

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.

August's Monthly Worship Theme: What Makes You Come Alive?

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

August 20, 2023

"On Paying Attention"

Rosalba Ciampi and Maggie Marshall

August 27, 2023

"How Can I Keep From Singing?"

Rev. Justine Sullivan, Everardo Aguilar, Deirdre Lonergan, Isabella Furth, Sue Marberry and Kay Chandler

August Generosity Offering Uptown Community Service Center

Uptown works to provide services to people experiencing homelessness and economic hardship, in a manner that is respectful and inclusive of all individuals and circumstances. Drop-in services, including showers, clothing, mailboxes, and hygienic supplies, reach more than 150 people a day. Through community partnerships, many of Uptown's clients get additional support in their transitions to permanent housing. Visit m.uptowncsc.org/ for more information. You can donate on our [website](#), under gift designation select "Generosity."

The deadline for the next issue is:
August 23 (**Wednesday**) at 8 am

If you would like an
announcement placed
in the Window email:
[**rose@firstuusandiego.org**](mailto:rose@firstuusandiego.org)

**Submission maximum is
60 words**

What's Happening?

Our Church Family

A Celebration of Life for **John Holl** will be held Friday, August 25, at 1 pm. Please carpool if possible. You may watch the service online at: www.youtube.com/live/DGfyIWck4dw?feature=share

Tomas Firle, age 97, died on Wednesday, August 9th. Tomas was a beloved member of the church, and we send our care to Tomas's close family and friends. A Celebration of Life is currently being planned and more details will be available soon.

Spreading of Ashes for **Joe Combs**. We were recently contacted by the family of Joe Combs, longtime member of the church who has been living with family out of state for several years. Joe died peacefully at age 94 earlier this year. His family will be coming to the church to spread Joe's ashes in the canyon by the chapel on Thursday, August 24th at 11 am. If you would like to honor Joe's life, you are welcome to come to spread ashes and share memories. If you have any questions, please contact Rev. Kristen: kristen@firstuusandiego.org.

Matching Donations for Vermont Disaster Relief

A generous donor will match up to \$1,000 of our donations to the UUA disaster relief fund to help with the flooding in Vermont. The UU church in Montpelier sustained a lot of damage from the flooding. Click [HERE](#) to give and be counted toward the matching funds.

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 new Assistant Minister, Rev Kristen Kuriga is available [HERE!](#)

8-15-23 Board Meeting Review and Digest!

- A heartfelt welcome to Rev. Kristen!
- South Bay Committee met to discuss future plans
- Board retreat weekend of 8/25 - 26
- 5th Tuesday Board meeting 8/29 (all welcome)

Justice Served on a Blanket

August 19, Saturday, 10:30 am — 1:30 pm, Pioneer Park, Mission Hills. This Picnic for Reproductive Justice will bring together like-minded organizations and individuals who share our commitment to reproductive justice. This is a family-friendly picnic filled with food and fun activities (arts and crafts, lawn games, etc.) Suggested donation: \$25. For more information and registration: <http://www.crsandiego.org/justiceservedonablanket>.

All Church Picnic and Games

August 19, Saturday, 6 pm — 9 pm, Civita Park in Mission Valley. We'll have lite refreshments, but feel free to bring your own picnic meal for yourself or to share. We'll gather in the middle of the park just above the playground area. We'll have games available to play or just come and hang out. Parking is available at the park and on the surrounding streets. Civita Park is on a hill, but all levels are wheelchair accessible with ramps connecting all areas of the park.

Sunday Morning Worship!

August 20, Sundays, 10 am, Hillcrest Meeting House and Patio. Livestreamed at the South Bay Campus.

Hillcrest In-Person Social Hour

August 20, Sundays, following worship, Hillcrest patio. Join your community on the Hillcrest patio after the service.

Virtual Social Hour

August 20, Sundays, 11 am, bit.ly/FirstUUSocialHour. Meeting ID 824 042 297. Password: FUUSD.

Open Heart Sangha

August 20, 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.

Organizing for Justice Meeting

August 24, fourth Thursdays, 6:45 pm, online. Organizing for Justice (O4J) meets on the fourth Thursday of each month. Please contact [Newt Ferris](#) for further information.

Memory Matters Gathering

August 25, 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.

Summer Arts Festival

August 26, Saturday, 3 pm, Hillcrest Patio. Please come to the Summer Arts Festival and hear some of your favorite members and friends entertain you with words, music, stories, and sing alongs. It will be a wonderful social summertime event so don't miss it!

