

# The Window

A Weekly Publication

**Double Issue!**



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.

## November's Monthly Worship Theme: Generosity

**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 10 am Sundays

**November 19, 2023**  
"Communities of Care"  
Rev. Sofia Betancourt, *UUA President*

**November 26, 2023**  
"Gratitude: the Science and the Sacred"  
Swamini Saraswati, *Intern Minister*

### South Bay Services 10 am Sundays

**November 19, 2023**  
"Communities of Care"  
Livestream of Hillcrest Service

**November 26, 2023**  
"Gratitude: the Science and the Sacred"  
Livestream of Hillcrest Service

## November Generosity Offering Refugee Health Alliance

Refugee Health Alliance is a grassroots organization that started in the midst of the unprecedented arrival of tens of thousands of asylum seekers to Tijuana in 2018. Refugee Health Alliance brings medical care to migrants, refugees, and displaced groups along the US-Mexico border. The cross-border organization aims to provide comprehensive, culturally sensitive care and collaborate with organizations to support displaced and vulnerable communities along the US-Mexico border, and envision a global framework where individuals have the rights to choose to stay, move, or return, fostering health and wellness as a universal priority. RHA has dedicated programs that exist to meet the needs of highly vulnerable groups, such as migrants who need reproductive care, gender-affirming healthcare for LGBTQI+ persons, children, and those facing immediate threats of violence. They operate a hygiene center where anyone can drop in for a shower, clean clothing and toiletries, and began running their newest clinic in the underserved border town of Reynosa, Mexico. Your donation helps finance the operations of their clinics and the overall well-being of those impacted by displacement and vulnerability, encompassing physical, mental, and emotional health. Learn more at [refugeehealthalliance.org](http://refugeehealthalliance.org). Donate on our [website](http://refugeehealthalliance.org), under gift designation select "Generosity."

## Native Heritage Month

November is National Native American Heritage month! Across the nation, people are gathering to celebrate the resilience, cultures, languages and ongoing contributions of Native Peoples. Explore the links below to join in the celebrations:

- [\*Origins of National Native Heritage Month\*](#)
- [\*Fun Luiseno Language Lesson\*](#)
- [\*Learn How to Say Hello in Kumeyaay\*](#)
- [\*Why Does Indigenous Language Revitalization Matter?\*](#)
- [\*Youth on celebrating Native Heritage Month\*](#)

## What's Happening?

### Art & Collectibles Online Auction!

Do you have an antique, piece of art, or a collectible that you would like to re-home for a good cause? Are you downsizing? Are you a fabulous artist? We need your donations!

How It Works:

1. Submit your items using our simple form.
2. Keep the items until the auction closes.
3. You and the winner arrange pick-up or delivery.

Bid on Amazing Items

Our members are travelers and collectors! Don't miss this rare opportunity to find unique gifts for art lovers and pick up antiques and collectibles with no dealer markups for the holidays. All proceeds go to the First UU general fund. Save the date...online catalog opens Black Friday, November 24th and runs for two weeks. **Submit your donations** and **sign up to bid**.

### River of Life Dedication – Sun. Dec 3rd

Dec 3, Sunday, 11 am, Memorial Garden and Patio. Please join us for the dedication of our new River of Life footpath which ties together our Memorial Wall, fountain and our Memorial Garden, designed by artist Jerry Thiebolt. The installation of the path started in August and is comprised of many bricks made by our own members and friends. Don't miss this!

### Mama's Kitchen Thanksgiving Pies

Do you want to enjoy some delicious Thanksgiving Pies and help to support Mama's Kitchen, too? Rainbow Action is helping to distribute Mama's Kitchen's Mama's Pies at First UU's driveway on Wednesday, November 22. Please buy your yummy pies from our Board President Everardo Aguilar and the First UU Team at **mamaspies.org/shopping-cart**.

### Transgender Day of Remembrance

Rainbow Action is inviting everyone to bring flowers to help decorate our Transgender Day of Remembrance altar outside Bard Hall on the Patio this Sunday, November 19th. Please help us create a beautiful sacred space in memory of our Transgender and Gender Non-Conforming Beloveds.

