

Exquisite



Risk



Sunday, July 5, 2020, 10:50 AM



First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, July 5, 2020
10:50 AM to 12:15 PM

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

Prelude

Peace and Hope - Bourree

Reiko Oda Lane, organist
G F Handel

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 149

Lift Every Voice and Sing

LIFT EVERY VOICE

Reiko Oda Lane; Asher Davison, song leader

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

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.

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 Gilead Wurman, baritone; Asher Davison, bass-baritone; Wm. Garcia Ganz, pianist
"Anyone Can Whistle" from *Anyone Can Whistle* Stephen Sondheim

Reflection

Dennis Adams, Worship Associate

Offertory

Our offering this morning will be taken to support the work of Black Lives for Unitarian Universalists. This organization supports Black UU's looking to connect to others in our Association, offers resources for all UU's to deepen our spiritual life and ground our equity work around and race and equity. See more at: <https://www.blacklivesuu.com/>

If you donate online please indicate your gift as part of our "Special Offering" by clicking that button in the list of categories for giving. Thank you!



Music

"Being Alive" from *Company*

Gilead Wurman, Wm. Garcia Ganz
Stephen Sondheim

Reading

Music

"Giants in the Sky" from *Into the Woods*

Asher Davison, Wm. Garcia Ganz
Stephen Sondheim

Sermon

Exquisite Risk

Rev. Vanessa Rush Southern

Hymn 287

Faith of the Larger Liberty

MIT FREUDEN ZART

[\(CLICK HERE OR SCROLL DOWN TO PAGES 8 & 9 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

The Rejoicing - Minuet Finale

Reiko Oda Lane, organist

G F Handel

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; Robert Delao, sexton

Musicians

Reiko Oda Lane, organist; Gilead Wurman, baritone;
Asher Davison, bass-baritone; Wm. Garcia Ganz, pianist

OFFERTORY

Formed in the wake of several conversations among Black UUs at the July 2015 Movement for Black Lives Convening in Cleveland, OH - the BLUU Organizing Collective is committed to: Expanding the power & capacity of Black UUs within our faith. Providing support, information & resources for Black Unitarian Universalists. Justice-making and liberation through our faith.

[Learn More](#)

ABOUT

Asher Davison, bass section leader at UUSF, was inducted into music in the Santa Monica public schools; private clarinet study with David Sasaki, including Bach in transcription, convinced him that rhythmic sense enables expressive freedom. As a nonmajor at Yale, he performed the Copland and Mozart concertos and studied with David Shifrin. As a graduate student in molecular biology at MIT, Asher deepened into chamber music under the influence of John Harbison. Since returning to California, he has accompanied singers in numerous opera productions, become a professional chamber coach with CMNC, and developed voice as his second instrument. A copyeditor, science education developer, and former high school biology and chemistry teacher, Asher has directed the medieval chamber choir Coro Ciconia and performs with the San Francisco Choral Artists; his recent vocal study has been with Karen Clark and James Toland. He resides in the City of Richmond with his alto spouse and their generally oddly joyous toddler.

Gilead Wurman has been singing in amateur and semi-professional settings since 1998, and has been a member of the University of California Alumni Chorus since 2002. He particularly enjoys performing film soundtracks. He has performed The Passion of Joan of Arc, Alexander Nevsky, Zelda: Symphony of the Goddesses, and in the world premier of National Geographic's Symphony for our World. Gilead performs regularly with Areté Singers, and was an inaugural member of Pieces of Eight, a five-voice chamber group performing period music in the Bay Area.

When he is not singing, Gilead works for a local geotechnical engineering firm and is a commercial pilot and flight instructor. He freely admits he sings in those settings too, often to the chagrin of his flight students.

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

149 Lift Every Voice and Sing

$\text{♩} = 76$

1. Lift ev - ery voice and sing, till earth and heav - en
 2. Ston - y the road we trod, bit - ter the chas - tening
 3. God of our wea - ry years, God of our si - lent

ring, ring with the har - mo - nies of lib - er -
 rod, felt in the days when hope un - born had
 tears, thou who hast brought us thus far on the

ty; let our re - joic - ing rise high as the lis - tening
 died; yet with a stead - y beat, have not our wea - ry
 way; thou who hast by thy might led us in - to the

skies, let it re - sound loud as the roll - ing sea.
 feet come to the place for which our fa - thers sighed?
 light, keep us for - ev - er in the path, we pray.

Words: James Weldon Johnson, 1871-1938
 Music: J. Rosamond Johnson, 1873-1954,
 © 1921 Edward B. Marks Music Co., renewed

LIFT EVERY VOICE
 Irregular

Sing a song full of the faith that the dark past has
We have come o - ver a way that with tears has been
Lest our feet stray from the plac - es, our God, where we
taught us; sing a song full of the
wa - tered; we have come, tread - ing our
met thee; lest our hearts drunk with the
hope that the pres - ent has brought us; fac - ing the
path thru the blood of the slaugh - tered, out from the
wine of the world, we for - get thee; shad - owed be -
ris - ing sun of our new day be -
gloom - y past, till now we stand at
neath thy hand, may we for - ev - er
gun, let us march on till vic - to - ry is won.
last where the white gleam of our bright star is cast.
stand, true to our God, true to our na - tive land.

