

The Window

A Weekly Publication



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*

"Semper Reformanda: Always-Changing and Being Changed"
"Semper Reformanda: Siempre cambiando y siendo cambiado"

Rev. Tom Owen-Towle, *Minister Emeritus*

September 12, 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 15 (**Wednesday**) at 8 am

If you would like an announcement
placed in the Window, please email:
rose@firstuusandiego.org

**The Window submission
maximum is 60 words**

What's Happening?

Important Board & Congregational Meeting Notices

As a part of their 10-year master plan for the Hillcrest Medical Center, UC Regents/UCSD has asked First UU to sign an Easement Agreement in conjunction with their requested Street Vacation through the City of San Diego for Arbor Drive. Negotiations continue and deadlines are coming soon. Please join us for these important discussions and updates:

- Congregational Information Forum, Tuesday, Sept. 14 at 6 pm via Zoom at: bit.ly/CongregationalForum
- Special Board Meeting, Wednesday, Sept. 15 at 6 pm via Zoom at: bit.ly/FirstUUBoardMeeting
- Special Congregational Meeting, Sunday, Sept. 19 at 4 pm via Zoom at: bit.ly/FirstUUCongregationalMeeting

More information will follow via eblast to voting members as required and needed. If you need more information, please contact [Robie Evans](#).

Report from the Board of Trustees

The Board of Trustees held its retreat by Zoom August 31. All current Board members; Robie Evans, Director of Operations; and, Rev. Michael Brown attended. Even though we are governing together, some of us have never met in person. So, we had a long getting-to-know-you discussion. Board President Julie Forest informed the Board that Rev. Michael, who will be serving us through Dec. 31, 2021, will not be serving in the capacity of Lead Minister. The role of Lead Minister will be filled by an Interim Exec Team, aka the Succession Policy's Interim Committee consisting of Julie, Robie, Lay Leader Dave Hunt, and Cora Pendergast, Board Vice President. The Board also spent time reviewing some of our basic governance documents and received a presentation about the seven types of Board meetings and actions provided for in the church constitution. We began brainstorming our priorities for this fiscal year which the Board will produce in its Annual Agenda by the end of September. Finally, in a major change in policy and practice, the President and VP agreed to open up agenda planning for regular monthly Board meetings to include all Board members who want to attend.

~ Maureen McNair, *Trustee at Large*

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/1/2/7/6/127676152/2021-08-30_advance_renewal_letter.pdf

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.

Recommendations from your Reopening Team

UCSD Health published a new study on the effectiveness of vaccines and the high transmissibility rate of Covid's Delta variant. 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_c6S9roEqBZGJPsjVPWcTnQ

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 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.

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.

What's Happening?

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 October 1.

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**

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.

Virtual Social Hour

September 12, 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.

South Bay Social Hour

Sunday, Sept. 12, 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.

Rainbow Action Group's Koffee Klatch

September 12, Sundays (second), 12:00 pm, 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.

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) as we discuss Mabon, the autumnal equinox, the second harvest. Contact **sdpagansuu@gmail.com**.

Open Heart Sangha

September 12, 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.

Unitarian Universalist Christian Fellowship

CANCELLED

Our Unitarian Universalist Christian Fellowship will not meet this Sunday, September 12, as announced due to the projected hot weather. We will wait until we can meet in The Welcome Center or the weather cools down. Our next topic is: "What's in your spiritual toolbox? Prayer, 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.

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.

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.

Our latest Annual Report is available on our **website!**

What's Happening?

South Bay Singers Rehearsal

September 13, Mondays, 5:30 pm — 6:15 pm, bit.ly/SouthBaySingers, Meeting ID: 831 5037 5219.

Worship Planning

September 14, 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.

First UU Summer Music Lecture Series & Sing-Along

Wednesday, September 15, 7 pm, <https://bit.ly/MusicLectureSeries>, Meeting ID 856 3744 7406, Passcode 191707. This week's theme is "Scriptures in Song." We'll take a look at songs from Moves, Operas and Musicals based on the Judeo-Christian Scriptures.

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.

Mabon Ritual

Saturday, Sept. 18, 4:30 pm, <https://bit.ly/Mabon2021>. Please join us for our Mabon Ritual. Mabon, the autumnal equinox, the second harvest where we reflect on what we've gained and what we've lost, a time to realize we are our own harvest! You will need: a palm size or larger leaf or picture of a tree leaf, and a ball, any size.

