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
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.

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: Change

Join Us Online!

Sunday Morning Worship
September 13, 2020 9:30 am
"Embodying Change" by Matthew Waterman, Intern Minister
Sunday Morning Online Worship

All In-Person Meetings on Both of Our Campuses Are Suspended Until Further Notice

Visit [https://www.firstuusandiego.org/](https://www.firstuusandiego.org/) on Sunday mornings to join us for virtual worship, and also to check the blog to keep up with the First UU staff! Some groups will be meeting virtually, watch The Window for instructions & meeting times.

September Generosity Offering
UUA Disaster Relief Fund
Communities across the U.S. are being affected by extreme weather and environmental disasters. In times like these, UUs and congregations turn to the UUA Disaster Relief Fund, which helps with costs like food, water, shelter and sanitation – basics that are now riskier to find for some of our neighbors who are particularly vulnerable to COVID-19 infection. The Disaster Relief Fund is a unique way for UUs to give back to each other and support the larger faith community.
You can donate using the donate button on our website at [www.firstuusandiego.org/donations.html](http://www.firstuusandiego.org/donations.html).

Journey Toward Wholeness (JTW)
What Can I Do?
Challenge yourself by answering the questions in “Are Your Ideas of Safety Policed by White Supremacy?” by Ryan Lugalia-Hollon, co-author of The War on Neighborhoods: Policing, Prison, & Punishment in a Divided City:
[https://www.beaconbroadside.com/broadside/2020/06/are-your-ideas-of-safety-policed-by-white-supremacy.html?fbclid=IwAR1refXo8xSxv70LkAVUJU2scWX-h5SOK6CA1j8YW9U81kVFej2j631zw](https://www.beaconbroadside.com/broadside/2020/06/are-your-ideas-of-safety-policed-by-white-supremacy.html?fbclid=IwAR1refXo8xSxv70LkAVUJU2scWX-h5SOK6CA1j8YW9U81kVFej2j631zw) Thanks to Michanne Hctor-Thompson for finding the article.
Adopting the 8th Principle
Are you familiar with the 8th Principle? It states: “We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

The UUA began working on the 8th Principle over two decades ago. [https://www.8thprincipleuu.org/background](https://www.8thprincipleuu.org/background)

Your Board has initiated the discernment process for the congregation to study and decide whether to adopt this 8th Principle. If you would like to join the team working on this process, please contact board members Laura Ball at [earlyworm@sbcglobal.net](mailto:earlyworm@sbcglobal.net) and/or Angela Garcia-Sims at [agarciasim@aol.com](mailto:agarciasim@aol.com). We plan to convene a first meeting of the team at 6 pm on September 24, via Zoom. If you can’t make that time but are still interested, let us know that too!

Big Questions Groups are Open for Registration
If you are looking for a space of deep reflection and discussion about life’s big questions, join a group this Fall. Spaces are limited. Register here: [https://forms.gle/AKs35WRwDbGc1p9a9](https://forms.gle/AKs35WRwDbGc1p9a9). *Completion of the form does not guarantee enrollment. Registration will be on first come first serve basis. For questions, please contact Rev. Tania at [tania@firstuusandiego.org](mailto:tania@firstuusandiego.org).

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

Small Group Facilitators’ Training
September 12, Saturday, 1 pm, Online. Interested in facilitating a small group? Are you already facilitating a group and would like some more training or support? Join Rev. Tania for a Small Group Facilitators’ Training. To sign-up, please contact Jenner at [Jenner@firstuusandiego.org](mailto:Jenner@firstuusandiego.org).

Social Hour

Rainbow Action Group’s Koffee Klatch

Pagan Conversations
September 13, Sundays, weekly, 1 pm — 2 pm, Meeting Link: [https://bit.ly/PaganConversations](https://bit.ly/PaganConversations) Meeting ID: 535-853-700. Join the Earth Centered Spirituality Circle (ECSC) via Zoom for a weekly, virtual version of Pagan Conversations. This is a time for pagans of varying traditions to come together in a guided discussion and be in community with one another. Topics vary weekly, and usually center on the church’s monthly theme, upcoming Pagan holidays, and personal spiritual practice while allowing time to check in with how everyone is doing mentally, emotionally, and physically. If you have questions about the meeting, ECSC, paganism, or how our practices relate to Unitarian Universalism, please contact [sdpagansuu@gmail.com](mailto:sdpagansuu@gmail.com) at any time.

