

# "Jonah and the Big Fish"



Sunday, August 30, 2020, 10:50 AM  
First Unitarian Universalist Society of San Francisco



**Order of Service**  
**Sunday, August 30, 2020**  
**10:50 AM to 12:15 PM**

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

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Prelude  
*Prelude* BWV 998

Eric Hamilton, guitarist  
J.S. Bach

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 112

*Do You Hear*

FOUNDATION

Asher Davison, song leader; Reiko Oda Lane, organist

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

Unison Chalice Lighting

Gregg Biggs, Small Group Ministry Co-Chair

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

## Spoken and Silent Meditation

## Music

*Come Heavy Sleep* (for Julian Bream d. 08/14/20)

Eric Hamilton  
John Dowland

Reflection

Gregg Biggs

Offertory

[Today's offering will go for the Unitarian Universalist Disaster Relief Fund.](#)  
[Moneys from this fund are already being made available to congregations and individuals who need assistance as a result of this year's wildfires.](#)



Music

*Canarios*

Eric Hamilton  
Gaspar Sanz

Reading

From "The Good Book" by Rev. Peter J. Gomes

Music

*Sonet*

Eric Hamilton  
Enríquez de Valderrábano

Sermon "Jonah and the Big Fish"

Rev. Vanessa Rush Southern

Hymn 1064      *Blue Boat Home*    Music: Roland Hugh Prichard, Words: Peter Mayer  
Mark Sumner, pianist; Jon Silk, drummer; Asher Davison, song leader

[\(CLICK HERE OR SCROLL DOWN TO PAGES 8 to 11 TO VIEW HYMN\)](#)

Benediction

Postlude

*The 100th Psalm Tune*

Reiko Oda Lane, organist  
Henry Purcell





# PARTICIPANTS

## **Service Notes**

Rev. Vanessa Rush Southern, Senior Minister  
Gregg Biggs, Small Group Ministry Co-Chair

## **Technology**

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

## **Musicians**

Reiko Oda Lane, organist; Eric Hamilton, guitarist; Mark Sumner, pianist;  
Jon Silk, drummer; Asher Davison, song leader



# ABOUT

Classical guitarist, **Eric Hamilton** has been in the music industry for the past 50 years. Along with decades as a performing guitarist, he is an expert violin and guitar technician acting as head of quality control for two Bay Area import companies.

He has taught both privately and for public school districts in LA and Alameda counties and has recorded to date 15 albums of music for the guitar with multiple YouTube listings ([www.youtube.com/erichamiltonmusic](http://www.youtube.com/erichamiltonmusic)).

More information can be found at [www.erichamiltonmusic.com](http://www.erichamiltonmusic.com).

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## Membership

**Become a member of UUSF!**

We are thrilled to have so many visitors to our services these last few months. Along with worship, there are [classes](#), [small group ministry](#) and other programs available to you. And, please consider joining our church community.

To learn more about membership, schedule an appointment with [Revs Jacks](#) or [Southern](#) so that we can get to know you and answer your questions. [Sign-up](#) for an upcoming New to UU class (2 sessions, September 22 and 29).

We look forward to meeting you!

$\text{♩} = 84$  Unison

1. Do you hear, oh my friend, in the  
 2. Through the roar, through the rush, through the  
 3. From the place where you stand to the

place where you stand, through the  
 throng, through the crush, do you  
 out - er - most strand, do you

sky, through the land, do you hear, do you hear? In the  
 hear in the hush of your soul, of your soul? Hear the  
 hear, oh my friend, do you hear, do you hear? All the

heights, on the plain, in the vale, on the main, in the  
 cry fear won't still, hear the heart's call to will, hear a  
 dreams, all the dares, all the sighs, all the prayers—they are

