

# The Window

A Weekly Publication



## 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

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

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

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

November's Transformational Theme: **Democracy**

## Join Us Online!

### Sunday Morning Worship

November 15, 2020 9:30 am

**"The Dichotomy of Democracy"**

Matthew Waterman, *Intern Minister*

**All In-Person Meetings on Both of Our Campuses Are Suspended Until Further Notice**

Visit <https://www.firstuusandiego.org/> on Sunday mornings to join us for virtual worship, and also to check the blog to keep up with the First UU staff! Some groups will be meeting virtually, watch The Window for instructions & meeting times.

### November Generosity Offering Coalition for Reproductive Justice

Reproductive justice focuses not only on access to safe and legal reproductive health care, but also the social, political, and economic inequalities across communities that historically have had limited access. The San Diego Coalition for Reproductive Justice, comprised of organizations such as the ACLU, the LGBT Center, the Labor Council, Planned Parenthood, and First UU Church, works to financially support organizations that address reproductive justice inequities. You can donate using the donate button on our website at [www.firstuusandiego.org/donations.html](http://www.firstuusandiego.org/donations.html) under gift designation choose "Generosity."

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

\* Learn about the role of race in Biden's victory & Trump's relative success by listening to NPR's podcast **"How Whiteness Affected the Election"** (35:39).

\* Listen to Krista Tippett's interview [51:00] with trauma specialist **"Resmaa Menakem in Conversation with Robin DiAngelo."** It's made an impression with Beloved Conversations Virtual participants & may challenge you.

## What's Happening?

### Dining for Dollar\$ 2020 – Special Edition We Are Soooooo Close To Our Goal!

When we set our \$30,000 goal back in October, we were hopeful that our appeal to support a Dining For Dollar\$ campaign void of traditional events would resonate with our community. Our hopes are coming true! With just a few days left in our campaign, over 160 First Church members and friends have generously donated \$29,000 to help us reach our goal.

We are very grateful for the outpouring of support. And we have well over 200 of you signed up to attend our ten special virtual events that are free to those who donate.

Help put us over the top by going to our [Dining for Dollar\\$ web page](#) to make your donation and add your name to our streaming list of those who have already donated. We will announce the final results next week in the Window.

### You're Invited...

If you're interested in learning how the worship service is created or have comments for the team to consider, you're welcome to attend the worship planning meeting. We meet every Tuesday from 4 pm — 5 pm, <https://bit.ly/WorshipPlanning1UU>, ID 878 4650 3375 Passcode 184690. We want to encourage direct conversations and find ways to co-create worship that is meaningful. A quick look at our statistics show that our attendance/views via YouTube and Facebook Live mirror in-person attendance and that almost 55% of our views come from all over the world!!

### A Conversation on Reparations

Thursday, November 12, 6 pm, online. The Union-Tribune is sponsoring "A Conversation on Reparations." Registration is free and required: [sandiegotribune.com/reparations](https://sandiegotribune.com/reparations) Panelists include: Dr. Shirley Weber from the State Assembly, J. Luke Wood from SDSU, John Tateishi, author, Adisa A. Alkebulan from SDSU and Luis Cruz as Moderator from the Union-Tribune.

### Memory Matters Gathering

November 13, Fridays (second and fourth), 9:30 am — 11:30 am, Online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. 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. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

### Emerging Young Adults

November 13, Fridays, weekly, 6 pm, online. For individuals between 17 and 25, we host a weekly gathering where we can 'go deeper' in our spirituality and UU-ism while also supporting each other in brave space. If you're interested, please email Matthew at [matthew@firstuusandiego.org](mailto:matthew@firstuusandiego.org).

