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.

September's Transformational Theme: Brave, Honest Community

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

Hilcrest Services
9:30 am and 11:30 am

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

September 15, 2019
"Creating Vibrant Community"
Family Ministry Team and Rev. Kathleen Owens
Music: Chalice Choir

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

South Bay Bilingual Service
9:30 am

September 8, 2019
"The Changes That Move and Sustain Us"
Coming Of Age Service
Family Ministries Team
Music: Lara Korneychuk and Chase Pado

September 15, 2019
Big Questions Service
Rev. Tania Márquez, Assistant Minister

September Generosity Offering
Environmental Health Coalition

Although climate change affects everyone, underserved communities are hit first and worst. The Environmental Health Coalition's Climate Justice Campaign works to ensure that environmental justice communities receive their fair share of climate resiliency investments including renewable energy, public transit, flood protection, and green spaces – so they can withstand the harmful health impacts of climate change.

Journey Toward Wholeness (JTW)
What Can I Do?

Can you identify the many aspects of White Privilege? In 1989, Peggy McIntosh published “White Privilege: Unpacking the Invisible Knapsack.” She identifies 50 unearned privileges non-POC (non-People of Color) receive in our society that POC cannot claim. No better time to read it than now!

https://www.racialequitytools.org/resourcefiles/mcintosh.pdf
**What's Happening?**

**Important Announcement**
Starting Sunday, September 8, both worship services at our Hillcrest campus will be held in the Meeting House marking the end of our summer season.

**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.

**Calling All Coffee Mug Stands!**
The Specially Baazar would like to borrow your interesting and attractive coffee mug stands, clothes trees, display racks, and Danish Modern Christmas trees to hang hats, scarves, handbags and jewelry at the church's October 12 sale. We also need easels to display art works and room dividers to separate sales areas. If you have anything you're able to lend us, please get it to Rose Van Oss (619-795-3251 etv01@cox.net) before September 15, or drop it off in Room 115 at the church on Friday, October 4, 1 pm — 6 pm. Don't forget to affix your name to whatever you're lending the church, so that we can be sure to get it back to you after the sale.

**The Specialty Bazaar 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.

**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](http://www.firstuusandiego.org/visioning) 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](http://www.firstuusandiego.org/visioning), for information.

Thank you for engaging in this important work.

—Rhiannon Smith, Board President
—Rev. Kathleen Owens, Lead Minister

**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.

**Singletarian Senior Singles Luncheon**
Sunday, September 8, 12:30 pm, Red Lobster, 3760 Sports Arena Blvd, 619-226-1057. Contact Mac Downing [Mac Downing](mailto:Mac.Downing@seus.com) home 619-542-9320.

**Pagan Conversations**
Sunday, September 8, 1 pm — 2:30 pm, Room 323. Join us for Pagan Conversations; we’ll be sharing our thoughts about the next turn of the wheel in celebration of Mabon.

**Signing Social**
Sunday, September 8, 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@pachell.net.

**The Unitarian Universalist Christian Study Group**
Sundays, 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](mailto: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](mailto:cmack5313@gmail.com) or Ed McCarroll [EdMcC@comsimplicity.com](mailto: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'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? 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 haribeverly@gmail.com or 252-258-1212.

Everyone is Welcome Here
No Room for Hate - Love Demonstration
Tuesday, September 10, 3 pm — 6 pm, Civic Center Branch Library, 365 F St., Chula Vista. Numerous community organizations and stakeholders will peacefully demonstrate love and acceptance in the face of hate. Join Rev. Tania and folks from both First UU campuses to side with love and model respect for all people, and to show who we are as a community. More info and details on the Facebook event page.

Chalice Choir
Wednesday, September 11, 7 pm — 8:40 pm, Chapel. Join us for Chalice Choir rehearsal! Adult singers of every level of experience are welcome. We meet every Wednesday: same time, same place. Come sing with us!

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.

Mary Byrne Hoffman Celebration of Life
Saturday, September 21, 2 pm, Meeting House. A Celebration of Life Service will be held for Mary Byrne Hoffmann.
What's Happening?

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.

GA Report Sunday with Salad Buffet
Sunday, September 22, 12:30 pm, Bard hall. Friends of de Benneville Pines is preparing and serving a scrumptious salad lunch. This is a fundraiser for camperships for our youth to attend camp at Camp de Benneville Pines next year. Suggested minimum donation: Adults $10 and children/youth $5. Ice cream sundaes will also be served between services. Following lunch, hear about this year’s UUA General Assembly in Spokane. Expect to hear from a number of youth who attended as well as some of our adult delegates. These are interesting times at the UUA!

Fourth Monday Meeting of the UU Men’s Fellowship
Monday, September 23, 6 pm, Common Room. The Men’s Fellowship (UUMF) will be having their usual Monday Potluck & Discussion led by Andy French on the fourth Monday in September, in the Common Room. We’ll eat between 6 pm and 7 pm, followed by a presentation led by Mike Dorf and others on the "Man Box," that is the limitations on what a man is supposed to be and what he believes. These expectations are taught to men, sometimes unconsciously, and reinforced by society.

Candle Light Kirtan
Thursday, Sept 26, 7 pm — 8 pm, Room 323. Join us for an evening by candle light and experience mantra meditation, gauranga breathing, japa meditation in a non-denominational practice, with award-winning Spirit Soul and Friends. Contact James Long at kyolong1@gmail.com.

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.

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.

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), October 2, 6:30 pm, Common Room. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cjmack13@icloud.com, for information.

Diverse Revolutionary UU Multicultural Ministries
Thursdays (first), October 3, 6 pm, Room 323. 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 Kia Bordner, kiakiali@gmail.com.

Cosmos
Sundays (first), October 6, 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.

The deadline for the next issue of The Window is:
September 11 (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

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.
**Answering the Call of Love**

**Verse 1:**
The promise of the Spirit:
faith, hope and love abide.
And so ev'ry soul
is blessed and made whole;
the truth in our heart is our guide.

**Chorus:**
We are answering the call of love:
hands joined together as
hearts beat as one.
Emboldened by faith,
we dare to proclaim
we are answering the call of love.

**Verse 2:**
Sometimes we build a barrier
to keep love tightly bound.
Corrupted by fear, unwilling to hear,
denying the beauty we've found.

**Chorus:**
We are answering the call of love:
hands joined together as
hearts beat as one.
Emboldened by faith,
we dare to proclaim
we are answering the call of love.

**Verse 3:**
A bright new day is dawning
when love will not divide.
Reflections of grace
in ev'ry embrace,
fulfilling the vision divine.

**Chorus:**
We are answering the call of love:
hands joined together as
hearts beat as one.
Emboldened by faith,
we dare to proclaim
we are answering the call of love.

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**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](https://vimeo.com/162554100) (10:22)

Contact Jan Garbosky ([jgarbosky@cox.net](mailto:jgarbosky@cox.net)) or
Steve Howard ([steveh4544@icloud.com](mailto:steveh4544@icloud.com)) with your questions about
Beloved Conversations and/or to let them know of your interest in the program.
Visioning the Future Task Force:
A message from Rev. Tania Márquez
Last week, you received an e-blast from your Board president about the configuring of teams for the Visioning the Future Taskforce (VTF). These subcommittees will embark on the important task of exploring different options for our church. I hope you will consider joining them. As one congregation with two campuses, the future of our South Bay campus will be directly affected by the decisions made that will shape the future of our Hillcrest campus. We need the voices and vision of South Bay participants to help explore the different possibilities for our congregation. You can find more information by clicking on this link:
http://www.firstuusandiego.org/visioning.

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, tansie turbie pots, and all kinds of fun and helpful items. If you are a master gardener or a beginner and are interested in planting and propagation of different plants, fruits, and vegetables contact Karla Alvarez-Malo at karla@firstuusandiego.org; we would love to have more people join our gardening group!

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

UPCOMING SUNDAYS at SOUTH BAY at 9:30 am
September 8, 2019  "The Changes That Move and Sustain Us" Coming Of Age Service
Family Ministries Team

September 15, 2019  "Big Questions Service"
Rev. Tania Márquez, Assistant Minister

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, cj.mack13@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 uu.khorlor@cox.net.

Spanish Song Circle
Sunday, September 22, 4 pm — 6 pm, South Bay. It is informal, just for fun, we are not a performing group. We will be learning a variety of songs in Spanish from different countries and genres. Bring your guitar, acoustic instrument and/or your voice. We are making our own songbook and members are encouraged to bring their favorite songs for us to include. Lyrics for the Spanish Song Circle are on the South Bay page of the UU Website, www.firstuusandiego.org/ uus-of-the-south-bay. We will be adding songs as we go. For info contact Connie Mack cmack531@ gmail.com or Angela Garcia Sims agarciasim@aol.com.
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.

Everyone is Welcome Here
No Room for Hate - Love Demonstration
Tuesday, September 10, 3 pm — 6 pm, Civic Center Branch Library, 365 F St., Chula Vista. Numerous community organizations and stakeholders will peacefully demonstrate love and acceptance in the face of hate. Join Rev. Tania and folks from both First UU campuses to side with love and model respect for all people, and to show who we are as a community. More info and details on the Facebook event page.

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, ejmack13@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 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.

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.org

Nominate a Generosity Offering Recipient

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

Questions? Contact Angela Fujii

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.
Children's Religious Education (CRE)

Children's RE
This Sunday, September 8, 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 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 8 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

Youth

This Sunday, September 8 – There will be no youth group at 9:30 am, however, the youth will gather in Room 114b at 8:45 am to carpool down to the South Bay campus (leaving Hillcrest no later than 9 am) for the Coming of Age service. At 11:30 am, youth in grades 6-12 will gather in Room 114b to get acquainted, welcome new youth into the program and enjoy some snacks!

On Saturday, September 14 – Youth are invited to explore the South Bay community garden. We'll work in the garden from 10 am until 12:30 pm and then go back to the South Bay campus for pizza. Stay tuned for more details!

On Sunday, September 15 – There will be no youth group meetings today. However, the youth are encouraged to celebrate “Ingathering Sunday” at the multigenerational worship services at both 9:30 am and 11:30 am.

Youth Advisor Training/Meeting: The 2019-2020 Youth Advisors will gather for a light lunch and a training/meeting in Room 114b from 2 pm - 5 pm on Sunday, September 15. Lunch will be provided by the youth program, but participants should bring a pen, paper and any old curricula or books from the previous program year. Hope to see you there!

On Sunday, September 22 – the youth program will celebrate the beginning of the new church year with some changes in meeting times and structure. At 9:30 am, the Junior High "Lodestone" youth group (Grades 6-8) will begin their year together by exploring the September worship theme, “Brave, Honest Community” and enjoying a UU Brunch. They will meet in Room 114a to start the process of creating their covenant, enjoy some getting acquainted activities and games and then make brunch together. At 11:30 am, the Senior High Group (Grades 9-12) will meet in Room 114b to check-in, create their covenant, explore their vision for the church of the future, and enjoy some stimulating discussion.

On Sunday, September 29 - the 9:30 am Jr. High youth group will meet in Room 114a to discuss the joys of community and diversity. They will continue to get to know each other and then celebrate the 1st principle and the group’s diversity by creating a Mentos Geyser explosion of joy! The 11:30 am Sr. High Youth group will meet in Room 114b for fun, fellowship and planning for next month’s special events.

Tony Bianca, Program Assistant, Children’s Choir & Handbell Choirs Director
(619) 398-4444
Email: tony@firstuusandiego.org
Our website

Käthe Larick
Youth Programs Coordinator
(619) 398-4440
Email: kathe@firstuusandiego.org
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

**TALENT** Do you know how to transform stuff into cash, through the internet? There are many ways to sell goods online, and your talent could help the Generosity Ministry Team AND First UU! Contact Pam@FirstUUsandiego.org and tell me more.

**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 (firstuusandiego.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.

Thoughts on Autumn, from Rev. Margaret A. Beckman: "There is time for reflection, introspection, and gratitude. We are invited to take stock of where we are and what we have. We are invited to find intentional ways to put by what will be needed and to let go of what is no longer necessary. We are invited to celebrate the gifts of life."

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**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 to 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@firstuusandiego.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.
### Saturday, September 7, 2019

**Insight SD Sitting Group/Dharma Study**
Saturdays, 9:30 am — 11:30 am, Room 323. 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](#).

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### Sunday, September 8, 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](mailto: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)**

**Singular Senior Singles Luncheon**
Sunday, September 8, 12:30 pm, Red Lobster, 3760 Sports Arena Blvd, 619-226-1057. Contact Mac Downing 619-542-9320.

**Pagan Conversations**
Sunday, September 8, 1 pm — 2:30 pm, Room 323. Join us for Pagan Conversations; we'll be sharing our thoughts about the next turn of the wheel in celebration of Mabon.

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

**Signing Social**
Sunday, September 8, 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**
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.

**The Hillcrest Folksong Circle**
Sunday, September 8 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. Come and sing, just for fun. Connie Mack [cmand5313@gmail.com](mailto:cmand5313@gmail.com) or Ed McCarroll [EdMcC@comsimplicity.com](mailto:EdMcC@comsimplicity.com).

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### Monday, September 9, 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.

**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 crises. Through small group discussion and short meditations, we will explore our moral authority and power. Questions? Contact Bev Harju, harjubevery@gmail.com or 252-258-1212.

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### Tuesday, September 10, 2019

**Sufi Healing with Jamil Larry Sweet**
Tuesdays, 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).

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### Wednesday, September 11, 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 [johnholl@cox.net](mailto:johnholl@cox.net) or 619-546-6525.

**Chalice Choir**
Wednesday, September 11, 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](mailto:Lara@firstuusandiego.org). We meet every Wednesday: same time, same place. Come sing with us!

**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, September 12, 2019
Chi Gung at South Bay with Lolly Brown
Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), 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. Maureen McNair memcnair948@gmail.com or 619-427-1769.

Friday, September 13, 2019
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. Ongoing, drop in.

Upcoming Events

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, cjimack13@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.

Mary Byrne Hoffman Celebration of Life
Saturday, September 21, 2 pm, Meeting House. A Celebration of Life Service will be held for Mary Byrne Hoffmann.

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? First UU has started a group for reflection, emotional support, and spiritual deepening around the issues that surface for people in this role. Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

GA Report Sunday with Salad Buffet
Sunday, September 22, 12:30 pm, Bard hall. Friends of de Benneville Pines is preparing and serving a scrumptious salad lunch. This is a fundraiser for camperships for our youth to attend camp at Camp de Benneville Pines next year. Suggested minimum donation: Adults $10 and children/youth $5. Ice cream sundaes will also be served between services. Following lunch, hear about this year’s UUA General Assembly in Spokane. Expect to hear from a number of youth who attended as well as some of our adult delegates. These are interesting times at the UUA!
**Our Staff**

**Ministers:**
- Rev. Kathleen Owens, *Lead Minister*
- 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, *Hilcrest 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 Fujii, *Social Justice Coordinator*
- Jennfer Daelyn, *Connections Coordinator and Scheduler*
- Tony Bianca, *Program Assistant*
- Pam Bates, *Database Analyst*
- Karla Alvarez-Malo, *South Bay Administrative Assistant*
- Ray Evans, *Maintenance*
- Mark Epler, *Event Coordinator*

**Board of Trustees**
- Rhiannon Smith, *President*
- Sarah Ormond, *Vice President*
- James Long, *Treasurer*
- Angela Garcia-Sims, *Secretary*
- Laura Ball, Andrea Gonzalez, Brian Krohne, Kathleen MacLeod and Maureen McNair, *Trustees*

**Important E-mail Addresses:**
- **General First Church E-mail:** mail@firstuusandiego.org
- **Order of Service submissions:** oos@firstuusandiego.org
- **Scheduling of Church Property:** schedule@firstuusandiego.org
- **The Window (newsletter):** window@firstuusandiego.org
- **First Church Web Site:** website@firstuusandiego.org
  [http://www.firstuusandiego.org](http://www.firstuusandiego.org)  (Main site)

**Contact the Main Office (Hilcrest Campus):**
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
[www.firstuusandiego.org](http://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

**Campus Hours:** Sunday for Service or By Arrangement