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.

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

Hilcrest Services
9:30 am and 11:30 am

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

September 1, 2019
"What Moves The World"
Rev. Tania Mártinez, Assistant Minister

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

South Bay Bilingual Service
9:30 am

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

September 1, 2019
"The Community of Work"
Rev. Kathleen Owens, Lead Minister

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

August Generosity Offering
Uptown Community Service Center
Uptown Community Service Center was started 35 years ago by our minister Tom Owen-Towle and others to serve homeless and other economically deprived members of our community. Currently housed in St. Luke's Episcopal Church on 30th Street in North Park, Uptown serves upwards of 2000 clients monthly with mail service, food, clothing, hygiene products, computer connections and phone service.
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.

Uptown Gala This 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 this week (Saturday, August 24, 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).

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 rheakuhalman2@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.

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.

Minister's Blog
Read Rev. Kathleen’s newest post on the Minister’s blog at www.firstuusandiego.org/ministers-blog.

Sunday Flower Power
You have a once-a-year opportunity to bring beauty and a message to worship in the Meeting House by providing a flower arrangement. Do you want to voice your story, your roots, your UU values? Maggie can help spark your imagination and your creativity. It’s a joyful experience which creates connections with others. Maggiemarshall2@gmail.com.

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/ally/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.

Singletarian Senior Singles Luncheon
Sunday, August 25, 12:30 pm, Panda Country, 4455 Clairemont Mesa Blvd, 858-270-3930. Contact Mac Downing home 619-542-9320.

Signing Social
Sunday, August 25, 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 Laurie Gerber at gerbl@pacbell.net.

Please Join Us For a Farewell Party for Rev. Ian!
Sunday, August 25, 1 pm, Bard Hall. To contribute to his gift contact Robie at robie@firstuusandiego.org.

The Unitarian Universalist Christian Study Group
Sunday, August 25, 1:30 pm, Room 321. Join us at Rev. Ian’s Farewell, and then gather in Room 321 at 1:30 pm for “Steps Toward Inner Peace” with the Peace Pilgrim — a true American Sage.
What's Happening?

Pagan Conversations
We are canceling this week's Pagan Conversations so that all may attend Rev. Ian's farewell party. His party will be held in Bard Hall, 1 pm, this Sunday, August 25.

Greater Beach and Bay Pool Party
Sunday, August 25, 3 pm, the Taylor's, 1327 Beryl st. All ages are invited. Our regular gathering will start after 4 pm. Please bring usual finger food snacks. Topic: How are you preparing for our current climate cataclysm? Questions call Mina: 619-417-1411.

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 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.

Chalice Choir
Wednesday, August 28, 7 pm — 8:40 pm, Chapel. Please join us for our first Chalice Choir rehearsal of the season! Adult singers of every level of experience are welcome. This is also a great opportunity to meet our new Music Coordinator, Lara Korneychuk Lara@firstuusandiego.org. Meets every Wednesday: same time, same place. Come sing with us!

Muse: Fire/Water" Flute & Guitar Recital
Thursday, August 29, 7 pm, Meeting House. Michael Matsuno is a flutist and educator based in San Diego and a candidate for the doctoral degree in contemporary music performance at UCSD. Cameron O’Connor is an internationally acclaimed guitarist and currently serves on the faculty at Oregon State University. They began performing as a duo in 2011 at the University of Southern California. Together, they will present Muse: Fire/Water, a program of new and recent flute and guitar music that draws inspiration from the natural elements. They are excited to perform for the Hillcrest community and to raise awareness and funding for an environmental cause. Donation suggested, which Michael will donate in support of Climate Change. Questions: Dorothy Pearlman knitdap@yahoo.com or phone / text 858-344-7112.

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.

Day Of Renewal
Saturday, September 7, 10 am — 3 pm, Bard Hall. Are you a lay leader who's feeling a bit burnt out and in need of renewal? Join Rev. Tania and Rev. Kathleen, we'll worship, share with one another, break bread together and engage in spiritual practices that offer hope for the work ahead. Registration is on a first come basis as space is limited; also registration is needed because we'll provide lunch. Please register with Rose at Rose@firstuusandiego.org.

