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 30, 2020 9:30 am
"Staying Connected While Branching Out" Our Bridging Service by The Family Ministry Team
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.

Fifth Sunday Generosity Offering
Partner Church — Philippines

100% of our offering will go to support our partner church in the Philippines. The offering will go specifically to the school scholarship program - helping children and youth continue their education. Due to COVID-19, their schools will be by remote learning, funds that were used for uniforms and transportation, will now be used to fund wifi hotspots so the students can go to school via cell phones. You can learn more about our Partner Church program by talking with church members Liz Jones, Dan Ratelle or John Schaibly. Thank you for your generous support of our partner church program.
You can donate using the donate button on our website at www.firstuusandiego.org/donations.html.

Journey Toward Wholeness (JTW)
What Can I Do?

1) Spend an hour reading “Floyd's America: The Post-Slavery State, Homicide, & the New Case for Reparations.” Many thanks to Mary Severine for the suggestion.

2) Need an example of how to use White privilege to stand up to system racial inequality? View “Cracking the Codes: A Trip to the Grocery Store”
What's Happening?

**de Benneville Fund Drive**
Join others who love deBenneville Pines and support Camp’s COVID-19 Emergency Fund. Our Love Reaches Camp appeal only lasts for the month of August and all donations to it will be matched dollar-for-dollar! Our anonymous donor is so impressed by the generous donations received so far that they are “doubling down” and raising the matching pledge from $5,000 to $10,000! So, double the impact of your donation and help ensure that your “Love Reaches Camp.”
https://debennevillepines.org/donate-now/love-reaches-camp/?fbclid=IwAR1eDZi60h4omICoDqj5zvOjQe-IokGB24HDhC1E0kSKhTlhPdkzSRve1U

**Turn-Up Tuesdays**
September 1, Tuesdays, 6 pm — 8 pm, http://bit.ly/TurnupTuesdays. Meeting ID 913 8630 7033. O4J will be hosting weekly Zoom gatherings where people can participate in GOTV and election-related activities. This Tuesday we’ll be writing postcards to POC voters in swing states, in conjunction with our UU the Vote partner, Reclaim Our Vote. RSVP to Isabella Furth at ifurth@me.com for instructions on how to participate, or just drop in. You’ll need postcards, stamps, and a pen. Note: if you’re already writing letters or postcards for another organization, like Indivisible or Vote Forward, you are welcome to bring that work and join us around the table! UUs are described as “people who TURN UP”!
So think of Tuesday nights as a chance to TURN UP with your First UU family, to take action together in community and support each other in the work of justice and democracy.

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 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 sdpagnansu@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 margeurw@gmail.com.

**Memory Matters Gathering**
Fridays (second and fourth), August 28, 9:30 am — 11:30 am, Online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in. Email hybertsen@att.net for the link to join.

**How to Call Into a Zoom Meeting**
No computer? No Problem! You can still join us at our virtual meetings. To call into a Zoom meeting and join us by phone simply call 1-669-900-6833! When prompted, enter the meeting ID number and be connected.

**Summer Virtual Pick-Up Choir**

Women's Chorus Rehearsal
September 3, Thursdays, weekly, 1:15 pm, bit.ly/WChoir.

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

**Arts & Crafts Creative Social**
September 8, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial. Meeting ID 945 4398 9126. Join members of the Art Guild for a few hours of creativity in community! This is a great time to work on ongoing projects, create Artist Trading Cards, begin new work, or even color in a coloring book alongside other artists.

**Join Robie!**
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!
What's Happening?

Movie Night
Thursday, September 10, 5 pm — 7:30 pm, online. Join Rev. Tania for a guided screening and discussion of the documentary *13th*. Email rose@firstuusandiego.org to sign up and receive the link to the movie.

Small Group Facilitators’ Training
Interested in facilitating a small group? Are you already facilitating a group and would like some more training or support? Join Rev. Tania for a Small Group Facilitators’ Training on September 12 at 1 pm. To sign-up, please contact Jennie at jenifer@firstuusandiego.org.

Rainbow Action Group’s Koffee Klatz

Coping With Chronic Conditions Support Group
September 14, 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.

Monthly Board Meeting
September 15, 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.

