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

November 24, 2019
"Star Stuff"
Rev. Tania Márquez, Assistant Minister
Music: Handbell Choirs

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

South Bay Bilingual Service
9:30 am

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

November 24, 2019
"All The Lonely People"
Rev. Julie Forest, Affiliate Minister

November Generosity Offering
Interfaith Shelter Network
First UU is proud to participate in the 34th year of the Interfaith Shelter Network’s rotational program. We’ve joined the more than 4,500 volunteers from over 120 congregations who’ve made it possible to shelter nearly 10,000 people. Your generosity will directly support the guests that we'll welcome for three weeks over the winter holidays and will be shared with ISN to continue the work.

Journey Toward Wholeness (JTW)
What Can I Do?
Watch (or re-watch) the Sunday, October 6, Message “Reflections on Discomfort” presented by Beloved Conversations Retreat Leader, Rhonda Brown, and our own Pat Gordon and Scott GrantSmith
After reflecting on the message, consider signing up for the February/March 2020 Beloved Conversations session. Information & session days/times are on the Journey Toward Wholeness webpage:
VTF Summary of the “Stay” SubCommittee
Forum 11/10/19
The first of the forums by the VTF Subcommittees, by the Stay Subcommittee, was held on November 10. It was streamed live to South Bay and the video can be seen here. It was emphasized that the Subcommittee is not advocating for Staying. We are developing in an unbiased way all of the practical aspects of staying for the members to make an informed decision. There were many excellent questions, which can be heard in the video or summarized in the longer report at [www.firstuusandiego.org/visioning](http://www.firstuusandiego.org/visioning). We hope to provide some initial insights at our next Forum on Dec. 1.

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.

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, November 15, 7 pm, South Bay. Sunday, November 17, 3 pm, Meeting House. Come see Looking Glass Theatre’s production of 12 Angry Jurors! Tickets are $10 Student / Military, and $15 general admission.

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.

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](http://www.uucamp.org/camps-retreats/family-camps/leaf-raking-volunteer-camp-2019).

Seeds Through Song

ASL Signing Hub
Sunday, November 17, 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!

ASL Signing Social
Sunday, November 17, 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.

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. 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](http://www.firstuusandiego.org/visioning) regularly as we will be updating information weekly!
The Unitarian Universalist Christian Study Group
Sundays, November 17, at 1 pm, Room 321. Professor Jerry Cone on the incompatibility of religion and science. Join us as we look at Dr. Cone's observations on the scientific method versus the faith and dogma of religion.

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.

Memory Matters Gathering
Fridays (second and fourth), November 22, 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.

Burrito Project
Thursdays (third), November 21, 6 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 seminar 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 provided, bring water bottle.

Green Buddhism:
Practice and Compassionate Action in Uncertain Times
November 23, Saturday, 6 pm — 7:30 pm, Bard Hall, Stephanie Kaza, professor emerita of environmental studies at the University of Vermont, will give a dharma talk on her new book, Green Buddhism. Stephanie's Buddhist roots are in Soto Zen, with lay ordination from Kobun Chino Ottogawa and further study with Robert Aitken, Thich Nhat Hanh, and Joanna Macy.

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.

American Heretics
Sunday, November 24, at 4 pm, Meeting House. Don't miss the film American Heretics — The Politics of the Gospel, featuring our Tulsa, OK UU congregation in the film. This film offers a poignant glimpse into the deeply-intertwined, polarizing, and often misunderstood history of religion, race and politics as seen through the point of view of a courageous group of Oklahomans working to bridge the divide within their communities. An important talk and conversation by Dr. Elias Ortega, new President of Meadville Lombard UU seminary, will immediately follow the film.

Coping with Chronic Conditions
Mondays (second and fourth), 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.

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

The deadline for the next issue of The Window is November 20 (Wednesday — DOUBLE ISSUE!) at 8 am. If you would like an announcement placed in The Window, please email: rose@firstusuandsiego.org.

The Window submission maximum is 60 words. The next issue of The Window will be a DOUBLE ISSUE! There will be no Window the week of Thanksgiving. Be sure to submit two-week's worth of information by the deadline!
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 Swinme. 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.”