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.

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.

Our latest Annual Report is available on our First UU website. Find it in the members area! http://www.firstuusandiego.org/members-area
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 emack5313@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’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, harjubeverly@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 childbirth. 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.

Kirtan and Potluck
Saturday, Sept 14, 5:30 pm, Common Room. Join us for a vegan/vegetarian potluck and Kirtan chanting to celebrate five years at First UU. Come and engage in the spiritual practice of kirtan a non-denominational practice, with award-winning Spirit Soul and Friends. RSVP Love2you2all@gmail.com.

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.

Monthly Board Meeting
Tuesdays (third), September 17, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), September 17, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

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.

Living the Homestretch
Saturday, September 21, 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. Light refreshments and coffee are available. Please contact Marv Pulliam at 310-779-2053 for more information.

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 619-466-5952 or John Holl 619-546-6525.

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.
Just as Long as I Have Breath
– Alicia S. Carpenter & Johann G. Ebeling

Verse 1:
Just as long as I have breath,
I must answer “Yes” to life;
though with pain I made my way,
still with hope I meet each day.
If they ask what I did well,
tell them I said “Yes” to life.

Verse 2:
Just as long as vision lasts,
I must answer “Yes” to truth;
in my dream and in my dark,
always: that elusive spark.
If they ask what I did well,
tell them I said “Yes” to truth.

Verse 3:
Just as long as my heart beats
I must answer “Yes” to love;
disappointment pierced me through,
still I kept on loving you.
If they ask what I did best,
tell them I said “Yes” to love.

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.
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@firsttuusandiego.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.

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.

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

Generosity Offering Selection Process
Nominations are being accepted through Friday, September 13 at 12 pm using this form. Nominated organizations will be invited to host a patio table at Hillcrest on our next Social Justice Sunday, September 29 to share information and answer questions – save the date and please plan to join us! Voting / selection will take place on Sunday, October 6 at 1:30 pm in Bard Hall. Questions? Ask Angela@firstuusandiego.org.

UU Justice Ministry of CA (UUJMCA)
Regional Justice Training
Friday, September 20, 6:30 pm – 9 pm; workshop on Saturday, September 21, 11 am – 5:30 pm, at Palomar UU Fellowship (1600 Buena Vista Dr., Vista, 92081). In-gathering and spiritual grounding dinner. Both days are free of charge and open to all; resources, practices and opportunities relevant to UU justice-makers across multiple issue areas will be shared. Led by UUJMCA’s new Executive Director: Rev. Ranwa Hammamy and UURISE CEO: Katia Hansen; more info here:

Join Rainbow Action at 30th Annual AIDS Walk & Run San Diego
Saturday, September 28, 6 am, Hillcrest Pride Flag. Interested in joining the First UU Rainbow Action Group team to walk or run? Follow this link - click “Register” and then “Join a Team,” scroll until you find “First Unitarian Universalist Church of San Diego - Rainbow Action Group.” Can’t participate in person but want to donate to support our effort? Click here.

Save the Date:
Social Justice Sunday (SJS), 9/29
At this SJS, we’re building on the forum and conversation that we hosted in June on climate and sustainability by focusing on affordable housing, density and transit. At Hillcrest, this SJS will feature a justice-themed sermon, patio tables between services with representatives from organizations nominated to receive a Generosity Offering, and a panel (with 3-4 speakers, to be announced) after second service. At South Bay, we’ll host a coffee conversation with a featured speaker (maybe two!).

Make “Welcome the Stranger” a Reality
Our community partner, the San Diego Organizing Project (SDOP), is raising funds to build a monument high above the U.S.-Mexico border, to welcome a new generation of immigrants and refugees yearning for freedom and prosperity. The monument, an interpretation of Mary as Lady Liberty, will stand tall in San Ysidro, CA and be visible for miles and illuminated each night as a beacon of welcome to all. To learn more, visit the fundraising page.

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.org
**Children's Religious Education (CRE)**

**Children's RE**
This Sunday, August 25, 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, contact Kathleen Swift kswift@firsttuusandiego.org or look for a sign-up sheet on the RE table this Sunday.