Living the Homestretch
September 19, Saturdays (third), 10 am, online at https://bit.ly/LivingTheHomestretch, Meeting ID 911 2242 6361. The Homestretch Committee will present educational opportunities on various topics that can be explored during the pandemic. Please bring your own suggestions to the program. The presentation will be followed by breakout group discussions. All are invited.

Fourth Monday Meeting of the UU Men’s Fellowship
Monday, September 28, 7 pm, Zoom. A meeting open to all men. Join us for a discussion of a topic relating to men’s issues. For more information about the meeting and how to join in send an email to Kcohn@san.rr.com.

Virtual Meetings with Rev. Kathleen

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

UU Men’s Fellowship Fall Virtual Renewal
September 25 and 26, All men (new and veteran) are invited to the Virtual Fall Renewal where we may replenish and refresh the bonds usually reserved for the fresh mountain air of Julian or Camp deBenneville Pines. There will be 3 sessions: Friday evening, 7 pm — 9 pm Saturday morning 9 am — 11 am, and a Saturday evening ritual from 7 pm — 9 pm. Saturday afternoon an optional workshop / discussion on racism will be led by Anthony Johnson, an African American UU minister, from Sedona Arizona. There is no fee for the weekend, although all funds donated will be directed to our forest home / refuge, Camp de Benneville Pines to help them survive financially during the Covid-19 shutdown. To obtain more information and to register, please contact Mike Dorfi, 619-466-5952 or mdorfi@cox.net.

Our South Bay Campus

Spanish Speaking Wisdom Circle Facilitator Needed
We would love to resume a Spanish wisdom circle this coming season. If you’d like to host this group, contact Rev. Tania at tania@firstuusandiego.org.

South Bay Social Hour
Sundays, weekly, 11 am, http://bit.ly/FirstUUSBSH. 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/jUSDDzbfIKnMxqtK8

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

El Puerto
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/angelafullil\03230min

Transgender Inclusion in Congregations E-Course
Help First UU renew our Welcoming Congregation status for the year by participating in the Transgender Inclusion in Congregations 6-session webinar series from the Transforming Hearts Collective. Rainbow Action and Social Justice are facilitating weekly meetings to discuss each session starting on Sundays from 1 pm — 2:30 pm, starting September 27 and continuing on Sundays through November 1. To enroll in the online course, contact Angela@firstuuusandiego.org.

Climate Action
The California State Legislature is considering a variety of bills that would help protect communities and drinking water from toxic chemicals, safeguard ocean ecosystems, support our clean energy future and fight against climate change, and boost economic recovery by creating new green jobs. Lawmakers will vote on these bills before the END OF AUGUST — so we need to show them that Californians support these critical pieces of legislation. Learn more here, and then urge your state legislators to vote “YES” on key bills that protect California’s communities, drinking water, air, and climate.

Movie Night with the San Diego Coalition for Reproductive Justice
Thursday, September 3, 5:30 pm — 7:30 pm, online. Movie Night with the San Diego Coalition for Reproductive Justice, benefiting San Diego Black Queer Housing, a mutual aid fund for black queers in immediate need of safe housing. They’ll be virtually screening Disclosure, a look at transgender depictions in film and television. More info and RSVP for viewing instructions on the Facebook event page.

Climate Tip
August 22 was Earth Overshoot Day, the date when humanity will have used “all the biological resources that Earth can renew during the entire year,” as calculated by Global Footprint Network. That date has come progressively earlier each year since 2006, but was delayed this year due to the pandemic. Celebrate by finding one way to cut down on your use of resources.

Family Ministry

Religious Education Programming Through September
We’re in a time of transition. As the school year begins, our Summer RE is drawing to a close but we’re still in the process of seeking a consultant to help us design a program for the 2020/21 year. Over the next five weeks or so, we’ll be keeping some of our current programming the same and shifting the focus in other areas to respond to our families’ needs. Here’s what will be happening:

Sunday RE - will remain at the same time (Sundays at 1 pm) but will shift focus away from magic to focus on stories and music that will get us up and moving.

Saturday Science & Stories - will continue as is. We’ll gather in Zoom Saturday at 10 am to learn about animals and hear stories that help us explore our values.

