



The Window

A Weekly Publication



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.

January's Monthly Worship Theme: Liberating Love

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

South Bay Services
 10 am Sundays

January 14

**"An Unjust Law is No Law at All:
 Remembering Martin Luther King"**

Journey Toward Wholeness Team & Rev. Justine

January 14

**"An Unjust Law is No Law at All:
 Remembering Martin Luther King"**

Livestream of Hillcrest Service

January 21

"Building Beloved Community in a Time of Hate"

Rev. Justine Sullivan, *Lead Minister*

January 21

"Love at the Center"

Rev. Kristen Kuriga, *Assistant Minister*

January 14 Generosity Offering
Journey Toward Wholeness

Journey Toward Wholeness (JTW) is the Unitarian Universalist Association's initiative, which implements each congregation's anti-racism, anti-oppression commitment on a church-wide basis. At First Church, this group focuses on dismantling racism, eradicating oppression, and on bringing about transformation through increased awareness. Donate on our [website](#), under gift designation select "Generosity."

The deadline for the next issue is: January 17 (**Weds**) 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

It is with a heavy heart that we share that **Rev. Jim Grant**, our Affiliated Minister, died on Saturday, January 6. We are sending our care to all those who love Jim and are grieving his loss. We will have a candle of life during service on Sunday, January 14. A Celebration of Life is being planned and we will share the date as soon as it is finalized. If you would like to send a card to Jim's family, you can drop it off or mail it to the church office and we will arrange to get them to Jim's family: Family of Rev. Jim Grant, First UU Church of San Diego, 4190 Front St. San Diego CA 92103.

Celebration of Life for Betty Evans Boone

Saturday, January 13 at 10 am, Hillcrest Campus. Join us to Celebrate the Life of Betty Evans Boone, long-time member of our congregation.

Jud Caswell, Singer-Songwriter

Save the Date: January 27th, 2024

Jud Caswell is a member of the UU Congregation in Brunswick, Maine (our own Grace Lewis-McLaren is also a member), and he is a wonderful singer-songwriter. Jud will be leading a songwriting workshop on Saturday, January 27th from 3 pm to 4:30 pm and will offer a concert that evening at 7:30 pm. And on Sunday morning, January 28th Jud will join our music team to lead music for our worship service. Join us to hear some beautiful music from one of our own. To learn more, visit Jud's [website](#).

Interfaith Shelter Network Congregational Rotation

First UU and the Social Justice Executive Team are proud to announce that our Hillcrest campus will host the Interfaith Shelter Network's rotational shelter from March 10 — March 24. We will need all the help we can get! Hosting the shelter is a serious community and congregational effort, and volunteers interested in helping prepare meals, stay overnight, or otherwise facilitate operations are encouraged to reach out now so we can start planning! Contact kristen@firstuusandiego.org for more information or learn more at the [Interfaith Shelter Network website](#).

Front Street Productions Welcome Team

Do you want to have some fun greeting visitors on our campus at some fabulous events? If your answer is yes, come join the Front Street Productions Welcome Team. Contact [Louise Titlow](#) for more information.

Podcast

Listen to "The First Source" a podcast created by Tony Bianca. Episode 7, an interview with Assistant Minister, Rev. Kristen Kuriga is available [HERE!](#)

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.

Volunteers Needed as Ushers and Greeters! Contact [Rose](#) to find out more!

How to Call Into a Zoom Meeting

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

A Special Invitation: Mid-Year State of the Congregation Sunday, January 28, 12:30 pm, Meeting House

Dear Members and Friends of First Unitarian Universalist Church of San Diego,

My sincerest wishes for a Happy New Year for all of you! It is my honor and joy to serve as the President of your Board of Trustees. I am especially blessed that my term as President started half way through our 150th anniversary year. Last year was also the Quinceñera of our South Bay Campus.

We've had a difficult few years and faced many challenges including a global pandemic. This year saw the start of the second year of Rev. Justine Sullivan as our Developmental Minister. We also hired Rev. Kristen Kuriga as our Assistant Minister. We joyfully welcomed her back among us in her new capacity as part of our ministerial staff. We have much to celebrate and we also have much to look forward to in the future.

Our first ever mid-year "State of the Congregation" is an opportunity to check in with each other. We also have decisions to make which includes voting on a proposed Constitutional Amendment. I hope that as many of you who can, will join us in person for our State of the Congregation congregational meeting. We will meet in the Sanctuary and we will also livestream the meeting for those who can't attend in person. Join us for lunch after the service then join us for our mid-year gathering.

Wishing you all a blessed holiday and joyous new year. I look forward to seeing many of you at the Mid Year Gathering!

Sincerely,
Everardo F. Aguilar, President,
First UU San Diego Board of Trustees

Contact [Rose](#) to add your group's info to the Window!

