

"At Ease"



First Unitarian Universalist Society of San Francisco



Sunday, April 5, 2020, 10:50 AM



Order of Service
Sunday, April 5, 2020
10:50 AM to 12:15 PM

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

Prelude Reiko Oda Lane, organ
Two Settings on Wake Now My Senses Paul Manz / Dale Wood

Opening and Welcome Rev. Alyson Jacks, Associate Minister

*Hymn 347 *Gather the Spirit* GATHER THE SPIRIT
Wm García Ganz, piano; Asher Davison and Brielle Neilson, songleaders
[\(CLICK HERE OR SCROLL DOWN TO PAGES 5-7 TO VIEW HYMN\)](#)

Unison Chalice Lighting Sharon Weld, Ministerial Intern

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

*Hymn lyrics on pages 4, 5, 6

Meditation on Breathing

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

Covenant

Rev. Alyson Jacks

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.

Offertory

[The Offering today will go to Ministers' Discretionary Fund, and we will be assessing needs both in the congregation and responding to requests from other organizations.](#)



Offertory Music

Angel Sarah McLachlan

Ritual of Remembrance and Commitment	Sharon Weld
Spoken and Silent Meditation	Rev. Alyson Jacks
Music <i>Comfort Ye</i> from <i>The Messiah</i> George Frideric Handel	
Reading And the People Stayed Home Kitty O'Meara	Rev. Alyson Jacks
Homily	Sharon Weld
Music <i>The Weight</i> J.R. "Robbie" Robertson, The Band	
Reading <i>Morning Song</i> Marcia F. Brown	Sharon Weld
Homily	Rev. Alyson Jacks
*Hymn 1002 <i>Comfort Me</i> (CLICK HERE OR SCROLL DOWN TO PAGE 8 & 9 TO VIEW HYMN)	Mimi Bornstein-Doble
Benediction	Rev. Alyson Jacks
Postlude <i>Rigaudon</i> Andre Campra	Reiko Oda Lane, organ

*Hymn lyrics on pages 5, 6, 7, 8, 9

OFFERTORY

The Offering for the next few weeks will be taken to support those in need at this time -- members, friends, siblings in our city and the world. If you hear of a need that you think is worthy of our support, please send it to [Vanessa Southern](mailto:VanessaSouthern@uusf.org) or [Alyson Jacks](mailto:AlysonJacks@uusf.org), our ministers. Last week's offering, which was specifically a fund for members and friends who may be (now or in the future) in financial distress as a result of COVID-19. Our gifts last Sunday were \$2390. Thank you all so much. That and gifts before and after have created a fund of almost \$8000. If you are in need, please let Alyson or Vanessa know. Our emails are VRSouthern@uusf.org or AJacks@uusf.org.

PARTICIPANTS

Service Notes

Rev. Alyson Jacks, Associate Minister; Sharon Weld, Ministerial Intern

Technology

Jonathan Silk, livestream & sound; Eric Shackelford, camera;
Joe Chapot, social media; Alex Darr, remote zoom

Musicians

Reiko Oda Lane, organ; Wm García Ganz, piano;
Asher Davison, vocals; Brielle Neilson, vocals; Jon Silk drums



WANT TO MAKE A DONATION TO UUSF?

<http://bit.ly/uusfpayments>

MAKE YOUR PLEDGE TO SUSTAIN THE MINISTRY OF UUSF!

<https://www.uusf.org/pledge>

Gather the Spirit

347

♩ - 108
F Gm7 F7/A Bb Bb7 Eb/Bb

1. Gath - er the spir - it, har - vest the power.
2. Gath - er the spir - it of heart and mind.
3. Gath - er the spir - it grow - ing in all,

Cm7 Bb/D Gm7 G7 Cm7

Our sep - 'rate fires will kin - dle one flame.
Seeds for the sow - ing are laid in store.
drawn by the moon and fed by the sun.

F Gm7 F7/A Bb D7 Gm Gm7

Wit - ness the mys - ter - y of this hour. Our
Nur - tured in love, and con - science re - fined, with
Win - ter to spring, and sum - mer to fall, the

④ Words & music: Jim Scott, 1945- , © 1990 Jim Scott

GATHER THE SPIRIT
9.9.9.10. with refrain

HOPE

C7 Bb/F Bb/F Cm/F Bb F/A

trials in this light ap - pear all the same.
 bod - y and spir - it u - nit - ed once more.
 cho - rus of life re - sound - ing as one.

Gm Cm7 F Bbm9/D D7

Gath - er in peace, gath - er in thanks.

Gm Dm/F Cm/Eb Bb/D Gm7 G7 Cm7

Gath - er in sym - pa - thy now and then.

D7 Gm Gm7 Dm7

Gath-er in hope, com-pas-sion and strength.

