November'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.

---

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

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

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

**November 17, 2019**
"A Life Defined by Generosity"
Rev. Kathleen Owens, Lead Minister
Music: Chalice Choir

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

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

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

**November 17, 2019**
"Building Tomorrow"
Rev. Tania Márquez, Assistant Minister

---

**November Generosity Offering**
**Interfaith Shelter Network**
First UU is hosting three weeks of the Interfaith Shelter Network's winter rotational shelter from December 15, 2019 – January 5, 2020. We have many roles to fill and ways to serve – contact Angela@firstuuandsandiego.org for more information. This generosity offering will support the shelter at First UU and any additional monies will be given to ISN.

---

The deadline for the next issue of The Window is:

November 13 (**Wednesday**) at 8 am

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

**The Window submission maximum is 60 words**
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!

Did You Know?
We have removed all toilet seat protector sheets from all rest rooms on our church campus. We have been finding several "clogged" toilets...meaning toilet paper and toilet seat protector sheets wadded up and left in the toilets so that they cannot be flushed. Our delicate sewer ejector pump system cannot handle these situations and neither can our plumbing pipes. We very much appreciate your understanding in this important matter.

Calling all Young Adults and Youth!
Our Music Coordinator, Lara Korneychuk, is facilitating a collaboration between Chalice Choir and Young Adults/Youth at First UU for the holiday season. We will be preparing a secular Christmas song to sing together in the services on Sunday, December 15, for Music Sunday. A young adult herself, Lara is excited to help you in any way she can to feel comfortable and prepared for a fun morning of singing. We will rehearse the tune on Wednesday nights for 20 minutes, and Lara will also send out practice tracks for at-home study! Please e-mail her to express your interest or for more details: lara@firstuusandiego.org.

Trick or Treat for UNICEF
Thank you to everyone who turned in their Trick or Treat donations. It's not too late! If you still have your UNICEF boxes, please turn in your donations to Tony in the RE office in Hillcrest or Everardo in South Bay.

Gift Cards
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.

Want to be a Song Leader?
If you are a confident singer and would like to serve the community by leading us in hymns and song on occasional Sundays in 2020, please contact Lara Korneychuk, Music Coordinator, at lara@firstuusandiego.org.

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 Hybetsen. This is a place for those who worry about memory problems and forgetfulness; and their care partners. The gathering, therapeutic and educational, enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in.

Kirtan Peace Vibrations
Saturday, November 9, 6:30 pm — 8 pm, Common Room. Join us for an evening of community friendship, peaceful Mantra Meditation, Gauranga Breathing, Japa Meditation, Gauranga drumming and MORE uplifting Kirtan as we joyously celebrate and gather together with award-winning group Spirit Soul and Friends. Kirtan is a living moving meditation, and a universally recommended practice. Contact James Long at kvolona1@gmail.com, RSVP.

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.

Signing Hub
Sunday, November 10, between services (10:30 am — 11:30 am), Patio. Our signing community will have a table, called the Signing Hub, we'll have introductory materials about ASL, and some new vocabulary and sentences to learn each week. For established signers, come and chat! The weekly Signing Social from 1 pm — 2 pm in the Library will now focus on socializing and activities for those with a working knowledge of ASL. Non-signers are welcome to come and observe.

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.

Singletonarian Senior Singles Luncheon
Sunday, November 10, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Contact Mac Downing at Mac.Downing@cox.net, or Rachel at Rachel@cox.net.

ASL Signing Social
Sunday, November 10, 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.

The Unitarian Universalist Christian Study Group
Sundays, November 10, 1 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer exploring the relationship the ancient concept of Rasa to the modern understanding of healing, wholeness and contemplation. Sunday, Nov. 17 — The conflict between science and faith with the 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 smack5513@gmail.com or Ed Carroll 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. Our annual “FUN” program. We are pleased to have special guests Paula Johnson and Andrea Newall-Lockett lead the program, including movement and singing followed by luncheon prepared by Chef Marcus. 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.

Leaf Raking Volunteer Camp 2019
Friday, November 15, to Sunday, November 17, Camp de Benneville Pines needs your help to get fire safe this season! Time to rake up the oak leaves and split some fire wood for winter. Good food, fresh air, cool temps, and the camaraderie of other volunteers are always guaranteed. Bring some work gloves and get ready to burn some calories. Space is reserved for 20 participants. Hope you will be one of them! More info at: www.uucamp.org/camps-retreats/family-camps/leaf-raking-volunteer-camp-2019.

Friends of de Benneville
Sunday, November 17, 5 pm, at Caroline Clark’s, 2852 Copley Ave, Unit Two. Join the Friends of de Benneville for a 5 pm social hour, 6 pm potluck, 7 pm meeting. Contact Caroline at 619 546-6996 or uucaroline@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 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. Attendance at every session is desirable but not mandatory. Leader: The Rev. Dr. Tom Owen-Towle, Minister Emeritus; Author of Homestretch: The Art of Finishing Well and Growing All the Way to Our Grave. 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 address “what happens to us after we die?” and “how do we wish to be remembered?” Participants will also compose a “life review” and begin mapping-out wishes and plans for our own memorial services. Materials will be provided but bring your own bottle of water.

Green Buddhism:
Practice and Compassionate Action in Uncertain Times
November 23, Saturday, 6 pm — 7:30 pm, Bard Hall. As intense fires rage and many species are lost, time is ever more urgent to address these ecological crises. How does our spirituality, especially Buddhist, empower us to respond. Please join us to hear Dr. Stephanie Kaza, an Emerita and leader of extensive environmental work at the U of Vermont. Stephanie earned a PhD in Marine Biology, UC Santa Cruz, 1979 and later an MA from Starr King in 1991.
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.

Cosmos
Sundays (first), December 1, 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.

An Advent Event
Sunday, December 1, 5:30 pm, Bard Hall. You are welcome to explore waiting, the ancient Advent theme. Topics will include:
• Why Wait or the folly of impatience.
• What are we waiting for (How we are enriched by waiting.)
In addition to presentation and discussion we will enjoy singing some traditional Advent songs. You are invited to bring finger foods to share. Paper products and beverages will be provided. “Advent is a time to slow down the hectic pace of life and get in touch with our longings, hopes and dreams.”

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), December 4, 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), December 5, 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 Bordner kia.bordner@gmail.com.

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.

Visioning the Future (VTF) forums
Upcoming Schedule
Sunday forums for Visioning the Future
from 10:45 am — 11:20 am in Bard Hall

We'll be recording each forum so those of you who can't participate will be able to watch it later. The link to the recording will be put on our church’s website, on the VTF page and in the Window. The recorded meeting will be available to you from Monday – Saturday following the forum. A new link and recording will be available after each Sunday forum.

Nov. 10 – Stay Sub-Committee – come and hear reports about the work of this sub-committee and some of the implications of what staying would mean.

Nov. 17 – Go Sub-Committee – come and hear reports about the work of this sub-committee and some of the implications of what going would mean.

Nov. 24 – Real Estate Sub-Committee – come and hear reports about the work of this sub-committee and considerations of potential areas.

Dec. 1 – Stay Sub-Committee – NOTE: this meeting will not be in Bard Hall but will be in the Clark Chapel.

Dec. 8 – Go Sub-Committee in Bard Hall.

Dec. 15 – Real Estate Sub-Committee in Bard Hall.

*Forums will resume in January and February. Please note that these forums will be focused solely on their areas of work. Any questions or comments outside the scope of the presenting sub-committees will be given to the chair of the appropriate sub-committee.

Visioning the Future
Check the VTF page of the website at www.firstuusandiego.org/visioning regularly as we will be updating information weekly!
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.

Big Questions
Thursday (second) November 14, 1 pm, South Bay. Our South Bay Big Questions group 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.

Living the Homestretch
Saturdays (third), November 16, 10 am, Bard Hall. Our annual “FUN” program. We are pleased to have special guests Paula Johnson and Andrea Newall-Lockett lead the program, including movement and singing followed by luncheon prepared by Chef Marcus. 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.

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, cimack13@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.

Karla Alvarez-Malo
South Bay Campus
Administrative Assistant
(619)271-5017
Email: karla@firstuusandiego.org
Our website
Our Facebook Page:
https://www.facebook.com/UUSouthBay
Social Justice

Angela Fujii
Social Justice Coordinator
(619) 398-4445
Email: angela@firstuusandiego.org

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.

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.

Green Buddhism: Practice and Compassionate Action in Uncertain Times
November 23, Saturday, 6 pm — 7:30 pm, Bard Hall. As intense fires rage and many species are lost, time is ever more urgent to address these ecological crises. How does our spirituality, especially Buddhist, empower us to respond. Please join us to hear Dr. Stephanie Kaza, an Emerita and leader of extensive environmental work at the U of Vermont. Stephanie earned a PhD in Marine Biology, UC Santa Cruz, 1979 and later an MA from Starr King in 1991.
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.

Please Register Your Students for RE
Registering your children helps us keep accurate records about the children we serve. Decisions about programming, demographics, special needs and budget are all impacted by the accuracy information we have. You can pick up a registration form on Sunday or register online through our church’s website.

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!

Children’s Choir
There will be no rehearsal on Sunday, November 10 as Tony will be at South Bay. Rehearsals will resume the following Sunday, November 17 at 10:45 am in Room 113.

Parent’s Lounge
Our next Parent’s Lounge will take place on December 1 between services.

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 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.

---

**Sr. High Winter Camp**

*Friday, December 27 – Wednesday, January 1*

**Spy Command (Youth Deans):**
Brianna Greene and Amina El-Zamatmah

**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!

---

**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.

---

**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.

---

**Käthe Larick**

*Youth Programs Coordinator*
(619) 398-4440
Email: kathe@firstuusandiego.org
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 Parties! Weddings! Receptions! Recitals! All these (and more) can be held right here at First UU. We have rooms of different shapes and sizes, plus event coordinators, AV options, and catering available if needed. Prices are excellent - and First UU benefits, too. Check out the Facilities page of our website for more information, and tell your friends!