Follow us on *Instagram* [@firstuusd](#) and [@uus_south_bay](#)

Memory Matters Gathering

January 12, 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 for the link.

What's Happening?

Women Together Meeting

January 13, second Saturdays, 12 pm — 2 pm, Common Room. For the January meeting, we will share who our favorite and inspiring people are. Who are the people who have most influenced your life? New members are welcome. Come visit old friends and meet new ones. Contact Claudia, obata.claudia@gmail.com.

Kirtan Chanting - January 13 Cancelled

Kirtan And Chanting For Peace is canceled in January and will resume on February 10, 6 pm — 7:30 pm with Patita Pavana of Spirit Soul And Friends and host, James Long.

Hillcrest In-Person Social Hour

January 14, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

Virtual Social Hour

January 14, 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!

Rainbow Action Group's Koffee Klatch

January 14, second Sundays, 11:15 am — 12:15 pm, Room 323. Bring some refreshments and join us. All family, friends and allies are invited.

Steps to Membership

January 14, Sunday, 11:30 am, Room 321. Join Rose Littler-Riedel and Swamini Adityananda Saraswati to have your questions answered about membership at First UU!

Cosmos

January 14, second Sundays, 1 pm — 3 pm, Room 323. Cosmos will meet on the second Sunday of each month. We are beginning 2024 meeting in person for the first time since Covid changed the world. Join us as we explore the birth and evolution of our universe and what it means for us as a species as we address the major challenges and opportunities of our time. Contact James Long.

How Can the Church Go Greener?

January 14, Sunday, 3:30 pm, bit.ly/1stUUClimateJustice. The Climate Justice Action Team will discuss ideas for greening our beloved church campus, which is already pretty green (e.g. solar panels, plant-centered meals.) Come to our Zoom meeting with your ideas and suggestions. We'll present them to church decision-makers for consideration.

Open Heart Sangha

January 14, 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.

Women's Choir

January 15, Mondays, 7 pm, Bard Hall. Join this warm and welcoming group of women who create community through joyful, spirit-filled singing. No prior experience is required.

Board Meeting

January 16, third Tuesdays, 6:30 pm, Bard Hall & online. Board of Trustees meetings are open to congregants. Zoom link in the members only section of the [website](#).

Chalice Choir

January 17, 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.

Book Club - Note Different Night!

January 18, Thursday, 6 pm, Zoom. We will be discussing *Watchmaker of Filagree St* by Natasha Pulley. In February, we will be discussing the one San Diego book: *The Sum of Us* at our regular second Thursday date. Please join us for a lively discussion. Contact [Mina](#) for more information.

Aging in India

January 20, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Swamini Adityananda Saraswati, intern minister, will lead a discussion on the Indian perspective on aging with stories from Hinduism. Hosted by UU Seniors.

Coping With Chronic Conditions Support Group

January 22, second and fourth Mondays, 1:30 pm — 3 pm, URL bit.ly/CopingCCGroup. Contact Chris Smith prior to attending 619-300-7477 or [email](#).

Caregivers/Allies Support Group

January 23, 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](#).

State of the Congregation Congregational Meeting

January 28, Sunday, 12:30 pm, Meeting House.

5th Tuesday Board Meeting - Transforming Conflict

January 30, Tuesday, 6:30 pm, <https://bit.ly/5thTuesday>. When there is a 5th Tuesday in a month your board of trustees hosts a meeting focused on our work of journeying toward wholeness. These meetings are held on Zoom and are open to all members of our First UU community. This month, Rev. Kristen and Rev. Justine will lead a discussion of the book *Transforming Conflict* by Rev. Dr. Terasa Cooley. This workshop will focus on the first two chapters of the book and will offer an overview of the main concepts and tools. We intend to offer future opportunities to read and discuss the book more closely in the coming months. Join us to continue this work of learning together how to engage conflict with greater ease. Several copies of the book will be available by Thursday, January 18. To order your own copy here is a [link](#).

Racialized Identities Awareness Book Group

February 2, Friday, 6:30 pm — 8 pm, Room 323. Please come join the Racialized Identities Awareness Book Group's discussion of *South to America: A Journey Below the Mason Dixon to Understand the Soul of a Nation* by Imani Perry. Contact Louise Titlow at Imtitlow@gmail.com for more information.

What's Happening?

ZUUMERS

February 4, first Sundays, 11:30 am — 12:30 pm, online. We are a neighborhood group online. New members welcome. Join our conversations, visit with friends and meet people. Contact Claudia obata.claudia@gmail.com.

Board Chat

February 4, Sunday, 12:30 pm, bit.ly/FirstUUBoardChat.

Hillcrest Song Circle

February 4, 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 or cmack5913@gmail.com.

