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.

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

Hilcrest Services
9:30 am and 11:30 am

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

October 20, 2019
"What a Question Can Give"
Rev. Tania Márquez, Assistant Minister
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

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

October 20, 2019
"What Local Justice Looks Like"
Rev. Kathleen Owens, Lead Minister

October Generosity Offering
Community Christian Service Agency (CCSA)
The Community Christian Service Agency (CCSA), an ecumenical Christian agency, relies on the generosity and continued support of 32 member churches, to do their work. They are extremely grateful to be able to serve additional families with First UU’s generosity offering.

Journey Toward Wholeness (JTW)
What Can I Do?
Change is hard and institutional change—building a plane while flying it—is daunting. We did it when we transitioned to Policy Governance and we’re doing it again as we work to become more inclusive, anti-racist, and anti-oppressive. Why are we (and the UUA) doing this? Rev. Leslie Takahashi of the UUA’s Commission on Institutional Change answers that question:
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.

Visioning the Future
Rev. Kathleen's notes from the September 21, 2019 Living the Homestretch meeting can be read on our website at http://www.firstuusandiego.org/visioning.

Trick or Treat for UNICEF
TRICK OR TREAT FOR UNICEF is not just for kids! Boxes will be available at the RE table in Hillcrest and at South Bay. Even if you don't have children, take a box and collect change at work or at home. Please bring a check made out to U.S. Committee for UNICEF for the amount collected on Sunday Nov. 3. Thanks for helping children around the world!

— Everardo Aguilar, UU United Nations Office Envoy

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 (VTF) 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 Lifespan 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 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.

You can follow us on Twitter! Our user name is @firstuusd.

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 the coming weeks.

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.

The Specialty Bazaar Is Here!
Saturday, October 12, 8 am — 1 pm! Join us at the Specialty Bazaar to shop for fabulous art and collectibles, fine and costume jewelry, and fashionable hats, scarves and handbags. Just in time for the holidays, this church fundraiser offers great opportunities for unique gifts at bargain prices, and it's just the thing to spruce up your home or wardrobe without breaking the bank. Don't miss this great sale, and bring your appetites to buy goodies from our Youth Group, to help them raise money for G.A.!

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 kvolong1@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.

Singletarian Senior Singles Luncheon
Sunday, October 13, 12:30 pm, Aladin’s, M101 Vermont Ave., at Vermont Way, Hillcrest, near Trader Joe’s, 619-574-1111. Contact Mac Downing home 619-542-9320.

Pagan Conversations
Sunday, October 13, 1 pm — 2:30 pm, Room 323. Join us in a conversation about our church theme, Intentional Inclusion.
What's Happening?

The Unitarian Universalist Christian Study Group
Sundays, October 13, 1 pm, Room 321. Rasa: The Essence of Healing and Wholeness with Arjay Palmer. Join us next Sunday as we look at the Eastern Orthodox tradition of the Greek and Russian churches.

Signing Social
Sunday, October 13, 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 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.

Fall Work Camp at de Benneville Pines
Monday — Wednesday, October 14 — 16. Free food and accommodations. Arrive Monday afternoon after dinner, work Tuesday, Wednesday into afternoon. Raking, wood stacking, etc. Register early, this will fill up! Online: Search for uucamp.org, select “Camps and Retreats,” select “Camp Calendar” then click on “Fall Work.” Email registrar: registrar@uucamp.org. For more information, or ride sharing (drivers needed) contact Mac: m2cdowd@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.

Chalice Choir
Wednesday, October 16, 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.

Tea Talks/Charlas con té with Reverend Tania
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. First session, October 17.

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
Saturdays (third), October 19, 10 am, Bard Hall. Living the Homestretch is an ongoing monthly gathering with programs that cover topics of interest to those of us in our later years striving to live these years to the fullest. The session will be co-hosted by Rev. Jim Grant and Marv Pulliam, with special messages from church members Elaine Durson and Barbara Carlstein. 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 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 jjcrosley@hotmail.com or Alyse at alysefs@hotmail.com, or call Alyse at 858-689-2451.

Friends of deBenneville
Sunday, October 20, 5 pm, At the Schaiyls’. Join the Friends of deBenneville for a 5 pm Social Hour, 6 pm potluck, and 7 pm meeting at the Schaiyls’, 6659 Edmonton Ave, San Diego, 858-453-5990.

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

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

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.

Cosmos
Sundays (first), November 3, 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.

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, cjmack13@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 multigenerational 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 kiakiali@gmail.com.

Vespers Service: Responding to Gun Violence
Tuesday (second), November 12, 6 pm — 6:30 pm, Chapel. Your ministers will hold a monthly vesper 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, November 14, 6 pm, Room 320. Everyone is welcome to join our discussion of “Robinson Crusoe” by Daniel Defoe. Maureen McNair 619-427-1769 or memcnair948@gmail.com.

The Shared Task of Theological Education:
A Conversation with Dr. Elias Ortega, President,
Meadville Lombard Theological School
Friday, November 22, 5 pm, Bard Hall. Why is UU theological education essential in these challenging times? And what does it mean to share this task? Please join us in a conversation with Dr. Elias Ortega, President of Meadville Lombard Theological School, our UU identity seminary in Chicago. Buffet of appetizers will be available. Dr. Ortega assumed the office of president this summer. He also serves the larger UU movement as a member of the UUA's Commission on Institutional Change. This is a great opportunity to meet Dr. Ortega and hear his vision of UU theological education. FREE admission, but please register at: www.meet-dr-ortega.eventbrite.com.

Conscious Communication
Mondays, through 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.

Church Directory Pictures
It's time to update your Membership Directory photo! Submit your pictures to: rose@firstuusandiego.org or ask Rose to take one for you. You may have a picture of you alone, or with your partner, or family, or pet!

The deadline for the next issue of The Window is: October 16 (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
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@firstuusdiego.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, topis 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@firstuusdiego.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.

Living the Homestretch
Saturdays (third), October 19, 10 am, Bard Hall. Living the Homestretch is an ongoing monthly gathering with programs that cover topics of interest to those of us in our later years striving to live these years to the fullest. The session will be co-hosted by Rev. Jim Grant and Marv Pulliam, with special messages from church members Elaine Durson and Barbara Carlstein. Contact Marv Pulliam at 310-779-2053 for more information.

Altar Building at South Bay
Stay after service on October 20 to help us build our altar for Day of the Dead.

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.

Day of the Dead Service
On October 27, we will be having our Day of the Dead Sunday service. Bring pictures and mementos of your beloved dead to place on our altar.

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.firstuusdiego.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

Day of the Dead Vespers Service
November 1, 7 pm, South Bay. Join Rev. Tania for an intimate service remembering our beloved dead. We’ll get to share stories, sing songs and break bread together.

Big Questions
Thursday (second) November 14, 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.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (second) November 14, 3:30 pm — 5 pm, South Bay Campus. 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.

Karla Alvarez-Malo, South Bay Campus Administrative Assistant (619)271-5017 Email: karla@firstuusdiego.org
Social Justice

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.

Organizing 4 Justice
Tuesday, October 22, 6:30 pm, Bard Hall. First UU’s Organizing 4 Justice Team will host an action with San Diego District 3 Councilmember and First Church member Chris Ward. Chris is Chair of the San Diego County Regional Task Force on the Homeless, and serves as Chair of the Economic Development and Intergovernmental Relations Committee, Vice Chair of the Committee on Active Transportation and Infrastructure, and Vice Chair of the Committee on Land Use and Housing. The meeting will be moderated by a member of the Organizing 4 Justice Team and will focus on housing issues such as local implementation for AB 1482 (the nation’s strongest renter protection law, recently signed by Gov Newsom) and other proposed protections for renters, vacation rentals and proposed vacancy tax, housing for the mentally ill homeless, and expunging eviction records.

Transgender Inclusion in Congregations
a 6-session online course

First UU Church of San Diego is renewing our Welcoming Congregation status for the year and we need YOUR help.

What can you do? Participate in the fourth Practice of Welcome Renewal: experiencing a Welcoming Congregation Module!

We have secured congregational, lifetime access to the UUA-approved webinar series, “Transgender Inclusion in Congregations," from the Transforming Hearts Collective.

To enroll in the 6-session online course, contact Angela, Social Justice Coordinator (angela@firstuuandsd.org).

1st UU Church and San Diego Organizing Project Action Meeting With
San Diego City Council Member and Candidate for State Legislature District 78
Chris Ward

Topics: Housing, Homelessness, Renter Protections and Sustainability Policies

When: Tuesday, October 22, 2019, 6pm-8pm

Where: First Unitarian Universalist Church
4190 Front Street
San Diego, CA 92103

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

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

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

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**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

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 by email at kswift@firstuusandiego.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 November 3 between services.

**Children’s Choir**

There will be no Children’s Choir rehearsal on Sunday, Oct 13, but all children ages 5-12 are invited to join us as rehearsals resume the following Sunday, Oct. 20 at 10:45 am in Room 113. For more information, contact Tony Bianca at tony@firstuusandiego.org.

**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.

For more information about any of our Children’s Programming contact Kathleen Swift.
Youth

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
Help Support Youth Leadership
All Proceeds Benefit the Youth Program Scholarship Fund

Beginning 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. Make checks payable to 1st UU Church of San Diego with Youth Program Cards in the memo area - Online/credit card payments available via the 1st UU website—click “Donate” then choose “Other” for the fund and put youth program fundraiser in the comments box.

