August's Transformational Theme: Sustenance

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

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

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

Hillcrest Services
9:30 am and 11:30 am

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

August 25, 2019 - Coming of Age Service
"The Changes That Move and Sustain Us"
Family Ministries Team
Music: Chase Pado

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

South Bay Bilingual Service
9:30 am

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

August 25, 2019
"Mama Will Provide"
Rev. Tania Márquez, Assistant Minister

August Generosity Offering
Uptown Community Service Center

Uptown Community Service Center is guided by a volunteer board of trustees appointed by member churches. Maintaining services, raising money for operations, recruiting volunteers, and planning for the future keeps the board busy at its monthly board meetings and bi-annual fund raising events. Uptown's most important donor event is coming up August 24th at the Banker's Hill Club. First UU's contributions to Uptown will help to restore bathroom facilities for its clients and contribute to funding new showers at its North Park location.

Journeying Toward Wholeness:
What Can I Do?

This journey is individual & congregation-wide. We'll be suggesting resources you can view, read, or listen to on your own; reflect upon; & discuss with others if you like. First, a short video "Systemic Racism Explained" (4:23):
https://www.youtube.com/watch?v=YrHlQ1Q_bdQ.
What's Happening?

Our Church Family
A Celebration of Life Service will be held for Mary Byrne Hoffmann on Saturday, September 21, at 2 pm in the Meeting House.

News from the Music Hiring Team
Your Music hiring team has been hard at work and we want to share some news. We 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.

The music staff hiring committee is also proud to announce that Chase Pado will be joining the Hillcrest campus staff as Pianist / Organist on August 19! Chase might have a recognizable face to some, he worked with Lorelei Isidro-Garner at our South Bay campus a few years back. He is a beautiful pianist with expressive style and is bound to bring a little swing from his UCSD studies in Jazz Piano Performance to our grand piano as well as our glorious pipe organ. Chase has been working at other churches for a few years and is looking forward to being able to have his style of spirituality back in his Sundays.

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

Looking Glass Theatre's Weekend Revue
Broadway Backwards!
Join us for dinner and a show, at three fabulous performances! Come see some of Broadway's biggest hits as you've never seen them before! Show times are Friday, August 23, 7 pm; Saturday, August 24, 7 pm; and Sunday, August 25, 4 pm. All performances will be held in Bard Hall. Suggested donation of $10. We hope to see you there!

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.

Responding to Gun Violence
Starting on September 10, your ministers will hold a monthly vespers service in Clark Chapel from 6 pm — 6:30 pm in response to rising gun violence in our country. This service will be a time for lamentations, prayer and opportunities for action. Our community partners, SD4GVP (San Diegans for Gun Violence Prevention) will join us and offer ways to connect with this work.

Uptown Gala Next Week
Let Dave Karpinski (text to 619-219-0138 or call 619-819-8594) know if you would like to sit at the First UU table at the annual Uptown Gala next week (Saturday, August 24th, 4 pm — 8 pm at the Banker's Hill Club). If you don't have tickets yet, they ($75 each) can be purchased on the Uptown website (UptownCSC.org), from Dave during coffee hour after each service or at the Social Justice table on the patio.

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@firstuusandiego.org.

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.

The deadline for the next issue of The Window is: August 21 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: window@firstuusandiego.org
The Window submission maximum is 60 words
**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.

**Singletarian Senior Singles Luncheon**
Sunday, August 18, 12:30 pm, Aladin's, M101 Vermont Ave at Vermont Way, Hillcrest, near Trader Joe's, 619-574-1111. Contact Mac Downing. Home 619-542-9320.

**Signing Social**
Sunday, August 18, 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.

**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 #9872. 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.

**Memory Matters Gathering**
Fridays (second and fourth), August 23, 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.

**Caregivers/Allies Support Group**
Sundays (fourth), August 25, 11 am — 12:30 pm, Room 321. Are you in the position of being a caregiver/family/support person for another person? This is 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.

**Please Join Us For a Farewell party for Rev. Ian!**
Sunday, August 25, 1 pm, Bard Hall. If you would like to contribute to his gift contact Robie Evans, Dir. of Operations at robie@firstuusandiego.org.

**The Unitarian Universalist Christian Study Group**
Sunday, August 25, 1 pm, Room 321. Join us for conversation and fellowship.

