December's Transformational Theme: Restoring Community

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

December 8, 2019
"Interconnection: Buddha and Jesus"
Rev. Kathleen Owens, Lead Minister
Music: Women's Chorus and Children's Choir

December 15, 2019
"Community for the Holidays"
Rev. Kathleen Owens, Lead Minister
Music: Chalice Choir

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

South Bay Bilingual Service
9:30 am

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

December 15, 2019
"Music Sunday"
Lorelei Isidro-Garner, SB Music Coordinator & Women's Chorus Director

December Generosity Offering
Partnership for the Advancement of New Americans (PANA)
PANA promotes the fair treatment and equitable inclusion of refugee communities using organizing to achieve collective impact and policy change. PANA is the first and only refugee-focused research and policy organization in California and they are committed to supporting refugees in their journey toward economic and social transformation.

Journey Toward Wholeness (JTW)
What Can I Do?
Sign up for our February / March 2020 Beloved Conversations: Meditations on Race & Ethnicity cohort. For information / dates / times, go to:
www.firstuusandiego.org/journey-toward-wholeness

Watch KPBS's "First People – Kumeyaay" (51:42) an Emmy-nominated file about the Kumeyaay Nation—currently comprised of 13 reservations scattered across San Diego County and four in northern Baja California at:
video.kpbs.org/video/kpbs-presents-first-people/?fbclid=IwAR28ZmHI6pd1ghVEa4sB3GSrDRCN6zHo14LVbYAXFU
nnNNoGqQxkriS_D7Nc
What’s Happening?

Our Church Family
Support a member of the youth here at FUUSD, Rile Grant, in the Pt Loma Choral Union’s performance of Handel’s “Messiah” on Sunday, Dec. 8, 3 pm, Brown Chapel, Pt Loma Nazarene University, 3300 Lomaland Drive, San Diego 92106. Rile has sung with Emerging Voices, Voices in Unity, and performed with our bells choir, and is now a song leader and member of Chalice Choir. Rile was part of the Sacra Profana Summer Choral Intensive; as a result, he was invited to join this performance. Freewill offering and free parking.

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

No Forum December 8
The Go forum for this Sunday, December 8 is canceled. The committee continues to do their work, however, there isn’t any new information to share at this time.

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.

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.

Welcome Center Rest Room Notice
Due to the continuing vandalism of stuffing paper products down our toilets, we are removing paper products from the lower level and mid-level rest rooms in the Welcome Center. We are sorry for this inconvenience. Please use the air dryers provided. Thank you for your understanding in this matter.

Board Report
The November 19 Board of Trustees meeting looked inward into what is happening at our church. Work on Visioning the Future and writing the next five-year Strategic plan are in full swing. Those projects, along with the reduction of staff to two ministers, have required Revs. Kathleen Owens and Tania Marquez to adjust their priorities and to put on hold or change nearly a dozen ministerial projects. The Diversity Action Group (DAG) reported back to the Board input on food insecurity from discussions they held at both campuses. DAG also facilitated a discussion about how climate activism varies among peoples with previously ignored voices. The Board reviewed Sunday attendance figures for both campuses and listened to an open microphone presentation by one congregant.

Gift cards
Gift cards will be on sale on the patio after both services every Sunday until Christmas to fit all your personal and holiday needs. We’re giving a $5 Starbucks card as a thank you to anyone who orders more than $100 worth (only one per person throughout the month). Don’t forget, you can get cards for your own use as well as for gifts.

Book Room
Visit the Book Room on Sunday mornings to find fabulous gifts for the holidays! You will find a wonderful selection of UUA children’s books and UUA jewelry!

Calling all Young Adults and Youth!
Our Music Coordinator, Lara Kornevychuk, 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 Kornevychuk, Music Coordinator, at lara@firstuusandiego.org.

Tree Decorating and Carol Sing-Along
Friday, December 6, 6 pm, Bard Hall. Join us for community, crafting, and merriment at this family friendly tree decorating party and sing-along!

Mindful Dying: Preparing for Our Own Farewell
Saturdays, 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.

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.

You can follow us on Twitter! Our user name is @firstuusd.
What's Happening?

