

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.

February's Monthly Worship Theme: Justice & Equity

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

February 4
"Joyful Resistance"
 Rev. Kristen Kuriga, Assistant Minister

February 4
"If Only: What Would Martin Do?"
 Rev. Justine Sullivan, Lead Minister

February 11
"The Spirit of Justice"
 Rev. Kristen Kuriga, Assistant Minister

February 11
"What Matters"
 Swamini Adityananda Saraswati, Intern Minister

February Generosity Offering
San Diego Flood Response Fund

In January, parts of San Diego, especially Southeast San Diego, experienced catastrophic flooding causing damage to homes, vehicles, businesses, farms, and communities. Throughout the month of February our offering will be received in support of the San Diego Flood Response Fund organized by the San Diego Foundation. The fund was created to rapidly get resources into the community and support organizations responding to unprecedented flooding in San Diego County. The fund will make emergency grants to nonprofit service organizations engaged in disaster response and relief. To learn more: www.sdfoundation.org/ways-to-give/give-now/donate-online/san-diego-flood-response-fund/. You can donate at church or on our [website](#), under gift designation select "Generosity."

Journey Toward Wholeness (JTW)
What Can I Do?

How to Observe Black History Month
with Your Children

The purpose of Black History Month is to honor the contributions of African Americans in our nation's history. For parents with younger children, JTW suggests checking out San Diego Family magazine, which provides a list of projects, events, and books that celebrate and explore Black lives in the past and today. <https://www.sandiegofamily.com/things-to-do/seasonal-happenings/teach-black-history-to-kids>

What's Happening?

Thank You!

On behalf of your Board of Trustees and the Executive Team, Thank You for attending the Mid-Year meeting this past Sunday either in person or online.

There was a lot of lively discussion! The Constitutional Amendments presented will be voted on via online in February. Before the vote, an online forum will be held to facilitate further discussion of the proposed Constitutional Amendments. There are also plans for another in-person forum in March to discuss the "share" option with UCSD on sharing our property. There are exciting things going on! Thank you for participating!

Everardo Aguilar, *President*
First UU Church of San Diego Board of Trustees

1-16-24 Board Meeting Review and Digest

- Heard an update from the Nominating Committee
- Heard many celebratory comments around all of the wonderful holiday happenings at both campuses
- Received a very positive financial update from our treasurer
- Prepared the agenda for the Special Membership meeting to be held on 1/28/24 at 12:30 pm

Seeking Board of Trustees Candidates

Please consider becoming a candidate for a Board of Trustees position that begins in July. Four church members, including one with a financial background, are being sought for Trustee-at-Large positions to work with five incumbent Board members. The Board provides congregational oversight and direction as per our policy governance guidelines. Informational forums about the Trustee positions are coming soon. For more information, e-mail nomcom@firstuusandiego.org or call 858-449-0431.

February is the Love Month

Buy your sweetie a dip of Ice Cream this Sunday February 4, during social hour. Our youth campers will love you for it! Please bring cash.

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. We'll be reading the novel *Mecca* by Susan Straight for our Friday March 1 meeting. Contact Louise Titlow at lmittlow@gmail.com if you're interested.

Hillcrest In-Person Social Hour

February 4, Sundays, following worship, Bard Hall. Join your community in Bard Hall after the service for coffee, snacks, and conversation.

It's time to get together!



Registration is open for our Pacific Western Regional Assembly this April 19th and 20th! Attend either in person, at First Universalist in Denver, or remotely. We are planning a family friendly event and children are welcome. This is a great chance to connect with our larger faith and connect with new and old friends. Stay up to date on all the PWR RA Plans [HERE](#).

First UU Hosts Interfaith Homeless Shelter March 10-24

This winter/spring our congregation will again host the Interfaith Shelter at our congregation. We will provide shelter for up to 12 guests and breakfast, lunch and dinner for two weeks, from March 10-24. During this time, the common room and Room 113 will be our guests' home. This is one important way our congregation acts on its values—and we need your help!

Volunteers provide potluck evening meals, serve as greeters, overnight hosts, and can help with a variety of small projects, including: coordinating bedding, organizing laundry, shopping for food and supplies, and set-up and clean-up of the shelter. We also need daytime volunteers for shifts on weekend days. Sign-ups will be available Sundays on both campuses.

Questions? Check out our [frequently asked questions sheet](#).

Not able to volunteer but want to contribute? We are collecting toiletries and bedding which you can donate at bins on either campus. We can also use monetary donations, which help us buy food for breakfast and lunch, as well as supplies.

For more information or to sign up, contact Rev. Kristen Kuriga: kristen@firstuusandiego.org, 619-398-4435
 Laura Ball: earlyworm@sbcglobal.net, 619-548-3231

Virtual Social Hour

February 4, Sundays, 11 am, bit.ly/FirstUUSocialHour, Meeting ID 824 042 297. Password: FUUSD. Share your thoughts about the service or whatever is on your mind each Sunday just after the service. Let's keep connecting!

