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

November 3, 2019
"Belonging and the Future of Church"
Rev. Kathleen Owens, Lead Minister
Music: Chalice and Children's Choirs

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

South Bay Bilingual Service
9:30 am

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

November 3, 2019
"The Stuff of Stars"
Rev. Tania Márquez, Assistant Minister

October Generosity Offering
Community Christian Service Agency
In 2018, the Community Christian Service Agency (CCSA), an ecumenical Christian agency, distributed 300+ Christmas food baskets to families in San Diego. 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?
Consider attending one or more days of the FREE San Diego State University Conference “Native Truth & Healing: The Genocide of the First Peoples of California.” The November 21-24 conference will include presentations, music, documentary films, & political action session. For more information & to register, go to https://www.sdsu.edu/conferences/native-truth-and-healing.
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.

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 UNO Envoy

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 affect people in this role. Contact Katy Swanson at 562-346-4787, or Mary Ann Harper at 858-566-8740. Please RSVP, if possible.

Singletarian Senior Singles Luncheon
Sunday, October 27, 12:30 pm, Red Lobster, 3760 Sports Arena Blvd, 619-226-1057. Contact Mac Downing home 619-542-9320.

Pagan Conversations
Sunday, October 27, 1 pm — 2:30 pm, Room 114b. Join us to discuss the season of Samhain.

The Unitarian Universalist Christian Study Group
Sundays, October 27, 1 pm, Room 321. The Orthodox Monks of Mount Anthos. The 60 Minute Special. Join us for a rare look into an ancient monastic tradition that goes back to earliest centuries of the Christian Church.

Signing Social
Sunday, October 27, 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@pachell.net.

The Greater Beach Neighborhood Group
Sunday, October 27, 5 pm, at Julie McKane’s house, 4221 Dakota Drive. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at harootuniana@yahoo.com.

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.

Samhain
Saturday, November 2, 6:30 pm — 8:30 pm, Meeting House. Samhain is a gathering time to honor our ancestors. Join us in ritual followed by a potluck. Please note, this is a somber time with our beloved dead. We will not have a Children's Circle for this ritual and suggest that it may be too intense for small children.

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?

**Food Insecurity and Stigma of Food Assistance**

**Board Discussion on Patio**

Sunday, November 3, 10:30 am, on patio at the Board of Trustees table. Everyone is invited to stop by on the Board of Trustees table on the patio November 3, during social hour, between services. We want to hear from you about food insecurity, what our responsibility is to our community and within our congregation, and other food issues. Before stopping by, please read and listen to the talk here [The Shocking Truth of Food Insecurity](#) and the article here [Challenging Stigma of Food Assistance](#). James Long, Board Treasurer, kyolong1@gmail.com.

**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. DRRUMM 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. Contact Kia Bordner kiajiali@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 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 cmack5513@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, 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.

**Living the Homestretch**

Saturdays (third), November 16, 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.

**Seeds Through Song**


**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 tés 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.

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

**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.

**Medical Equipment For Loan**
This is a reminder that the church has various medical equipment items for short term loan. Contact Chris Smith at chris.smith7@cox.net or Peggy Holl at peggyholl@cox.net.

**Church Directory Pictures**
It’s time to update your Membership Directory photo! Submit your pictures to: rose@firsttuusandiego.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? You can follow us on Instagram; our user name is @firsttuusd. Tag us in your pictures! #firsttuusd

The deadline for the next issue of The Window is:
October 30 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: rose@firsttuusandiego.org
**The Window submission maximum is 60 words**
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 below:
Are you up to the challenge? Contact Rev. Tania at tania@firsttuusandiego.org and your poem may be featured during our Day of the Dead service.

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.

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 at South Bay Canceled
BUT... If you would still like to learn, teach and sing new and old songs in Spanish, the Song Circle will continue as an informal get-together at the home of Connie Mack. The exact dates and times may vary. We will try for once a month, most likely on a Sunday afternoon. If you came to one of the Song Circles in the Spring or in the Fall, and you want to continue, your name will automatically be on the list for the first Song Circle. When we have a list of names of those who want to attend, we can plan the dates... based on when the most people can come. If you did not make it to a circle yet... but would still like to, send an email and you will be put on the list to receive notices of the get-togethers. Only those who attended once, or expressed an interest will be on that list. For more information or to be put on the list to be notified of the events, contact Connie Mack c.mack5313@gmail.com.