Climate Justice Planning Meeting

Sunday, Sept. 19, 2 pm, bit.ly/1stUUClimateJustice. Join the Climate Justice Team to set priorities for the year ahead. When & how shall we meet? How can we advance climate justice? Which areas need further investigation? Your ideas are needed to effect meaningful change.

"Arab Americans: Who Are They?"

Sunday, September 19, 4 pm, online. Join the Palestine/Israel Social Justice Team of First UU Church and the San Diego Chapter of the Arab American Anti-Discrimination Committee in a live Zoom presentation/discussion. See the flyer [here](http://arab-americans.eventbrite.com/) and register for the event at <https://arab-americans.eventbrite.com/>, to receive the Zoom link prior to the event. For questions email Pl.Justice.Team@gmail.com.

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](#).

Join Robie!

September 22, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie4th> Meeting ID 814 3746 1400. 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!

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 lmtitlow@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 a multi-generational event hosted by the Family Ministry Team. Gather at 2 pm at Lake Murray. We'll kick off our time together with a socially-distant circle and then have a little over an hour to walk, bike (if you bring one) or just sit and enjoy the scenery. Head home by 4 pm or bring a picnic dinner if you'd like to stay longer and enjoy the picnic area.

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



Social Justice

Climate Action: Becoming Climate Stewards

Join the conversation with respected climate scientist Dr. Katharine Hayhoe on what WE can do about addressing climate change. "When it comes to changing hearts and minds, facts are only one part of the equation." [Register Here](#) for this Friday, Sept. 10 program sponsored by the Renaissance Society at California State University, Sacramento.



South Bay Food Pantry News

September is Hunger Awareness Month What is "Food Insecurity?"

Food insecurity, according to Feeding America, refers to **USDA's measure** of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food-insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods. Our South Bay Food Pantry provides food from between 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.

Family Ministry

Children's Religious Education Music & Movement

September 11, Saturdays, 9 am, Online. Join us as we play music, sing, dance and hear stories. We use simple sticks to tap and something to shake (maracas or rice in a container will do). Email Tony@firstuusandiego.org for zoom info.

Children's Religious Education

The Lost Words & Spells

September 11, Saturdays, 10 am, Online. Join us for poetry, art, videos and stories focused on animals and the natural world. We'll use watercolor, paper, pencils, crayons & scissors. If you need any of these supplies, or to get the Zoom info, email Tony@firstuusandiego.org.

Middle School Youth Group

To prepare for the new church year, there will be no youth group meetings on September 12. Contact Käthe at kathe@firstuusandiego.org.

Senior High Youth

There will be no youth group on September 12. Contact Käthe kathe@firstuusandiego.org.

Youth group meetings will resume on Sunday, September 19. Contact kathe@firstuusandiego.org for more information.

Week at a Glance Calendar

Friday, September 10, 2021

Memory Matters Gathering

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

Saturday, September 11, 2021

Creative Writing Group

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

South Bay Food Pantry Hours

970 Broadway Suite 101, Chula Vista 91911. 11 am — 12:30 pm.

Sunday, September 12, 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.

South Bay Social Hour

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

Rainbow Action Group's Koffee Klatch

Sept 12, Sundays (second), 12:00 pm, URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622.

Pagan Conversations

September 12, Sundays (second and fourth), 1 pm — 2 pm, <https://bit.ly/PaganConversations> ID: 535-853-700.

Open Heart Sangha

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

Monday, September 13, 2021

Coping With Chronic Conditions Support Group

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

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Tuesday, September 14, 2021

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.

Worship Planning

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

Congregational Information Forum

Tuesday, Sept. 14 at 6 pm, bit.ly/CongregationalForum

Wednesday, September 15, 2021

Special Board Meeting

Wednesday, Sept. 15 at 6 pm, bit.ly/FirstUUBoardMeeting

First UU Summer Music Lecture Series & Sing-Along

Wednesday, September 15, 7 pm, <https://bit.ly/MusicLectureSeries>, Meeting ID 856 3744 7406, Passcode 191707.

Upcoming Events

Living the Homestretch

September 18, Saturdays (third), 10 am, bit.ly/LivingTheHomestretch, Meeting ID 911 2242 6361.

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, Fax: 619-298-9997
E-mail: mail@firstuusandiego.org

Our Staff

Ministers:

Rev. Michael Brown, *Minister in Residence*
Rev. Jim Grant and Rev. Lône 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