287 Faith of the Larger Liberty

$\text{♩} = 76$

1. Faith of the larg - er lib - er - ty, source
 2. He - roes of faith in ev - ery age, far -
 3. Faith for the peo - ple ev - ery - where, what -

of the light ex - pand - ing, law of the church that
 see - ing, self - de - ny - ing, wrought an in - creas - ing
 ev - er their op - pres - sion, of all who make the

is to be, old bond - age not - with -
 her - i - tage, mon - arch and creed de -
 world more fair, liv - ing their faith's con -

stand - ing: faith of the free! By
 fy - ing. Faith of the free! In
 fes - sion: faith of the free! What -

⊕ Words: Vincent B. Silliman, 1894-1979
 Music: Bohemian Brethren, *Kirchengesang*, 1566

MIT FREUDEN ZART
 8.7.8.7.8.8.7.

thee we live — by all thou giv - est
 thy dear name the cost - ly her - i -
 - e'er our plight, thy law, thy lib - er -

and shalt give our loy - al - ty com - mand - ing.
 tage we claim: their liv - ing and their dy - ing.
 ty, thy light shall be our blest pos - ses - sion.

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

Taking Care of Each Other

We are wondering if there are folks who might be able to make a soup or stew for folks who are getting over being sick and delivering it to them (or having someone come and deliver it). Let us know if you can do vegan, vegetarian, meat-based soups or stews or any of the above. And just know, if we ask, and you aren't available that week, that is fine; we just want a list of folks who might be willing and able! Let us know at Chaplains@uusf.org

AFTER CHURCH RALLY TODAY!!!



Today from 12:15 PM to 1PM, Front Steps of the Sanctuary

Join us in front of the church to lend our voices to those of the people rising across the country as we declare that **BLACK LIVES MATTER & WHITE SUPREMACY IN ALL ITS FORMS MUST BE UPROOTED!**

We will read the words of Fredrick Douglass from his speech of July 5, 1852.

[\(READ HERE\)](#)

We will read the words of our UUSF Resolution for Racial Justice.

[\(READ HERE\)](#)

People from all communities welcome! We will protest respecting social distancing. Wear a mask and bring gloves. Bring a sign (We will also have sign making material available).





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](#)

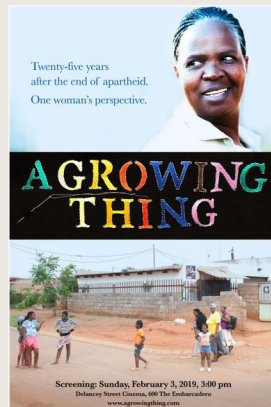
TONIGHT!

A Growing Thing

Sunday, July 5, 7PM PST/10PM EST on PBS World Channel

[A Growing Thing](#) is a feature length documentary about women living in a township near Johannesburg, South Africa and the women's empowerment project where they work. Having grown up in a multi-racial family in the U.S., producer/director Sarah Gross (daughter of Rev. Margot Campbell Gross and Peter Gross) has a deep personal connection to this story will be airing nationally on [PBS World Channel](#). Member stations across the country will be airing the film on July 5th at 7PM PST/10PM EST. (for example KQED World in San Francisco and WNET in New York)

[LEARN MORE](#)



The Pagan Interest Circle (PICT) Invites you to our August Ritual Circles via ZOOM

First Harvest: Corn and Grain

Saturday, August 1, 7PM (On Zoom)

We gather virtually(!) on the evening of a Solar Holiday on the Wheel of the Year. Lammas is one of the cross-Quarter days, one of the four Greater Sabbats, marking the first day of Autumn. (In the modern Wiccan calendar, Samhain is the beginning of Winter and the New Year, Imbolc marks the end of Winter: the Spring season; Summer begins at Beltane; Lammas comes at Summer's end.)

Lammas comes from the Anglo-Saxon words for "loaf mass" and refers to the celebration honoring the first loaf of bread made from grain of the year's first harvest.

This day is also known by its Celtic name, Lughnassadh, which refers to games that, according to folklore, the Celtic Sun God Lugh established in honor of his Mother.

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

Adult Religious Education Programs

July Poetry Lunches

Thursdays, 12PM to 1PM, July 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



Humanists and Non-Theists

Extinction Rebellion, A Global Environmental Movement

July 12 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.

Please join us by Zoom.

<https://us02web.zoom.us/j/81734660103>

Meeting ID: 817 3466 0103

One tap mobile

+16699006833,,81734660103# US (San Jose)

+13462487799,,81734660103# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 817 3466 0103

Find your local number: <https://us02web.zoom.us/u/keqcLZQm4K>



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.

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