

"Plow this Field... and other
mantras to pull us through a
wild and unfolding new year."



Sunday, September 13, 2020, 10:50 AM
First Unitarian Universalist Society of San Francisco





Order of Service
Sunday, September 13, 2020
10:50 AM to 12:15 PM

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

Prelude

Sleepers Wake! A Voice Is Calling BWV 645
To Deum

Reiko Oda Lane, organist
Johann Sebastian Bach
Marc Antoine Charpentier

Opening and Welcome

Rev. Alyson Jacks and Rev. Vanessa Rush Southern

Hymn 360

Here We Have Gathered

OLD 124th

VanNessa Hulme; Brielle Marina Neilson; Asher Davison; Ben Rudiak-Gould, song leaders

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

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. Vanessa Rush Southern

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

Meg McGuire, Ministerial Intern

Music VanNessa Hulme, soprano; Brielle Neilson, mezzo soprano; Ben Rudiak-Gould, tenor;
Asher Davison, bass-baritone; Luis Maurer, pianist
Ave verum corpus Wolfgang A. Mozart

Skit Too White Zone: “White Jeopardy”

Written by Michael Bossier, Rochelle Fortier-Nwadibia, Mari Magaloni, Don Shearer

Performed by: Michael Bossier, Jayanti Chapot, Don Shearer

Offertory

The offering today goes to support the work and ministries of the congregation.



Music

Simple Gifts

Reiko Oda Lane, organist

A Shaker Hymn arr. James Southbridge

Reading “When You Are Weary” by Jess Reyonlds

Meg McGuire

Music VanNessa Hulme, Brielle Neilson, Ben Rudiak-Gould, Asher Davison; Luis Maurer

Back in the High Life Again

Steve Winwood

Sermon

Rev. Vanessa Rush Southern

"Plow this Field... and other mantras to pull us through a wild and unfolding new year."

Hymn 169

We Shall Overcome

MARTIN

VanNessa Hulme; Brielle Marina Neilson; Asher Davison; Ben Rudiak-Gould, song leaders

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

Benediction

Postlude

Festive Toccata

Reiko Oda Lane, organist

Percy Fletcher

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister

Rev. Alyson Jacks, Associate Minister

Meg McGuire, Ministerial Intern

Technology

Jonathan Silk, livestream sound; Eric Shackelford, camera;

Joe Chapot, social media; Alex Darr, remote zoom; Thomas Brown, sexton

Musicians

Reiko Oda Lane, organist; VanNessa Hulme, soprano;

Brielle Marina Neilson, mezzo soprano; Ben Rudiak-Gould, tenor;

Asher Davison, bass-baritone; Luis Maurer, pianist

Performers

Michael Bossier, Jayanti Chapot, Don Shearer

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!

360 Here We Have Gathered

$\text{♩} = 76$

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.

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Get Connected!

www.uusf.org

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[View our YouTube videos here](#)

[Read our Newsletters here](#)

We Shall Overcome

169

$\text{♩} = 56$

1. We shall o - ver - come, we shall o - ver -
 2. We'll walk hand in hand, we'll walk hand in
 3. We shall all be free, we shall all be
 4. We shall live in peace, we shall live in

come, we shall o - ver - come some - day!
 hand, we'll walk hand in hand some - day!
 free, we shall all be free some - day!
 peace, we shall live in peace some - day!

Oh, deep in my heart I do be -
 Oh, deep in my heart I do be -
 Oh, deep in my heart I do be -
 Oh, deep in my heart I do be -

lieve we shall o - ver - come some - day!
 lieve we'll walk hand in hand some - day!
 lieve we shall all be free some - day!
 lieve we shall live in peace some - day!

Words & music: African-American spiritual, c. 1750-1875,
 adapt. by William Farley Smith, 1941-
 Music adapt. © 1989 The United Methodist Publishing House

MARTIN
 Irregular

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) or Vanessa Southern (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 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

During these challenging times, many of us are looking for a way to find connection within the congregation and a way to have thought conversations around spirituality and life's journey.

The Small Group Ministries program is an excellent way to do that. You can sign up for the next series that runs from the first week of October through May now through the end of 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. You can also participate by phone.

Bobbi Kovac, Co-Coordinator of Small Group Ministries, shares why the program has been meaningful to her:

"I have participated in the Small Group Ministry (SGM) for the last three years as a member, a co-facilitator, and co-coordinator.

"It has been my privilege to meet through these years, inspiring and personable individuals with a commitment to the holding of others, in compassion and mutuality.

"SGM allows for one to have a secure space within a group, to be free to be vulnerable and share in the discovery and exploration of current ideas in philosophical trends, intercultural connections, our relationships with each other and with our planet, and to serve as a host for our infinitely diversified, human interests.

"The group process enables us to open to and experience uplifting affirmational thoughts, poetry writings, musical and artistic pieces. This serves to strengthen remembering our connection to our deeper selves and our life's purpose.

"Finally, SGM offers us a cherished time, through two meetings each month, to broach our illusory walls in order to evolve in our own awakening, with a luminous heart."

