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.

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

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

**August 11, 2019**
"Embracing the 8th Principle"
Young Adults & Rev. Kathleen Owens, *Lead Minister*
Music: Drew Massicot

**August 18, 2019**
"Like Bread Not Stone: Love, Kindness, and Justice"
Rev. Ian W. Riddell, *Minister of Music & Worship Arts*
Music: All-Voces Choir

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

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

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

**August 18, 2019**
"What Truly Sustains Us"
Rev. Kathleen Owens, *Lead Minister*

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**August Generosity Offering**
**Uptown Community Service Center**
Uptown Community Service Center provides help to homeless and hard-pressed individuals from its current location on 30th Street in North Park. Supported by 10 community churches, nearly 50 volunteers who mostly work three-hour shifts from 9am to 3pm five days a week, a volunteer board, and a single paid operations coordinator. Keith Thomas, a retired Marine Sergeant, has been coordinating operations since January of 2019.

**Journeying Toward Wholeness:**
**What Can I Do?**
Unfortunately, the link in last week's *Window* to June's General Assembly Sunday Service with Rev. Marta Valentin's sermon "It Is Time Now" was incorrect. Access the entire service created by Rev. Valentin, “*In This Delicate Turning,*” at [https://www.uua.org/ga/off-site/2019/worship/sunday](https://www.uua.org/ga/off-site/2019/worship/sunday). The sermon begins at 35:47 but is only one element in the beautiful service she crafted.
Long time member Kachina Conley died Saturday, August 3, after a sudden illness. She requested no service. We will be extinguishing the chalice this coming Sunday.

Some News from the Music Hiring Team
Your Music hiring team has been hard at work and we want to share some news. We’re reviewed around 35 applications, interviewed around a dozen folks and held six or eight auditions. We’re happy to share that Lara Korneychuk will be our Interim Music Coordinator. She starts on August 12 and will be planning Hillcrest’s music program and directing both the Chalice choir and the Youth choir. We continue to search for a Pianist/Organist and hope to have more news to share soon.

– Sean Bohac, Chris Ferguson, Kiona Daelyn, Sue Marberry and Rile Grant.

Contributing to Uptown (or to First UU)
There are lots of options for making cash contributions to those institutions you want to support. You can give from your bank directly to Uptown or First UU via the respective website, UptownCSC.org or FirstUUSanDiego.org. You can use your credit or debit card on the website. For Uptown you can give via PayPal or VenMo using the email address treasurer@UptownCSC.org. Even when you don’t itemize your deductions on your tax return, there are ways to avoid paying tax on income you are planning to give. If the income is from appreciated stocks, giving the stocks directly to a tax exempt organization avoids tax on the capital gain. Giving money directly from an IRA avoids tax on that money also. Even if you are more than 70 ½ years old and would normally have to take minimum withdrawals from an IRA, if you give that money directly from the IRA to a tax exempt organization, that money will not be taxed to you but can still count as your minimum withdrawal. This is a relatively new rule. Call Dave Karpinski 619-819-8594 if you have questions about how to do this.

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 Kuhlman at 619-491-0664 or rheakuhlman2@gmail.com.

Handbell Programs
Both of our handbell choirs will begin rehearsals in the second week of September. If you’ve played handbells before, you might consider joining us on Monday nights from 6 pm — 7:30 pm starting September 9. Don’t have any experience? No worries! You can join us on Wednesday evenings from 5 pm — 6 pm starting September 11. For more information, contact Tony Bianca at tony@firstusuandiego.org.

The deadline for the next issue of The Window is:
August 14 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email:
window@firstusuandiego.org
The Window submission maximum is 60 words

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.

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 www.uu.camp/2019summer.

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. Maggiemarshall2@gmail.com.

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. Rehearsal in Clark Chapel, 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@firstusuandiego.org.

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. Email rose@firstuusandiego.org.

Kiratan 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.

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.

