

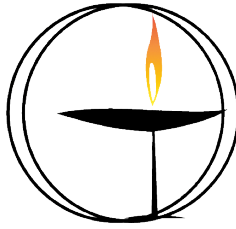
*Perspective: The Power of Climbing up
onto the Balcony and What Can We See?*



First Unitarian Universalist Society of San Francisco



Sunday, March 29, 2020, 10:50 AM



Order of Service
Sunday, March 29, 2020
10:50 AM to 12:15 PM

Livestreamed at <http://www.youtube.com/c/UUSFMedia>

Prelude

Reiko Oda Lane, organ

When in the Hour of Utmost Need Johann Sebastian Bach (1685 – 1750)

The Lone, Wild Bird American Southern Melody arr. Emma Lou Diemer (b. 1927)

Opening Body Meditation and Welcome

Rev. Vanessa Rush Southern, Senior Minister

*Hymn 86

Blessed Spirit of My Life

PRAYER

My-Hoa Steger, piano; Brielle Neilson and Ben Rudiak-Gould, songleaders

[\(CLICK HERE OR SCROLL DOWN TO PAGE 4 TO VIEW HYMN\)](#)

Unison Chalice Lighting

We light this chalice for the light of truth,

the warmth of love,

and the fire of commitment.

We light this symbol of our faith

as we gather together.

Brief Invitations

Sharon Weld, Ministerial Intern

*Hymn lyrics on pages 4, 5, 6

Covenant

Love is the spirit of this church, and service is its prayer.
This is our great covenant: to dwell together in peace,
to seek the truth in freedom, and to help one another.

Doxology

TALLIS' CANON



From all that dwell be - low the skies; let songs of hope and
De to - dos ba - jo el gran sol; sur - ja, es - pe - ran - za

5
faith a - rise; Let peace, good - will on earth be sung through
fé, a - mor; ver - dad, y be - lle - za can - tan - do, de

8
ev - ery land, by ev - ery tongue.
ca - da tie - rra, ca - da voz. A - men.

Ritual of Remembrance and Commitment

Sharon Weld

Spoken and Silent Meditation

Meditation on Breathing

Vanessa, Brielle and Ben

When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.

Reflection

David Heilbron, Worship Associate

Music

Ben Rudiak-Gould, tenor; My-Hoa Steger, piano

Come My Way from *Five Mystical Songs* Ralph Vaughan Williams (1872-1958)

Reading

The Story of Kisa Gotami and the Mustard Seed

Offertory

The Offering today and all this week (all gifts not marked pledge) is being taken as a relief fund for those in financial distress during this time.

Checks should be made to the Minister's Discretionary Fund.



Offertory Music

Brielle Neilson, mezzo soprano; My-Hoa Steger, piano

Hard Times Come Again No More Stephen Foster (1826-1864)

Sermon

Perspective: The Power of Climbing up onto the Balcony and What Can We See?

Rev. Vanessa Rush Southern, Senior Minister

*Hymn 108

My Life Flows On In Endless Song

SINGING

[\(CLICK HERE OR SCROLL DOWN TO PAGE 5 & 6 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Reiko Oda Lane, organ

Toccata Op. 59 Max Reger (1873-1916)

*Hymn lyrics on pages 4, 5, 6

Service Notes

Rev. Vanessa Rush Southern, Senior Minister; Sharon Weld, Ministerial Intern;
David Heilbron, Worship Associate

Audio, Video, Livestream and Zoom Tech Team

Jonathan Silk; Eric Shackelford; Joe Chapot; Alex Darr

Musicians

Reiko Oda Lane, organ; My-Hoa Steger, piano;
Brielle Neilson, mezzo soprano; Ben Rudiak-Gould, tenor

Blessed Spirit of My Life

86

$\text{♩} = 96$

1. Bless - ed Spir - it of my life, give me strength through
 2. Spir - it of great mys - ter - y, hear the still, small

stress and strife, help me live with dig - ni - ty,
 voice in me. Help me live my word - less creed