### Sharia's Closet

Volunteer with Laurie at Sharia's Closet! Let's find a weekday afternoon to go together to sort and organize donated emergency clothing at Sharia's Closet near SDSU. Email Laurie Gerber **gerbl@pacbell.net**, to plan our outing.

### 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 7, an interview with Assistant Minister, Rev. Kristen Kuriga is available **HERE!**

## Double Issue!

### Right Relationship Team Survey

Every community, organization, family, or congregation has a certain level of good relations among its members, and each encounters moments of conflict. At First UU, conflicts have sometimes led to painful divisions and even departures from the congregation. Our Right Relations Team is working to build better relations among congregants, and to help us learn to address conflict in ways that nurture health and growth. We have created a survey to help us understand better where we are now so that we can develop next steps to help us move forward. Please take a moment and **complete this survey** by November 30th. We will publish the results by December 8th.

*Thank you,  
Rev. Justine and the Right Relations Team*

### Wisdom Circles

2023-2024 Wisdom Circle Registration is Now Open! Join us for a new year of inspiring conversations and fellowship. Each month offers the gift of connecting with members of our beloved community to discuss inspiring and important issues, and revel in the wisdom that emerges. Wisdom Circles will begin this November! To register, or to find more information, visit **HERE**.

### Swap Meet for Fun Things to Do

November 18, Saturday, 10 am, Bard Hall and **https://bit.ly/UUSeniors**. UU members Alice and Doug Diamond will lead a program on fun things to do around San Diego. It will be a swap meet for suggestions of free or low-cost activities, so have your own ideas ready. Hosted by UU Seniors. Coffee and tea available at 9:45 am, in Bard Hall - come early and socialize! All are welcome! The recording will be available on the website.

### Hillcrest In-Person Social Hour

November 19, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

### Virtual Social Hour

November 19, Sundays, 11 am, **bit.ly/FirstUUSocialHour**. Meeting ID 824 042 297. Password: FUUSD. Come one, come all to virtual Social Hour, and share your thoughts about the service or whatever is on your mind each Sunday just after the service. Let's keep connecting!

### Spiritual Agnostics Film Study and Discussion Group

November 19, Sunday, 11:30 am, Room 323. The film will be "Garden State," Written, directed by, and starring Zach Braff with Natalie Portman as his love interest. Join us for this good, uplifting, thoughtful and pleasant film that contrasts the difference between dysfunctional and functional families. Attendance and parking are free.

Follow us on Instagram @firstuusd and @uus\_south\_bay

## What's Happening?

### Open Heart Sangha

November 19, 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](mailto:margewur@gmail.com).

### Women's Choir

November 20, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women who create community through joyful, spirit-filled singing. No prior singing experience is required.

### Board Meeting

November 21, Tuesday, 6:30 pm, online. Open to congregants. Link in the [website](#) member area.

### Thanksgiving Eve Service and Potluck

November 22, Wednesday (Thanksgiving Eve), 5:30 pm, Bard Hall. Please join us for a brief Thanksgiving worship service, followed by a potluck meal. We'll supply coffee, tea and plates, etc. You bring some food to share, and if you wish, a favorite reading about gratitude.

### Chalice Choir

November 22, Wednesdays, 7 pm, Bard Hall. Join us for singing and fun with First UU's largest musical ensemble. All God's critters got a place in the choir - come and take yours! No prior singing experience is required.

### Memory Matters Gathering

November 24, 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 learn to deal with the consequences of memory loss. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

### Hillcrest In-Person Social Hour

November 26, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

### Virtual Social Hour

November 26, Sundays, 11 am, [bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour), Meeting ID 824 042 297. Password: FUUSD. Come one, come all to virtual Social Hour, and share your thoughts about the service or whatever is on your mind each Sunday just after the service. Let's keep connecting!

### Steps to Membership Meeting

November 26, fourth Sundays, 11:15 am, Room 323. Join Rose Littler-Riedel to learn about membership at First UU. Find out what membership is all about.

