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

December 29, 2019
"On the Threshold"
Rev. Tania Márquez, Assistant Minister
Music: Chase Pado

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

South Bay Bilingual Service
9:30 am

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

December 29, 2019
"Following Love"
Rev. Kathleen Owens, Lead Minister

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?
Learn about the history of our city’s, our congregation’s, & our denomination’s role as institutions that have caused harm to IP/POC (Indigenous People/People of Color). For a look at our city’s role, read “How Segregation Defined San Diego’s Neighborhoods”
www.voiceofsandiego.org/neighborhoods/how-segregation-defined-san-diegos-neighborhoods/
What's Happening?

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.

Visioning the Future (VTF) Forums
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.

No Access to the Common Room
Our guests have arrived, access to the Common Room, Room 113 and Room 114a is unavailable. Thank you for your understanding and ensuring our guests have the privacy they need.

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@firstuusandiego.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 at a later date.

Book Room
The Book Room is holding its 5th Sunday give-away ... on the 4th Sunday!!! Since the 5th Sunday is after Christmas, it was decided to hold it a week early, so that folks could pick up the free books, early ... in case there might be a special treasure for someone!

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@firstuusandiego.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.

Storage Bins & Heavy Duty Metal Shelving Needed
The South Bay Food Pantry needs $175 donation to purchase heavy duty metal shelving plus multi-gallon plastic storage bins with tight fitting lids where we can store food. We need the shelving to store canned food and the bins to store bags of rice and boxes of cereal. We want to protect the food from pests. If you have clean bins with secure lids you would like to donate, please give them to Angela Fuji on the Hillcrest campus or to Maureen McNair at Chula Vista campus. If you would like to make a financial donation to seed the start up Food Pantry, please make a check to FUUSD and write “SB Food Pantry” on the memo line. Please send the check to Robbie Evans, FUUSD, 4190 Front St., San Diego, CA 92103. Thanks you! Contact Maureen McNair at memcnair948@gmail.com or 619-427-1769.

Our latest Annual Report is available on our First UU website. Find it in the members area! http://www.firstuusandiego.org/members-area
What's Happening?

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.

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

ASL Signing Hub
Sunday, December 22, 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!

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.

Singletarian Senior Singles Luncheon
Sunday, December 22, 12:30 pm, Red Lobster, 3760 Sports Arena Blvd, 619-226-1057. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

ASL Signing Social
Sunday, December 22, 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@acbell.net.

The Unitarian Universalist Christian Study Group
Sundays, December 22, 1 pm, Room 321. Join us for an Advent Meditation incorporating all the traditions which celebrate Light Emerging Out of Darkness.

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

Singletarian Senior Singles Luncheon
Sunday, December 29, 12:30 pm, Souplantation, 7095 Clairemont Mesa Blvd, 858-715-6824. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

The Unitarian Universalist Christian Study Group

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. Contact Kia Bordner kiaxiali@gmail.com.

Did you know? You can follow us on Instagram; our user name is @firstusu.
Tag us in your pictures! #firstusu
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!

Philippine Partner Church Gathering
Sunday, January 5, 11:30 am, The Archives Room. Join us for our monthly gathering to hear updates on our Partner Church in Malingin. In addition, we will be discussing the fact that we will receive the generosity offering one Sunday in January and if we should have a table on the patio that day. Anyone interested in learning about this particular program or partnership in general is invited to attend.

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.

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. For our February 13 meeting, we'll discuss the KPBS One Book, One San Diego selection, “The Great Believers” by Rebecca Makkai. Questions: contact Maureen McNair at 619-427-1769 or memcnair948@gmail.com.

Visioning the Future
Check the VTF page of the website at: www.firstuusandiego.org/visioning regularly as we will be updating information weekly!

Memory Matters Gathering
Fridays (second and fourth), January 10, 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.

Dances of Universal Peace
Saturdays (second), January 11, 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.

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 McCarroll 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.

Tea Talks/Chelas con tê with Reverend Tania
Thursdays (third), January 16, 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.
What's Happening?

Burrito Project
Thursdays (third), January 16, 6 pm, Bard Hall. Help assemble and distribute hundreds of burritos for those living with hunger. Follow "Burrito Project San Diego" on Facebook.

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.

Monthly Board Meeting
Tuesdays (third), January 21, 6 pm, Bard Hall. All are welcome to attend the Board meetings.

Tarot Group
Tuesdays (third), January 21, 6 pm, Room 323. Come enjoy an evening spent discussing tarot, sharing readings, and learning about what the cards tell us.

Church Directory Pictures
It's time to update your Membership Directory photo! Submit your pictures to: rose@firstuusandiego.org or ask Rose to take one for you. You may have a picture of you alone, or with your partner, or family, or pet!

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.

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 five hours a month. We need volunteer labor, donations of checks, canned food, and hygiene products. Please drop off your donations at the food collection bins at the Social Justice table on the Hillcrest patio, and in the South Bay Social Hall on Sundays. For more info, please contact Maureen McNair memcnair948@gmail.com or 619-427-1769.
**South Bay Campus**

*Our mission is to create community, to nurture spiritual growth, and to act on our values to help heal the world.*

*La misión es crear una comunidad, fomentar el crecimiento spiritual y vivir en nuestros valores para ayudar a sanar el mundo.*

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**UPCOMING SUNDAYS at SOUTH BAY at 9:30 am**

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Speaker</th>
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**Christmas Pageant**

Tuesday, December 24, 5:30 pm, Hillcrest 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.

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**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.

**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.

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**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 Through January 5
Our guests have arrived. 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 accompaniment, by shelter coordinators (Angela Fujii & 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 five hours a month. We need volunteer labor, donations of checks, canned food, and hygiene products. Please drop off your donations at the food collection bins at the Social Justice table on the Hillcrest patio, and in the South Bay Social Hall on Sundays. For more info, please contact Maureen McNair memcnair948@gmail.com or 619-427-1769.

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A Message from First UU Climate Justice
We (Bev Harju & Sylvia Ollinger) want to wish everyone great happiness and quality time with family and friends. While gift giving is a culturally meaningful expression of caring, we hope to buy “stuff” that doesn’t add more carbon and plastic to our precious earth. This is tough! In addition to offering “nontangible” holiday gifts, we recommend two books plus an app that make good presents:

1. “The Better World Shopping Guide #6” by Ellis Jones or download the free app, Better World. This resource helps you choose the best ranked environmental and social justice companies.

2. “Drawdown” by Paul Hawken lists ways we can lower our atmospheric planetary CO2 emissions. Our group will host a book discussion/program on this book with John Schaibly on January 26 from 10:45 am — noon.
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 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.

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 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.
Youth

Sunday, December 22 - During the time the Church hosts the Interfaith Shelter, The Middle School group will meet in Room 114b - 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 assist with the Children’s Chapel service today. At 10:45 am, they will gather 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 special snacks. At 11:30 am, there will be no Sr. High youth group today due to Sr. High Winter Camp at de Benneville Pines.

Jr. High OWL is coming!
Parent Orientations:
Sundays, January 12th & 19th, 2020, from 1:30 pm – 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!

Happy Holidays
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:
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.

ROARING 2020'S DANCE PARTY!
Friday, January 3rd 2020 6:00 PM
First UU Church - 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
**Saturday, December 21, 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://eventbrite.com/e/2019-yule-ritual-tickets-81864379545). Tickets are $15.00 for adults and $10.00 for students and children.

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**Sunday, December 22, 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**  
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**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, December 23, 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.

**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.

**Tuesday, December 24, 2019**  
**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.

**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](mailto:fsweet@cox.net).
Wednesday, December 25, 2019

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

Thursday, December 26, 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
December 26 (2nd and 4th Thursdays), 9:30 am–11:30 am, Room 323. NO MEETING.

Saturday, December 28, 2019

Insight SD Sitting Group/Dharma Study
Saturdays, 9:30 am — 11:30 am, Room 323. This week 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.

Sunday, December 29, 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)

ASL Signing Hub
Sunday, December 29, 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!

Singular Senior Singles Luncheon
Sunday, December 29, 12:30 pm, Souplantation, 7095 Clairemont Mesa Blvd, 858-715-6824. Please contact Mac Downing home 619-542-9320 or m2cdow4@yahoo.com.

The Unitarian Universalist Christian Study Group

ASL Signing Social
Sunday, December 29, 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.

Thursday, January 2, 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), 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.
Upcoming Events

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

Philippine Partner Church Gathering
Sunday, January 5, 11:30 am, The Archives Room. Join us for our monthly gathering to hear updates on our Partner Church in Malingin. In addition, we will be discussing the fact that we will receive the generosity offering one Sunday in January and if we should have a Table on the patio that day. Anyone interested in learning about this particular program or partnership in general is invited to attend.

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.

Insight SD Social and Climate Justice Affinity Group
January 6 (1st Mondays), 6:30 pm – 8:00 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.

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.

Insight SD Greeting the Heavenly Messengers Affinity Group
January 9 (2nd and 4th Thursdays), 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) January 9, 1 pm, South Bay. Our South Bay Big Questions group is now meeting! We hope to see you there.

Tea Talks/Cháras con té with Reverend Tania
Thursday (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.

Memory Matters Gathering
Fridays (second and fourth), January 10, 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.

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.

Dances of Universal Peace
Saturdays (second), January 11, 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.

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 McCarroll by email at Wombed@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.
Our Staff

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

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

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

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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)

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4190 Front Street, San Diego, California 92103
619-238-9978 • mail@firstuusandiego.org
www.firstuusandiego.org
Office Hours:
Monday—Friday, 9 am to 4 pm and Sunday after Services
Sunday Morning Urgent Contact: 619-947-4612

Contact the South Bay Campus (Chula Vista):
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