

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.

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

July 21
"Upside of Apocalypse"
Rev. Celia Young, *Guest Minister*

July 28
"Music Sunday"
Marshall Voit and Summer Choir

July Generosity Offering Pink Haven Coalition

Throughout the month of July our offering is being received in support of Pink Haven Coalition, a collective of organizations and individuals who are committed to trans liberation and to growing community defense and alternative systems of care for gender diverse people. They are working together to create networks of safety and direct support for all those who need to relocate, access healthcare across state lines, or stay as safe as possible where they are. You can learn more about Pink Haven here: <https://www.pinkhaven.org/>. You can donate at church or on our [website](#), under gift designation select "Generosity."

South Bay Summer Workshops 10 am Sundays

July 21
"Collaging as Spiritual Practice"
Rev. Kristen Kuriga, *Assistant Minister*

July 28
"Kirtan! A Morning of Joyous Spiritual
Song and Dance"
Swamini Adityananda Saraswati, *Intern Minister*
and Patita Pavani Dasi

Journey Toward Wholeness (JTW) What Can I Do?

**"Rewoven Narratives: Cotton, History, Modernity,
and the Black Southern Experience"**
Art Produce in North Park, 3139 University Ave, has opened a new solo exhibit by Robin North, featuring his extraordinary body of work inspired by tracing his past and exploring the stories of the Black Southern experience. The immersive experience combines photography, oral histories, collective memory, objects, and cotton. On view through August 17. Open Thursday and Friday, 2 pm — 5 pm. Free.

What's Happening?

PRIDE Parade

Come join your friends from First UU and our sibling Cluster Congregations at the San Diego Pride Parade on Saturday, July 20th and celebrate the 2024 Pride theme of Making History Now. We will be riding on wooden benches in our Board President Valerie Jaques' truck and trailer. We'll be meeting at 10:45 am — 11 am in the Pink Staging Area at **#185 spot** on Centre Street, close to the intersection of Lincoln Avenue. Rides on City Buses or by Uber/Lyft are recommended. There will be free parking at Inspiration Point in Balboa Park, and free shuttles available to and from the Parade but you'll need to get there very early. For more information on parade: <https://sdpride.org/parade/>. Please contact Louise Titlow, Co-Chair of Rainbow Action, at lmtitlow@gmail.com if you're interested in participating.

Calling All Musicians, Singers, Poets, and Entertainers!

Please come perform at our own Front Street Production's Third Annual Summer Arts Festival on the Patio on Saturday, August 17 from 3 pm – 5:30 pm. This is a favorite summer event – please sign up by July 31, 2024 to be included in the lineup! Contact **Robie Evans** for more information.

Did you know?

The church's board meets once a month on the 3rd Tuesday, and each board member gets a packet which includes reports from the ministers and principal staff (along with the agenda and minutes). This packet is available to all church members at www.firstuusandiego.org/board-area.html. You will be prompted to login (or register).

Art Guild News

Artistic entries for the next show entitled "Upcycling" should be submitted by August 15 by sending a picture of the work to John Keasler at BardArtGuild@gmail.com. Upcycled art is the practice of repurposing recyclables, or things that are not usually seen as art into an art piece. Submit to: <https://forms.gle/xnD5PvqahLwHeDra8>. Artists' Reception will be Thursday, September 12, 6 pm — 8 pm.

Exciting Staff News!

Corina Macias, who is currently serving as the South Bay Ministry Assistant, will be coming onto staff full time starting on July 29 as the "Outreach and Pantry Coordinator." This position includes coordination of the South Bay Food Pantry, supporting bilingual worship services at the South Bay Campus, and developing an outreach strategy that helps both church campuses and the pantry grow and thrive. We are excited that Corina will bring her experience as a senior legal assistant at an immigration law firm, administrator at a faith-based non-profit, and marketing experience into this new position. Join us in welcoming Corina!

Hillcrest In-Person Social Hour

July 21, Sundays, following worship, Bard Hall. Join your community after the service for coffee and conversation.