Homework Help - We’re starting a new program to help support our families and take some pressure off our parents as students go back to school (virtually). We’re planning to set up some times when our school-aged children can meet with adults from the congregation on Zoom for homework help and tutoring as they return to school. If you’d be willing to offer your time and talent, email Tony@firstuuusandiego.org if your family/children would like to sign up for homework/school help, you can also email Tony. He’ll be compiling a list of children, their needs and the times that work best and then, in about a week, creating a schedule that matches up the children with the adults best equipped to help.

For the safety of our children the zoom links for these meetings are not public, to request information contact Tony@firstuuusandiego.org.

Parents’ Lounge

Senior High Youth
Youth in grades 9-12 are meeting online via Zoom on Wednesdays at 4 pm and Sundays at 11:30 am. Senior High youth are having Movie Night on Fridays. To get more info, contact Käthe at kathe@firstuuusandiego.org.

Middle School Youth Group
August 23, Sundays (weekly), 2 pm, online. The Summer Middle school group for youth in grades 6-8 will meet to explore our third and fourth UU principles. We will discuss these and other ideas after watching the Twilight Zone episode, “Nick of Time.” To get more info, contact Käthe at kathe@firstuuusandiego.org.
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.

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.

---

A Trip Inside the San Diego Food Bank
by Maureen McNair

The San Diego Food Bank, one of the region’s two main food banks, is located off Miramar Road and is operating under Covid-19 conditions.

Generally, Dana and Loren Tomlinson and I go to an 8 am appointment every Friday to pick up food there. The SD Food Bank is an important, but not exclusive, source for the food we distribute at our South Bay Food Pantry.

Our goal in shopping at the SD Food Bank is to get food so we can create 135 identical bags of pantry goods and 135 identical bags of produce. We try to keep the bags of food we distribute as uniform as possible so that each pantry guest feels they are being treated fairly.

(As an aside, being able to treat each pantry guest fairly is the reason I keep asking for jars of peanut butter when we have food drives. I cannot buy peanut butter in bulk. Everyone wants it. And, because it is such a popular item, we cannot distribute jars of peanut butter to just the first six people in line without the people behind them getting upset.)

The SD Food Bank allows us to preorder a limited amount of food each week. For instance, tomorrow I will pick up — along with substitutes for Dana and Loren who are enjoying a week at the Colorado River — only 336 pounds of pre-ordered food. Our order includes a 144 cans of diced tomatoes, 96 pounds of rice, and 84 8-ounce bags of pancake mix. As you can see, this is hardly enough food to distribute to 135 households with over 500 people in them.

Once we are at the SD Food Bank, however, we are also allowed to shop on the warehouse floor with representatives from four other pantries for 45 minutes. Shopping this way is a bit of a competitive grab and go. But, we see a lot of the same people each week and are gradually getting to know one another.

The Food Bank is serious about limiting shopping times so the staff can make sure each pantry has an opportunity to shop each week. The Food Bank has the appointments for all pantries on an electronic timer that cancels our entire order if we have not checked out and paid inside our allotted time.

The first things Dana and I have to do is sign in, bring our own boxes inside the warehouse, grab flat carts, then look at a whiteboard which displays the limits for particular foods. For instance, the warehouse floor might have a huge tub of pre-bagged apples. But, the white board might also inform us that each pantry is limited to getting only three bags of them.

Some fresh produce is abundant. Last week, we were able to pick up 135 bags of mini-bell peppers and 135 mangoes. We just never know what to expect.

We can also get some random food in the bulk amounts we see on the warehouse floor. For instance, last week, we purchased 300 pounds of dog food. Many of our pantry guests have dogs and are grateful to be able to get food for those important fur family members.

As our shopping time comes close to an end, we line up our carts for the staff to weigh, then I pay our bill. Kudos to Loren who lifts everything we get into the back of his pickup truck and unloads it again at our pantry!

The SD Food Bank is a very important source of low cost food for us. Since the food supply system is still so disrupted, however, I continue to source bulk food every week through relationships I have built in the food insecurity community. Thank you all again for your continued generosity!
Calendar of Events

Friday, August 28, 2020
Memory Matters Gathering
August 28, 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 29, 2020
South Bay Campus Food Drop Off
Drop off bagged or boxed food every Saturday from 9:30 am — 10 am.