TIME Time is money! If you take a few minutes of your time to purchase Gift Cards every Sunday through the holidays 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.

We Americans like stuff. We like accumulating material stuff, we always seem to need more stuff, and we also like to compare our stuff to our neighbor’s stuff. And we go stuff-crazy around the holidays, especially. Instead of filling up our lives with stuff, let’s concentrate on substance. Have a meaningful conversation with someone. Smile and offer to help someone. Sit still for 5 minutes and listen. Make time for older and wiser members of our population to impart some wisdom on the younger generations. If everyone asked a neighbor or a stranger they encountered “What is it like to be you?” this world could be a better place filled with more empathy and kindness and less stuff.

~ Angela Merchey

Connections

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; 5:30 pm — 7 pm
Thursday: 12 pm — 2 pm

Arts & Crafts Social
2nd Wednesdays • 6 PM—8 PM • Common Room
A monthly meet up focused on building community while being creative! Bring your own projects to work on, or enjoy fun coloring sheets and paper crafts while chatting with new friends. Come and go as you please. Open to folks of all ages and experience levels!
### Friday, November 8, 2019

**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. Ongoing, drop in.

**Looking Glass Theatre Presents: 12 Angry Jurors**
Friday, November 8, 7 pm, Meeting House. 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.

### Saturday, November 9, 2019

**Insight SD Sitting Group/Dharma Study**
Saturdays, 9:30 am — 11:30 am, Common Room. This weekly *Insight SD* group begins with 30 minutes of sitting meditation (late arrivals welcome) and continues with introductions, a dharma talk, and sharing. To sign up or find out more, [click here](#).

**Kirtan Peace Vibrations**
Saturday, November 9, 6:30 pm — 8 pm, Common Room. Join us for an evening of community friendship and MORE uplifting Kirtan as we joyously celebrate and gather together with award-winning group Spirit Soul and Friends. Kirtan is a living moving meditation, and a universally recommended practice. Contact James Long at kylong1@gmail.com. RSVP.

**Looking Glass Theatre Presents: 12 Angry Jurors**
Saturday, November 9, 7 pm, Meeting House. 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.

**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.

### Sunday, November 10, 2019

**Sunday Morning Meditation Sangha**
Sundays from 9 am — 9:20 am, Room 323. All are welcome for a silent sitting meditation before Worship each Sunday. For more information, contact John Holl [johnholl@cox.net](mailto:johnholl@cox.net) or call 619-546-6525.

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

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

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

**Singletarian Senior Singles Luncheon**
Sunday, November 10, 12:30 pm, Sizzler, 3755 Murphy Canyon Road, 858-278-6988. Contact Mac Downing 619-542-9320.

**The Unitarian Universalist Christian Study Group**
Sundays, November 10, 1 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer exploring the realationship the ancient concept of Rasa to the modern understanding of healing, wholeness and contemplation.

**ASL Signing Social**
Sunday, November 10, 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.

**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." Come and sing, just for fun. Connie Mack cmack5313@gmail.com or Ed McCarroll EdMcC@comsimplicity.com.

**Looking Glass Theatre Presents: 12 Angry Jurors**
Sunday, November 10, 3 pm, Meeting House. 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.

**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.

### Monday, November 11, 2019

**Coping with Chronic Conditions - Canceled**
November 11 meeting canceled. Next meeting to be held on November 25, 1 pm — 2:30 pm, Common Room.
Tuesday, November 12, 2019

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 Diegoans for Gun Violence Prevention) will join us and offer ways to connect with this work.

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

Wednesday, November 13, 2019

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

Young Adult Group — Ages 24-35
Wednesdays, 7 pm — 9 pm in Room 323. Connect, grow, and unwind. Each week, someone leads a discussion, introduces a game, and we share food and laughter. Come build community with us!

Thursday, November 14, 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), 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 group 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.

Upcoming Events

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 uukhorlor2@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, kyolong1@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, cjimack13@icloud.com, for information.

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.
Our Staff

Ministers:
Rev. Kathleen Owens, Lead Minister
Rev. Tania Márquez, Assistant Minister
Rev. Jim Grant and Rev. Lorne Broussard, Affiliated Ministers
Rev. Bonnie Tarwater, Rev. Katy Swanson, and Rev. Julie Forest
Affiliated Community Ministers
Rev. Dr. Carolyn S. Owen-Towle, Minister Emerita
Rev. Dr. Thomas A. Owen-Towle, Minister Emeritus

Music Staff:
Lara Kornechuk, 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 Fujii, Social Justice Coordinator
Jennfer Daelin, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Pam Bates, Database Analyst
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Epler, Event Coordinator

Board of Trustees

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

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

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

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