



"How Are You Feeling?"



First Unitarian Universalist Society of San Francisco

Sunday, May 3, 2020, 10:50 AM



Order of Service
Sunday, May 3, 2020
10:50 AM to 12:15 PM

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

Prelude

The Themes from the Four Seasons

Reiko Oda Lane, organist
Antonio Vivaldi

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister
Rev. Alyson Jacks, Associate Minister

Hymn 360

Here We Have Gathered OLD 124th
My-Hoa Steger, pianist; Asher Davison and Brielle Neilson, songleaders

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

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.

Invitations

Rev. Alyson Jacks

Meditation on Breathing

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

Message for All Ages

Vanessa and Alyson and special guests

Special Song

Brielle Neilson, mezzo-soprano; My-Hoa Steger, pianist
music and lyrics, Tim Minchin

"When I Grow Up" from *Matilda*

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

Spoken and Silent Meditation

Offertory

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



Offertory Music

My-Hoa Steger, soprano; Brielle Neilson, mezzo-soprano;
Asher Davison, bass-baritone; Mark Sumner, pianist
music and lyrics, Fred M. Rogers

Won't You Be My Neighbor?

Sermon

"What Children Need (Part 1)"

Rev. Vanessa Rush Southern

Music

Asher Davison, bass-baritone; My-Hoa Steger, pianist; Jon Silk, drums
music and lyrics, Raffi Cavoukian

All I Really Need

Sermon

"What We All Need (Part 2)"

Rev. Alyson Jacks

*Hymn 1008

When our Heart is In a Holy Place music and lyrics, Joyce Poley

[\(CLICK HERE OR SCROLL DOWN TO PAGE 7-9 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Southern and Rev. Alyson Jacks

Postlude

Fear Not, I Am with You

Reiko Oda Lane, organist
Franklin Ashdown



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister;
Rev. Alyson Jacks, Associate Minister

Technology

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

Musicians

Reiko Oda Lane, organist; Mark Sumner, pianist; My-Hoa Steger, pianist;
Asher Davison, bass-baritone; Brielle Neilson, mezzo-soprano; Jon Silk, drums

May 10 Worship Service LiveStream

["It Takes a Village: The People Who Shaped Us"](#)

Mothers are important, but also mothering and befriending, grand parenting and neighboring all shape us too as we grow, come to know ourselves, choose how and who we'd like to be in the world. This Mother's Day we will celebrate the stories of, as Garrison Keillor says, "The Mothers and Others."

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](#)

360 Here We Have Gathered

J - 76

1. Here we have gath - ered, gath - ered side by side,
 2. Here we have gath - ered, called to cel - e - brate
 3. Life has its bat - tles, sor - rows, and re - gret:

cir - cle of kin - ship, come and step in - side!
 days of our life - time, mat - ters small and great:
 but in the shad - ows, let us not for - get:

May all who seek here find a kind - ly
 we of all a - ges, wom - en, chil - dren,
 we who now gath - er know each oth - er's

word; may all who speak here
 men, in - fants and sa - ges,
 pain; kind - ness can heal us:

© Words: Alicia S. Carpenter, 1930- , © 1979 Alicia S. Carpenter
 Music: Genevan psalter, 1543

OLD 124TH
 10.10.10.10.10.



feel they have been heard. Sing now to -
 shar - ing what we can. Sing now to -
 as we give, we gain. Sing now in

geth - er this, our hearts' own song.
 geth - er this, our hearts' own song.
 friend - ship this, our hearts' own song.

1008 When Our Heart Is in a Holy Place

$\text{♩} = 68$

The piano introduction consists of two staves. The right hand plays a melody of eighth and quarter notes, while the left hand provides a harmonic accompaniment with chords and moving lines.

Chorus E^b B^b A^b E^b

When our heart is in — a ho-ly place, When our

The first line of the chorus features a vocal line with lyrics and a piano accompaniment. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The piano part includes a repeat sign for the first two measures.

A^b Fm B^b E^b B^b

heart is in a ho-ly place We are bless'd with love — and a-

The second line of the chorus continues the vocal and piano parts. The piano accompaniment features a steady eighth-note pattern in the right hand and a more active bass line in the left hand.

