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

December 1, 2019
Rev. Kathleen Owens, Lead Minister
Music: Chalice Choir

December 8, 2019
Rev. Kathleen Owens and Sangha Leaders
Music: Women's Chorus and Children's Choir

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

South Bay Bilingual Service
9:30 am

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

December 1, 2019
"Restoring Community"
Rev. Tania Márquez, Assistant Minister

December 8, 2019
"The Bodhi Tree"
Rev. Tania Márquez, Assistant 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.

The deadline for the next issue of The Window is:
December 4 (Wednesday) at 8 am

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

The Window submission maximum is 60 words
**What's Happening?**

<table>
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<tr>
<th>Visioning the Future (VTF) Forums</th>
<th>Upcoming Schedule</th>
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<tr>
<td><strong>Sunday forums for Visioning the Future</strong></td>
<td><strong>from 10:45 am — 11:20 am in Bard Hall</strong></td>
</tr>
</tbody>
</table>

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. 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.*

**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.

**Intersectionality and Climate Activism by way of Youth**

In the United States, the “green movement” has historically been overwhelmingly white and older, leaving environmental organizations without many people of color on staff. Youth-led climate activism is working to spotlight the disproportionate impact of climate change on minority communities and working to center climate activists of color.

The Articles:  

This Interview:  

This 5 Minute Video: **Welcome to Sunrise**

Reading: **Race, Class, Gender and Climate Change** (17 pgs)

Listen: **14 year old Indigenous Activist and Chief Water Commissioner** (6 minutes)

View: **The Right to be Rescued- People With Disabilities and Climate Change**

**Ray from Detroit** (3 minutes)

**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.**

**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, please register at: [www.meet-dr-ortega.eventbrite.com](http://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 Kaz,a, 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 Otogawa and further study with Robert Altkem, Thich Nhat Hanh, and Joanna Macy.

[You can follow us on Twitter! Our username is @firstuusd.](https://twitter.com/firstuusd)
Climate Justice Planning Meeting
Sunday, November 24, 10:40 am — 12 pm, Room 321. First UU’s Climate Justice team will continue planning for events and building consensus on how to proceed as personal and social messengers for effective action to cope with the climate crisis.

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.

ASL Signing Hub
Sunday, November 24, 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 24, 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.

Pagan Conversations
Sunday, November 24, 1 pm — 2:30 pm, Room 114b. Join us in a dark half of the year survival chat. This can be a stress-filled, sad time of year for many. What do we do to care for ourselves?

The Unitarian Universalist Christian Study Group
Sundays, November 24, 1 pm, Room 321. Inspired by science: Join us for Carl Sagan’s 1980 classic: “On The Shores of the Comic Ocean;” a journey into the awe and wonder of the universe and those of us who live in it...and what it means.

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.

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 Rev. 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.

Spend the Thanksgiving at Camp de Benneville Pines!
Still some rooms available for Thanksgiving Celebration. Arrive Wednesday, Nov. 27 - get a jump on festivities; or arrive Thursday, Nov. 28 - in time for the Dinner at 4 pm. Questions? Contact registrar Laura Chamberlin: registrar@uucamp.org.

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.

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.”

Blue Holiday Service
Wednesday, December 4, 6:30 pm, Clark Chapel. During this holiday season, our culture insists we be happy and celebratory. For many of us, the holidays can be a painful and lonely time. Join us in ritual, song, and silence, as we take a pause to honor the blueness of the holidays and acknowledge the challenge of the winter season.

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 kiakiali@gmail.com.

Did you know? You can follow us on Instagram; our user name is @firstuusd. Tag us in your pictures! #firstuusd.
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 OU community. If you wish to participate or have any questions, please contact Eva Garcia-Mayers at 619-905-5651 or firstuyoungadultcraftfair@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 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 cmack6313@gmail.com or Ed McCarroll by email at Wombated@gmail.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 join our discussion of Andrew Sean Greer’s hilarious Pulitzer Prize winning novel “Less,” in which the main character struggles to avoid an awkward wedding. For our January 9 meeting, we’ll discuss “Foe” by Nobel Prize winner JM Coetzee. Contact Maureen McNair at 619-427-1769 or memcnair948@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.

Monthly Board Meeting
Tuesdays (third), December 17, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), December 17, 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), December 19, 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), December 19, 6 pm, Common Room. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

Living the Homestretch
Saturdays (third), December 21, 10 am, Bard Hall. Living the Homestretch is an ongoing monthly gathering with programs that cover topics of interest to those of us in our later years striving to live these years to the fullest. Contact Marv Pulliam at 310-779-2053 for information.

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/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.

Volunteer Opportunities

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 on Sundays on the Hillcrest patio and in the South Bay social hall, or contact Angela@firstuuandsdiego.org.

Volunteers Needed to Sort and Pack Food
December 8, 10 and 11, Chula Vista near Hwy 5. Many school children rely on free breakfasts and lunches when school is in session. The Chula Vista Elementary School District needs volunteers to sort and pack boxes of food it will send home before winter vacation to the families whose children live with food insecurity. We’ll sort and pack food during three shifts at a Chula Vista warehouse near the I St. off ramp from Hwy 5 on Sun., Dec. 8 from noon — 2 pm; and Tues., Dec. 10 and Wed. Dec. 11 from 4 pm — 7 pm. Volunteers must be able to bend, lift, and carry boxes of food. If you would like to register for a shift, please contact Maureen McNair for the warehouse address at memcnair948@gmail.com or 619-427-1769.
Do You Have Space Reserved?
We are very happy to be having so many events happening at South Bay! To make sure everyone gets the space they need for their meetings, please contact Karla@firsttuusandiego.org. Thank you!

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.

South Bay+ Neighborhood Group Potluck
Sunday, December 8, 5 pm, Bard Hall. This is a joint Neighborhood Groups potluck, holiday music and singing activity - with Drew Massicot at the piano! Please bring your favorite appetizer to share (no chips and dip please). We won't have access to the kitchen so if you bring food that needs to be heated or kept warm, please bring your own warmer. Plates, utensils, napkins and non-alcoholic punch will be provided; we ask for a $1 donation to cover expenses. Contact Ann McDonald at amcd92119@gmail.com. Drew Massicot at drewmassicot@yahoo.com or Theresa Martin-Werk at terrychiro@cox.net.

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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.

Tamalada
Saturday, December 14, 11 am — 5 pm, Jamaica Village Clubhouse. 14 Jamaica Village Dr., Coronado Cays, Coronado, 92118. For information contact Karla@firsttuusandiego.org.

Organizing4Justice / SDOP / Faith in Action
Sundays (third), December 15, 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 GOTV campaigns in the South Bay over many years. Contact Connie, cjmack13@icloud.com, for information.
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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.

7th Annual Sandy Hook Vigil
Unitarian Universalist Fellowship of San Dieguito
Sunday, December 8, 4:30 pm — 6 pm, UUFSD, 1036 Solana Dr., Solana Beach, 92075. The theme of this year’s candlelight vigil to #EndGunViolence is Hope and Remembrance Moving Forward. Speakers are community members from NeverAgainCA, Moms Demand Action, TeamEnoughSD and UUFSD that have contributed to gun violence prevention and the afternoon’s program will acknowledge their contributions to this effort by highlighting their achievements.
Children's Religious Education (CRE)

This Week in Family Ministry
Religious Education classes are 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.

Children's Choir
Rehearsals will take place Sunday, November 24 and December 1 at 10:45 am in Room 113. We'll sing in services on December 8!

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 at kswift@firstuusandiego.org. We have a special need in our 4/5 classroom but any of them could use help from you!

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

Celebrate the Holidays at First UU
Your family is invited to our Tree Decorating Potluck as well as all of our upcoming holiday celebrations. For more information, visit our website: http://www.firstuusandiego.org/Websites/firstuusandiego/images/Celebrate%20the%20Season%202019.pdf.

Youth

Sunday, November 24 - the 9:30 am middle school youth group will enjoy a special Worship Sunday session. They will go to the meeting house to assist with the first part of the worship service, and then they will adjourn to Room 114a to celebrate a UU Thanksgiving. Youth and their Advisors at both services are encouraged to bring their favorite treat to share, as the group talks about gratitude and how it manifests in their lives. (Treats can be dropped off before the 9:30 am service in Room 114a.) The 11:30 am Sr. High group will also celebrate Worship Sunday. They will drop off treats in Room 114b for their celebration, proceed to the meeting house to assist in the worship service, and then regroup in Room 114b for their Thanksgiving/Gratitude celebration.

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.

Sunday, December 1 - the 9:30 am middle school youth group will meet in Room 114a to explore the December worship theme, Restoring Community, as they explore our Unitarian roots and celebrate “Heresy Sunday.” They will look at our UU origins in Eastern Europe, history, learn about our partner church in Romania, and enjoy some delicious treats. The 11:30 am YRUU group (Sr. High) will meet in Room 114b for fun, fellowship and their regular program activities.

Have Lunch or Dinner and Help the Youth Attend GA!
On Sunday, December 15, the Youth Program will hold another fundraiser for the youth scholarship fund. Here’s how you can help: Have lunch or dinner at the Panda Express at 120 West Washington Street any time from 11 am until 9:30 pm, present the special fundraiser flyer when you order, and the Youth Program will get 20% of the proceeds from each order, including take out and catering! Pick up a flyer at church that day or go to the special web page to download the flyer in English: community.pandaexpress.com/fundraiser/events/promotions/382e0fcc-3f9b-cd2a-7ddf-1a38bcac1cc6/en/landing or Spanish: community.pandaexpress.com/fundraiser/events/promotions/382e0fcc-3f9b-cd2a-7ddf-1a38bcac1cc6/sp/landing.

Jr. High OWL is coming!
Parent Orientations: Sundays, January 12th & 19th, 2020, from 1:30 – 3:00 pm in Room 112. Attendance is mandatory if you wish to enroll your youth in the program. The program, which consists of twelve sessions for parents and youth, begins Saturday, January 25.
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

Save the Date:
Making Connections at First UU Orientation
Sunday, December 1, 10:45 am, Room 321. Perfect for newcomers and visitors, this orientation is focused on the many groups and activities that take place on Sunday and throughout the week at First Church and how to connect with this community. All are welcome!

Jenner Daelyn is the Connections Coordinator and Scheduler at First UU Church, and is happy to help you connect to activities, or to answer your questions about membership! She is in the office on Sunday - Thursday (scheduler hours 2:30 pm - 5:30 pm) and can be reached by email at jenner@firstuusandiego.org or by phone at 619-398-4443.
**Friday, November 22, 2019**

**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. Ongoing, drop in.

**The Shared Task of Theological Education:**
**A Conversation with Dr. Elías Ortega, President, Meadville Lombard Theological School**
Friday, November 22, 5 pm, Bard Hall. Please join us in a conversation with Dr. Elías Ortega. Buffet of appetizers will be available. FREE admission, but please register at: [www.meet-dr-ortega.eventbrite.com](http://www.meet-dr-ortega.eventbrite.com).

**Saturday, November 23, 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](http://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*.

**Sunday, November 24, 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 at [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)**

**ASL Signing Hub**
Sunday, November 24, 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!

**Climate Justice Planning Meeting**
Sunday, November 24, 10:40 am — 12 pm, Room 321. First UU’s Climate Justice team will continue planning for events and building consensus on how to proceed as personal and social messengers for effective action to cope with the climate crisis.

**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.

**Pagan Conversations**
Sunday, November 24, 1 pm — 2:30 pm, Room 114b. Join us in a dark half of the year survival chat. This can be a stress-filled, sad time of year for many. What do we do to care for ourselves?

**The Unitarian Universalist Christian Study Group**
Sundays, November 24, 1 pm, Room 321. Inspired by science: Join us for Carl Sagan’s 1980 classic: “On The Shores of the Comic Ocean,” a journey into the awe and wonder of the universe and those of us who live in it...and what it means.

**ASL Signing Social**
Sunday, November 24, 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 [gerbf@pachell.net](mailto:gerbf@pachell.net).

**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 25, 2019**

**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. 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 Rev. Jim Grant.

**Tuesday, November 26, 2019**

**Sufi Healing with Jamil Larry Sweet**
Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact [jsweet@cox.net](mailto:jsweet@cox.net).
### Wednesday, November 27, 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.

**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 28, 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.

### Saturday, November 30, 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](mailto:).

### Sunday, December 1, 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)**

**ASL Signing Hub**
Sunday, December 1, 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, December 1, 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).

**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.

**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.

**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 are we 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.

### Monday, December 2, 2019
**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](mailto:).

### Tuesday, December 3, 2019
**Sufi Healing with Jamil Larry Sweet**
Tuesdays, 7:15 pm — 8:15 pm, Room 321. Explore ancient individual healing practices of the Sufis. Ongoing. Drop in, no registration required. Contact [lsweet@cox.net](mailto:lsweet@cox.net).
### Wednesday, December 4, 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.

**Blue Holiday Service**
Wednesday, December 4, 6:30 pm, Clark Chapel. During this holiday season, our culture insists we be happy and celebratory. For many of us, the holidays can be a painful and lonely time. Join us in ritual, song, and silence, as we take a pause to honor the blueness of the holidays and acknowledge the challenge of the winter season.

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

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

### Thursday, December 5, 2019

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

**Diverse Revolutionary UU Multicultural Ministries**
Thursdays (first), December 5, 6 pm, Room 323. DRUUMM is a Unitarian Universalist People of Color Ministry. All programs are BIPOC only spaces, unless otherwise noted. Our purpose in gathering is to build & strengthen community through spiritual exploration & faith formation. Contact Kia Bordner [kiakiali@gmail.com](mailto:kiakiali@gmail.com).

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## Upcoming Events

**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](mailto: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](mailto:cmack5313@gmail.com) or Ed McCarron by email at [EdMcC@comsimplicity.com](mailto: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.

**Insight SD Greeting the Heavenly Messengers Affinity Group**
Thursdays (second and fourth), December 12, 9:30 am — 11:30 am, Room 323. This twice-monthly [Insight San Diego](https://www.insightsandiego.org) 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](https://www.amazon.com/In-Love-World-Monks-Journey/dp/1608686582) by Yongey Mingyur Rinpoche. To sign up or find out more, [click here](https://www.insightsandiego.org/greeting-heavenly-messengers).

**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.

**Book Lovers Affinity Group**
Thursday, December 12, 6 pm, Room 320. Everyone is welcome to join our discussion of Andrew Sean Greer’s hilarious Pulitzer Prize winning novel “Less,” in which the main character struggles to avoid an awkward wedding. For our January 9 meeting, we’ll discuss “Foe” by Nobel Prize winner JM Coetzee. Contact Maureen McNair at 619-427-1769 or [memcnair948@gmail.com](mailto:memcnair948@gmail.com).
Our Staff

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

Music Staff:
Lara Korneychuk, Hillcrest Music Coordinator & Youth Choir Dir.
Chase Pado, Pianist / Organist
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea Newall-Lockett, JJUL 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
Jenner Daelyn, Connections Coordinator and Scheduler
Tony Bianca, Program Assistant
Pam Bates, Database Analyst
Karla Alvarez-Malo, South Bay Administrative Assistant
Ray Evans, Maintenance
Mark Epler, Event Coordinator

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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