

"Life in the Monastery"



First Unitarian Universalist Society of San Francisco

Sunday, April 26, 2020, 10:50 AM



Order of Service

Sunday, April 26, 2020

10:50 AM to 12:15 PM

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

Prelude Reiko Oda Lane, organist
Prayer at Notre-Dame [Suite Gothique, Op. 25] Leon Boellmann
Improvisation I Giacomo Fiore, electric guitar and electronics
Giacomo Fiore
The Desire for Hermitage, from *Hermit Songs* Brielle Neilson, mezzo soprano; My-Hoa Steger, pianist
Samuel Barber

Opening and Welcome Rev. Vanessa Rush Southern, Senior Minister

*Hymn 77 COOLINGE
Seek Not Afar Beauty
My-Hoa Steger, pianist; Asher Davison and Brielle Neilson, songleaders

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

Unison Chalice Lighting Dennis Adams, Worship Associate

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

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

Rev. Vanessa Rush Southern

Hymn 352

Find a Stillness

SIGISMUND

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

Spoken and Silent Meditation

Music

Improvisation II

Fiore

Reflection

Dennis Adams

Offertory

[The offering today goes to support the work and ministries of the congregation.](#)



Offertory Music

Improvisation III

Fiore

Reading

[Today, running along the river]

Dennis Adams
Jimmy Santiago Baca

Music

Improvisation IV

Fiore

Sermon

Life in the Monastery

Rev. Vanessa Rush Southern

*Hymn 1040

Hush

AFRICAN-AMERICAN SPIRITUAL

[\(CLICK HERE OR SCROLL DOWN TO PAGE 7&8 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Litanies

Reiko Oda Lane, organist

Jehan Alain

"When, in its distress, the soul can find no more words to invoke God's mercy, it repeats endlessly the same litany.....for reason has reached its limit; only faith can take one further...."

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister;
Dennis Adams, Worship Associate

Technology

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

Musicians

Reiko Oda Lane, organist; Giacomo Fiore, guitarist; My-Hoa Steger, pianist;
Asher Davison, bass-baritone; Brielle Neilson, mezzo-soprano

OFFERTORY

We raised last week the \$1000 for the Decarbonization of UUSF and thereby successfully matched the other \$9000 in UUA and Hinckley Fund Grants!
Congrats to all.

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>

Seek Not Afar for Beauty

77

d = 58

1. Seek not a - far for beau - ty, lo, it
 2. Go not a - broad for hap - pi - ness, be -
 3. In won - der - work - ings or some bush a -

glows in dew-wet grass - es all a - bout your
 hold it is a flow - er bloom - ing at your
 flame, we look for Truth and fan - cy it con -

feet, in birds, in sun - shine, child - ish fac - es
 door. Bring love and laugh - ter home, and ev - er -
 cealed; but in earth's com - mon things it stands re -

sweet, in stars and moun - tain sum - mits topped with snows.
 more joy shall be yours as chang - ing years un - fold.
 vealed, while grass and flowers and stars spell out the name.

[BACK TO PAGE 1 \(click here\)](#)

Ⓢ Words: Minot Judson Savage, 1841-1918
 Music: Cyril V. Taylor, b. 1907, © Hope Publishing Co.

COOLIDGE
 10.10.10.10.

352

Find a Stillness

$\text{♩} = 52$

1. Find a still-ness, hold a still-ness, let the still-ness car-ry me.
2. Seek the es-sence, hold the es-sence, let the es-sence car-ry me.

Find the si-lence, hold the si-lence, let the si-lence car-ry me.
Let me flow-er, help me flow-er, watch me flow-er, car-ry me.

In the spir-it, by the spir-it, with the spir-it giv-ing pow-er,
In the spir-it, by the spir-it, with the spir-it giv-ing pow-er,

I will find true har-mo-ny.
I will find true har-mo-ny.

- ⊕ Words: Carl G. Seaburg, 1922- , based on a Unitarian Transylvanian text,
© 1992 Unitarian Universalist Association
Music: Transylvanian hymn tune,
⊕ harmony by Larry Phillips, 1948- , © 1992 Unitarian Universalist Association

SIGISMUND
8.7.8.7.8.7.7.

Hush - 2

Ab A♭sus Ab A♭sus Ab A♭sus

Hush, Sounds like hush, free - dom, some - bo - dy's cal - lin' my —
Sounds like jus - tice, —

Ab C9 Fm Fm7(b9) Bb9 Bbm7/Eb

name. Oh my Lord, — oh my — Lord, — what shall I — do?

Ab A♭sus Ab Eb7(b9) Abm6 Last time

— What shall I — do? —

4. Soon one mornin', death come creepin' in my room ...
5. I'm so glad trouble don't last always ...

Congregational Meeting Today

Today at 12:30 PM, Zoom



This Congregational Meeting is 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 Sunday April 12 and participation details were sent out on Thursday, April 23. MEMBERS, PLEASE ATTEND. It is important that we hit quorum, and this meeting is about the exciting next steps in the future of our community!

Check-in and virtual coffee hour start at noon. Meeting starts at 12:30. Please arrive early to allow time for check-in and socializing with members.

If someone does not have a computer they can still directly phone in, but voting for candidates on the Search Committee is not possible over the phone.

Wish Guidance on Using Zoom?

There are a variety of ways you can learn how to connect through Zoom.

The Church has prepared a Guide that explains the Zoom system, and all the basics you need to know in using the system. To access the Guide, [click here](#).

You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) [click here](#).

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



Virtual Coffee Hour: Starts at 12PM

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 e-mail 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!

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://us02web.zoom.us/j/86102627937?pwd=TDhWdytnZnU2Y0E2enNvUmFUNzgvdz09>

Meeting ID: 861 0262 7937

Password: 416671

+16699009128,,86102627937#,,#416671# 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 7PM

Join via Zoom: <https://us02web.zoom.us/j/86280318257?pwd=Z0N3VDdQVXZrdHZOL2QvWGVCU3VqZz09>

Meeting ID: 862 8031 8257

Password: 210519

+16699009128,,86280318257#,,#210519# 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,

Get Connected!

[Subscribe to the Complete Service Podcast here](#)

[Subscribe to the Sermon-only Podcast here](#)

[View our Worship Media Archives here](#)

[Subscribe to our YouTube videos channel here](#)

[Read our Newsletters here](#)



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.



People of Color At UUSF

Sunday, May 10, 1PM, Zoom Video Call

Our country is challenged by negative and disabling attitudes and policies about race which must be countered to achieve a kinder and more just society for all. Communities across the country are searching for ways to become more welcoming and less indifferent to harmful conventions towards people of color.

The UUSF community is a part of this efforts and some members have established a People of Color group to help explore ways to achieve this goal. In one of their efforts supported by the Human Rights Working Group, members **Shulee Ong** and **Lori Lai**, DHSc, produced a series of videos called “Beloved Stories” which capture the compelling and insightful stories of members who identify as a POC.

We will view one of the videos that features the life experiences of **Mary Jane Mikuriya**, a long-time member of UUSF. To join by Zoom click on the link below or you can join by phone to hear the audio part of the video and discussion.

Join Zoom Meeting

<https://zoom.us/j/95035378380?pwd=aStZWdV4YktpZUsxT0FLck5oVE1Gdz09>

Meeting ID: 950 3537 8380

Password: 573724

To phone in call: +1 669 900 6833 US (San Jose)

The event starts at 1:00 PM. Everyone is welcome.

If you are unfamiliar with Zoom you can find instructions on how to use it [here](#)

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.

