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.

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

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

- **December 15, 2019**
  "Community for the Holidays"
  Music Sunday
  Music: Chalice Choir

- **December 22, 2019**
  "Nature's Great Lesson"
  Rev. Kathleen Owens, Lead Minister
  Music: JUUL Tones

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

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

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

- **December 22, 2019**
  "Christmas Service"
  Rev. Tania Márquez, Assistant Minister

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**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.

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The next issue of The Window will be a **DOUBLE ISSUE**
Please be sure to send in two weeks of information in your announcements!
The deadline for the next issue of The Window is:
December 18 (Wednesday) at 8 am
If you would like an announcement placed in the Window, please email: rose@firstuuusandiego.org

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

Our Church Family
We honor the memory of long time church member Joan Bigge who died peacefully on Monday, December 9th.
We’ll extinguish the Chalice in her honor on Sunday.

Visioning the Future (VTF) Forums
Upcoming Schedule
Sunday forums for Visioning the Future
from 10:45 am — 11:20 am in Bard Hall
Dec. 15 – Real Estate Sub-Committee
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.

Limited Access to the Common Room
Because we are hosting the Interfaith Shelter starting on Sunday, if you have items stored in the Common Room closets that you may need during the next three weeks, please take them out of the closets by Sunday morning, December 15, at 11 am. We’ll start setting up for our guests then and once our guests have arrived, access to the closets will be unavailable. Thank you for your understanding and ensuring our guests have the privacy they need.

Nationwide Vigil
Join Rev. Kathleen Owens and our community partner SD4GP (San Diegans for Gun Violence Prevention) on Saturday, Dec. 14 at 7 pm at Temple Emanu-El, 6299 Capri Drive in San Diego for the Nationwide Vigil on the 7th year anniversary of the shooting at Sandy Hook Elementary to remember all victims and survivors of gun violence and pledge to #EndGunViolence in America.

Worship Flowers News from Robie
Dear congregation, it is with a very sad heart that I let you know that Maggie Marshall will be stepping down from her Hillcrest Flower Coordinator position effective February 1st, 2020. Maggie is hoping to spend more of her time and energy doing her very important Journey Toward Wholeness Core Team work. I would like to take this opportunity to thank Maggie for her creativity, care, time, talent, generosity, inclusivity and all around love that she has given to this ministry and her creations were beyond all expectations. We will be looking for someone or perhaps even a small committee to take over this important ministry. Watch for sign-ups at a patio table in January. If you are interested, please let me know at robie@firstusuandsiego.org.

Calling Artists and Graphic Designers
Rev. Kathleen would like to meet with you on Saturday, January 11 at 1 pm — 2 pm to talk about how to re-design the History Wall (in the Meeting House) to make it more readable and accessible. We’ll talk about ideas and figure out next steps. Location for meeting will be decided on at a later date.

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!

Current Common Scams!
Just this week, at least three of our members each received a text from Rev. Kathleen asking them to buy her a gift card because she had a sick relative. Luckily, these members first either checked with Kathleen or with the church office. It was an out of area phone number and yes, this was a scam. Also, every once in a while, we receive emails asking for special help from someone on staff. You can tell these are scams if you investigate the return email closely. For example, if it says it's coming from Rev. Kathleen, her email should state: kathleen@firstusuandsiego.org NOT revkathleen@somerandomemail.com. Another popular one we get here at the church office is a caller to our front desk volunteer stating that our SDG&E bill is behind and they're going to turn off the electricity to the church unless that get a payment in the next couple hours. This is also a scam. Please be careful out there and if you have a funny feeling, you’re probably right – it's a scam!

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.

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.

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@firstusuandsiego.org.

Winter Break Office Hours
The First Church Office will be holding shortened office hours for Winter Break.
December 23, 24, 26, 27, 30, 31: 10 am — 2 pm
December 25 & January 1: Closed
The office will resume regular business hours of 9 am — 5 pm on Thursday, January 2.
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 Cays, Coronado, 92118. Come 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@firstuusandiego.org.

Mindful Dying: Preparing for Our Own Farewell
Saturdays, December 14, 9:30 am — 12:30 pm, Clark Chapel. 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.

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@firstuusandiego.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 celebrating to be 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.

ASL Signing Hub
Sunday, December 15, 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!

Singleterian Senior Singles Luncheon
Sunday, December 15, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

ASL Signing Social
Sunday, December 15, 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 Gerbl at gerbl@pachell.net.

The Unitarian Universalist Christian Study Group

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!

Greater Beach Neighborhood Group
Sunday, December 15, 5 pm, at Alec & Martha’s house, 1655 Yost Drive. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at harootunianay@yahoo.com.

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, Bard Hall. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.

Living the Homestretch
There will NOT be a Living the Homestretch program in December 2019. We will resume our programs in January 2020. Living the Homestretch is an ongoing 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.

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

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 16, 6 pm — 9 pm, Bard Hall. We will hold the fourth Monday meeting on the third Monday in December to avoid conflicts with Holiday activities. The meeting will include the usual Monday Potluck to be followed by the Yule log ritual, a seasonal ritual the Men’s group has been holding for many years.

Christmas Pageant
Tuesday, December 24, 5:30 pm, Meeting House. Though often thought of as a “family activity,” this event is fun for everyone! The story of the birth of Jesus is told through narration and song with plenty of help from audience members. No rehearsal is required and children are especially encouraged to participate. This has become a tradition at First Church; you won’t want to miss it.

Christmas Eve Candlelight Service
Tuesday, December 24, 8 pm, Meeting House. Join us on Christmas Eve for a service of word, song and light. A short mini-concert by our Handbell Choirs will proceed the service starting at 7:40 pm with a guest appearance by the Penny Whistle Club. The service itself begins at 8 pm.

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 jingallo@yahoo.com to sign up to bring food.

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 toward 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.

Parent’s Lounge
Sunday, January 5, between services, Room 323. Join us for conversation and camaraderie at our next Parent’s Lounge meeting!

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 Swimmie.

Organizing4Justice / SDOP / Faith in Action
Tuesday, January 7, 6 pm, Room 323. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@icloud.com.

Book Lovers Affinity Group
Thursday, January 9, 6 pm, Room 320. Everyone is welcome to join our discussion of Nobel Prize winner JM Coetzee’s novel “Foe,” the Robinson Crusoe story told from a woman’s point of view. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Rainbow Coffee Klatch
Sundays (second) January 12, 10:30 am — 11:20 am, Room 323 (find us on the patio weather allowing). Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, January 12 (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 McCarthy by email at Wombated@gmail.com.

Vespers Service: Responding to Gun Violence
Tuesday (second), January 14, 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.

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 available for $85. Call Sylvia 858-689-9185 for information.
Volunteer Opportunities

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.

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.

Do You Want to Help Santa?
Monday, December 16, and Tuesday December 17, Chula Vista. Join us in spreading the joy to hundreds of needy families in Chula Vista. We need volunteers to set up a toy and food give away on Monday, Dec. 16 from 10 am — 2 pm and volunteers to distribute the toys and food on Tuesday, Dec. 17 from 8 am — 4 pm. Please contact Maureen McNair for the address and to sign up! 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.
UPCOMING SUNDAYS at SOUTH BAY at 9:30 am

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

December 22, 2019  "Christmas Service"
Rev. Tania Márquez, Assistant Minister

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, 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.

Tamalada
Saturday, December 14, 9 am — 1 pm, Jamaica Village Clubhouse. 14 Jamaica Village Dr., Coronado Cays, Coronado, 92118. Come 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@firstuusandiego.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@firstuusandiego.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, cimack13@icloud.com, for information.

Big Questions
Thursday (second) January 9, 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) January 9, 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 Starts Sunday, December 15
We are preparing for the arrival of our guests on Sunday, December 15. During the shelter, Rooms 112 (Common Room), 113 and 114a will be our guests’ home and become private spaces that should not be entered or otherwise accessed without prior approval, or accomplishment, by shelter coordinators (Angela Fuji & Jerry Ollinger). This helps to ensure that guests belongings remain secure for the entirety of their stay through January 5. If you regularly use any of the shelter spaces for activities/meetings, please consult the church calendar for details/information about the alternate location. Thank you for your understanding.

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.

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Burrito Project
Thursdays (third), December 19, 6 pm, Bard Hall. Help assemble and distribute hundreds of burritos for those living with hunger. Follow “Burrito Project San Diego” on Facebook.
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
The Children's Choir will rehearse in the Chapel on Dec 15 and 22 at 10:45 am, to accommodate our shelter which is in Room 113. The choir will sing at the early service on Christmas Eve.

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 all of our upcoming holiday celebrations. For more information, visit our website: www.firstuusandiego.org/Websites/firstuusandiego/images/Celebrate%20the%20Season%202019.pdf.

Christmas Pageant
Tuesday December 24, 5:30 pm, Meeting House. Though often thought of as a “family activity,” this event is fun for everyone! The story of the birth of Jesus is told through narration and song with plenty of help from audience members. No rehearsal is required and children are especially encouraged to participate. This has become a tradition at First Church; you won't want to miss it.

Carolings
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!
Youth

Sunday, December 15 - During the time the Church hosts the Interfaith Shelter, The Middle School group will meet in Room 114b - the 9:30 am Middle school youth group will meet in Room 114b 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 also 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 to the right!)

Sunday, December 22 - the 9:30 Middle school youth group will meet in Room 114b to explore and celebrate Hanukkah. The 11:30 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 114b 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.

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/382e0fccc-3f9b-cd2a-7dfd-1a38bcac1cc6/en/landing
or Spanish: community.pandaexpress.com/fundraiser/events/promotions/382e0fccc-3f9b-cd2a-7dfd-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. Flyers are on the RE table!
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, it 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:**
**Becoming a Member Orientation**
Sunday, January 5, 10:45 am, Room 321. Are you interested in membership? Come learn about what being a member of First UU Church means, how to start the process, and how to get more involved in this community. This meeting usually lasts around half an hour, depending on how many people attend. Questions? Contact Jenner@firstuusandiego.org.
### Friday, December 13, 2019

**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.

### Saturday, December 14, 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](#).

**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](mailto: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.

### Sunday, December 15, 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 15, 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**

**Singletarian Senior Singles Luncheon**

Sunday, December 15, 12:30 pm, Kanda Thai Cuisine, 3545 Midway Dr., #M, 619-224-3245. Please contact Mac Downing home 619-542-9320 or [m2cdow4@yahoo.com](mailto:m2cdow4@yahoo.com).

**The Unitarian Universalist Christian Study Group**


**ASL Signing Social**

Sunday, December 15, 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).

**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, 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!

**Greater Beach Neighborhood Group**

Sunday, December 15, 5 pm, at Alec & Martha’s house, 1655 Yost Drive. The Greater Beach Neighborhood Group (including Pacific Beach, Clairemont, and La Jolla) will meet. For additional details contact Alec at [harootuniana@yahoo.com](mailto:harootuniana@yahoo.com).

### Monday, December 16, 2019

**Yoga With Toni Turbyfill**

Mondays, 10 am — 11 am, Common Room. Yoga with a focus on self-care and stress relief, guiding our minds to focus on positive thoughts.

### Fourth Monday Meeting of the UU Men’s Fellowship

Monday, December 16. 6 pm — 9 pm, Bard Hall. We will hold the fourth Monday meeting on the third Monday in December to avoid conflicts with Holiday activities. The meeting will include the usual Monday Potluck to be followed by the Yule log ritual, a seasonal ritual the Men’s group has been holding for many years.
Tuesday, December 17, 2019

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.

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 fsweet@cox.net.

Wednesday, December 18, 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 johnholl@cox.net or 619-548-6525.

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 19, 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 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, Bard Hall. Help assemble and distribute hundreds of burritos for those living with hunger. Follow "Burrito Project San Diego" on Facebook.

Upcoming Events

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.

Christmas Pageant
Tuesday, December 24, 5:30 pm, Meeting House. Though often thought of as a “family activity,” this event is fun for everyone! The story of the birth of Jesus is told through narration and song with plenty of help from audience members. No rehearsal is required and children are especially encouraged to participate. This has become a tradition at First Church; you won’t want to miss it.

Christmas Eve Candlelight Service
Tuesday, December 24, 8 pm, Meeting House. Join us on Christmas Eve for a service of word, song and light. A short mini-concert by our Handbell Choirs will proceed the service starting at 7:40 pm with a guest appearance by the Penny Whistle Club. The service itself begins at 8 pm.

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.
Upcoming Events

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.

Parent's Lounge
Sunday, January 5, between services, Room 323. Join us for conversation and camaraderie at our next Parent's Lounge meeting!

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.

Organizing4Justice / SDOP / Faith in Action
Tuesday, January 7, 6 pm, Room 323. Join us for Organizing4Justice / SDOP / Faith in Action. Contact Isabella Furth, ifurth@icloud.com.

Big Questions
Thursday (second) January 9, 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) January 9, 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, January 9, 6 pm, Room 320. Everyone is welcome to join our discussion of Nobel Prize winner JM Coetzee's novel "Foe," the Robinson Crusoe story told from a woman's point of view. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Rainbow Coffee Klatch
Sundays (second) January 12, 10:30 am — 11:20 am, Room 323 (find us on the patio weather allowing). Enjoy conversation and coffee with other LGBTQ friends and allies.

The Hillcrest Folksong Circle
Sunday, January 12 (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 cmack5333@gmail.com or Ed McCarroll by email at Wombated@gmail.com.

Coping with Chronic Conditions
Mondays (second and fourth), January 13, 1 pm — 2:30 pm, Common Room. A support group for folks with long-term conditions of any type. Our meeting is in the Common Room and is a fragrance-free event. Social time is from 1 pm — 1:30 pm and our meeting starts at 1:30 pm and runs until 3 pm. Feel free to drop in. Contact Chris Smith 619-300-7477 or Marilyn Hanson 619-661-2510 for more information.

Vespers Service: Responding to Gun Violence
Tuesday (second), January 14, 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.

Living the Homestretch
Saturdays (third), January 18, 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 Mary Pulliam at 310-779-2053 for information.

Diverse Revolutionary UU Multicultural Ministries
Saturdays (third, every other month), January 18, 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.
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 Kornychuk, Hillcrest Music Coordinator & Youth Choir Dir.
Chase Pado, Pianist / Organist
Lorelei Garner, SB Music Coordinator & Women’s Chorus Director
Andrea Newall-Lockett, JUUL Tones Ensemble Director
Tony Bianca, Handbell Program and Children’s Choir Director

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

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

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

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

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