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 29, 2019
“What Local Justice Looks Like”
Rev. Kathleen Owens, Lead Minister
Music: Handbell Choirs

October 6, 2019
“What Local Justice Looks Like”
Rhonda Brown, Beloved Conversations Facilitator
Music: Chalice Choir

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

South Bay Bilingual Service
9:30 am

September 29, 2019
“Connected”
Rev. Tania Márquez, Assistant Minister

October 6, 2019
“South Bay Comes of Age”
Rev. Tania Márquez, Assistant Minister

Fifth Sunday Generosity Offering
Partner Church in Brassó, Romania
This week's Generosity Offering goes to support our Partner Church in Brassó [BRAH-show], Romania. While their life in Transylvania seems truly a world away from ours here, we have maintained this special relationship for over 25 years! Our support has helped in the construction of their fine multipurpose building, which includes a beautiful dining and social room, now named "San Diego Friendship Hall." This year, they have been working to refurbish and better heat their Sanctuary before Winter arrives.

Journey Toward Wholeness (JTW)

What Can I Do?
Participants in our first Beloved Conversations program were changed by that experience. One of them—Rev. Jim Grant—found an article that helped him think more about white privilege. It might do the same for you: “Brief Encounters With White Men: I Wanted to Know What White Men Thought About Their Privilege. So I Asked” by Claudia Rankine:
What's Happening?

Our Church Family
Saturday, September 28, 3 pm - 5 pm in Bard Hall. We welcome the Ardor Trio featuring our very own Director of Ops, Robie Evans on viola, Linda Piatt on violin and Amanda Devlin on cello. Special guest, Bryan Verhoeye, will play piano for the Fauré piano quartet. Tickets available at ardotrio.com.

Introducing Social Justice Sundays!
Sunday, September 29, Patio. Brought to you by the Social Justice Ministry Team. In general, 5th Sundays will feature a justice-themed sermon and programming across both campuses that focuses on a timely and relevant social justice area of concern. Next up information about generosity offering nominees and speakers on affordable housing, transit & density.

The Specialty Bazaar Is On Its Way!
First UU will hold a Specialty Bazaar 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 27, 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.

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 Dorfli 619-466-5952 or John Holl 619-546-6525.

D4$ Noche bohemia 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.

Singleton Senior Singles Luncheon
Sunday, September 29, 12:30 pm, Elijah’s, 7061 Clairemont Mesa Blvd, 858-455-1461. Contact Mac Downing home 619-542-9320.

Signing Social
Sunday, September 29, 1 pm — 2 pm, Library. Signing Social! Join us to practice communicating in American Sign Language, and build our signing community. All levels welcome - “voices off.” Contact Laurie Gerber at gerbl@pacbell.net.

The Unitarian Universalist Christian Study Group
Sundays, September 29, 1 pm, Room 321. Join us as we celebrate Rosh Hashanah and Yom Kippur, the Holiest Day of the Jewish Year and finish looking at the topics we covered in the past year.

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. For address 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, cj Mack13@icloud.com.

Chalice Choir
Wednesday, October 2, 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. Come sing with us!

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.
What's Happening?

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. Kia Bordaner kiakiani@gmail.com.

Cosmos
Sundays (first), October 6, 1 pm — 3 pm, Room 323. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community and the universe itself. We will be exploring Canticle to the Cosmos as presented by physicist and cosmologist Brian Swimme. All are welcome and no previous attendance is required. We meet every month on the first Sunday of the month, with occasional interruptions.

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, SD4GVP (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, a non-fiction book in which a doctor discusses what else matters to patients facing their mortality besides survival. For our November 14 meeting, we’ll discuss “Robinson Crusoe” by Daniel Defoe. Maureen McNair 619-427-1769 or memcnair948@gmail.com.

Kirtan Peace Vibrations
Saturday, October 12, 6:30 pm — 8 pm, Common Room. Join us for an evening of community friendship, peaceful Mantra Meditation, Gauranga Breathing, Japa Meditation, Gauranga drumming and MORE uplifting Kirtan as we joyously celebrate and gather together with award-winning group Spirit Soul and Friends. Kirtan is a living moving meditation, and a universally recommended practice. Contact James Long at kylong1@gmail.com. RSVP.

Dances of Universal Peace
Saturdays (second), October 12, 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.

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 song books and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Connie Mack emack5313@gmail.com or Ed McCarron EdMcC@cosmoplac.com.

Coping with Chronic Conditions
October 14, (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.

You can follow us on Twitter! Our user name is @firstuusd.
Fall Work Camp at de Benneville Pines
Monday — Wednesday, October 14 — 16. Free food and accommodations. Arrive Monday evening after dinner, work Tuesday, Wednesday into afternoon. Raking, wood stacking, etc. Register early, this will fill up! Online: Search for uuucamp.org, select “Camps and Retreats,” select “Camp Calendar” then click on “Fall Work.” Email registrar: registrar@uuucamp.org. For more information, or ride sharing (drivers needed) contact Mac: m2cdow4@yahoo.com or call 619-542-9320.

