

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 13, 2023

"How We Fight for Justice"

Rev. Everett Howe, *Community Minister*

August 20, 2023

"On Paying Attention"

Rosalba Ciampi and Maggie Marshall

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 16 (**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

Curran Jeffery passed away on July 28. Curran was a beloved long-time member of our community and will be dearly missed. A Celebration of Life has not yet been planned.

John Holl passed away on July 29. John was a beloved in our community and we will all miss him. A Celebration of Life will be held for John on Friday, August 25, at 1 pm. Please plan to carpool as parking is limited on weekdays.

Harold Bergsma, age 91, passed away on August 7. Harold was active in our church and choir for many years. According to his wishes, his body was donated to science and there will be no public services held.

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!](#)

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.

Artists Wanted!

Bard Hall "Harvest of Art" Show. September/October 2023. Seeking visual, photographic, mixed media and fabric artists. No fees. See our Artists Folder in Bard Hall or contact the Bard Hall Art Guild via keaslerart@gmail.com or call John at 619-278-1267.

Parking Lot Corner Beautification!

August 11, Friday, 9:30 am — 2 pm, front corner of the parking lot. Brennan is back to beautify the corner of our parking lot and he is looking for volunteers! We will be learning how to work with cement and mosaic, and creating art to pull people's attention towards First UU from a block down the road. Bring shade hat and latex gloves.

Memory Matters Gathering

August 11, 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.

Creative Writing Group

August 12, 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

August 12, 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

August 12, 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!

Sunday Morning Worship!

August 13, Sundays, 10 am, Hillcrest Meeting House and Patio, Livestreamed at the South Bay Campus.

Hillcrest In-Person Social Hour

August 13, Sundays, following worship, Hillcrest patio. Join your community on the Hillcrest patio after the service.

Virtual Social Hour

August 13, Sundays, 11 am, bit.ly/FirstUUSocialHour, Meeting ID 824 042 297. Password: FUUSD.

Rainbow Action Group's Koffee Klatch

August 13, 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.

Welcome and Appreciation Event

August 13, Sunday, 2 pm — 5 pm, South Bay Campus. Party to welcome our new minister Rev. Kristen Kuriga returning as our new assistant minister - and show our appreciation of our ministry team, -staff and volunteers, for all their wonderful contributions. Music, fun: bring one or two flowers plus finger foods to share. Contact Angela 619-709-2062.

Open Heart Sangha

August 13, 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

August 14, 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.

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

What's Happening?

Caregivers/Allies Support Group

August 14, 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:LesVivian@gmail.com).

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.

Board Meeting

August 15, Tuesday, 6:30 pm, online. Open to congregants. Link in the member section of the [website](#)

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:NewtFerris@gmail.com) for further information.

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.

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. Save the date and look for discount codes to purchase tickets next week!

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 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.

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](mailto:Rose@firstuusandiego.org) 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.

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.

New Date for Program on

"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.

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.

Do You Need to Add Your Group to the Window?
Send your info to [Rose](mailto:Rose@firstuusandiego.org) to be included in The Window!

Half-Marathon and 5K

There is a half-marathon and 5k planned for Sunday, August 20. Please plan for extra travel time. Find more information and the race route at <https://inmotionevents.com/event/afc-half/>

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

Welcome and Appreciation Event

August 13, Sunday, 2 pm — 5 pm, South Bay Campus. Party to welcome our new minister Rev. Kristen Kuriga returning as our new assistant minister - and show our appreciation of our ministry team, -staff and volunteers, for all their wonderful contributions. Music, fun: bring one or two flowers plus finger foods to share. Contact Angela 619-709-2062.

The UU South Bay Neighborhood Group

Invites UUs and Friends of UUs to a Potluck

Good food * Entertainment* Fun * Social Event

Welcome and Appreciation Party

When: Sunday, August 13, 2023 **Time:** 2 – 5 pm

Where: UU South Bay Church - 970 Broadway, C. V.

Let us have fun, welcome our new minister duo, and show our appreciation to the entire ministry team, staff, and volunteers

Please bring your favorite finger foods, including savory or sweets and flowers to share

**Family & Lifespan****Children's RE**

This Sunday, August 13, service will be lead by Rev. Everett Howe. Tony will be at South Bay helping to welcome Rev. Kristen, so we will have two groups for Children & Youth RE during the 10 am service, with 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:

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. Save the date and look for discount codes to purchase tickets next week!

Coming of Age is Coming Back!

Lara Anderson and Liz Jones will be leading our Coming of Age Program for youth in grades 8 through 12 from September through November 2023. This Program allows youth, with the help of a mentor/sponsor, to explore their own values, spirituality and beliefs, culminating in a Worship Service. Youth will need to attend all sessions of the program. For more information and to give input about the best day/time to hold the sessions, email: lara@firstuusandiego.org.

RELIGIOUS EDUCATION

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.**

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.

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

Climate Action: Keys to Healthy Water

EPA isn't doing all it could to protect Americans from toxic chemicals in our water supply. While many people don't trust their tap water, bottled water has serious environmental impacts: plastic bottles are made from oil, cause microplastic pollution, and waste water during manufacture. Water filters offer people an active role in improving their water quality without plastic waste; plus, you can save money! Learn about water filter options. [Water Filtration: The Key to Healthy Water | Green America](#)

Sharia's Closet

Sharia's Closet, provider of emergency clothing, needs volunteers Tuesday, Wednesday, Thursday and Saturday afternoons at their location in the College area. Help out one time, or make it a habit! Fold clothes, sort donations, or put together wardrobes for clients. Sharia's Closet is the embodiment of our first principle, affirming the inherent dignity and worth of every person. Sign up here: <https://www.shariascloset.org/ways-to-give/volunteer/>.



SATURDAY, AUGUST 26TH
3-5:30 PM

SUMMER ARTS FESTIVAL

PRESENTED BY:



FOOD & FUN! **COMEDY**
SING-ALONGS
MUSIC **SKITS**

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

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IN OUR LOT



FREE! SIGN UP REQUIRED.
RESERVE YOUR SPOT AT
FIRSTUUSANDIEGO.ORG



FUNDED BY THE
FIRST UU
OUTREACH AND
GROWTH FUND

Week at a Glance Calendar

Friday, August 11, 2023

Parking Lot Corner Beautification!

August 11, Friday, 9:30 am — 2 pm, front corner of the parking lot. Bring a shade hat and latex gloves if possible.

Memory Matters Gathering

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Saturday, August 12, 2023

Creative Writing Group

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

Women Together Meeting

August 12, Saturday, 12 pm — 2 pm, Common Room. For information contact Claudia obata.claudia@gmail.com.

Kirtan And Chanting For Peace

With Patita Pavana Of Spirit Soul And Friends

August 12, second Saturdays, 6 pm — 7 pm, Common Room. Donation-based community event. Come and engage in the spiritual practice of Kirtan.

Sunday, August 13, 2023

Hillcrest In Person & Simultaneous Livestream Worship

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

South Bay Worship Gathering

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Open Heart Sangha

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

Monday, August 14, 2023

Coping With Chronic Conditions Support Group

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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, Valerie Jaques 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