

“Apart/Together”



Sunday, May 31, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, May 31, 2020
10:50 AM to 12:15 PM

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

“In all our searching, the only thing we've found that makes the emptiness bearable is each other.” -Carl Sagan (1934-1996)

Prelude

Reiko Oda Lane, organist

Shall We Gather at the River?

Now That the Daylight Fills the Sky / Morning Has Broken

arr. Dale Wood

Opening and Welcome

Rev. Alyson Jacks, Associate Minister

Hymn 38

Morning Has Broken

BUNESSAN

My-Hoa Steger, pianist; Michele Kennedy and Brielle Neilson, song leaders

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

Unison Chalice Lighting

Richard Davis-Lowell, 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.

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.

Covenant

Richard Davis-Lowell

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. Alyson Jacks

Spoken and Silent Meditation

Music

Michele Kennedy, soprano; My-Hoa Steger, pianist
You'll Never Walk Alone from *Carousel*
Rodgers and Hammerstein

Reflection

Richard Davis-Lowell

Offertory

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



Offertory Music

My-Hoa Steger; Brielle Neilson, mezzo-soprano; Michele Kennedy;
My-Hoa Steger; Jon Silk, drums
Calling All Angels Monahan, Underwood, Stafford and Colin

Reading

Richard Davis-Lowell

Music

Michele Kennedy; Brielle Neilson, My-Hoa Steger
No One Is Alone from *Into the Woods* Stephen Sondheim

Sermon

Apart/Together

Rev. Alyson Jacks

Hymn 128

For All That is Our Life

SHERMAN ISLAND

[\(CLICK HERE OR SCROLL DOWN TO PAGES 6 & 7 TO VIEW HYMN\)](#)

Benediction

Rev. Alyson Jacks

Postlude

The 100th Psalm Tune

Reiko Oda Lane, organist
arr. Mark Thewes



PARTICIPANTS

Service Notes

Rev. Alyson Jacks, Associate Minister; Richard Davis-Lowell, Worship Associate

Technology

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

Musicians

Reiko Oda Lane, organist; Michele Kennedy, soprano; Brielle Neilson, mezzo-soprano;
My-Hoa Steger, pianist; Jon Silk, drums

June 7 Worship Service LiveStream

"Exquisite Risk"

Following on our sermon on ["Negotiating Risk" \(May 17\)](#) we will look this Sunday at the flip side of risk -- that part of engaging life that is scary but gorgeous and transformative, that keeps us growing and alive.



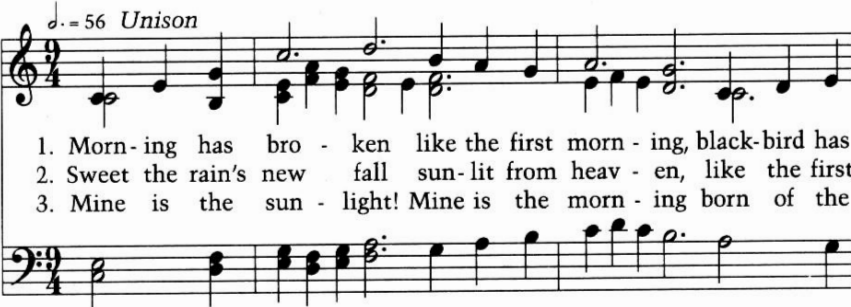
WANT TO MAKE A DONATION TO UUSF?

<http://bit.ly/uusfpayments>

MAKE YOUR PLEDGE TO SUSTAIN THE MINISTRY OF UUSF!

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

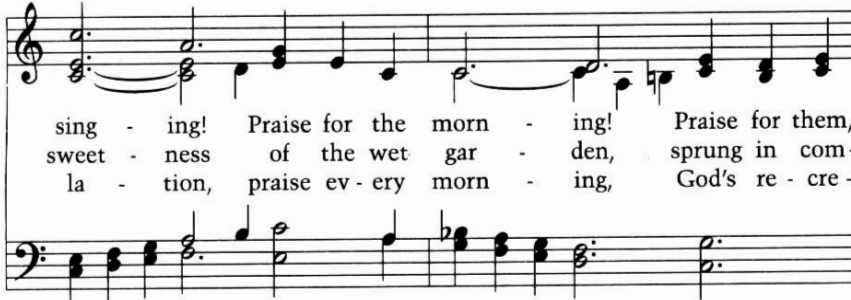
♩. = 56 Unison



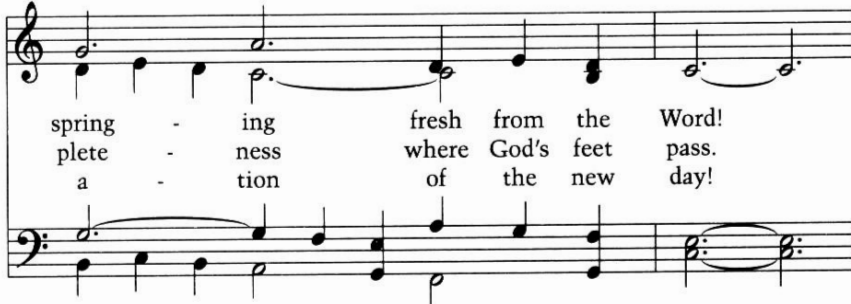
1. Morn - ing has bro - ken like the first morn - ing, black-bird has
 2. Sweet the rain's new fall sun - lit from heav - en, like the first
 3. Mine is the sun - light! Mine is the morn - ing born of the



spo - ken like the first bird. Praise for the
 dew - fall on the first grass. Praise for the
 one light E - den saw play! Praise with e -



sing - ing! Praise for the morn - ing! Praise for them,
 sweet - ness of the wet gar - den, sprung in com -
 la - tion, praise ev - ery morn - ing, God's re - cre -



spring - ing fresh from the Word!
 plete - ness where God's feet pass.
 a - tion of the new day!

Words: Eleanor Farjeon, 1881-1965, used by perm. of David Higham Assoc., Ltd.
 Music: Gaelic melody, © 1931 Oxford University Press, harmony by David
 Evans, 1874-1948

BUNESSAN
 5.5.5.4.D.

$\text{♩} = 76$

1. For
2. For
3. For
4. For

all that is our life we sing our thanks and praise; for
needs which oth - ers serve, for ser - vic - es we give, for
sor - row we must bear, for fail - ures, pain, and loss, for
all that is our life we sing our thanks and praise; for

all life is a gift which we are called to use to
work and its re - wards, for hours of rest and love; we
each new thing we learn, for fear - ful hours that pass: we
all life is a gift which we are called to use to

build the com - mon good and
 come with praise and thanks for
 come with praise and thanks for
 build the com - mon good and

make our own days glad.
 all that is our life.
 all that is our life.
 make our own days

1.-3.

glad.

4.



Responding to the Call: CHANGE ENVIRONMENTAL ACTION AND CLIMATE

A Zoom Brainstorming Session

Wednesday, June 3, 6:30– 8PM

If you would like to be involved, please email info@uusf.org for the Zoom link and password.

It has been clear that there is a need for us to respond, especially during the stay-at-home era of this pandemic to a number of developments with respect our efforts to respond to climate change. This includes the roll-back of environmental protections, but also the window of possibility that our massive habit-change-experience has opened up.

We would like to gather to share information and ideas about what ways we might respond and advocate to halt our damage, and
HEAL OUR RELATIONSHIP WITH THE EARTH!

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

Dial by Phone: +1-669-900-6833 (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

UUSF 20-21 End of Year Meetings

This is the most recent version of the 2020-21 UUSF proposed budget. ([click here](#)) The Board of Trustees approved the draft budget at its meeting on Tuesday, May 19th. Proposed amendments shall be submitted by members in writing to the Secretary ([Judy Payne](#)) at least seven days before the Budget Meeting, which will be held on June 7. Proposed amendments will show with specificity all changes proposed, including any change in the surplus/deficit amount. No budget amendments shall be accepted from the floor during the June 7 meeting.

Congregational Meeting Approve 20-21 Budget

Sunday, June 7, 12:30 PM on ZOOM

A Congregational Meeting will be held on June 7, immediately following the service, to vote on the proposed budget for the coming church year (2020-21). The proposed budget has been posted on UUSF's public website and can be found here ([click here](#)). Two informational sessions have already been held.

[Register for this meeting today.](#) You will receive a personalized video link from Zoom.

UUSF Annual Congregational Meeting

Sunday, June 14, 12:30 PM on ZOOM

June 14th is our Annual Meeting; held each June in compliance with our Bylaws. The meeting takes place shortly after services. The Annual Meeting celebrates the 2019-20 church year with the presentation of the Anne Dillon award, the selection of new Board and Nominating Committee members ([click here](#)), a reading of the May Treat Morrison trust, and much more! Don't miss this final congregational meeting of the year!

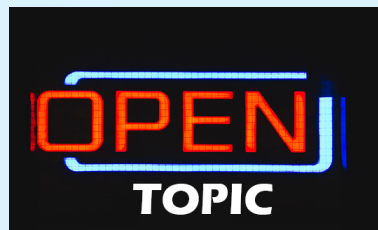
[Register for this meeting today.](#) You will receive a personalized video link from Zoom.

Humanists and Non-Theists

Open Topic

Today at 1PM on Zoom

What's on your mind? Each of us will have the opportunity to suggest a topic. We will then select a topic(s) to discuss for the remaining time we have. Join us by Zoom.



Join Zoom Meeting

<https://us02web.zoom.us/j/82624882540?pwd=NTc5UEdNSHoxaEJ4bGZpRElXZncvUT09>

Meeting ID: 826 2488 2540

Password: 213083

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

Small Group Ministries

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

Grow Spiritually!

From Barbara Kovac and Gregg Biggs, Co-Coordiators
for the Small Group Ministry program, 2020-2021

Meet new people, share your life, explore interesting topics and grow spiritually in a welcoming setting! Small Group Ministry invites anyone who is interested – members, friends, and newcomers – to join this year's Small Groups, starting July 2020.

Each group of about 10 people meets for two hours every Sunday 4 weeks in July (7/5-7/26) and 4 weeks in August (8/2-8/23) from 1-3PM. From now until July 15th, we are accepting new applications to join for the Summer program.

[Sign-Up Here](#)

Pagan Interest Circle Strawberry Moon

Saturday, June 6, 7PM (On Zoom)

Indigenous peoples on this continent and Europe named the Full Moons as a way to mark the progression of the seasons on the Wheel of the Year. In Europe, May Beltane celebrations were often followed by June marriages, the time of the Mead or Honey Moon. In North America, the June Strawberry Moon was so named because it signaled that the time was ripe to forage for wild strawberries.



Summer Solstice just a few weeks from now. We have collectively spent an entire Season sheltering-in-place, a springtime spent getting in touch with what is really important and of value in our lives. In our ritual circle, let's "forage" together for what has grown "wild" in our hearts this unexpected season.

To attend the ritual, please contact Nancy Buffum at nancybuffum@gmail.com to access the ZOOM link and meeting password.



WELCOMING THE DAY

A (Potentially) Daily Spiritual Practice

Rev. John Buehrens and Rev. Margot Campbell Gross

Monday mornings at 8AM

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.

Join via Zoom:

<https://zoom.us/j/976297377?pwd=cXVmY2lEVjhFUUszeTVtQitMUlZOdz09>

Meeting ID: 976 297 377

Password: 591440

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

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[Adult Religious Education Programs](#)

Poetry Lunch, A Monthly Affair

Thursday, June 4 at 12PM (On Zoom)

Thursday, June 11 at 12PM (On Zoom)

Led by Rev. Vanessa Rush Southern, Senior Minister

If there is a poem you'd like to share with the group, send it to Rev. Vanessa in advance (VRSouthern@uusf.org) and she will put it on our list of possibilities for the upcoming gathering... or the next one.

To attend this class online please go to the Adult Religious Education website page [here](#)



[Adult Religious Education Programs](#)

Write To It: A 3-week Writing and Reflection Practice

Saturdays, June 13, 20 and 27,
10AM to 12PM (On Zoom)

Led by Rev. Alyson Jacks, Associate Minister

In Write To It, participants are invited to spend time writing short daily reflections, memories or musings using suggested prompts. Each week, Rev. Jacks will provide a list of topics to help stir the imagination. Participants are encouraged to write daily, as they are able, writing no more than 300 words. We will meet on Saturday mornings to share in small groups, selecting 1 reflection to share. Write To It is open to anyone who likes to play with words, and those who want to try something new.

To Register, [click here](#)



[Adult Religious Education Programs](#)

Morning Metta Meditation

Tuesday-Saturday, 8AM - 8:30 AM

Led by Elena Perez

The zoom link: <https://us04web.zoom.us/j/75735734442>
(password metta)



Elena leads a simple, centering lovingkindness meditation practice which is appropriate for all religious backgrounds and levels of meditation experience. Attendees can choose to leave their microphone and camera off and just follow along. **Elena Perez** is a member of UUSE. She is a Licensed Acupuncturist who practices in SF at Dance With Life Chiropractic in the Inner Sunset, and in Fresno at Benessere Fresno. Questions? elena@communityneedles.com

Are you interested in attending this year's UU General Assembly as a delegate?

This year, the annual all-UU meeting will be held in virtual space from June 24 - 28, so you won't even need to leave the safety of your home. Our Society can authorize seven delegates for the meeting. Delegates are able to vote on denominational issues (one of the issues this year has to do with investing ethically, for example). The meetings are dynamic, insightful and energizing. And one of the featured speakers in Rev. John Buehrens!

If you are interested in attending this meeting and are selected as an official delegate, the church will reimburse you for the \$150 registration fee. Non delegates are also encouraged to attend, but the registration fee will not be reimbursed and you would not be able to vote on denominational issues put before the membership.

Members interested in representing UUSF as a General Assembly delegate should contact Moderator [Carrie Steere-Salazar](#) or Senior Minister [Vanessa Rush Southern](#).

Learn More about 2020 General Assembly ([click here](#))

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

Dial by Phone: +1-669-900-9128 (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, June 10 and 24, 7PM

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

Meeting ID: 862 8031 8257

Password: 210519

Dial by Phone: +1-669-900-9128 (San Jose)

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

Immigration Justice in the Age of COVID-19

Wednesday, June 10, 6:30 PM - 8PM (On Zoom)

This is a discussion re activism opportunities and letter writing to ICE detainees in the Yuba City, CA facility.

Zoom Links

<https://us02web.zoom.us/j/88180919366?pwd=MVcxZERWeVZPVWVWSXVGWFN4TmtxUT09>

Meeting ID: 881 8091 9366

Password: 612020

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



We invite you to take a minute to recall the situation over the past several years. Thousands of children were being forcibly separated from their parents at the border, and tens of thousands of people seeking refuge at our border from deadly situations in their home countries were being placed in crowded, filthy “camps” under brutal and inhumane conditions.

Many people were horrified by this situation and the historic echoes they brought to mind and the slogan “Never Again Is Now” began to reverberate across the country. We at UUSF took up this slogan and amplified the demands, “No More Kids in Cages”, “Shut Down the Camps” at public witnesses on the steps of the sanctuary every Sunday and Wednesday. We gathered monthly to write letters of support to ICE detainees at the Yuba facility and some of our members made visits to detainees. People from a dozen faith groups joined us in September for a rush hour witness event. Some of our members joined UUSC delegations to the border to assist with relief efforts for immigrants. We began sounding a gong in our services every Sunday – 7 times for the 7 children who died in immigration detention – in a ritual that continues to this day.

Now COVID-19, a pandemic like the world has not seen in many decades has radically

changed much in our society. Josh Leash from the UUSC says “In times of crisis, it is easy to get lost in focusing on our immediate needs, without feeling like we have room for big-picture concerns such as human rights. In truth, however, our immediate needs are deeply connected to our human rights. It is precisely in such periods of global distress that human rights protections are most needed.” WE MUST BE SAFE BUT WE MUST NOT BE SILENT!

COVID-19 is spreading exponentially in prisons and detention centers with their tight quarters and inadequate hygiene and healthcare. A new ACLU report notes that the spread of disease and death in U.S. jails alone, without rapid intervention, could lead to an additional 100,000 deaths beyond those we’re already seeing unfold. We are at a precipice and the need for immediate action is urgent. So we invite you to follow this [LINK](#) today to get more information about the situation and actions to take as well as connect with some of the groups that activists within our church community have found helpful as we determine the most effective actions to take.

If you are not able to join us that night but would like to write a letter to a detainee or work with us on current immigration justice actions, please contact us at neveragain@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.

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

