October’s Transformational Theme: Intentional Inclusion

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

October 6, 2019
"Beloved Conversations: Reflections of Discomfort"
Rhonda Brown, Beloved Conversations Facilitator
Music: Chalice Choir

October 13, 2019
"Honoring Indigenous People"
Rev. Kathleen Owens, Lead Minister
Music: Women's Chorus

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

South Bay Bilingual Service
9:30 am

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

October 13, 2019
"Radical Inclusion"
Rev. Jim Grant, Affiliate Minister

October Generosity Offering
Christian Community Service Agency (CCSA)
The Community Christian Service Agency (CCSA) is an ecumenical Christian agency that provides emergency services to individuals and families in need in San Diego County, including food, clothing, and referrals, and where practical, counseling to assist in their transition to self-reliance.

Journey Toward Wholeness (JTW)
What Can I Do?
Does the term “white supremacy culture” make you feel uncomfortable? Definitions are important as we continue our work to become radically inclusive and make changes to the institution that is First UU San Diego. Cir L' Bert Jr. of the UUA's Commission on Institutional Change has written a blog post "A Note on Definitions" to clarify some “uncomfortable” terms: https://www.uua.org/uuagovernance/committees/cic/blog/note-definitions
What's Happening?

Our Church Family
A Celebration of Life service will be held for Jay Richen on October 27, 3 pm, in the Meeting House.

Return Again:
A Service Honoring the Jewish High Holy Days
I want to share the information that this fall we will not be offering our usual service of honoring the Jewish High Holy Days. There are several reasons for this including Ministerial availability; and we’ve also come to understand that the service we’ve been using needs to be re-written to more accurately reflect the needs of Jewish UUs here and to ensure we’re not appropriating another faith’s tradition. I will be setting up a time in the winter months for Jewish UUs to join me in a conversation about both the High Holy Days services and the Seder. Please watch this space for specifics about that winter meeting.

– Faithfully, Rev. Kathleen

Board Report
Your Board of Trustees met on September 17. Rev. Kathleen and Rev. Tania shared their priorities moving forward in light of ministerial staffing changes. In addition, they shared with the Board the new organizational chart that shows which staff positions report to each minister. This will be available on the church website soon. They also shared the names of the congregants who have thus far volunteered to serve on the Visioning the Future (VFT) committee which is considering various ways to respond to the offer from UCSD to purchase our property. Speaking of volunteering, Kathleen Swift, the Director of Family and Life Span Ministry, asked Board members to volunteer in children’s religious education classes. If you would like to teach in religious education one Sunday a month at either the Hillcrest or South Bay campus, please contact Kathleen at KSwift@firstuusandiego.org. Finally, the new board received training in policy governance by Rev. Roger Bertschausen from the Unity Consulting. Rev. Kathleen and Rhiannon reviewed some questions that arose from that training, and shared with the board the location of the board policies. If you would like to read any of the church’s policies, they are all available on our website at: www.firstuusandiego.org/governance.

Gift Cards
Gift cards will be sold on the patio this Sunday, October 6. If we don’t have the ones you want on hand, place an order and we’ll have them for you next week!

Voices in Unity
Due to scheduling and attendance challenges, our youth choir is taking a brief hiatus to provide time to reassess and establish some next steps. For further updates please stay tuned to The Window in coming weeks.

Specialty Bazaar Donations Begin Friday!
Redecorate your home by donating familiar old art objects and collectibles, and find exciting new pieces at the Specialty Bazaar! Refresh your wardrobe with unique jewelry, hats, scarves, and handbags, while ensuring your old items will find good homes with new Bazaar buyers. DONATION TIMES are:
Friday, Oct. 4, 1 pm — 6 pm
Saturday, Oct. 5, 10 am — 4 pm
Sunday, Oct. 6, 10:30 am — 11:30 am
Mon., Oct. 7 — Wed., Oct. 9, 10 am — 4 pm
Bring donations to Room 115. Weekdays, you can park briefly in the fire lane. Weekends, two Preschool drop-off spaces will be reserved. Don’t forget to come to the Bazaar on Saturday October 12, 8 am — 1 pm! Contact Rhea Kuhlman at 619-491-0664 or rheakuilman2@gmail.com.