Open Heart Sangha
September 13, Sundays, weekly, 4 pm — 5:30 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. If you would like the link to the meetings, please contact Marge at [margewur@gmail.com](mailto:margewur@gmail.com).

Coping With Chronic Conditions Support Group
September 14, second and fourth Mondays, 1 pm, URL [https://bit.ly/CopingCCGroup](https://bit.ly/CopingCCGroup), or call 1-669-900-6833 with meeting ID 681-036-9317. Effective July 2020 our meetings will be held on the second and fourth Mondays of the month - we are no longer doing weekly meetings. New participants need to reach out to Chris Smith prior to attending a meeting at 619-300-7477 or email [chris.smith7@cox.net](mailto:chris.smith7@cox.net) to discuss our covenant and mission statement and receive the password to attend.

Women’s Chorus Rehearsal

Turn-Up Tuesdays
September 15, Tuesdays, 6 pm — 8 pm, [http://bit.ly/TurnupTuesdays](http://bit.ly/TurnupTuesdays), Meeting ID 913 8630 7033. Organizing 4 Justice (O4J) will be hosting weekly Zoom gatherings where people can participate in GOTV and election-related activities. This Tuesday we’ll be writing postcards to POC voters in swing states, in conjunction with our UU the Vote partner, Reclaim Our Vote. RSVP to Isabella Furth at [ifurth@me.com](mailto:ifurth@me.com) for instructions on how to participate, or just drop in. You’ll need postcards, stamps, and a pen. Note: if you’re already writing letters or postcards for another organization, like Indivisible or Vote Forward, you are welcome to bring that work and join us around the table! UUs are described as "people who TURN UP!" So think of Tuesday nights as a chance to TURN UP with your First UU family, to take action together in community and support each other in the work of justice and democracy.
What's Happening?

Monthly Board Meeting
September 15, Tuesday, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Chalice Choir
September 16, Wednesdays, weekly, 7 pm — 8 pm, http://bit.ly/ChaliceChoir. Meeting ID: 810 8642 8898, Password: 878890. Though we’ve been meeting on Zoom throughout the summer, the Chalice Choir season is officially starting! All are welcome to join us as we make music virtually for our Sunday Worship Services.

NEW – Mindfulness & Meditation Practice Group
September 16, Wednesdays, 7 pm — 9 pm, Online. Led by Keith Mesecher. Mindfulness is the practice of living our lives deeply. It is the art of living as joyfully and happily as possible and dealing with life’s difficulties as skilfully as possible. Meditation is a key practice for mastering this art of living. In the practice we cultivate mindfulness, loving kindness, compassion and a capacity to savor life while being a source of wellbeing for those around us and for our world. This group is open to people new to mindfulness, as well as experienced practitioners. Please arrive a few minutes early so you can settle in and not disturb the flow by arriving after we have begun. Contact keith@keithmesecher.com for the Zoom link.

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

Arts & Crafts Creative Social
September 22, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial. Meeting ID 945 4398 9126. Join members of the Art Guild for a few hours of creativity in community! This is a great time to work on ongoing projects, create Artist Trading Cards, begin new work, or even color in a coloring book alongside other artists.

Join Robie!
September 23, second and fourth Wednesdays, 4 pm — 5 pm, url http://bit.ly/JoinRobie4th or call 1-669-900-6833, Meeting ID 814 3746 1400. During these “stay at home” times, our Director of Operations, Robie, is missing her church friends, new and old, and even those she hasn’t met yet. Robie looks forward to this get-together!

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

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

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

Cosmos
October 4, Sundays (first), 1 pm — 3 pm, https://bit.ly/CosmosFUUSD. We are currently watching Mathematical Cosmologist and Physicist Brian Swimme’s series, Canticle to the Cosmos. Cosmos explores the meaning of human existence in the greatest context we know of, the birth and evolution of the universe. It has its greatest application in our relationship to Earth and its inhabitants, including ourselves. Please feel free to join us. The only prerequisite is an open heart and mind. Contact James Long at kyolong1@gmail.com for more information. Sign up for our mailing list at: cosmonauts-subscribe@cosmiccelebration.com.