Neighborhood Group without Borders

February 14, 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. Coffee, water, and other beverages will be provided. Text RSVP to 619-987-6234.

Finance Committee Meeting

February 15, 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.

South Bay Food Pantry News

Need Support?

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

Friday Food Rescue

Looking for someone to bring donations from Barons Supermarket in North Park to the food pantry on Fridays (times flexible, but before 4pm). Contact foodpantry@firstuusandiego.org if this might work for you - even once a month would help.

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.

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.

Family & Lifespan

Children's and Youth Religious Education

We'll have our usual three RE Groups for Children and Youth this Sunday during the 10 am service.

Adult RE - "Article II 2.0: A Look at the Revisions"

January 26, Friday, 6:30 pm, Zoom. Lead by Tony Bianca, this will be one of several opportunities to explore and discuss the revised Article II proposal before the final vote at General Assembly 2024. Register [HERE](#).

Parent's Night Out

Feb 2, Friday, 6:30 pm — 9 pm. Let us watch the children so parents can have a night to do whatever they want! RSVP to tony@firstuusandiego.org.

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](#).

South Bay Campus

South Bay Worship

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

South Bay Wisdom Circle

February 11, Sunday, 11:30 am, South Bay Worship Hall. 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. The South Bay Wisdom Circle will be facilitated by our Intern Minister, Swamini Adityananda Saraswati. For more information: swamini@firstuusandiego.org.

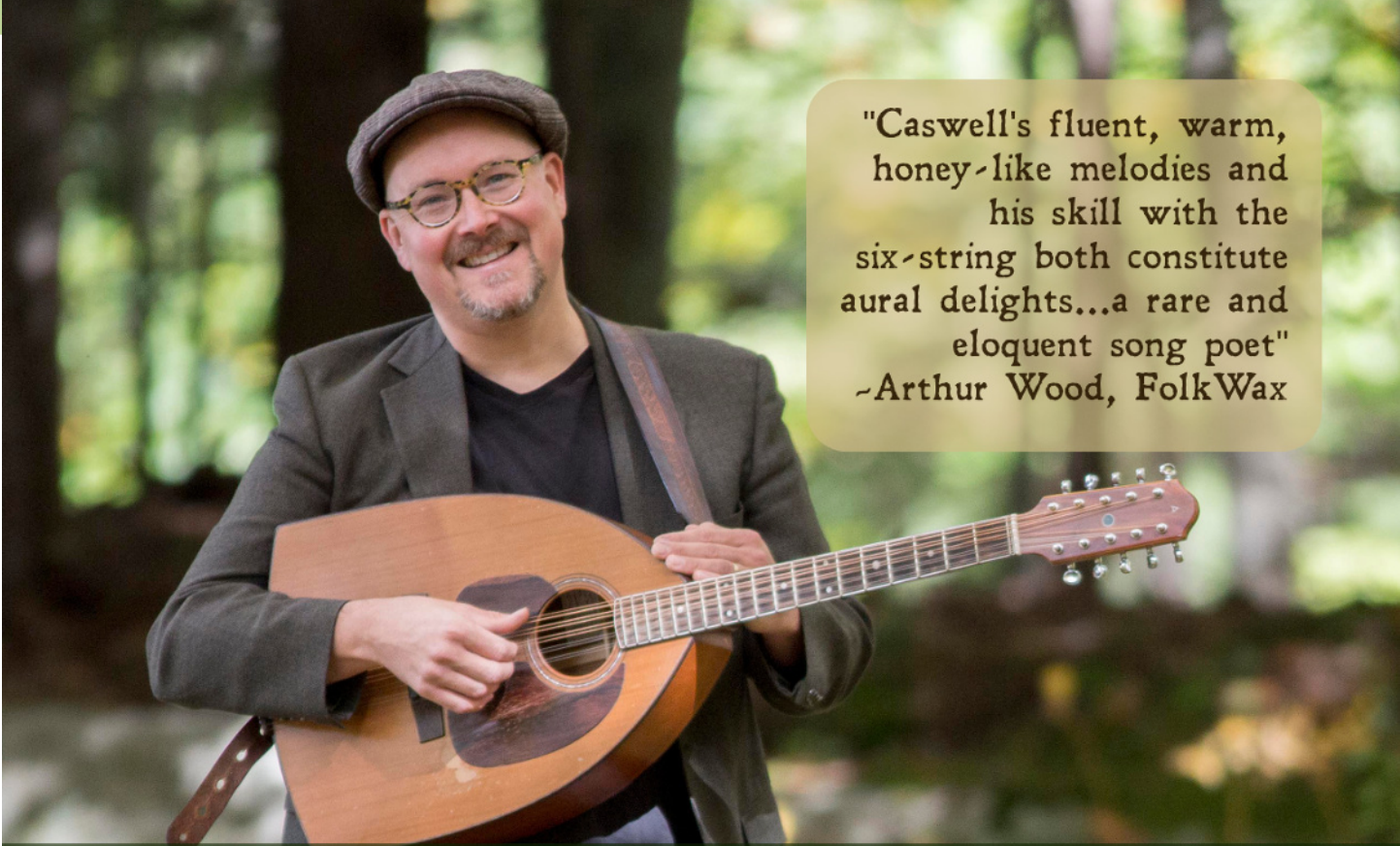
Social Justice

Climate Action: Stop Methane Gas Projects

Construction of a massive liquified "natural" gas (LNG) export facility on the Gulf Coast of Louisiana could soon get approved by the Biden administration. Methane from the Calcasieu Pass 2 (CP2) facility could pollute more than emissions from 42 million gas-powered cars or 50 coal-fired power plants. [Tell Biden](#) to stop greenlighting fossil fuel expansion and prioritize communities, public health and pollution free renewable energy.

Coalition for Reproductive Justice Annual Fundraiser

January 24, Wednesday, 5 pm, Mingei Museum, Balboa Park. Join us for Empowerment in Action: Harnessing Community Power for Positive Change. The keynote speaker is Carly Manes, abortion doula and author of *What's an Abortion Anyway*, a medically accurate, gender-inclusive, and nonjudgmental book for kids about abortion. This year's "Reproductive Advocate" and "Audre Lorde Emerging Leader" will be recognized for their ongoing commitment to reproductive justice. [Register](#).



"Caswell's fluent, warm, honey-like melodies and his skill with the six-string both constitute aural delights...a rare and eloquent song poet"
~Arthur Wood, FolkWax

Singer/Songwriter
Jud Caswell

7:30 pm Saturday, January 27th 2024



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 accessible parking in our lot 

Admission is free with registration.
Sign up online at

FirstUUSanDiego.org

Week at a Glance Calendar

Friday, January 12, 2024

Memory Matters Gathering

January 12, 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 for the link.

Saturday, January 13, 2024

Food Pantry Food Distribution

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

Women Together Meeting

January 13, second Saturdays, 12 pm — 2 pm, Common Room. Contact Claudia obata.claudia@gmail.com.

Kirtan Chanting

January 13, 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.

Sunday, January 14, 2024

Worship Service & Livestream

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

South Bay Worship Service

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, Meeting ID 824 042 297. Password: FUUSD.

Rainbow Action Group's Koffee Klatch

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Steps to Membership

January 14, Sunday, 11:30 am, Room 321. Join Rose Littler-Riedel and Swamini Saraswati to learn about how to become a member of First UU and have your questions answered!

Cosmos

January 14, second Sundays, 1 pm — 3 pm, room 323. The only prerequisite is an open heart and mind. Contact [James Long](#) for information.

How Can the Church Go Greener?

January 14, Sunday, 3:30 pm, bit.ly/1stUUClimateJustice. The Climate Justice Action Team will discuss ideas for greening our beloved church campus, which is already pretty green (e.g. solar panels, plant-centered meals.) Come to our Zoom meeting with your ideas and suggestions. We'll present them to church decision-makers for consideration.

Open Heart Sangha

Sundays, 4 pm — 5:30 pm, Bard Hall. margewur@gmail.com.

Monday, January 15, 2024

Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

Tuesday, January 16, 2024

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](#).

Wednesday, January 17, 2024

Chalice Choir Rehearsal

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

Thursday, January 18, 2024

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.

Book Club - Note Different Night!

January 18, Thursday, 6 pm, Zoom. We will be discussing *Watchmaker of Filagree St* by Natasha Pulley. In February, we will be discussing the one San Diego book: *The Sum of Us* at our regular second Thursday date. Please join us for a lively discussion.



First
Unitarian Universalist
Church of San Diego

See Next Page for Upcoming Weeks!

Our Staff

Ministers:

Rev. Justine Sullivan, *Lead Minister*
Rev. Kristen Kuriga, *Assistant Minister*
Swamini Adityananda Saraswati, *Intern Minister*
Rev. Lone Broussard, *Affiliate Minister*
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, *Communications Coordinator & Chaplain Intern*
Lara Anderson, *Youth and Young Adult 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
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

Board of Trustees

Everardo Aguilar, **President**
Valerie Jaques, **Vice President**
Sue Marberry, **Treasurer**
Karen Lamphere, **Secretary**
Leland Beck, Rosalba Ciampi, Steve Howard,
Gay Hybertsen, 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> (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:

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
www.firstuusandiego.org/uus-of-the-south-bay
Campus Hours: Sunday for Service or By Arrangement