August’s Transformational Theme: **Sustenance**

**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

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

**August 4, 2019**
"Born From the Fire of Wisdom"
Rev. Marta I. Valentin
Music: Barbara Scheidker

**August 11, 2019**
Young Adults & Rev. Kathleen Owens, *Lead Minister*
Music: Drew Massicott

**South Bay Campus Location**
970 Broadway, Suite 104
Chula Vista, CA 91911
619-271-5017

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

**August 4, 2019**
"Born From the Fire of Wisdom"
Rev. Roger Bertschausen

**August 11, 2019**
"Like Bread Not Stone: Love, Kindness, and Justice"
Rev. Ian W. Riddell, *Minister of Music & Worship Arts*

**August Generosity Offering**
**Uptown Community Service Center**
Uptown Community Service Center serves homeless, poor and needy persons in a manner that is respectful and inclusive of all individuals and all circumstances. Located in North Park, Uptown is run by dedicated volunteers and provides services to 2,000+ homeless and very-low income persons each month through information and referrals, a mailbox and message center, access to computers, emergency food bank and clothing/hygiene supplies.

**Journeying Toward Wholeness: What Can I Do?**
More than 45 folks gathered this week to watch Rev. Marta Valentín's powerful sermon “It is Time Now” presented at the UUA General Assembly Sunday worship service in June. **It's not to be missed!** Marta was with us in December & is responsible for our History Wall on display in the Meeting House. She'll be preaching a new sermon at Hillcrest this Sunday.
Watch at home on your own at: [https://www.uua.org/ga/offsite/2019/worship/sunday](https://www.uua.org/ga/offsite/2019/worship/sunday)
The sermon starts at 35:47 but the entire service is wonderful.
What’s Happening?

Our Church Family

At 7:30 pm on 7/30 beloved member Mary Byrne Hoffmann passed from this Earth. Her breathing slowed and she was quietly at peace when she stopped breathing. There was a beautiful sunset out her hospital window. We know that she would want us to work for justice and to take time to marvel at the beauty in the world. A celebration of her life will be held at the First Unitarian Universalist Church of San Diego.

Meet with the Executive Director of the
UU Partner Church Council

Rev. Roger Bertschausen is a familiar figure at First UU; as a minister and an expert facilitator, he has led a number of Staff and Board workshops, and he, along with Rev. Marta Valentin, will be facilitating a visioning process here this weekend. In addition, he is also the Executive Director of the UU Partner Church Council, and in that role he would like to meet with any of us who are curious about, or involved with our Partner Church programs. Rev. Roger will share thoughts about how we can deepen our Partner relationships, and then lead an open info session with room for ideas and questions. Curious about these cross-cultural Partnerships? Want to hear about tour experiences and opportunities? Want to go on one? Please join us for this special opportunity to meet with Rev. Bertschausen and to be inspired: this Sunday, August 4, at 3 pm in the home of Rev. Kathleen and Jan Gallo, 3517 Curlew St., not far from First Church. Please RSVP to Dan Ratelle, danratelle@cox.net, so we’ll know how many chairs.

Uptown Annual Gala in a new location

Join us for this special celebration of Uptown’s 35 years in the San Diego community. The Gala will be held on Saturday, August 24 from 4 pm to 8 pm at the Banker’s Hill Club, a community venue featuring panoramic views of San Diego Bay. The party will include dinner, a silent auction, and entertainment by San Diego’s Voices of Our City Choir (a group including many homeless individuals). During the cocktail hour, there will be a no-host bar and musical stylings by local pianist Jodie Harte. Tickets are $75 per person and will be on sale online (at UptownCSC.org) or in-person at the Social Justice table on the patio after services.

The Specialty Sale is On Its Way!

First UU will hold a Specialty Sale on October 12 to raise money for the church. We’re seeking art and collectibles, jewelry, scarves, hats, and handbags, and will be accepting donations in Room 115 at these times: Friday, October 4, 1 pm — 6 pm; and Saturday, October 5 — Thursday, October 10 from 10 am — 4 pm (except for Sunday, October 6, when donations will be accepted between services.) Don’t miss the Volunteer Pre-Sale on Friday, October 11, 5 pm — 7 pm! To qualify, all you need to do is volunteer to help! To volunteer or arrange for a different donation time, contact Rhea Kuhiman at 619-491-0664 or rheakuhiman2@gmail.com.