Singleton Senior Singles Luncheon
Sunday, October 6, 12:30 pm, Olive Garden, 3125 Sports Arena Blvd, 619-226-2124. Contact Mac Downing, home 619-542-9320.

Signing Social
Sunday, October 6, 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.

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.

UU South Bay Neighborhood Group
Sunday, October 6, 5 pm, Carolyn and Peter Woodbury’s home, Chula Vista (Eastlake). All UUs invited. Please RSVP, or get more details at: 619-397-0993, or at uuyanke@qmail.com Bring your favorite food and drink to share.

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 peggyhol@cox.net.

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

Chalice Choir
Wednesday, October 9, 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.

Big Questions
Thursday (second) October 10, 1 pm, South Bay. Our South Bay Big Questions groups is now meeting! This month of October, we will be discussing the question “Why do people believe in god or gods?” We hope to see you there.

Introducing Tea Talks/Charlas con té with Reverend Tania
Beginning on Thursday, October 10. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings. South Bay: 2nd Thursdays 3:30 pm — 5 pm. First session, October 10. Hillcrest: 3rd Thursdays, 4 pm — 5:30 pm in Room 320. First session, October 17.

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.

Memory Matters Gathering
Fridays (second and fourth), October 11, 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.

Kirtan Peace Vibrations
Saturday, October 12, 6:30 pm — 8 pm, Room 323. 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. 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.

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 *uccamp.org*, select “Camps and Retreats,” select “Camp Calendar” then click on “Fall Work.” Email registrar: registrar@uccamp.org. For more information, or ride sharing (drivers needed) contact Mac: m2cdow4@yahoo.com or call 619-542-9320.

---

You can follow us on Twitter! Our user name is @firstuusd.
**What's Happening?**

**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.

**Educational Grief Support Group**
Starting 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 jdcrosley@hotmail.com or Alyse at alysefs@hotmail.com, or call Alyse at 858-689-2451.

**Candlelight Kirtan**
Thursday, Oct 24, 7 pm — 8 pm, Room 323. Join us for an evening by candle light and experience mantra meditation, gauranga breathing, japa meditation in a non-denominational practice, with award-winning Spirit Soul and Friends. Contact James Long at kylong@gmail.com.

**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.

**Fourth Monday Meeting of the UU Men's Fellowship**
Monday, October 28, 6 pm, Common Room. The Men's Fellowship (UUMF) will be having their usual Monday Potluck & Discussion. We'll eat between 6 pm and 7 pm, followed by a presentation given by Dr. Bill Pogue on the “Older men's companions; BPH and Prostate Cancer.” We will get information on two of the most common medical problems that affect men as they age; benign prostatic hyperplasia (BPH) also called prostate gland enlargement, and prostate cancer.

---

**Organizing4Justice / SDOP / Faith in Action**
Wednesdays (first), November 6, 6:30 pm, Common Room. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cimack13@icloud.com.

**Diverse Revolutionary UU Multicultural Ministries**
Thursdays (first), November 7, 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 Bordner kiaikiai@gmail.com.

---

**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@firstuuusandiego.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.

---

The deadline for the next issue of The Window is: October 9 (Wednesday) at 8 am

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

The Window submission maximum is 60 words

---

**Did you know First Church has an Instagram?**
You can follow us on Instagram, our user name is @firstusu.
Tag us in your pictures! #firstusu
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

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

October 13, 2019  "Radical Inclusion"
Rev. Jim Grant, Affiliate Minister

Calling All Writers!
Write a Calavera Literaria for our Day of the Dead celebration! Calaveras literarias are a form of poetry that has become quite popular in Mexico during Día de Muertos. These poems range from being teasing, joking, fun, satirical or critical as the writer highlights a particular quality or trait of the deceased subject of the poem. Initially these poems were meant to make fun of death itself, but later began to focus on politicians, government leaders, and other public personalities. Today they are often composed in ‘honor’ of a specific person or famous personality. They typically are written in metric verse with a rhyme scheme. An example, in Spanish, is included below (http://es.wikipeDia.org/wiki/Calaveras_literarias  and http://es.wikipeDia.org/wiki/Calaveras_literarias). Are you up to the challenge? Contact Rev. Tania at tania@firstuusandiego.org and your poem may be featured during our Day of the Dead service.

