

The Window

A Weekly Publication



First
Unitarian Universalist
Church of San Diego

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 Eight Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

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;
8. Building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and oppressions.

July's Monthly Worship Theme: Summertime

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

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

Hillcrest Services and Southbay Livestream 10 am Sundays at both campuses

July 16, 2023

"The Gift of Listening"
The Lay Ministry Team

July 23, 2023

"The Myth of Restorative Justice"
Tony Bianca, *Director of Lifespan Faith Formation*

July Generosity Offering TransFamilySOS

TransFamily Support Services (TFSS) is a San Diego-based nonprofit organization dedicated to creating a gender affirming community and saving lives. Through education, support, resources, and advocacy, TFSS empowers transgender and nonbinary youth and their families, impacting the lives of thousands across the United States. With a significant presence in California and a chapter in Alabama, TFSS continues to expand its reach to provide crucial support to transgender individuals in the South. You can donate on our [website](#), under gift designation select "Generosity."

The deadline for the next issue is:
July 19 (**Wednesday**) at 8 am

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

***Submission maximum is
60 words***

What's Happening?

Our Church Family

A Celebration of Life will be held for **Mary Rose** on August 5, 11 am, in the Meeting House.

The Celebration of Life for **Jerry Ollinger** will be held on Saturday, August 12, 2 pm at First UU Church.
Please R.S.V.P. by text or voice message to 619-647-0764 with your name and number in your party.

Who to Contact During Robie's Sabbatical!

Our Director of Operations, Robie Evans, will be taking a sabbatical from July 10 through August 20; returning to her desk on Monday, August 21. She will be away from her office starting June 19 for the week of General Assembly, followed by a two-week vacation. To find out who to contact during her absence, [please go here](#).

Calling all Musicians, Poets, and Entertainers!

Please come perform at our community's Summer Arts Festival on the Patio on Saturday, August 26 at 3 pm. Contact [Louise Titlow](#) for more information.

Podcast

Listen to "The First Source" a podcast created by Tony Bianca in conversation with First UU congregants around issues of spirituality, church life, faith and life in general. Episode 6, a special "All Church Camp" episode is now available [HERE!](#)

Update your confidential Personal Emergency sheets.
www.firstuusandiego.org/caring.html.

Become a New Member Buddy!

Consider joining the New Member Buddy Program! You'll be paired up with a new member with similar interests. Contact rose@firstuusandiego.org.

Pride Parade

All allies and friends, please come join Rainbow Action at the Pride Parade in Hillcrest on Saturday, July 15. We'll have fun together! We'll be traveling the parade route in a truck and on a trailer this year because the trolley is no longer available. Please contact [John Keasler](#) or [Louise Titlow](#) for more information.

Open Heart Sangha - Meeting In Person at First UU!

July 16, Sundays, weekly, 4 pm — 5:30 pm, Bard Hall. The Open Heart Sangha, practicing mindfulness meditation in the tradition of Thich Nhat Hanh. All are welcome! Contact Marge, margewur@gmail.com.

Friends of de Benneville Pines

July 16, Sunday, 5 pm — 8 pm, the Schaibly's, 6659 Edmonton Ave. SD in University City. Friends of de Benneville Pines monthly potluck/meeting will meet at the Schaibly's. Gathering 5 pm — 6 pm, potluck dinner 6 pm — 7 pm, zoom hybrid camp meeting and conversation 7 pm — 8 pm. Newbies welcome if you love Camp de Benneville Pines. Contact johnschaibly@gmail.com.

Board Meeting

July 18, Tuesday, 6:30 pm, online. Open to congregants. Link in the member section of the [website](#)

Steps to Membership Meeting

July 23, fourth Sundays, 11:15 am, Room 323. Come learn about membership at First UU. Have your questions answered and find out what membership is all about.

Coping With Chronic Conditions Support Group

July 24, second and fourth Mondays, 1:30 pm — 3 pm, URL bit.ly/CopingCCGroup, or call 669-900-6833 with meeting ID 681-036-9317. New participants contact Chris Smith prior to attending at 619-300-7477 or [email](#) to discuss our covenant, mission statement, and password.

Caregivers/Allies Support Group

July 24, second and fourth Mondays, 4 pm — 5:30 pm, online. The Caregivers/Allies Support Group is welcoming prospective new participants. For additional information about participating, contact [Les Vivian](#).

