

First Unitarian Universalist Society of San Francisco

The Perfect Day

Sunday, June 28, 2020, 10:50 AM





Order of Service
Sunday, June 28, 2020
10:50 AM to 12:15 PM

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

Prelude

Land of Rest

Reiko Oda Lane, organist

Early American Melody arr. Dale Wood

Preludio in E Major (originally for violin)

Allen Biggs, marimbist

Johann Sebastian Bach

Opening and Welcome

Sharon Weld, Ministerial Intern

Hymn 38

Morning Has Broken

BUNESSAN

Reiko Oda Lane; Asher Davison, song leader

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

Unison Chalice Lighting

Rev. Vanessa Rush Southern, Senior Minister

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

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

Spoken and Silent Meditation

Music

First Movement G Major Suite (originally for Violoncello)

Allen Biggs, marimbist
Johann Sebastian Bach

Reading
James Weldon Johnson's "The Creation"

Sharon Weld & Rev. Vanessa Southern

Offertory

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



Music
Double in B minor (originally for violin)

Allen Biggs, marimbist
Johann Sebastian Bach

Reading
Mary Oliver, "Morning in a New Land"

Sharon Weld

Hymn 86 *Blessed Spirit of My Life*

PRAYER

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

Sermon *The Perfect Day*

Rev. Vanessa Rush Southern

Hymn 21 *For the Beauty of the Earth*

DIX

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

Benediction

Rev. Vanessa Rush Southern

Postlude
Toccata and Fugue in D minor, BWV 565

Reiko Oda Lane, organist
Johann Sebastian Bach

PARTICIPANTS

Service Notes

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; Robert Delao, sexton

Musicians

Reiko Oda Lane, organist; Allen Biggs, marimbist;
Asher Davison, song leader

ABOUT

Allen Biggs dedicates his performance today to his Brother-In-Law **Dayne Adams**, who passed away peacefully Monday June 22. Allen is a product of the San Francisco public schools, and was lucky to have outstanding music teachers such as Bob Giambruno, Louise Mcernan, and Rick Kvistad. He received a Bachelor of Arts degree from San Francisco State University, where he is now an instructor. He also received a Masters degree in performance from the San Francisco Conservatory of Music. Allen currently performs weekly concerts in his driveway for his socially distanced neighbors. He meditates regularly, swims in San Francisco bay, and has enjoyed riding his bike during the Great Quiet of lockdown. Allen is timpanist with the Philharmonia Baroque Orchestra, and principal percussionist with the Santa Rosa Symphony. For the past 20 years he has been active as a percussionist for musicals in San Francisco. You can reach him at: bigdrums@sfsu.edu

Blessings and Farewell to Sharon Weld

Today we are saying a formal "goodbye" to our Ministerial Intern from this year, Sharon Weld. Sharon had what has been the most unusual internship year in a while and has been an incredible gift to us all in weathering these uprooting, uncertain, and also surprisingly generative times. If you did not already send in your appreciations, you can send her a note or letter to her home address: Sharon Weld, 83 Eucalyptus Road; Berkeley, CA 94705.

♩. = 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.

Blessed Spirit of My Life

86

$\text{♩} = 96$

1. Bless-ed Spir-it of my life, give me strength through
2. Spir-it of great mys-ter-y, hear the still, small

stress and strife; help me live with dig-ni-ty;
voice in me. Help me live my word-less creed

let me know se-ren-i-ty. Fill me with a vis-ion,
as I com-fort those in need. Fill me with com-pas-sion,

clear my mind of fear and con-fu-sion. When my thoughts flow
be the source of my in-tu-i-tion. Then, when life is

rest-less-ly, let peace find a home in me.
done for me, let love be my leg-a-cy.

