

The Window

A Weekly Publication



First
Unitarian Universalist
Church of San Diego

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 Eight Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

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;
8. Building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and oppressions.

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

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

September's Transformational Theme: **Return**

Join Us Online!

Online Worship *ASL & ESP Translation*

“Both Sides Now” / “Ahora ambos lados”

Rev. Jim Grant, *Affiliate Minister*

September 5, 2021 9:30 am

Watch the Service online at <https://www.firstuusandiego.org/>

September Generosity Offering Freedom for Immigrants

Freedom for Immigrants is the only nonprofit monitoring the human rights abuses faced by immigrants detained in mostly private, profit-driven detention prisons across the U.S. It gives voice to the voiceless through a free hotline that allows imprisoned immigrants to report abuse, or simply speak with a supportive person. It coordinates volunteer visitation programs, including First Church's own "SOLACE" program, and advocates for more humane policy. Donate using our website at www.firstuusandiego.org/donations.html, under gift designation select "Generosity."

The deadline for the next issue of
The Window is:

September 8 (**Wednesday**) at 8 am

If you would like an announcement
placed in the Window, please email:

[**rose@firstuusandiego.org**](mailto:rose@firstuusandiego.org)

**The Window submission
maximum is 60 words**

What's Happening?

Reopening Team's Recommended Changes Sept. 2, 2021

UCSD Health this week published a new study on the effectiveness of vaccines and the high transmissibility rate of Covid's Delta variant. The data are very concerning. Even in a more than 80% vaccinated workforce, vaccine effectiveness appears to be waning, down in July to 65% from 95%. This likely comes from the Delta surge combined with the end of indoor mask mandates.

Please note that while vaccine effectiveness does seem to wane over time, let us be clear that vaccines are still our best single defense against the virus.

(Here's a link to the UCSD study: <https://www.nejm.org/doi/full/10.1056/NEJMc2112981>)

The overall risk in San Diego had already been creeping up. The number of cases and deaths make us a high-risk area. And the latest UUA guideline for high-risk areas like ours is to suspend all large in-person gatherings, both indoors and out.

Here are those UUA guidelines: https://www.uua.org/pressroom/press-releases/guidance-delta-variant?fbclid=IwAR2WYTrHrtjk25acqGmCTSHhAIQTnGjL8T-L_c6S9roEgBZGJPsjVPWcTnQ

In light of all the factors your reopening team is now recommending the immediate suspension of our in-person worship services, and a return, for the foreseeable future, to virtual only. Our online virtual services will continue at 9:30 am each Sunday, with Social Hours and Board Chat back to the 10:30 am timing. Please check the Window for links.

For smaller groups that choose to meet, we are only allowing outdoors at this time with masks required at times and physical distancing will have to be carefully observed.

Our actions are taken with heavy heart but determined responsibility. We realize the happiness our brief reunion with one another has brought, but this tireless disease is not done with us yet. We have to accept the true situation. We will watch new data closely. And we'll carry the strong desire to be together into all of our discussions and decisions. For now this is where we are. We look ahead to a better time.

First UU & Preventing Overpolicing Through Equitable Community Treatment (PrOTECT)

Organizing 4 Justice is working with the San Diego Organizing Project to support PrOTECT. First UU members can help by urging our City Councilmember Steven Whitburn to support the PrOTECT measure which will end the practice of pretext stops to increase police accountability and reduce bias. If you are interested in learning more, reach out to us at erik.kaestner@gmail.com.

Needed:

Another commode for our medical lending equipment supply. If you have one to donate, as well as free up space in your garage, please contact Peggy Holl at 619-787-5770 or peggyholl@cox.net

Job Posting at First UU!

We have the following position open: **Music Director**. Application procedure: If interested in this position, Submit cover letter, resume and two letters of reference; Electronic submissions only careersfirstuusd@gmail.com. Reference "Music Director" in the subject line. No phone calls please. Deadline Sept. 12.

