

"Earth's Lessons"



Artwork by Elena Mozhylo - @miracleclay

First Unitarian Universalist Society of San Francisco

Sunday, April 19, 2020, 10:50 AM

Order of Service

Sunday, April 19, 2020

10:50 AM to 12:15 PM

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

Prelude

Panis Angelicus

Reiko Oda Lane, organist
Cesar Franck

Michele Kennedy, soprano; Mark Sumner; pianist

Vären

Edward Grieg

*Once more I got to behold winter
Fleeing before the spring;
Hackberry with trees covered by blooms,
I once more saw blooming.
Once more I got to behold the ice
Flowing from land,
The snow softening, and waterfall into river
Buzzing and bursting.
The green grass I once again got
To behold with blooms.
Still I heard the spring fowl sing,
To sun and to summer.*

*I had yet to see heat shimmers
Dance upon the hills.
Butterflies fluttering and flying off
Where blooms stood gathered.
All this spring life I once more beheld,
Which later I lost.
But I am melancholy and ask myself must:
Might it be the last?
Let It so be: I had much beauty,
To enjoy in life.
More I received than I had deserved,
And all things must end.*

Opening Body Prayer and Welcome

Rev. Vanessa Rush Southern, Senior Minister

*Hymn 123

Spirit of Life

SPIRIT OF LIFE

Mark Sumner, pianist; Asher Davison and Michele Kennedy, songleaders

[\(CLICK HERE OR SCROLL DOWN TO PAGE 7 TO VIEW HYMN\)](#)

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

Rev. Vanessa Rush Southern

Meditation on Breathing

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

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

Spoken and Silent Meditation

Rev. Lindi Ramsden

Music

Out of the South Blew a Wind

Michele Kennedy, soprano; Mark Sumner, pianist

Florence Price

Reading

excerpt from *Overstory*

Sharon Weld

Richard Powers

*Hymn 1064

Blue Boat Home

HYFRODOL

[\(CLICK HERE OR SCROLL DOWN TO PAGE 8-11 TO VIEW HYMN\)](#)

Reading

excerpt from *The Pandemic is a Portal*

Rev. Vanessa Rush Southern

Arundhati Roy

Sermon

Earth's Lessons

Rev. Lindi Ramsden

Offertory

[Our offering this morning will go to raise the final \\$1000 toward our \\$9000 of matching grant moneys from the UUA and Hinckley Fund to Decarbonize UUSF and Create a Model of Replication for houses of worship. Those donating online should choose the “Special Offering” button to designate their gifts.](#)



Offertory Music

Up to the Mountain

Asher Davison, baritone; Mark Sumner pianist

Patty Griffin

Extinguishing the Chalice

Rev. Vanessa Rush Southern

Song

The Tide is Rising

Rabbi Shoshana, Meira Friedman and Yotam Schachter

The tide is rising, and so are we! The tide is rising, and so are we! The tide is rising,
and so are we!

This is where we are called to be, This is where we are called to be!

The task is mighty...

The land is holy...

The storm is raging...

The sun is shining...

The world is ready...

Benediction

Rev. Lindi Ramsden

Postlude

Psalm 19 - The Heavens Are Telling the Glory of God

Reiko Oda Lane, organist

Benedetto Marcello



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>



Decarbonize UUSF & Create Model for Replication

Thanks to a grant proposal written by **Maric Munn**, UUSF received a \$5k matching grant from the UUA to kick off the first phase of a program to decarbonize UU facilities denomination-wide as a tangible and visible response to the Climate Change crisis.

Responding to Climate Change is a growing priority in our communities as a commitment to our values of interdependence and the sheer desire for others to survive in a world worthy of handing on. The outline of the grant's objectives are the following: to fund the first phase of planning and organizing a program to support UU congregations in decarbonization efforts through technical and financial services; the majority of the budget for this phase would be allocated to hire a financial consultant well versed in ways of funding and financing energy projects. We have identified the consultant, and received a firm price for her services; and the goal is to seek to use UUSF as a pilot "proof of concept" site.

The first phase of the program would include: energy efficiency improvements, replacing fossil fuel fired heating and water heating equipment with electric, finding green power alternatives for congregations (UUSF has checked that one off thanks to your fundraising at last year's auction), installing solar panels (UUSF has already accomplished this thanks to previous Hinkley grants), and exploring installation of large batteries for storing electricity for power outages. Other strategies we may fold in are electric car charging stations, tree planting and other ideas brought forward by congregations.

The goal is to create a turnkey approach for congregations to use that would identify, design, construct and find financing for decarbonization projects, an approach often utilized for public sector building energy efficiency projects. Finally, the leaders of the project would also seek to partner with "green workforce development" initiatives to implement projects, and potentially oversee the program. And so we are requesting the \$1,000 to meet the last of the UUA's \$5000 matching grant -- \$4000 of which was generously granted through the Hinkley Fund.

[Click Here](#)

PARTICIPANTS

Service Notes

Rev. Lindi Ramsden, Guest Minister; Rev. Vanessa Rush Southern, Senior 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, organist; Mark Sumner, pianist;
Asher Davison, bass-baritone; Michele Kennedy, soprano; Jon Silk, drums



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www.uusf.org

Spirit of Life

123

♩ = 56 Unison

Spir - it of Life, come un - to me. Sing in my
heart all the stir - rings of com - pas - sion. Blow in the
wind, rise in the sea; move in the hand, giv - ing
life the shape of jus - tice. Roots hold me close; wings set me
free, Spir - it of Life, come to me, come to me.

