



First
Unitarian Universalist
Church of San Diego

FirstWords

Our Monthly Magazine

Summer 2022; Vol 16 No. 6

Tyger Moses, New Kitchen Manager

by Nancy Fisk, *Editor*

Tyger Moses, the new kitchen manager at First UU, started work in February. She originally interviewed last year during the pandemic but had to wait to start until we began reopening again. She heard about the job from Laurie Gerber, a congregant and a fellow chef. They were both chefs in another kitchen at a local hotel.

Right now, Tyger is concentrating on cleaning the kitchen, after it was left idle for the last two years. First UU started coffee service on Easter Sunday, and in May, we were able to offer packaged snacks during social hour after the service.

Tyger has been a chef for four years and has worked in kitchens for 10 years. She has a bachelor's in Culinary Management and is also a certified nutritionist.

She's been cooking since she was a teenager. She loves to cook. Her brothers liked to cook, also. In college, Tyger volunteered to cook the food for a group of students who watched football every weekend. Pretty soon, she was catering to five different households on football days, for about 20 people. Her hobby eventually became a job and her job became a career.

She has a degree in film and photography from



Cal State Northridge, in the San Fernando Valley in Los Angeles. She went to China for four and a half years to study and has a medical degree in Chinese herbal medicine. She has studied over 50 religions, and has been a practicing Buddhist and Shaolin monk for the last 17 years.

Tyger's two cats are her fur-babies, a boy and a girl. About First UU she says, "I love the open-mindedness here and everyone's acceptance." She encourages

people to come volunteer in the kitchen. There will be a refresher course for the food handler's certification so those helping can handle food safely. She will also go over the expectations of how to serve others.

She loves getting to know people one-on-one and feels that a kitchen is one of the best places to do that, because it's a relaxed environment. Check in with her soon, as she helps us to welcome people back to campus.

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Becoming Radically Welcoming

by Rev. Dr. Omega Burckhardt, *Assistant Minister*



As we head into summer mode, preparations are under way for the annual meeting, summer programming, a return to indoor meeting spaces, and plans for fall Ingathering. This is a natural time for some introspection about the paths we've traveled this year and where we hope to go next year. As we gather again in person, we're delighted to welcome some friends we haven't seen in a while, as well as many newcomers who are joining us for the first time.

An initial training was held in May to begin the process of creating volunteer teams dedicated to Welcoming in our congregation: ushers, greeters, Welcoming Table staff, and others. As we plan for the coming year, it will be especially important for our community to remember that radical welcome does not only mean "our doors are open to all."

Rather, as Rev. Lisa Presley states, "We are willing to be changed by what we've started (the congregation), that we're excited about the possibilities in front of us, and welcoming of change. It means opening up the doors not only of our sanctuaries and meeting rooms, but also the doors of our leadership, faith development, and cultural expectations. We're willing and delighted to bring new people into leadership and encourage their revisioning and revising 'the way things are done around here.' You never hear 'But we've never done that before,' or 'That's not how we do it here.' Instead, we say 'Gosh, we've never thought of it like that before—I wonder how that would work!' We welcome the ideas, the thoughts, the possibilities that others bring."

We're very happy people new to Unitarian Universalism have found First UU over the past few months, and we're thrilled that several new members have made the commitment to call us their spiritual community. Being radically welcoming is the responsibility of every community member. As we move into the next phases of re-opening and gathering, what are some of the ways you can be radically welcoming to those who have chosen to join us?

Summer Sermon Messages

June's Transformational Theme is:
"Time"

July's Transformational Theme is:
"The Good, the Bad, the Ugly"

Hillcrest Worship Time: Sundays, 9:30 am
Hillcrest Patio & Livestream Worship

June 5, 2022

"A Time to Heal"

Rev. Suzelle Lynch, *Minister in Residence*

June 12, 2022

"Doing Time" Rev. Suzelle Lynch

with Special Guest 'Brad the Dad'

June 19, 2022

"Music Sunday"

First UU Music Staff

June 26, 2022

GA Worship Livestream

General Assembly Worship Team

July 3, 2022

"Why People Need a Sermon About Evil"

Rev. Arvid Straube, *Community Minister*

July 10, 2022

Rev. Dr. Omega Burckhardt, *Assistant Minister*

July 17, 2022

Rev. Katy Swanson, *Community Minister*

July 24, 2022

Rev. Dr. Omega Burckhardt, *Assistant Minister*

July 31, 2022

Rev. Dr. Omega Burckhardt, *Assistant Minister*

South Bay Summer Worship Series:

Some Saturdays, 4:00 pm, South Bay Campus

June 4, 2022

"Nourishing our Dreams"

"Nutriendo Nuestros Sueños"

Rev. Dr. Omega Burckhardt, *Assistant Minister*

June 18, 2022

Rev. Suzelle Lynch, *Minister in Residence*

July 9, 2022

Rev. Dr. Omega Burckhardt, *Assistant Minister*

July 23, 2022

Rev. Dr. Omega Burckhardt, *Assistant Minister*

Summer Staycation

by Tony Bianca, *Program Director*



Normally, this would be the time of year when things are slowing down and we're thinking about cutting back RE programs for the summer. As you might imagine, however, this summer is different. We've been in "cutting back" mode for so long due to COVID

restrictions, it feels to many of us that we want to keep things going this summer and, perhaps, even add some programming to our schedule, so that's just what we plan to do!

After a slightly different schedule in June to accommodate All Church Camp, Music Sunday, and General Assembly, Children's RE Programs will continue as usual throughout July and August during the Sunday service. We're even looking at adding a few extra hikes, day trips, and possibly even a beach campfire during the summer months!

While the Youth and Young Adult Programs have been inactive in the past year or more, we have begun advertising to fill the Youth & Young Adult Coordinator staff position and hope to have someone in place by late August! Along with myself, Everardo Aguilar, Vanessa Pool, and Jillian Irving are on the hiring committee, and should be scheduling interviews by early July.

We also have some exciting Adult RE offerings in the works for the summer and early fall. Already, Marge Wurgel has begun her new, four-week "Blossoming Through Mindfulness" course, and I'm working in collaboration with Jan Garbosky to offer an Adult RE Speaker series. Our goal with the Speaker Series is to invite prominent UU's and other like-minded

individuals to speak about a topic each month.

We're hoping to begin in August and September with Peter Bolland (a crowd favorite for many in our congregation) both of which will focus on combating racism and white supremacy. In the months that follow, we plan to invite other UU ministers and professionals of color to speak on topics meaningful to them. In this way, we're hoping to reinvigorate our Adult RE Program while also continuing the work we're called to do by both the Commission for Institutional Change's report, "Widening the Circle of Concern," and our commitment to the 8th Principle in general. The Speaker Series will take place on Zoom in order to allow us to attract prominent speakers from across the nation and more easily invite others in our region to join us.

I'm excited to be planning these programs and hope you'll be excited to participate! So even if you're taking a vacation this summer (perhaps the first in some time!), I hope you'll join me for a little "staycation" right here at First UU!



Reflections On The Past Year at First UU

by Julie Forest, *Outgoing Board President*



I can confidently say, as a congregation, we're in better shape than we were this time last year. Due to a series of cataclysmic events, we faced the possibility of having no ministerial presence for the entire year. I didn't see how staff, or the board, could function during that time without ministerial

leadership. I also didn't know how our congregation would be fed spiritually without a minister to help us.

We began by luring Rev. Omega from Wisconsin as our Assistant Minister. We then created the minister in residence program with the UUA, who provided us with ministers during this transitory year. This program insured that Rev. Omega wouldn't have to attempt the ministry of First UU all by herself. It also insured that the board, staff, and congregation would have ministerial nourishment and leadership for the year.

We deliberated about hiring a developmental minister, instead of entering into a formal search for a new lead minister and surveyed the congregation regarding what our top priorities were for that minister.

We conducted a nation-wide search for a seasoned clergy person to lead us for the next four to seven years as we wrestle with these issues:

- What it means to be a two-campus congregation,
- Whether we sell our property or stay on the Hillcrest campus,
- Continuing to heal from our past hurts.

Let me take a moment here to explain the program we're entering into and what it means for us.

Some folks were wondering why they did not get to meet or vote on this minister. The leadership felt that with so many huge questions before us, we wanted to reassess our identity, and who we are as a congregation before we call a Lead Minister for a longer, more stable time. The developmental minister we hired, the Reverend Justine Sullivan, will serve as our Lead Minister until we're ready to enter the process to call a new Lead Minister.

As I look back over the past year, I'm in awe of the folks who serve on your board, including Laura Ball, Rosalba Ciampi, Brian Krohne, Karen Lamphere, Sue Marberry, Cora Pendergast, Rhiannon Roselle, and Louise Titlow. Each of them went through some very challenging personal times and yet were incredibly generous with the time they gave, not only to serving on the Board, but attending First UU services, hosting Board chats, going to Journey Toward Wholeness meetings, and numerous other information sharing meetings. I urge you to reach out and thank them.