In-Person Camp de Benneville Pines

will be back for the **Men's 2021 Fall Renewal** scheduled for October 29 — 31. Please see more information at www.firstuusandiego.org/uploads/1/2/7/6/127676152/2021-07-12_advance_renewal_letter.pdf

Transgender Inclusion Workshop

Want to learn more about Trans* impact and history in our culture? Do you want to learn more about gender diversity and inclusion in our community? Come join us for our next session of the Transgender Inclusion Workshop, October 3 to November 14, 1 pm — 2:30 pm. We will gather on Zoom, and for six of these seven Sundays we will discuss a 45-55 minute video, which we view on our own time. The final Sunday we plan to implement what we've learned into our community. All are welcome! The course is free to participants. Please contact Les GrantSmith at looscan@gmail.com or Louise Titlow at lmittlow@gmail.com for information.

Book Room Plans

Our beloved Book Room is in need of some major refreshing! We're planning on having the carpet tiles removed, and the Book Room repainted before we reopen. Once the Reopening Team allows us to congregate again, we plan on a giant give-away of all the books! This will take place out on the patio, and the Book Room will remain closed. While the renovation work is in progress the Book Room will be closed. Please keep book donations a while longer, there is no place to store them.

Do you have contacts at paint shops, or carpet suppliers? Please let us know! Should you feel the urge to help pay for supplies needed for this renovation, please consider donating, by check or cash, and designate "Book Room." Mail to Sue Marberry, 645 Front Street, Unit 316, San Diego, CA 92101-7083. Thank You!

We'll post updates in the Window, so be sure to read the newsletter. Contact Sue Marberry smarberry@cox.net



What's Happening?

Virtual Social Hour

September 5, Sunday, 10:30 am — 11:30 am, <https://bit.ly/FirstUUSocialHour>, or call in at 1-669-900-6833, Meeting ID 824 042 297. Password provided during worship.

Board Chat

Sundays (first), September 5, 10:30 am, <https://bit.ly/FirstUUBoardChat>, or call in at 1-669-900-6833, Meeting ID: 863 0218 5062 Passcode: 203946. Have a question for your Board of Directors or something you would like them to know? There's a Zoom Board Chat at 10:30 am right after our online service.

Cosmos

September 5, Sundays (first), 1 pm — 3 pm, <https://bit.ly/CosmosFUUSD>, Passcode: 242202. We are currently watching Brian Swimme's series, *The Story of the Noosphere*. Please feel free to join us. The only prerequisite is an open heart and mind. Contact James Long kyolong1@gmail.com for information or meeting ID.

Open Heart Sangha

September 5, Sundays, weekly, 4 pm — 5:30 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. Contact Marge, margewur@gmail.com for the link.

No Staff on Duty September 6

Staff will not be holding office hours on Monday, September 6 in observance of Labor Day.

Worship Planning

September 7, Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, or call in at 1-669-900-6833, Meeting ID 841 0548 1861 Passcode: 092833. We want to encourage direct conversations and find ways to co-create worship that is meaningful.

Join Robie!

September 8, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie2nd> or call 1-669-900-6833, Meeting ID 821 3727 4274. During these "stay at home" times, our Director of Operations, Robie, is missing her friends, new and old, and even those she hasn't met yet!

Climate Justice Planning Meeting

Sunday, Sept. 9, 2 pm, <https://bit.ly/1stUUClimateJustice>. Join the Climate Justice Team to set priorities for the year ahead. When and how shall we meet? How can we act to advance climate justice? Which areas need further investigation? Yours ideas are needed to effect meaningful change.

How to Call Into a Zoom Meeting

Call into a Zoom meeting by phone at 1-669-900-6833. When prompted, enter the meeting ID number.

Memory Matters Gathering

September 10, Fridays (second and fourth), 10 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.