⊕ Words & music: Carolyn McDade, 1935- , © 1981 Carolyn McDade,
⊕ harmony by Grace Lewis-McLaren, 1939- , © 1992 Unitarian Universalist
Association

SPRIT OF LIFE
S.12.S.12.S.10.

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LOVE AND COMPASSION

1064

Blue Boat Home

Fluid, legato ♩ = 140

simile

1. Though be - low me, I feel no mo - tion
 2. Sun my sail — and moon my rud - der
 3. I give thanks to the waves up - hold - ing me,

© Words: Peter Mayer, 1963 - , © 2002 Peter Mayer

Music: Roland Hugh Prichard, 1811 - 1887, adapted by Peter Mayer, 1963 - ,

© 2002 Peter Mayer,

© keyboard arr. Jason Shelton, 1972 -

HYFRODOL, 8.7.8.7.D

Blue Boat Home - 2

E A/E

stand - ing on these moun - tains and plains.
as I ply the star - ry sea,
hail the great winds urg - ing me on,

E A/E

Far a - way from the rol - ling o - cean
lean - ing o - ver the edge in won - der,
greet the in - fi - nite sea be - fore me,

E A/E E

still my dry land heart can say:
cast - ing ques - tions in - to the deep.
sing the sky my sai - lor's song:

Blue Boat Home - 3

G#m C#m7 F#m7 B7sus4 B7/A

I've been sail - ing all my life — now,
Drift - ing here with my ship's com - pan - ions,
I was born — up - on the fath - oms,

G#m AM7 F#m7 Bsus4 B

nev - er har - bor or port have I known. The
all we kin - dred pil - grim souls,
nev - er har - bor or port have I known. The

E A/E E Bsus4 B/A

wide un - i - verse — is the o - cean I tra - vel —
mak - ing our way — by the lights of the hea - vens —
wide u - ni - verse — is the o - cean I tra - vel —

Blue Boat Home - 4

The musical score is written in E major (one sharp) and 4/4 time. It consists of three systems of music. The first system includes a vocal line with lyrics and a piano accompaniment. The second system continues the piano accompaniment with a repeat sign. The third system concludes the piano accompaniment.

System 1:

- Vocal Line:** and the earth, is my_ blue boat home. / in our beau - ti - ful_ blue boat home. / and the earth, is my_ blue boat
- Chords:** E/G# (measures 1-2), A(add9) (measures 3-4), Bsus4 (measures 5-6), B(add11) (measures 7-8), E (measures 9-10, marked 1, 2)

System 2:

- Chords:** A/E (measures 1-4), E (measures 5-6, marked 3)
- Lyrics:** home. (measures 5-6)

System 3:

- Chords:** A/E (measures 1-2), E (measures 3-4), A/E (measures 5-6), E (measures 7-8)

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 23**. 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 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.

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April 26 Congregational Meeting to be held virtually

By Carrie Steere-Salazar, Board of Trustee moderator

The past few weeks have been a lesson flexibility and (reluctant) acceptance for me. I am going to a virtual gym and trying out meditation on line. Mark conducts choir rehearsals by section only, since having a full rehearsal doesn't work well on Zoom. I dress as if I am embarking on an expedition every time I go shopping. And I would bet that all of you are having the same "stranger-than-fiction" experiences.

The church is no exception to quickly adapting to this new world. Vanessa and her crack crew have been livestreaming splendid Sunday services (is "livestreaming" now an acceptable verb?). The office staff continues to pick up the mail, pay the bills and do all the day work that keeps our Center functioning. And this month we—the congregation—get the opportunity to try something brand new for us: holding a virtual Congregational Meeting using Zoom!

At 12:30 pm on Sunday, April 26, there will be a Congregational Meeting for the purpose of approving the candidates to serve on a Ministerial Search Committee and the plan and procedure for calling Senior Minister Vanessa Rush Southern. The Board is also asking the congregation to approve the draft Vision and Mission Statements for our Society. An announcement about the meeting was sent out last Sunday. This is the first time we've ever attempted to hold a meeting virtually using Zoom, but these times call for innovation. If you don't have a computer, smart phone or other device, you can join the call using a regular phone (the specific Zoom invitation with all the call-in numbers will be sent separately).

For anyone interested in getting more familiar with "Zoom meetings," there will be a Zoom Open House at 1PM today. The open house sessions are an opportunity to learn how to use the mute/unmute functions, the "chat" room, how to view everyone at once, or just the speaker, or how to attend the meeting without being seen (for you shy people).

Zoom Open House April 19 at 1PM, hosted by Reece Hart

Topic: UUSF Zoom Practice Meeting

Time: Apr 19, 2020 01:00 PM Pacific Time (US and Canada)

Meeting ID: 928 6666 5652

To join by video, use <https://zoom.us/j/92866665652>

To join by phone only, use +14086380968,,92866665652# US (San Jose)



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

Monday mornings at 8AM.

Join via Zoom:

<https://zoom.us/j/976297377?pwd=cXVmY2lEVjhFUUszeTVtQitMUIZOdz09>

Meeting ID: 976 297 377

Password: 591440

One tap mobile: +16699006833,,976297377#,,#591440# US (San Jose)

Dial by Phone: +1 669 900 6833 US (San Jose)

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.

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.