Virtual Social Hour

Due to low attendance we will no longer be hosting virtual social hour. Remember, you can always connect with other members through the membership directory!

U/U Spiritual Agnostics

Film Study & Discussion Group

July 21, Sunday, 11:30 am, Room 323. The July 2024 meeting of the U/U spiritual agnostics film study & discussion group will meet for the two prize-winning film "Walk-In," directed by Scott Blum.

Open Heart Sangha

July 21, 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.

Summer Choir Session 2

July 22, Monday, 7 pm, Bard Hall. Performance: Sunday, July 28. Led by Marshall Voit.

Coping With Chronic Conditions Support Group

July 22, Monday, 1:30 pm — 3 pm, zoom. Contact **Chris Smith** prior to attending 619-300-7477.

Men's Fellowship 4th Monday - Summer Picnics

July 22, Monday, 5:30 pm, BBQ at Morley Field (in front of the tennis courts). Burgers, hot dogs and veggie burgers will be grilled. Bring salads, beverages, snacks or treats to share. Games, conversation and fire ring. Visit the UUMF patio table or contact Chris Guelich chrisguelich@gmail.com or Les Vivian lesvivian@gmail.com.

Caregivers/Allies Support Group

July 23, Tuesday, 4 pm — 5:30 pm, zoom. Contact **Les Vivian** or **Mary Ann Harper** for information.

Board Meeting - New Date and Time!

July 23, Tuesday, 6 pm, online. Board of Trustees meetings are open to congregants. Zoom link in the members only section of the [website](#).

Burrito Project

July 24, Wednesday, 5 pm, Common Room. Join us in preparing and serving burritos to individuals experiencing food insecurity in the downtown area. The burrito assembly process starts at 5 pm in the Common Room at the Hillcrest campus. Burrito distribution will take place off 16th and imperial by St. Vincent De Paul's Villages from 6:30 pm — 7:30 pm. We return to First UU at around 8 pm. Please RSVP to lara@firstuusandiego.org if you are interested in participating in any portion of this project.

Memory Matters Gathering

July 26, second and fourth Fridays, 10 am — 11:30 am, online, with Kathy Gilbert, LCSW, and Gay Hybertsen, LCSW. For those who worry about memory problems and their care partners. Email hybertsen@att.net for the link.

What's Happening?

Front Street Productions Presents!

July 27, Saturday, 7:30 pm, Meeting House. Front Street Productions presents "Barbershop Harmony Showcase" with Los Bordershop Quartet and special guests. Experience barbershop standards and originals in English and Spanish. You must register to attend this free event through [Eventbrite](#). For more information, contact [Robie Evans](#) or go to our [webpage](#).

Racialised Identities Awareness Book Group

August 2, Friday, 6:30 pm, JTW room in the Welcome Center. We'll be discussing the novel "Kindred" by Octavia Butler. We'll discuss another novel, "Our Missing Hearts," by Celeste Ng on Friday, September 6. If you're interested, please contact [Louise Titlow](#).

River of Life Brick Decorating Event!

August 4, Sunday, Patio. Immediately following worship service in Hillcrest, please come one, come all, to a clay brick decorating event so we can finish the campus's "River of Life" which winds its way through the Memorial Garden and over to the Memorial Wall. Work directly with the artist, Jerry Thiebolt! A special invitation to those who have not participated before. This is a fun, multigenerational event which allows you to leave a part of yourself in the artwork of our beautiful campus.

Animal Ministry

August 4, first Sundays, 11:45 am, Peace Garden. Join us as we continue to develop our Animal Memorial Garden.

Board Chat

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

Hillcrest Song Circle

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

Book Club

August 8, Thursday, 6 pm, Zoom. We will be discussing the classic: *Great Expectations*. Any questions email minastaylor@gmail.com.

Women Together Meeting

August 10, second Saturdays, 12 pm — 2 pm, Common Room. We will share whatever is comfortable to share about our closest and most intimate partners in life - spouses or not, living or passed on. Bring photos if you wish. Contact obata.claudia@gmail.com.

Dances of Universal Peace

August 10, second Saturdays, 4 pm — 6 pm, Bard Hall. A heart-centered circle dance combining movement, sound, and breath. This practice promotes peace with live music and open-hearted friends. No experience is necessary.

Contact [Rose](#) to add your group's info to the Window!

Neighborhood Group without Borders

August 14, second Wednesdays, 11 am — 1 pm, 4349 Adams Ave, San Diego, CA 92116. BYO snack or lunch. Refreshments will be provided. Please RSVP to Susan Riegel Harding at 619-987-6234.

Finance Committee Meeting

August 15, Thursday, 6 pm, link in the members area of the [website](#). Non-committee members do not take part in discussions or have a vote.

Burrito Project

August 20, Tuesday, 5 pm, Common Room. Join us in preparing and serving burritos to individuals experiencing food insecurity in the south bay area. The burrito assembly process starts at 5 pm in the Common Room. Burrito distribution will take place throughout South Bay from 6:30 pm — 7:30 pm. We return to First UU at 8 pm. RSVP to lara@firstuusandiego.org if you are interested in participating in any portion of this project.

The News and Your Sanity!

August 24, Saturday, 10 am, Bard Hall and <https://bit.ly/UUSeniors>. Rev. Arvid Straube, First UU's former minister, will lead a discussion on "How to Relate to the News Without Going Insane!" 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 website.

Kirtan Chanting - Cancelled for July and August

Resuming September 14, second Saturdays, 6 pm — 7:30 pm, Common Room. Join Patita Pavana of Spirit Soul And Friends along with our event host, James Long, for an evening of Kirtan.

South Bay Campus

Summer Spiritual Workshops at South Bay

Throughout July & August lay leaders and staff will offer spiritual workshops at our regular worship time of Sunday at 10 am at the South Bay Campus. Join us for these participatory experiences that will offer nourishment and deepened connection.

July 21: "Collaging as a Spiritual Practice," facilitated by Rev. Kristen Kuriga, Assistant Minister

July 28: "Meditation & Kirtan," facilitated by Swamini Adityananda Saraswati, Intern Minister, and Patita Pavani Dasi

Sunday Morning Volunteer Sign-up at South Bay

We invite you to share your time and talents to help this community thrive. We are signing up Sunday morning volunteers at South Bay for roles like serving as a greeter, providing social hour, getting trained as a worship associate, or learning how to be a technology volunteer. You can sign up [HERE](#)

Family & Lifespan

Sunday RE

On Sunday's throughout the summer we'll have two groups for children and youth during our 10 am service. PreK - 5th can "get their craft on" in our Summer Maker's Space! Supplies are provided for one-day crafts, and children can also opt to work on a project that will take multiple weeks. Jr & Sr High Youth Group also meets during the 10 am Sunday Service.

Young Adult Group

Tuesdays, 6 pm — 7:30 pm. Contact [Lara](#) for location information.

Civita Park Gathering

Saturday, July 20, 6:30 pm — 9 pm, Civita Park. Bring a blanket, chair and some food to share! Civita Park is in Mission Valley. Parking is available at the park and on the surrounding streets and all areas of the park are accessible by ramp. We'll meet about 3/4 of the way up the park above the playground area.

Youth Book Club

August 18, Sunday, 10:30 am — 12 pm, Room 114b. We will be reading the "Handmaid's Tale" by Margaret Atwood.



South Bay Food Pantry News

Need Support?

Could you or someone you know use support with food, blankets, or other basic needs? Let a minister or staff person know, or call the pantry office: (619) 271-5017.

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.

Want a Pantry Job That's Only Two Hours a Month?