**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.

**Coping with Chronic Conditions**
August 26, (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.

**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.

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

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

Rainbow Coffee Klatch
Sundays (second) September 8, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

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.

The Hillcrest Folksong Circle
Sunday, September 8 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have song books and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Connie Mack cmack5313@gmail.com or Ed McCarrol EdMcC@comsimplicity.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. Contact Bev Harju, hariubeverly@gmail.com or 252-258-1212.

Book Lovers Affinity Group
Thursday, September 12, 6 pm, Room 320. Everyone is welcome to join our discussion for Banned Books Week of Ernest Hemingway’s novel “For Whom the Bell Tolls,” about an American volunteer in the Spanish Civil War. 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 14, 4 pm — 6 pm, in central San Diego County. Sunday, September 15, 3 pm — 5 pm in North San Diego County. Featuring Reverend Dr. Rebecca Todd Peters, professor of Religious Studies at Elon University, Christian ethicist, 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.

Dances of Universal Peace
Saturdays (second), September 14, 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.

Burrito Project
Thursdays (third), September 19, 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.

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 Dorf or John Holl 619-466-5952 or 619-546-6525.
The Fire of Commitment

- Mary Katherine Morn & Jason Shelton

Verse 1:
From the light of days remembered
burns a beacon bright and clear
Guiding hands and hearts and spirits
Into faith set free from fear.

Chorus:
When the fire of commitment
sets our mind and soul ablaze.
When our hunger and our passion
meet to call us on our way.
When we live with deep assurance
of the flame that burns within,
Then our promise finds fulfillment
and our future can begin.

Verse 2:
From the stories of our living
rings a song both brave and free
Calling pilgrims still to witness to the life of liberty.

Chorus:
When the fire of commitment
sets our mind and soul ablaze.
When our hunger and our passion
meet to call us on our way.
When we live with deep assurance
of the flame that burns within,
Then our promise finds fulfillment
and our future can begin.

Verse 3:
From the dreams of youthful vision
comes a new, prophetic voice
Which demands a deeper justice
built by our courageous choice.

Chorus:
When the fire of commitment
sets our mind and soul ablaze.
When our hunger and our passion
meet to call us on our way.
When we live with deep assurance
of the flame that burns within,
Then our promise finds fulfillment
and our future can begin.

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 (stevah4544@icloud.com) with your questions about Beloved Conversations and/or to let them know of your interest in the program.
**South Bay Campus**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 18, 2019</td>
<td>&quot;What Truly Sustains Us&quot;</td>
<td>Rev. Kathleen Owens, Lead Minister</td>
</tr>
<tr>
<td>August 25, 2019</td>
<td>&quot;Mama WillProvide&quot;</td>
<td>Rev. Tania Márquez, Assistant Minister</td>
</tr>
</tbody>
</table>

**Community Garden**

South Bay just became part of Mosaic Community Garden, by renting a plot from them. Besides this garden being the only community garden in Chula Vista, it is also a sanctuary for a variety of butterflies. We are very excited about the different classes and workshops offered, having the opportunity to volunteer, participate in Community Outreach, garden organization, learning how to compost, and more! We are looking to add a sign with the Church name, topsie turbie pots, and all kinds of fun and helpful items. If you are a master gardener or a beginner and are interested in planting and propagation of different plants, fruits, and vegetables contact Karla Alvarez-Malo at karla@firstuusandiego.org, we would love to have more people join our gardening group!

**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.

**DRAUMM POC South Bay Group**

Saturday (third, every other month), September 21, 11 am — 1 pm, South Bay. DRAUMM 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.

**Spanish Song Circle**

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

---

Karla Alvarez-Malo  
South Bay Campus  
Administrative Assistant  
(619)271-5017  
Email: karla@firstuusandiego.org  
[Our website](https://www.firstuusandiego.org)  
[Our Facebook Page](https://www.facebook.com/UUSouthBay)
Social Justice

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)

Children's RE
This Sunday, August 18, 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 or look for a sign-up sheet on the RE table this Sunday.