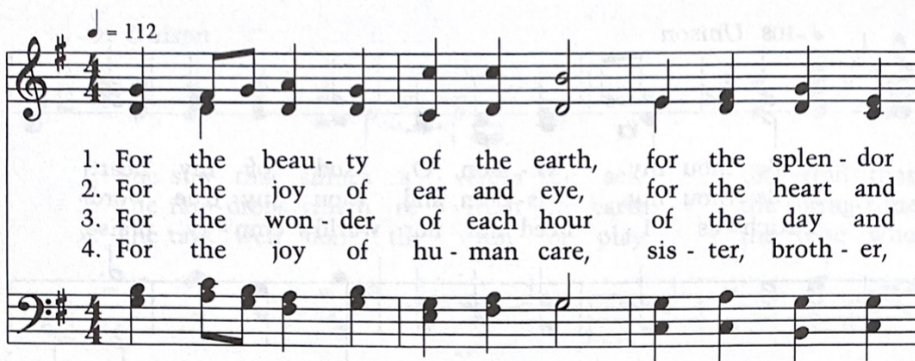
⊕ Words & music: Shelley Jackson Denham, 1950- ,
© 1987 Shelley Jackson Denham

PRAYER
7.7.7.7.6.9.7.7.

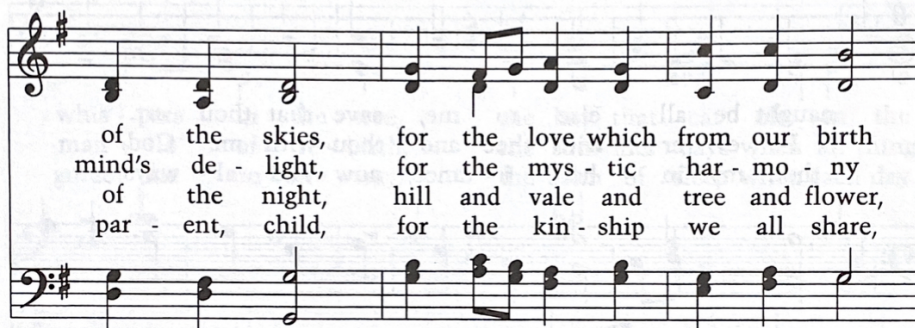
MEDITATION AND MYSTICAL SONGS

21 For the Beauty of the Earth

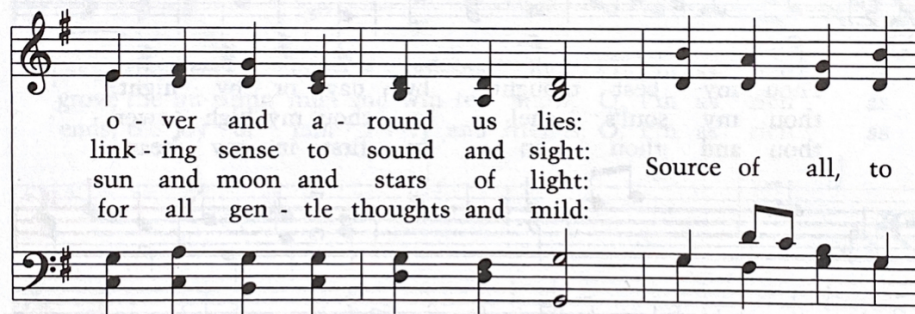
$\text{♩} = 112$



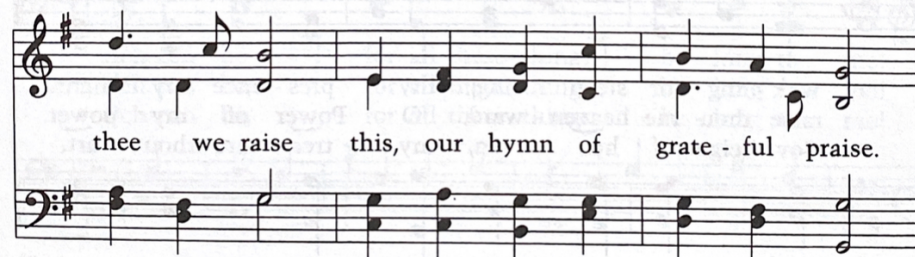
1. For the beau - ty of the earth, for the splen - dor
 2. For the joy of ear and eye, for the heart and
 3. For the won - der of each hour of the day and
 4. For the joy of hu - man care, sis - ter, broth - er,



of the skies, for the love which from our birth
 mind's de - light, for the mys - tic har - mo - ny
 of the night, hill and vale and tree and flower,
 par - ent, child, for the kin - ship we all share,



o - ver and a - round us lies:
 link - ing sense to sound and sight: Source of all, to
 sun and moon and stars of light:
 for all gen - tle thoughts and mild:



thee we raise this, our hymn of grate - ful praise.