### Investigating Abrahamic Religions Study Group

November 26, fourth Sundays, 12 pm, Room 321. We will explore a topic in Judaism. Join us!

### Open Heart Sangha

November 26, 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](mailto:margewur@gmail.com).

### Coping With Chronic Conditions Support Group

November 27, second and fourth Mondays, 1:30 pm — 3 pm, URL [bit.ly/CopingCCGroup](https://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](mailto:) to discuss our covenant, mission statement, and password.

### UUMF Fourth Monday Meeting

November 27, fourth Mondays, potluck 6 pm, Common Room. We meet for a potluck from 6 pm to 7 pm and a Monthly meeting from 7 pm to 9 pm. Visit the UUMF table on the patio or contact [jcksdca@gmail.com](mailto:jcksdca@gmail.com) for more info.

### Women's Choir

November 27, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women who create community through joyful, spirit-filled singing. No prior singing experience is required.

### Caregivers/Allies Support Group

November 28, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, zoom. The Caregivers/Allies Support Group is welcoming prospective new participants. For additional information about participating contact [Les Vivian](mailto:).

### Deep Listening and Healing Circle

November 28, Tuesday, 6:30 pm — 8 pm, Bard Hall. Many of us are deeply impacted by the ongoing violence in Israel and Palestine. Let us come together in community to offer one another witness and care through a deep listening circle. This will be a space to name how the violence and loss of life impacts us in body, mind and spirit-- not a space to convince, debate, or argue. The circle will be facilitated by Rev. Justine and Rev. Kristen.

### Chalice Choir

November 29, Wednesdays, 7 pm, Bard Hall. Join us for singing and fun with First UU's largest musical ensemble. All God's critters got a place in the choir - come and take yours! No prior singing experience is required.

### Adult RE "Generations"

November 30, Thursday, 7 pm, Zoom. Join us as Director of Lifespan Faith Formation explores the intersection of Generation Theory, Life Stage, and Historical Turnings in the life of an individuals and a community. It's our hope that by exploring ideas together, we can better understand each other and be together in multigenerational community. Register [HERE](#)

### Celebration of Life for Rev. Dr. Carolyn Owen-Towle

December 2, Saturday, 1:30 pm, Meeting House with a reception immediately following in Bard Hall. This service will be livestreamed using this link: <https://bit.ly/3sxTesu>

### River of Life Dedication – Sun. Dec 3rd

December 3, Sunday, 11 am, Memorial Garden and Patio. Join us for the dedication of our new River of Life footpath which ties together our Memorial Wall, fountain and our Memorial Garden, designed by artist Jerry Thiebolt. The installation of the path started in August and is comprised of many bricks made by our own members and friends.



## What's Happening?

### Board Chat

December 3, first Sundays, 12:30 pm, [bit.ly/FirstUUBoardChat](https://bit.ly/FirstUUBoardChat), ID: 863 0218 5062 Passcode: 203946.

### Hillcrest Song Circle

December 3, first Sundays, 2 pm — 4 pm, Room 323. As always, bring your guitar/and or voice. This is a fun chance to sing—we are not a choir. For information contact [Wombated@gmail.com](mailto:Wombated@gmail.com) or [cmack5913@gmail.com](mailto:cmack5913@gmail.com).

### ZUUMERS

December 3, first Sundays, 6 pm — 7:30 pm, online. We are a neighborhood group online. Join us for interesting conversation and sharing. Visit with old friends and meet new ones. For info and Zoom link, contact Claudia at [obata.claudia@gmail.com](mailto:obata.claudia@gmail.com).

### Public Power in San Diego

Tuesday, December 5, 5:30 pm, Bard Hall. [REGISTER HERE](#). Want lower electric bills or more rooftop solar? Meet to learn how San Diego can get a not-for-profit utility to replace investor-owned SDG&E, which has the highest rates in the U.S. and is committed to a fossil-fueled future, despite climate change. Following the one-hour program, there will be an opportunity for training on how to collect signatures for a citizen's initiative to make this happen. Light refreshments, free. Info: [rheakuhlman2@gmail.com](mailto:rheakuhlman2@gmail.com).

### Looking Glass Theatre's Christmas Cookies & Chaos

December 8, Friday, 7 pm, Meeting House. Do you love Hallmark movies? Do you love to make fun of Hallmark movies? Don't miss the world premiere of Christmas *Cookies & Chaos: A Holiday Camp Musical!* \$10 at the door. Contact [info@lookingglasssd.org](mailto:info@lookingglasssd.org) with questions.

### Women Together Meeting

December 9, second Saturdays, 12 pm — 2 pm, Common Room. We will have a special community service project, to be announced in The Window later. For more information, contact Claudia, [obata.claudia@gmail.com](mailto:obata.claudia@gmail.com).

### Kirtan Chanting

December 9, second Saturdays, 6 pm — 7 pm, Common Room. Join Patita Pavana of Spirit Soul And Friends along with our event host, James Long, for an evening of uplifting Kirtan.

### Looking Glass Theatre's Christmas Cookies & Chaos

December 9, Saturday, 7 pm, Meeting House. Do you love Hallmark movies? Do you love to make fun of Hallmark movies? Don't miss the world premiere of Christmas *Cookies & Chaos: A Holiday Camp Musical!* \$10 at the door. Contact [info@lookingglasssd.org](mailto:info@lookingglasssd.org) with questions.

### Rainbow Action Group's Koffee Klatch

December 10, second Sundays, 11:15 am — 12:15 pm, Room 323. Bring some refreshments and join us. All family, friends and allies are invited.

### Covenant of UU Pagans (CUUPS) of San Diego

December 10, second Sundays, 12 pm, Common Room and Peace Garden. We will continue to work on the Peace Garden as we are able! Indoors we will discuss ideas for the future of CUUPS. Contact [rose@firstuusandiego.org](mailto:rose@firstuusandiego.org).

### Looking Glass Theatre's Christmas Cookies & Chaos

December 10, Sunday, 4 pm, Meeting House. Do you love Hallmark movies? Do you love to make fun of Hallmark movies? Don't miss the world premiere of Christmas *Cookies & Chaos: A Holiday Camp Musical!* \$10 at the door. Contact [info@lookingglasssd.org](mailto:info@lookingglasssd.org) with questions.

### Blue Holiday Service

December 12, Tuesday, 7 pm, Zoom. Watch this space for further information.

### Neighborhood Group without Borders

#### Try Something New!

December 13, second Wednesdays, 11 am — 1 pm, 4349 Adams Ave, San Diego, CA 92116. Susan Riegel Harding invites you to a brown bag lunch. We can chat, play games, or plant succulents, whatever we feel like doing. Meet new people while Neighborhood Groups are being formally organized. Coffee, water, and other beverages will be provided. Text RSVP to 619-987-6234.

### Book Club

December 14, Thursday, 6 pm, zoom. Hope to see you for our December read: *Small Things Like These* by Claire Keegan. As is our tradition, this is a short book. Email [minastaylor@gmail.com](mailto:minastaylor@gmail.com) if you are interested.

### Bard Hall Art Guild Reception

December 14, Thursday, 6 pm — 8 pm, Bard Hall. Join us for our Artists Reception. Bring a festive snack to share. The artists will be discussing their works.

### Finance Committee Meeting

December 14, Thursday, 6:30 pm, link in the members area of the [website](#). Non-committee members do not take part in discussions or have a vote.

### Tree Decorating & Sing-Along

December 15, 6 pm — 8 pm, Bard Hall. We'll decorate our tree and sing some holiday favorites around the piano with Drew! Bring your favorite holiday foods to share or just come along and join in the holiday cheer.

### UUMF "Fourth Monday" Meeting

#### will be on the Third Monday in December!

December 18, Monday, potluck 6 pm, Common Room. Join us for the First UU Men's Fellowship's annual "Yule Log Ceremony" to reflect on 2023. Our potluck begins at 6 pm (Newcomers only need to bring their appetite.) Our regular meeting runs from 7 pm to 9 pm. Please contact: [Les Vivian](#), [Chris Gulick](#) or [Mike Dorfi](#) for additional information.

### 5th Tuesday Board Meeting

January 30, Tuesday, 6:30 pm, [online](#).

# Double Issue!

## Social Justice

### Border Witness & Humanitarian Aid Trip

November 18, Saturday, 2:30 pm, Meet at South Bay Campus. Join Rev. Kristen Kuriga, Chris Chambers, and members of the Social Justice Ministry Team on a First UU humanitarian aid trip to the border in San Ysidro. We will be meeting in the South Bay campus parking lot at 2:30 pm for a briefing and to coordinate carpools, and serving at the border as a group until 5 pm, at which point we will debrief and return to South Bay. RSVP or get more information by contacting Chris Chambers: [chris@firstuusandiego.org](mailto:chris@firstuusandiego.org).

### Climate Action: Is There Plastic in Your Clothes?

Your clothing choices can help reduce plastics in our oceans harming marine ecosystems and human life. Shedding from synthetic clothes in home washing machines make up about 35% of the global release of microplastic. Choose plastic-free fabrics including organic cotton, wool, linen, and other natural fibers, which don't contain the synthetic microfibers that are shed in washing machines. [Learn About the Plastic in Your Clothes | Green America.](#)

## South Bay Food Pantry News

### Do You Need Help?

Could you or someone you know use support with food, blankets, or other basic needs? The South Bay Food Pantry wants to help! Feel free to let a minister or staff person know, or leave a voicemail at the pantry office: (619) 271-5017.

### 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](mailto: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.

### Food Pantry Collecting Supplies for Unsheltered Folk

The pantry can always use easy-open, no-cook food, hygiene items, and adult incontinence supplies. Drop off in Hillcrest on Sunday morning in the Meeting House.

### Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. Join us putting together bags of healthy food for Saturday's distribution. Drop by or check ahead with [foodpantry@firstuusandiego.org](mailto:foodpantry@firstuusandiego.org).

### Blanket Collection

The South Bay Food Pantry is collecting blankets for distribution to the hundreds of families that will receive food from us this holiday season. If you can, share some warmth with our neighbors by leaving a new blanket or two for the Pantry's donation box in the meeting hall, or get in touch with a volunteer or staff to learn more about how you can support the Pantry's mission this season.

### Amnesty International's Global WRITE 4 RIGHTS with an Award Ceremony for SOLACE

December 10, Sunday, 4 pm — 6 pm, Rancho Buena Vista High School. Amnesty International in North County has awarded their 2023 Digna Ochoa Human Rights Award to SOLACE, for their "clear example of compassion in action and tireless dedication to provide real, practical support and advocacy to individuals in immigration detention, to create safer and more resilient communities." The award ceremony is followed by a group letter-writing activity on behalf of people suffering human rights abuses.

## South Bay Campus

### South Bay Worship

Sundays, 10 am, South Bay Worship Hall. Join the South Bay community for Worship every Sunday.

### Save the Date

December 9, 1 pm — 6 pm, Member's Home. Our Holiday Tamalada is returning! More details coming soon!

## Family & Lifespan

### Sunday RE

This Sunday, November 19, UUA President, Rev. Sophia Betancourt, will lead our Service. During the Time for All Ages, we'll ask her some questions that our children and youth have prepared for her. Then, we'll continue with three Groups: Chalice Children (PreK - 1st); Riddle & Mystery (2nd - 5th) and Popcorn Theology (Jr & Sr High).

### Young Adult Group (ages 22 - 35)

Tuesdays, 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. Contact Youth & Young Adult Coordinator, [Lara Anderson.](#)

### Adult RE "Generations"

November 30, Thursday, 7 pm, Zoom. Join us as Director of Lifespan Faith Formation explores the intersection of Generation Theory, Life Stage, and Historical Turnings in the life of an individuals and a community. Register at: <https://form.jotform.com/221945094745160>

### Coming of Age

Come celebrate our seven Coming of Age Youth as they present their Credo Statements on Sunday, Dec 3, at the 10 am service.