Creative Writing Group

September 11, Saturdays (second), 10:30 am — 12:30 pm, <http://bit.ly/CreativeWritingFirstUU>, or call in at 1-669-900-6833, Meeting ID: 868 9505 3014 Passcode: 361410. This group is for anyone with a desire to create and experiment with different styles of writing. This is a great space to meet individuals who want to share their creative abilities with others. RSVP to evagarciamayers@yahoo.es. A minimum of three attendees is required for the group to be hosted each month.

Pagan Conversations

September 12, Sundays (second and fourth), 1 pm — 2 pm, Meeting Link: <https://bit.ly/PaganConversations>, or call in at 1-669-900-6833, Meeting ID: 535-853-700. Join the Earth Centered Spirituality Circle (ECSC). Contact sdpagansuu@gmail.com.

Unitarian Universalist Christian Fellowship

Sunday, Sept 12, 1 pm, Narthex. The reopening committee feels it is too soon to return indoors for small group meetings. So our UU Christian Study group will meet once more on the Narthex in front of the Meeting House, not in room 323 as previously announced. Topic: "What's in your spiritual toolbox? Payer, Meditation, Contemplation." We will examine the basic definitions of these three practices which are found in all traditions and explore how they can be incorporated in a 21st Century UU Spiritual Practice.

Rainbow Action Group's Koffee Klatch

September 12, Sundays (second), 1:30 pm (*different time this week only!*), URL <https://bit.ly/RainbowKlatch>, password: 893622, or call in at 1-669-900-6833, ID 899 4140 9956, PW 893622. Rainbow Action Group's Koffee Klatch has gone virtual. Join us! All "family" friends and allies invited. The event is hosted by John Keasler and Louise Titlow.

Coping With Chronic Conditions Support Group

September 13, second and fourth Mondays, 1 pm, URL <https://bit.ly/CopingCCGroup>, or call 669-900-6833 with meeting ID 681-036-9317. New participants 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.

Is Your Group Meeting Virtually or in Person?

Send information to rose@firstuusandiego.org to be included in The Window!

What's Happening?

Caregivers/Allies Support Group

Mondays (second), September 13, 3 pm — 4:30 pm, online. The Caregivers/Allies Support Group is welcoming prospective new participants. Members and friends who are seeking additional information about participating, contact Rose Riedel at Rose@firstuusandiego.org.

Arts & Crafts Creative Social

September 14, second Tuesdays, 3 pm — 5 pm, Link to meeting: <http://bit.ly/FirstUUArtGuild> or call in at 1-669-900-6833, Meeting ID 860 2031 2916, Passcode 587290. Join members of the Art Guild for a few hours of creativity in community! Work on ongoing projects or even color in a coloring book alongside other artists.

First UU Summer Music Lecture Series & Sing-Along

Wednesday, September 15, 7 pm, <https://bit.ly/MusicLectureSeries>, Meeting ID 856 3744 7406, Passcode 191707. Join us for night exploring Broadway and Opera.

Living the Homestretch

September 18, Saturdays (third), 10 am, bit.ly/LivingTheHomestretch, or call in at 1-669-900-6833, Meeting ID 911 2242 6361. Rhea and Armin Kuhlman will lead a discussion on how climate change affects seniors differently from younger folks and how seniors can address the effects of climate change.

“Arab Americans: Who Are They?”

Sunday, September 19, 4 pm, online. Presenters Doris Bittar and Ojemi Touma are distinguished Arab American women leaders who serve on the San Diego Arab American Anti-Discrimination Committee. They will expose inaccurate media-generated stereotypes and myths about Arabs and Arab Americans and share personal experiences to show what Arab Americans contend with in attempting to be seen, heard, and accepted as American citizens. Details and registration information will follow.

Friends of Camp de Benneville Pines

Sundays (third), September 19, 6:30 pm — 8 pm, online. Friends of Camp de Benneville Pines meet via Zoom on third Sundays. Newcomers are welcome. To be added to the ZOOM invite list, please contact john@schaibly.com

Monthly Board Meeting

Tuesday, September 21, 6 pm, online. Board of Trustees meetings are open to congregants via Zoom. Find the zoom link in the member's only section of the [website](#).

AIDS Walk and Run San Diego

Spanning four days, from Thursday, September 23 through Sunday, September 26, with an outdoor community celebration on Saturday, September 25 at The Center. Our Rainbow Action team is planning to walk sometime during those four days, please contact Louise Titlow at lmittlow@gmail.com for more information. Check out First Unitarian Universalist Church of San Diego's team fundraising page for The San Diego LGBT Community Center <https://donate.thecentersd.org/team/367390>

Out & About

Sunday, Sept. 26, 2 pm — 4 pm, Lake Murray. Join us for our next Out and About! Come walk with us, ride your bike or just sit and enjoy the scenery!

Fourth Monday Meeting of UU Men's Fellowship

Monday, September 27, 5 pm — 8:30 pm, Picnic in Morley Field, Balboa Park at 2221 Morley Field Drive, 92104. We will meet in front of the tennis courts at about 5 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. Directions to the Picnic site: From University Avenue 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 at the concrete tables and fire ring. Contact kcohn@san.rr.com

Our South Bay Campus

South Bay Social Hour

Sunday, Sept. 5, 11 am, <https://bit.ly/SBSocialHour>. Meeting ID: 997 8730 8948. Join in for a South Bay Social Hour. Password will be provided during worship service.

South Bay Singers Rehearsal

September 6, Mondays, 5:30 pm — 6:15 pm, bit.ly/SouthBaySingers, Meeting ID: 831 5037 5219.

Family Ministry

Children's Religious Education Schedule Change

There will be no children's RE on Labor Day weekend (September 4 & 5). Keep an eye out for plans for Sept 12 and following weeks. Contact Tony@firstuusandiego.org.

Middle School Youth Group

To prepare for the new church year, there will be no youth group meetings on September 5. Contact Käthe at kathe@firstuusandiego.org.

Senior High Youth

There will be no youth group on September 5. Contact Käthe kathe@firstuusandiego.org.

Youth group meetings will resume on Sunday, September 19. Pending the guidelines of the state and local health officials and the Re-opening team, meetings will be either in person or remain online.

Did you know? You can follow us on *Instagram*; our user names are [@firstuusd](#) and [@uus_south_bay](#)

Our latest Annual Report is available on our [website](#)!

South Bay Food Pantry News

When is the Food Pantry Moving to its New Suite?

by Maureen McNair

Thanks to your continuous and generous donations, the South Bay Food Pantry will be moving into a new suite immediately adjacent to the strip mall suites currently housing the worship space and social hall. But, when are we moving? Read the rest of the article on our blog at: firstuusandiego.org/blog/when-is-the-food-pantry-moving

National Hunger Awareness Month is observed in September

According to Feeding America, the nation's largest hunger relief organization, "Hunger is complex and often misunderstood. In the United States hunger is neither caused by overall food shortages nor by the personal choices of hungry people. Hunger in America is about poverty and the social forces that create and sustain it. The U.S. is the wealthiest country in world history, and yet today there are millions of Americans living in poverty and hunger." Currently, our South Bay Food Pantry provides food for about 3,000 - 3,500 people each month.

How to Donate to the South Bay Food Pantry

Donate online at 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.

Contact

Email Maureen McNair at memcnair948@gmail.com. To reach the food pantry by phone call 619-271-5017.

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. It is open to the public Saturdays from 11 am - 12:30 pm and to congregants by appointment.

Social Justice

Climate Action:

Ask your Assemblymember to vote YES on CA SB343

Producers often mislead consumers by stamping their non-recyclable products and packaging with the triangular "chasing arrows" symbol, because they know that consumers want to recycle. These products have to be sorted out at recycling facilities and end up in landfills. SB 343 would end this misleading practice, so that consumers know the truth about what's recyclable. Contact your legislator [here](#). The bill may be voted on today!