Monthly Board Meeting
Tuesdays (third), October 15, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), October 15, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Burrito Project
Thursdays (third), October 17, 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, October 19, 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.

Educational Grief Support Group
Starting Saturday October 19, 1 pm — 2:30 pm, First UU Campus, James Croxley 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 jicroslev@hotmail.com or Alyse at alysefs@hotmail.com, or call Alyse at 858-689-2451.

Our latest Annual Report is available on our First UU website. Find it in the members area! http://www.firstuusandiego.org/members-area

Did you know First Church has an Instagram? You can follow us on Instagram, our user name is @firstuusd. Tag us in your pictures! #firstuusd

Want an announcement in the Window?
To better serve our community we ask that Window announcement submissions are in line with our Congregation’s mission, and principles. Submissions should be under 60 words, the announcement needs to be connected to First UU as a congregation, and needs to be submitted no later than Wednesday at 8 am of the week requested to be placed in the Window to Rose Riedel, by emailing rose@firstuusandiego.org. Include the title of the event, date, time, location, a brief description, and a person’s name and contact information for the event. All announcements need to be appropriate for our congregation. Grammatical corrections and / or edits may be made in order for the announcement to be placed in the Window.

Caregivers/Allies Support Group
Sundays (fourth), October 27, 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.

The deadline for the next issue of
The Window is:
October 2 (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
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.
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

September 29, 2019  "Connected"
Rev. Tania Márquez, Assistant Minister

October 6, 2019  "South Bay Comes of Age"
Rev. Tania Márquez, Assistant Minister

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, topsoil 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.

Coffee Conversation
Sunday, September 29, 10:45 am — 11:30 am, South Bay Campus. Coffee Conversation with a representative from Circulate SD.

Organizing4Justice / SDOP / Faith in Action
Sundays (third), October 20, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cj_mack13@icloud.com, for information.

Spanish Song Circle
Sunday (fourth), October 27, 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.
Introducing Social Justice Sundays!
Sunday, September 29, Patio. Brought to you by the Social Justice Ministry Team. In general, 5th Sundays will feature a justice-themed sermon and programming across both campuses that focuses on a timely and relevant social justice area of concern. Next up: information about generosity offering nominees and speakers on affordable housing, transit & density.

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.

Social Justice Fall Meeting
Sunday, October 6, 1:30, Bard Hall. Join us to select Generosity Offering recipients for next year, hear updates from our action teams and get involved to take action! Contact: angela@firstusuandsiego.org.

Organizing4Justice / SDOP / Faith in Action
Sundays (third), October 20, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cjmac13@icloud.com, for information.

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

**This Week in Family Ministry**
Congrats on a Great Start! Our Children’s and Youth Programs got off to a great start last Sunday and we’re looking forward to another great year! All classes will meet this coming Sunday and Childcare will be provided at both services as usual. Middle school youth group meets this Sunday at 9:30 am in Room 114A. We hope you can join us!

**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 rehearse Sunday, September 29 at 10:45 am in Room 113. All children ages 5 – 12 are welcome to join us! We're 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.

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**Youth**

**This 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.

**Save the Date!**
It's time for a field trip! On Sunday, October 6, the Hillcrest youth groups will visit our South Bay campus to join in celebrating the South Bay Birthday. Youth can either meet at South Bay (if they live near there) or meet at Hillcrest in Room 114b no later than 8:45 am to carpool down together with their advisors. We'll enjoy the worship service at 9:30 am, stick around for the birthday festivities, then grab a quick bite to eat before heading to the community garden at 12:30 pm. We have many things to plant, seedlings to thin out and transplant, and other garden projects to work on. The plan is to work at least 2 hours in the garden and head back home or to the Hillcrest campus around 3:30 pm. Youth should wear close-toed shoes, sunscreen and a hat to work in the garden. Please let Käthe (kathe@firstuusandiego.org, 619-298-9978, ext. 210) know if you are coming so they can get an accurate number to make our reservation for brunch. (There's a rumor of pancakes!) Hope to see you there!

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

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**Kathleen Swift**
Director of Family and Lifespan Ministry
(619) 398-4438
Email: kswift@firstuusandiego.org

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**Tony Bianca, Program Assistant, Children's Choir & Handbell Choirs Director**
(619) 398-4444
Email: tony@firstuusandiego.org
Our website
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 A few minutes of your time could help First UU receive income when you shop online - without additional cost to you! iGive donates a % of your purchases from over 1,875 online stores to First UU. To get started, go online to www.igive.com, follow the directions to register, and select the church as beneficiary. Then, you can click “Shop via iGive” on the bottom of ANY First UU webpage, log in, & start shopping!

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 recently 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

Starting this Sunday!
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.

Please contact Jenner Daelyn at jenner@firstuusandiego.org

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.

Spaces Still Available!!!

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 services, 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 27, 2019**  
**UU Men’s Fall Renewal**  
Friday, September 27, 4 pm - Sunday, September 29 noon. Camp Stevens, Julian CA. More information and registration or contact Mike Dorri (619) 466-5952.