Virtual Meetings with Rev. Kathleen

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

Church Directory Update
It’s time to update your Membership Directory photo and contact information! Submit your pictures and updates to: rose@firstuusandiego.org
You may have a picture of you alone, or with your partner, or family, or pet!
**Big Questions Groups Are Open for Registration**

If you are looking for a space of deep reflection and discussion about life’s big questions, join a group this Fall. Spaces are limited. Register here: https://forms.gle/AKs35WRwDbGc1p9a9

*Completion of the form does not guarantee enrollment. Registration will be on first come first serve basis. For questions, please contact Rev. Tania at tania@firstuusandiego.org.

**Círculo de sabiduría**

Este año empezaremos de nuevo un círculo de sabiduría en español, el 4to sábado del mes a las 4 pm. Para registrarse llene la forma aquí https://www.firstuusandiego.org/wisdom-circles.html o envíe un correo electrónico a la Rev. Tania a tania@firstuusandiego.org.

**Garden Volunteers Needed**

Our South Bay community garden plot can use your help. It is located a couple of blocks from our South Bay campus and it is mostly empty so you can tend to it without fear of walking into an overcrowded space. This is a great place for plant lovers as well as for those who are interested in learning more about gardening. If you are interested in volunteering, reach out to Rev. Tania at tania@firstuusandiego.org.

**South Bay Social Hour**

Sundays, weekly, 11 am, [https://bit.ly/SBSocialHour](https://bit.ly/SBSocialHour). Join in for a South Bay Social Hour. The password will be provided during the worship service.

**Small Group Facilitators Wanted**

Rev. Tania is looking for small group facilitators for Wisdom Circles and other identity based groups. If you're interested, fill out this form: [https://forms.gle/fuUSDDzbfKnMxqtkK8](https://forms.gle/fuUSDDzbfKnMxqtkK8)

**South Bay Singers Rehearsal**


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**Community Needs of Older Adults Survey**

The Community Congregational Development Corporation (CCDC) is sponsoring this survey to learn about the needs of older adults living in Chula Vista or the South Bay. Since 1970, CCDC has provided housing and services to improve the quality of life of older adults living in the region. Your answers to this survey will help inform how CCDC best works with community partners to fulfill its mission. Please submit your completed survey no later than Friday, September 18th, for the opportunity to win one of five $25 gift cards.

LeSar Development Consultants (LDC) is conducting the survey for CCDC. The survey should take approximately 10 minutes. Your individual answers and personal information will not be shared outside LDC. The combined results will be shared with CCDC and participating community groups to help enhance services for seniors. Thank you for completing the survey!

**Take the survey.**

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**Encuesta sobre las Necesidades Comunitarias de Adultos Mayores**

La Corporación de Desarrollo Congregacional de la Comunidad (CCDC) es la patrocinadora de esta encuesta para informarse sobre las necesidades de los adultos mayores que viven en Chula Vista o en el sur de la bahía. Desde 1970, la CCDC ha proporcionado viviendas y servicios para mejorar la calidad de vida de los adultos mayores que viven en la región. Sus respuestas a esta encuesta ayudarán a informar cómo CCDC trabaja mejor con los socios de la comunidad para cumplir su misión. Por favor envíe su encuesta completa a más tardar el viernes 18 de septiembre para tener la oportunidad de ganar una de las cinco tarjetas de regalo de $25.

LeSar Development Consultants (LDC) está llevando a cabo el estudio para la CCDC. La encuesta tomará aproximadamente 10 minutos. Sus respuestas individuales e información personal no serán compartidas fuera de LDC. Los resultados combinados serán compartidos con CCDC y los grupos comunitarios participantes para ayudar a mejorar los servicios para las personas mayores. ¡Gracias por completar la encuesta! [Realice la encuesta en español](https://www.firstuusandiego.org/wisdom-circles.html).
Virtual Meetings with Angela
To schedule an online appointment with Angela (to ask a question, propose an idea or just hang out), do so here: https://calendly.com/angelafujii/30min

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

California Single Use Plastics Bill
Many thanks to all who contacted their state legislators to vote for this bill. It passed the State Senate but unfortunately failed by four votes in the Assembly. Assembly member Maienschein voted yes; thanks to your hard work. It will come up again in the next legislative session, and we'll keep the pressure on to get this important bill passed.