Singletarian Senior Singles Luncheon
Sunday, August 11, 12:30 pm, Olive Garden, 3125 Sports Arena Blvd, 619-226-2124. Contact Mac Downing home 619-542-9320.

The Unitarian Universalist Christian Study Group
Sunday, August 11, 1 pm, Room 321. Join us for refreshments and a look at the history of The Lords Prayer from the language of Jesus to 21st Century English.

Signing Social
Sunday, August 11, 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.

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 or Peggy Holl at peggyholl@cox.net.

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 emack5313@gmail.com or Ed McCarrall 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. Contact Chris Smith at 619-300-7477 or Marilyn Hanson at 619-692-8101. This is a fragrance-free event.

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. the topic is “Living With Less”. Dr. Lynn Northrop, clinical psychologist, will lead the discussion, offering her expertise on the subject and answering questions from the attendees. Breakout groups will share personal experiences on issues related to the topic. Light refreshments and coffee are available Please contact Marv Pulliam at 310-779-2053 for more information.

Friends of de Benneville
Sunday, August 18, 5 pm at the home of Peggy and John Holl, 5259 Caminito Apartado. Join the Friends of de Benneville for a social hour at 5 pm, potluck at 6 pm, and meeting at 7 pm. Gate code is J9872. Bring wrap if sitting on patio. John will be at home, directing you to parking. Phone 619-546-6525.

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.

Uptown Annual Fund Raiser
“Impacting Lives Together”
Saturday, August 24, 4 pm — 8 pm at the Banker’s Hill Club. Join the First UU table. Tickets, $75, at the Social Justice table on Sundays or on the Uptown website, UptownCSC.org.

Our latest Annual Report is available on our First UU website. Find it in the members area! http://www.firstuusandiego.org/members-area
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.

Caregivers/Allies Support Group
Sundays (fourth), August 25, 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.

Greater Beach and Bay Pool Party
Sunday, August 25, 3 pm, the Taylor’s. Please mark your calendars for our annual pool party. The pool opens at 3 pm. Questions call Mina: 619-417-1411. Look for further details in two weeks.

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 there with a grill and table.

Cosmos
Sundays (first), September 1, 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.

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

Book Lovers Affinity Group
Thursday, September 12, 6 pm, Room 320. Everyone is welcome to celebrate Banned Books Week by joining our discussion of Ernest Hemingway's novel, “A Farewell to Arms” about World War I. For our October 10 meeting, we'll discuss “Being Mortal: Medicine and What Matters in the End" by Atul Gawande. Maureen McNair memcnair948@gmail.com or 619-427-1769.

Trust Women: Changing the Conversation About Abortion
Saturday, September 14th, 4 to 6 p.m. in central San Diego County. Sunday, September 15th, 3 to 5 p.m. in North San Diego County. Featuring Reverend Dr. Rebecca Todd Peters, professor of Religious Studies at Elon University, Christian ethicist, women's rights advocate, and author of Trust Women: A Progressive Christian Argument for Reproductive Justice. These events will bring together clergy, justice advocates, community members and others who seek to understand the deeply nuanced reality of women's lives and their decisions around sexuality, abortion and childbearing. Both events will include a lecture, panel discussion and Q&A. Registration is required for this event, and attendees will need to show a valid photo ID at check-in. Location will be disclosed upon successful registration. Click HERE to register.

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 Dorff 619-466-5952 or John Holt 619-546-6525.

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

– Holly Near

Chorus:
I am open and I am willing
To be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change.

Verse 1:
There is hurting in my family
There is sorrow in my town
There is panic in the nation
There is wailing the whole world round

Chorus:
I am open and I am willing
To be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change.

Verse 2:
May the children see more clearly
May the elders be more wise
May the winds of change caress us
Even though it burns our eyes

Chorus:
I am open and I am willing
To be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change.

Verse 3:
Give me a mighty oak to hold my confusion
Give me a desert to hold my fears
Give me a sunset to hold my wonder
Give me an ocean to hold my tears

Chorus:
I am open and I am willing
To be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change.