Bb7 Eb/Bb Cm7 F7 Bb

Gath-er to cel-e-brate once a-gain.



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1002

Comfort Me

With a slow gospel feel ♩ = 60

1. Com- fort me, — com - fort me, —
2. Sing with me, — sing — with me, —

com - fort me, — oh — my — soul.
sing — with me, — oh — my — soul.

Com - fort me, — com - fort me, —
Sing — with me, — sing — with me, —

©Words & music: Mimi Bornstein-Doble, 1964 -, © 1995 Mimi Bornstein-Doble

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Comfort Me - 2

All verses
E \flat B \flat

Final verse
E \flat B \flat

com - fort me, — oh — my — soul,
sing — with me, — oh — my — soul.

soul.

rit.

3. Speak for me . . . 4. Dance with me . . . 5. Comfort me . . .



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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

Minister's Book Group: April is Poetry Month!

So, Join us for..... Thursday Poetry and Lunch gatherings. You can phone or Zoom in. We'll gather from **noon - 1 PM on Thursday, April 2, 9, 16 and 23rd**. Bring a favorite poem to share and we'll see how many we can have a chance to share and reflect on. If you don't have any to share, that's fine too. I will come prepared with my favorites. Email JChapot@uusf.org or call us if you are interested in participating. We'll get you the Zoom link or the phone number to connect. It will be the same for all four weeks, so you can connect when you are able to join.

Minister's Book Group with Poet, Bob Smith

Wednesday, April 29, 6:30-8PM & Thursday, April 30, noon-1:30 PM the Minister's Book Group will host its first ever Special Guest/Author. Poet and Member, **Bob Smith (Robert Lavett Smith)** will meet with us to read some of his, and some of our favorite of his poems and answer questions about poetry and his process of writing poetry. Those who would like to should order and read his "Collected Early Poems" by Robert Lavett Smith from Amazon. Then bring a couple of favorites you would like to share with the group and discuss. Please RSVP to JChapot@uusf.org (or INFO@UUSF.org) [which?] and we will give you a link for joining via Zoom video or a phone number for calling in.

Upcoming 20s & 30s Community Online Events

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 UUSF, 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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The Interfaith Food Pantry is going strong with a number of adjustments to accommodate for COVID-19. Anyone wanting to volunteer!

<https://signup.com/go/pambAKf>

- All five churches are working together, rather than rotating with each church taking responsibility for a single Saturday according to the calendar as we have done in the past. The reason here is that we are trying to have younger volunteers and encouraging anyone who is over 60 to stay home. The next pantry is every Saturday, rather than May 16 as all the churches are pitching in together to try to get younger volunteers. (One church only had volunteers who were over 60.)
- A truck from the SF/Marin food pantry still delivers food at 7:30 am at Old First Presbyterian Church at the corner of Van Ness and Sacramento (1751 Sacramento St, San Francisco, CA 94109)
- Volunteers can still park in the church garage slightly east of the church on Sacramento. We give out stickers, so volunteers can park for free.
- We make an attempt to distance volunteers who unload the truck. Everyone wears gloves and masks as available. We use disinfectant spray liberally.
- We use the large room, where the clients used to line up, for the volunteers to pack the food for our clients into paper bags. (Anything which falls on the floor is discarded.) Each client gets only one bag, so they get a little less food than before.
- The bags are then taken upstairs where the clients pick the pre-loaded bags from tables we set up outside in order to minimize volunteers' contact with clients. We are now just checking pantry cards and no longer check ID's to streamline the process to get clients are on their way with a minimum of contact with volunteers.
- We do have a translator as about 80% of our clients are Cantonese, many of whom are monolingual. We are purchasing an awning to protect the bags in case of rain.
- Please contact **Megan Lehmer** if you have any questions: mlehmer@gmail.com



WELCOMING THE DAY

A (Potentially) Daily Spiritual Practice

Rev. John Buehrens and Rev. Margot Campbell Gross

Livestream Monday mornings at 8AM beginning Monday, April 13.
More info will be available in next weeks Flame and on our website.

Too many of us awaken to the (sometimes overwhelmingly) bad news of the day. To incoming emails or texts asking us to do those things that we either know that we don't want to do, or that we don't feel capable of doing. How we start each day can shape the whole day and our presence and attitude in it.

During this disruptive time of sheltering in place, self-isolation and physical distancing, John and Margot you join them by Zoom, weekly on Monday mornings, To explore how to begin, deepen, and sustain a spiritual practice of "Welcoming the Day" Although both are inspired by the spiritual practice of the late Dr. Harry Scholefield, This is not a "one size fits all" approach to spiritual resilience. Far from it!

Please join us.

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.

For more about our congregation,
please visit our website at www.uusf.org.