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



Humanists and Non-Theists

The Racial Wealth Gap

Sunday, September 13, 1PM

(New ZOOM links every week)

We will view a video of Mehrsa Baradaran talking about the Racial Wealth Gap. She is a Professor of Law at UC Irvine School of Law. Previously, she was the Robert Cotten Alston Chair in Corporate Law and Associate Dean for strategic initiatives with a focus on diversity and inclusion efforts and national and international faculty scholarship recognition at the University of Georgia

School of Law. In this interview, she explains her discoveries on banking policies that have actually been detrimental to the economic advancement of Blacks and People of Color for many years and especially in the post-war years, when white Americans on the average, were able to raise their standard of living to the extent that their wealth is 20 times higher than our Black population.

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

<https://us02web.zoom.us/j/81487641942?pwd=UWs3andsc0xoV0NWQjVaNnl5Y3Vadz09>

Meeting ID: 814 8764 1942

Passcode: 532691

One tap mobile

+16699006833,,81487641942#,,,,,0#,,532691# US (San Jose)

Dial by your location

+1 669 900 6833 US (San Jose)

Find your local number: <https://us02web.zoom.us/j/81487641942?pwd=UWs3andsc0xoV0NWQjVaNnl5Y3Vadz09>

Minister's Book Group: September
Led by Rev. Vanessa Rush Southern
"Girl, Woman, Other" by Geraldine Evaristo

Dates: Wednesday, 9/23, 6:30-8 PM;
Thursday, 9/24, noon-1:30 PM

This book by British writer, Geraldine Evaristo, is a novel and winner of the Booker Prize for 2019. Each chapter is from the perspective of 12 different character, all interwoven, most women of color, in an amazing journey through and with all these very different lives and perspectives It's a tour de force of creative imagination.

[Register Here](#)



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

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!



Wednesday Morning Vigils are Back!

Wednesday, September 16 from 7:30-9AM

We are at a real turning point in history when the choices we make as individuals and as a country will have major lasting implications and effects. We can't afford to be silent. So, we invite you to join fellow UUs and other people of faith and conscience to gather together with signs and banners in front of our church on Wednesday mornings from 7:30-9AM to stand up for what is right and moral. We want to do this in a way that is safe for everyone so please bring and wear your masks and hand sanitizer. The garage and interior of the church will not be available so please find street parking if you drive. We will have some banners and signs but feel free to make and bring your own addressing whatever aspect of the current crisis you want to highlight – Immigration Justice, Black Lives Matter, Opposing Fascism, Respecting Science in the Fight Against COVID-19, Protect “Essential” Workers, Highlighting Economic Inequities, the Environmental Crisis, the Extreme Importance of VOTING this fall... There are unfortunately a shocking number of choices. So, share your message about the crises we are facing with our community. Join us as we stand up together for what's right and what's moral.

Forum: Acting Decisively in Uncertain Times

Saturday, September 26, 11AM (On Zoom)

We are pleased to present long-time anti-racism and prison activist Jennifer Beach. Jennifer was on the founding committee for the Critical Resistance Conference which helped reignite the movement to abolish the prison industrial complex. She is a co-founder of Prison Radio which elevates the voices of incarcerated persons in the public discourse and is an organizer with SURJ. Jennifer currently has a loved one in San Quentin. The discussion will highlight her work with SURJ, prison activism, and ideas for how to organize for racial justice within our congregation.

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

Meeting ID: 220 024 1232

Passcode: 328697

Dial by your location: +1 669 900 6833 US (San Jose)

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



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

**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

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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

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.



During the months that the Church and Center was closed this Spring, the irrigation system failed and many of the courtyard plantings died or were severely damaged. This sad situation has led to a wonderful opportunity to refresh the plants and restore our courtyard to its beautiful potential. Many plants are over 20 years old. A committee has been formed under the leadership of Landscape Contractor **Keith Hollon** and Master Gardener **Diane Allen** with **Judy Payne** as Board Liaison and Facilities Manager **Dan Barnard**. The goal is to be able to open our outdoor space for special events by the end of the year. Staff members **Susana Bernahola** and **Laura Ludwig** and the Space Use Committee are already planning ways to begin producing income and hosting our community.

Most existing plants will be removed, the soil amended, irrigation repaired and new plants installed. Work will begin later in September. Thank you to the many folks who have contributed to garden plantings.

If you would like to claim any plants before the removal, please arrange to drop by the church during the week. Please check in at the front desk. Garage access is available.

We are looking forward with excitement to being together in the near future in our beautiful church and center.

UUSF 20s & 30s Ministry September Program

Becoming Together

Wednesdays September 9 & 23
7:00pm to 8:30pm

20s & 30s Game Night

Saturday September 12
6:00pm to 8:00pm

Racial Justice Small Group for Young Adults

Monday September 14
7:00pm to 8:00pm

More info at uusf.org/tnt

SCW COMMUNITY GRANTS

The SCW Community Grants Committee gives grants of \$500 to \$5000 to small nonprofit organizations in the Greater Bay Area seeking to bring equality and justice into the lives of others, and to support UUSF in a manner that enhances the shared values of both organizations.

[Click Here to Apply for Grant](#)

Deadline for all applications is Friday, September 25, 2020.
Questions? Thad Smith, 630smith@gmail.com



[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

Link to Art Show: https://www.youtube.com/watch?v=WwslW_0Qpxs

Photographer Chris Beale's Web Site: <http://www.chrisbealephoto.com/>



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 andreiglase@gmail.com or Larry Danos (415-722-6480)

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