Käthe Larick
Youth Programs Coordinator
(619) 398-4440
Email: kathe@firstuuandsd.org
Generosity Ministry Team

Generosity Through Time, Talent and Treasure

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 Your junk can be First UU’s treasure! If Spring Cleaning means getting rid of a car, truck, motorcycle, boat, or other vehicle, you can make it easy by donating to your community. Look on our website under “Giving”, or call (877) 537-5277.

TIME Do you shop at either Ralph’s or Food4Less? If you do, please take the time to register in the Ralph’s Community Contribution Program (Ralphs.com, under the Savings & Rewards menu) It will take a few weeks to be in effect, but once you’re registered all you have to do is put in your phone number every time you shop, and First UU will get a percentage!

To learn more about First UU’s B&B program, go to our church website scroll down, and click on “B&B Program.” Or email BandBTeam@firstuusandiego.org.

Connections

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

“People leave traces of themselves where they feel most comfortable, most worthwhile.” – Friedrich Nietzsche

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!
**Friday, October 11, 2019**

**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.

**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. Ongoing, drop in.

**Saturday, October 12, 2019**

**The Specialty Bazaar Is Here!**
Saturday, October 12, 8 am — 1 pm! Join us at the Specialty Bazaar! Just in time for the holidays! Don’t miss this great sale, and bring your appetites to buy goodies from our Youth Group, to help them raise money for G.A.!

**Insight SD Sitting Group/Dharma Study**
Saturdays, 9:30 am — 11:30 am, Bard Hall. 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 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. James Long [kyolong1@gmail.com](mailto: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 a deeply-rooted peace can be experienced. No experience is necessary.

**Sunday, October 13, 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)**

**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.

**Singletonarian Senior Singles Luncheon**
Sunday, October 13, 12:30 pm, Aladin’s, M101 Vermont Ave, at Vermont Way, Hillcrest, near Trader Joe’s, 619-574-1111. Contact Mac Downing 619-542-9320.

**Pagan Conversations**
Sunday, October 13, 1 pm — 2:30 pm, Room 323. Join us in a conversation about our church theme, Intentional Inclusion.

**The Unitarian Universalist Christian Study Group**
Sundays, October 13, 1 pm, Room 321. Rasa: The Essence of Healing and Wholeness with Arjay Palmer.

**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 [gerfl@pacbell.net](mailto:gerfl@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.

**The Hillcrest Folksong Circle**
Sunday, October 13 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. Come and sing, just for fun. Connie Mack [cmack5313@gmail.com](mailto:cmack5313@gmail.com) or Ed McCarr [EdMcC@comsimplicity.com](mailto:EdMcC@comsimplicity.com).

**Monday, October 14, 2019**

**Yoga**
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.

**Coping with Chronic Conditions**
October 14, (second and fourth Mondays) 1 pm — 2:30 pm, Common Room. A support group for those who deal with chronic and long-term physical conditions. Contact Chris Smith at 619-300-7477 or Marilyn Hanson at 619-692-8101. Fragrance-free event.
### Tuesday, October 15, 2019

**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.

**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

### Wednesday, October 16, 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 johnhall@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!

### Thursday, October 17, 2019

**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.

**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.

## Upcoming Events

**Living the Homestretch**
Saturday, October 19, 10 am, Bard Hall. Living the Homestretch is an ongoing monthly gathering with programs that cover topics of interest to those of us in our later years striving to live these years to the fullest. Contact Marv Pulliam at 310-779-2053 for more information.

**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.

**Friends of deBenneville**
Sunday, October 20, 5 pm, At the Schaiblys’. Join the Friends of deBenneville for a 5 pm Social Hour, 6 pm potluck, and 7 pm meeting at the Schaiblys’, 6659 Edmonton Ave, San Diego, 858-453-5990.

**Insight SD Greeting the Heavenly Messengers Affinity Group**
Thursdays (second and fourth), October 24, 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.

**Candlelight Kirtan**
Thursday, Oct 24, 7 pm — 8 pm, Room 323. Join us for an evening by candlelight and experience mantra meditation, gauranga breathing, japa meditation in a non-denominational practice, with award-winning Spirit Soul and Friends. Contact James Long at kyonlong@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 medical common problems that affect men as they age; benign prostatic hyperplasia (BPH) also called prostate gland enlargement, and prostate cancer.

**Cosmos**
Sundays (first), November 3, 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.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Léonce 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 Kornychuk, 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

Board of Trustees
Rhiannon Smith, President
Sarah Ormond, Vice President
James Long, Treasurer
Angela Garcia-Sims, Secretary
Laura Ball, Andrea Gonzalez, Brian Kroehe, 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 (UU's 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