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.

August's Transformational Theme: Connection

Join Us Online!

Sunday Morning Worship
August 16, 2020 9:30 am
"Once Upon a Time of Pandemic" by Rev. Kathleen Owens, Lead 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.

The deadline for the next issue of The Window is:
August 19 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: rose@firstuusandiego.org
The Window submission maximum is 60 words
**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.

**Living the Homestretch**  
August 15, Saturdays (third), 10 am, 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.

**Looking Glass Theatre Presents:**  
Zooming In: A Compilation of Short Plays for the Virtual Stage. We invite you to view Looking Glass Theatre’s first all digital production! The video will be available for viewing beginning Saturday, August 15 at www.firstuusandiego.org/looking-glass-theatre and www.lookingglasssd.org.

**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 sdpagansuu@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.

**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.

**Summer Virtual Pick-Up Choir**  

**Women’s Chorus Rehearsal**  
August 20, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

**Coping With Chronic Conditions Support Group**  
August 24, 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 25, 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.

**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 Swinnie’s series, Canticile to the Cosmos. Contact James Long at kyolong1@gmail.com for the link to the meeting.

**Join Robie!**  
September 9, 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!

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Did you know? You can follow us on Instagram; our user name is @firstuusd.  
Tag us in your pictures! #firstuusd
Rainbow Action Group’s Koffee Klatch

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 Jenner, 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/uirrevkathleen/30min.

Virtual Meetings with Rev. Tania
To schedule a virtual appointment with Rev. Tania, do so here: https://calendly.com/tytmt77/30min.

Schedule a Meeting With Rose
Visit https://calendly.com/uirrose/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!

Our South Bay Campus

South Bay Social Hour
Sundays, weekly, 11 am, 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/fUSDDzbfIKnMxq4tK8

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

El Puerto

The Harbor
The Harbor has been cancelled.

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/angela/30min

Transgender Inclusion in Congregations E-Course
Did Les GrantSmith’s reflection and invitation in the July 19 Pride service pique your interest? One way to celebrate PRIDE at home and help First UU renew our Welcoming Congregation status for the year is to participate in the Transgender Inclusion in Congregations 6-session webinar series from the Transforming Hearts Collective. To enroll in the online course, contact Angela@firstuusandiego.org or reply to this email.

Climate Justice Meeting
Sunday, August 16, 1 pm, Online. Join the Climate Justice team for our last planning meeting before the November 3rd election. We will be discussing ways to put the existential threat of climate change at the forefront of discussions about the coming election. Contact James Long at kyofong1@gmail.com to register and receive the Zoom link.

Tip of the Week
Planting a shade tree is a visible and affordable way to take local climate action. Trees absorb carbon, reduce water and air pollution, provide wildlife habitat and help cool the planet. Decades of inequitable investments in San Diego communities can be reduced by planting trees in neighborhoods that lack them. The Kate Sessions Commitment invites communities to plant 100 trees in their neighborhoods. Reserve your five-gallon tree today.

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.

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.
Tony will be away August 12 — August 19 and there are a few slight changes to our programming this week.

There will be NO Sunday RE on August 16

Saturday Science, Stories and Songs - will take place Saturday, August 15 as usual with Vanessa Pool hosting. 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, see the Family Ministry Newsletter or Family Facebook Group Page for Zoom info.

Parents’ Lounge
Sundays, weekly, 11:40 am — 1 pm, url https://bit.ly/Parentlounge. Meeting ID: 873 6793 7478, Password: 504406. Kathleen Swift will return for the first portion of Parents’ Lounge on August 16 to say goodbye to the children and families. We hope families can be present to join in at 11:40 am! Parents’ Lounge will meet with Kia Bordner hosting.

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.

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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 16, Sundays (weekly), 2 pm, online. The Summer Middle school group for youth in grades 6-8 will meet to explore our interconnection with the environment and look at our 7th UU principle. They will watch the Simpsons episode, “Lisa the Tree Hugger.” 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.
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](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.

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.
Food Drive for Our Pantry

Saturday, August 15
Hillcrest Parking Lot 8 am—9 am
South Bay Parking Lot 9 am—9:45 am

Most Needed Items

- 150 jars of peanut butter
- 150 jars of jam
- 150 jars of spaghetti sauce
- Boxes of face masks
- Baby wipes
- Black ink for Cannon printer 210XL

Sorry, We Cannot Accept

- Homemade food
- Food that has been opened
- Packets of food from opened packages
- Food that needs refrigeration or freezing

Hillcrest Parking Lot
4190 Front St
San Diego, CA 92103

South Bay Parking Lot
970 Broadway #101
Chula Vista, CA 91911

Watch The Window for weekly articles about our volunteers, how we get food, our pantry clients and more!

First Unitarian Universalist Church of San Diego
Calendar of Events

Friday, August 14, 2020
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.

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

Saturday, August 15, 2020
Pantry Food Drive
Saturday, August 15, Hillcrest 8 am — 9 am, South Bay 9 am — 9:45 am.

Saturday Science, Stories and Songs
Saturdays at 10 am. see the Family Ministry Newsletter or Family Facebook Group Page for Zoom info.

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

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 16, 2020
Live Streamed Worship

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

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 17, 2020
South Bay Singers Rehearsal
Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Tuesday, August 18, 2020
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.

Wednesday, August 19, 2020
Senior High Youth Game Days
Wednesdays at 3:30 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

Summer Virtual Pick-Up Choir

Thursday, August 20, 2020
Women’s Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lorne 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:
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 Fuji, Social Justice Coordinator
Jennar 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
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): window@firstuusandiego.org
First Church Web Site: website@firstuusandiego.org
http://www.firstuusandiego.org
http://www.firstuusandiego.org/uuus-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/uuus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement