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.

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

August 4, 2019
Rev. Marta I. Valentin
Music: Barbara Scheidker

July 28, 2019
"A Dreamer's Dream"
"El Sueño de un Soñador"
Rev. Tania Márquez, Assistant Minister

August 4, 2019
Rev. Roger Bertschausen

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
What's Happening?

Corner Sign Update
We want to share that the plexiglass that was defaced on our sign at the corner of Front and Arbor Streets has been replaced thanks to a donation from Crack in the Wall Picture Frames. The person who defaced our sign has been apprehended. We have ordered a new, larger interior poster and when that arrives we will hold a public rededication ceremony to be clear that we remain firm and committed to our values of justice, inclusion, and celebration.

Board Highlights
Your new Board of Trustees met on Tuesday, July 16. We appointed Angela Garcia-Sims as Secretary, discussed changing our meeting schedule in order to increase access to participation, had an overview of policy governance for new members, discussed democratic processes in congregations, and heard an update on our strategic plan and visioning process. Minutes will be available after approval at our next board meeting. Our next regular meeting will be Tuesday, August 20 at 6 pm in Bard Hall. All are welcome!
– Rhiannon Smith, boardpresident@firstuusandiego.org

Uptown: The August Generosity Offering
The Uptown Community Service Center, started by First UU Minister Emeritus, Tom Owen-Towle, 35 years ago, will be the recipient of 85% of Sunday morning offerings (those not designated specifically for support of the church) for the month of August. Supported by 10 local area churches, Uptown serves homeless individuals and families from its Center on 30th Street in North Park. Offering a mailing address for individuals with no other fixed address, sorting and passing out mail is one of the most valuable services provided at the Center. Food packets are provided twice a week. Computers are available for work and aid applications and clean clothes, underwear, socks, toiletries and snacks are regularly available. Toilets are usually available but hard to keep functioning. Future projects include showers and laundry facilities.

Gentle Reminder
Reading the Board meeting minutes and Ministers’ report is a great way to stay informed about all that is happening in our congregation. You can find those documents here: firstuusandiego.org/board-of-trustees-minutes and www.firstuusandiego.org/board-packet.

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.

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.

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, or pet!

Becoming a More Effective, Spiritually Grounded Anti-Racism Ally: An Evening with Dr. David Campt
Sunday, August 4, Workshop 5:30 pm — 8:30 pm, Bard Hall. Learn how to use compassionate conversation to dismantle racism one conversation at a time. Join Dr. David Campt, renowned speaker and author of the White Ally Tool Kit, as we explore "radical acceptance" and engage on a journey as a compassionate anti-racism warrior. This workshop is focused on best practices in persuasion about racism and grounded in UU Principles. It is geared towards white allies/accomplices who seek to interrupt and dismantle white supremacy. Snacks provided; come early. Suggested Donation is $40.

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.

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.

Camp de Benneville Pines
Don't miss the chance to retreat and renew in August: retreats at Camp de Benneville Pines for every budget, interest, and age. Meet new people, learn something new, recreate, rejuvenate, and reconnect what matters most in life. Find out more and register today, at http://www.uu.camp/2019summer

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

Singletarian Senior Singles Luncheon  
Sunday, July 28, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Contact Mac Downing, home 619-542-9320.

Pagan Conversations  
Sunday, July 28, 1 pm — 2:30 pm, Room 323. Please join us for Pagan Conversations this Sunday. We will be discussing the turn of the Wheel to Lammas.

The Unitarian Universalist Christian Study Group  
Sunday, July 28, 1 pm, Room 321. Join us as we take a close look at the three texts from the Torah and the three quotes from the letters of Paul that have been used by Judaism and the Christian Church to justify homophobia.

Signing Social  
Sunday, July 28, 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.

Greater Beach Neighborhood Group  
Sunday, July 28, 5 pm, Wesley Palms in the 4th floor solarium, 2404 Loring Street. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at harootuniana@yahoo.com.

Journey Towards Wholeness Screening: "It Is Time Now"  
Tuesday, July 30, 6 pm, Bard Hall. Everyone is invited to watch Rev. Marta Valentín from the UU Church of Medford, MA and the UUA deliver her powerful sermon about change, which she delivered at the Sunday service at the recent General Assembly in Spokane, WA. The film runs 40 minutes, then we'll share discussion. Isaac Castro, Chair, Journey Toward Wholeness Core Team isaac.castro.87@gmail.com.

Sufi Healing with Jamil Larry Sweet  
Tuesday, July 30, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact lsweet@cox.net. Latif aka Payshun leads sufi healing the rest of July and August.

Lammas  
Saturday, August 3, Children's Circle at 3:30 pm, Ritual at 4:30 pm, Common Room. We gather to celebrate Lammas, the first harvest, and to share a feast as a community. There will be soup and bread for our potluck; please bring a dish to share. Suggested donation $5.

Stipends for UUJM Ca Retreat  
Sunday, August 4, Camp de Benneville Pines. Half off cost of the $270 adult cost for four night retreat. Stipend given by UUSC Fair Trade Table reserve account. Write paragraph to Kathy Smith, ksmith04@san.rr.com, concerning your areas of social justice interests and willingness to be on an organized forum at our church. This intergenerational retreat is an opportunity to connect to UUs across the state in a relaxing environment.

Cosmos  
Sundays (first), August 4, 1 pm — 3 pm, Room 323. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community and the universe itself. We will be exploring Canticle to the Cosmos as presented by physicist and cosmologist Brian Swimme. All are welcome and no previous attendance is required. We meet every month on the first Sunday of the month, with occasional interruptions.

UU South Bay Neighborhood Group  
Sunday, August 4, 5 pm, Carol Smith's home, Chula Vista. All UU's invited. Please RSVP or get more details at 619-318-4532, or at eksmith@cox.net. Bring your favorite food and drink to share.

Becoming a More Effective, Spiritually Grounded Anti-Racism Ally: An Evening with Dr. David Camp  
Sunday, August 4, Workshop 5:30 pm — 8:30 pm, Bard Hall. Learn how to use compassionate conversation to dismantle racism one conversation at a time. Join Dr. David Campt, renowned speaker and author of the White Ally Tool Kit, as we explore “radical acceptance” and engage on a journey as a compassionate anti-racism warrior. This workshop is focused on best practices in persuasion about racism and grounded in UU Principles. It is geared towards white allies/accomplices who seek to interrupt and dismantle white supremacy. Snacks provided; come early. Suggested Donation is $40.

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 six 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 memcna948@gmail.com or 619-427-1769.
Kirtan Peace Vibrations

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 [cmack5313@gmail.com](mailto:cmack5313@gmail.com) or Ed McCarron EdMcC@comsimplicity.com

Coping with Chronic Conditions
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.

Burrito 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.

Living the Homestretch
Saturday, August 17, 10 am, Bard Hall."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.

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](mailto:chris.smith7@cox.net) or Peggy Holl at [peggyholl@cox.net](mailto:peggyholl@cox.net)

Caregivers/Allies Support Group
Sundays (third), August 18, 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.

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 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, [harji_beverly@gmail.com](mailto:harji_beverly@gmail.com) or 252-258-1212.

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

Our latest Annual Report is available on our First UU website. Find it in the members area! [http://www.firstusandiego.org/members-area](http://www.firstusandiego.org/members-area)
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@firstuusandiego.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 Core 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@firstuusandiego.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 Garbosky (jgarbosky@cox.net) or Steve Howard (steveh4544@icloud.com) with your questions about Beloved Conversations and/or to let them know of your interest in the program.
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

July 28, 2019  "A Dreamer's Dream"  "El Sueño de un Soñador"  Rev. Tania Márquez, Assistant Minister
August 4, 2019  Rev. Roger Bertschusen

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.

Becoming a More Effective, Spiritually Grounded Anti-Racism Ally:
An Evening with Dr. David Campt
Sunday, August 4, Workshop 5:30 pm — 8:30 pm, Bard Hall. Learn how to use compassionate conversation to dismantle racism one conversation at a time. Join Dr. David Campt, renowned speaker and author of the White Ally Tool Kit, as we explore "radical acceptance" and engage on a journey as a compassionate anti-racism warrior. This workshop is focused on best practices in persuasion about racism and grounded in UU Principles. It is geared towards white allies/accomplices who seek to interrupt and dismantle white supremacy. Snacks provided; come early. Suggested Donation is $40.

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.

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.

UU South Bay Neighborhood Group
Sunday, August 4, 5 pm, Carol Smith’s home, Chula Vista. All UU’s invited. Please RSVP or get more details at 619-318-4532, or at eksmith@cox.net. Bring your favorite food and drink to share.

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

DRUUMM POC South Bay Group
Saturday (third, every other month), September 21, 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.

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.

Spanish Song Circle
The Spanish Song Circle is taking a summer break and will be back on September 22.

Karla Alvarez-Malo
South Bay Campus
Administrative Assistant
(619)271-5017
Email: karla@firstuusandiego.org
Our website
Our Facebook Page: https://www.facebook.com/UUSouthBay
Social Justice

WHAT TO DO IF YOU’RE STOPPED BY
POLICE, IMMIGRATION AGENTS OR THE FBI

YOUR RIGHTS
• You have the right to remain silent. If you wish to exercise that right, say so out loud.
• You have the right to refuse to consent to a search of yourself, your car or your home.
• If you are not under arrest, you have the right to calmly leave.
• You have the right to a lawyer if you are arrested. Ask for one immediately.
• Regardless of your immigration or citizenship status, you have constitutional rights.

YOUR RESPONSIBILITIES
• Do stay calm and be polite.
• Do not interfere with or obstruct the police.
• Do not lie or give false documents.
• Do prepare yourself and your family in case you are arrested.
• Do remember the details of the encounter.
• Do file a written complaint or call your local ACLU if you feel your rights have been violated.

This information is not intended as legal advice.
This brochure is available in English and Spanish / Esta tarjeta también se puede obtener en inglés y español.
Produced by the American Civil Liberties Union 6/10

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

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.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@firstuusandiego.org](mailto:tony@firstuusandiego.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 week’s religious education classes will focus again on Pride. Children will begin in the Meeting House as usual and follow their teachers to their classrooms after the Affirmation. A reminder that we are meeting in room 103, one of the preschool classrooms because of the shelter currently in progress.

**Teacher Orientation August 17**
Working with our bright, exploring, children can be incredibly fulfilling. Maybe this is something you have thought about but are unsure if it is really a “good fit.” Whether you are an experienced religious educator or just thinking about it, come to our Teacher Orientation on Saturday, August 17th from 10:00 to 2:00. Lunch will be provided. You will meet experienced and beginning leaders, get some ideas on classroom management and logistics, and learn about this fall’s curriculum. Please contact our Director of Family and Lifespan Ministries, Kathleen Swift ([kswift@firstuusandiego.org](mailto:kswift@firstuusandiego.org)), for any questions or thoughts. We hope to see you there!

**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@firstuusandiego.org](mailto:kswift@firstuusandiego.org) or look for a sign-up sheet on the RE table this Sunday.

**Childcare Providers Needed**
We are looking for childcare workers! If you enjoy working with very young children and have Sunday mornings and/or Wednesday evenings available, this is the job for you. Please contact Kathleen Swift ([kswift@firstuusandiego.org](mailto:kswift@firstuusandiego.org)) for any questions or to express interest.

For more information about any of our Children's Programming contact **Kathleen Swift**.

**Youth**

**Upcoming Sundays at First UU Hillcrest**
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!

**Kathleen Swift**
Director of Family and Lifespan Ministry  
(619) 398-4438  
Email: [kswift@firstuusandiego.org](mailto:kswift@firstuusandiego.org)

**Käthe Larick**
Youth Programs Coordinator  
(619) 398-4440  
Email: [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org)

**Tony Bianca, Program Assistant**  
(619) 398-4444  
Email: [tony@firstuusandiego.org](mailto:tony@firstuusandiego.org)  
[Our website](http://www.firstuusandiego.org)
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

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

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

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

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

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

FIRST UU's
Bed & Breakfast Program

Nedra Bikel, Marcia Biller, & Jan Garbosky are happy to answer your questions!
Or, email 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 others here at church while working to make the world a better place. A shared passion for justice, environmentalism, fair elections, or reproductive rights can spark lifelong friendships and working relationships that can make a direct, positive impact in the community and the wider world. Connect with like-minded activists by volunteering your time, attending meetings, and planning ways to take action on causes you believe in through the work of the SJMT. To find out what people at First UU are working on and to jump into the action, please visit the Social Justice patio table on Sundays, or read about opportunities on our website:
www.firstuusandiego.org/social-justice

Jenner Daelyn is the Connections Coordinator and Scheduler at First UU Church, and is happy to help you connect to activities, or to answer your questions about membership! She is in the office on Sunday - Thursday (scheduler hours 2:30 pm - 5:30 pm) and can be reached by email at jenner@firstuusandiego.org or by phone at 619-398-4443.
### Friday, July 26, 2019
**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.

### Saturday, July 27, 2019
**Insight SD Sitting Group/Dharma Study**
Sat., 9:30 am — 11:30 am, Room 323. 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.](#)

### Sunday, July 28, 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)**

### SingleTeen Senior Singles Luncheon
Sunday, July 28, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Contact Mac Downing 619-542-9320.

### Pagan Conversations
Sunday, July 28, 1 pm — 2:30 pm, Room 323. Please join us for Pagan Conversations this Sunday. We will be discussing the turn of the Wheel to Lammas.

### The Unitarian Universalist Christian Study Group
Sundays (except first) July 28, 1 pm, Room 321. “What the Bible really says about Homosexuality.”

### Signing Social
Sunday, July 28, 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.

### Greater Beach Neighborhood Group
Sunday, July 28, 5 pm, Wesley Palms in the 4th floor solarium, 2404 Loring Street. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at harootuniana@yahoo.com.

### Monday, July 29, 2019
**Yoga With Toni Turbyfill**
Mondays, 10 am — 11 am, Common Room. Yoga with a focus on self-care and stress relief, guiding our minds to focus on positive thoughts.

### Tuesday, July 30, 2019
**Journey Towards Wholeness Screening: “It Is Time Now”**
Tuesday, July 30, 6 pm, Bard Hall. Everyone is invited to watch Rev. Marta Valentin from the UU Church of Medford, MA and the UUA deliver her powerful sermon about change. Isaac Castro, Chair, JTW Core Team [isaac.castro.87@gmail.com](mailto:isaac.castro.87@gmail.com)

**Sufi Healing with Jamil Larry Sweet**
Tuesday, July 30, 7:15 pm — 8:15 pm, room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact [sweet@cox.net](mailto:sweet@cox.net). Latif aka Payshun leads sufi healing the rest of July and August.

### Wednesday, July 31, 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 [johnholl@cox.net](mailto:johnholl@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, August 1, 2019
**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.
Upcoming Events

Lammas
Saturday, August 3, Children's Circle at 3:30 pm, Ritual at 4:30 pm, Common Room. We gather to celebrate Lammas, the first harvest, and to share a feast together as a community. There will be soup and bread for our potluck; please bring a dish to share. Suggested donation $5.00.

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.

UU South Bay Neighborhood Group
Sunday, August 4, 5 pm, Carol Smith’s home, Chula Vista. All UU’s invited. Please RSVP or get more details at 619-318-4532, or at eksmith@cox.net. Bring your favorite food and drink to share.

Becoming a More Effective, Spiritually Grounded Anti-Racism Ally: An Evening with Dr. David Campt
Sunday, August 4, Workshop 5:30 pm — 8:30 pm, Bard Hall. Learn how to use compassionate conversation to dismantle racism one conversation at a time. Join Dr. David Campt, renowned speaker and author of the White Ally Tool Kit, as we explore “radical acceptance” and engage on a journey as a compassionate anti-racism warrior. This workshop is focused on best practices in persuasion about racism and grounded in UU Principles. It is geared towards white allies/accomplices who seek to interrupt and dismantle white supremacy. Snacks provided; come early. Suggested Donation is $40.

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 Buddhism and social and climate justice. For more information, click here.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), August 8, 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.

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 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.

Kirtan Peace Vibrations

Rainbow Coffee Klatich
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.

Coping with Chronic Conditions
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.

Living the Homestretch
Saturday, August 17, 10 am, Bard Hall. “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), August 18, 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.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Iwan W. Riddell, Minister of Music and Worship Arts
Rev. Tania Marquez, Assistant Minister
Rev. Jim Grant and Rev. Lorne Broussard, Affiliated Ministers
Rev. Bonnie Tarwater, Rev. Katy Swanson, and Rev. Julie Forest
Affiliated 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
Kathe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper/Controller
Pam Bates, Development Manager
Rose Riedel, Office Administrator
Angela Fujii, Social Justice Coordinator
Jenner Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Epler, Event Coordinator

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Important E-mail Addresses:
General First Church E-mail: mail@firstuusandiego.org
Order of Service submissions: oos@firstuusandiego.org
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): window@firstuusandiego.org
First Church Web Site: website@firstuusandiego.org
http://www.firstuusandiego.org (Main site)
http://www.firstuusandiego.org/uus-of-the-south-bay
(UUs of the South Bay)

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
www.firstuusandiego.org
Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

Contact the South Bay Campus (Chula Vista):
Unitarian Universalists of the South Bay
970 Broadway, Suite 101 & 104, Chula Vista, California, 91911
619-271-5017 • uusouthbay@firstuusandiego.org
www.firstuusandiego.org/uus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement