October’s Transformational Theme: **Belonging**

**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.

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

**Hillcrest Services**
9:30 am and 11:30 am

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

**November 10, 2019**
"By What Name Would You be Called?"
Rev. John Millsapgh
Music: Women's Chorus

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

**South Bay Bilingual Service**
9:30 am

**November 3, 2019**
"Star Stuff"
Rev. Tania Máquez, Assistant Minister

**November 10, 2019**
"Belonging and the Future of Church"
Rev. Kathleen Owens, Lead Minister

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**November Generosity Offering**
**Interfaith Shelter**

In partnership with the Interfaith Shelter Network (ISN), First UU will again host the winter rotational shelter from December 15, 2019 – January 5, 2020. Based on years past, we anticipate needing ~$1,500 to cover three weeks of shelter. This month’s collection will support our rotation first and anything beyond that will be donated to ISN.

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**Journey Toward Wholeness (JTW)**
**What Can I Do?**

We all know the subject of race can be very touchy. Watch Mellody Hobson’s Ted Talk “Color Blind or Color Brave?” to hear why she thinks it’s so important to start talking about race to make for a better society.

[https://www.ted.com/talks/mellody_hobson_color_blind_or_color_brave?language=en](https://www.ted.com/talks/mellody_hobson_color_blind_or_color_brave?language=en)
What's Happening?

Our Church Family
A big shout out to Ken Herman who just won an Excellence in Journalism Award for 2019 from the San Diego Press Club: first place for his reviews of live performances in online and daily newspapers. Congrats Ken!

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 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, kylong1@gmail.com.

Singleton Senior Singles Luncheon
Sunday, November 3, 12:30 pm, Souplantation, 7095 Clairemont Mesa Blvd, 858-715-6824. Contact Mac Downing home 619-542-9320.

ASL Signing Social
Sunday, November 3, 1 pm — 2 pm, Library. Signing Social! Join us for socializing and activities for those with a working knowledge of ASL. Non-signers are always welcome to come and observe - "voices off." Contact Laurie Gerber at gerbl@pacbell.net.

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.

Middle and Far East Neighborhood Potluck
Sunday, November 3, 5 pm, 4200 Texas Street. The Middle and Far East Neighborhood Group will have a potluck hosted by John Keasler. RSVP: jcksdea@gmail.com.

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), November 6, 6:30 pm, Common Room. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furrh, furrh@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. Contact Kia Bordiner kiakiali@gmail.com.

You can follow us on Twitter! Our user name is @firstuusd.
Looking Glass Theatre Presents: 12 Angry Jurors  
Friday and Saturday, November 8 and 9, 7 pm, Meeting House. Sundays, November 10 and 17, 3 pm, Meeting House. Friday, November 15, 7 pm, South Bay. Come see Looking Glass Theatre’s production of 12 Angry Jurors at one (or more!) of five showings! Tickets are $13 Advance, $10 Student/Military, and $15 at the door.

Memory Matters Gathering  
Fridays (second and fourth), November 8, 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.

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 Klatich  
Sundays (second) November 10, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Unitarian Universalist Christian Study Group  
Sundays, November 10, 1 pm, Room 321. Join us for the Unitarian Universalist Christian study group.

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. Contact Connie Mack by email at cmack5313@gmail.com or Ed McCarroll by email at EdMcc@comsimplicity.com.

Coping with Chronic Conditions - Canceled  
November 11 meeting canceled. Next meeting to be held on November 25, 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.

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. Contact Maureen McNair at 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 information.

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.

Friends of de Benneville  
Sunday, November 17, 5 pm, at Caroline Clark’s, 2852 Copley Ave, Unit two. Join the Friends of deBenneville for a 5 pm social hour, 6 pm potluck, 7 pm meeting. Contact Caroline at 619 546-6996 or ucaroline@cox.net.

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 assemble and distribute hundreds of burritos for those living with hunger. 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 co-founded 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.

Did you know? You can follow us on Instagram; our user name is @firstusd. Tag us in your pictures! #firstusd
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.

Caregivers/Allies Support Group
Sundays (fourth), November 24, 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.

Save the Date!!
Sunday, November 24, at 4 pm, Meeting House. As part of the American Academy of Religion conference in San Diego this month, we’ll be showing the film “American Heretics” featuring our UU congregation in Tulsa, OK. More details coming soon.

Fourth Monday Meeting of the UU Men’s Fellowship
Monday, November 25, 6 pm — 9 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 Jim Grant entitled “Navigating the Loss of Professional Decline.” The presentation will deal with how we men can sometimes be so struck by loss of professional decline that we become stuck. On the other hand, by planning when our professional prestige is at maximum we’ll better navigate losses related to becoming an elder.

All Peoples Celebration
Monday, January 20, Balboa Park. Join others from First UU for the Annual All Peoples Celebration breakfast, which celebrates the life and legacy of Dr. Martin Luther King, Jr! This year’s theme is Be Heard. Be Counted. Belong. Tickets are available at the early bird price of $75. Call Sylvia at 858-689-9185 for more information.

