September’s Transformational Theme: Brave, Honest Community

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

September 1, 2019
“What Moves The World”
Rev. Tania Márquez, Assistant Minister
Music: Lara Korneychuk and Chase Pado

September 8, 2019
“What Truly Sustains Us”
Rev. Kathleen Owens, Lead Minister
Music: Lorelei Isidro-Garner

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

South Bay Bilingual Service
9:30 am

September 1, 2019
“The Community of Work”
“La comunidad del trabajo”
Rev. Kathleen Owens, Lead Minister

September 8, 2019
“The Changes That Move and Sustain Us”
Coming Of Age Service
Family Ministries Team

September Generosity Offering
Environmental Health Coalition
For 40 years, the Environmental Health Coalition has organized and empowered underserved San Diegans to address toxic pollution in their neighborhoods. We believe that everyone deserves to live, work, and play in a clean and safe environment regardless of their income or zip code. No child deserves to have asthma or lead poisoning based on where they live.

The deadline for the next issue of The Window is: September 4 (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
What's Happening?

Gift Cards
Gift cards will be on sale on the patio September 1. Perfect for back to school needs, groceries, restaurants, clothing, gas, virtually all other shopping needs!

Tony Needs Your Help
Tony Bianca is collecting empty (clean) cans, plastic bottles (water, soda, etc.), with lids, and jar lids for his Music classes. He’ll be using them with children to make homemade instruments. Bring your donations by his office or look for a collection bin on the patio on Sunday morning.

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 — Wednesday, October 9 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.

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 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.

Singletonarian Senior Singles Luncheon
Sunday, September 1, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Contact Mac Downing home 619-542-9320.

From Your Board and Ministerial Team
Announcing the new Visioning the Future (VTF) structure and a webpage that shares in-depth information on the process. Go to our church’s homepage and click on the VTF link to learn more about the new Visioning the Future structure and how you can engage in the work of information gathering, planning and deliberating together about possible options regarding the Hillcrest campus. There are four subcommittees that need volunteers with specific skills and talents to help the Board and the Congregation in this work. Each team has a specific set of skill/talents or focus to do its work. Click here, http://www.firstuusandiego.org/visioning, for information.
Thank you for engaging in this important work.
~Rhiannon Smith, Board President
~Rev. Kathleen Owens, Lead Minister

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

Signing Social
Sunday, September 1, 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.

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.

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), September 4, 6:30 pm, Common Room. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cjmac13@icloud.com, for information.

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

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.
What's Happening?

Chalice Choir
Wednesday, September 4, 7 pm — 8:40 pm, Chapel. Join us for Chalice Choir rehearsals! Adult singers of every level of experience are welcome. This is also an opportunity to meet our Music Coordinator, Lara Korneychuk, Lara@firstuusandiego.org. We meet every Wednesday: same time, same place. Come sing with us!

Diverse Revolutionary UU Multicultural Ministries
Thursdays (first), September 5, 6 pm, Room 323. DRRUMM is a Unitarian Universalist People of Color Ministry. A multi-generational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Help us lay the groundwork for a revitalized (metaphorical) “Cultural Community Garden” to help sustain us in these troubled times. Contact Kia Bordner kiakiali@gmail.com.

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. Register 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.

The Unitarian Universalist Christian Study Group
Sundays (except first), September 8, 1 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer.

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 McCarroll EdMcC@comsimplicity.com.

UUA Moderator: Position Open
The UUA Moderator Search Committee is currently seeking applicants to fill the remaining five years of a six-year term as Moderator(s) of the Association. (A Special Election be held in June 2020 at the General Assembly in Providence, RI.) This is a vital role and a vital time for our Association. As the Chief Governance Officer of the Association, the Moderator works closely with the Board, Executive Staff, and Committees of the UUA to help shape and hold the vision and mission of the UUA. The Moderator also works to encourage and support leaders, congregations, and covenanting communities in our faith as well as partner organizations in feeling fully heard and represented in our decision-making processes. This is an important and rewarding volunteer position and a great way to serve our faith. For more information about the position, the process, the timeline and to apply, please visit the Moderator Application here: https://www.uua.org/uua/governance/officers/moderator/moderator-search/moderator-application-2020.
Applications are due by October 1, 2019.

Coping with Chronic Conditions
September 9, (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.

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, harjubevery@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.
Memory Matters Gathering

Fridays (second and fourth), September 13, 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.

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.

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.

Caregivers/Allies Support Group

Sundays (fourth), September 22, 11 am — 12:30 pm, Room 323. 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.

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

D4$ Noche bohemia (Bohemian Night) with Rev. Tania

Saturday, Sept 28, 6 pm, Bard Hall – There are spaces left! Please join Rev. Tania for an evening of music, poetry, and stories from Latin America to celebrate Hispanic Heritage Month. We’ll be alternating music and readings and conversation with our guests. Snacks and drinks (non-alcoholic) will be provided. Cost is $25, which was the minimum bidding price! Please RSVP to Robie at robie@firstuusandiego.org.

Want an announcement in the Window?

To better serve our community we ask that Window announcement submissions are in line with our Congregations vision and principles. Submissions should be under 60 words, the announcement needs to be connected to First UU as a congregation, and needs to be submitted no later than Wednesday at 8 am of the week requested to be placed in the Window to Rose Riedel, by emailing officeadmin@firstuusandiego.org. Include the title of the event, date, time, location, a brief description, and a person’s name and contact information for the event. All announcements need to be appropriate for our congregation. Grammatical corrections and / or edits may be made in order for the announcement to be placed in the Window.
If Every Woman in the World

— Karen MacKay & Nancy L. Nordlie

Verse 1:
If ev'ry woman in the world
had her mind set on freedom,
if ev'ry woman in the world
dreamed a sweet dream of peace,
If ev'ry woman of ev'ry nation,
young and old, each generation,
held her hands out in the name of love
there would be no more war.

Verse 2:
If ev'ry man in the world
had his mind set on freedom,
if ev'ry brother stood with brother
as a witness for peace,
If ev'ry man of ev'ry nation,
young and old, each generation,
held his hands out in the name of love
there would be no more war.

Verse 3:
If ev'ry leader in the world
shared a vision of freedom,
if ev'ry leader in the world
shared a sweet dream of peace,
If ev'ry leader of ev'ry nation,
worked for justice and liberation,
holding hands out in the name of love
there would be no more war.

Verse 4:
If ev'ry nation in the world
set a true course for freedom,
if ev'ry nation raised its children
in a culture of peace,
If all our sons and all our daughters,
reached in friendship across the waters,
refusing to be enemies,
there would be no more war.

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

UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

September 1, 2019  "The Community of Work" / "La comunidad del trabajo"
Rev. Kathleen Owens, Lead Minister

September 8, 2019  "The Changes That Move and Sustain Us" Coming Of Age Service
Family Ministries Team

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, top soil turbe 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.

Organizing4Justice / SDOP / Faith in Action
Sundays (third), September 15, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cimack13@icloud.com, for information.

Diverse Revolutionary
UU Multicultural Ministries
Saturdays (third, every other month), September 21, 11 am — 1 pm, South Bay. DRUUMM is a Unitarian Universalist People of Color Ministry. A multi-generational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Help us lay the groundwork for a revitalized (metaphorical) “Cultural Community Garden” to help sustain us in these troubled times. contact Kathleen Horlor-Garcia uukhorlor2@cox.net

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

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

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), September 4, 6:30 pm, Common Room. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cjimack13@icloud.com, for information.

Organizing4Justice / SDOP / Faith in Action
Sundays (third), September 15, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cjimack13@icloud.com, for information.

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 UUJMC’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!).

Now through Friday, September 13 at
firstuusandiego.org/generosity-offerings

Questions? Contact Angela Fujii

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, September 1, 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@firstuusandiego.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.

Tony Needs Your Help
Tony Bianca is collecting empty (clean) cans, plastic bottles (water, soda, etc.) with lids, and jar lids for his Music classes. He'll be using them with children to make homemade instruments. Bring your donations by his office or look for a collection bin on the patio on Sunday morning.

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.

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@firstsuusandiego.org.