© Words & music: Joyce Poley, 1941 - , © 1996 Songstyle Music (SOCAN),
keyboard arr. Lorne Kellett, 1950 -

When Our Heart Is in a Holy Place - 2

A^b E^b A^b A^bm E^b
Last time to Coda

maz - ing grace,—When our heart is in a ho - ly place When we

A^b B^b E^b

trust the wis - dom in each of — us, — Ev' - ry
tell our sto - ry from deep in - side, — And we
share the si - lence of sa - cred — space, — And the

A^b B^b E^b

col - or ev' - ry creed and kind, And we
lis - ten with a lov - ing mind, And we
God of our Heart stirs with - in, And we

→

When Our Heart Is in a Holy Place - 3

A^b B^b G Cm

see our fa - ces in each oth - er's_ eyes, -
hear our voi - ces in each oth - er's_ words, -
feel the pow - er of each oth - er's_ faith, -

A^b A^bm E^b

Then our heart is in a ho - ly place. When our
Then our heart is in a ho - ly place. When our
Then our heart is in a ho - ly place. When our

⊕ Coda E^b A^b A^bm E^b

place. When our heart is in a ho - ly place.

rall.



Thank You Religious Education Teachers!

Chalice Children (Pre-K)

Sarah Beth Chionsini, Lead Teacher
Brenaja Cates
Venus Chan

K-1 Grade

Christine Patch-Lindsay, Lead Teacher
Nancy Buffum
Jayanti Chapot
Jeff Cookston
Teresa Goebel
Harry Moren
Annie Pappenhagen

2nd-3rd Grade

Hillary Buffum, Lead Teacher
Amiee Alden
John Alden
Taan Shapiro
Julia Wald

4th-5th Grade

Summer Andreasen, Lead Teacher
Jaynti Chapot
Simmy Cover
Robin Dutton-Cookston
Kirsten Hove
Erica Murray
DJ Quinn

6th-7th Grade

Marigold Birch, Lead Teacher
Sara Feree
Kaya Kim
Merilee McDougal

8th-9th Grade

Matthew Waterman, Lead Teacher
Alex Darr
Rachel Frothingham
Sam King

10th-12th Grade

Audrey McDougal, Lead Advisor
Nora Cata
Daniel Jackoway

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



Virtual Coffee Hour: Starts at 12:15 PM

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

Meeting ID: 725 737 157

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

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](#).

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:

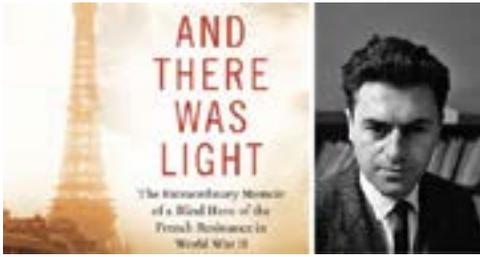
What would you like to see happen or like to host?

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: Led by Rev. Vanessa Rush Southern, Senior Minister



"And There Was Light: The Extraordinary Memoir of a Blind Hero of the French Resistance in World War II"

Wednesday, May 27, 6:30 PM to 8PM, Zoom video or Phone

Thursday, May 28, 12PM to 1:30 PM, Zoom video or Phone

Please join me to discuss what is considered by some, one of the 100 top spiritual books of all time! The memoir is of Jacques Lusseyran, a Frenchman who lost sight in an accident at age 8, and experienced World War II from this very different perspective.

It is available on Kindle! For those who need help securing an online copy through Kindle, call the office (415-776-4580) or email us at info@uusf.org and we can try to help.

Transcendentalism Then And Now!



This is a four-part Zoom class with the Rev. John Buehrens, author of *Conflagration: How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice* (Boston: Beacon Press, Jan. 2020)

Wednesday, May 6, 4:30 PM

The Transcendentalists: Shared Values, Conversations, And Spiritual Friendships

Register in advance for this meeting [here](#) or go to our website [here](#).

Wednesday, May 13, 4:30 PM

Women's Rights, Education And Economic Inequality

Wednesday, May 20, 4:30 PM

Abolitionism And The Civil War: The Peak Of Transcendentalist Influence

Wednesday, May 27, 4:30 PM

Nature, Evolution, And Environmentalism: The Transcendentalist Contribution

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, May 13, 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.

The Pagan Interest Circle's May Full Moon Ritual Meets and Does Magic In the Virtual World

Saturday, May 9, 7PM (Zoom)

As we all still shelter-in-place, the world is showing signs of "opening up for business" while there still is no vaccine for the coronavirus or sufficient testing for infection or antibodies to proclaim us all safe. Fortunately, we witches know a thing or two about protection and healing!

Let's pool our collective wisdom and "power-up" through the Pandemic!

People who want to attend must respond to nancybuffum@gmail.com to get the link and password.

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



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.



Urgent Immigration Action in the Age of COVID-19

Zoom Meeting May 8, 6:30-8 PM – Discussion re activism opportunities and letter writing to ICE detainees in the Yuba City, CA facility

In the midst of the COVID-19 crisis, the already dire and inhumane conditions in which immigrants are being held for the “crime” of wanting a better life for themselves and their families has become an even more urgent crisis. Most of our country’s residents have been under shelter in place orders, adhering to strict hand washing and sanitation requirements, and advised to wear masks and maintain 6 ft social distancing to slow the spread of the virus.

Yet children, families, individual immigrants, and undocumented long time US residents are still being held in crowded unsanitary detention facilities with little available medical services. The rate of viral spread in such situations is rapid and catastrophic. These are death camps waiting to happen. So while now is the time for us to be safe and shelter in our homes – for the sake of our own health as well as that of our communities.

WE MUST NOT BE SILENT! ([click here to read more](#))

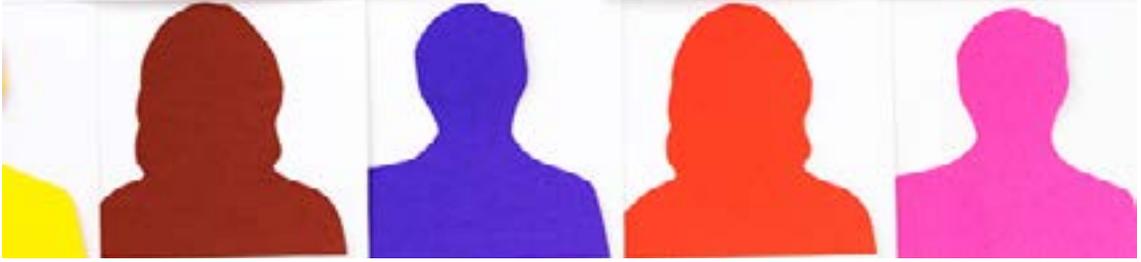
Join Zoom Meeting

<https://us02web.zoom.us/j/84100037010?pwd=dHU3dHBVK1AybVRKVGlkVWxYZE1XUT09>

Meeting ID: 841 0003 7010

Password: 779833

One tap mobile: +16699006833,,84100037010#,,1#,779833# US (San Jose)



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](#)



From the Caring Community

Are you missing your celebration?

One of the things missing in this world of social distancing during COVID-19 is the chance to celebrate milestones with friends. Some of our fondest memories at UUSF are being together in the courtyard after services sharing food and refreshments and celebrating some milestone for a community member.

So, during this time of quarantine, have you had a milestone you would like the community to know about, and celebrate? For example, are you celebrating a particularly significant birthday or anniversary? Graduating high school or college or getting an advanced degree this semester? Retiring? Have some other milestone you want to share? If so, send an email to **Marty Vanderlaan**, sfmist@sbcglobal.net or call Marty at 650-491-4907. In the email briefly describe what milestone you would like to celebrate and why it is important to you.

The Lay Chaplains plan to throw a “party” at UUSF to recognize your milestone! OK, we have never thrown an on-line Zoom party before, so we don’t yet have the details of what that will involve, and when it will occur. But we figure everyone needs a little “pick me up” during these times, so we are looking for reasons to celebrate and cheer you for your milestone. If you have ideas on how we might “celebrate in community” while maintaining social distancing, send those idea to Marty as well.

In community,
The Lay Chaplains

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.