In the Gospel of John, John 5:1-5, there's a story I've been reflecting on for the last few months. In Bethesda, there was a pool that people in need of healing would go to. Jesus saw somebody laying by the side of the pool for a long time. Jesus asked him why he was there for so long and if the man wanted to be healed. The man said someone needed to stir the water before he could go in and be healed. Jesus challenged the man to get in on his own and then walk back into his life.

I challenge us all to do the same. No one thing is going to heal all the hurts in our congregation. We can't wait for some magic water stirrer. We must take responsibility for our own healing and I hope we're kind and gentle to each other, as we make our way into First UU's future, with one of the most awesome women I know, Cora Pendergast, as your new Board President. Blessed be.

What is the Marketing Action Group (MAG)?

by Ame Stanko, Website Consultant

MAG is a small group whose objective is to maintain and develop First UU's communication and social media channels, including First Words, The Window, our website, and our social media properties including Facebook, Instagram and YouTube.

MAG membership currently includes:

- Robie Evans (Director of Operations),
- Nancy Fisk (Writer/editor for First Words),
- Jan Garbosky (Editor for First Words and the website),
- Rose Riedel (Production coordinator for First Words, The Window and the website), and
- Ame Stanko (Consultant for the website).

MAG works to:

- reach out to new members,
- communicate organizational changes,
- promote events and activities,
- foster transparency, and
- document congregational life.

MAG doesn't handle First UU eblasts (those are managed separately). Currently, First UU isn't doing any press releases, media outreach initiatives, or paid advertising, although we may initiate some of those, budget permitting, for upcoming special events.

While communication is a huge job, MAG's current efforts are focused on getting the basics dialed in, such as the website. MAG meets every 4th Monday at 4 pm.

Got an idea for MAG? Let us know via the [MAG Contact Form](#)

Got a story idea, suggestion or feedback?

Whether you have a cool idea or just want to let us know how we're doing, please send a message to the MAG team.

Your Name:

Your Email or Phone Number:

Message:

Mail to:

First UU San Diego, ATTN: MAG

4190 Front Street

San Diego, California 92103

Ministry Teams: Home To All First UU's Groups

by Jan Garbosky, *Editor for FirstWords*

I've found that many First UU members and friends aren't aware that all groups within our congregation (including Affiliated Groups and Affinity Groups) function within one of our eight Ministry Teams:

- **Caring:** Providing practical and lay pastoral care
- **Connections:** Membership and hospitality for visitors, members, and friends
- **Family & Lifespan:** Religious education for Children, Youth, Young Adults and Adult Education Classes
- **Generosity:** Fundraising activities including renewal of Financial Commitments
- **Larger UU Connections:** Cooperating with local, national, and international UU organizations such as De Benneville Pines, Pacific Western Region of the UUA, General Assembly
- **Social Justice:** Working for social justice at First UU and in the wider community
- **South Bay:** Worship and activities on the Chula Vista campus
- **Worship & Program:** Coordinating Sunday services including music

Each Ministry Team is co-led by a lay leader and a staff member. In the past, the co-leaders for each Ministry Team met together as the Ministry Team Council. Now, the co-leaders submit information on the year's activities for First UU's Annual Report, published in June of each fiscal year and available in the Members Area of our website.

While groups within a Ministry Team may work together, they are also encouraged to collaborate with groups in other Ministry Teams to organize and implement activities to create community, nurture spiritual growth, act on our UU values to help heal the world and work toward First UU's Strategic Plan goals. Each Ministry Team has a budget— 10% of which must be spent to enhance diversity, equity, and inclusion in their work or gatherings—to ensure all feel welcome and respected.

It's been a LOOOONG time since First UU groups have been able to meet in person. Fortunately, many groups were able to meet on Zoom during the pandemic. As things open up a little and we look forward to being able to gather in person, here's a list

of Ministry Team groups as you think about reconnecting, consider joining, or creating a new group:

- **Caring Ministry Team:** Caregivers/Allies Support Group, Caring, Coping with Chronic Conditions, Lay Ministry, Memory Matters
- **Connections Ministry Team:** New Members, Neighborhood Groups, Welcome Table
- **Family & Lifespan Ministry Team:** Adult Faith Formation, Adult Religious Education, Children's Programs, Young Adult & Campus Ministry, Youth Programs
- **Generosity Ministry Team:** B&B Program, D4\$, Book Room, Gift Cards, Financial Commitment Renewals, Planned Giving, Specialty Sales, Vehicle Donation
- **Larger UU Connections:** Denominational Relations, Friends of de Benneville Pines, UU Service Committee, Partner Church Committees (Romania and Philippines), UU at United Nations Office
- **Social Justice:** Clean Elections, Climate Justice, Generosity Offerings, Organizing for Justice, Palestine-Israel Justice, Rainbow Action, Reproductive Justice, Sanctuary, SOLACE (Souls Offering Loving and Compassionate Ears), South Bay Food Pantry, Uptown Faith Community Service Center
- **South Bay:** All South Bay campus activities (which during the pandemic have been on hiatus while the Food Pantry used their space)
- **Worship & Program:** Archives, Art Guild, Book Lovers Affinity Group, Buddhist Sangha, Cosmos, Earth-Centered Spirituality Group, Dances of Universal Peace, Hillcrest Folk Song Circle, JUUL Tones Vocal Ensemble; Looking Glass Theatre, Meditation Groups, Memorial Wall, Music Ministry (Handbell Ensembles, Chalice Choir, JUUL Tones Vocal Ensemble, Women's Choir), UU Christian Study Group, UU Men's Fellowship, UU Seniors

There's something at First UU for everyone—or there will be when you start a group. This is our community. This is how we work together with compassion, empathy, and love.

Meet First UU's Affiliated Groups

by Jan Garbosky, *Editor for FirstWords*

First UU Affiliated Groups are organizations recognized as having activities integral to our mission and vision AND are self-supporting. All are related to First UU through a Ministry Team responsible to the Lead Minister. (Don't know what our Ministry Teams are? See accompanying article on page 6)

There are currently four operating Affiliated Groups, five inactive groups (Women's Federation, Dynamic Duos, Singletarians, Women Together, Humanists), and one group (South Bay Food Pantry) working on requesting approval. To qualify for recognition, a group must submit information to and be approved for recognition by the Lead Minister. According to First UU's Constitution:

- At least one leader must be a Voting Member of First UU.
- The group must provide a statement of purpose and agree to:
 - abide by Board policies and governance structure or decision-making process and
 - submit reports of activities and finances on at least a yearly basis.

Once approved, the group is authorized to elect their officers, establish their own rules, and determine their own programs without restriction—as long as the programs are carried out in a manner consistent with Board policies and First UU's mission and vision.

Recognition as an Affiliated Group may be revoked by the Lead Minister (with approval of the Board) for any group/organization whose activities are found to be inconsistent with Board policies or no longer reflect our mission and vision.

All four ongoing and active Affiliated Groups are part of the Worship & Program Ministry Team and include:

Art Guild: Since 1973, the Art Guild has promoted the work and enrichment of San Diego regional artists through shows (including receptions) and discussions. Participation in other First UU activities are encouraged but not required for participation in the Guild. The Art Guild will resume regular meetings in September 2022. For more information watch the Window or contact John Keasler at keaslerart@gmail.com.

Earth-Centered Spirituality Circle (ECSC): This group provides a safe place for individuals and families of all structures to explore Pagan and Earth-Centered spiritual paths. They honor in ritual the Eight Sabbats of the Wheel of the Year, lead periodic Religious Education classes, and participate in outreach to the wider community to those seeking a spiritual home in which their beliefs are honored and affirmed. Contact ECSC at sdpagansuu@gmail.com.

Looking Glass Theatre (LGT): LGT opened in 1986 with a mission to continue building an intergeneration community with families and individual who, as part of their personal ministry, enjoy sharing and presenting performing arts. They entertain, emote, inform, challenge, develop, improve, question, and explore the meanings of who we are and what it means to be human in these times. Contact Elsie Sleeter at uuelsiesd@gmail.com or Gay Hybertsen at hybertsen@att.net.

UU Men's Fellowship (UUMF): The group's goal is to support men in the quest for lives of compassion, integrity, responsibility, and balance. They are a caring, pro-feminist, intentionally diverse brotherhood, committed to social justice, and offering opportunities for intimate sharing, personal growth, and spiritual deepening. The Fellowship encourages men in their development as sons, fathers, partners, and brothers. Activities include monthly meetings, Men's Support Groups, and Spring and Fall Renewal weekends, among other activities. Contact John Keasler at keaslerart@gmail.com.

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New Board of Trustees elected 6-14-22 for FY 22-23

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To view sermon video casts, click on these
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