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.
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 spiritual y vivir en nuestros valores para ayudar a sanar el mundo.

UPCOMING SUNDAYS at SOUTH BAY at 9:30 am
August 11, 2019  "Like Bread Not Stone: Love, Kindness, and Justice"
Rev. Ian W. Riddell, Minister of Music & Worship Arts

August 18, 2019  "What Truly Sustains Us"
Rev. Kathleen Owens, Lead Minister

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.

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.

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.
Nominations for Generosity Offerings
Through Friday, September 13 at 12 pm. An important way that we act on our values as a congregation is by donating 85% of our monthly collection to a local non-profit organization. The Social Justice Executive Team is accepting submissions for next year’s recipients using this form. Selection happens Sunday, October 6 at 1:30 pm in Bard Hall. Questions? Ask Angela@firstuusandiego.org.

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.

Thank You Shelter Volunteers!
During the last two weeks of July, we hosted the new LGBTQ-focused branch of the Interfaith Shelter Network’s rotational homeless shelter. More than 50 volunteers contributed 400+ hours of service; we housed 11 guests and helped to facilitate their journey toward more permanent housing and increased self-sufficiency. For more information or to get involved, contact Angela@firstuusandiego.org.

Nominate a Generosity Offering Recipient
Now through Friday, September 13 at
firstuusandiego.org/generosity-offerings
Questions? Contact Angela Fujii

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)

Coping With the Aftermath
Last week’s Parent Lounge discussion centered around what to tell our children about recent and, sadly, ongoing violence in our society. There are no easy answers; each of us must consider the age and development level of our child and balance it with necessary tools. The first step is taking care of ourselves, which is difficult enough. Beacon Press is offering two free E-books that address gun violence: “Guns Don’t Kill People, People Kill People: And Other Myths About Guns and Gun Control” by Dennis A. Henigan, and the landmark poetry anthology, Bullets into Bells: Poets & Citizens Respond to Gun Violence, coedited by Brian Clements, Alexandra Teague, and Dean Rader. They can be found here: https://www.beaconbroadside.com/broadside/2019/08/in-the-wake-of-el-paso-and-dayton-beacon-press-offers-free-ebook-resources.html.

Children's RE
This Sunday, August 11, we'll have one Religious Education class during the 9:30 am service for children ages 5 - 12. 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 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 September 1 between services.

Children’s Choir
Our Children’s Choir will begin rehearsing for the upcoming season on Sunday, September 22 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.

Youth

Upcoming Sundays
This Sunday, August 11, the 9:30 am Morning Movie Mix group will celebrate the monthly worship theme of Sustenance by watching an excerpt from the movie, The Lion, The Witch, and The Wardrobe. They will examine the ideas of family, love and loyalty and how they can sustain us during really hard times. The 11:30 am group will meet in Room 114b to check-in and enjoy some games and spirited discussion.

On Sunday, August 18, will wrap up their discussion the August worship theme by watching and discussing the episode from The Simpsons called, Homer the Heretic. The 11:30 am group will meet to check-in and talk about how their summer has been.

The Coming of Age group will meet at 1 pm in Room 114b (youth) and Room 311 (Parents) for session #4. They will also meet on Wednesday, August 21 in Room 112 from 6 pm — 8:30 pm for a taco dinner and Credo workshop.

On Sunday, August 25, the 9:30 am Morning Movie Mix group will join their peers in the meeting house for the annual Coming of Age & Bridging service, The Changes that Move and Sustain Us. The 11:30 am group will meet and celebrate the graduating seniors before they leave for their next adventure!

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

Tony Bianca, Program Assistant, Children's Choir & Handbell Choirs Director
(619) 398-4444
Email: tony@firstuusandiego.org
Our website
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

Pam Bates, Development Manager
(619) 398-4442
Email: pam@firstuuusandiego.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 Do you shop at either Ralph’s or Food4Less? If you do, please take the time to register in the Ralph’s Community Contribution Program! (Ralphs.com, under the Savings & Rewards menu) It will take a few weeks to be in effect, but once you’re registered all you have to do it put in your phone number every time you shop, and First UU will get a percentage!