**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@firsttuusandiego.org.

For more information about any of our Children’s Programming contact Kathleen Swift.
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@firstuusandiego.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 it put in your phone number every time you shop, and First UU will get a percentage!

TREASURE “I think you have a moral responsibility when you’ve been given far more than you need, to do wise things with it and give intelligently.” — JK Rowling, who recent became an ex-billionaire due to her generosity.

What’s happening in September? Stop by the Gift Card table on September 1 to order your gift cards for back to school purchases, or grocery cards to keep the fridge full. To get out of the heat, pick up a restaurant or movie card - or both!

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@firstuusandiego.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 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@firstuusandiego.org or by phone at 619-398-4443.
### Friday, August 23, 2019

**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. 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.

**Looking Glass Theatre's Weekend Revue: Broadway Backwards**
Friday, August 23, 7 pm, Bard Hall. Join us for dinner and a show! Come see some of Broadway's biggest hits as you've never seen them before! Suggested donation of $10. We hope to see you there!

### Saturday, August 24, 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.

**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 Uptown website, UptownCSC.org.

**Looking Glass Theatre's Weekend Revue: Broadway Backwards**
Saturday, August 24, 7 pm, Bard Hall. Join us for dinner and a show! Come see some of Broadway's biggest hits as you've never seen them before! Suggested donation of $10. We hope to see you there!

### Sunday, August 25, 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)

**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? Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP.

**Singletarian Senior Singles Luncheon**
Sunday, August 25, 12:30 pm, Panda Country, 4455 Clairemont Mesa Blvd, 858-270-3930. Contact Mac Downing 619-542-9320.

**Farewell party for Rev. Ian**
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**The Unitarian Universalist Christian Study Group**
Sunday, August 25, 1:30 pm, Room 321. Join us at Rev. Ian’s Farewell, and then gather in Room 321 at 1:30 pm for “Steps Toward Inner Peace” with the Peace Pilgrim — a true American Sage.

**Pagan Conversations**
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**Signing Social**
Sunday, August 25, 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 Laurie Gerber at gerbl@pacbell.net.

**Greater Beach and Bay Pool Party**
Sunday, August 25, 3 pm, the Taylor’s. All ages are invited. Our regular gathering will start after 4 pm. Please bring usual finger food snacks. Questions call Mina: 619-417-1411.

**Looking Glass Theatre's Weekend Revue: Broadway Backwards**
Sunday, August 25, 4 pm, Bard Hall. Join us for dinner and a show! Come see some of Broadway’s biggest hits as you've never seen them before! Suggested donation of $10. We hope to see you there!

**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.
Monday, August 26, 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.

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. Bring a chair and a dish to share. The fellowship will provide utensils, plates, glasses, soft drinks, franks, hamburgers, vegetarian fare and a fire.

Tuesday, August 27, 2019
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 lsweet@cox.net. Latif aka Payshun leads sufi healing the rest of August.

Wednesday, August 28, 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 johnhoff@cox.net or 619-546-6529.

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 29, 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.

"Muse: Fire/Water" Flute & Guitar Recital
Thursday, August 29, 7 pm, Meeting House. Join the Musical Muse, Michael Matsumo presenting a Fire/Water Theme Concert on guitar and flute. Donation suggested, which will be donated in support of Climate Change.

Upcoming Events

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. No regular meeting this month. Special joint meeting with UU and San Diego 350, “Addressing the Climate Crisis Through Meditation and Action,” on September 9, 6:30 pm – 8:30 pm, Bard Hall.

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 McCarroll 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, harjubeverly@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.

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.

Kirtan and Potluck
Saturday, Sept 14, 5:30 pm, Common Room. Join us for a vegan/vegetarian potluck and Kirtan chanting to celebrate five years at First UU. Come and engage in the spiritual practice of kirtan a non-denominational practice, with award-winning Spirit Soul and Friends. RSVP Love2you2all@gmail.com.
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. Löne 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:
Lara Korneychuk, Hillcrest Music Coordinator
Chase Pado, Pianist/Organist
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
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(UUs of the South Bay)

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Sunday Morning Urgent Contact: 619-947-4612

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