New York Times Climate Quiz
Q. Which cuts down more on greenhouse gas emissions: Going vegetarian for one year or purchasing only bulk foods with no form of packaging?
A. You'd have to avoid packaging for 11 years to have the same effect as one year without meat.

Q. How many hamburgers would you have to skip to make up for a one-way flight from New York to London?
A. About 278 burgers, the equivalent of 15 months of beef consumption by the average American.

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

Sunday RE - (Sundays at 1 pm) Join us on Sundays for more stories and discussion around our principles and values.

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

Homework Help - We're starting a new program to help support our families and take some pressure off our parents as students go back to school (virtually). If you'd like your child to have some 1-on-1 time with Tony and/or other adult volunteers for help with school work, tutoring, mentoring, enrichment activities, or just to check in, please email Tony@firstuuandsandiego.org to set up a time.

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

Parents' Lounge

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

Middle School Youth Group
September 6, Sundays (weekly), 2 pm, online. The Middle school group for youth in grades 6-8 will meet to take a closer look at the 1st UU principle. We will discuss this and the importance of art, philosophy, literature, freedom of religion, and free speech in a society after watching The Twilight Zone episode, “The Obsolete Man.” To get more info, contact Käthe at kathe@firstuuandsandiego.org.
You Can Still Make Financial Donations
Directly to the Food Pantry!
Both one-time and monthly sustaining donations help
us stay open! No amount is too small, or too large.
Donate online via credit card at
https://www.firstuusandiego.org/donations.html
or make checks payable to FUUSD and write “SB
Food Pantry” in the memo line. Mail checks to Robie
Evans, FUUSD, 4190 Front St., San Diego, CA
92103.

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

Contact
Email Maureen McNair at
memcnair948@gmail.com. To reach the food pantry
by phone call 619-271-5017. The phone will take
your message.

Volunteer Opportunities
If you would like to volunteer at the food pantry in
Chula Vista on Friday, September 18 from 10 am — 2
pm, please let Maureen know. We need volunteers to
receive a food delivery. There will be no pantry
guests present.

Thanks to Laurie Gerber and Jan Carpenter-Tucker,
who volunteered to take on the the task of publishing
our first food pantry cookbook.
Even though Chula Vista is the second largest city in the county — just after San Diego — we have relatively few homeless people who are unsheltered. The county Regional Task Force on the Homeless conducts an annual census called the Point in Time Count. In January 2020, Chula Vista had 212 unsheltered individuals, far lower than the City of San Diego’s 2,283 unsheltered people.

Unsheltered individuals are a category of homeless people. Some homeless people are sheltered because they live in their vehicles or in temporary shelters. Some homeless people are unsheltered because they live without any shelter at all.

Very few unsheltered people visit our food pantry. We are not located near the Otay River Valley where many unsheltered people congregate. One week, we had five unsheltered people visit us. Some weeks, we have none. In fact, we have only one regular unsheltered guest, a woman I will call Kay.

Kay is a middle aged woman, once a PTA mom married to a now-deceased defense industry employee. She has an adult son who is apparently a meth addict who also lives on the streets.

Kay has a long history of homelessness which apparently began with domestic violence. She lived in section 8 housing, a housing voucher program operated by the federal government for low income individuals, until she was evicted because she broke the rules and let her actively addicted son live with her. I have seen Kay in an altered state of mind before too, though I have no idea what she apparently used.

Kay once asked me to get her flat wheeled cart back for her. She carried all her possessions on it including her clothes, blankets, the MRI's for her bad back, and the court papers for the appeal of her eviction from section 8 housing. She had left her cart unattended on a street corner when a city task force tagged it and eventually removed it.

I actually tracked down the city employee who moved her cart and possessions into an evidence warehouse on the other side of town. Kay could not walk that far to retrieve it because of her bad back. The employee was quite familiar with Kay and said he took her cart to show her “tough love.” He said he would return her cart. I told him he could return it to the pantry, but he said he knew where to find Kay and would give it to her.

