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 20, 2019
"What a Question Can Give"
Rev. Tania Márquez, Assistant Minister
Music: Chalice Choir

October 27, 2019
"Dia de muertos"
Rev. Kathleen Owens, Lead Minister & Lay Leaders
Music: Mariachi

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

South Bay Bilingual Service
9:30 am

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

October 27, 2019
"Dia de muertos"
Rev. Tania Márquez, Assistant Minister

October Generosity Offering
Community Christian Service Agency (CCSA)

In 2018, the Community Christian Service Agency (CCSA), an ecumenical Christian agency, served over 30,000 individuals with food and clothing & provided 683 backpacks to needy children in San Diego County. From the organization: “We are extremely grateful to be able to serve additional families with this donation.”

Journey Toward Wholeness (JTW)
What Can I Do?

Our October/November 2019 session of Beloved Conversations: Meditations on Race & Ethnicity has begun with 39 participants. When the session ends, 70 members—more than 10% of the congregation—will have participated. Talk with one of them about their experience. Then consider participating in our 3rd (February/March 2020) session.

Dates & more information is now on the JTW webpage:
www.firstuusandiego.org/journey-toward-wholeness
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.

Flooding in Welcome Center lower floor
On Sunday, Oct 13, there was minor sewer flooding on the ground floor of the Welcome Center just outside the restrooms and the elevator, as well as the commercial kitchen. This was due to our sewer ejector pump malfunctioning. These areas are inaccessible at this time until they are completely dry and disinfected. Please contact Robie Evans at robie@firstuusandiego.org if more information is needed.

Specialty Bazaar a Huge Success!
We had such a successful past weekend with our Specialty Bazaar, which grossed $6,280 in sales. We would like to hold up the work of Rhea Kuhlman as Chair of this event: she led with an even keel, was a master of positivity, and was warm and welcoming to all. Plus, all of the volunteers who helped sort, clean, price, sell, clean up, etc. were amazing and had a good time in community together. No wonder it was such a success! A huge thank you to everyone who helped.

New Visioning the Future Info available!
There is new info presented on our “Visioning” webpage with a summary of why we are doing this important work. www.firstuusandiego.org/visioning.

Gift Cards
Starting in November we’ll be selling gift cards on the patio every week until Christmas. You’ll be able to get cards that are perfect as stocking stuffers, cards for the stores where you shop, and of course any of the cards you or others might use for groceries, restaurants, pharmacies, gas, clothing and entertainment. Questions? Contact Sue Marberry: smarberry@cox.net.

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

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 jrcrosley@hotmail.com or Alyse at alysefs@hotmail.com, or 858-689-2451.

Singleteran Senior Singles Luncheon
Sunday, October 20, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Contact Mac Downing home 619-542-9320.

The Unitarian Universalist Christian Study Group
Sundays, October 20, 1 pm, Room 321. Roman Catholic vs. Eastern Orthodox Orthodox: A Tale of two churches. Join us as we look at how the great Church of the Roman Empire ended up split in half: similar but very different. With lessons for the 21st Century.

 Signing Social
Sunday, October 20, 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.

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.

Our latest Annual Report is available on our First UU website. Find it in the members area!

http://www.firstuusandiego.org/members-area

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

Memory Matters Gathering
Fridays (second and fourth), October 25, 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.

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.

Coping with Chronic Conditions
October 28, (second and fourth Mondays) 1 pm — 2:30 pm, Common Room. A support group for folks with long-term conditions of any type. Our meeting is in the Common Room and is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510 for more information.

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.

5th Tuesday with JTW
Tuesday, October 29, 6 pm — 8 pm, Common Room. Join JTW and the Board of Trustees for a conversation about our welcome words for worship. We will discuss ways to ensure our welcome words reflect who we are and who we aspire to be as a congregation, while affirming all who come through our doors. All are welcome to participate.

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. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@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 kiakjali@gmail.com.

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!

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
What’s Happening?

Dances of Universal Peace
Saturdays (second), November 9, 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) November 10, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, November 10 (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 cdeck5313@gmail.com or Ed McCarrall EdMcC@comsimplicity.com.

Vespers Service: Responding to Gun Violence
Tuesday (second), November 12, 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, 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. Published 300 years ago in 1719, it is widely considered the first modern novel written in English. For our December 12 meeting, we'll discuss "Less" by Andrew Sean Greer. Maureen McNair 619-427-1769 or memcnair948@gmail.com.

Seeds Through Song
Saturday, November 16, 7:30 pm, Meeting House. A Concert Benefiting UURISE to Seed a Micro-Loan Program for Immigrants & Refugees featuring Emma’s Revolution & Peter Mayer. Tickets on sale now at bit.ly/UURISEseeds.

Monthly Board Meeting
Tuesdays (third), November 19, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), November 19, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (third), November 21, 4 pm — 5:30 pm, Room 320. 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.

Burrito Project
Thursdays (third), November 21, 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.

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, please register at: www.meet-dr-ortega.eventbrite.com.

Mindful Dying: Preparing for Our Own Farewell
 Saturdays, November 23 and 30, December 7 and 14, 9:30 am — 12:30 pm, Clark Chapel. Leader: The Rev. Dr. Tom Owen-Towle, minister emeritus. As bona fide heretics (“choice-makers”), UUs are challenged to address the social and spiritual aspects of our own death. During these supportive sessions, we will share notes on our pressing fears as well as elements of a “good death”. We will also compose a “life review” and consider plans for our own memorial service. Materials will be provided but bring your own bottle of water.
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

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

October 27, 2019  "Día de muertos"
Rev. Tania Márquez, Assistant 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.wikipeDía.org/wiki/Calaveras_literarias
and http://es.wikipeDía.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, topsie 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.

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 Carlestein. Contact Marv Pulliam at 310-779-2053 for more information.
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, cjimack13@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.

Annual All Peoples Celebration Breakfast
The Social Justice Ministry Team will again sponsor tables for the Annual All Peoples Celebration breakfast, which celebrates the life and legacy of Dr. Martin Luther King! It will be held on Monday, January 20, 2020 in Balboa Park. Please call Sylvia Ollinger at 858-689-9185 right away to have access to the early bird ticket price of $65.

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, life-time 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@firstuusandiego.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, CORRECTION: 6:30pm-8pm

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

Angela Fujii
Social Justice Coordinator

(619) 398-4445

Email: angela@firstuusandiego.org
Children's Religious Education (CRE)

This Week in Family Ministry
Our children and youth are participating in classes during the 9:30 am 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 Swift 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 Night Out
Tuesday, Oct 22, 5:30 pm — 8:30 pm. Drop off your children ages 5 & older for pizza, crafts and a movie while you have the time to do whatever you like! RSVP to tony@firstuusandiego.org.

Parent’s Lounge
Our next Parent’s Lounge will take place on November 3 between services.

Children’s Choir
Children’s Choir will rehearse on 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.

Youth

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

The youth program is having a 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. 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 First UU website—click “Donate” then choose “Other” for the fund and put youth program fundraiser in the comments box.
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 it 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 BandBTTeam@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!
SEEDS THROUGH SONG
A Concert Benefitting UURISE

Featuring Emma’s Revolution & Peter Mayer

First Unitarian
Universalist Church of
San Diego
4190 Front Street, San Diego 92103
GPS: 298 W Arbor Dr.
San Diego

Saturday
November 16
2019

6:00 PM
VIP Reception
7:30 PM
Concert

Join us for a magical evening of live music as we shift possibility into power with the seeding of a micro-loan program for immigrants & refugees.

$60 VIP Reception & Concert
$40 Concert
$30 Pre-sale Concert

For Tickets:
Bit.ly/UURISEseeds
www.uurise.org

UURISE is a 501(c)3 nonprofit organization EIN 26-0212489
**Friday, October 18, 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.

**Saturday, October 19, 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](#).

**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 in our later years striving to live these years to the fullest. Contact Marv Pulliam at 310-779-2053 for information.

**Sunday, October 20, 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 at [johnholl@cox.net](mailto:johnholl@cox.net) or call 619-546-6525.

**Hillcrest Worship Services:** 9:30 am and 11:30 am, Meeting House (see front page for topics)
**South Bay Worship Service:** 9:30 am (see front page for topics)

**Organizing4Justice / SDOP / Faith in Action**
Sundays (third), October 20, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie at [cimack13@icloud.com](mailto:cimack13@icloud.com) for information.

**Singletarian Senior Singles Luncheon**
Sunday, October 20, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Contact Mac Downing 619-542-9320.

**The Unitarian Universalist Christian Study Group**
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**Signing Social**
Sunday, October 20, 1 pm — 2 pm, Library. Signing Social! Join us to practice communicating in American Sign Language, and build our signing community. All welcome - “voices off.” Contact Laurie Gerber at [gerbl@pacbell.net](mailto:gerbl@pacbell.net).

**Open-Heart Buddhist Sangha**
Sundays from 4 pm — 6 pm, Room 323. Practicing in the tradition of Vietnamese Zen Master Thich Nhat Hanh. Bring a cushion or mat to sit on. Chairs will be available. Open to everyone; drop in.

**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.

**Tuesday, October 22, 2019**

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

**Wednesday, October 23, 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!

**Thursday, October 24, 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.

**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 kyolong@gmail.com.
Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), October 25, 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.

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.

Coping with Chronic Conditions
October 28, (second and fourth Mondays) 1 pm — 2:30 pm, Common Room. A support group for folks with long-term conditions of any type. Our meeting is in the Common Room and is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510.

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.

Insight SD Social and Climate Justice Affinity Group
Mondays (first) November 4, 6:30 pm — 8 pm, Room 323. This monthly Insight San Diego group welcomes anyone interested in exploring the deep connections between Buddhist dharma practice and social and climate justice. For more information, click here.

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), November 6, 6:30 pm, Common Room. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@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 kiakiali@gmail.com.

Dances of Universal Peace
Saturdays (second), November 9, 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) November 10, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, November 10 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. We have songbooks and we use “Rise Up Singing” and “Rise Again.” We go around the circle and you may teach or perform a song, or request a song from one of the songbooks. Come and sing, just for fun. Connie Mack cmack5313@gmail.com or Ed McCarroll EdMcC@comsimplicity.com.

Vespers Service: Responding to Gun Violence
Tuesday (second), November 12, 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), November 14, 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.
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 Hayes, Bookkeeper / Controller
Rose Riedel, Office Administrator
Angela Fuji, Social Justice Coordinator
Jennifer Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Pam Bates, Database Analyst
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Eppler, Event Coordinator

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(UUs of the South Bay)

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Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

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