RE Leader Orientation
Orientation will be held on Saturday, August 17 from 10 am — 2 pm in the Common Room. Lunch will be provided. You will meet experienced and beginning leaders, get some ideas on classroom management and logistics, and learn about this fall’s curriculum. Please contact our Director of Family and Lifespan Ministries, Kathleen Swift kswift@firstuusandiego.org, for any questions or thoughts. We hope to see you there!

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 18, will wrap up their discussion of 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

Joy

Kathleen Swift
Director of Family and Lifespan Ministry
(619) 398-4438
Email: kswift@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

TALENT We need your Talent! The Generosity Ministry Team now meets during the day for one hour per month, and you can attend via conference call. There are many ways to contribute, and you can work on things you’re good at, in timeframes that work for you. Contact Robie at Robie@firstusandiego.org.

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 is put in your phone number every time you shop, and First UU will get a percentage!

TREASURE “Money can be stuffed in the mattress, or kept in an offshore bank account, to provide a sense of security, or to move us just a bit closer to that ever-elusive sense of 'enough'. It can also be used to do great good in the world.” (Rev. Vail Weller) Thank you for your contributions to First UU! 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.

Connections

"People leave traces of themselves where they feel most comfortable, most worthwhile.” ~ Friedrich Nietzsche

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 – 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@firstusandiego.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@firstusandiego.org or by phone at 619-398-4443.
**Saturday, August 17, 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](#).

**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.

**Sunday, August 18, 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 [johnoll@cox.net](mailto:johnoll@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)**

**Singleton Senior Singles Luncheon**  
Sunday, August 18, 12:30 pm, Aladin’s, M101 Vermont Ave at Vermont Way, Hillcrest, near Trader Joe’s, 619-574-1111. Contact Mac Downing 619-542-9320.

**Signing Social**  
Sunday, August 18, 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.

**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.

**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 #9872. Bring wrap if sitting on patio. Phone 619-546-6525.

**Monday, August 19, 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.

**Tuesday, August 20, 2019**  
**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.

**Sufi Healing with Jamil Larry Sweet**  
Tuesday, August 20, 7:15 pm — 8:15 pm, room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact [jsweet@cox.net](mailto:jsweet@cox.net). Latif aka Payshun leads sufi healing the rest of August.

**Wednesday, August 21, 2019**  
**Wednesday Morning Meditation Sangha**  
Wednesdays from 10 am — 12 pm, Room 323. All are welcome for a silent, sitting meditation, followed by a discussion of practice, after which will be a Dharma talk, and discussion. Contact [johnoll@cox.net](mailto:johnoll@cox.net) or 619-546-6525.

**Young Adult Group — Ages 24-35**  
Wednesdays, 7 pm — 9 pm in Room 323. Connect, grow, and unwind. Each week, someone leads a discussion, introduces a game, and we share food and laughter. Come build community with us!

**Thursday, August 22, 2019**  
**Chi Gung at South Bay with Lolly Brown**  
Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation.

**Insight SD Greeting the Heavenly Messengers Affinity Group**  
Thursdays (second and fourth), August 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. To sign up or find out more, [click here](#).
Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), August 23, 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.

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, UptownCSC.org.

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.

The Unitarian Universalist Christian Study Group
Sunday, August 25, 1 pm, Room 321. Sunday, August 25, 1 pm, Room 321. Join us for conversation and fellowship.

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.

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.

Insight SD Social and Climate Justice Affinity Group
Mondays (first), September 2, 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.

The Hillcrest Folksong Circle
Sunday, September 8 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have song books and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Connie Mack cmack5313@gmail.com or Ed McC Carroll EdMcC@comsimplicity.com.

Addressing the Climate Crisis Through Meditation and Action
Monday, September 9, 6:30 pm - 8:30 pm, Bard Hall. It is natural to feel much insecurity about our planet’s future when we see increasing evidence of the climate crisis. Through small group discussion and short meditations, we will explore our moral authority and power. Questions? Contact Bev Harju, harjuverly@gmail.com or 252-258-1212.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), September 12, 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.
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
Lara Korneychuk, Hillcrest Music Coordinator
Chase Pado, Pianist / Organist

Staff:
Robie Evans, Director of Operations
Kathleen Swift, Director of Family and Lifespan Ministry
Käthe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper/Controller
Rose Riedel, Office Administrator
Angela Fuji, Social Justice Coordinator
Jennier Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Pam Bates, Database Analyst
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
619-298-9978 • 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