Fourth Monday Meeting of UU Men's Fellowship

July 24, fourth Mondays, potluck 5:30 pm, Morley Field (in front of the tennis courts). Burgers, dogs and veggie burgers will be provided. Salads, beverages, snacks or treats are welcomed. Games and a fire ring. Visit the UUMF table on the patio or contact jksdca@gmail.com.

Memory Matters Gathering

July 14, second and fourth Fridays, 10 am — 11:30 am, online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. This is a place for those who worry about memory problems and their care partners. The gathering enables members to make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in. Email hybertsen@att.net for the link.

Candidate Forum – San Diego County District 4

July 14, Friday, 5 pm — 8:30 pm, Bard Hall. Candidates running to replace Nathan Fletcher as County Supervisor will discuss their positions affecting climate change and environmental justice. This forum is the only one to focus on these important issues. Voting starts July 16. YOUR VOTE COUNTS. Moderator: Eric Anderson KPBS. Light refreshments, livestream available. Questions? rheakuhlman2@gmail.com. Reserve your spot [HERE](#).

Death and Resurrection of Unitarian Universalism

July 15, Saturday, 10 am, <https://bit.ly/UUSeniors>. Rev. Arvid Straube, former lead minister, First UU Church of San Diego, will lead a discussion on the future of Unitarian Universalism. Hosted by UU Seniors. This will be a **ZOOM ONLY** program!

Hillcrest In-Person Social Hour

July 16, Sundays, following worship, Hillcrest patio. Join your community on the Hillcrest patio after the service.

Virtual Social Hour

July 16, Sundays, 11 am, bit.ly/FirstUUSocialHour. Meeting ID 824 042 297. Password: FUUSD.

What's Happening?

Organizing for Justice Meeting

July 27, fourth Thursdays, 6:45 pm, online. Organizing for Justice (O4J) meets on the fourth Thursday of each month. Please contact [Newt Ferris](mailto:NewtFerris@uucamp.org) for further information.

8th Principle Learning Community

August 4, Friday, Special Meeting 4:30 pm — 6:30 pm, online. URGENT! We encourage you to invite members of your congregation to view a presentation by Dale Anderson & Peter Montgomery. The video is from the June 8th Principle Learning Community meeting, Democracy in the U.S. and the Rise of Fascism. **REGISTER** in advance for this meeting. After registering, you will receive a confirmation email containing information about joining the meeting.

Board Chat

August 6, first Sundays, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946. Chat with a member of the Board.

Hillcrest Song Circle

August 6, first Sundays, 3 pm — 5 pm, Common Room. As always, bring your guitar/and or voice. This is a fun chance to sing, we are not a choir. We have music books but you may bring a song you would like to teach the group or a song you would like to perform for the group. Wombated@gmail.com or cmack5913@gmail.com.

ZUUMERS

August 7, first Mondays, 7 pm, online. "ZUUMERS" is a new name for an old neighborhood group that has continued meeting on Zoom for several years. We include people who no longer live in the neighborhood. All are welcome to join us for interesting conversations. We meet on the first Monday of each month from 7 pm — 8:30 pm. Contact Claudia at obata.claudia@gmail.com.

SummerFest Community Concert by trioJEM and Quartet Integra

Presented in Partnership by Front Street Productions and La Jolla Music Society

August 10, Thursday, 7:30 pm — 9 pm, Meeting House. Join us for a truly remarkable evening of music by the La Jolla Music Society's 2023 Fellowship Artists trioJEM (comprised of Elliot Wu, piano; Max Tan, violin; and Julia Lee, cello) and Quartet Integra (Kyoka Misawa, Rintaro Kikuno, violins; Itsuki Yamamoto, viola; and Anri Tsukiji, cello) in the acoustically-optimized Meeting House at First UU Church in Hillcrest. Admission is free. Registration is required, **tickets coming soon**.

"Summer Break Camp for Adults" & "Singing in the Pines"

August 10 — 14, Camp de Benneville Pines. The fabulous Donald Milton III will be the keynote speaker and the choir director. Visit <https://www.uucamp.org/camps-retreats/adult-camps/2023-uu-summer-break-camp-for-adults-singing-in-the-pines/> for more information.