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 turvie 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.

UU South Bay Neighborhood Group
Sunday, October 6, 5 pm, Carolyn and Peter Woodbury’s home, Chula Vista (Eastlake). All UUs invited. Please RSVP or get more details at: 619-397-0993, or at uuyankee@gmail.com Bring your favorite food and drink to share.

Big Questions
Thursday (second) October 10, 1 pm, South Bay. Our South Bay Big Questions groups is now meeting! This month of October, we will be discussing the question “Why do people believe in god or gods?” We hope to see you there.

Introducing Tea Talks/Charlas con tío with Reverend Tania
Beginning on Thursday, October 10. Tea Talks are an opportunity to spend time, over tea, with Rev. Tania Márquez in a relaxed atmosphere. Bring your questions and share in an informal conversation outside of the hustle and bustle of Sunday mornings. South Bay: 2nd Thursdays 3:30 pm — 5 pm. Hillcrest: 3rd Thursdays, 4 pm — 5:30 pm in Room 320.

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, cjmack13@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/suds-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.

South Bay Invites you to Celebrate our 11th Anniversary
Oct. 6th, 2019
After Service
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@firstuusandiego.org.

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.

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, ejmack13@icloud.com, for information.
Children's Religious Education (CRE)

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

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

This Week in Family Ministry
Our children and youth are participating in classes during the 9:30 service using the following curriculum:  
Preschool: Chalice Children  
K/1: Wonderful Welcome  
2/3: Moral Tales  
4/5: Toolbox of Faith  
Middle School: Field Trip to South Bay  
High School: Field Trip to South Bay  
Childcare will be provided at both services as usual.

RE Leaders
Please consider helping in our classrooms as our youngest congregants explore Unitarian Universalism. Contact Kathleen kswift@firstusuandiego.org. We have a special need in our 4/5 classroom but any of them could use help from you!

Parent's Lounge
Our next Parent's Lounge will take place on October 6 between services.

For more information about any of our Children's Programming contact Kathleen Swift.
This Sunday, October 6 – there will be no youth group meetings at the Hillcrest campus. All youth are invited to participate in a field trip to the South Bay campus to celebrate the South Bay Birthday. Youth can either meet at South Bay (if they live near there) or meet in Room 114b no later than 8:45 am to carpool down together with their advisers. 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 two hours in the garden and head back 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 Larick know (at kathe@firstusuandiego.org or 619-298-9978, ext. 210) if you are coming so they can get an accurate number to make our reservation for brunch. (There’s a rumor of pancakes!)

On Sunday, October 13 – the 9:30 am Jr. High youth group (grades 6-8) will meet in Room 114a to discuss the meaning and history of the flaming chalice as a symbol of our faith. They will check in, play a game or two, and create their own traveling chalice tin. The 11:30 am Sr. High Youth group will meet in Room 114b for fun, fellowship and planning for upcoming special events.

On Sunday, October 20 – at 9:30 am, the Jr. High youth group will meet in Room 114a from 10:30 am — 11:30 am to celebrate UN Sunday. They will look at the history of the day, the part that Unitarian Universalists played in establishing the day and be encouraged to participate in the “trick or treat for UNICEF” program. At 11:30 am youth in grades 9-12 will meet in Room 114b for the Sr. High youth group program which will celebrate UN Sunday. Youth are encouraged to bring their favorite “international” snack to share.

On Sunday, October 27 - at 9:30 am, youth are encouraged to attend the worship service to celebrate Día de muertos. At 11:30 am, youth are also encouraged to attend the worship service.

Voices in Unity
Due to scheduling and attendance challenges, our youth choir is taking a brief hiatus to provide time to reassess and establish some next steps. Please stay tuned to The Window in coming weeks for further updates.

Cards for a Cause
Supporting the Youth Program Scholarship Fund
On Sunday, October 13, the youth program will launch their next program fundraiser, Cards for a Cause. In partnership with Usborne books, the youth will offer beautiful handcrafted cards for all occasions with coordinating envelopes in a keepsake box. The cards commemorate occasions including birthdays, holidays, thank you and more! Most boxes contain 30 cards (except the Holiday assortment which has 50 cards) and sell for $30 per box, plus tax. For about one dollar per card, you can help our youth attend camps, cons or General Assembly! Look for the youth table on the lower patio at Hillcrest, or in the social hour space at our South Bay Campus beginning Sunday, October 13. Sales will continue until November 10, and all cards ordered can be picked up at church at either campus when the cards arrive, usually 7-10 days after the order is submitted.

Käthe Larick
Youth Programs Coordinator
(619) 398-4440
Email: kathe@firstusuandiego.org
TALENT  If you have a Talent for conversation, listening, or simply being with others in respectful silence, you can use that Talent to help create community. Wisdom Circles and Neighborhood Groups are two ways to be generous with your Talents, and there are many more! Find opportunities on the website or here in The Window.

TREASURE  Parties! Weddings! Receptions! Recitals! All these (and more) can be held right here at First UU. We have rooms of different shapes and sizes, plus event coordinators, AV options, and catering available if needed. Prices are excellent - and First UU benefits, too. Check out the Facilities page of our website for more information, and tell your friends.

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!

What’s happening in October? Stop by the Gift Card table on October 6 to order your gift cards for fall, harvest, and moving into the holiday season! What gift cards do you need for you and your family? What gift cards would make a perfect, easy gift for someone you know?

Connections

Becoming A Member Orientation
October 6, 10:45 am, Room 321. Are you interested in membership? Come learn about what being a member of First UU Church means, how to start the process, and how to get more involved in this community. This meeting usually lasts around half an hour, depending on how many people attend. Questions? Contact Jenner@firstuusandiego.org.

Save the Date:
Making Connections at First UU – Sunday November 3, 10:45 am, Room 321.

Jenner Daelyn is the Connections Coordinator and Scheduler at First UU Church, and is happy to help you connect to activities, or to answer your questions about membership! She is in the office on Sunday - Thursday (scheduler hours 2:30 pm - 5:30 pm) and can be reached by email at jenner@firstuusandiego.org or by phone at 619-398-4443.

Arts & Crafts Social
2nd Wednesdays • 6 PM—8PM • Common Room
A monthly meet up focused on building community while being creative! Bring your own projects to work on, or enjoy fun coloring sheets and paper crafts while chatting with new friends. Come and go as you please. Open to folks of all ages and experience levels!
Saturday, October 5, 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](#).

Sunday, October 6, 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)

Singletarian Senior Singles Luncheon
Sunday, October 6, 12:30 pm, Olive Garden, 3125 Sports Arena Blvd, 619-226-2124. Contact Mac Downing 619-542-9320.

**Signing Social**
Sunday, October 6, 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).

**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. 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.

**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.

**UU South Bay Neighborhood Group**
Sunday, October 6, 5 pm, Carolyn and Peter Woodbury’s home, Chula Vista (Eastlake). All UUs invited. Please RSVP or get more details at: 619-397-0993, or at uuyankee@gmail.com Bring your favorite food and drink to share.

Monday, October 7, 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.

**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](#).

Tuesday, October 8, 2019

**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 lamentsations, 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.

**Sufi Healing with Jamil Larry Sweet**
Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact [lsweet@cox.net](mailto:lsweet@cox.net).

Wednesday, October 9, 2019

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

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

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), 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.

Big Questions
Thursday (second) October 10, 1 pm, South Bay. Our South Bay Big Questions groups is now meeting! This month of October, we will be discussing the question “Why do people believe in god or gods?” We hope to see you there.

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. Maureen McNair 619-427-1769 or memcnair948@gmail.com.

Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), October 11, 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.

Kirtan Peace Vibrations
Saturday, October 12, 6:30 pm — 8 pm, Room 323. 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 Unitarian Universalist Christian Study Group
Sundays, October 13, 1 pm, Room 321. Join us for the Unitarian Universalist Christian study group.

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 cmaack5313@gmail.com or Ed Carroll 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.

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. Contact Marv Pulliam at 310-779-2053 for more information.
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
Käthe Larick, Youth Programs Coordinator
Connie Haynes, 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
619-238-9978 • 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