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!

Daylight Savings Time ends
Sunday November 3
Remember to turn your clocks back one hour when you go to bed on Saturday
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.

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 cmack5313@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 uuukhorlor2@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, cjmack13@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, kyolong1@gmail.com.
**Interfaith Shelter Winter Rotation**
First UU will again host the Interfaith Shelter Network’s rotational shelter from December 15, 2019 - January 5, 2020. We’ve committed to an additional week to keep guests housed instead of closing the shelter and forcing guests back onto the streets. Ask questions, learn more about what’s involved, and sign-up for a shift (or two or three!) on Sundays on the patio at Hillcrest. Angela will be at South Bay to share information and the sign-up sheet on Sunday, November 17.

**Organizing 4 Justice (O4J) Meeting**
Wednesday, November 6, 6:30 pm, Common Room. O4J is First UU’s local organizing committee affiliated with the San Diego Organizing Project. Meetings are regularly held on the first Wednesday of the month. O4J will be building on their successful action meeting on October 22 with Council member Chris Ward on housing, homeless and other policy priorities and will start planning their civic engagement activities for 2020.

**Rainbow Action Coffee Klatch**
Sunday, November 10, 10:30 – 11:30, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

**Solace Meeting**
(Detention Visitation Program)
Tuesday, November 12, 6:30 pm, Common Room. Solace, our visitation program at Otay Mesa Detention Center, will hold their regular monthly meeting (second Tuesdays). They’ll share information for how to get involved, debrief recent visits to the detention center and discuss news, happenings and implications of current events.

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**Angela Fujii**
Social Justice Coordinator

(619) 398-4445

Email: angela@firstuusandiego.org

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**Daylight Saving Time Ends**
Set Clocks Back One Hour
Children’s Religious Education (CRE)

This Week in Family Ministry
This week Religious Education classes will be held during the 9:30 am service. There are no Religious Education classes during the 11:30 am service. 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
The choir will perform at both services on Sunday, November 3. Children should be in the Meeting House by 9 am and be prepared to stay through the Time for All Ages in the second 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**

**Sunday, November 3** - the 9:30 am middle school youth group will meet in Room 114a to explore the November worship theme, *Belonging*, as they celebrate “Heresy Sunday.” They will look at our UU origins and history, learn about our partner church in Romania, and enjoy some delicious treats. The 11:30 am YRUU group (Sr. High) will meet in Room 114b for fun, fellowship and their regular program activities.

**Sunday, November 10** - at 9:30 am middle school youth group will meet in Room 114a to explore UU views of *Genesis* and *Evolution*. The 11:30 am YRUU group (Sr. High) will meet in Room 114b for fun, worship, and stimulating discussion. They will plan their special activities for the rest of the year.

**Sunday, November 17** - at 9:30 am middle school youth group will meet in Room 114a to continue their examination of the November worship theme, *Belonging*. They will talk about our 7 Principles and 7 Sources and create “UU Rosaries” to use as a mnemonic device. The 11:30 am YRUU group will meet in Room 114b to enjoy their regular program activities.

**Sunday, November 24** - at 9:30 am middle school youth group will meet in Room 114a to celebrate a UU Thanksgiving. Youth and their Advisors are encouraged to bring their favorite treat to share, as the group talks about gratitude and how it manifests in their lives. The 11:30 am Sr. High group will meet in Room 114b for their Thanksgiving party. Everyone is invited to bring a sample of their favorite treat to share.

**Friday, November 29** - all youth are welcome to gather with their families and friends at 9 am in Room 114b to carpool up the Bates Nut Farm for the annual Post Thanksgiving field trip. We’ll take a stroll around the farm, have a hayride with Santa and shop at the special Thanksgiving weekend craft fair at the farm. We should be back to First UU no later than 5 pm.

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

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**Sr. High Winter Camp**  
*Friday, December 27 – Wednesday, January 1*  
**Spy Command (Youth Deans):**  
Brianna Greene and Amina El-Zatmah  
**Director of Operations (Adult Dean):**  
Rev. Matthew Funke Crary  
For information on registration, contact Laura Chamberlin, Registrar, registrar@uucamp.org or call 909-794-2928. Talk to Käthe Larick about scholarship possibilities!

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**Jr. High OWL is coming!**  
Stay tuned for more details but mark late January through early April on your calendars for this important course offering. All Youth in grades 7-9 and their parents are invited to participate.

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**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. 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. Make checks payable to First 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** Is one of your Talents the ability to talk to people? Do you talk about First UU? Many people are looking for a spiritual home, and don't know that there is a community of progressive, caring people, right here - and you're already a part of it! Use your Talent - let them know.

**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** Time is money! If you take a few minutes of your time to purchase Gift Cards on the first Sunday of the month on the Hillcrest patio, you get the full value of what you paid PLUS First UU gets a percentage. Use them for gifts, OR for things you'll be buying anyway - like groceries, clothes, plane tickets, chocolate, and more.

What’s happening in November? It’s finally starting to cool off! Stop by the Gift Card table on November 3 to order your gift cards for warm clothes and groceries for cooking and baking! If you don’t feel like making it yourself EVERY night, pick up a restaurant card - and maybe a movie card to go with it!

Connections

**Making Connections at First UU — This Sunday!** Sundays (first), November, December and February, 10:45 am, Room 321. Perfect for newcomers and visitors, this orientation is focused on the many groups and activities that take place on Sunday and throughout the week at First Church.

Unable to make it to a Dining 4 Dollar$ event that you won?
Consider sharing your spaces with folks who are new to the church! Open spaces are offered to people who have recently become members, have attended an orientation, or have expressed a desire to connect more deeply with the church community. Dining 4 Dollar$ events are great places to connect! If you are unable to attend an event that you won a space at and have not been able to find someone to go in your stead, please contact Jenner@firstuusandiego.org.

Open Meeting Times
If you want some help connecting, have questions about groups that meet on campus, or want to chat with Jenner about an idea you have for a mixer/social event, she is available throughout the week to meet with you. Please contact her to set up a meeting during one of these time slots:
Monday – 12 pm — 2 pm
Wednesday – 12 pm — 1 pm or 5:30 pm — 7 pm
Thursday – 12 pm — 2 pm

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!

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.
Saturday, November 2, 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](#).

Samhain
Saturday, November 2, 6:30 pm — 8:30 pm, Meeting House. We’ll begin in the traffic circle and will move into the Meeting House to honor our beloved dead. Be prepared to be outdoors for our potluck, which will be shared after the ritual. We will not have a Children’s Circle for this ritual and suggest that it may be too intense for small children.

Sunday, November 3, 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.

**South Bay Worship Service: 9:30 am (see front page for topics)**

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. James Long, Board Treasurer, [kyolong1@gmail.com](mailto:kyolong1@gmail.com).

**Singletarian Senior Singles Luncheon**
Sunday, November 3, 12:30 pm, Soupplantation, 7095 Clairemont Mesa Blvd, 858-715-6824. Contact Mac Downing 619-542-9320.

**ASL Signing Social**
Sunday, November 3, 1 pm — 2 pm, Library. Signing Social! Join us for socializing and activities for those with or without knowledge of ASL. Non-signers are always welcome to come and observe - “voices off.” Contact Laurie Gerber at [gerbl@pacbell.net](mailto:gerbl@pacbell.net).

**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.

**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.

**Middle and Far East Neighborhood Potluck**
Sunday, November 3, 5 pm, 4200 Texas Street. The Middle and Far East Neighborhood Group will have a potluck hosted by John Keasler. RSVP: jcksdca@gmail.com.

Monday, November 4, 2019
**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](#).

Tuesday, November 5, 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, November 6, 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 we will be a Dharma talk, and discussion. Contact [johnholl@cox.net](mailto:johnholl@cox.net) or 619-546-6525.

**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](mailto:ifurth@icloud.com).

**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, November 7, 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.

**Diverse Revolutionary UU Multicultural Ministries**
Thursdays (first), November 7, 6 pm, Room 323. DRUUWM 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. Kia Bordner [kia@kia@gmail.com](mailto:kia@kia@gmail.com).
Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), November 8, 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.

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 Unitarian Universalist Christian Study Group
Sundays, November 10, 1 pm, Room 321. Join us for the Unitarian Universalist Christian study group.

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 McCarroll EdMcC@comsimplicity.com.

Coping with Chronic Conditions - Canceled
November 11 meeting canceled. Next meeting to be held on November 25, 1 pm — 2:30 pm, Common Room.

Vesper 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, SD4GV (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.

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.

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.

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. Contact Kathleen Garcia-Horlor juukhorlor2@cox.net.

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, kyo1ong1@gmail.com.

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, cjmack13@icloud.com, for information.

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

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

Board of Trustees

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

Important E-mail Addresses:
General First Church E-mail: mail@firstuusandiego.org
Order of Service submissions: oos@firstuusandiego.org
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): window@firstuusandiego.org
First Church Web Site: website@firstuusandiego.org
http://www.firstuusandiego.org (Main site)
http://www.firstuusandiego.org/uuus-of-the-south-bay
(UUs of the South Bay)

Contact the Main Office (Hillcrest Campus):
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, California 92103
619-298-9978 • mail@firstuusandiego.org
www.firstuusandiego.org
Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

Contact the South Bay Campus (Chula Vista):
Unitarian Universalists of the South Bay
970 Broadway, Suite 101 & 104, Chula Vista, California, 91911
619-271-5017 • uusouthbay@firstuusandiego.org
www.firstuusandiego.org/uuus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement