"New Habits of the Heart: Seeing for



Sunday, October 11, 2020, 10:50 AM First Unitarian Universalist Society of San Francisco



Order of Service Sunday, October 11, 2020 10:50 AM to 12:15 PM

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

Prelude

All Through the Night Wake Now My Senses

Opening and Welcome

Reiko Oda Lane, organist Jean Drahmann Manz/Wood

Meg McGuire, Ministerial Intern

Hymn 268

Wake, Now, My Senses SLANE Sarah Davison; Brielle Neilson; Ben Rudiak-Gould; Asher Davison, song leaders; Reiko Oda Lane, organist

(CLICK HERE OR SCROLL DOWN TO PAGE 5 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, Senior Minister

Meditation on Breathing

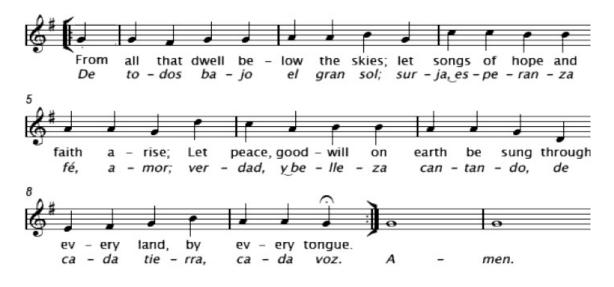
When I breathe in, I'll breathe in peace. When I breathe out, I'll breathe out love.

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



Ritual of Remembrance and Commitment

Vanessa Southern

Spoken and Silent Meditation

Meg McGuire

Music Sarah Davison, soprano; Brielle Neilson, mezzo soprano; Ben Rudiak-Gould, tenor; Asher Davison, bass; Mark Sumner, director *This We Know* Ted Perry, Lyrics; Ron Jeffers, music

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Meg McGuire

Reflection

Offertory

Today's offering is being taken for the American Indian Education Fund. It is being taken in honor of Dana Renee Goodin, cousin of member Nora Cato and proud member of the Comanche Tradition. With love and gratitude for her life.



Music

Virtual Choir featuring UUSF members, directed by Mark Sumner Asher Davison, Shannon Warto, soloists, Mark Sumner, pianist *Homeward Bound* Marta Keen

Reading

Rev. Vanessa Rush Southern

"Don't Bother the Earth Spirit" by Joy Harjo

Music Sarah Davison, soprano; Brielle Neilson, mezzo soprano; Ben Rudiak-Gould, tenor; Asher Davison, bass; Wm. García Ganz, pianist; Jon Silk, Kramer Dhal, Mark Sumner, percussion/director *Todo o meu ser* attr. Netsilik shaman, Orpingalik; Joan Syzmko music

I can't tell you how many songs I sing All of my being is a song I sing as I draw breath

Sermon "New Habits of the Heart: Seeing for Real" Rev. Vanessa Rush Southern

Hymn 1017

Building a New Way Martha Sandefer Sarah Davison; Brielle Neilson; Ben Rudiak-Gould; Asher Davison, song leaders; Wm. García Ganz, pianist

(CLICK HERE OR SCROLL DOWN TO PAGES 6 & 7 TO VIEW HYMN)

Postlude

Psalm 19, The Heavens Are Telling the Glory of God

Reiko Oda Lane, organist Benedett Marcello

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PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister Meg McGuire, Ministerial Intern

Technology

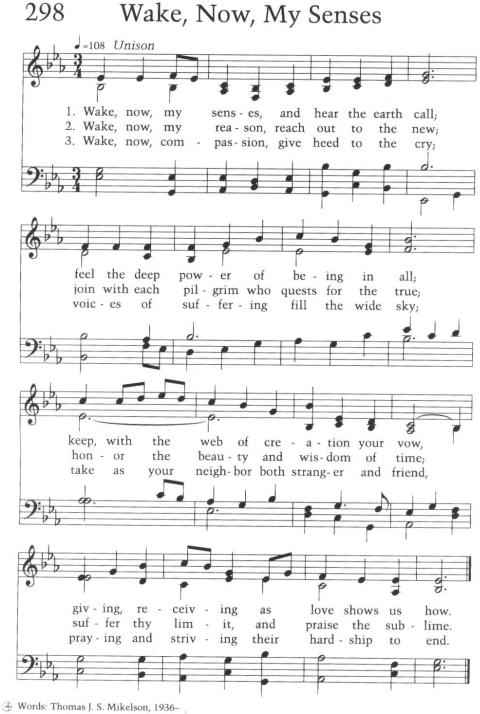
Jonathan Silk, sound, percussionist Eric Shackelford, camera Shulee Ong, camera Joe Chapot, social media Thomas Brown, sexton Alex Darr, Zoom Coffee Hour

Musicians

Reiko Oda Lane, organist Mark Sumner, percussion/director Wm. García Ganz, pianist Sarah Davison, soprano Brielle Marina Neilson, mezzo soprano Ben Rudiak-Gould, tenor Asher Davison, bass Kramer Dhal, claves