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.

What's Happening?

Open Heart Sangha

February 4, 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

February 5, 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.

Chalice Choir

February 7, 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.

Our Grief Journeys

February 8, second & fourth Thursdays, until May 28, 1:30 pm — 3 pm, Room 323. This is a safe, supportive space for sharing our unique experiences of grief & loss, co-facilitated by Marcia Biller & Karen Thurston. For information contact karenthurst@gmail.com.

Book Club

February 8, second Thursdays, 6 pm, Zoom. We will be discussing the one San Diego book: *The Sum of Us*. Please join us for a lively discussion. Contact Mina.

Memory Matters Gathering

February 9, 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.

Women Together Meeting

February 10, second Saturdays, 12 pm — 2 pm, Common Room. Come visit old friends, meet new friends, and experience sharing with a caring group of women. New members are welcome. Contact Claudia, obata.claudia@gmail.com.

Dances of Universal Peace

February 10, second Saturdays, 4 pm — 6 pm, Bard Hall.

Kirtan Chanting

February 10, 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 Kirtan.

Rainbow Action Group's Koffee Klatch

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

Cosmos

February 11, second Sundays, 1 pm — 3 pm, Room 323. 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.

California Setbacks on Climate Change Efforts: The Road Forward

February 11, Sunday, 3:30 pm <https://bit.ly/1stUUClimateJustice>. Recent decisions by the CPUC and the Courts have thrown roadblocks into California's efforts to reign in emissions causing climate change. Wendy Mihalic of San Diego 350 will explain recent government decisions disincentivizing rooftop solar and thwarting efforts towards building electrification, among other things. She'll also lead a discussion on the way forward, despite these roadblocks.

Coping With Chronic Conditions Support Group

February 12, second and fourth Mondays, 1:30 pm — 3 pm, URL bit.ly/CopingCCGroup. Contact Chris Smith prior to attending 619-300-7477 or [email](mailto:).

Caregivers/Allies Support Group

February 12, 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.

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.

Review of Medical Decision Forms Related to End-of-Life Care

February 17, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Melissa Favela-Ayala from SCRC will review the documents that pertain to End-of-Life medical care. She will cover Advanced Healthcare Directives, and other important forms. Hosted by UU Seniors.

Special Membership Meeting – Please vote!

February 18, Sunday, 1 pm, Zoom only bit.ly/SCM1UU. We will approve and open the voting for two proposed amendments revisions. Please join us for this important work. More info on our members only page of the website.

Board Meeting

February 20, 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.

Men's Fellowship Annual Banquet

February 26, Monday, 6 pm, Bard Hall. Food will be provided. This will be an opportunity to reconnect with old friends, to meet new ones and to learn about what we do. (We welcome men who self-identify as straight, gay or trans-gender.) The event is free but please register at: <http://tinyurl.com/UUMF-Annual-Brothers-Banquet>

South Bay Campus

Social Justice

South Bay Potluck & Work Party!

February 3, Saturday, potluck starts at 1 pm, work party starts at 2 pm, South Bay Campus. Join us to break bread together as a community and then work together to care for our worship space. At the work party we will clear out our space, get things organized, and move the orientation of the worship space so we are no longer facing the windows. All are welcome!

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@firstusandiego.org.

Climate Justice: Greening Our Church Kitchen

The Climate Justice Team proposes considering ways to help green our church kitchen and food service. These ideas are also great for us at home: *Move away from using disposable plates and utensils* – Church has ample supply of real dishes and utensils which can be easily washed in the dishwasher. When use of real dishes/utensils is infeasible, avoid plastic and opt for bamboo, wood, paper. Even supposedly biodegradable and/or compostable plastics are not necessarily biodegradable/compostable.

Contact your California Senator

Today in America, nearly 4.6 million children live in homes with access to unsecured guns. Kids are curious, and when firearms aren't stored safely, tragedy occurs. Eight children and teens are unintentionally injured or killed every day in America due to an unlocked or unsupervised gun in the home. **Tell your California Senator to support SB 53.**

Family & Lifespan

Last call to RSVP for Parents' Night Out This Friday, Feb 2nd, 6:30 - 9:00 PM



Email Tony@firstusandiego.org by 10:00 AM Friday

Tony is away this weekend, so we'll have 2 Sunday RE groups during our 10:00 Service for children & youth.




We need OWL Facilitators!

Are you trained to facilitate OWL at any level or would you like to be?

Email: Tony@firstusandiego.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 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.

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.

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.

Food Pantry Needs Your Grocery Bags!

The pantry can use the plastic grocery bags you're collecting! And we always need easy-open no-cook food, hygiene items, and adult incontinence supplies. Drop off in Hillcrest on Sunday morning in the Meeting House (there's a bin!).

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.

Our Larger Faith

Si Pudiera Quedarme / If I Could Stay

February 3, Saturday, The San Diego Museum of Art. Come out to the Human Rights Watch film festival at MOPA@SDMA to watch the premiere of 'Si Pudiera Quedarme / If I Could Stay.' The film follows two mothers with deportation orders as they enter 'sanctuary' within the walls of two UU congregations in Colorado. If you're interested in immigration issues or doing social justice, this is for you! Get Tickets [HERE](#). Free tickets are available for anyone who would find the cost of a ticket to be a barrier. Email filmticket@hrw.org to access a free ticket.



MECCA



Susan Straight Author Talk



Saturday, March 16th 2024
7:30-9pm
First UU Church of San Diego

"A wide and deep view of a dynamic, multiethnic Southern California . . . Susan Straight is an essential voice in American writing and in writing of the West." —The New York Times...

On-site book sales by:

THE BOOK  CATAPULT

Admission is free with registration.
Sign up online at

FirstUUSanDiego.org

Week at a Glance Calendar

Friday, February 2, 2024

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 lmittlow@gmail.com

Saturday, February 3, 2024

Food Pantry Food Distribution

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

South Bay Potluck & Work Party!

February 3, Saturday, potluck starts at 1 pm, work party starts at 2 pm, South Bay Campus.

Sunday, February 4, 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.

ZUUMERS

February 4, first Sundays, 11:30 am, online. For more information and link, please contact Claudia at obata.claudia@gmail.com.

Board Chat

February 4, first Sundays, 12:30 pm, bit.ly/FirstUUBoardChat, Meeting ID: 863 0218 5062 Passcode: 203946.

Hillcrest Song Circle

February 4, first Sundays, 2 pm — 4 pm, Room 323. Bring your guitar/and or voice. Wombated@gmail.com or cmack5913@gmail.com.

Open Heart Sangha

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

Monday, February 5, 2024

Women's Choir

Mondays, 7 pm — 8:30 pm, Bard Hall.

Tuesday, February 6, 2024

Young Adult Group

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

Wednesday, February 7, 2024

Chalice Choir Rehearsal

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

Thursday, February 8, 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.

Our Grief Journeys

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Review of Medical Decision Forms Book Club

February 8, second Thursdays, 6 pm, Zoom. We will be discussing the one San Diego book: *The Sum of Us*. Please join us for a lively discussion. Contact [Mina](#).

Upcoming Events

Memory Matters Gathering

February 9, 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.

Women Together Meeting

February 10, second Saturdays, 12 pm — 2 pm, Common Room. Contact Claudia obata.claudia@gmail.com.

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Rainbow Action Group's Koffee Klatch

February 11, second Sundays, 11:15 am — 12:15 pm, Room 323. All family, friends and allies are invited.

Cosmos

February 11, second Sundays, 1 pm — 3 pm, room 323. The only prerequisite is an open heart and mind. Contact [James Long](#) for information.

California Setbacks on Climate Change Efforts:

The Road Forward

February 11, Sunday, 3:30 pm <https://bit.ly/1stUUClimateJustice>.

Coping With Chronic Conditions Support Group

February 12, Mondays (second & fourth), 1:30 pm — 3 pm, URL <https://bit.ly/CopingCCGroup>, meeting ID 681-036-9317.

Caregivers/Allies Support Group

February 12, second Mondays & fourth Tuesdays, 4 pm — 5:30 pm, online. For information contact [Les Vivian](#).

Neighborhood Groups without Borders

February 14, second Wednesdays, 11 am — 1 pm, 4349 Adams Ave, San Diego, CA 92116. Text RSVP to 619-987-6234 to reserve one of 14 available spaces.

Finance Committee Meeting

February 15, Thursday, 6:30 pm, link in the members area of the [website](#).

Related to End-of-Life Care

February 17, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Melissa Favela-Ayala from SCRC will review the documents that pertain to End-of-Life medical care.

Special Membership Meeting – Please vote!

February 18, Sunday, 1 pm, Zoom only bit.ly/SCM1UU. We will approve and open the voting for two proposed amendments revisions.

Community Concert Series Spring/Summer 2024



Tamara Haskin

Acclaimed Soprano

7:30pm Saturday, February 24th



Susan Straight

Author Talk & Book Signing

7:30pm Saturday, March 16th

Onsite book sales by:



Free concerts and events in our acoustically-optimized auditorium



Emma's Revolution

Folk Music Duo

7:30pm Date TBA

Holly Near

Legendary Folk Singer/Songwriter

With Tammy Hall and Jan Martinelli

5pm Sunday, June 16th



Funded by the Outreach and Growth Fund

First Unitarian Universalist Church of San Diego

298 W Arbor Street, San Diego, CA 92103

(619) 298-9978

► Free parking in our lot



Register for your FREE seats at FirstUUSanDiego.org

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