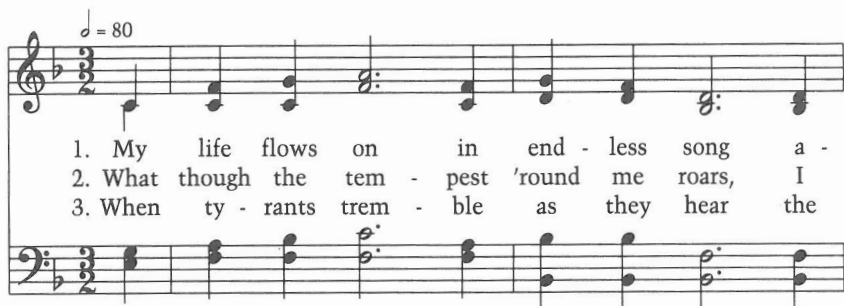
let me know se - ren - i - ty. Fill me with a vis - ion,
 as I com - fort those in need. Fill me with com - pas - sion,

clear my mind of fear and con - fu - sion. When my thoughts flow
 be the source of my in - tu - i - tion. Then, when life is

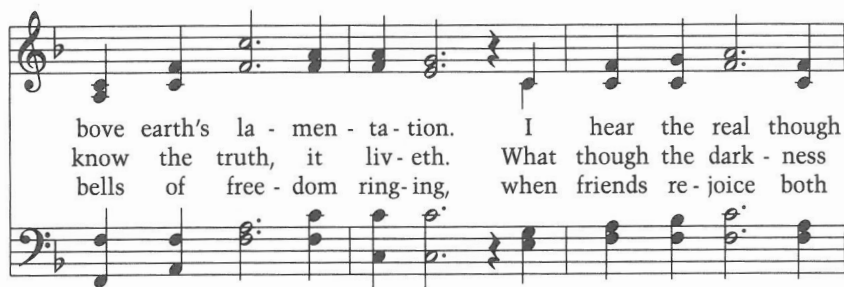
rest - less - ly, let peace find a home in me.
 done for me, let love be my leg - a - cy.

My Life Flows On in Endless Song

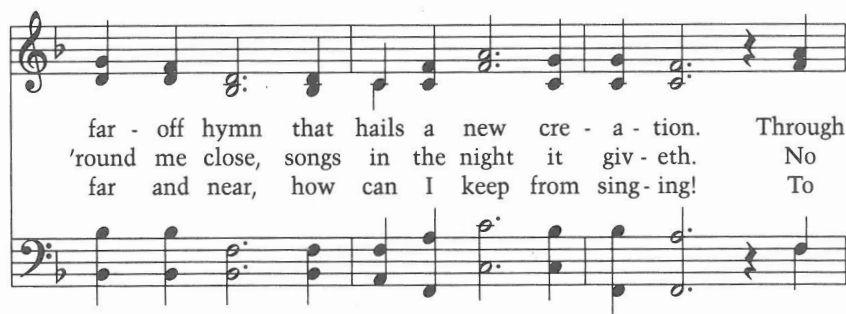
$\text{♩} = 80$



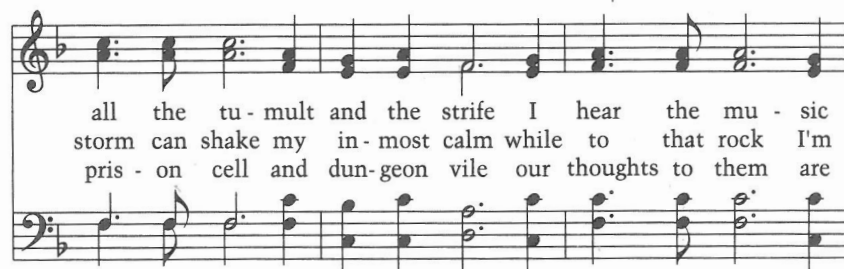
1. My life flows on in end-less song a -
2. What though the tem-pest 'round me roars, I
3. When ty-rants trem-ble as they hear the



bove earth's la-men-ta-tion. I hear the real though
know the truth, it liv-eth. What though the dark-ness
bells of free-dom ring-ing, when friends re-joice both



far-off hymn that hails a new cre-a-tion. Through
'round me close, songs in the night it giv-eth. No
far and near, how can I keep from sing-ing! To



all the tu-mult and the strife I hear the mu-sic
storm can shake my in-most calm while to that rock I'm
pris-on cell and dun-geon vile our thoughts to them are

Words: Traditional, Verse 3 by Doris Plenn
Music: Robert Lowry, 1826-1899

SINGING
8.7.8.7.D. Iambic

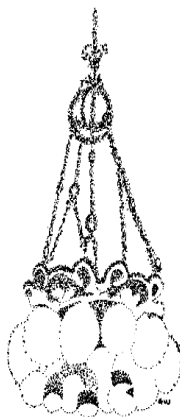


ring - ing. It sounds an ech - o
 cling - ing. Since love pre - vails in
 wing - ing; when friends by shame are



in my soul. How can I keep from sing - ing!
 heav'n and earth, how can I keep from sing - ing!
 un - de - filed, how can I keep from sing - ing!