The deadline for the next issue of The Window is:
August 7 (Wednesday) at 8 am

If you would like an announcement placed in the Window, please email:
window@firstuuandsd.org
The Window submission maximum is 60 words
Camp de Benerville Pines
Don’t miss the chance to retreat and renew in August: retreats at Camp de Benerville 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/

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

Join Our Summer All-Voices Choir
Adults, Youth, and School-Age Children are all welcome. No singing experience necessary! Three Rehearsals — One Sunday Morning Service. Rehearsals in Clark Chapel, Sunday, August 4, 10 am to 12 pm and Sunday, August 11, 12 pm to 1 pm. Sing in Hillcrest Sunday service, August 18, 8:30 am rehearsal; 9:30 am service. For more information, Contact Rev. Ian at ian@firststusandiego.org.

Stipends for UUJM Ca Retreat
Sunday, August 4, Camp de Benerville 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.

Singleitarian Senior Singles Luncheon
Sunday, August 4, 12:30 pm, Elijah’s, 7061 Clairemont Mesa Blvd, 858-455-1461. Contact Mac Downing home 619-542-9320.

Signing Social
Sunday, August 4, 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.

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.

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

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

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 memcnair948@gmail.com or 619-427-1769.

Memory Matters Gathering
Fridays (second and fourth), August 9, 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.

Looking Glass Theatre Auditions for 12 Angry Jurors
Friday, August 9, 7 pm / Saturday, August 10, 10 am / Sunday August 11, 2 pm, Meeting House. Looking Glass Theatre is excited to present a play based on the Emmy-wining TV movie, 12 Angry Men. This audition is open to all genders, aged teen through adult. Email rose@firststusandiego.org with questions.

Kirtan Peace Vibrations

Come Join Singing in the Pines
Saturday, August 10 to Wednesday, August 14, Camp de Benerville 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.

Dances of Universal Peace
Saturdays (second), August 10, 7 pm — 9 pm, Bard Hall. The Dances of Universal Peace use sacred chant, song, simple circle dances, and music to create an opportunity where hearts open, spirits can soar, and a deeply-rooted peace can be experienced. No experience is necessary.
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 or Ed McC Carroll 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.

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, 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.

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@firsttuusandiego.org.

Fourth Monday Meeting of UU Men’s Fellowship
Monday, August 26, 6 pm — 8:30 pm, Morley Field, located in Balboa Park at 2221 Morley Field Drive, San Diego, CA 92104. Picnic in Morley Field. We will meet in front of the tennis courts at about 5:30 pm and start eating at 6 pm. Bring a chair and a dish to share. The fellowship will provide utensils, plates, glasses, soft drinks, franks, hamburgers, vegetarian fare and a fire. If you have other dietary restrictions, please provide for them yourself. We will also have some, yet to be determined, outdoor activities. Here are the directions to the Picnic site - From University Avenue in North Park go South on Texas Street. Cross Upas Street into the Morley Field Recreation Area. As you see the swimming pool dead ahead, turn into the parking area in front of the tennis courts. We will be right there with a grill and table.

Paganism 101
Sundays September 8 — October 27, 3 pm — 5 pm. An eight week course hosted by ECSC leadership exploring the fundamentals of pagan beliefs and practices through ritual, learning, and community. $20 Materials fee. Register now to reserve your spot by contacting ECSC at sdpagansuu@gmail.com.

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, haribeverly@gmail.com or 252-258-1212.

Save the Date
UU Men’s Fellowship Annual Fall Renewal
September 27 to 29, Camp Stevens, Julian CA. All men of the church (UUMF members or not) are welcome to a weekend of relaxation, fellowship, celebration, and discussion in the mountains of San Diego County back country. The theme is Exploring my Man Box, Redefining myself as a Man. For more information or registration, please stop by the table on the Sunday patio or contact Mike Dorfi 619-466-5952 or John Holl 619-546-6525.
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](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.
**South Bay Campus**

*Our mission is to create community, to nurture spiritual growth, and to act on our values to help heal the world. La misión es crear una comunidad, fomentar el crecimiento espiritual y vivir en nuestros valores para ayudar a sanar el mundo.*

### UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

**August 4, 2019**  
"Born From the Fire of Wisdom"  
Rev. Roger Bertschausen

**August 11, 2019**  
"Like Bread Not Stone: Love, Kindness, and Justice"  
Rev. Ian W. Riddell, Minister of Music & Worship Arts

### Community Garden

South Bay just became part of Mosaic Community Garden, by renting 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](mailto:karla@firstuusandiego.org).

### Chi Gung at South Bay with Lolly Brown

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

### 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 [eksmithe@cox.net](mailto:eksmithe@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.

### 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](mailto:karla@firstuusandiego.org).

### Spanish Song Circle

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

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**Karla Alvarez-Malo**  
South Bay Campus  
Administrative Assistant  
(619)271-5017  
Email: [karla@firstuusandiego.org](mailto:karla@firstuusandiego.org)  
[Our website](http://www.firstuusandiego.org)  
Our Facebook Page: [https://www.facebook.com/UUSouthBay](https://www.facebook.com/UUSouthBay)
An Evening with Dr. David Campt

Becoming a more effective, spiritually grounded anti-racism ally

Learn how to use compassionate conversation to dismantle racism one conversation at a time. Join Dr. David Campt as we explore "radical acceptance" end engage on a journey as a compassionate warrior. This training is based on the White Ally Toolkit written by Dr. Campt and is geared towards white allies/accomplices who seek to interrupt and dismantle white supremacy. Meet, greet and eat from 4:30 pm - 5:30 pm, Workshop from 5:30 pm - 8:30 pm.

https://www.youtube.com/watch?v=27DraZjrSoo
https://www.youtube.com/watch?v=TA0EMICotgo

Tickets are offered at a sliding scale: Students or under 25: $25; General Admission: $40; Special Supporter: $60. Admission includes food, beverage and all workshop materials. Register here at:

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, 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)**

**Children's RE**
This Sunday, August 4, we'll have one Religious Education class during the 9:30 am service for children ages 5 - 12. They will be learning a simple song using xylophones. Then, they will explore the colors of the chakra and how they match those of the xylophone. We will probably end with some simple yoga poses. Childcare will be provided for both services as usual.

**RE Leaders**
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 kswift@firstuusandiego.org or look for a sign-up sheet on the RE table this Sunday.

**RE Leader Orientation**
Orientation will be held on Saturday, August 17 from 10 am — 2 pm in the Common Room. 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, for any questions or thoughts. We hope to see you there!

**If I Had a Hammer**
Our children's religious education program could use a couple of items. One item is 6 - 8 lightweight hammers. If you have an extra in your toolbox and are willing to donate it, we would appreciate it! We are also looking for 3 - 5 hula hoops. If you can help us out, let us know. Contact Kathleen Swift at kswift@firstuusandiego.org. Thanks!

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

**Children's Choir**
Our Children's Choir will begin rehearsing for the upcoming season on Sunday, September 15 at 10:45 am in Room 113. All children ages 5 – 12 are welcome to join us! I'm also excited to announce that this year, in addition to singing together, the children will have the opportunity to learn how to play the Penny Whistle!! Adding an instrumental component to Choir will be an excellent way to help our children build skills around reading music and performing as an ensemble. For more information, contact Tony Bianca at tony@firstuusandiego.org.

For more information about any of our Children's Programming contact Kathleen Swift.
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

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

TALENT Is one of your Talents the ability to talk to people? Do you talk about First UU? Many people are looking for a spiritual home, and don't know that there is a community of progressive, caring people, right here - and you're already a part of it! Use your Talent - let them know.

TIME Time is money! If you take a few minutes of your time to purchase Gift Cards on the first Sunday of the month on the Hillcrest patio, you get the full value of what you paid PLUS First UU gets a percentage. Use them for gifts, OR for things you'll be buying anyway - like groceries, clothes, plane tickets, chocolate, and more.