TIME  If you shop on Amazon, is doesn’t take much time to make sure that First UU gets 2-10% of every purchase. Go to our website (firstsuusandiego.org), scroll to the bottom of any screen, and click on the “Shop via Amazon” button. It will take you to Amazon and you proceed as you normally would, but now First UU gets 2-10% of every purchase!

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

Coming Soon:
Building Sacred Ground - Fall Series

Three Sundays: September 29, October 6, October 13
1 pm — 2:30 pm in Room 323

Building Sacred Ground is an experiential multi-session program to help people explore Unitarian Universalism, share personal foundations of faith, and get to know a small group of people well. The series ends with a private tea with ministers where you have a chance to visit, socialize and dialogue. This series is appropriate for newcomers and longtime UUs. It is strongly suggested for those in the process of becoming members. By attending these sessions, you will become more deeply involved in church life and have a better understanding of your place in Unitarian Universalism.

Session 1: September 29 – UU 101
This first session is both an introduction to Unitarian Universalist principles, values, and theology, and an opportunity to get acquainted with the rest of the group!

Session 2: October 6 – Sharing Our Journeys
Engaging and thoughtful activities will help participants reflect on their spiritual lives, spiritual development and future spiritual explorations.

Session 3: October 13 – Tea with a Minister
Participants are invited share casual social time with a minister in a small group setting, snacks and tea will be provided. Bring your burning questions about First UU, Unitarian Universalism, or how this faith relates to your life.

Limited space! To register, please contact Jenner Daelyn at jenner@firstsuusandiego.org by September 25.

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.

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.
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<tr>
<th>Date</th>
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<td>Saturday, August 31, 2019</td>
<td><strong>Insight SD Sitting Group/Dharma Study</strong>&lt;br&gt;Saturdays, 9:30 am — 11:30 am, Room 323. This weekly <strong>Insight SD</strong> 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, <a href="#">click here</a>.</td>
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| Sunday, September 1, 2019    | **Sunday Morning Meditation Sangha**<br>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, September 1, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Contact Mac Downing 619-542-9320.  
**Cosmos**<br>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.  
**Signing Social**<br>Sunday, September 1, 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](mailto:gerbl@pacbell.net).  
**Open-Heart Buddhist Sangha**<br>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, September 2, 2019    | **Yoga With Toni Turbyfill**<br>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.  
**Insight SD Social and Climate Justice Affinity Group**<br>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. |
| Tuesday, September 3, 2019   | **Sufi Healing with Jamil Larry Sweet**<br>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](mailto:lsweet@cox.net). This will be Latif’s last time leading sufi healing because Jamil Larry and Sue Karuna Sweet will return on September 10. |
| Wednesday, September 4, 2019 | **Wednesday Morning Meditation Sangha**<br>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.  
**Organizing4Justice/SDOP/Faith in Action**<br>Wednesdays (first), September 4, 6:30 pm, Common Room. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, [cjmack13@icloud.com](mailto:cmack13@icloud.com), for information.  
**Chalice Choir**<br>Wednesday, September 4, 7 pm — 8:40 pm, Chapel. Join us for Chalice Choir rehearsals! Adult singers of every level of experience are welcome. This is also an opportunity to meet our Music Coordinator, Lara Korneychuk, [Lara@firstuuusandiego.org](mailto:Lara@firstuuusandiego.org). We meet every Wednesday: same time, same place. Come sing with us!  
**Young Adult Group — Ages 24-35**<br>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, September 5, 2019  | **Chi Gung at South Bay with Lolly Brown**<br>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. |
Upcoming Events

The Unitarian Universalist Christian Study Group
Sunday, September 8, 1:00 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer.

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 McCarral EdMcC@comsimplicity.com.

Coping with Chronic Conditions
September 9, (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.

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.

Memory Matters Gathering
Fridays (second and fourth), September 13, 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.

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.

Organizing4Justice/SDOP/Faith in Action
Sundays (third), September 15, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cjmak13@icloud.com, for information.

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.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lòne 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
Rose Riedel, Office Administrator
Angela Fuji, Social Justice Coordinator
Jenner 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

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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):
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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):
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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