Sign up to distribute diapers at South Bay one Sunday morning a month. You'll work with an experienced team to provide these essential baby supplies to needy families. For more information, contact Rhea Kuhlman, rheakuhlman2@gmail.com

Shopping Idea: Buy Two, Donate One

Most of what food banks provide doesn't help if you don't have a stove or a fridge. Our "no-cook" bags are stocked with easy-open pop-top soups and stews, protein bars and drinks, tuna, and peanut butter that come from you. Hillcrest has a bin as you enter the Meeting House or leave at South Bay - donations gratefully received.

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.

Social Justice

Climate Action:

How to Talk to Kids About Climate Change

Get ready for our UU CLIMATE JUSTICE REVIVAL September 28-29, with activities for kids and adults! Talking about climate change with the kids in your life is one of the most important challenges of our time, and will impact everything about the world they'll inherit. **[START HERE](#)** to empower them to be part of the solution.

Cluster News

Summit UU Fellowship is pleased to announce...

An Afternoon with Joe Ferrara

July 28, Sunday, 2 pm — 4 pm, Summit Unitarian Universalist Fellowship, 8778 Cottonwood Ave. Santee, CA 92071, suggested donation \$15. San Jose native, Joe Ferrara, has been entertaining Northern California audiences for more than five decades. Joe's rich baritone voice and comfort with his audience have attracted fans of all ages. His repertoire of over 1,300 songs includes a variety of standards, folk songs, country, show tunes, Disney, classic rock, contemporary and original compositions. Come out, bring family and friends, enjoy our air conditioning and wonderful music.

Front Street Productions



Barbershop Harmony Showcase featuring

**LOS BORDERSHOP
QUARTET**

7:30pm Saturday July 27th 2024



Formado en 2019, Los Bordershop es el primer cuarteto mexicano de barbershop, y uno de los únicos del mundo que canta en español.

Formed in 2019, Los Bordershop is Mexico's premier barbershop quartet, and among the only quartets in the world to sing in Spanish.

Free admission! Register at:

FrontStreetProductions.org

First Unitarian Universalist Church of San Diego
298 W Arbor St. San Diego, CA 92103
Free parking in our accessible lot.



Funded by the
First UU
Outreach and
Growth Fund

Week at a Glance Calendar

Saturday, July 20, 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.

Sunday, July 21, 2024

Worship Service & Livestream

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

South Bay Summer Workshops

Sundays, 10 am, South Bay Worship Hall.

Hillcrest In Person Social Hour

Sundays, following service, Bard Hall. Coffee and tea provided.

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Open Heart Sangha

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

Monday, July 22, 2024

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Tuesday, July 23, 2024

Caregivers/Allies Support Group - DATE CHANGE

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Young Adult Group

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Wednesday, July 24, 2024

Burrito Project

July 24, Weds, 5 pm, Common Room. Join us in preparing and serving burritos to individuals experiencing food insecurity. Burrito assembly starts at 5 pm in the Common Room. Distribution will take place by St. Vincent De Paul's Villages at 6:30 pm. We return to First UU at 8 pm. RSVP to lara@firstuusandiego.org.

Thursday, July 25, 2024

Food Pantry Midweek Bagging

Thursdays, 11 am — 12:30 pm, South Bay Campus Room 105. foodpantry@firstuusandiego.org.



Upcoming Events

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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*

Music Staff:

Marshall Voit, *Music Director*
Andrea Spiero, *JUUL Tones Ensemble Director*
Tony Bianca, *Handbell Program Director*
Tomás Acosta, *Collaborative Pianist*
Lexi Pulido, *South Bay Music Coordinator*

Staff:

Robie Evans, *Director of Operations*
Tony Bianca, *Director of Lifespan Faith Formation*
Valeria Aguilar, *Membership and Social Justice Coordinator*
Rose Littler-Riedel, *Communications Coordinator*
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*
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

Valerie Jaques, **President**
Karen Lamphere, **Vice President**
Armin Kuhlman, **Treasurer**
Leland Beck, Jim Davis, Steve Howard, Rhiannon Smith,
Rose Van Oss, and Les Vivian **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:

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