Saturday Science, Stories and Songs
Saturdays at 10 am. Children’s RE programming. Request meeting information from tony@firstuusandiego.org.

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

Sunday, August 30, 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

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

Parents' Lounge

Children's Religious Education
Sundays, 1 pm. Request meeting information from tony@firstuusandiego.org.

Pagan Conversations

Middle School Youth Group
Sundays at 2 pm. To get more info, contact Kätthe 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 31, 2020
South Bay Singers Rehearsal
Mondays, weekly, 6:30 pm, bit.ly/SBSingers.

Tuesday, September 1, 2020
Turn-Up Tuesdays

Wednesday, September 2, 2020
Senior High Youth Game Days
Wednesdays at 4 pm. To get more info, contact Kätthe at kathe@firstuusandiego.org.

Summer Virtual Pick-Up Choir

Thursday, September 3, 2020
Women's Chorus Rehearsal
Thursdays, weekly, 1:15 pm, bit.ly/WChoir.
**Calendar of Events**

**Upcoming Events**

**Cosmos**
Sundays (first), September 6, 1 pm — 3 pm, Online. Contact James Long at kyoolong1@gmail.com for the link.

**Arts & Crafts Creative Social**
September 8, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

**Join Robie!**

**Movie Night**
Thursday, September 10, 5 pm — 7:30 pm, online. Join Rev. Tania for a guided screening and discussion of the documentary 13th. Email rose@firstuusandiego.org to sign up and receive the link to the movie.

**Rainbow Action Group's Koffee Klatch**

**Coping With Chronic Conditions Support Group**

**Monthly Board Meeting**
September 15, 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.

**Living the Homestretch**
September 19, Saturdays (third), 10 am, online at https://bit.ly/LivingTheHomestretch, Meeting ID 911 2242 6361.

**Fourth Monday Meeting of the UU Men's Fellowship**
Monday, September 28, 7 pm, Zoom. A meeting open to all men. For more information email Kcohn@san.rr.com.

---

**COVID-19 Contact Tracing SCAM ALERT**

Scammers are at it again. Their latest scam is to pose as COVID-19 contact tracers. These scammers are contacting Californians by phone, e-mail and text.

To avoid falling victim to this scam, the California Department of Justice offers some tips and precautions:

- Real contact tracers will only ask you about your medical symptoms and the people you may have been in contact with.
- Real contact tracers will never ask for your Social Security number, financial or health insurance information.
- Real contact tracers will not ask about your immigration status.

If someone claiming to be a contact tracer asks for any kind of financial information or tries to charge you money, it is a scam! Please report it.

If you believe you have been the victim or target of a scam related to COVID-19, please immediately file a complaint at www.oag.ca.gov/report. For more information on how to protect yourself from scams, please visit the Attorney General's COVID-19 Consumer website.

If you have any questions about this or any other state government matter, please contact assemblymember Todd Gloria's office at 619-645-3090 or assemblymember.gloria@assembly.ca.gov.

---

**Still Scamming!**

Please be aware that this is still happening — even nationwide at our other UU churches. Especially during these tender times, folks are scamming church members in order to get gift cards purchased and sent to them. And, there’s nothing we can do about it except warn you and educate you. Never respond to any church member, staff or minister unless it comes from a valid church email, i.e. staffname@firstuusandiego.org.

We do not use gmailed accounts for our official church staff business. The following is an example of the latest email scam going around. Please be careful out there, stay safe, wear a mask when going out and wash your hands frequently!

From: "Kathleen Owens"<revkathleenowens10@gmail.com>
Date: Monday, June 29, 2020 10:05 AM
To: "First UU congregant email"
Subject: Blessings

Hi, How Are You Doing?
I Need An Assistance From You, Email Me As Soon As You Get This Message.

peace

Kathleen Owens
Our Staff

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

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

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

Board of Trustees

Sarah Ormond, President
Rev. Julie Forest, Vice President
James Long, Treasurer
Angela Garcia-Sims, Secretary
Laura Ball, Andrea Gonzalez, Brian Krohne, Kathleen MacLeod
and Maureen McNair, Trustees

Important E-mail Addresses:
General First Church E-mail: mail@firstuusandiego.org
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