Call into Zoom by phone at 1-669-900-6833

Creative Writing Group

August 12, second Saturdays, 10:30 am — 12:30 pm, <http://bit.ly/CreativeWritingFirstUU>, Meeting ID: 868 9505 3014, Passcode: 361410. For anyone with a desire to create and experiment with writing. RSVP to evagarciamayers@yahoo.es. Three attendee minimum.

Women Together Meeting

August 12, second Saturdays, 12 pm — 2 pm, Common Room. Ever ponder what might make you 10% happier ... today? Tomorrow? Next week? What are the steps within your reach to make this happen? Come explore and share this thought with other women this Saturday at our Women Together gathering. For more information please contact Naomi at nbarrielake@gmail.com.

Kirtan And Chanting For Peace With Patita Pavana Of Spirit Soul And Friends

August 12, second Saturdays, 6 pm — 7 pm, Common Room. Donation-based community event. Come and engage in the spiritual practice of Kirtan, a nondenominational practice that has been passed down since time immemorial and a constant in all paths and religions. Getting together as a group is a fun way to do this and we can sing mantras (transcendental spiritual sound vibrations) using all kinds of instruments and genres of music. Dancing and movement is highly encouraged!

Rainbow Action Group's Koffee Klatch

August 13, second Sundays, 11:15 am — 12:15 pm, Room 323. Our in-person Koffee Klatch will be upstairs in Room 323, so bring some refreshments and join us. All family, friends and allies are invited.

Fall Transgender Inclusion Workshop

Sundays, September 24, October 1, 8, 15, 22, 29, and November 5, 1 pm — 2:30 pm on Zoom. Come join us in the Fall Transgender Inclusion Workshop. It's an informative seven week course, and we haven't offered it in two years, so please sign up now. For more information contact Les GrantSmith looscann@gmail.com or Louise Titlow lmittlow@gmail.com.

Medical Equipment for Loan

Our church has an inventory of medical equipment for loan. If you would like to borrow a wheelchair, walker, crutches, knee scooter, toilet riser, bedside commode, etc., call Chris Smith 619-300-7477 or Peggy Holl 619-787-5770.

Beware of Email Scams!

Scammers are pretending to be our Ministers! Be aware that real staff email addresses all have the ending of @firstuusandiego.org - no gmail accounts!

Staff and ministers will never reach out to you via email or text message for money or gift cards. Never send money without speaking directly (verbally) with the person you believe you are sending money to.

South Bay Campus

Gracias y Bendiciones

Saturdays, 9:45 am — 10 am, South Bay Campus. Every Saturday morning led by Social Justice Coordinator, Chris, and musicians from our FUUSD and South Bay worship teams. Saturday's services are bilingual.

South Bay Worship Gathering

Sundays, 10 am, South Bay Worship Hall. Join the South Bay community to watch the livestream of the Hillcrest service together every Sunday this summer.

South Bay Singers Rehearsal

July 16, Sundays, 11:45 am — 1 pm, South Bay Campus. Contact Lorelei@firstuusandiego.org for details.

South Bay Neighborhood Group

July 23, Sunday, 2 pm — 5 pm, Soledad (Chole) Diaz's, 520 K Street, Chula Vista. Please bring your favorite food, drink. Please offer to help host clean up or set up. Please RSVP by phone: 619-207-7002 or email cvgal3@hotmail.com. Please do not park in the driveway. It is best if you park on the street.

Family & Lifespan

Children's RE

This Sunday, July 16, we will have three groups for Children & Youth RE during the 10 am service after the Time For All Ages.

Young Adult Group (ages 22 - 35)

Thursdays, 5:30 pm — 7 pm, Room 114b. This is an open, welcoming space to share meaningfully, play games, consider social and climate justice issues, and plan events. If you are interested in gathering with us, contact Youth and Young Adult Coordinator, Lara Anderson.

Parent's Night Out

July 27, Thursday, 6:30 pm — 9 pm. We feed the kids and provide activities & childcare so you can have the evening free. RSVP to tony@FirstUUSanDiego.org.

Multigenerational Bay & Bonfire Gathering

July 22, Saturday, 6:30 pm — 9 pm, De Anza Cove. Join us for a Social Gathering & Beach Bonfire. We'll have lite snacks and supplies for s'mores! Feel free to bring your own snacks along with a beach towel or chairs. Park in the De Anza Cove lot. Look for us by the fire pits on the beach!