### COIC (Committee on Institutional Change)

Saturday, November 14, 1 pm — 2:30 pm, <http://bit.ly/COICdiscussion>, Meeting ID 884 8951 3944 Passcode 576130. The COIC has written a report, *Widening the Circle*. This report offers an analysis of the UUA and how we've operated in the past, makes recommendations and lists various actions the UUA (and local congregations) can take to become a more Anti-Racist, Anti-Oppressive, Inclusive UUA and congregation. Read the report here: [www.uua.org/uuagovernance/committees/cic/widening](http://www.uua.org/uuagovernance/committees/cic/widening). Rev. Kathleen will host two discussions on this important report. The first meeting will be a check in about the report, what is speaking to you from the report. You don't need to have finished the report to participate in this discussion. The second discussion will happen on Saturday, March 27, 1 pm — 2:30 pm. It is hoped that everyone in this discussion will have finished the report as the discussion will focus on the changes we want and need to make to support our anti-racist, anti-oppression, inclusivity work.

### Social Hour

November 15, Sundays, weekly, 10:30 am — 11:30 am, url <https://bit.ly/FirstUUSocialHour>, ID 824 042 297.

### Pagan Conversations

November 15, Sundays, weekly, 1 pm — 2 pm, Meeting Link: <https://bit.ly/PaganConversations> Meeting ID: 535-853-700. Join the Earth Centered Spirituality Circle (ECSC) via Zoom for a weekly, virtual version of Pagan Conversations. This is a time for pagans of varying traditions to come together in a guided discussion and be in community with one another. Topics vary weekly, and usually center on the church's monthly theme, upcoming Pagan holidays, and personal spiritual practice while allowing time to check in with how everyone is doing mentally, emotionally, and physically. If you have questions about the meeting, ECSC, paganism, or how our practices relate to Unitarian Universalism, please contact [sdpagansuu@gmail.com](mailto:sdpagansuu@gmail.com) at any time.

### Open Heart Sangha

November 15, Sundays, weekly, 4 pm — 5:30 pm, online. The Open Heart Sangha continues to meet on Sunday afternoons through online Zoom gatherings. Contact Marge at [margewur@gmail.com](mailto:margewur@gmail.com) for the link to the meetings.

### Women's Chorus Rehearsal

November 16, Mondays, weekly, soprano 4:30 pm — 5:20 pm, <http://bit.ly/WomensChoirSoprano>, alto 5:30 pm — 6:20 pm, <http://bit.ly/WomensChoirAlto>.

### Monthly Board Meeting

November 17, Tuesday, 6 pm, Online. Board of Trustees meetings are open to congregants via Zoom. For meeting information email President Sarah Ormond at: [boardpresident@firstuusandiego.org](mailto:boardpresident@firstuusandiego.org).

## What's Happening?

### Young Adults

November 18, Wednesdays, weekly, 6 pm, online. A sacred time for individuals between 26 and 35 years of age to explore young adulthood, religion, spirituality, and support each other – with fun and humor. If you're interested in attending, we would love to have you. Please email Matthew at [Matthew@firstuusandiego.org](mailto:Matthew@firstuusandiego.org) for information.

### Chalice Choir

November 18, Wednesdays, weekly, 7 pm — 8 pm, <http://bit.ly/ChaliceChoir>, Meeting ID: 810 8642 8898, Password: 878890. All are welcome to join us as we make music virtually for our Sunday Worship Services.

### Mindfulness & Meditation Practice Group

November 18, Wednesdays, 7 pm — 9 pm, [Mindfulness Practice Group](http://bit.ly/MindfulnessPracticeGroup). Led by Keith Mesecher. Mindfulness is the practice of living our lives deeply. This group is open to people new to mindfulness, as well as experienced practitioners. Please arrive a few minutes early so you can settle in and not disturb the flow by arriving after we have begun. Contact [kmesecher@gmail.com](mailto:kmesecher@gmail.com).

### Transgender Day of Remembrance

Friday, Nov. 20, 5:30 pm, <http://bit.ly/TDORVespers>, ID: 868 0810 2879 Passcode: 722178. You're invited to attend a Transgender Day of Remembrance Vespers service.

### The Center's 18th Annual Transgender Day of Remembrance

Friday, November 20, 7 pm — 8 pm, online. Join The Center's 18th annual Transgender Day of Remembrance LIVE on Project TRANS at The Center Facebook page. This event will be interpreted in American Sign Language. For more information, contact [trans@thecentersd.org](mailto:trans@thecentersd.org) or call/text 858-215-6914.