CREATING COMMUNITY

TREASURE Parties! Weddings! Receptions! Recitals! All these (and more) can be held right here at First UU. We have rooms of different shapes and sizes, plus event coordinators, AV options, and catering available if needed. Prices are excellent - and First UU benefits, too. Check out the Facilities page of our website for more information, and tell your friends!

What's happening in August? Stop by the Gift Card table on August 4 to order your gift cards for summer events like vacations and beach parties! To get out of the heat, pick up a restaurant or movie card - or both!

Connections

"Invisible threads are the strongest ties." — Friedrich Nietzsche

Save the Dates

Making Connections at First UU
Perfect for newcomers and visitors, this orientation is focused on the many groups and activities that take place on Sunday and throughout the week at First Church. First Sundays – August, September, November, December, Room 321, after each service - 10:45 am and 12:45 pm.

Becoming A Member Orientation
If you have been thinking about membership, this informational orientation will answer any questions you may have about the process and requirements. It is not required for membership, but is recommended. First Sundays – October, January, April, July 30, Room 321, after each service - 10:45 am and 12:45 pm.

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.

Volunteers needed at the Welcome Table!
If you enjoy meeting new people and greeting friends with a smile — you might be a perfect addition to the Welcome Table team. We are looking for folks who are excited about talking to newcomers about First UU, are able to recognize and respond appropriately to a variety of interpersonal styles, and who have an excellent attitude of hospitality that honors diversity. Duties include encouraging people to fill out a name tag and visitor form, informing people about Sunday morning scheduling, helping people get acquainted with the layout of the church grounds, answering questions about programs, and communicating with the Connections Coordinator regularly about visitor needs, inquiries, and materials. Volunteers usually work as a team of two and commit to one Sunday a month. If you are interested, contact Jenner Daelyn at jenner@firstuusandiego.org or Kathleen MacLeod at kmacleod1@cox.net.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>Saturday, August 3, 2019</strong></td>
<td><strong>Insight SD Sitting Group/Dharma Study</strong> Saturdays, 9:30 am — 11:30 am, Room 323. This weekly <strong>Insight SD</strong> 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, <strong>click here</strong>.  <strong>Lammas</strong> Saturday, August 3, Children's Circle at 3:30 pm, Ritual at 4:30 pm, Common Room. We gather to celebrate the Lammas, the first harvest, this Saturday. There will be soup and bread for our potluck; please bring a dish to share. Suggested donation $5.</td>
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<td><strong>Sunday, August 4, 2019</strong></td>
<td><strong>Sunday Morning Meditation Sangha</strong> 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 <strong><a href="mailto:johnholl@cox.net">johnholl@cox.net</a></strong> or call 619-546-6525. <strong>Hillcrest Worship Services: 9:30 am and 11:30 am, Meeting House (see front page for topics)</strong> <strong>South Bay Worship Service: 9:30 am (see front page for topics)</strong>  <strong>Singletarian Senior Singles Luncheon</strong> Sunday, August 4, 12:30 pm, Elijah's, 7061 Clairemont Mesa Blvd, 858-455-1461. Contact Mac Downing 619-542-9320. <strong>Signing Social</strong> Sunday, August 4, 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 <a href="mailto:ellipsister@gmail.com">ellipsister@gmail.com</a>. <strong>Cosmos</strong> 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. <strong>Meet with the Executive Director of the UU Partner Church Council</strong> Rev. Roger Bertschhausen is a familiar figure at First UU; as a minister and an expert facilitator, he has led a number of Staff and Board workshops, and he, along with Rev. Marta Valentin, will be facilitating a visioning process here this weekend. Please join us for this special opportunity to meet with Rev. Bertschhausen and to be inspired: this Sunday, August 4, at 3 pm in the home of Rev. Kathleen and Jan Gallo. Please RSVP to Dan Ratelle, <a href="mailto:danratelle@cox.net">danratelle@cox.net</a>, so we’ll know how many chairs. <strong>Open-Heart Buddhist Sangha</strong> 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. <strong>UU South Bay Neighborhood Group</strong> 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 <strong><a href="mailto:eksmith@cox.net">eksmith@cox.net</a></strong>. Bring your favorite food and drink to share. <strong>Becoming a More Effective, Spiritually Grounded Anti-Racism Ally: An Evening with Dr. David Campt</strong> 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. Snacks provided; come early. Suggested Donation is $40.</td>
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<td><strong>Monday, August 5, 2019</strong></td>
<td><strong>Yoga With Toni Turbyfill</strong> 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. <strong>Insight SD Social and Climate Justice Affinity Group</strong> Mondays (first), August 5, 6:30 pm – 8 pm, Room 323. This monthly <strong>Insight San Diego</strong> group welcomes anyone interested in exploring the deep connections between Buddha dharma practice and social and climate justice. For more information, <strong>click here</strong>.</td>
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<td><strong>Tuesday, August 6, 2019</strong></td>
<td><strong>Sufi Healing with Jamil Larry Sweet</strong> Tuesday, August 6, 7:15 pm — 8:15 pm, room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact <strong><a href="mailto:lsweet@cox.net">lsweet@cox.net</a></strong>. Latif aka Payshun leads sufi healing the rest of July and August.</td>
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<td><strong>Wednesday, August 7, 2019</strong></td>
<td><strong>Wednesday Morning Meditation Sangha</strong> 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 <strong><a href="mailto:johnholl@cox.net">johnholl@cox.net</a></strong> or 619-546-6525. <strong>Young Adult Group — Ages 24-35</strong> 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!</td>
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Thursday, August 8, 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.