Words: Follitt Sandford Pierpoint, 1835-1917, adapt.
 Music: Conrad Kocher, 1786-1872, abridged

DIX
 7.7.7.7.7.

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:

THIS SUMMER HERE ARE OUR SCHEDULES

Vanessa Southern (here all July and August 17-31): VRSouthern@uusf.org;
or for emergencies, 908-723-1342

Alyson Jacks (here until July 9 and July 27 onward): AJacks@uusf.org;
or for emergencies, 415-971-3194

If you have a pastoral emergency our **Lay Chaplains** are available but so too are Minister Emerita, **Margot Campbell Gross** and retired senior minister, **John Buehrens**.

Here are all the contacts for reaching out:

Margot Campbell Gross: margotcg@sbcglobal.net or for emergencies, 415-661-8316

John Buehrens: jbuehrens@comcast.net or for emergencies, 617-216-0962

Lay Chaplains: Chaplains@uusf.org



Virtual Celebration of our Society for Community Work (SCW) Scholars

Today from 1:30 PM - 2:30 PM (On Zoom)

The SCW Scholarship Committee invites you to come and meet our scholars in a virtual celebration of their accomplishments in spite of incredible odds!

Each year SCW awards scholarships for deserving students who have graduated from a San Francisco high school and are the first of their generation to attend college. Many of our students are immigrants, refugees or dreamers who have excelled in high school academics and are motivated to go on to college. All of them are bright, energetic and give us great hope for our collective future.

We have 15 continuing scholars from past years, and 6 new scholars who are just graduating from high school. Most years, we have thrown them all a lunch party so they can meet members of UUSF and get to know each other - but with our social distancing in place, we are moving our event on-line this year.

Please join us to meet these incredible young scholars and congratulate them on their accomplishments.

Join Zoom Meeting

<https://us02web.zoom.us/j/85867974048?pwd=R3FBMlhISXlSRGZwdzVZR2JGYUJBZz09>

Meeting ID: 858 6797 4048

Password: 696790

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 858 6797 4048

Password: 696790

Find your local number: <https://us02web.zoom.us/j/85867974048?pwd=R3FBMlhISXlSRGZwdzVZR2JGYUJBZz09>



Humanists and Non-Theists

Extinction Rebellion, A Global Environmental Movement

Today at 1PM (On Zoom)

Founded by youth in Britain in 2018, Extinction Rebellion (XR) aims to use nonviolent civil disobedience to compel government action to avoid the breakdown of the climate system, biodiversity loss, and the risk of social and ecological collapse. They have clear demands for truth-telling, for declaring a climate emergency, for a Citizens' Assembly to get swift government action, and for a just transition. Come for some truth-telling and to learn how XR is moving corporations and governments to address this problem NOW. We are in a Climate Emergency!

In the meantime, see extinctionrebellionsfbay.org, and UU World article of November 2019.

John Fox, Molly Arthur and Chris Conrad of Extinction Rebellion will tell us about the movement and why it came into being. This event is co-sponsored by the Environmental Justice Committee and the Humanists and Non-Theists committee.

Join Zoom Meeting

<https://us02web.zoom.us/j/83097523184>

Meeting ID: 830 9752 3184

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 830 9752 3184

Find your local number: <https://us02web.zoom.us/u/k9UMLGrC>

Small Group Ministries

At a time when shelter in place and COVID-19 are making all of us feel vulnerable and disconnected, Small Group Ministries is a safe and nurturing place where congregation members can find a deep way to connect.

* **A place to belong and to care for each other.** Each group, with about ten people, meets twice monthly to share important parts of our lives. We practice deep listening, which enables us to form lasting friendships and a stronger community, and to minister to one another.

* **A way to connect our lives to our spiritual needs.** We offer a place to consider and act on our common values. Together we explore important questions and strive to live our values through service to our church and the larger community.

* **A community open to church members, friends and visitors.** All who agree to try SGM for four sessions, respect members' privacy, attend gatherings consistently, follow group agreements, and welcome new members are invited to join.

Four week summer sessions are being offered each Sunday in August from 1 to 3 p.m. If there is sufficient interest, we will also offer a group in July. At a time when being able to connect, support one another and find spiritual growth, Small Group Ministries offer a meaningful resource to the First Unitarian Universalist community.

Are you new to Zoom or need support on how to participate in the sessions online? No problem! Let the co-coordinators know and they can provide a tutorial and support.

To sign up for the summer sessions contact or if you have questions?

Chair: **Barbara Kovacs** Phone: 415-370-9766

Chair: **Gregg Biggs** Phone: 415-505-4690

Email: sgm@uusf.org

[Sign-Up Here](#)

Adult Religious Education Programs

July Poetry Lunches

Thursdays, 12PM to 1PM, July 2, 9, 16, 23, 30

Led by Rev. Vanessa Rush Southern, Senior Minister

RSVP by either completing the registration form [here](#)

or email info@uusf.org

By popular demand again, our poetry gathering over lunch will continue!

If there is a poem you'd like to share with the group, please 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.

Questions? email info@uusf.org



Adult Religious Education Programs

Morning Metta Meditation

Tuesdays, Thursdays and Saturdays, 8-8:30 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 UUSF. 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



[Adult Religious Education Programs](#)

Minister's Book Group

Book: "So You Want to Talk About Race" by Ijeoma Oluo

Wednesdays, 7PM to 8PM, July 8, 15, 22, 29

Led by Rev. Vanessa Rush Southern, Senior Minister

RSVP by either completing the registration form [here](#)
or email info@uusf.org

Join us for a month of book group meetings as we dive into the best-selling and illuminating book "So You Want to Talk About Race" by Ijeoma Oluo. Each week we will meet for one hour to discuss a section of the book, which is described as a "hard-hitting but user-friendly examination of race in America." This, I hope, will give us the space to go in a bit deeper as each chapter is rich with insights and opportunities for discussion.

So... pay attention, each session will focus on a different section of the book:

July 8: Please read the Introduction through Chapter 4

July 15: Chapters 5 - 8

July 22: Chapters 9 - 13

July 29: Chapters 14 - 17

Questions? email info@uusf.org



All Faiths Food Pantry

Due to Covid-19, we have made some changes in how we handle the All Faiths Food Pantry.

Rather than rotating between the five churches, all the churches are sending volunteers every week as we are encouraging younger people to volunteer, and suggesting that people over 60 not volunteer for safety reasons.

You can now sign up by going to the Food Pantry website: <https://signup.com/go/pambAKf>

We need twenty-five volunteers every week for the Food Pantry to go smoothly as we usually serve about 300 low income clients.

The Food Pantry takes place at Old First Presbyterian Church at the corner of Van Ness and Sacramento. We do offer free parking at the church garage located just south of the church on Sacramento as we give out stickers for the parking vouchers for anyone who parks in the garage at the end of the Food Pantry. The truck brings the food (groceries) from the SF/Marin Food Bank at 7:30 AM, so we need volunteers to arrive early. We are usually done with clean up by 11AM.

Volunteers are provided masks and gloves to pack the food in bags in the large meeting inside the church. Every effort is made to keep everything sanitary. Tables are sanitized frequently, and anything which accidentally falls on the floor is discarded. The packed bags are taken to tables outside, where our clients can pick up the pre-packed bags. Our clients line up outside the church with attention paid to social distancing.

As a majority of our clients are monolingual Cantonese speaking, we do arrange to have a translator on site at all times.

If you have any questions about the Food Pantry, feel free to contact Megan Lehmer at 415-385-0408 or mlehmer@drlehmer.com

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