Even with the later intervention of a city counsel member, Kay never got her cart back. I did, however, receive a long email from a city employee detailing Kay’s many misdeeds.

Meanwhile, Kay has somehow come into possession of another flat cart. She will not listen to me long enough for me to explain to her that if she leaves her possessions on a city street, they will be removed again.

To date, the City of Chula Vista has not owned or operated a shelter. One is on the horizon though.

In May, the city counsel unanimously agreed to accept the donation of 10 trailers from FEMA (the Federal Emergency Management Agency) to shelter homeless families and a large tented homeless shelter which will be moved down from the Midway district of San Diego. The tent can hold up to 200 people, but that is before the physical distancing COVID-19 requires. The city will be responsible for about $250,000 in costs for installation and maintenance.

The problem the city is currently trying to solve is where to find the land to put the trailers and tent. The city council had found a site near the Otay River Valley, but last month, the State Coastal Conservancy declined approval.

I recently spoke with a city police officer I met while he was removing two homeless people who were sleeping in a private doorway. I asked him if there was one thing he wanted to make his job easier, what it would be. He said he would like more drug and alcohol counselors to help people get to the point where they could participate in their own self-care. I see his point.

Meanwhile, I do not know where to tell Kay to put herself and her cart. And, once the tent is installed, I have no idea if Kay will comply with the rules long enough to be welcome inside. It seems all our little pantry can do right now is to give her free food, masks, and hygiene supplies when she shows up. It’s not much, but it is something in the face of a very complex problem.
Calendar of Events

Friday, September 11, 2020
Memory Matters Gathering
September 11, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email hybertsen@att.net for the link.

Senior High Youth Movie Nights
Fridays at 5 pm. To get more info, contact Kätthe at kathe@firstuusandiego.org.

Saturday, September 12, 2020
South Bay Campus Food Drop Off
Drop off bagged or boxed food every Saturday from 9:30 am — 10 am.

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

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

Sunday, September 13, 2020
Live Streamed Worship

Social Hour
Sundays, weekly, 10:30 am — 11:30 am, url https://bit.ly/FirstUUSocialHour, Meeting ID 824 042 297.

South Bay Social Hour

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

Parents' Lounge

Rainbow Action Group’s Koffee Klatch

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

Pagan Conversations

Middle School Youth Group
Sundays at 2 pm. To get more info, contact Kätthe at kathe@firstuusandiego.org.

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

Monday, September 14, 2020
Coping With Chronic Conditions Support Group

Women’s Chorus Rehearsal

South Bay Singers Rehearsal

Tuesday, September 15, 2020
Monthly Board Meeting
September 15, Tuesday, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: boardpresident@firstuusandiego.org.

Turn-Up Tuesdays
Calendar of Events

Wednesday, September 16, 2020
Join Robie!

Senior High Youth Game Days
Wednesdays at 4 pm. To get more info, contact Käthe at kathe@firstuusandiego.org.

NEW – Mindfulness & Meditation Practice Group
September 16, Wednesdays, 7 pm — 9 pm, Online. Contact keith@keithmesecher.com for the Zoom link.

Chalice Choir

Thursday, September 17, 2020
Movie Night
Thursday, September 10, 5 pm — 7:30 pm, online. Join Rev. Tania for a guided screening and discussion of the documentary 13th. Email rose@firstuusandiego.org to sign up and receive the link to the movie.

Upcoming Events

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

Arts & Crafts Creative Social
September 22, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: https://bit.ly/ArtGuildSocial.

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

Cosmos
Sundays (first), October 4, 1 pm — 3 pm, Online. Contact James Long at kyolong1@gmail.com for the link.
Our Staff

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

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

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

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

Important E-mail Addresses:
General First Church E-mail: mail@firstuusandiego.org
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): window@firstuusandiego.org
First Church Web Site: website@firstuusandiego.org
http://www.firstuusandiego.org (Main site)
http://www.firstuusandiego.org/uus-of-the-south-bay
(UUs of the South Bay)

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
www.firstuusandiego.org
Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

Contact the South Bay Campus (Chula Vista):
Unitarian Universalists of the South Bay
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