**Memory Matters Gathering**  
Fridays (second and fourth), September 27, 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 28, 2019**  
**Insight SD Sitting Group/Dharma Study**  
Saturdays, 9:30 am — 11:30 am, Room 323. This weekly Insight SD group begins with 30 minutes of sitting meditation (late arrivals welcome) and continues with introductions, a dharma talk, and sharing. To sign up or find out more, click here.

**D4S Noche bohemia (Bohemian Night) with Rev. Tania**  
Saturday, Sept 28, 6 pm, Bard Hall. Spaces left! Join Rev. Tania for an evening of music, poetry, and stories from Latin America. Cost is $25, which was the minimum bidding price! Please RSVP to Robie at robie@firstuusandiego.org.

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**Sunday, September 29, 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 or call 619-546-6525.

**Hillcrest Worship Service: 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)**

**Coffee Conversation**  
Sunday, September 29, 10:45 am — 11:30 am, South Bay Campus. Coffee Conversation with a representative from Circulate SD.

**Singletarian Senior Singles Luncheon**  
Sunday, September 29, 12:30 pm, Elijah’s, 7061 Clairemont Mesa Blvd, 858-455-1461. Contact Mac Downing 619-542-9320.

**The Unitarian Universalist Christian Study Group**  
Sunday, September 29, 1 pm, Room 321. Our year in review and Rosh Hashanah: The Jewish High Holy Days.

**Signing Social**  
Sunday, September 29, 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.

**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.

**Eastern SD Neighborhood Potluck**  
Sunday, September 29, 6 pm, Madrigal, the La Mesa home of Ellen Arcadi. The “Middle East” and “Far East” Neighborhoods will have a potluck. 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. For address RSVP to Ann McDonald, amcd92119@gmail.com or 619-464-1937.

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**Monday, September 30, 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, October 1, 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 lisweet@cox.net.

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**Wednesday, October 2, 2019**  
**Wednesday Morning Meditation Sangha**  
Wednesdays from 10 am — 12 pm, Room 323. All are welcome for a silent, sitting meditation, followed by a discussion of practice, after which will be a Dharma talk, and discussion. Contact johnholl@cox.net or 619-546-6525.

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

**Young Adult Group — Ages 24-35**  
Wednesdays, 7 pm — 9 pm in Room 323. Connect, grow, and unwind. Each week, someone leads a discussion, introduces a game, and we share food and laughter. Come build community with us!
Cosmos
Sundays (first), October 6, 1 pm — 3 pm, Room 323. Cosmos is dedicated to exploring the scientific story of the birth and evolution of the universe for knowledge and inspiration to fulfill the promise of humanity, the whole earth community and the universe itself. We will be exploring Canticle to the Cosmos as presented by physicist and cosmologist Brian Swimme. All are welcome and no previous attendance is required. We meet every month on the first Sunday of the month, with occasional interruptions.

Insight SD Social and Climate Justice Affinity Group
Mondays (first) October 7, 6:30 pm — 8 pm, Room 323. This monthly Insight San Diego group welcomes anyone interested in exploring the deep connections between Buddha dharma practice and social and climate justice. For more information, click here.

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, a non-fiction book in which a doctor discusses what else matters to patients facing their mortality besides survival. For our November 14 meeting, we'll discuss “Robinson Crusoe” by Daniel Defoe. Maureen McNair 619-427-1769 or memcnair948@gmail.com.

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, SD4GVP (San Diegans for Gun Violence Prevention) will join us and offer ways to connect with this work.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), October 10, 9:30 am — 11:30 am, Room 323. This twice-monthly Insight San Diego group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. Current reading: In Love with the World: A Monk’s Journey through the Bardos of Living and Dying by Yongey Mingyur Rinpoche. To sign up or find out more, click here.

Kirtan Peace Vibrations
Saturday, October 12, 6:30 pm — 8 pm, Common Room. Join us for an evening of community friendship, peaceful Mantra Meditation, Gauranga Breathing, Japa Meditation, Gauranga drumming and MORE uplifting Kirtan as we joyously celebrate and gather together with award-winning group Spirit Soul and Friends. Kirtan is a living moving meditation, and a universally recommended practice. Contact James Long at kyolong1@gmail.com, RSVP.

Dances of Universal Peace
Saturdays (second), October 12, 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.

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 song books and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Connie Mack cmack5313@gmail.com or Ed McCarroll EdMcC@comsimplicity.com.

Coping with Chronic Conditions
October 14, (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.

Tarot Group
Tuesdays (third), October 15, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Monthly Board Meeting
Tuesdays (third), October 15, 6 pm, Bard Hall. All are welcome to attend the Board meetings.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lorne 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 & Youth Choir Dir.
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
Kätie Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper / Controller
Rose Riedel, Office Administrator
Angela Fuji, Social Justice Coordinator
Jenner Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Pam Bates, Database Analyst
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Epler, Event Coordinator

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

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