

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.

July's Monthly Worship Theme: Summertime

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

July 9, 2023

"LGBTQ Pride 2023 - Thrive"

Rev. Justine Sullivan, *Lead Minister* with Louise Titlow, Les GrantSmith, Bella Furth, and John Keasler

July 16, 2023

Lay Ministers

July Generosity Offering TransFamilySOS

TransFamily Support Services (TFSS) is a San Diego-based nonprofit organization dedicated to creating a gender affirming community and saving lives. Through education, support, resources, and advocacy, TFSS empowers transgender and nonbinary youth and their families, impacting the lives of thousands across the United States. With a significant presence in California and a chapter in Alabama, TFSS continues to expand its reach to provide crucial support to transgender individuals in the South. You can donate on our [website](#), under gift designation select "Generosity."

The deadline for the next issue is:
July 12 (**Wednesday**) 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

The Celebration of Life for **Thérèse Belanger** will be held on Saturday, July 8, 3 pm, at the Hillcrest Campus.

Elissa Ellis-MacLeod passed away peacefully at home on June 15 after six months on Hospice.

The chalice will be extinguished in her honor this Sunday, July 9.

A Celebration of Life will be held for **Mary Rose** on August 5, 11 am, in the Meeting House.

Who to Contact During Robie's Sabbatical!

Our Director of Operations, Robie Evans, will be taking a sabbatical from July 10 through August 20; returning to her desk on Monday, August 21. She will be away from her office starting June 19 for the week of General Assembly, followed by a two-week vacation. To find out who to contact during her absence, [please go here](#).

Summer Choir

Join us this summer for four sessions of Summer Choir, each led by a different member of the music staff. Marshall will lead a session on Jewish music; Tomás will lead a session on música latinoamericana; Lorelei will be working on classical music; and Andrea will lead the choir in chants and meditations. Each session will run for two rehearsals and one performance in a Sunday service. Rehearsal days vary by session between Mondays, Wednesdays, and Sundays. Full schedule and details can be found at firstuusandiego.org/summer-choir. We hope to sing with you this summer!

Calling all Musicians, Poets, and Entertainers!

Please come perform at our community's Summer Arts Festival on the Patio on Saturday, August 26 at 3 pm. Contact [Louise Titlow](#) for more information.

Pride Parade

All allies and friends, please come join Rainbow Action at the Pride Parade in Hillcrest on Saturday, July 15. We'll have fun together! We'll be traveling the parade route in a truck and on a trailer this year because the trolley is no longer available. Please contact [John Keasler](#) or [Louise Titlow](#) for more information.

Decorate the float for the Pride Parade!

Rainbow Action invites you to come join our Poster Making Party to help decorate the float for the Pride Parade. We'll be on the patio after the Pride Service on July 9th, so come socialize and make some colorful posters with us. Please contact [Louise Titlow](#) or [John Keasler](#) for more information.

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 6, a special "All Church Camp" episode V is now 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.

Creative Writing Group

July 8, 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

July 8, second Saturdays, 12 pm — 2 pm, Common Room. Ever ponder what might make you 10% happier ... today? Tomorrow? Next week? What are the steps within your reach to make this happen? Come explore and share this thought with other women this Saturday at our Women Together gathering. For more information please contact Naomi at nbarrielake@gmail.com.

Kirtan And Chanting For Peace

With Patita Pavana Of Spirit Soul And Friends

July 8, 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!

Hillcrest In-Person Social Hour

July 9, Sundays, following worship, Hillcrest patio. Join your community on the Hillcrest patio after the service.

Virtual Social Hour

July 9, Sundays, 11 am, bit.ly/FirstUUSocialHour, Meeting ID 824 042 297. Password: FUUSD.

Rainbow Action Group's Koffee Klatch

July 9, 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.

Open Heart Sangha - Meeting In Person at First UU!

July 9, 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.

Coping With Chronic Conditions Support Group

July 10, 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

July 10, 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](mailto:Les.Vivian).

Light Up the Cathedral

July 12, Wednesday, 7 pm, St. Paul's Episcopal Cathedral. Please come join Reverend Justine and Rainbow Action at Light Up the Cathedral, an Interfaith Pride Celebration with LGBTQ Faith Leaders and Allied Faith Leaders. After the service, the Cathedral will be lit in rainbow colors. Contact [Louise Titlow](mailto:Louise.Titlow) or [John Keasler](mailto:John.Keasler) for more information.

Book Club

July 13, Thursday, 6 pm, zoom. We will be reading: "*Edith Wharton, House of Mirth*." Contact [Mina Taylor](mailto:Mina.Taylor) or [Kim Cohn](mailto:Kim.Cohn) for more information. Hope to see you then.

Memory Matters Gathering

July 14, 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 make new contacts, build trust, and learn to deal with the consequences of memory loss. Ongoing, drop in. Email hybertsen@att.net for the link.

Candidate Forum – San Diego County District 4

July 14, Friday, 5 pm — 8:30 pm, Bard Hall. Candidates running to replace Nathan Fletcher as County Supervisor will discuss their positions affecting climate change and environmental justice. This forum is the only one to focus on these important issues. Voting starts July 16. YOUR VOTE COUNTS. Moderator: Eric Anderson KPBS. Light refreshments, livestream available. Questions? rheakuhlman2@gmail.com. Reserve your spot [HERE](#).

Death and Resurrection of Unitarian Universalism

July 15, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Rev. Arvid Straube, former lead minister, First UU Church of San Diego, will lead a discussion on the future of Unitarian Universalism. Hosted by UU Seniors. Coffee and tea available at 9:45 am, in Bard Hall - come early and socialize!

Board Meeting

July 18, Tuesday, 6:30 pm, online. Open to congregants. Link in the member section of the [website](#)

Fourth Monday Meeting of UU Men's Fellowship

July 24, 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.

Organizing for Justice Meeting

July 27, 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.

Board Chat

August 6, 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

August 6, 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

August 7, first Mondays, 7 pm, online. "ZUUMERS" is a new name for an old neighborhood group that has continued meeting on Zoom for several years. We include people who no longer live in the neighborhood. 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.

"Summer Break Camp for Adults" & "Singing in the Pines"

August 10 — 14, Camp de Benneville Pines. The fabulous Donald Milton III will be the keynote speaker and the choir director. Visit <https://www.uucamp.org/camps-retreats/adult-camps/2023-uu-summer-break-camp-for-adults-singing-in-the-pines/> for more information.

Dances of Universal Peace

August 12, second Saturdays, 4 pm, Common Room. Circle dances with songs from a variety of faiths. Embracing the many sacred traditions of humanity, this practice promotes peace with live music and open-hearted friends. No experience is necessary. Donation requested.

Family & Lifespan

Children's RE

This Sunday, July 9, we celebrate PRIDE and will have 2 groups for Children & Youth RE during the 10:00 AM Service after the Time For All Ages. Tony is away this weekend at Summit UU, so Lara will be taking Middle and High School Youth while Kate takes the Elementary and Pre-School Children.

Summer Stuff

Looking ahead, we'll be planning some summer events. So far, we have Parents Night Out scheduled for July 27, and Aug 24, all 6:30 pm — 9 pm. We'll also be hosting some Multi-Gen events on July 22 and Aug 19 in the evenings. More details on those events coming soon!

Young Adult Group (ages 22 - 35)

Thursdays, 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](mailto:Lara.Anderson).

South Bay Campus

Gracias y Bendiciones

Saturdays, 9:45 am — 10 am, South Bay Campus. Every Saturday morning, you are invited to join Gracias y Bendiciones, a time of song, meditation, and community, 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

July 9, Sundays, 11:45 am — 1 pm, South Bay Campus. Contact Lorelei@firstuusandiego.org for details.

Adult RE at South Bay

July 13, Thursday, 6:30 pm — 8 pm, South Bay Campus. Join us for "AI & UU," an evening of discussion around artificial intelligence and the philosophical, social and spiritual questions it raises. Registration is required for limited space. Click [HERE](#) for more info and to register.

South Bay Neighborhood Group

July 23, Sunday, 2 pm — 5 pm, Soledad (Chole) Diaz's, 520 K Street, Chula Vista. Please bring your favorite food, drink. Please offer to help host clean up or set up. Please RSVP by phone: 619-207-7002 or email cvgal3@hotmail.com. Please do not park in the driveway. It is best if you park on the street.

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 (peanut butter, hearty soups and stews, protein bars and shakes), hygiene items (soaps, toothbrushes & toothpaste, baby wipes, hand sanitizer), and adult diapers/briefs and other incontinence supplies. Drop off by the welcome table in Hillcrest on Sunday morning.

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? We got you. 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.

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.

Social Justice

EPA

Send comments and donations to EPA urging the agency to enact the strongest possible standards to cut climate pollution! Find out more [HERE](#)

Front Street Productions Presents!



2-5 pm Saturday
July 29TH, 2023

Free! Registration required.
Reserve your seats at
FirstUUSanDiego.org



La Rondalla de San Diego

with Mariachi Victoria de San Diego

First Unitarian
Universalist
Church of San Diego
298 W Arbor Street
San Diego, CA 92103

Funded by
the First UU
Outreach and
Growth Fund



Week at a Glance Calendar

Saturday, July 8, 2023

Creative Writing Group

July 8, Saturday, 10:30 am — 12:30 pm, bit.ly/CreativeWritingFirstUU, ID: 868 9505 3014 Passcode: 361410.

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Sunday, July 9, 2023

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.

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Monday, July 10, 2023

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Wednesday, July 12, 2023

Summer Choir

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Thursday, July 13, 2023

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Upcoming Events

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Dances of Universal Peace

August 12, Saturday, 4 pm, Common Room. A heart-centered circle dance combining movement, sound, and breath.



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. 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 Valerie Jaques, **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