Another harmonization, 69

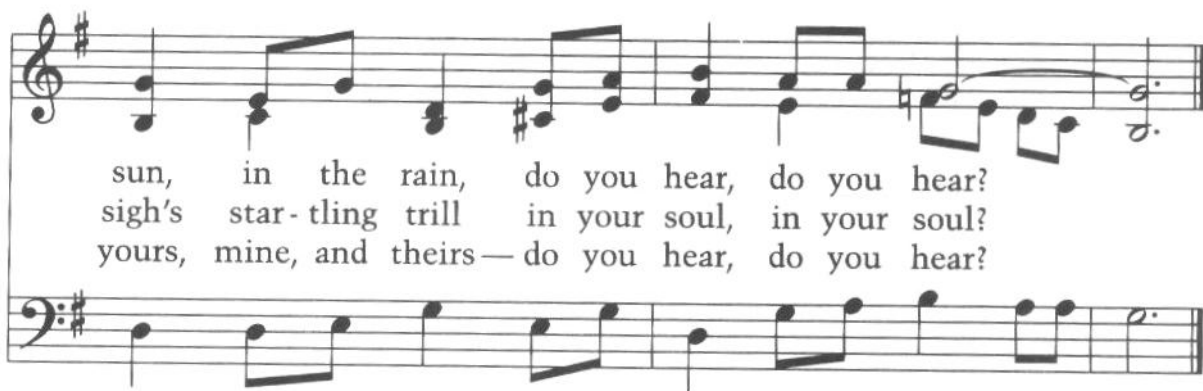
⊕ Words: Emily L. Thorn, 1915- , © 1992 Unitarian Universalist Association

Music: William Caldwell's *Union Harmony*, 1837,

harmony by Eugene Wilson Hancock, 1929- , © 1984 Eugene Hancock

FOUNDATION  
6.6.6.6.D.





[BACK TO PAGE 1 \(CLICK HERE\)](#)



1064

## Blue Boat Home

*Fluid, legato* ♩ = 140

The musical score is written for piano and voice. The piano part consists of two systems of grand staves (treble and bass clef). The key signature is three sharps (F#, C#, G#) and the time signature is 3/4. The tempo is marked 'Fluid, legato' with a quarter note equal to 140 beats per minute. The first system of piano music is marked with 'E' above the first measure and 'A/E' above the third measure. The second system is also marked with 'E' and 'A/E'. The third system includes three vocal parts with lyrics. The piano accompaniment for the third system continues below the vocal staves. The word 'simile' appears at the end of the second system of piano music.

**System 1:** E A/E

**System 2:** E A/E *simile*

**System 3:** E A/E

**Vocal Lyrics:**

1. Though	be -	low	me, I	feel	no	mo -	tion
2. Sun	my	sail	and	moon	my	rud -	der
3. I	give	thanks	to the	waves	up -	hold -	ing me,

⊕ Words: Peter Mayer, 1963 - , © 2002 Peter Mayer

Music: Roland Hugh Prichard, 1811 - 1887, adapted by Peter Mayer, 1963 - ,

© 2002 Peter Mayer,

⊕ keyboard arr. Jason Shelton, 1972 -

HYFRODOL, 8.7.8.7.D

Blue Boat Home - 2

E A/E

stan- ding on these moun- tains and plains.  
as I ply the star- ry sea,  
hail the great winds urg- ing me on,

E A/E

Far a- way from the rol- ling o- cean  
lean- ing o- ver the edge in won- der,  
greet the in- fi- nite sea be- fore me,

E A/E E

still my dry land heart\_ can say:  
cast- ing ques- tions in- to the deep.  
sing the sky my sai- lor's song:

G# -



Blue Boat Home - 3

G#m C#m7 F#m7 B7sus4 B7/A

I've been sail - ing all my life — now,  
Drift - ing here with my ship's com - pan - ions,  
I was born — up - on the fath - oms,

G#m AM7 F#m7 Bsus4 B

nev - er har - bor or port have I known. The  
all we kin - dred pil - grim souls,  
nev - er har - bor or port have I known. The

E A/E E Bsus4 B/A

wide un - i - verse — is the o - cean I tra - vel —  
mak - ing our way — by the lights of the hea - vens —  
wide u - ni - verse — is the o - cean I tra - vel, —

Blue Boat Home - 4

E/G# A(add9) Bsus4 B(add11) 1, 2  
E

and the earth\_ is my\_ blue boat home.\_\_\_\_  
in our beau - ti-ful\_ blue boat home.\_\_\_\_  
and the earth\_ is my\_ blue boat

A/E 3  
E

home.\_\_\_\_

A/E E A/E E

rit.

# 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 email 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:

Please contact Rev. Alyson Jacks ([ajacks@uusf.org](mailto:ajacks@uusf.org)) or Vanessa Southern ([vrsouthern@uusf.org](mailto:vrsouthern@uusf.org))

In spite of all the COVID-19 restrictions and the Zooming of church activities and groups, various members of the church community continue offering Pastoral Care to UUSF congregants. [The Lay Chaplains](#) (Jan Oringer, Liz Strand, Gino Fortunato, Linda Harris, and Marty Vanderlaan) have been joined this Summer by retired ministers Margot Campbell-Gross and John Buehrens.