Big Questions
Thursday (second) November 14, 1 pm, South Bay. Our South Bay Big Questions groups is now meeting! The month of November, we will be discussing the question "What do UUs worship?" 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.

Diverse Revolutionary UU Multicultural Ministries
Saturdays (third, every other month), November 16, 11 am — 1 pm, South Bay. DRUUMM is a Unitarian Universalist People of Color Ministry. A multi-generational collective of BIPOC from Black/African American, Indigenous & Native American, Latinx, Asian & Pacific Islander, Southwest Asian & North African, and multicultural backgrounds. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Our goal is to work towards anti-racism & healing in our shared UU faith. Help us lay the groundwork for a revitalized (metaphorical) “Cultural Community Garden” to help sustain us in these troubled times. Contact Kathleen Garcia-Horlor uukhorlor2@cox.net.

Organizing4Justice / SDOP / Faith in Action
Sundays (third), November 17, 11 am (after service), South Bay Social Hall. Please join us for Organizing4Justice / SDOP / Faith in Action. Contact Connie, cj.mack13@icloud.com, for information.

Food Insecurity and Stigma of Food Assistance
Board Discussion at South Bay
Sunday November 17, 10:30am, South Bay Social Hall. Everyone is invited to meet with a few members of the Board of Trustees in the South Bay Social Hall after the service. We want to hear from you about food insecurity, what our responsibility is to our community and congregation, and other food issues. Before the meeting, please read and listen to the talk here The Shocking Truth of Food Insecurity and the article here Challenging Stigma of Food Assistance. James Long, Board Treasurer, kvolatile1@gmail.com.
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.

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

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

UURISE is a 501(c)3 nonprofit organization EIN 26-0212489
Children's Religious Education (CRE)

This Week in Family Ministry
There will be no RE classes this Sunday, October 27. Children and youth are invited to attend the intergenerational services with their parents. 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 Lounge
Our next Parent's Lounge will take place on November 3 between services.

Children's Choir
There will be no rehearsal on Oct 27. Tony will be away for his wedding. The choir will perform at both services the following Sunday, Nov. 3. Children should be in the meeting house by 9 am and be prepared to stay through the Time for All Ages in the 2nd service.

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 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.

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 yous 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 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!
HALLOWEEN WORD SEARCH

I R V E P J S P O O K Y
A L A B U A B L Y W I S
W P M L M C O S T U M E
I A P A P K O H M Y C M
T R I C K O R T R E A T
C T R K I L U M O O N M
H Y E C N A M Y W A D S
H E R A E N M U M M Y R
I B A T G T Z O M B I E
F R A N K E N S T E I N
S P I D E R R H G H O S T
T N H A U N T E D D O W 😊

COSTUME  TRICK OR TREAT  GHOST
CANDY     SPOOKY      MUMMY
PUMPKIN    JACK-O-LANTERN   VAMPIRE
PARTY      HAUNTED       FRANKENSTEIN
MOON       BLACK CAT      WITCH
BOO        SPIDER        ZOMBIE
BAT

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHAT DID THE LITTLE VAMPIRE SAY IN THE HAUNTED HOUSE?

__________________

__________________

__________________

__________________! 😊
### Friday, October 25, 2019
**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. Ongoing, drop in.

### Saturday, October 26, 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 27, 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 [johnoll@cox.net](mailto:johnoll@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)

### Pagan Conversations
Sunday, October 27, 1 pm — 2:30 pm, Room 114b. Join us to discuss the season of Samhain.

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

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### Tuesday, October 29, 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 [lsweet@cox.net](mailto:lsweet@cox.net)

### Wednesday, October 30, 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 [johnoll@cox.net](mailto:johnoll@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 31, 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.
Upcoming Events

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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 Buddha 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.

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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 kiaiali@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 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 Carroll 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 Diegos 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.

Big Questions
Thursday (second) November 14, 1 pm, South Bay. Our South Bay Big Questions groups is now meeting! The month of November, we will be discussing the question “What do UUs worship?” We hope to see you there.

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.