Climate Action: Solar Energy Equity

Programs like the Solar on Multifamily Affordable Housing (SOMAH) program have a built-in energy efficiency component to advance home electrification and solar power, and ensure that tenants have the greatest opportunity for savings. SOMAH provides technical assistance and support for energy efficiency and solar upgrades for apartments in underserved communities. Learn more about [Environmental Justice in Climate Friendly Buildings](#) at the Environmental Health Coalition.

Week at a Glance Calendar

Saturday, September 4, 2021

South Bay Food Pantry Hours

970 Broadway Suite 101, Chula Vista 91911. Distributing food every Saturday from 11 am — 12:30 pm.

Sunday, September 5, 2021

Live Streamed Worship

Sunday, 9:30 am, <https://www.firstuusandiego.org/>

Social Hour

Sundays, 10:30 am — 11:30 am, url <https://bit.ly/FirstUU> [SocialHour](#), Meeting ID 824 042 297.

Board Chat

Sundays (first), September 5, 10:30 am, <https://bit.ly/FirstUUBoardChat>, Meeting ID: 863 0218 5062
Passcode: 203946.

South Bay Social Hour

Sundays, 11 am, <https://bit.ly/SBSocialHour>

Cosmos

Sundays (first), September 5, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.

Open Heart Sangha

Sundays, weekly, 4 pm — 5:30 pm, for the link to the meetings please contact Marge at margewur@gmail.com.

Tuesday, September 7, 2021

Worship Planning

Tuesdays, 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, Meeting ID 878 4650 3375, Passcode 184690.

Wednesday, September 8, 2021

Join Robie!

September 8, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie2nd> or call 1-669-900-6833, Meeting ID 821 3727 4274.

Organizing 4 Justice Monthly Meeting

Wednesday, September 1, 6 pm, <https://bit.ly/O4Jsept1>.

Thursday, September 9, 2021

Climate Justice Planning Meeting

Sunday, Sept. 9, 2 pm, <https://bit.ly/1stUUClimateJustice>. Join the Climate Justice Team to set priorities for the year ahead.

Upcoming Events

Memory Matters Gathering

September 10, Fridays (second and fourth), 10 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Creative Writing Group

September 11, Saturdays (second), 10:30 am — 12:30 pm, bit.ly/CreativeWritingFirstUU, Meeting ID: 868 9505 3014
Passcode: 361410.

Unitarian Universalist Christian Fellowship

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Rainbow Action Group's Koffee Klatch

Sept 12, Sundays (second), 1:30 pm (*different time this week only!*), URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

POSTMASTER: Please send address changes to
The Window, 4190 Front Street, San Diego, CA 92103-2098

First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, CA 92103-2098
Phone: 619-298-9978
E-mail: mail@firstuusandiego.org

Our Staff

Ministers:

Rev. Michael Brown, *Minister in Residence*
Rev. Jim Grant and Rev. Löne Broussard, *Affiliate Ministers*
Rev. Bonnie Tarwater, Rev. Frank Placone-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*
Andrea N-L, *JUUL Tones Ensemble Director*
Tony Bianca, *Handbell Program Director*

Staff:

Robie Evans, *Director of Operations*
Tony Bianca, *Program Director*
Käthe Larick, *Youth Programs Coordinator*
Rose Riedel, *Office Manager and Scheduler*
Jenner Daelyn, *Connections Coordinator* (on leave)
Connie Hayes, *Bookkeeper / Controller*
Ray Evans, *Maintenance*
Joshua Morrison, *Janitor*
Mark Epler, *Event Coordinator*

Board of Trustees

Rev. Julie Forest, **President**
Cora Pendergast, **Vice President**
Laura Ball, Brian Krohne, Maureen McNair, Rosalba Ciampi
Sue Marberry and Rhiannon Roselle, **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](mailto>window@firstuusandiego.org)
First Church Web Site: [website@firstuusandiego.org](http://www.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
Admin Mobile Line: 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