To contact this team, send an email to [chaplains@uusf.org](mailto:chaplains@uusf.org) or telephone one of the lay chaplains. We will respond to your request and connect you to someone who can help. In providing care we often rely on a network of UUSF volunteers who have indicated they are available to help other members of the congregation. We wish to express our deep appreciation for the help of these volunteers.



# SMALL GROUP MINISTRIES

Have you been looking for a way to build a deeper connection within the UUSF community – especially during the challenges of shelter in place?

The Small Group Ministries program is an excellent way to do that, and sign up for the Fall 2020 through Spring 2021 session is open now through September. The groups meet for 2 hours every other week with groups of 10 people. Initial sessions will meet virtually through Zoom and will transition to in person meetings when it is possible to do that safely at the church.

What can you expect? Through moderated discussion and deep listening, participants explore a range of issues and topics related to spirituality, social justice and personal growth. Past topics have included understanding spiritual experiences, gratitude, Black Lives Matter, mortality and after life, connection, and the arts.

The order of services allows everyone to participate with two skilled facilitators leading the discussion. Members have the option to select topics for sessions, and there is a community service project incorporated into the series that lets everyone to volunteer in a meaningful way.

Many participants have found Small Group Ministries as a way to deepen their connection with the congregation and build meaningful friendships and support with individual members.

Past participant **Eric Shackelford** offered this perspective: "I enthusiastically recommend the small group ministry at UUSF. It has been helpful to me in making more and deeper connections at the church in a more intimate setting."

To sign up for the upcoming Small Group Ministries series, [follow this link](#) or contact Small Group Ministry coordinators, **Barbara Kovac** (415-370-9766), or **Gregg Biggs** (415-505-4690) or through [sgm@uusf.org](mailto:sgm@uusf.org)

[SIGN-UP HERE](#)



**Humanists and Non-Theists**

## **Being Not Racist Is Not Enough**

**Sunday, August 30, 1PM**

**(New ZOOM links every week)**

As our nation grapples with another wave in the struggle of black Americans to achieve equality, Americans, who do not consider themselves racist, must examine their own biases and behaviors. Are our actions or inactions contributing to a racist or equalitarian society?

Our discussion will be initiated by viewing a video of an interview of Ibram X. Kendi. David and Dolores Heilbron will lead the discussion.

Ibram X. Kendi is one of America's foremost historians and leading antiracist voices. He is the author of *How to be an Anti-Racist*, a National Book Award-winning and #1 New York Times bestseller. Kendi is the Andrew W. Mellon Professor in the Humanities and the Founding Director of the Boston University Center for Antiracist Research. The interview will feature the author explaining his research and ideas on the subject of how to be an antiracist; and will include a Q&A part of the interview.

**Please join us for this Zoom meeting using the link below:**

<https://us02web.zoom.us/j/85919019737?pwd=VTBYQytPdWhGU1dKTG9rWDZBRVdwQT09>

**Meeting ID:** 859 1901 9737

**Passcode:** 643500

**One tap mobile**

+16699006833,,85919019737#,,,,,0#,,643500# US (San Jose)

+13462487799,,85919019737#,,,,,0#,,643500# US (Houston)

**Dial by your location**

+1 669 900 6833 US (San Jose)

**Meeting ID:** 859 1901 9737

**Passcode:** 643500

**Find your local number:** <https://us02web.zoom.us/j/km2kSfaKI>



## **New UU: A 2-Sessions Series for Visitors and Newcomers.**

Join Revs. Jacks and Southern, and special guests, for a two session New UU class in September. This interactive class will introduce you to Unitarian Universalism and our congregation. If you don't have Zoom capability, there is a simple way to call in to participate. More information will be sent to those who register. ([click here](#))

### **Session 1: Tuesday, September 22, 7-8:30 PM ([Register Here](#))**

#### **A Quick Journey from Past to Present, Unitarian Universalist History and Theology.**

To understand where we are now culturally as a movement, in our philosophies and practices, and our place in the larger landscape of religious history, we'd like to give you an overview of some of the big sweeps of time and where Unitarian Universalism's roots began and where we find ourselves today. We will cover history, theology and a bit of what we call "polity" -- how we run ourselves and why we do it like that.

### **Session 2: Tuesday, September 29, 7-8:30 PM ([Register Here](#))**

#### **UUSF Past to Present**

Along the same lines we'd like you to see the history of this particular congregation, it's place in the life and history of San Francisco and California. What has been part of this life, and right now how does this congregation understand the work of spiritual growth, the call to social action, what are our worship traditions (and why are they the way they are), how do we connect and take care of each other, and what is entailed in being called "a member."





