September’s Transformational Theme: Brave, Honest Community

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

Our Seven Principles
1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another, and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience, and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

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

Hillcrest Services
9:30 am and 11:30 am

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

September 22, 2019
"Jewish New Year: The Art of Falling Forward"
Rev. Tom Owen-Towle, Minister Emeriti
Music: JUULTones

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

South Bay Bilingual Service
9:30 am

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

September 22, 2019
"Creating Vibrant Community"
Rev. Kathleen Owens, Lead Minister

September Generosity Offering
Environmental Health Coalition
The impacts of lead poisoning are permanent and incurable, and can even be fatal. In San Diego, low-income Latino children are the population most vulnerable to poisoning from lead paint in their homes. The Environmental Health Coalition’s Healthy Kids campaign seeks to prevent lead poisoning before it happens through lead paint remediation, education to parents, and blood testing.

Journey Toward Wholeness (JTW)
What Can I Do?
What's Happening?

Our Church Family
Art of Pride and San Diego LGBT Pride are pleased to announce the unveiling of the 5th Annual Images of Pride. This exhibition represents the best photographs portraying the 2019 San Diego LGBT Pride events. Curated by John Keasler the annual event has become an exciting retrospective of the Pride celebration. The opening reception at the Pride office, 3620 30th Street in North Park, is Saturday, September 14, 6 pm — 8 pm. Light refreshments will be served. The public is welcomed to attend. Returning from 2018 are Sarah Bassiouni and Vanessa Dubois. Premiering artists include: Alex Arribito, Benjamin Mendoza, Cathy Bosshart, Clay Myers-Bowman, Eric Griffith, James Bordner, Jay Dee, Jayme Lubben, Jennifer Smith, Jordan Cook, Jordan Tovas, Joyce Thomas, Justin Harrison, Maia Neilson, Matthew Suarez, R B Chaudavis, Sam Seriosa, Shannon Owens, Sue Forsburg, Stacy Carillo, Tonja Alvins, and Vera Delmar. Some photographs even feature members of our church! Come and see! The show will run through September and October 2019 and is available for view most daytime business hours.

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

Calling All Coffee Mug Stands!
The Specialty Bazaar 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.

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: 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 childbirth. 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.

Singleitarian Senior Singles Luncheon
Sunday, September 15, 12:30 pm, Souplantation, 7095 Clairemont Mesa Blvd, 858 715-6824. Contact Mac Downing home 619-542-9320.
Signing Social
Sunday, September 15, 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 gerbllpacbell.net.

The Unitarian Universalist Christian Study Group
Sundays, September 15, 1 pm, Room 321. From 1953 to 1981, The Peace Pilgrim walked over 25,000 miles back and forth across the USA as a witness to inner and world peace. Join us as we look at her life and spiritual practice and if it can work for us today.

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.

Chalice Choir
Wednesday, September 18, 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!

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. Rev. Kathleen Owens will lead a discussion on the future plans for First UU Church and their implications relevant for folks in the homestretch. 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, with a reception to follow in Bard Hall.

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.

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.

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!

Coping with Chronic Conditions
September 23, (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.

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 Dorfi 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.

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

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 Dorfi 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.
Eastern SD Neighborhoods Potluck
Sunday, September 29, 6 pm, Madrigal, the La Mesa home of Ellen Arcadi, where “Middle East” and “Far East” Neighborhoods will hold their monthly potluck. Ellen’s home reflects her creativity, has much art and is most interesting. Bring an appetizer, a main dish, a side dish, a salad, or a dessert to serve 6-8 people. Water will be provided. Parking is available on the street. DO NOT PARK IN THE DRIVEWAY. Please RSVP to Ann McDonald, amcd92119@gmail.com or 619-464-1937.

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, cjmac13@icloud.com.

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 kiaiali@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 color Peo. 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.

Conscious Communication
Mondays, October 7 — November 25, 7 pm — 9 pm, Chapel. Based on the distinctions of Non-Violent Communication, the mindfulness and cognitive practices of the Zen Center of San Diego, and the teacher’s study with Oren Jay Sofer, Marshall Rosenberg and Focused Attention, students will learn: A systematic approach to align our communication and actions with our personal values and spiritual aspirations; Identify how habitual patterns of mind, behavior and language impede effective communication; Develop effective tools for Compassion and Empathy; Make “Do-able” Requests. No previous experience is required. This is an eight week class, not a drop-in practice group. Enrollment will close after the first two weeks. Please purchase a copy of "Nonviolent Communication" by Marshall Rosenberg.

Vespers Service: Responding to Gun Violence
Tuesday (second), October 8, 6 pm — 6:30 pm, Chapel. Your ministers will hold a monthly vespers service 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, SD4GP (San Diegans for Gun Violence Prevention) will join us and offer ways to connect with this work.

Book Lovers Affinity Group
Thursday, October 10, 6 pm, Room 320. Everyone is welcome to join our discussion of “Being Mortal: Medicine and What Matters in the End,” by Atul Gawande. Maureen McNair memcnair948@gmail.com or 619-427-1769.