### Tree Decorating & Sing-Along

December 15, 6 pm — 8 pm, Bard Hall. We'll decorate our tree and sing some holiday favorites around the piano with Drew! Bring your favorite holiday foods to share or just come along and join in the holiday cheer.

### Christmas "Eve"

Because December 24 is a Sunday this year, our traditional Christmas Eve, MultiGen Family Service will be our 10 am Sunday service that morning.



# Art & Collectibles Online Auction

## Call for Donations

Do you have an antique, piece of art, or a collectible that you would like to re-home for a good cause? Are you downsizing? Are you a fabulous artist? We need your donations!

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1. Submit your items using our simple form.
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Our members are travelers and collectors! Don't miss this rare opportunity to find unique gifts for art lovers and pick up antiques and collectibles with no dealer markups for the holidays. All proceeds go to the First UU general fund. Save the date ... online catalog opens Black Friday, November 24th!

Sponsored  
by the  
Dining4Dollar\$  
Team

Submit your donations  
and sign up to bid at

**FirstUUSanDiego.org**

## Week at a Glance Calendar

### Saturday, November 18, 2023

#### Swap Meet for Fun Things to Do

November 18, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. UU members Alice and Doug Diamond will lead a program on fun things to do around San Diego. Coffee and tea available at 9:45 am, in Bard Hall.

#### Food Pantry Food Distribution

Saturdays, 11 am — 1 pm, South Bay Campus. Volunteers should arrive by 10:30 am to staff a station. Youth under 18 may volunteer with a parent. [foodpantry@firstuusandiego.org](mailto:foodpantry@firstuusandiego.org).

### Sunday, November 19, 2023

#### Hillcrest In Person & Simultaneous Livestream Worship

In person or [online](#) at 10 am! Outdoor viewing available.

#### South Bay Worship

Sundays, 10 am, South Bay Worship Hall.

#### Hillcrest In Person Social Hour

Sundays, following service, Bard Hall. Coffee and tea provided.

#### Virtual Social Hour

Sundays, 11 am, [bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour). Meeting ID 824 042 297. Password: FUUSD.

#### Spiritual Agnostics Film Study and Discussion Group

November 19, Sunday, 11:30 am, Room 323. The film will be "Garden State," Written, directed by, and starring Zach Braff with Natalie Portman as his love interest.

#### Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall. [margewur@gmail.com](mailto:margewur@gmail.com).

### Monday, November 20, 2023

#### Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

### Tuesday, November 21, 2023

#### Young Adult Group

Tuesdays, 5:30 pm — 7 pm, Room 114b. Young Adults aged 22-35 are gathering in room 114b every Monday. Contact [Lara](#).

#### Board Meeting

November 21, Tuesday, 6:30 pm, Bard Hall and online. Board meetings are open to congregants. Link in the member section of the [website](#).

### Wednesday, November 22, 2023

#### Thanksgiving Eve service at Potluck

November 22, Wednesday (Thanksgiving Eve), 5:30 pm, Bard Hall. Please join us for a brief Thanksgiving worship service, followed by a potluck meal.

#### Chalice Choir Rehearsal

Wednesdays, 7 pm — 8:30 pm, Bard Hall.

### Thursday, November 23, 2023

#### Food Pantry Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. Join us putting together bags of healthy food for Saturday's distribution. [foodpantry@firstuusandiego.org](mailto:foodpantry@firstuusandiego.org).

### Friday, November 24, 2023

#### Memory Matters Gathering

November 24, second and fourth Fridays, 10 am — 11:30 am, online. This is a place for those who worry about memory problems care partners. Email [hybertsen@att.net](mailto:hybertsen@att.net) for the link.

### Saturday, November 25, 2023

#### Food Pantry Food Distribution

Saturdays, 11 am — 1 pm, South Bay Campus. Volunteers should arrive by 10:30 am to staff a station. Youth under 18 may volunteer with a parent. [foodpantry@firstuusandiego.org](mailto:foodpantry@firstuusandiego.org).