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.

ASL Signing Hub
Sunday, December 8, 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!

Singletarian Senior Singles Luncheon
Sunday, December 8, 12:30 pm, Panda Country, 4455 Clairemont Mesa Blvd 858-270-3930. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

ASL Signing Social
Sunday, December 8, 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, December 8, 1 pm — 2:30 pm, Room 114b. Join us for Pagan Conversations where we’ll be discussing the Yule holiday.

The Unitarian Universalist Christian Study Group

South Bay + EastFar East 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.

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 McCarral by email at Wombated@gmail.com.

Coping with Chronic Conditions
Mondays (second and fourth), December 9, 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 it is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510 for more information.

Vespers Service: Responding to Gun Violence
Tuesday (second), 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.

Memory Matters Gathering
Fridays (second and fourth), December 13, 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. Memory Matters will only meet once in December, on Friday, December 13. We will return to the usual schedule in January.

Tamalada
Saturday, December 14, 9 am — 1 pm, Jamaica Village Clubhouse. 14 Jamaica Village Dr., Coronado, 92118. Corn and have fun and create community, and prepare food for the homeless shelter. Please bring lots of energy to make delicious tamales. To contribute ingredients please contact Karla@firsttuusandiego.org.

26th Annual La Posada Without Borders
Saturday, December 14, 1 pm — 4 pm, Border Field State Park. 1 pm — 2 pm Walk and talk to park. 2 pm Orientation. 2:30 pm Programming begins. 4 pm Return walk. For information please contact Karla@firsttuusandiego.org.

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.

Did you know? You can follow us on Instagram; our user name is @firsttuus. Tag us in your pictures! #firsttuus
**What's Happening?**

**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.

**Friends of de Benneville**
Sunday, December 15, 5 pm social hour, 6 pm potluck, 7 pm meeting. At Barbara and Don Jania–Smith’s, 2608 Batchelder Court, El Cajon, 619-461-7039. Join the Friends of de Benneville for our usual Christmas Party!

**Interfaith Shelter Winter Rotation**
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@firstuusandiego.org.

**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 eventbrite.com/e/2019-yule-ritual-tickets-81864373545. Tickets are $15.00 for adults and $10.00 for students/children.

**Caregivers/Allies Support Group**
Sundays (fourth), December 22, 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.

**Fourth Monday Meeting of the UU Men’s Fellowship**
Monday, December 23, 6 pm — 9 pm, Common Room. The Men’s Fellowship (UUMF) will be having their usual Monday Potluck & Discussion.

**Christmas Day Potluck!**
Wednesday, December 25, 12:30 pm, Bard Hall. You’re invited to join Rev. Kathleen and others from our congregation for a festive Christmas Day potluck lunch. Please see Jan Gallo at the table on the patio or email her at jngallo@yahoo.com to sign up to bring food.

**Organizing4Justice / SDOP / Faith in Action**
Wednesdays (first), January 1, 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), January 2, 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.

**Roaring 2020’s Dance Party!**
Friday, January 3, 6 pm, Bard Hall. Ring in the New Year and the new decade at an all-ages dance party! Learn some 1920’s dance moves and dance to music spanning the decades from 1920 to 2020. Come as you are, or in fabulous twenties-style attire. Non-alcoholic drinks will be provided, please bring a snack to share.

**Cosmos**
Sundays (first), January 5, 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 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 Martin Luther King, Jr! This year’s theme is Be Heard. Be Counted. Belong. Tickets available for $85. Call Sylvia 858-689-9185 for information.

The deadline for the next issue of The Window is: December 11 (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
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@firstuusandiego.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 L St. offramp 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.

South Bay Food Pantry
South Bay is opening a food pantry, volunteers needed! About 32,000 people live below the poverty line in Chula Vista, many in the zip code where our congregation is located. The people near church have access to food pantries 5 hours a month. We need volunteer labor, donations of checks, canned food, and hygiene products. Please drop off your donations on the Hillcrest patio with Angela Fuji and Jerry Ollinger and in the SB Social Hall on Sundays. For more info, please contact Maureen McNair memcnair948@gmail.com or 619-427-1769.