Organizing 4 Justice / 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 kiakial@gmail.com.

Holiday Craft Fair
Sunday, December 8, 9 am, Bard Hall. Shop local and handmade for your holiday gifts, in turn raising money for Young Adult and Campus Ministry Program scholarships and supporting church members and friends who are artisans and craft persons. Vendor registration is now open to UU community. If you wish to participate or have any questions, please contact Eva Garcia-Mayers at 619-905-5651 or firstuuyoungadultcraftfair@gmail.com.

Rainbow Coffee Klatch
Sundays (second) December 8, 10:30 am — 11:30 am, Room 323. Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, December 8 (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 McCartney by email at EdMcC@comsimplicity.com.

Vespers Service: Responding to Gun Violence
Tuesday (second), December 10, 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, December 12, 6 pm, Room 320. Everyone is welcome to discuss “Less” by Andrew Sean Greer. Contact Maureen McNair at 619-427-1769 or memenair948@gmail.com.

Kirtan and Potluck
Saturday, December 14, 5:30 pm — 8 pm, Common Room. Join Spirit Soul and Friends for a vegan/vegetarian potluck and Kirtan chanting to celebrate the holidays. Come and engage in the spiritual practice of kirtan a non-denominational practice, with award-winning Spirit Soul and Friends. RSVP Love2you2all@gmail.com.

Dances of Universal Peace
Saturdays (second), December 14, 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.

Yule Ritual
Saturday, December 21, 6:30 pm, Meeting House. This is a ticketed event; you may purchase tickets at the ECSC table between services or you can buy tickets online at www.eventbrite.com/e/2019-yule-ritual-tickets-81864373545. Tickets are $15.00 for adults and $10.00 for students and children.

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.
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

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

November 24, 2019  "All the Lonely People"
Rev. Julie Forest, Affiliate Minister

Chi Gung at South Bay with Lolly Brown
Thursdays at 9 am, South Bay Campus. Incense Chi Gung is easy to learn, and can be practiced by people of any age or physical condition, in standing, sitting, or prone positions. The exercise uses breath, movement, postures, and meditation.

Living the Homestretch
Saturdays (third), 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. Claire Pratt from our SB Congregation will be giving us some background on upcoming initiatives in San Diego, how initiatives get on the ballot, and some of the races to watch in upcoming elections... especially those in the South Bay. Claire has been a leader in GOTE campaigns in the South Bay over many years. 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, kvolong1@gmail.com.

Big Questions
Thursday (second) December 12, 1 pm, South Bay. Our South Bay Big Questions group is now meeting! We hope to see you there.

Tea Talks/Charlas con té with Reverend Tania
Thursdays (second) December 12, 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.
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.

Be the Messenger for your Social Groups to Cope Effectively with the Climate Emergency
Wednesday, November 20, 7 pm — 8:30 pm, Bard Hall. With the rising increases in climate emergencies such as CA fires, rising sea levels, tornadoes, food scarcity, we must address the practical and psychological problems people face. It's time for us to develop effective caring communities to address these catastrophes, prepare for local emergencies, and to actively protect our climate. With the Green New Deal, we can create a more equitable and safe society for all. There will be a short presentation followed by group discussion. Refreshments will be provided.

Burrito Project
Thursdays (third), November 21, 6 pm, Common Room. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

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.

Organizing4Justice / SDOP / Faith in Action
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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
Rehearsals will resume 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.

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**Youth**

**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.

**Cards for a Cause Help Support Youth Leadership**
*Proceeds Benefit the Youth Program Scholarship Fund*
The youth program is having a fundraiser, *Cards for a Cause*. Look for the youth table on the lower patio at Hillcrest, or in the social hour space at our South Bay Campus.

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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!

**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.
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@firstuuandsdiego.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!
### November 15 through November 21, 2019

**Friday, November 15, 2019**

**Looking Glass Theatre Presents: 12 Angry Jurors at South Bay Campus!**
Friday, November 15, 7 pm, South Bay. Come see Looking Glass Theatre's production of 12 Angry Jurors! Tickets are $10 Student/Military, and $15 general admission.

**Saturday, November 16, 2019**

**Insight SD Sitting Group/Dharma Study**
Saturdays, 9:30 am — 11:30 am, Room 323. This weekly *Insight SD* group begins with 30 minutes of sitting meditation (late arrivals welcome) and continues with introductions, a dharma talk, and sharing. To sign up or find out more, [click here](#).

**Living the Homestretch**
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. All programs are BIPOC only spaces, unless otherwise noted. Contact Kathleen Garcia-Horlor [uukhorlor2@cox.net](mailto:uukhorlor2@cox.net).

**Seeds Through Song**

**Sunday, November 17, 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)**

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

**ASL Signing Hub**
Sunday, November 17, 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!

**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](mailto:cimack13@icloud.com), for information.

**The Unitarian Universalist Christian Study Group**
Sundays, November 17, 1 pm, Room 321. Professor Jerry Cone on the incompatibility of religion and science. Join us as we look at Dr. Cone’s observations on the scientific method versus the faith and dogma of religion.

**ASL Signing Social**
Sunday, November 17, 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](mailto:gerbl@pacbell.net).

**Looking Glass Theatre Presents: 12 Angry Jurors**
Sunday, November 17, 3 pm, Meeting House. Come see Looking Glass Theatre's production of 12 Angry Jurors! Tickets are $10 Student/Military, and $15 general admission.

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

**Friends of 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](mailto:uucaroline@cox.net).
**Tuesday, November 19, 2019**

**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.

**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 20, 2019**

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

**Be the Messenger for your Social Groups to Cope Effectively with the Climate Emergency**
Wednesday, November 20, 7 pm — 8:30 pm, Bard Hall. It’s time for us to develop effective caring communities to address catastrophes, and to actively protect our climate. With the Green New Deal, we can create a more equitable and safe society for all. There will be a short presentation followed by group discussion. Refreshments will be provided.

**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 21, 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.

**Tea Talks/Charlas con tó 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, 6 pm, Common Room. Help to assemble and distribute hundreds of burritos for those living with hunger and homelessness. All ages invited! Follow "Burrito Project San Diego" on Facebook.
Upcoming Events

Memory Matters Gathering
Fridays (second and fourth), November 22, 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.

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

Green Buddhism: Practice and Compassionate Action in Uncertain Times
November 23, Saturday, 6 pm — 7:30 pm, Bard Hall. Stephanie Kaza, professor emerita of environmental studies at the University of Vermont, will give a dharma talk on her new book, Green Buddhism. Stephanie’s Buddhist roots are in Soto Zen, with lay ordination from Kobun Chino Ottogawa and further study with Robert Aitken, Thich Nhat Hanh, and Joanna Macy.

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.

Coping with Chronic Conditions
November 25, (second and fourth Mondays) 1 pm — 2:30 pm, Common Room. A support group for folks with long-term conditions of any type. Our meeting is in the Common Room and is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510 for more information.

Fourth Monday Meeting of the UU Men’s Fellowship
Monday, 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.

Insight SD Greeting the Heavenly Messengers Affinity Group
Thursdays (second and fourth), November 28, 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.

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."

Insight SD Social and Climate Justice Affinity Group
Mondays (first) December 2, 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.
Our Staff

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

Music Staff:
Lara Korneychuk, Hillcrest Music Coordinator & Youth Choir Dir.
Chase Pado, Pianist / Organist
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea Newall-Lockett, JUUL Tones Ensemble Director
Tony Bianca, Handbell Program and Children’s Choir Director

Staff:
Robie Evans, Director of Operations
Kathleen Swift, Director of Family and Lifespan Ministry
Käthe Larick, Youth Programs Coordinator
Connie Hayes, Bookkeeper / Controller
Rose Riedel, Office Administrator
Angel Fuji, Social Justice Coordinator
Jennfer 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

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and Maureen McNair, Trustees

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Order of Service submissions: oos@firstuusandiego.org
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): window@firstuusandiego.org
First Church Website: 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
619-238-9978 • 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
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Campus Hours: Sunday for Service or By Arrangement