Steps to Membership Meeting

August 27, 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.

UU Christian Study Group

August 27, fourth Sundays, 12 pm, Room 321. Join the UU Christian Study Group for a discussion of the first two chapters of "The Great Spiritual Migration" by Brian McLaren. Study questions can be found [HERE](#). A synopsis can be found [HERE](#). Contact rose@firstuusandiego.org.

Coping With Chronic Conditions Support Group

August 28, 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.

What's Happening?

Caregivers/Allies Support Group

August 28, 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

August 28, 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.

Theater Save the Date!

September 1, Friday, 8 pm, Moxie Theatre. First UU Lifespan is partnering with The Moxie Theater to see "Cry it Out." The play takes an honest look at single-motherhood, the power of female friendship, the dilemma of going back to work, and the effect class has on parenthood in America. Purchase tickets at <https://ci.ovationtix.com/35605/production/1164282>. Be sure to purchase your ticket for Sept 1st and use the 25% discount code: FirstUUNightOut.

UU Animal Ministry of San Diego

September 3, first Sundays, 12 pm, Library. Join us for our first meeting where we will discuss the visioning of the UU Animal Ministry of San Diego and decide on our first service project! Contact rose@firstuusandiego.org.

Board Chat

September 3, 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

September 3, 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

September 4, first Mondays, 7 pm, online. "ZUUMERS" is a new name for an old neighborhood group that has continued meeting on Zoom for several years. 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.

Creative Writing Group

September 9, 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

September 9, second Saturdays, 12 pm — 2 pm, Common Room. Come see old friends, meet new friends, and experience sharing and caring. Bring your favorite song(s) and share why it is special to you. For more information, contact Claudia at obata.claudia@gmail.com.

Kirtan And Chanting For Peace

September 9, 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

September 10, 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.

Covenant of Unitarian Universalist Pagans (CUUPS) of San Diego

September 10, second Sundays, 12 pm, Common Room. Join the San Diego CUUPS as we discuss the first chapter of *Pagan and Earth Centered Voices in Unitarian Universalism* (email Rose if you need a copy). We will also discuss our individual plans for Mabon. For all pagans and spiritual seekers! Contact rose@firstuusandiego.org.

UU Humanist Book Discussion Group

September 12, second Tuesdays, 6 pm, Room 320. For our first meeting we will discuss the *Humanist Manifesto III*, and talk about the ways Humanism and UUism align. Contact rose@firstuusandiego.org.

Book Club

September 14, Thursday, 6 pm, via zoom. Our next book: *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie. Contact minastaylor@gmail.com.

Finance Committee Meeting

September 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.

"Death and Resurrection of Unitarian Universalism"

September 16, Saturday, 10 am, Bard Hall and Zoom at <https://bit.ly/UUSeniors>. Rev. Arvid Straube will lead a discussion on the future of Unitarian Universalism. (This is the same program originally scheduled for July that had to be cancelled at the last minute.) Hosted by UU Seniors. Coffee and tea available at 9:45 am, in Bard Hall - come early and socialize! All are welcome. If you miss the program, the recording will be available on the church website. Note that there is no UU Seniors program in August.

Do You Need to Add Your Group to the Window?
Send your info to Rose to be included in The Window!

What's Happening?

Half-Marathon and 5K

There is a half-marathon and 5k planned for Sunday, August 20. Please plan for extra travel time. Information and race route: inmotionevents.com/event/afc-half/

Board Meeting

September 19, Tuesday, 6:30 pm, online. Open to congregants. Link in the member section of the [website](#)

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.

Social Justice

Climate Action:

You Can Measure Your Carbon Footprint!

Check what areas of your home have the highest carbon emissions using Interfaith Power & Light's Cool Congregations carbon footprint calculator for households. Answer questions about your travel, home, food, and shopping. The calculator uses your zip code to estimate a personalized carbon footprint and makes suggestions for action to reduce it. [Household Calculator](#). Find federal incentives for home improvements, appliances, and electric vehicles at [Energy Savings Hub](#).

Sharia's Closet

Remember Sharia's Closet, a 2022 Generosity Offering Partner offering free emergency clothing to those in need? Sharia's Closet needs a new home! Do you know of multi-use spaces 3,000-5,000 square feet? Or how to find one? Details and contact [HERE](#).

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

August 20, Sundays, 11:45 am — 1 pm, South Bay Campus. Contact Lorelei@firstuusandiego.org.

Family & Lifespan

Children's RE

This Sunday, August 20th, service will be lead by Maggie Marshall and Rosalba Ciampi with a focus on Welcome, Yoga and other Mindfulness Practices. We will have three groups for Children & Youth RE during the 10 am service, with Tony, Kate and Lara, after the Time For All Ages.

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. If you are interested in gathering with us, contact Youth and Young Adult Coordinator, [Lara Anderson](#).

All Church Picnic and Games

August 19, Saturday 6 pm — 9 pm, Civita Park in Mission Valley. We'll have lite refreshments, but feel free to bring your own picnic meal for yourself or to share. We'll gather in the middle of the park just above the playground area. We'll have games available to play or just come and hang out. Parking is available at the park and on the surrounding streets. Civita Park is on a hill, so there is a slight incline, but all levels are wheelchair accessible with ramps connecting all areas of the park.

Exploring AI

August 31, Thursday, 6:30 pm — 8 pm on Zoom. Join DLFF, Tony Bianca, to explore some of the philosophical, ethical and practical questions surrounding Artificial Intelligence and get a chance to see how a few AI programs work. This program is free, but registration is required. Register at:

<https://form.jotform.com/221945094745160>.

Theater Save the Date!

September 1, Friday, 8 pm, Moxie Theatre. First UU Lifespan is partnering with The Moxie Theater to see "Cry it Out." The play takes an honest look at single-motherhood, the power of female friendship, the dilemma of going back to work, and the effect class has on parenthood in America. Purchase tickets at at <https://ci.ovationtix.com/35605/production/1164282>. Be sure to purchase your ticket for Sept 1st and use the 25% discount code: FirstUUNightOut.

Our Faith

Uptown Walkathon

September 9, Saturday, 8 am. For neighbors experiencing homelessness or in need. Groups will meet up at University Christian Church in Hillcrest and will walk to the Uptown CSC for a tour of the facilities. After a continental breakfast, the walk concludes with the groups walking back to University Christian Church. For more information please contact Dave Karpinski at davekarpinski@yahoo.com or Alan Nicol at glenview_7@yahoo.com.

South Bay Food Pantry News

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 - **the bin is now at the back of the meeting house.**

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.

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.

Looking Glass Theatre Presents

**WEEKEND
REVUE**

**STAGE
&
SCREEN**

A PAY-WHAT-YOU-CAN MUSICAL FUNDRAISER

donate at the door — suggested donation \$20

Fri, Sept. 15 @ 7 pm

Sat, Sept. 16 @ 7 pm

Sun, Sept. 17 @ 4 pm



LookingGlassSD.org

Free parking!
First Unitarian Universalist Church of San Diego
4190 Front Street, San Diego CA 92103

SATURDAY, AUGUST 26TH
3-5:30 PM

SUMMER ARTS FESTIVAL

PRESENTED BY:



FOOD & FUN! COMEDY
SING-ALONGS
MUSIC SKITS

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UNIVERSALIST CHURCH
OF SAN DIEGO
298 W ARBOR STREET
SAN DIEGO, CA 92103

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FIRST UU
OUTREACH AND
GROWTH FUND

Week at a Glance Calendar

Saturday, August 19, 2023

All Church Picnic and Games

August 19, Saturday, 6 pm — 9 pm, Civita Park in Mission Valley.

Sunday, August 20, 2023

Hillcrest 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

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

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Open Heart Sangha

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

Tuesday, August 22, 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 Youth and Young Adult Coordinator, [Lara Anderson](mailto:Lara.Anderson).

Thursday, August 24, 2023

Organizing for Justice Meeting

August 24, fourth Thursdays, 6:45 pm, online. Organizing for Justice (O4J) meets on the fourth Thursday of each month. Please contact [Newt Ferris](mailto:Newt.Ferris) for further information.

Upcoming Events

Memory Matters Gathering

August 25, 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. Ongoing, drop in. Email hybertsen@att.net for the link.

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Creative Writing Group

September 9, Saturday, 10:30 am — 12:30 pm, bit.ly/CreativeWritingFirstUU, ID: 868 9505 3014 Passcode: 361410.

Women Together Meeting

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Kirtan And Chanting For Peace

With Patita Pavana Of Spirit Soul And Friends

September 9, second Saturdays, 6 pm — 7 pm, Common Room. Donation-based community event. Come and engage in the spiritual practice of Kirtan.

Rainbow Action Group's Koffee Klatch

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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. Kristen Kuriga, *Assistant 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, 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