Hillcrest Tech Booth Operators Needed
Volunteers needed to learn how to run the slide show in the tech booth on Sunday mornings. This would be a "back-up" position, in case of the absence of our Office Administrator, Rose. Comfort with technology is required, and a working knowledge of Microsoft Publisher is preferable. If you are interested in being trained in this volunteer position contact Rose at rose@firstuusandiego.org or 619-398-4439.
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@firstuusandiego.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! December’s big question is “What is my relationship with death?” 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.

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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, cjmac13@icloud.com, for information.
Social Justice

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

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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 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.

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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
Children's Choir will sing at both services this week. No rehearsal between services. Rehearsals will resume next Sunday at 10:45 am in Room 113.

Caroling
Join us on Dec 14 to go caroling! We'll gather at 5 pm in Bard Hall and leave shortly thereafter to spread some musical magic through the streets of Hillcrest. All are welcome.

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 January 5 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: www.firstuusandiego.org/Websites/firstuusandiego/images/Celebrate%20the%20Season%202019.pdf.

Help Us Decorate Our Tree!
Friday, December 6, 6 pm, Bard Hall. This tree is beautiful, but we can make it even more beautiful! Come help us pretty it up. Bring a food item to share and we will sing, craft, and have fun. It starts at six. See you there!
Youth

**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.

**Sunday, December 8** - the 9:30 am Middle school youth group will meet in Room 114a to explore the birth legends of Jesus, Buddha, and Confucius and how they relate to our UU faith and Sources. The 11:30 am YRUU group (Sr. High) will be in charge of the youth program table at the Craft Fair, so please meet in front of Bard Hall no later than 10 am.

**Sunday, December 15** - the 9:30 am Middle school youth group will meet in Room 114a to continue their examination of the December worship theme, *Restoring Community*. They will talk about Winter Solstice and how that adds to the spirit of community. The 11:30 am YRUU group will meet in Room 114b to enjoy their regular program activities. This is also the day of the next Youth Scholarship program fundraiser at Panda Express on Washington Street. (See the special description below!)

**Sunday, December 22** - the 9:30 am Middle school youth group will meet in Room 114a to explore and celebrate Hanukkah. The 11:30 am Sr. High group will meet in Room 114b for discussion, fun and worship.

**Sunday, December 29** - the 9:30 am Middle school youth group will meet in Room 114a to celebrate the coming New Year. They will talk about what they are looking forward to in the coming year, what they are leaving behind, and enjoy some fun games and snacks. There will be no Sr. High youth group today due to Sr. High Winter Camp at de Benneville Pines.

**Your Cards are Here!**
If you ordered greeting cards from the youth, your cards have arrived. You may pick them up at the Youth Program table at the Craft Fair. If you forgot to order cards, the youth will have an assortment of card boxes available to purchase, too!

**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-7dfd-1a38bcac1ce6/en/landing](community.pandaexpress.com/fundraiser/events/promotions/382e0fcc-3f9b-cd2a-7dfd-1a38bcac1ce6/en/landing)
or Spanish: [community.pandaexpress.com/fundraiser/events/promotions/382e0fcc-3f9b-cd2a-7dfd-1a38bcac1ce6/sp/landing](community.pandaexpress.com/fundraiser/events/promotions/382e0fcc-3f9b-cd2a-7dfd-1a38bcac1ce6/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 Do you know how to transform stuff into cash, through the internet? There are many ways to sell goods online, and your talent could help the Generosity Ministry Team AND First UU! Contact pam@firstuusandiego.org and tell me more.

TREASURE You can do something today to make sure that our beloved liberal religious home remains vibrant and welcoming to future generations! To make a Planned Gift, or to find out more about what's involved or what a difference it makes, check out the Planned Giving page of our website, or talk to someone on the Planned Giving Committee (Dave Hunt, Carolyn Owen-Towle, Marcia Biller, George Longstreth, or Jerry Ollinger).

TIME If you shop on Amazon, is doesn't take much time to make sure that First UU gets 2-10% of every purchase. Go to our website (firstuusandiego.org), scroll to the bottom of any screen, and click on the "Shop via Amazon" button. It will take you to Amazon and you proceed as you normally would, but now First UU gets 2-10% of every purchase!

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!
Friday, December 6, 2019

Tree Decorating and Carol Sing-Along
Friday, December 6, 6 pm, Bard Hall. Join us for community and merriment at this family friendly tree decorating party and sing-along.

Saturday, December 7, 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, dharma talk, and sharing. To sign up or find out more, click here.

Sunday, December 8, 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 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)

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. If you 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.

ASL Signing Hub
Sunday, December 8, 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!

VTF Forum - Canceled Today

Singletarian Senior Singles Luncheon
Sunday, December 8, 12:30 pm, Pandora, 4455 Clairemont Mesa Blvd 858-270-3930. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

Pagan Conversations
Sunday, December 8, 1 pm — 2:30 pm, Room 114b. Join us for Pagan Conversations where we'll be discussing the Yule holiday.

The Unitarian Universalist Christian Study Group
Sundays, December 8, 1 pm, Room 321. Rasa: The Essence of Healing and Contemplation with Arjay Palmer exploring the realationship the ancient concept of Rasa to the modern understanding of healing, wholeness and contemplation.

ASL Signing Social
Sunday, December 8, 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.

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.

South Bay + East / Far East 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 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 terrvchiro@cox.net.

The Hillcrest Folksong Circle
Sunday, December 8 (Second Sundays) 6 pm — 8:30 pm, Common Room. Bring your acoustic instrument and/or your voice. Come and sing, just for fun. Contact Connie Mack by email at cmack5313@gmail.com or Ed McCarroll at EdMcC@comsimplicity.com.

Monday, December 9, 2019

Coping with Chronic Conditions
Mondays (second and fourth), December 9, 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.
Tuesday, December 10, 2019

**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.

**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

Wednesday, December 11, 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. We will not meet on December 25 or January 1. We will resume on January 8. Contact johnhall@cox.net or 619-546-6525.

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

Thursday, December 12, 2019

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

**Insight SD Greeting the Heavenly Messengers Affinity Group**
Thursdays (second and fourth), December 12, 9:30 am — 11:30 am, Room 323. This twice-monthly Insight San Diego group welcomes anyone open to exploring Buddhist wisdom on illness, aging, and death. Current reading: In Love with the World: A Monk’s Journey through the Bardos of Living and Dying by Yongey Mingyur Rinpoche. To sign up or find out more, click here.

**Big Questions**
Thursday (second) 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.

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**Upcoming Events**

**Memory Matters Gathering**
Fridays (second and fourth), December 13, 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. Memory Matters will only meet once in December, on Friday, December 13. We will return to the usual schedule in January.

**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.

**Friends of de Benneville**
Sunday, December 15, 5 pm social hour, 6 pm potluck, 7 pm meeting. At Barbara and Don Jania-Smith’s, 2068 Batchelder Court, El Cajon, 619-461-7039. Join the Friends of de Benneville for our usual Christmas Party!

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

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. Tickets are $15.00 for adults and $10.00 for students and children.

Caregivers/Allies Support Group
Sundays (fourth), December 22, 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 - canceled
Mondays (second and fourth), December 23 [canceled], 1 pm — 2:30 pm, Common Room. Our next meeting will be held on January 13. 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, December 23, 6 pm — 9 pm, Common Room. The Men’s Fellowship (UUMF) will be having their usual Monday Potluck & Discussion.

Christmas Eve Family Service
Tuesday December 24, 5:30 pm, Meeting House.

Christmas Eve Candlelight Service
Tuesday December 24, 8 pm, Meeting House.

Christmas Day Potluck!
Wednesday, December 25, 12:30 pm, Bard Hall. You’re invited to join Rev. Kathleen and others from our congregation for a festive Christmas Day potluck lunch. Please see Jan Gallo at the table on the patio or email her at jngallo@yahoo.com to sign up to bring food.

Organizing4Justice / SDOP / Faith in Action
Wednesdays (first), January 1, 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), January 2, 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.

Cosmos
Sundays (first), January 5, 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.