### Living the Homestretch

November 21, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361. Angela Garcia-Sims and Laura Ball will lead a discussion on the proposed 8th UU principle with a focus on what it means for seniors. The presentation will be followed by breakout group discussions and a general Q&A. All are invited.

### Coping With Chronic Conditions Support Group

November 23, second and fourth Mondays, 1 pm, URL <https://bit.ly/CopingCCGroup>, or call 1-669-900-6833 with meeting ID 681-036-9317. Effective July 2020 our meetings will be held on the second and fourth Mondays of the month - we are no longer doing weekly meetings. New participants need to reach out to Chris Smith prior to attending a meeting at 619-300-7477 or email [chris.smith7@cox.net](mailto:chris.smith7@cox.net) to discuss our covenant and mission statement and receive the password to attend.

You can follow us on *Twitter!* Our user name is [@firstusd](https://twitter.com/firstusd).

### Fourth Monday Meeting of UU Men's Fellowship

Monday, November 23, 7 pm, online. We'll join men from all over the country, thanks to Zoom, to talk about ourselves and men's issues. More information will be sent to the UU Men's mailing list. If you are not on the list or would like more information about this meeting, please contact [kcohn@san.rr.com](mailto:kcohn@san.rr.com).

### Arts & Crafts Creative Social

November 24, second and fourth Tuesdays, 3 pm — 5 pm, Link to meeting: <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126. Join members of the Art Guild for a few hours of creativity in community! Work on ongoing projects, create Artist Trading Cards, begin new work, or even color in a coloring book alongside other artists.

### Join Robie!

November 25, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie4th> or call 1-669-900-6833, Meeting ID 814 3746 1400. During these "stay at home" times, our Director of Operations, Robie, is missing her church friends, new and old, and even those she hasn't met yet. Robie looks forward to this get-together!

### "Thanxgrieving" Service

Wednesday, Nov. 25, 5 pm, [www.firstuusandiego.org](http://www.firstuusandiego.org). Please join us for our first "Thanxgrieving" service. This is a time to reflect upon the grief of the colonization of indigenous people of this land, grieving the losses that are prevalently felt during the holidays, and remaining thankful for the blessings that we have. *If you have a grief or a gratitude, please submit via <https://forms.gle/8juXpNtDwF3QvufdA>* to be shared at the Thanxgrieving service.

### Cosmos

December 6, Sundays (first), 1 pm — 3 pm, <https://bit.ly/CosmosFUUSD>. We are currently watching Mathematical Cosmologist and Physicist Brian Swimme's series, *Canticle to the Cosmos*. Please feel free to join us. The only prerequisite is an open heart and mind. Contact James Long at [kyolong1@gmail.com](mailto:kyolong1@gmail.com) for more information.

### Blood Brothers Book Discussion

Sunday, December 6, 4 pm, online. Join First UU Palestine-Israeli Justice Team for an online discussion of the inspirational autobiography "*Blood Brothers*" by Christian Palestinian Elias Chacour. Father Chacour was born in 1939 in an agricultural village in Galilee. When Israeli soldiers demolished their village, his family and neighbors were forced to flee, then return to work as laborers, sometimes on the farms that were formerly theirs. This is the account of Fr. Chacour's spiritual journey, as well as his fight against injustice and faith in nonviolence and the goodness of both Jewish Israelis and Palestinians. Fr. Chacour was nominated for the Nobel Peace Prize three times. Register at <https://www.eventbrite.com/e/127016942093> to receive Zoom info prior to the discussion.

## What's Happening?

### Rainbow Action Group's Koffee Klatch

December 13, Sundays (second), 12 pm, URL <https://bit.ly/RainbowKlatch>, ID 899 4140 9956, PW 893622. Rainbow Action Group's Koffee Klatch has gone virtual. Join us! All "family" friends and allies invited. The event is hosted by John Keasler and Pat Gordon.

### Rev. Kathleen's Book Discussion Group

All are invited to participate in this book group discussion. On Thursday, Dec. 17, we'll be discussing Sue Monk Kidd's *The Book of Longings*. On Thursday, Feb. 4, we'll be discussing Isabel Wilkerson's book *Caste – The Origins of Our Discontents*. Mark your calendars now and please sign up with Rose at [rose@firstuusandiego.org](mailto:rose@firstuusandiego.org) to receive the Zoom link the week before the discussion. If you have difficulties getting a copy of any of these books to read, please let Kathleen know soon and a copy will be made available. If you want to participate but the time doesn't work, please share that with Rev. Kathleen.

### Virtual Book Discussion of *Mornings in Jenin*

Sunday, January 10, 4 pm, online. Join First UU's Palestine-Israel Justice Team for an online discussion of *Mornings in Jenin* by Susan Abulhawa. This powerfully written historical novel, which does for Palestine what *The Kite Runner* did for Afghanistan, is a fictional account of the Palestinian-Israeli conflict as experienced by one Palestinian family over 60+ years. The family is expelled by Israelis from its ancestral village in 1948, and the ensuing historical events are described in heart-wrenching clarity as the family moves from Jenin to Jerusalem, Lebanon, and finally America. Author Susan Abulhawa, whose parents were expelled from Palestine in the 1967 war, was born in Kuwait and now lives in Pennsylvania. Please register at <https://www.eventbrite.com/e/126508936635> to receive Zoom info prior to the discussion.

### Virtual Meetings with Rev. Kathleen

Schedule a virtual appointment with Rev. Kathleen here: <https://calendly.com/uurevkathleen/30min>.

### Virtual Meetings with Rev. Tania

To schedule a virtual appointment with Rev. Tania, do so here: <https://calendly.com/tymt77/30min>.

### Virtual Meetings with Angela

To schedule an online appointment with Angela Fujii, our Social Justice Coordinator do so here: <https://calendly.com/angelafujii/30min>

### How to Call Into a Zoom Meeting

No computer? No Problem! You can still join us at our virtual meetings. To call into a Zoom meeting and join us by phone simply call 1-669-900-6833! When prompted, enter the meeting ID number and be connected.

### Still Scamming!

Please be aware that this is still happening - even nationwide at our other UU churches. Especially during these tender times, folks are scamming church members in order to get gift cards purchased and sent to them. And, there's nothing we can do about it except warn you and educate you. **Never respond to any church member, staff or minister unless it comes from a valid church email, i.e. staffname@firstuusandiego.org. We do not use gmail accounts for our official church staff business.** The following is an example of the latest email scam going around. **No minister or staff member will ever reach out for help in this way!** Please be careful out there, stay safe, wear a mask when going out and wash your hands frequently!

**From:** Rev Kathleen Owens  
<reverendkathleenowens2@gmail.com>  
**Date:** Monday, November 9, 2020 11:02 AM  
**To:** "First UU congregant email"  
**Subject:** MANY BLESSINGS

Hello How are you doing?

I need a favor from you

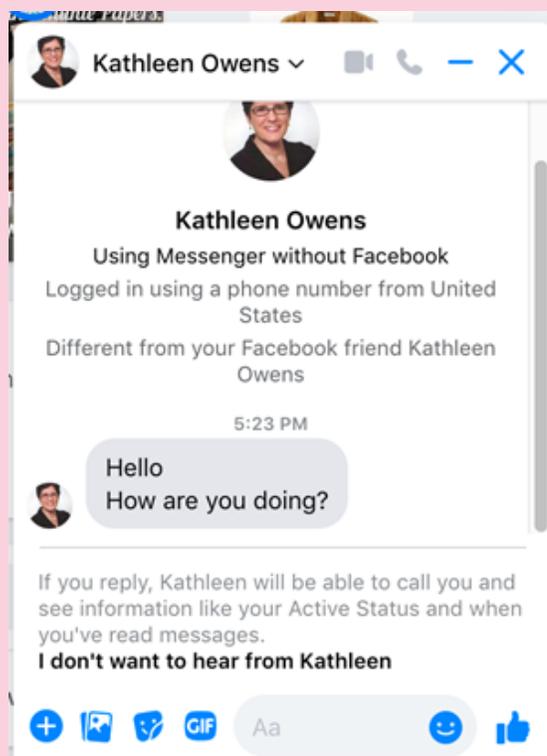
Text me back as soon as

you get this message

God Bless

Rev. Kathleen Owens

**Please be wary of false  
Facebook accounts like this:**



## Our South Bay Campus

### Garden Volunteers Needed

Our South Bay community garden plot can use your help. It is located a couple of blocks from our South Bay campus and it is mostly empty so you can tend to it without fear of walking into an overcrowded space. This is a great place for plant lovers as well as for those who are interested in learning more about gardening. If you are interested in volunteering, reach out to Rev. Tania at [tania@firstusandiego.org](mailto:tania@firstusandiego.org).

### South Bay Social Hour

Sunday, Nov. 15, 11 am, <https://bit.ly/SBSocialHour>. Join in for a South Bay Social Hour. The password will be provided during the worship service.

### Small Group Facilitators Wanted

Rev. Tania is looking for small group facilitators for Wisdom Circles and other identity based groups. If you're interested, fill out this form: <https://forms.gle/fUSDDzbfKnMxqtK8>

### South Bay Singers Rehearsal

Mondays, weekly, 6:30 pm — 7:20 pm, <http://bit.ly/SouthBaySingers>.

### Virtual Meetings with Rev. Tania

To schedule a virtual appointment with Rev. Tania, do so here: <https://calendly.com/tymt77/30min>.



## South Bay Food Pantry News

### Pantry Connects with Deer Park Monastery by Maureen McNair



*Monastic Brad Wiscons, True Ocean of Actions, runs the kitchen at Deer Park Monastery. He sent us this photo of some of the men currently living there.*

Deer Park Monastery, located on 400 acres in the chaparral mountains near Escondido, is a monastery established in 2000 under the guidance of Vietnamese Buddhist monk, peace activist, and author Thich Nhat Hanh ....

Read the rest of the article

on our blog at: <https://www.firstusandiego.org/blog/pantry-connects-with-deer-park-monastery>

### Contact

Email Maureen McNair at [memcnair948@gmail.com](mailto:memcnair948@gmail.com). To reach the food pantry by phone call 619-271-5017. The phone will take your message.

## South Bay Food Pantry News

### Pantry Weathers its First Rainy Day Food Distribution



Inclement weather was bound to happen! Last Saturday, volunteers gave out food during three squalls which brought rain and wind during our distribution. It was a crazy day all around! As of Friday evening, we thought we

would be receiving a delivery of 192 boxes of food on Saturday morning. But, at 6:30 am Saturday, the delivery company sent an email cancelling the order because the food was bad. It all worked out, I think. We had plenty of food on hand to substitute and who needed soggy cardboard boxes anyway?

### You Can Still Make Financial Donations Directly to the Food Pantry!

Both one-time and monthly sustaining donations help us stay open! No amount is too small, or too large. Donate online via credit card at <https://www.firstusandiego.org/donations.html> or make checks payable to FUUSD and write "SB Food Pantry" in the memo line. Mail checks to Robie Evans, FUUSD, 4190 Front St., San Diego, CA 92103.

### If You Need Food, There Are Lots of Options

\* Please come to the South Bay Food Pantry distribution every Saturday from 11 am - 12:30 pm, or, if you prefer, please make a private appointment to pick up food at day and time convenient for you.

\* If you need food and cannot get to the South Bay Food Pantry, please let us know. We may be able to arrange for a volunteer to deliver food to your home in confidence.

\* The Caring Volunteer Group provides rides, meals, and other tasks upon request. Please contact Chris Smith at [ChrisSmith7@cox.net](mailto:ChrisSmith7@cox.net) or at 619-300-7477.

\* Call 211 or go to [211.org](http://211.org) for the dates, times, and locations of free food distributions in your neighborhood throughout San Diego County.

\* Register for CalFresh at <https://www.cdss.ca.gov/inforesources/calfresh> for monthly benefits for low-income families

\* Register for free meal delivery for seniors through the San Diego County Great Plates program at <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/greatplates.html>

\* Contact Rev. Kathleen Owens, who handles the Minister's Discretionary Fund

Please feel comfortable to reach out to us in confidence if there is anything we can do for you!

### The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. It is open to the public Saturdays from 11 am - 12:30 pm and to congregants by appointment.

## Social Justice

### Virtual Meetings with Angela

To schedule an online appointment with Angela Fujii, our Social Justice Coordinator (to ask a question, propose an idea or just hang out), do so here: <https://calendly.com/angelafujii/30min>

### Volunteers Needed for Uptown Community Service Center

The Center offers food and mail services, Monday to Friday, from 10 am — 1:45 pm and a drive-in service on Monday and Friday, 4 pm — 7 pm. Due to Covid-19 there is an urgent need for volunteers during these hours and possibly some weekday afternoons. Please contact Alan Nicol at [glenview\\_7@yahoo.com](mailto:glenview_7@yahoo.com) or call 336-209-0060 if you have an interest and require more information.

### Climate Action

Now that a new administration will be taking office in January, we must keep up the pressure to ensure that President Biden and VP Harris make good on their environmental commitments. You can read about those plans [here](#). Although some plans will depend on Congressional action, others can be implemented via Executive Order. Make plans now to send them the message in January that the climate emergency must be their highest priority, once Covid-19 is controlled. Clean jobs for a healthy economy!

### Climate Tip

If you haven't already turned your Halloween pumpkin into pumpkin bread, you can still reduce waste: by [composting it!](#) Your garden will thank you this spring.



## Family Ministry

### Religious Education Programming

Here's what's happening:

**Sunday RE** - (Sundays at 1 pm) Join us on Sundays for more stories and discussion around our principles and values.

**Saturday Science & Stories** - We'll gather in Zoom Saturday at 10 am to learn about animals and hear stories that help us explore our values.

**Homework Help** - If you'd like your child to have some 1-on-1 time with Tony and/or other adult volunteers for help with school work, tutoring, mentoring, enrichment activities, or just to check in, please email [Tony@firstuusandiego.org](mailto:Tony@firstuusandiego.org) to set up a time.

The zoom links for these meetings are not public, to request information contact [tony@firstuusandiego.org](mailto:tony@firstuusandiego.org).

### Parents' Lounge

Sundays, weekly, 11:40 am — 1 pm, url <https://bit.ly/ParentLounge>. Meeting ID: 873 6793 7478, Password: 504406.

### Scavenger Hunt

Friday, November 27, 2 pm — 3:30 pm, Balboa Park. We'll be hosting a Family Ministry Scavenger Hunt. Families (and any members of their "Pods") are invited to meet us in Balboa Park near the corner of 6th and Upas St. for this socially distanced event. We'll expect that everyone wears a mask and remains distant from anyone not in their family or quarantine pod, but we also hope that this can be an opportunity, like our Halloween Drive-thru, where we can see each other in person safely. Once we gather, staff (with masks and gloves) will pass out a list of clues to find. Solve the clues with your family/pod, find the area or landmark indicated, and use your phone to take a picture of your family/pod. At the appointed time, return to our socially-distanced gathering spot to get your reward! Pictures can then be shared (if you choose) on social media to let others share in the fun! This event will, of course, be dependent on the weather and any County COVID guidelines & restrictions that may go back into effect on or before Nov 27.

### Senior High Youth

Youth in grades 9-12 are meeting online via Zoom on Wednesdays at 4:30 pm and Sundays at 11:30 am. Senior High youth are having Movie Night on Fridays. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

### Middle School Youth Group

November 15, Sundays (weekly), 2 pm, online. The Middle school UU group (MUUGS) for youth in grades 6-8 will meet to watch and discuss The Simpsons episode, "Coming to Homerica." This episode deals with issues of immigration, border control, racism, stereotyping, and scapegoating. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

## Calendar of Events

### Friday, November 13, 2020

#### **Memory Matters Gathering**

November 13, Fridays (second and fourth), 9:30 am — 11:30 am, Online. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

#### **Senior High Youth Movie Nights**

Fridays at 5 pm. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

#### **Emerging Young Adults**

Fridays, 6 pm, online. For individuals between 17 and 25. Please email Matthew at [matthew@firstuusandiego.org](mailto:matthew@firstuusandiego.org).

### Saturday, November 14, 2020

#### **Saturday Science, Stories and Songs**

Saturdays at 10 am. Children's RE programming. Request meeting information from [tony@firstuusandiego.org](mailto:tony@firstuusandiego.org).

#### **Food Pantry Hours**

970 Broadway Suite 101, Chula Vista 91911. Our food pantry distributes food every Saturday from 11 am — 12:30 pm.

#### **COIC (Committee on Institutional Change)**

Saturday, November 14, 1 pm — 2:30 pm, [bit.ly/COICdiscussion](https://bit.ly/COICdiscussion), ID 884 8951 3944 Passcode 576130.

### Sunday, November 15, 2020

#### **Live Streamed Worship**

Sundays, weekly, 9:30 am, <https://www.firstuusandiego.org/>.

#### **Social Hour**

Sundays, weekly, 10:30 am — 11:30 am, url <https://bit.ly/FirstUUSocialHour>, Meeting ID 824 042 297.

#### **South Bay Social Hour**

Sundays, weekly, 11 am, <https://bit.ly/SBSocialHour>. Join in for a South Bay Social Hour.

#### **Senior High Youth Group**

Sundays at 11:30 am. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

#### **Parents' Lounge**

Sundays, weekly, 11:40 am — 1 pm, url <https://bit.ly/FirstUUParentsLounge>.

#### **Children's Religious Education**

Sundays, 1 pm. Request meeting information from [tony@firstuusandiego.org](mailto:tony@firstuusandiego.org).

#### **Pagan Conversations**

Sundays, weekly, 1 pm — 2 pm, Meeting Link: <https://bit.ly/PaganConversations> Meeting ID: 535-853-700.

#### **Middle School Youth Group**

Sundays at 2 pm. To get more info, contact Käthe at [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

#### **Open Heart Sangha**

Sundays, weekly, 4 pm — 5:30 pm, for the link to the meetings please contact Marge at [margewur@gmail.com](mailto:margewur@gmail.com).

### Monday, November 16, 2020

#### **Women's Chorus Rehearsal**

Mondays, weekly, soprano 4:30 pm — 5:20 pm, [bit.ly/WomensChoirSoprano](https://bit.ly/WomensChoirSoprano), alto 5:30 pm — 6:20 pm, [bit.ly/WomensChoirAlto](https://bit.ly/WomensChoirAlto).

#### **South Bay Singers Rehearsal**

Mondays, weekly, 6:30 pm, [bit.ly/SouthBaySingers](https://bit.ly/SouthBaySingers).

### Tuesday, November 17, 2020

#### **Monthly Board Meeting**

November 17, Tuesday, 6 pm, Online. Email President Sarah Ormond at: [boardpresident@firstuusandiego.org](mailto:boardpresident@firstuusandiego.org).

### Wednesday, November 18, 2020

#### **Senior High Youth Game Days**

Wednesdays at 4:30 pm. Contact [kathe@firstuusandiego.org](mailto:kathe@firstuusandiego.org).

#### **Young Adults**

Wednesdays, 6 pm, online. A sacred time for individuals between 26 and 35 years of age. Please email Matthew at [Matthew@firstuusandiego.org](mailto:Matthew@firstuusandiego.org) for information.

#### **Mindfulness & Meditation Practice Group**

Wednesdays, 7 pm — 9 pm, Online. Contact [kmesecher@gmail.com](mailto:kmesecher@gmail.com) for the Zoom link.

#### **Chalice Choir**

Wednesdays, weekly, 7 pm — 8 pm, [bit.ly/ChaliceChoir](https://bit.ly/ChaliceChoir), Meeting ID: 810 8642 8898, PW: 878890.

## Upcoming Events

#### **Transgender Day of Remembrance**

Friday, November 20, 5:30 pm, <http://bit.ly/TDORVespers>, ID: 868 0810 2879 Passcode: 722178.

#### **Living the Homestretch**

November 21, Saturdays (third), 10 am, online at <https://bit.ly/LivingTheHomestretch>, Meeting ID 911 2242 6361.

#### **Coping With Chronic Conditions Support Group**

November 23, second and fourth Mondays, 1 pm — 3 pm, url <https://bit.ly/CopingCCGroup>, ID: 681-036-9317.

#### **Fourth Monday Meeting of the UU Men's Fellowship**

Monday, November 23, 7 pm, Zoom. A meeting open to all men. For more information email [Kcohn@san.rr.com](mailto:Kcohn@san.rr.com).

#### **Arts & Crafts Creative Social**

November 24, second and fourth Tuesdays, 3 pm — 5 pm, <https://bit.ly/ArtGuildSocial>, Meeting ID 945 4398 9126.

#### **Join Robie!**

November 25, second and fourth Wednesdays, 4 pm — 5 pm, url <http://bit.ly/JoinRobie4th> or call 1-669-900-6833, Meeting ID 814 3746 1400.

#### **"Thanxgrieving" Service**

Wednesday, Nov 25, 5 pm, [www.firstuusandiego.org](http://www.firstuusandiego.org).

POSTMASTER: Please send address changes to  
The Window, 4190 Front Street, San Diego, CA 92103-2098

First Unitarian Universalist Church of San Diego  
4190 Front Street, San Diego, CA 92103-2098  
Phone: 619-298-9978  
E-mail: [mail@firstuusandiego.org](mailto:mail@firstuusandiego.org)

## Our Staff

### Ministers:

Rev. Kathleen Owens, *Lead Minister*  
Rev. Tania Márquez, *Assistant Minister*  
Matthew Waterman, *Intern Minister*  
Rev. Jim Grant and Rev. Löne Broussard, *Affiliate Ministers*  
Rev. Bonnie Tarwater, Rev. Frank Piccone-Willey,  
Rev. Julie Forest, and Rev. Katy Swanson  
*Affiliate Community Ministers*  
Rev. Dr. Carolyn S. Owen-Towle, *Minister Emerita*  
Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

### Music Staff:

Chase Pado, *Pianist*  
Lorelei Garner, *SB Music Coordinator & Women's Chorus Director*  
Andrea N-L, *JUUL Tones Ensemble Director*  
Tony Bianca, *Handbell Program and Children's Choir Director*

### Staff:

Robie Evans, *Director of Operations*  
Käthe Larick, *Youth Programs Coordinator*  
Tony Bianca, *Program Coordinator*  
Rose Riedel, *Office Manager*  
Angela Fujii, *Social Justice Coordinator and Scheduler*  
Jenner Daelyn, *Connections Coordinator*  
Connie Hayes, *Bookkeeper / Controller*  
Ray Evans, *Maintenance*  
Mark Epler, *Event Coordinator*

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Kathleen MacLeod and Maureen McNair, **Trustees**

### Important E-mail Addresses:

**General First Church E-mail:** [mail@firstuusandiego.org](mailto:mail@firstuusandiego.org)  
**Scheduling of Church Property:** [schedule@firstuusandiego.org](mailto:schedule@firstuusandiego.org)  
**The Window (newsletter):** [window@firstuusandiego.org](mailto>window@firstuusandiego.org)  
**First Church Web Site:** [website@firstuusandiego.org](mailto: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](mailto:mail@firstuusandiego.org)  
[www.firstuusandiego.org](http://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](mailto:uusouthbay@firstuusandiego.org)  
[www.firstuusandiego.org/uus-of-the-south-bay](http://www.firstuusandiego.org/uus-of-the-south-bay)  
Campus Hours: Sunday for Service or By Arrangement