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. Current reading: In Love with the World: A Monk’s Journey through the Bardos of Living and Dying by Yongey Mingyur Rinpoche. 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 new nation.

Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), August 9, 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.

Looking Glass Theatre Auditions for 12 Angry Jurors
Friday, August 9, 7 pm / Saturday, August 10, 10 am / Sunday August 11, 2 pm, Meeting House. Looking Glass Theatre is excited to present a play based on the Emmy-winning TV movie, 12 Angry Men. This audition is open to all genders, aged teen through adult. Attend one of the three audition opportunities. Find more information about Looking Glass Theatre at LookingGlassSD.org, or email rose@firsttuusandiego.org with questions.

Kirtan Peace Vibrations
Saturday, August 10, 6:30 pm — 8 pm, Common Room. Join Patita Pavana and Ted Takeuchi of Spirit Soul And Friends along with our host, James Long, for an evening of community friendship, peaceful Mantra Meditation, Gauranga Breathing, Japa Meditation, Gauranga drumming and MORE uplifting Kirtan as we joyously celebrate and gather together in community friendship. https://www.spiritsoulandfriends.com/upcoming-events/kirtan-potluck-july-2019

Dances of Universal Peace
Saturdays (second), August 10, 7 pm — 9 pm, Bard Hall. 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.

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 Unitarian Universalist Christian Study Group
Sunday, August 11, 1 pm, Room 321. Join the Unitarian Universalist Christian study group for conversation!

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 that 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.

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

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

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Ian W. Riddell, Minister of Music and Worship Arts
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lérie Broussard, Affiliate Ministers
Rev. Bonnie Tarwater, Rev. Katy Swanson, and Rev. Julie Forest
Affiliate Community Ministers
Rev. Dr. Carolyn S. Owen-Towle, Minister Emerita
Rev. Dr. Thomas A. Owen-Towle, Minister Emeritus

Music Staff:
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea Newall-Lockett, JUUL Tones Ensemble Director
Tony Bianca, Handbell Program and Children’s Choir Director

Staff:
Robie Evans, Director of Operations
Kathleen Swift, Director of Family and Lifespan Ministry
Käthe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper/Controller
Pam Bates, Development Manager
Rose Riedel, Office Administrator
Angela Fuji, Social Justice Coordinator
Jennfer Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Eppler, Event Coordinator

Board of Trustees

Rhiannon Smith, President
Sarah Ormond, Vice President
James Long, Treasurer
Angela Garcia-Sims, Secretary
Laura Ball, Andrea Gonzalez, Brian Krohne, Kathleen MacLeod
and Maureen McNair, Trustees

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

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
www.firstuusandiego.org

Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

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

Campus Hours: Sunday for Service or By Arrangement