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 information, and tell your friends!

Your Generosity of Time, Treasure, and Talent is like a seed that can grow to do great things! Thank you for providing the air, the water, the sunshine, and yes, the dirt and the fertilizer that help the seeds we plant together reach their potential.

creating community.

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.

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@firstuuusandiego.org or Kathleen MacLeod at kmacleod1@cox.net.

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@firstuuusandiego.org or by phone at 619-398-4443.
Friday, August 9, 2019
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, Meeting House. This audition is open to all genders, aged teen through adult. Attend one of the three audition opportunities. Email ross@firstuusandiego.org with questions.

Saturday, August 10, 2019
Insight SD Sitting Group/Dharma Study
Saturdays, 9:30 am — 11:30 am, Bard Hall. 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.

Looking Glass Theatre Auditions for 12 Angry Jurors
Saturday, August 10, 10 am, Meeting House. This audition is open to all genders, aged teen through adult. Attend one of the three audition opportunities. Email ross@firstuusandiego.org with questions.

Kirtan Peace Vibrations
Saturday, August 10, 6:30 pm — 8 pm, Common Room. 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 friendships. 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 peace can be experienced. No experience is necessary.

Sunday, August 11, 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 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)

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.

Singularian Senior Singles Luncheon
Sunday, August 11, 12:30 pm, Olive Garden, 3125 Sports Arena Blvd, 619-226-2124. Contact Mac Downing 619-542-9320.

The Unitarian Universalist Christian Study Group
Sunday, August 11, 1 pm, Room 321. “The Lord’s Prayer“ From Aramaic to English" A fellowship Sunday with refreshments.

Signing Social
Sunday, August 11, 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.

Looking Glass Theatre Auditions for 12 Angry Jurors
Sunday, August 11, 2 pm, Meeting House. This audition is open to all genders, aged teen through adult. Attend one of the three audition opportunities. Email ross@firstuusandiego.org with questions.

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.

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 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 McCarr EdMcC@comsimplicity.com.

Monday, August 12, 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.

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. Contact Chris Smith at 619-300-7477 or Marilyn Hanson at 619-692-8101. This is a fragrance-free event.

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 Buddha dharma practice and social and climate justice. For more information, click here.
Upcoming Events

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.

Friends de Benneville
Sunday, August 18, 5 pm at the home of Peggy and John Holl, 5259 Caminito Apartado. Join the Friends de Benneville for a social hour at 5 pm, potluck at 6 pm, and meeting at 7 pm. Gate code is #9872. Bring wrap if sitting on patio. John will be at home, directing you to parking. Phone 619-546-8525.

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.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), August 22. 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.

Insight SD Mindful Self-Compassion Course
August 23–24, 9 am — 4 pm, Common Room. Offered by Insight San Diego, this two-day intensive course will provide an introduction to the mindful self-compassion training developed by Christopher Germer and Kristin Neff. Clinical psychologist Janina Scarlet will focus on developing mindfulness, cultivating self-compassion, responding to difficult emotions with greater ease, and reducing self-criticism. Registration required.

Uptown Annual Fund Raiser “Impacting Lives Together”
Saturday, August 24. 4 pm - 8 pm at the Banker’s Hill Club. Join the First UU table. Tickets, $75, at the Social Justice table on Sundays or on the Uptown website, UptownSCC.org.

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 please contact Robie Evans, Dir. of Operations.

Caregivers/Allies Support Group
Sundays (fourth), August 25, 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 626-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP.

Greater Beach and Bay Pool Party
Sunday, August 25, 3 pm, the Taylor’s. Please mark your calendars for our annual pool party. The pool opens at 3 pm. Questions call Mina: 619-417-1411. Look for further details in two weeks.

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.

Cosmos
Sundays (first), September 1, 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.
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. Lorne 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 Epler, 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
619-238-9978 • 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