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

Our Seven Principles
1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another, and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience, and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

Hillcrest Campus Location
4190 Front Street
San Diego, CA 92103
619-298-9978

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

August's Transformational Theme: Connection

Join Us Online!

Sunday Morning Worship
August 9, 2020 9:30 am
"Stewards of the Earth" by Rev. Tania Márquez, Assistant Minister
Sunday Morning Online Worship

All In-Person Meetings on Both of Our Campuses Are Suspended Until Further Notice

Visit https://www.firstuusandiego.org/ on Sunday mornings to join us for virtual worship, and also to check the blog to keep up with the First UU staff! Some groups will be meeting virtually, watch The Window for instructions & meeting times.

August Generosity Offering
Pillars of the Community
Pillars of the Community is committed to embracing and celebrating the historic, rich and diverse culture of Southeast San Diego. They strive to counter the criminalization of the community through community organizing, leadership development, and strategic partnerships. Their vision is for a healthy and thriving Southeast San Diego which reflects the rich and diverse culture of all its members.
You can donate using the donate button on our website at www.firstuusandiego.org/donations.html. Thank you for your support and generosity.

Journey Toward Wholeness (JTW)
What Can I Do?

2) Have a question or an idea for a project? Contact the Journey Toward Wholeness team: jtw@firstuusandiego.org
What's Happening?

Our UU Community

Job opening at Chalice UU Congregation, click the link to learn more:
https://chaliceuucongregation.org/2020/07/22/job-opening-congregational-administrator/

Calling All Ages
This is a call for your poetry, spoken-word or short reflection on what life has been for you living in this pandemic. Send a video of you (or someone) reading your poem or short reflection to Tania@firstuusandiego.org by Wednesday, August 11 along with your permission for it to be used in Sunday, August 16 service. Thank you.

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

Pagan Conversations
Sundays, weekly, 1 pm — 2:30 pm, Meeting Link: https://bit.ly/PaganConversations Meeting ID: 535-853-700. Join the Earth Centered Spirituality Circle (ECSC) via Zoom for a weekly, virtual version of Pagan Conversations. This is a time for pagans of varying traditions to come together in a guided discussion and be in community with one another. Topics vary weekly, and usually center on the church's monthly theme, upcoming Pagan holidays, and personal spiritual practice while allowing time to check in with how everyone is doing mentally, emotionally, and physically. If you have questions about the meeting, ECSC, paganism, or how our practices relate to Unitarian Universalism, please contact sdpagansuut@gmail.com at any time.

Open Heart Sangha
Sundays, weekly, 4 pm — 5:30 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. If you would like the link to the meetings, please contact Marge at margewur@gmail.com.

Rainbow Action Group’s Koffee Klatich

Coping With Chronic Conditions Support Group
August 10, second and fourth Mondays, 1 pm, URL https://bit.ly/CopingCCGroup, or call 1-669-900-6833 with meeting ID 681-036-9317. Effective July 2020 our meetings will be held on the second and fourth Mondays of the month - we are no longer doing weekly meetings. New participants need to reach out to Chris Smith prior to attending a meeting at 619-300-7477 or email chris.smith7@cox.net to discuss our covenant and mission statement and receive the password to attend.

Arts & Crafts Creative Social
August 11, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial. Meeting ID 945 4398 9126. Join members of the Art Guild for a few hours of creativity in community! This is a great time to work on ongoing projects, create Artist Trading Cards, begin new work, or even color in a coloring book alongside other artists.

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

Summer Virtual Pick-Up Choir

Women's Chorus Rehearsal

Movie Night
Thursday, August 13, 6 pm, online. Join us for a Movie Night! Please email rose@firstuusandiego.org to sign up and receive the zoom link. We'll watch the documentary 13th and will have a chance for a brief discussion afterwards.

Memory Matters Gathering
Fridays (second and fourth), August 14, 9:30 am — 11:30 am, Online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in. Email hybertsen@att.net for the link to join.

How to Call Into a Zoom Meeting
No computer? No Problem! You can still join us at our virtual meetings. To call into a Zoom meeting and join us by phone simply call 1-669-900-6833! When prompted, enter the meeting ID number and be connected.
Living the Homestretch
August 15, Saturdays (third), 10 am, online at https://bit.ly/LivingTheHomestretch. Meeting ID 911 2242 6361. Rev. Jim Grant will host the program “Healthy Resilience during Covid-19.” We will show a video prepared by UCSD’s Center for Healthy Aging. The video will be followed by breakout group discussions. After the groups re-gather, and report on their conversations, there will be Q&A time. All are invited.

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

Book Discussion
Aug. 27, Thursday, 2 pm — 3:30 pm, online. Rev. Kathleen will be hosting another book discussion. We’ll be discussing the book Once Night Falls — a novel by Roland Merullo. “Ordinary people make for extraordinary heroes in this novel of Nazi-occupied Italy." Sign up with Rose Rose@firstuusandiego.org and the zoom link will be sent to you the week of the discussion.

Cosmos
September 6, Sundays (first), 1 pm — 3 pm, Online. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community, and the universe itself. We are currently watching Mathematical Cosmologist and Physicist Brian Swimme’s series, Canticle to the Cosmos. Contact James Long at kyolong1@gmail.com for the link to the meeting.

Need Tech Help?
Whether you are having trouble accessing a Zoom meeting, figuring out an unfamiliar website, or struggling with a computer that is not doing what you are hoping it will do – we’d like to help! Please contact Jenn, jenner@firstuusandiego.org or 619-398-4443, who will connect you to volunteers who can take on your technical issues.

Virtual Meetings with Rev. Kathleen
To schedule a virtual appointment with Rev. Kathleen, click here: https://calendly.com/uurevkathleen/30min.

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, do so here: https://calendly.com/tymt77/30min.

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

Summer Break Camp for Adults
ZOOM to Camp de Benneville Pines Sunday — Wednesday, August 8 — 12. Daily presenters include:
Our own Rev. Tom Owen-Towle will lead three morning workshops entitled “Some Spiritual Essentials for Staying Vital during These Tumultuous Times" 10:30 am — 12 pm.
Chris Epting, Camp’s enchanting storyteller and writer will feature stories of nature from his distinctive, humorous perspective, 7 pm evenings.
Fran Grace Ph.D will share her experiences with renowned spiritual teachers, scientists, activists and artists around the world 9 am — 10:30 am.
For detailed schedule and bios, visit the new website Registration to Summer Break Camp is free of charge. Donations are encouraged at deBennevillepines.org/covid-19-emergency-fund.

Still Scamming!
Please be aware that this is still happening – even nationwide at our other UU churches. Especially during these tender times, folks are scamming church members in order to get gift cards purchased and sent to them. And, there’s nothing we can do about it except warn you and educate you. Never respond to any church member, staff or minister unless it comes from a valid church email, i.e. staffname@firstuusandiego.org. We do not use gmail accounts for our official church staff business. The following is an example of the latest email scam going around. Please be careful out there, stay safe, wear a mask when going out and wash your hands frequently!

From: "Kathleen Owens"
<revkathleenowens10@gmail.com>
Date: Monday, June 29, 2020 10:05 AM
To: “First UU congregant email”
Subject: Blessings
Hi, How Are You Doing?
I Need An Assistance From You, Email Me As Soon As You Get This Message.
peace
Kathleen Owens
**Our South Bay Campus**

**South Bay Social Hour**
Sundays, weekly, 11 am, [bit.ly/SBSocialHour](http://bit.ly/SBSocialHour). Join in for a South Bay Social Hour. The password will be provided during the worship service.

**Small Group Facilitators Wanted**
Rev. Tania is looking for small group facilitators for Wisdom Circles and other identity based groups. If you're interested, fill out this form: [https://forms.gle/fUSDDzbfiKnMxqtK8](https://forms.gle/fUSDDzbfiKnMxqtK8)

**South Bay Singers Rehearsal**

**El Puerto**

**The Harbor**
The Harbor has been cancelled.

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**Social Justice**

**Virtual Meetings with Angela**
To schedule an online appointment with Angela (to ask a question, propose an idea or just hang out), do so here: [https://calendly.com/angelafuji/30min](https://calendly.com/angelafuji/30min)

**Webinar: Interfaith Power & Light with Founder & Executive Director of the Environmental Voter Project Nathaniel Stinnett**
Tuesday, August 11, 9:30 am, via Zoom. Voting guru and climate visionary Nathaniel Stinnett will discuss how modern political campaigns identify and mobilize voters, impacting environmental policy at the local, state, and federal level. **Register here.**

**Climate Justice Meeting**
Sunday, August 16, 1 pm, Online. This meeting will be the Climate Justice Team’s last planning meeting before the November 3rd election. We will be discussing ways to put the existential threat of climate change at the forefront in discussions about the coming election. Contact James Long at kylong1@gmail.com to register and receive the Zoom link.

**Action Needed!**
The pandemic has caused an explosion of single-use plastics and disposable products in California. California just reinstated its plastic bag ban after months of a hiatus for Covid-19, and we must use this momentum to call on our state leaders to do more to eliminate single-use plastics and packaging in California. Find your state Senator and Assembly Member here: [http://findyourrep.legislature.ca.gov/](http://findyourrep.legislature.ca.gov/) and send them a brief email to vote FOR the CA Circular Economy and Plastic Pollution Reduction Act, State Bill 54 and Assembly Bill 1080.

**Join the Climate Justice Team!**
The Climate Justice Team under the Social Justice Ministry is open to new members. Contact Sylvia at sjolling06@hotmail.com or co-leader, Rhea Kuhlman rheakuhlman2@gmail.com for more information.
New Children's Zoom Offerings
For the summer months we'll be offering two new children's and multi-generational Zoom groups:

PROGRAM TIME CHANGE! Magical “NOT Mondays” will now be on Sundays at 1 pm! - Join us this Sunday at 1 pm as we learn magic tricks and use those tricks to talk about our values, principles and how we can act on them to change the world. The focus of the hocus pocus will be on the children, but families and individuals of all ages are welcome!

Saturday Science, Stories and Songs - We’ll gather in Zoom each Saturday at 10 am to learn about animal life cycles, tell stories and do some fun musical activities that will get you up and moving! For the safety of our children the zoom links for these meetings are not public, to request information contact tony@firstuusandiego.org.

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

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

Parents' Lounge

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

Middle School Youth Group
August 9, Sundays (weekly), 2 pm, online. The Summer Middle school group for youth in grades 6-8 will meet to explore the connection between happiness and being in community. They will watch the Twilight Zone episode, "Cavender is Coming." To get more info, contact Käthe at kathe@firstuusandiego.org.

Why OWL Classes Won’t Be Offered Online
There have been many questions about whether or not the Our Whole Lives program could be offered online. While there are many ways for OWL group participants to be engaged through online check-ins or games, neither the UUA nor UCC recommend using the OWL curricula online. It wasn't created for or tested for efficacy online and the in-person interactions and experiential learning cannot be instantly replicated on an online platform. The bottom line considerations are safety and privacy. If a participant is triggered, facilitators may not notice and may not be able to offer effective support. Privacy is also endangered, as friends, parents, and siblings may be in the room, off or on camera. Finally, from a legal standpoint, the supplemental information and materials that are contained in the OWL curricula were granted permission to be used in print but not online. Curriculum resources and books are available to support parents and caregivers and help to enable engaging, healthy conversations on a number of topics related to sexuality. Contact Käthe Larick at kathe@firstuusandiego.org for more information.
Volunteer Opportunities

At home volunteer wanted to update resource list by calling organizations that provided free hotel vouchers before COVID-19 to see if the organizations are still doing so. Please contact Maureen if you are interested.

The pantry has a couple unsheltered guests who present particular challenges. If you have specific expertise and are either willing to come to the pantry during distribution or coach Maureen by phone, please contact Maureen for details. Thanks!

Do you have a truck or van the pantry can use to transport food? If so, please contact Maureen.

You Can Still Make Financial Donations Directly to the Food Pantry!
Both one-time and monthly sustaining donations help us stay open! No amount is too small, or too large. Donate online via credit card at https://www.firstuusandiego.org/donations.html or make checks payable to FUUSD and write “SB Food Pantry” in the memo line. Mail checks to Robie Evans, FUUSD, 4190 Front St., San Diego, CA 92103.

Invitation to Submit Art for this Page
If you would like to submit art for this page, please let Maureen know and send photos of your art to her by Monday at noon.

If You Have Donated to the Food Pantry...
And have not heard directly from Maureen, please contact her!

The South Bay Food Pantry...
is located at 970 Broadway, Suite 101, Chula Vista 91911. It is open to the public Saturdays from 11 - 12:30 PM and to congregants by appointment.

Contact
Maureen McNair: memcnair948@gmail.com. To reach the food pantry by phone call 619-271-5017. The phone will take your message.
The Marine veteran injured in the Afghanistan war I wrote about in the July 24 issue of “The Window” is now settled in an apartment.

David, his wife, and four children ages 2 - 13, had suddenly found themselves homeless and penniless after driving here from Texas and being robbed at the point of an M-16 rifle in Tijuana July 4th weekend.

The South Bay Food Pantry provided the family with food. A group of good-hearted strangers from the private Facebook group Together We Will San Diego paid for emergency shelter, hygiene products, gas, a car payment, car insurance, and other necessities until David received his paycheck August 1 and was able to settle into an apartment in Tijuana.

As David’s family stabilized, I wondered how he and his wife were going to handle educating their school aged children. They wanted to use online education, but did not have a computer.

Through an unpredictable twist of fate, they now have a laptop thanks to our Art Guild organizer, John Keasler and his closest friend, Bob Gould.

John was an unpredictable laptop source because John and I would not have been on a Zoom art date together unless John had met only a few years ago one of my closest friends from elementary school.

Outside of church, we all have a monthly art posse meeting which used to be in coffee houses. During our recent online art date, I told John I was looking for a laptop for David's family. Right then, Bob Gould coincidentally telephoned John and asked John if he knew anyone who wanted a donated, refurbished laptop. Bingo!

The gift from John and Bob to David is also a gift among veterans. John served in the Army, Bob in the Navy, and David in the Marines.

When I presented David with the laptop earlier this week, he was so surprised, he actually took a step backwards.

David’s family of six lives in a two bedroom apartment and is sleeping on their camping gear air mattresses. David told me that the other night, his children were talking and giggling together for the first time since the robbery and their experience with homelessness and hunger.

Of course, they have more rebuilding to do. But I think this family is going to be fine. The South Bay Food Pantry has been grateful to serve them.
Calendar of Events

Friday, August 7, 2020
Senior High Youth Movie Nights
Fridays at 5 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Saturday, August 8, 2020
South Bay Campus Food Drop Off
Drop off bagged or boxed food every Saturday from 9:30 am — 10 am.

Saturday Science, Stories and Songs
Saturdays at 10 am. Request meeting information from tony@firstuusandiego.org.

Food Pantry Hours
970 Broadway Suite 101, Chula Vista 91911. Our food pantry distributes food every Saturday from 11 am — 12:30 pm.

Sunday, August 9, 2020
Live Streamed Worship
Sundays, weekly, 9:30 am, https://www.firstuusandiego.org/

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, url https://bit.ly/FirstUUSocialHour, Meeting ID 824 042 297.

South Bay Social Hour
Sundays, weekly, 11 am, bit.ly/SBSocialHour. Join in for a South Bay Social Hour.

Senior High Youth Group
Sundays at 11:30 am. To get more info, contact Käthe at kathe@firstuusandiego.org.

Parents’ Lounge

Rainbow Action Group’s Koffee Klatch

Magical NOT Mondays!
Sundays, 1 pm. Children's RE programming. Request meeting information from tony@firstuusandiego.org.

Pagan Conversations

Middle School Youth Group
Sundays at 2 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Open Heart Sangha
Sundays, weekly, 4 pm — 5:30 pm, for the link to the meetings please contact Marge at margewur@gmail.com.

Monday, August 10, 2020
Coping With Chronic Conditions Support Group

South Bay Singers Rehearsal
Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Wednesday, August 11, 2020
Senior High Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Arts & Crafts Creative Social
August 11, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

Summer Virtual Pick-Up Choir

Thursday, August 12, 2020
Women’s Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

Join Robie!
Calendar of Events

Upcoming Events

Movie Night
Thursday, August 13, 6 pm, online. Join us for a Movie Night! Please email rose@firstuusandiego.org to sign up.

Memory Matters Gathering
August 14, Fridays (second and fourth), July 10, 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Living the Homestretch
August 15, Saturdays (third), 10 am, online at https://bit.ly/LivingTheHomestretch, Meeting ID 911 2242 6361. All are invited.

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

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

Cosmos
Sundays (first), September 6, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lösé Broussard, Affiliate Ministers
Rev. Bonnie Tarwater, Rev. Frank Piccone-Willey,
Rev. Julie Forest, and Rev. Katy Swanson
Affiliate Community Ministers
Rev. Dr. Carolyn S. Owen-Towle, Minister Emerita
Rev. Dr. Thomas A. Owen-Towle, Minister Emeritus

Music Staff:
Chase Pado, Pianist
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea N-L, JUUL Tones Ensemble Director
Tony Bianca, Handbell Program and Children’s Choir Director

Staff:
Robie Evans, Director of Operations
Käthe Larick, Youth Programs Coordinator
Tony Bianca, RE Program Assistant
Rose Riedel, Office Manager
Angela Fujii, Social Justice Coordinator
Jenner Daelyn, Connections Coordinator and Scheduler
Connie Hayes, Bookkeeper/Controller
Ray Evans, Maintenance
Mark Epler, Event Coordinator

Board of Trustees
Sarah Ormond, President
Rev. Julie Forest, 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