Summer Stuff

Looking ahead, we'll be planning some summer events. So far, we have Parents Night Out scheduled for July 27 and Aug 24, both from 6:30 pm — 9 pm. We'll also be hosting a Multi-Gen event on Aug 19 in the evening.

OWL for Grades K - 1st

Offered at Summit UU Fellowship from August through October 2023. There is an info meeting this Sunday, July 16, at noon at Summit and a mandatory Parent/Guardian Orientation on July 30, also at Summit. For more info and to register, visit [HERE](https://www.firstuusan-diego.org/owls).

South Bay Food Pantry News

The Food Pantry's Homeless Clients

Each week, we prepare about five bags of shelf stable food for homeless people who have special needs due to their lack of a place or equipment to cook meals or store items that need refrigeration. Read the rest on our [BLOG](#).

Food Pantry Collecting Supplies for Unsheltered Folk

Thanks for the plastic bags! The pantry can always use easy-open, no-cook food, hygiene items (soaps, toothbrushes & toothpaste, baby wipes, hand sanitizer), and adult diapers/briefs and other incontinence supplies. Drop off at Hillcrest on Sunday morning.

You are the Pantry!

Food and diapers (and more) go to 400+ families each week through intensive efforts of a gazillion volunteers. Join us some Saturday morning? Prefer smaller groups or weekday volunteering? Available Friday or Saturday evenings? Or early Sunday mornings? Contact foodpantry@firstuusandiego.org to get on board.

The South Bay Food Pantry...

is located at 970 Broadway, Suite 101, Chula Vista 91911. Open to the public Saturdays 11 am — 12:30 pm. Contact foodpantry@firstuusandiego.org or 619-271-5017.

How to Donate to the South Bay Food Pantry

Donate [online](#) or by check payable to FUUSD with "SB Food Pantry" in the memo. Mail to 4190 Front St., 92103.

Social Justice

Climate Action: Rally with SD 350 July 24, 10 am

Meet at the downtown San Diego Sempra HQ, 488 8TH Avenue, to demand that President Biden declare a national emergency for the climate. Ask him to STOP Sempra and SDG&E from cooking our planet with fracked gas. Register [HERE](#)

Cluster News

Joe Ferrara at Summit UU Fellowship

July 23, Sunday, 2 pm — 4 pm, Summit UU Fellowship, 8778 Cottonwood Ave. Santee, CA 92071. Suggested donation \$15. Doors open at 1:30 pm. San Jose native Joe Ferrara has been entertaining audiences from Santa Cruz to San Francisco and even as far south as Santee. Joe's rich baritone voice and comfort with his audience have attracted fans of all ages. If you missed him last time, come out to hear him, it promises to be a wonderful afternoon.

Our Faith

UU Class Conversations Seeks Participants

UU Class Conversations is seeking participants for Working Class Caucuses. Caucuses will meet virtually once per month for four to six months. Contact rosewith2thorns@gmail.com with questions or interest.

La Rondalla de San Diego



with



Mariachi Victoria de San Diego

2-5 pm Saturday July 29TH, 2023

Come to the inaugural Tardeada by La Rondalla de San Diego elders and the young Mariachi Victoria offering a traditional afternoon dance party. Schmooze with friends and family. Dance as you like. Rondalla dancers will share tips and demonstrate dance steps to some of the songs. Enjoy free refreshments including a nacho bar, drinks, fruit, veggies and sweets.

Funded by
the First UU
Outreach and
Growth Fund



**First Unitarian Universalist
Church of San Diego
298 W Arbor Street
San Diego, CA 92103**

Free
parking in
our lot



Free! Registration required.

Reserve your seats at FirstUUSanDiego.org

Presented in Partnership by La Jolla Music Society
and Front Street Productions

SummerFest Community Concert

7:30 pm Thursday, August 10th

La Jolla Music Society's 2023 Fellowship Artists



trioJEM

Quartet Integra



Funded by the First
UU Outreach and
Growth Fund

Enjoy this remarkable concert in our air-conditioned,
acoustically-optimized auditorium.

First Unitarian Universalist Church of San Diego
298 W Arbor Street San Diego, CA 92103

► Free parking in our lot

LA JOLLA MUSIC SOCIETY
SUMMERFEST2023
Inon Barnatan, Music Director

Free! Registration Required
Reserve your seats at
FirstUUSanDiego.org

Week at a Glance Calendar

Friday, July 14, 2023

Candidate Forum – San Diego County District 4
July 14, Friday, 5 pm — 8:30 pm, Bard Hall. Candidates running to replace Nathan Fletcher as County Supervisor will discuss their positions affecting climate change and environmental justice. rheakuhlman2@gmail.com. Reserve your spot [HERE](#).

Saturday, July 15, 2023

Death and Resurrection of Unitarian Universalism
July 15, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Rev. Arvid Straube, former lead minister, First UU Church of San Diego, will lead a discussion on the future of Unitarian Universalism. Hosted by UU Seniors.

Sunday, July 16, 2023

In Person & Simultaneous Livestream Worship
In person or [online](#) at 10 am! Outdoor viewing available.

South Bay Worship Gathering
Sundays, 10 am, South Bay Worship Hall. Livestream of the Hillcrest service every Sunday this summer.

Hillcrest In Person Social Hour
Sundays, following service, Hillcrest patio. Coffee, tea and snacks provided.

Virtual Social Hour
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Wednesday, July 18, 2023

Board Meeting
July 18, Tuesday, 6 pm, online. Board meetings are open to congregants. Link in the member section of the [website](#).

Summer Choir
July 18, Wednesday, 7 pm — 8:30 pm, Bard Hall.

Thursday, July 19, 2023

Young Adult Group
Thursdays, 5:30 pm — 7 pm, Room 114b. Young Adults aged 22-35 are gathering in room 114b every Monday. Contact Youth and Young Adult Coordinator, Lara Anderson.

Upcoming Events

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Creative Writing Group
August 12, Saturday, 10:30 am — 12:30 pm, bit.ly/CreativeWritingFirstUU, ID: 868 9505 3014 Passcode: 361410.

Women Together Meeting
August 12, Saturday, 12 pm — 2 pm, Common Room. For information contact Claudia obata.claudia@gmail.com.

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POSTMASTER: Please send address changes to
The Window, 4190 Front Street, San Diego, CA 92103-2098

First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego, CA 92103-2098
Phone: 619-298-9978, Fax: 619-298-9997
E-mail: mail@firstuusandiego.org

Our Staff

Ministers:

Rev. Justine Sullivan, *Lead Minister*
Rev. Jim Grant and Rev. Lone Broussard, *Affiliate Ministers*
Rev. Bonnie Tarwater, Rev. Frank Placone-Willey,
Rev. Julie Forest and Rev. Katy Swanson, *Community Ministers*
Rev. Dr. Carolyn S. Owen-Towle, *Minister Emerita*
Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

Music Staff:

Marshall Voit, *Music Director*
Lorelei Isidro-Garner, *Music Coordinator*
Andrea Spiero, *JUUL Tones Ensemble Director*
Tony Bianca, *Handbell Program Director*
Tomás Acosta, *Collaborative Pianist*

Staff:

Robie Evans, *Director of Operations*
Tony Bianca, *Director of Lifespan Faith Formation*
Rose Littler-Riedel, *Membership Development and Communications*
Lara Anderson, *Youth and Young Adult Coordinator*
Chris Chambers, *Social Justice Coordinator*
Jazmine Ramanathan, *Administrative Assistant*
Pam Bates, *Scheduler*
Kate Collier, *Program Assistant*
Connie Hayes, *Controller / Bookkeeper*
Ray Evans, *Maintenance*
Joshua Morrison, *Janitor*
Mark Epler, *Event Coordinator*

Board of Trustees

Everardo Aguilar, **President**
Valerie Jaques, **Vice President**
Sue Marberry, **Treasurer**
Karen Lamphere, **Secretary**
Leland Beck, Rosalba Ciampi, Steve Howard,
Gay Hybertsen, Valerie Jaques and Paula Johnson **Trustees**

Important E-mail Addresses:

General First Church E-mail: mail@firstuusandiego.org
Scheduling of Church Property: schedule@firstuusandiego.org
The Window (newsletter): [window@firstuusandiego.org](mailto>window@firstuusandiego.org)
First Church Web Site: [website@firstuusandiego.org](http://www.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
Admin Mobile Line: 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