

Our Mission

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

Our Eight Principles

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

- 1. The inherent worth and dignity of every person;
- 2. Justice, equity, and compassion in human relations;
- 3. Acceptance of one another, and encouragement to spiritual growth in our congregations;
- 4. A free and responsible search for truth and meaning;
- 5. The right of conscience, and the use of the democratic process within our congregations and in society at large;
- 6. The goal of world community with peace, liberty, and justice for all;
- 7. Respect for the interdependent web of all existence of which we are a part;
- 8. Building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and oppressions.

August's Monthly Worship Theme: What Makes You Come Alive?

Hillcrest Campus Location 4190 Front Street San Diego, CA 92103 619-298-9978 South Bay Campus Location 970 Broadway, Suite 104 Chula Vista, CA 91911 619-271-5017

Hillcrest Services and Southbay Livestream 10 am Sundays at both campuses

August 6, 2023
"UU History"

Jim Davis

August Generosity OfferingUptown Community Service Center

Uptown works to provide services to people experiencing homelessness and economic hardship, in a manner that is respectful and inclusive of all individuals and circumstances. Drop-in services, including showers, clothing, mailboxes, and hygienic supplies, reach more than people day. Through a community partnerships, many of Uptown's clients get additional support in their transitions permanent housing. Visit m.uptowncsc.org/ for more information. You can donate on our website, under gift designation select "Generosity."

August 13, 2023 "How We Fight"

Everett Howe, Community Minister

Throughout our history, Unitarian Universalists and our spiritual ancestors have fought for justice, sometimes by building bridges across divisions and sometimes through direct conflict. In this service we'll explore the tension between these two approaches to how a "gentle, angry people" can build beloved community in the face of oppression.

Everett Howe (he/his) is a UU minister based in San Diego. Rev. Howe continues to spend half his time with his first calling: research mathematics. He and his wife Isabella Furth have been members of the First UU Church of San Diego since 2005.

The deadline for the next issue is: August 9 (**Wednesday**) at 8 am

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

Submission maximum is 60 words

What's Happening?

Who to Contact During Robie's Sabbatical!

Our Director of Operations, Robie Evans, will be taking a sabbatical through August 20; returning to her desk on Monday, August 21. To find out who to contact during her absence, *please go here*.

Calling all Musicians, Poets, and Entertainers!

Please come perform at our community's Summer Arts Festival on the Patio on Saturday, August 26 at 3 pm. Contact *Louise Titlow* for more information.

Podcast

Listen to "The First Source" a podcast created by Tony Bianca in conversation with First UU congregants around issues of spirituality, church life, faith and life in general. Episode 6, a special "All Church Camp" episode is now available <u>HERE!</u>

Hillcrest In-Person Social Hour

August 6, Sundays, following worship, Hillcrest patio. Join your community on the Hillcrest patio after the service.

Virtual Social Hour

August 6, Sundays, 11 am, *bit.ly/FirstUUSocialHour*, Meeting ID 824 042 297. Password: FUUSD.

GA Delegate Debrief

August 6, Sunday, 11:30 am — 12:30 pm, room 323 and Zoom at <u>bit.ly/debriefGA</u>. Delegates and non-delegates are invited to a debrief with Rev. Justine, Jan Garbosky, and John Schaibly. We'll discuss our GA experiences and First Church's possible followup actions on Article II and other UUA resolutions.

Board Chat

August 6, first Sundays, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946. Chat with a member of the Board.

Hillcrest Song Circle

August 6, first Sundays, 3 pm — 5 pm, Common Room. As always, bring your guitar/and or voice. This is a fun chance to sing, we are not a choir. We have music books but you may bring a song you would like to teach the group or a song you would like to perform for the group. wombated@gmail.com or cmack5913@gmail.com.

Open Heart Sangha - Meeting In Person at First UU!

August 6, Sundays, weekly, 4 pm — 5:30 pm, Bard Hall. The Open Heart Sangha, practicing mindfulness meditation in the tradition of Thich Nhat Hanh. All are welcome! Contact Marge, <u>margewur@gmail.com</u>.

ZUUMERS

August 7, first Mondays, 7 pm, online. "ZUUMERS" is a new name for an old neighborhood group that has continued meeting on Zoom for several years. All are welcome to join us for interesting conversations. We meet on the first Monday of each month from 7 pm — 8:30 pm. Contact Claudia at obata.claudia@gmail.com.

Artists Wanted!

Bard Hall "Harvest of Art" Show. September/October 2023. Seeking established and aspiring visual, photographic, mixed media and fabric artists. No fees. We'll work with you to show your work. See our Artists Folder in Bard Hall or contact the Bard Hall Art Guild via *keaslerart@qmail.com* or call John at 619-278-1267.

Matching Donations for Vermont Disaster Relief

A generous donor will match up to \$1,000 of our donations to the UUA disaster relief fund to help with the flooding in Vermont. The UU church in Montpelier sustained a lot of damage from the flooding. Click *HERE* to give and be counted toward the matching funds.

Update your confidential Personal Emergency sheets. www.firstuusandiego.org/caring.html.

Finance Committee Meeting

August 9, Wednesday, 6:30 pm, link in the members area of the *website*. Note that this meeting is on *WEDNESDAY* rather than the typical Thursday meeting. Non-committee members do not take part in discussions or have a vote.

UU Book Club

August 10, Thursday, 6 pm, Zoom. Please join us to discuss Hammet by Maggie O'Farrell. The book is inspired by Shakespeare's early life. Questions contact Mina Taylor *minastaylor@gmail.com*.

SummerFest Community Concert

Front Street Productions and La Jolla Music Society

August 10, Thursday, 7:30 pm — 9 pm, Meeting House. Join us for a truly remarkable evening of music by the La Jolla Music Society's 2023 Fellowship Artists *trioJEM* and *Quartet Integra* in the Meeting House at First UU Church in Hillcrest. Registration is required, free tickets *HERE*.

"Summer Break Camp for Adults"

August 10 — 14, Camp de Benneville Pines. The fabulous Donald Milton III will be the keynote speaker and the choir director. Visit https://www.uucamp.org/camps-retreats/adult-camps/2023-uu-summer-break-camp-for-adults-singing-in-the-pines/ for more information.

Parking Lot Corner Beautification!

August 11, Friday, 9:30 am - 2 pm, front corner of the parking lot. Brennan is back to beautify the corner of our parking lot and he is looking for volunteers! We will be learning how to work with cement and mosaic, and creating art to pull people's attention towards First UU from a block down the road. Bring shade hat and latex gloves.

Memory Matters Gathering

August 11, second and fourth Fridays, 10 am — 11:30 am, online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. This is a place for those who worry about memory problems and their care partners. The gathering 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.

What's Happening?

Creative Writing Group

August 12, second Saturdays, 10:30 am — 12:30 pm, http://bit.ly/CreativeWritingFirstUU, Meeting ID: 868 9505 3014, Passcode: 361410. For anyone with a desire to create and experiment with writing. RSVP to evagarciamayers@yahoo.es. Three attendee minimum.

Women Together Meeting

August 12, second Saturdays, 12 pm — 2 pm, Common Room. Come see old friends, meet new friends, and experience sharing and caring. Bring your favorite song(s) and share why it is special to you. For more information, contact Claudia at *obata.claudia@qmail.com*.

Kirtan And Chanting For Peace

August 12, second Saturdays, 6 pm — 7 pm, Common Room. Donation-based community event. Come and engage in the spiritual practice of Kirtan, a nondenominational practice that has been passed down since time immemorial and a constant in all paths and religions. Getting together as a group is a fun way to do this and we can sing mantras (transcendental spiritual sound vibrations) using all kinds of instruments and genres of music. Dancing and movement is highly encouraged!

Rainbow Action Group's Koffee Klatch

August 13, second Sundays, 11:15 am — 12:15 pm, Room 323. Our in-person Koffee Klatch will be upstairs in Room 323, so bring some refreshments and join us. All family, friends and allies are invited.

Welcome and Appreciation Event

August 13, Sunday, 2 pm — 5 pm, South Bay Campus. Party to welcome our new minister team - Rev. Justine for her second year and Rev. Kristen Kuriga returning as our new assistant minister - and show our appreciation of our ministry team, -staff and volunteers, for all their wonderful contributions. Music, fun: bring one or two flowers plus finger foods to share. Contact Angela 619-709-2062.

Coping With Chronic Conditions Support Group

August 14, second and fourth Mondays, 1:30 pm — 3 pm, URL <u>bit.ly/CopingCCGroup</u>, or call 669-900-6833 with meeting ID 681-036-9317. New participants contact Chris Smith prior to attending at 619-300-7477 or <u>email</u> to discuss our covenant, mission statement, and password.

Caregivers/Allies Support Group

August 14, second and fourth Mondays, 4 pm — 5:30 pm, online. The Caregivers/Allies Support Group is welcoming prospective new participants. For additional information about participating, contact *Les Vivian*.

Board Meeting

August 15, Tuesday, 6:30 pm, online. Open to congregants. Link in the member section of the *website*

Organizing for Justice Meeting

August 24, fourth Thursdays, 6:45 pm, online. Organizing for Justice (O4J) meets on the fourth Thursday of each month. Please contact *Newt Ferris* for further information.

Steps to Membership Meeting

August 27, fourth Sundays, 11:15 am, Room 323. Come learn about membership at First UU. Have your questions answered and find out what membership is all about.

UU Christian Study Group

August 27, fourth Sundays, 12 pm, Room 321. Join the UU Christian Study Group for a discussion of the first two chapters of "*The Great Spiritual Migration*" by Brian McLaren. Study questions can be found *HERE*. A synopsis of the first two chapters can be found *HERE*. Contact *rose@firstuusandiego.org*.

Fourth Monday Meeting of UU Men's Fellowship

August 28, fourth Mondays, potluck 5:30 pm, Morley Field (in front of the tennis courts). Burgers, dogs and veggie burgers will be provided. Salads, beverages, snacks or treats are welcomed. Games and a fire ring. Visit the UUMF table on the patio or contact *icksdca@gmail.com*.

New Date for Program on

"Death and Resurrection of Unitarian Universalism" September 16, Saturday, 10 am, Bard Hall and Zoom at https://bit.ly/UUSeniors. Rev. Arvid Straube will lead a discussion on the future of Unitarian Universalism. (This is the same program originally scheduled for July that had to be cancelled at the last minute.) Hosted by UU Seniors. Coffee and tea available at 9:45 am, in Bard Hall - come early and socialize! All are welcome. If you miss the program, the recording will be available on the church website. Note that there is no UU Seniors program in August.

Fall Transgender Inclusion Workshop

Sundays, September 24, October 1, 8, 15, 22, 29, and November 5, 1 pm — 2:30 pm on Zoom. Come join us in the Fall Transgender Inclusion Workshop. It's an informative seven week course, and we haven't offered it in two years, so please sign up now. For more information contact Les GrantSmith *looscann@gmail.com* or Louise Titlow *lmtitlow@gmail.com*.

Medical Equipment for Loan

Our church has an inventory of medical equipment for loan. If you would like to borrow a wheelchair, walker, crutches, knee scooter, toilet riser, bedside commode, etc., call Chris Smith 619-300-7477 or Peggy Holl 619-787-5770.

Coming to First UU this Fall!

Many new groups and programs will launch in the fall:

- UU Humanist Book Discussion Group
- UU Animal Ministry San Diego Chapter
- · Covenant of UU Pagans San Diego
- UU 101 an Adult RE series
- Mid-Week, Evening Worship! (Thursday evenings, 7 pm, Chapel, beginning September 14!)

To participate in any of these groups or programs contact *Rose@firstuusandiego.org* or 619-398-4439.

South Bay Campus

Gracias y Bendiciones

Saturdays, 9:45 am — 10 am, South Bay Campus. Every Saturday morning led by Social Justice Coordinator, Chris, and musicians from our FUUSD and South Bay worship teams. Saturday's services are bilingual.

South Bay Worship Gathering

Sundays, 10 am, South Bay Worship Hall. Join the South Bay community to watch the livestream of the Hillcrest service together every Sunday this summer.

South Bay Singers Rehearsal

August 6, Sundays, 11:45 am — 1 pm, South Bay Campus. Contact *Lorelei@firstuusandiego.org*.

Welcome and Appreciation Event

August 13, Sunday, 2 pm — 5 pm, South Bay Campus. Party to welcome our new minister team - Rev. Justine for her second year and Rev. Kristen Kuriga returning as our new assistant minister - and show our appreciation of our ministry team, -staff and volunteers, for all their wonderful contributions. Music, fun: bring one or two flowers plus finger foods to share. Contact Angela 619-709-2062.

Welcome and Appreciation Party



When: Sunday, August 13, 2023 Time: 2 – 5 pm

Where: UU South Bay Church - 970 Broadway, C. V.

Let us have fun, welcome our new minister duo, and show our appreciation to the entire ministry team, staff, and volunteers

Please bring your favorite finger foods, including savory or sweets and flowers to share

Social Justice

Sharia's Closet

Remember Sharia's Closet, a 2022 Generosity Offering Partner offering free emergency clothing to those in need? Sharia's Closet needs a new home! Do you know of multi-use spaces 3,000-5,000 square feet? Or how to find one? Details and contact here:

https://www.shariascloset.org/new-home/.

Our Faith

UU Class Conversations Seeks Participants

UU Class Conversations is seeking participants for Working Class Caucuses. Working class UU's will have safe open conversations with each other and a facilitator. Discussions will focus on class in UU spaces. Contact rosewith2thorns@gmail.com.

Family & Lifespan

Children's RE

This Sunday, August 6, the service will focus on UU History and we'll have three groups for Children and Youth during the 10 am service.

Young Adult Group (ages 22 - 35)

Tuesdays, 5:30 pm — 7 pm, Room 114b. This is an open, welcoming space to share meaningfully, play games, consider social and climate justice issues, and plan events. If you are interested in gathering with us, contact Youth and Young Adult Coordinator, *Lara Anderson*.

All Church Picnic and Games

August 19, Saturday 6 pm — 9 pm, Civita Park in Mission Valley. We'll have lite refreshments, but feel free to bring your own picnic meal for yourself or to share. We'll gather in the middle of the park just above the playground area. We'll have games available to play or just come and hang out. Parking is available at the park and on the surrounding streets. Civita Park is on a hill, so there is a slight incline, but all levels are wheelchair accessible with ramps connecting all areas of the park.

Exploring AI

August 31, Thursday, 6:30 pm — 8 pm on Zoom. Join DLFF, Tony Bianca, to explore some of the philosophical, ethical and practical questions surrounding Artificial Intelligence and get a chance to see how a few Al programs work. This program is free, but registration is required. Register at:

form.jotform.com/221945094745160.

South Bay Food Pantry News

Food Pantry Collecting Supplies for Unsheltered Folk

Thanks for the plastic bags! The pantry can always use easy-open, no-cook food, hygiene items (soaps, toothbrushes & toothpaste, baby wipes, hand sanitizer), and adult diapers/briefs and other incontinence supplies. Drop off at Hillcrest on Sunday morning - the bin is now at the back of the meeting house.

You are the Pantry!

Food and diapers (and more) go to 400+ families each week through intensive efforts of a gazillion volunteers. Join us some Saturday morning? Prefer smaller groups or weekday volunteering? Available Friday or Saturday evenings? Or early Sunday mornings? Contact foodpantry@firstuusandiego.org to get on board.

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. Open to the public Saturdays 11 am — 12:30 pm. Contact **foodpantry@firstuusandiego.org** or 619-271-5017.

How to Donate to the South Bay Food Pantry

Donate <u>online</u> or by check payable to FUUSD with "SB Food Pantry" in the memo. Mail to 4190 Front St., 92103.

Presented in Partnership by La Jolla Music Society and Front Street Productions

SummerFest Community Concert 7:30 pm Thursday, August 10th





Funded by the First UU Outreach and Growth Fund Enjoy this remarkable concert in our air-conditioned, acoustically-optimized auditorium. First Unitarian Universalist Church of San Diego 298 W Arbor Street San Diego, CA 92103

Free parking in our lot

LA JOLLA MUSIC SOCIETY
SUMMERFEST2023

Free! Registration Required Reserve your seats at **FirstUUSanDiego.org**

Week at a Glance Calendar

Sunday, August 6, 2023

Hillcrest In Person & Simultaneous Livestream Worship In person or *online* at 10 am! Outdoor viewing available.

South Bay Worship Gathering

Sundays, 10 am, South Bay Worship Hall. Livestream of the Hillcrest service every Sunday this summer.

Hillcrest In Person Social Hour

Sundays, following service, Hillcrest patio. Coffee, tea and snacks provided.

Virtual Social Hour

Sundays, 11 am, <u>bit.ly/FirstUUSocialHour</u>, Meeting ID 824 042 297. Password: FUUSD.

GA Delegate Debrief

August 6, Sunday, 11:30 am — 12:30 pm, room 323 and Zoom at *bit.ly/debriefGA*. Delegates and non-delegates are invited to a debrief with Rev. Justine, Jan Garbosky, and John Schaibly.

Summer Choir

August 6, Sunday, 11:30 am — 1 pm, Chapel.

South Bay Singers Rehearsal

Sundays, 11:45 am — 1 pm, South Bay Campus. Contact $\underline{Lorelei@firstuusandiego.org}$ for details.

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August 6, first Sundays, 12:30 pm, *bit.ly/FirstUUBoardChat*, Meeting ID: 863 0218 5062 Passcode: 203946. Chat with a member of the Board.

Hillcrest Song Circle

August 6, first Sundays, 3 pm — 5 pm, Common Room. Bring your guitar/and or voice. <u>Wombated@gmail.com</u> or <u>cmack5913@gmail.com</u>.

Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall. contact $\underline{margewur@gmail.com}$.

Monday, August 7, 2023

ZUUMERS

August 7, first Mondays, 7 pm, online. "ZUUMERS" is a new name for an old neighborhood group that has continued meeting on Zoom for several years. For more information and a Zoom link, please contact Claudia at <u>obata.claudia@gmail.com</u>.

<u>Tuesday, August 8, 2023</u>

Young Adult Group

Tuesdays, 5:30 pm — 7 pm, Room 114b. Young Adults aged 22-35 are gathering in room 114b every Monday. Contact Youth and Young Adult Coordinator, *Lara Anderson*.

Wednesday, August 9, 2023

Finance Committee Meeting

August 9, Wednesday, 6:30 pm, link in the members area of the *website*. Note that this meeting is on *WEDNESDAY* rather than the typical Thursday meeting. Non-committee members are welcome but do not take part in discussions or have a vote.

Thursday, August 10, 2023

UU Book Club

August 10, Thursday, 6 pm, Zoom. Join us to discuss Hammet by Maggie O'Farrell. Contact <u>minastaylor@qmail.com</u>.

Thursday, August 10, 2023 >>>cont<<<

SummerFest Community Concert by trioJEM and Quartet Integra

August 10, Thursday, 7:30 pm — 9 pm, Meeting House. Join us for a truly remarkable evening of music by the La Jolla Music Society's 2023 Fellowship Artists trioJEM and Quartet Integra. Admission is free. Registration is required, *tickets here*.

Upcoming Events

Parking Lot Corner Beautification!

August 11, Friday, 9:30 am — 2 pm, front corner of the parking lot. Bring a shade hat and latex gloves if possible.

Memory Matters Gathering

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Creative Writing Group

August 12, Saturday, 10:30 am — 12:30 pm, <u>bit.ly/Creative</u> WritingFirstUU, ID: 868 9505 3014 Passcode: 361410.

Women Together Meeting

August 12, Saturday, 12 pm — 2 pm, Common Room. For information contact Claudia *obata.claudia@gmail.com*.

Kirtan And Chanting For Peace With Patita Payana Of Spirit Soul And Frien

With Patita Pavana Of Spirit Soul And Friends

August 12, second Saturdays, 6 pm — 7 pm, Common Room. Donation-based community event. Come and engage in the spiritual practice of Kirtan.

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August 13, Sunday, 2 pm — 5 pm, South Bay Campus. Please bring your favorite finger foods to share.

Coping With Chronic Conditions Support Group

August 14, Mondays (second & fourth), 1:30 pm — 3 pm, URL https://bit.ly/CopingCCGroup, meeting ID 681-036-9317.

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UU Christian Study Group

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

E-mail: mail@firstuusandiego.org Phone: 619-298-9978, Fax: 619-298-9997 4190 Front Street, San Diego, CA 92103-2098 First Unitarian Universalist Church of San Diego

Our Staff

Ministers:

Rev. Justine Sullivan, Lead Minister

Rev. Kristen Kuriga, Assistant Minister

Rev. Jim Grant and Rev. Lone Broussard, Affiliate Ministers

Rev. Bonnie Tarwater, Rev. Frank Placone-Willey,

Rev. Julie Forest and Rev. Katy Swanson, Community Ministers

Rev. Dr. Carolyn S. Owen-Towle, Minister Emerita

Rev. Dr. Thomas A. Owen-Towle, Minister Emeritus

Music Staff:

Marshall Voit, Music Director Lorelei Isidro-Garner, Music Coordinator Andrea Spiero, JUUL Tones Ensemble Director Tony Bianca, Handbell Program Director Tomás Acosta, Collaborative Pianist

Mark Epler, Event Coordinator

Staff:

Robie Evans, Director of Operations Tony Bianca, Director of Lifespan Faith Formation Rose Littler-Riedel, Membership Development and Communications Lara Anderson, Youth and Young Adult Coordinator Chris Chambers, Social Justice Coordinator Jazmine Ramanathan, Administrative Assistant Pam Bates, Scheduler Kate Collier, Program Assistant Connie Hayes, Controller / Bookkeeper Ray Evans, Maintenance Joshua Morrison, Janitor

Board of Trustees

Everardo Aguilar, President Valerie Jaques, Vice President Sue Marberry, Treasurer Karen Lamphere, Secretary

Leland Beck, Rosalba Ciampi, Steve Howard,

Gay Hybertsen, Valerie Jaques and Paula Johnson **Trustees**

Important E-mail Addresses:

General First Church E-mail: mail@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 Admin Mobile Line: 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