### 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)

You are warmly welcomed to join "Morning Metta Meditation" group, which meets Tuesdays, Thursdays and Saturdays, 8-8:30 AM. Elena leads a simple, centering loving kindness 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? email [elena@communityneedles.com](mailto:elena@communityneedles.com)

**First Unitarian Universalist Society of San Francisco presents:  
New Saturday Morning Forum Season**

Saturday, September 19 at 11AM

**Forum Opener with Tim Redmond, reporter extraordinaire!**



**National Election Crises & San Francisco Hopes!**

We are pleased to present long-time favorite UUSF Forum speaker, Tim Redmond, who will comment on the latest election news, nationally and locally, the state of our San Francisco issues, Post Office, SFPD, pandemic, and usual City Hall skirmishes.

Tim Redmond has been a political and investigative reporter in San Francisco for more than 30 years. He spent much of that time as executive editor of the Bay Guardian. He is the founder of 48hills.org blog online, and continues to enlighten audiences throughout the Bay Area on the crucial issues of our time.

**Join Zoom Meeting**

<https://zoom.us/j/2200241232?pwd=aCtldWI0OGxUdUxjeUJ5K0xSY09uUT09>

**Meeting ID: 220 024 1232**

**Passcode: 328697**

One tap mobile

+16699006833,,2200241232#,,,,,0#,,328697# US (San Jose)

+12532158782,,2200241232#,,,,,0#,,328697# US (Tacoma)

**Dial by your location**

+1 669 900 6833 US (San Jose)

**Meeting ID: 220 024 1232**

**Passcode: 328697**

**Find your local number: <https://zoom.us/u/adBV68Dcre>**



## **All Faiths Food Pantry**

Every Saturday  
7:30 to 11:00 am

Old First Presbyterian Church  
1751 Sacramento St, San Francisco, CA 94109  
Corner of Van Ness and Sacramento

[SIGNUP HERE](#)

Questions: Contact **Megan Lehmer** - 415-385-0408 or [mlehmer@drlehmer.com](mailto:mlehmer@drlehmer.com)

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. 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.

## [Adult Religious Education Classes](#)

### Unitarian Universalist History With Rev. Dr. John Buehrens

Meets Tuesdays at 7PM for 90 minutes  
September 8, 15, 22, 29 & October 6, 13

Limited to 15 people, so register today!

[Register Here](#)

Dive into the rich history of our faith tradition! Join Rev. Dr. John Buehrens, former president of the Unitarian Universalist Association, former Senior Minister of UU San Francisco, historian and “evangelical rabbi of liberal religion.” During the first session, the class will get to know each other and there will be a brief lecture. Subsequent weeks we will explore how Unitarians and Universalists separately encountered different stages of American history before consolidating in 1961, and finally, how the merged UUA has met the challenge of rapid social change over the last six decades.

- A. Ancient and European Background
- B. Universalist and Unitarian Origins in America
- C. Unitarian Transcendentalism
- D. Universalists in the Age of Reform
- E. The Gilded Age and the Progressive Era
- F. Religious Humanism and Consolidation
- G. The Six Decades of the UUA

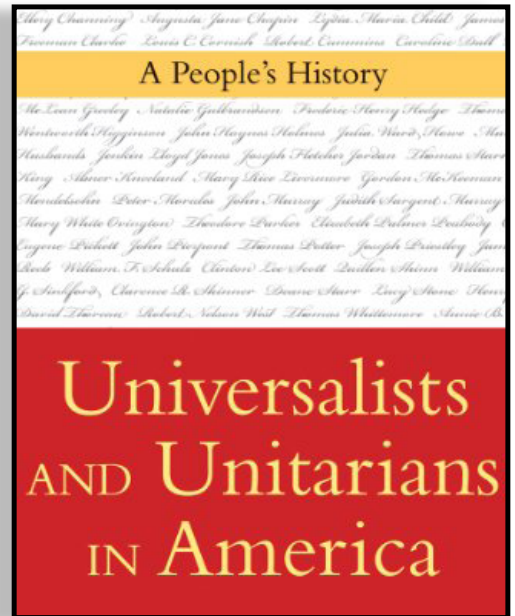
Participants are asked to read *Universalists and Unitarians in America: A People's History* (Skinner House, 2011).

Buy a physical copy from the UUA Bookstore (\$15 + shipping.) Also available as an ebook on Google or Kindle.

[Purchase Book](#)

Participants are also asked to donate \$5 per session to UUSF, but no one will be turned away.

[Make a Donation](#)





# UU the VOTE



## UU the VOTE

Join [UU The Vote](#), our denominational effort to organize for the upcoming elections and beyond. There are many ways to get involved including phone banking, postcard writing, strategy gatherings and more. UU congregations are organizing teams to assist with local and national efforts.

If you would like to be involved, please contact Rev. Alyson Jacks at [ajacks@uusf.org](mailto:ajacks@uusf.org).

Please Visit [UU The Vote](#) to learn more.

### **Sumner's Summer Offerings**

**With Music Director Dr. Mark Sumner**

**Mondays and Thursday**

**7:00 to 8:30 pm**

**For the Zoom link and a schedule of Offerings email Mark at [sngwtme@gmail.com](mailto:sngwtme@gmail.com)**

Join me Monday and Thursday evenings from 7 to 8:30 PM for weekly Zoom singing exercises! Through late August I am covering a variety of musical areas some specific and others quite broad. The hope is there is something of interest at each session AND, upon cursory review, something that will draw YOU in!

For those having Zoom fatigue these activities involve you in ways that should minimize those effects. Judging from initial reactions, this may very well continue into the Fall so keep your eye out for that news!

## [ART COMMITTEE](#)

**For the month of September, 2020 the Art Committee is pleased to present a virtual art show in conjunction with Sensible Cinema the art and views of Chris Beale.**



"The Rohingya: On the Edge of Existence" is an in-depth exhibit by photographer Chris Beale who documents the lives of the Rohingya from Myanmar and their struggle to survive as refugees in Bangladesh. Beginning in 2011, the exhibit spans six years, taking viewers from the Rohingya's confinement in internally displaced concentration camps in Rakhine State to their forced exodus to Bangladesh in 2017. The exhibition follows the recently released UN fact-finding mission report which documents a campaign that killed thousands and forced 750,000 Rohingya to flee to Bangladesh, and concludes that several of Myanmar's top military officials should be prosecuted in an international court on charges of genocide. Beale will join us to discuss his time spent documenting the refugee crisis as it unfolded in Myanmar and Bangladesh as well as the current situation in these two countries.

**For Chris Beale's interview please check out the following YouTube Video link:**

**[CLICK HERE](#)**

**For more of Chris Beale's photos and projects visit:**

**[CLICK HERE](#)**

## Virtual Art Show with Sensible Cinema

# *The Rohingya: On the Edge of Existence*

Art Show starts Thursday, September 3, runs through October 10



### Sensible Cinema

Sponsored by the UUSF Social Justice Council

Friday, September 18, 6:30pm

Virtual Film Discussion Gathering via Zoom

Two short films revolving around the lives of the Rohingya people when violence erupted between Buddhists and Muslims in the Rakhine state of Myanmar and the treatment they endured, with impunity, by the Burmese military. **The filmmaker, Jeanne Hallacy, and producer, Gregg Butensky will be with us for discussion.**

Click on film title to view film – Use **uusf415** as password for both films.

#### 1.) [Mother Daughter, Sister](#)

The stories from the victims of rape used by the military as a weapon of war.

Four women

share their stories from their refugee camp in Bangladesh. (27 min)



#### 2.)

#### [Sitwe](#)

The story of two young people,

filmed over two years, whose Rohingya way of life was destroyed in 2012. The film reveals their aspirations and hopes for reconciliation. (20 min)



For more information please contact:

Andrei Glase [andrei.glase@gmail.com](mailto:andrei.glase@gmail.com) or Larry Danos (415-722-6480)

**[CLICK HERE TO VIEW FLIER](#)**

As Trump threatens the elections and sends fascist stormtroopers into cities:

## **SATURDAY SEPTEMBER 5 UNITED NATIONWIDE MASS PROTEST**

**DEMAND TRUMP PENCE OUT NOW!**



CLICK  
TO  
VIEW

CLICK  
TO  
VIEW

**San Francisco Rally 12 PM  
Embarcadero Plaza  
March to City Hall**

### **Co-sponsors**



Refuse Fascism Bay Area  
norcal@refusefascism.org  
510-926-8144



United Native Americans  
unitednativeamericans.weebly.com



Dolores Street Community Services  
Colectiva de Mujeres & Day Laborers  
info@lacolectivasf.org



Wall of Many



Vigil for Democracy  
vigilfordemocracy1@gmail.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](http://www.uusf.org).

First Unitarian Universalist Society of San Francisco  
1187 Franklin Street, San Francisco, CA 94109  
415-776-4580 / [info@uusf.org](mailto:info@uusf.org)