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What's Coming Up? Ways to Connect in These Times

Virtual Coffee Hour: Starting at 12:15 PM, as soon as worship ends today, join us!

Join via Zoom: <https://zoom.us/j/725737157>

Meeting ID: 725 737 157

One tap mobile: +16699006833,,725737157# US (San Jose)

During these times we want you to have our email information handy. Please reach out to your ministers for any reason -- you are having a hard time (or know someone who is); you have a great idea for our new version of shared life in these times (or know someone with skills we could use in this chapter of life together); and because you don't know who to call about what's on your mind. Keep these handy:

What would you like to see happen or like to host?

Send your ideas to Senior Minister, **Vanessa Rush Southern** at VRSouthern@uusf.org

Or if it is an Adult Education/Spiritual Growth programming idea send it to Associate Minister, **Alyson Jacks**, at AJacks@uusf.org

If you have pastoral needs (everything from wanting to talk about the strain of these times to being worried about needing food delivered) e-mail our Ministerial Intern, **Sharon Weld**, at SWeld@uusf.org

20s & 30s Community Craft Time - Mondays at 8PM

Join via Zoom: <https://zoom.us/j/154195353>

Meeting ID: 154 195 353

One tap mobile: +16699006833,,181918881# US (San Jose)

We'll have a crafty thing anyone can do at home, or bring your own craft project. We're just going to hang out and make art together.

Becoming Together - Wednesdays at 7:30 PM

Join via Zoom: <https://zoom.us/j/362402456>

Meeting ID: 362 402 456

One tap mobile: +16699009128,,362402456# US (San Jose)

Now weekly and online! All people ages 18 to 39 are invited to join us for 90 minutes of reflection and sharing.

Online YAM Roundup - The Young Adult Ministry Initiative, a project of UUSE, is now putting together a weekly round-up of online YA ministry opportunities. [The latest roundup can be seen here](#). Get the latest round-up by following the YAMI Facebook Page here: facebook.com/uuyami.

Want to put on an event? If you are a young adult and want to put on an online event, please email youngadults@uusf.org. We want to enable you.

Get Connected!

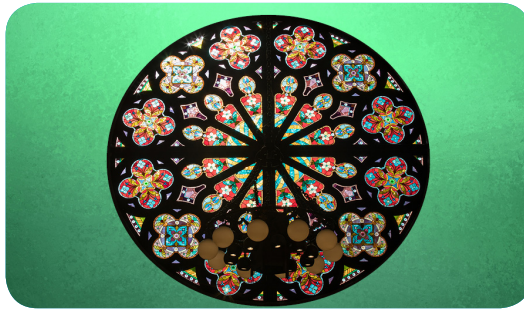
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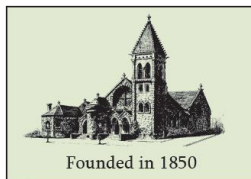
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First Unitarian Universalist Society of San Francisco
1187 Franklin Street, San Francisco, CA 94109
415-776-4580 / info@uusf.org
www.uusf.org

Welcome to the First Unitarian Universalist Society of San Francisco

Since its founding in 1850 our congregation has been a beacon of religious liberalism in this city. During the Civil War, the Rev. Thomas Starr King was credited with keeping California in the Union. He also challenged racism, raised millions for humanitarian relief and inspired new efforts in education.

Unitarianism and Universalism in America both arose in New England during the American Revolution. Because the roots of both traditions are in the Judeo-Christian tradition, you will see on the walls of our sanctuary two inscriptions:

"What doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with your God?" (from the Hebrew prophet Micah) and "The Kingdom of God is within you." (from the Gospels)

Our religious forebears were far more interested in the teaching examples of Jesus than in beliefs about Jesus. Today we agree more about how we strive to treat others than we do about beliefs. Our backgrounds and spiritual orientations are diverse. Among us are people who consider themselves atheists, agnostics, humanists, Christians, Jews, Buddhists, Muslims, Pagans and people guided by other forms of spirituality and belief.

Belief is many things, and so is disbelief. But we are interested in what happens to us when we open our minds to wider truth, our hearts to compassion, and our souls to the call to work for justice and peace.

If you are interested in learning more, we invite you to a Newcomer's Orientation usually held on the first Sunday of each month following the service. At the Welcome Table you will find pamphlets and other information. For more about our congregation, please visit our website at www.uusf.org.