Rainbow Coffee Klatch
Sundays (second) October 13, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, October 13 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have songbooks and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Connie Mack cmack5313@gmail.com or Ed McCarron EdMcC@comsimplicity.com.

Educational Grief Support Group
Saturday October 19, 1 pm — 2:30 pm, First UU Campus, James Crosley and Alyse Ford will be facilitating an Educational Grief Support Group. The group will run for six consecutive Saturday meetings ending on November 23. This group will offer both support as well as coping tools for people who are navigating the difficult waters of grief. To ensure confidentiality and trust, participants are expected to attend all six sessions. For more information or to sign up, email James at jcsolley@hotmail.com or Alyse at alysef@hotmail.com, or call Alyse at (858) 689-2451.

The deadline for the next issue of The Window is: September 18 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: rose@firsttuusandiego.org

The Window submission maximum is 60 words
Blue Boat Home
– Peter Mayer and Roland Hugh Prichard

Verse 1:
Though below me, I feel no motion
standing on these mountains and plains.
Far away from the rolling ocean
still my dry land heart can say:
I've been sailing all my life now,
ever harbor or port have I known.
The wide universe is the ocean I travel
and the earth is my blue boat home.

Verse 2:
Sun my sail and moon my rudder
as I ply the starry sea,
leaning over the edge in wonder,
casting questions into the deep.
Drifting here with my ship's companions,
all we kindred pilgrim souls,
making our way by the lights of the heavens
in our beautiful blue boat home.

Verse 3:
I give thanks to the waves upholding me,
hail the great winds urging me on,
greet the infinite sea before me,
sing the sky my sailor's song:
I was born upon the fathoms,
ever harbor or port have I known.
The wide universe is the ocean I travel
and the earth is my blue boat home.

Beloved Conversations

Beloved Conversations:
Meditations on Race & Ethnicity
Developed by Dr. Mark Hicks of Meadville Lombard Theological School, the program is serving more than 140 UU, Jewish, and Quaker congregations. Using a small-group format, 31 participants in the first of three First UU sessions explored the role of race and ethnicity in the themselves and the congregation.

You can learn more about Beloved Conversations and its impact on participants in other congregations from the following videos:

Why Beloved Conversations: https://vimeo.com/162554100 (10:22)

Contact Jan Garbosky (jgarbosky@cox.net) or
Steve Howard (steveh4544@icloud.com) with your questions about Beloved Conversations and/or to let them know of your interest in the program.
South Bay Campus

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

UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

September 15, 2019  "Big Questions Service"
Rev. Tania Márquez, Assistant Minister
September 22, 2019  "Creating Vibrant Community"
Rev. Kathleen Owens, Lead Minister

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, topie 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.

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, cjmark13@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 Garcia-Horlor uukhorlor2@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 cmack5313@gmail.com or Angela Garcia-Sims agarciasim@aol.com.
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, cjmack13@icloud.com, for information.

UU Justice Ministry of CA (UJMCA)
Regional Justice Training
Friday, September 20, 6:30 pm – 9 pm; workshop on Saturday, September 21, 11 am – 5:30 pm, at Palomar UU Fellowship (1600 Buena Vista Dr., Vista, 92081). In-gathering and spiritual grounding dinner. Both days are free of charge and open to all; resources, practices and opportunities relevant to UU justice-makers across multiple issue areas will be shared. Led by UUJMC’s new Executive Director: Rev. Ranwa Hammamy and UURISE CEO: Katia Hansen; more info here!

Join Rainbow Action at 30th
Annual AIDS Walk & Run San Diego
Saturday, September 28, 6 am, Hillcrest Pride Flag. Interested in joining the First UU Rainbow Action Group team to walk or run? Follow this link - click “Register” and then “Join a Team,” scroll until you find “First Unitarian Universalist Church of San Diego - Rainbow Action Group.” Can’t participate in person but want to donate to support our effort? Click here.

Social Justice Sunday (SJS), 9/29
At Hillcrest: Organizations nominated to receive a Generosity Offering next year will be invited to have a patio presence to answer questions and engage in conversation. We’ll also have a panel discussion on affordable housing, transit & density from 1:30 pm — 3 pm in Bard Hall, featuring speakers from Circulate SD, SD City Council President Gomez’s office, City Heights CDC and the Environmental Health Coalition.
At South Bay: we’ll be hosting a coffee conversation on themes similar to the Hillcrest panel with a representative from Circulate SD from 10:45 am — 11:30 am.

Make “Welcome the Stranger” a Reality
Our community partner, the San Diego Organizing Project (SDOP), is raising funds to build a monument high above the U.S.-Mexico border, to welcome a new generation of immigrants and refugees yearning for freedom and prosperity. The monument, an interpretation of Mary as Lady Liberty, will stand tall in San Ysidro, CA and be visible for miles and illuminated each night as a beacon of welcome to all. To learn more, visit the fundraising page.

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuuandsandiego.org
Children's Religious Education (CRE)

Children's RE
This Sunday, September 15, there will be no Religious Education class during either service for children ages 5 - 12. Instead children are encouraged to celebrate “Ingathering Sunday” at the multigenerational worship services at both 9:30 am and 11:30 am. 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 October 6 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 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 Saturday, September 21 – All youth in grades 6-12 are invited to explore the Mosaic Community Garden of South Bay. Our South Bay campus has a plot there and all youth are invited to attend this event. We'll till the soil in the South Bay plot, plant some plants and create a vertical planter tower for the plot. Things start in the garden at 9:30 am, and we’ll be there until 12:30 pm. Then we'll go back to the South Bay campus for pizza. The Mosaic Community Garden is located at 960 5th Avenue in Chula Vista on the campus of the Shadow Mountain Community church. Please let Käthe know if you plan to come so that they can arrange carpools and order enough pizza!

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 robie@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."

Connections

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.

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.

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 – November, December, Room 321, after each service - 10:45 am and 12:45 pm.
# 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.

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# Saturday, September 14, 2019
**Insight SD Sitting Group/Dharma Study**
Saturdays, 9:30 am — 11:30 am, Common Room. 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](#).

**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](mailto: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.

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# Sunday, September 15, 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)**

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

**Singleton Senior Singles Luncheon**
Sunday, September 15, 12:30 pm, Souplantation, 7095 Clairemont Mesa Blvd, 858 715-6824. Contact Mac Downing 619-542-9320.

**The Unitarian Universalist Christian Study Group**

**Signing Social**
Sunday, September 15, 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.

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# Monday, September 16, 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.

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# Tuesday, September 17, 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 [jsweet@cox.net](mailto:jsweet@cox.net).

**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.
<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>Wednesday, September 18, 2019</strong></td>
<td><strong>Wednesday Morning Meditation Sangha</strong>&lt;br&gt;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 <a href="mailto:johnholl@cox.net">johnholl@cox.net</a> or 619-546-6525.</td>
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<td><strong>Chalice Choir</strong>&lt;br&gt;Wednesday, September 18. 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, <a href="mailto:Lara@firstuusandiego.org">Lara@firstuusandiego.org</a>. We meet every Wednesday: same time, same place. Come sing with us!</td>
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<td><strong>Young Adult Group — Ages 24-35</strong>&lt;br&gt;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!</td>
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<td><strong>Thursday, September 19, 2019</strong></td>
<td><strong>Chi Gung at South Bay with Lolly Brown</strong>&lt;br&gt;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, sitting or prone positions. The exercise uses breath, movement, postures, and meditation.</td>
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<td><strong>Burrito Project</strong>&lt;br&gt;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 &quot;Burrito Project San Diego&quot; on Facebook.</td>
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## Upcoming Events

**Living the Homestretch**<br>Saturday, September 21, 10 am, Bard Hall. Rev. Kathleen Owens will lead a discussion on the future plans for First UU Church and their implications relevant for folks in the homestretch. Contact Marv Pulliam at 310-779-2053 for more information.

**Mary Byrne Hoffman Celebration of Life**<br>Saturday, September 21, 2 pm, Meeting House. A Celebration of Life Service will be held for Mary Byrne Hoffmann, followed by a reception in Bard Hall.

**Caregivers/Allies Support Group**<br>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**<br>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!

**Coping with Chronic Conditions**<br>September 23, (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.

**Fourth Monday Meeting of the UU Men’s Fellowship**<br>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 Dorff 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.

**Insight SD Greeting the Heavenly Messengers Affinity Group**<br>Thursdays (second and fourth), September 26, 9:30 am — 11:30 am, Room 323. This twice-monthly [Insight San Diego](https://www.insight-san-diego.org) 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](https://www.amazon.com/Insight-Die-Bardos-Living-Dying/dp/0861712985) by Yongey Mingyur Rinpoche.To sign up or find out more, [click here](#).

**UU Men’s Fall Renewal**<br>Friday, September 27 4 pm - Sunday, September 29 noon. Camp Stevens, Julian CA. All men are welcome for relaxation, fellowship, celebration and discussion. The theme is Exploring my Man Box, Redefining myself as a Man. More [information and registration](https://www.insight-san-diego.org/chapter/uu-men-sall Renewal) or contact [Mike Dorff](mailto:mikedorff@cox.net) (619) 466-5952 or stop at the display on the Sunday patio.

**Candlelight Kirtan**<br>Thursday, Sept 26, 7 pm — 8 pm, Room 323. Join us for an evening by candlelight and experience manta meditation, gauranga breathing, japa meditation in a non-denominational practice, with award-winning Spirit Soul and Friends. Contact James Long at [jvlong1@gmail.com](mailto:jvlong1@gmail.com).
Our Staff

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

Music Staff:
Lara Korneychuk, Hillcrest Music Coordinator
Chase Pado, Pianist / Organist
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea Newall-Lockett, JUUL Tones Ensemble Director
Tony Bianca, Handbell Program and Children’s Choir Director

Staff:
Robie Evans, Director of Operations
Kathleen Swift, Director of Family and Lifespan Ministry
Käthe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper / Controller
Rose Riedel, Office Administrator
Angela 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

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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 (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
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