### Sunday, November 26, 2023

#### Hillcrest In Person & Simultaneous Livestream Worship

In person or [online](#) at 10 am! Outdoor viewing available.

#### South Bay Worship

Sundays, 10 am, South Bay Worship Hall.

#### Hillcrest In Person Social Hour

Sundays, following service, Bard Hall. Coffee and tea provided.

#### Virtual Social Hour

Sundays, 11 am, [bit.ly/FirstUUSocialHour](https://bit.ly/FirstUUSocialHour). Meeting ID 824 042 297. Password: FUUSD.

#### Steps to Membership Meeting

November 26, fourth Sundays, 11:15 am, Room 323. Come learn about membership at First UU.

#### Investigating Abrahamic Religions Study Group

November 26, Sunday, 12 noon, Room 321.

#### Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall. [margewur@gmail.com](mailto:margewur@gmail.com).

### Monday, November 27, 2023

#### Coping With Chronic Conditions Support Group

November 27, Mondays (second & fourth), 1:30 pm — 3 pm, URL <https://bit.ly/CopingCCGroup>. meeting ID 681-036-9317.

#### Fourth Monday Meeting of UU Men's Fellowship

November 27, fourth Mondays, potluck 6 pm, Common Room. Visit the UUMF table or contact [jksdca@gmail.com](mailto:jksdca@gmail.com)

#### Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

### Tuesday, November 28, 2023

#### Young Adult Group

Tuesdays, 5:30 pm — 7 pm, Room 114b. Young Adults aged 22-35 are gathering in room 114b every Monday. Contact [Lara](#).

#### Caregivers/Allies Support Group

November 28, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, online. For additional information contact [Les Vivian](#).

#### Deep Listening and Healing Circle

November 28, Tuesday, 6:30 pm — 8 pm, Bard Hall. Many of us are deeply impacted by the ongoing violence in Israel and Palestine. Let us come together in community.

### Wednesday, November 29, 2023

#### Chalice Choir Rehearsal

Wednesdays, 7 pm — 8:30 pm, Bard Hall.

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#### Adult RE "Generations"

November 30, Thursday, 7 pm, Zoom. Join us to explore the intersection of Generation Theory, Life Stage, and Historical Turnings in the life of an individuals and a community. Register [HERE](#)

## Our Staff

### Ministers:

Rev. Justine Sullivan, *Lead Minister*  
Rev. Kristen Kuriga, *Assistant Minister*  
Swamini Adityananda Saraswati, *Intern Minister*  
Rev. Jim Grant and Rev. Lone Broussard, *Affiliate Ministers*  
Rev. Bonnie Tarwater, Rev. Dr. Everett Howe,  
Rev. Frank Placone-Willey, Rev. Julie Forest  
and Rev. Katy Swanson, *Community Ministers*  
Rev. Dr. Thomas A. Owen-Towle, *Minister Emeritus*

### Music Staff:

Marshall Voit, *Music Director*  
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 and Communications*  
Lara Anderson, *Youth and Young Adult Coordinator*  
Chris Chambers, *Social Justice Coordinator*  
Jazmine Ramanathan, *Administrative Assistant*  
Kate Collier, *Program Assistant*  
Corina Macias, *South Bay Ministry Assistant*  
Pam Bates, *Scheduler*  
Ray Evans, *Facilities Manager*  
Connie Hayes, *Controller / Bookkeeper*  
Mark Epler, *Event Coordinator*

POSTMASTER: Please send address changes to  
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### Important E-mail Addresses:

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(UUs of the South Bay)

### Contact the Main Office (Hillcrest Campus):

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[www.firstuusandiego.org](http://www.firstuusandiego.org)

### Office Hours:

Tuesday—Friday, 10 am to 2 pm and Sunday after Services

### 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](mailto:uusouthbay@firstuusandiego.org)  
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Campus Hours: Sunday for Service or By Arrangement