiego.org/donations.html Please remember to specify the donation is for the “South Bay Food Pantry” and that it recurs monthly. You may also send checks made out to “FUUSD” and write “SB Food Pantry” on the memo line. Please mail checks to Robie Evans, FUUSD, 4190 Front St., San Diego, CA 92103. Thank you for supporting our growing number of food pantry clients. We are grateful for your ongoing support.

Contact

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

**Friday, July 24, 2020**
**Memory Matters Gathering**
July 24, Fridays (second and fourth), July 10, 9:30 am — 11:30 am, Online. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link to join.

**Senior High Youth Movie Nights**
Fridays at 5 pm. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

**Saturday, July 25, 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](mailto: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 26, 2020**
**Live Streamed Worship**
Sundays, weekly, 9:30 am, [https://www.firstuusandiego.org/](https://www.firstuusandiego.org/).

**Social Hour**
Sundays, weekly, 10:30 am — 11:30 am, url [https://bit.ly/FirstUUSocialHour](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 Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

**Pagan Conversations**

**Middle School Youth Group**
Sundays at 2 pm. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto: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 27, 2020**
**Coping With Chronic Conditions Support Group**

**South Bay Singers Rehearsal**

**Tuesday, July 28, 2020**
**Arts & Crafts Creative Social**

**Wednesday, July 29, 2020**
**Senior High Youth Game Days**
Wednesdays at 3:30 pm. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

**Summer Virtual Pick-Up Choir**

**Thursday, July 30, 2020**
**Women's Chorus Rehearsal**
Calendar of Events

Upcoming Events

**Cosmos**  
Sundays (first), August 2, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.

**Palestine-Israel Justice Team Book Discussion**  
Sunday, August 2, 4 pm, Online. For information on obtaining the book, and joining the Zoom discussion, click here. Contact Cathy Pfister at keeetcat@cipsd.com with questions.

**Rainbow Action Group’s Koffee Klatch**  

**Join Robie!**  

**Monthly Board Meeting**  
Tuesday, August 18, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: boardpresident@firstuusandiego.org.

**Book Discussion**  
Thursday, Aug. 27, 2 pm — 3:30 pm, online. Rev. Kathleen will be hosting another book discussion of Once Night Falls. Sign up with Rose@firstuusandiego.org and the zoom link will be sent to you the week of the discussion.
Our Staff

**Ministers:**
Rev. Kathleen Owens, *Lead Minister*
Rev. Tania Márquez, *Assistant Minister*
Rev. Jim Grant and Rev. Lûne 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 Fuji, *Social Justice Coordinator*
Jennfer Daelynn, *Connections Coordinator and Scheduler*
Connie Hayes, *Bookkeeper / Controller*
Ray Evans, *Maintenance*
Mark Epler, *Event Coordinator*

Board of Trustees

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**Important E-mail Addresses:**
General First Church E-mail: mail@firstuusandiego.org
Order of Service submissions: oos@firstuusandiego.org
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First Church Web Site: website@firstuusandiego.org
http://www.firstuusandiego.org (Main site)
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**Contact the Main Office (Hillcrest Campus):**
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-288-9978 • 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