ABOUT THE OFFERTORY

Today's offering is for the American Indian Education Fund (<u>https://standwithnativestudents.org</u>). The offering is taken in honor of Dana Renee Goodin, cousin of member Nora Cata and proud member of the Comanche Nation. Dana died this last August too young at 33 years of age. She was completing her PhD and recently applying her study of textile design and conservation to her dissertation on "Identity Construction and dress of Comanche Tribal Members in the 20th Century." The American Indian Education Fund was the recipient of donations in honor of her life. The AIEF has provided merit-based scholarships for Native Americans in need of supplemental income to pursue higher education. The organization helped both Dana, Nora and countless other Natives seeking a better education. Dana's parents have been informed of today's offering taken in her honor.



Music: Traditional Irish melody, harmony by Carlton R. Young, 1926– , renewal © 1992 Abingdon Press

1017 Building a New Way



Words & music: Martha Sandefer, 1952 - , © 1986 Martha Sandefer, @ arr. Jim Scott, 1946 -

Building a New Way - 2



- We can feed our every need (3X) Start with love, that is the seed. We can feed our every need.
- 4. Peace and freedom is our cry (3X) Without these this world will die. Peace and freedom is our cry.

What's Coming Up? Ways to Connect in These Times



Virtual Coffee Hour: Starts at 12:15 PM

Join via Zoom: <u>https://zoom.us/j/725737157</u> 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, <u>click here</u>. You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) <u>click here</u>.

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. <u>The Lay Chaplains</u> (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 <u>chaplains@uusf.org</u> 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.

Humanists and Non-Theists

The Wall of Separation

Sunday, October 11, 1PM

(New ZOOM links every week)

We approach an election and changes in the Supreme Court that could profoundly degrade the separation of church and state upon which our country was built. Secular Americans are an emerging, yet unrecognized voting block. **Sarah Levin**, previously a grassroots organizer for the



Secular Coalition of America, which includes the UU Humanists Association, has now established <u>Secular Strategies</u>, a political consulting firm.

Secular Strategies is empowering policymakers, lawmakers, and change-makers to be effective champions of secularism in the United States, pioneering the mobilization of the largest, fastest-growing religious demographic in the nation: the religiously unaffiliated.

Sarah will address the challenges to separation of church and state that we are experiencing now and which are likely to become more severe in the future.

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

https://us02web.zoom.us/j/88537542951?pwd=STM5QVJMM1k5eCtYU2xJbk1yYXhXdz09

Meeting ID: 885 3754 2951

Passcode: 090143

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

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 <u>classes</u>, <u>small group ministry</u> and <u>other programs</u> available to you. And, please consider joining our church community.

To learn more about membership, schedule an appointment with <u>Revs Alyson Jacks</u> or <u>Rev. Vanessa</u> <u>Southern</u> so that we can get to know you and answer your questions. Our September New UU class has filled.



Check our <u>website</u> and upcoming <u>FLAME</u> for dates and registration for the next session.

Wednesday Morning Vigils!

Wednesdays from 7:30-9AM at UUSF

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 cannot afford to be silent. We invite you to join fellow UUs and other people of faith and conscience as we gather together with signs and banners in front of our church on Wednesday mornings from 8-9 AM 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, use hand sanitizer, and socially distance.

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 crises



you want to highlight - <u>Immigration Justice</u>, <u>Black Lives Matter</u>, <u>Environmental Crises and</u> Environmental Justice, <u>Opposing Fascism</u>, <u>Respecting Science in the Fight Against COVID-19</u>, <u>Protecting / Expanding Access to Healthcare</u>, <u>Protecting "Essential" Workers</u>, <u>Highlighting</u> <u>Economic Inequities</u>, addressing the <u>Environmental Crisis and Climate Change</u>, and the <u>Extreme</u> <u>Importance of VOTING this fall</u>.



UUSF Forum Saturday Election Aftermath – Where Are We Headed? Saturday, October 17, 11AM (On Zoom)

We are pleased to present a unique panel:

Rev. Dr. John Buehrens. former president of the Unitarian Universalist Association, and former senior minister of our congregation, author of Conflagration: How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice.

Sunsara Taylor, co-founder of Refuse Fascism, writer for Revolution newspaper and co-host of the weekly internet program, the RNL (Revolution, Nothing Less) Show.

Dr. Bill Hing, Professor of Law and Director of Immigration/Deportation Defense Clinic at the University of San Francisco, author of American Presidents, Deportation and Human Rights Violations.

Three national figures in religion, law, and political activism will discuss possible scenarios during and after the November 3rd elections--what might we expect, and how can we work individually and together—at this crucial juncture in our country's history? Now, and once the election is over, what protests, reforms and other actions must we make to achieve a more economically, socially and environmentally just nation for all? Q&A will follow this discussion. Join us!

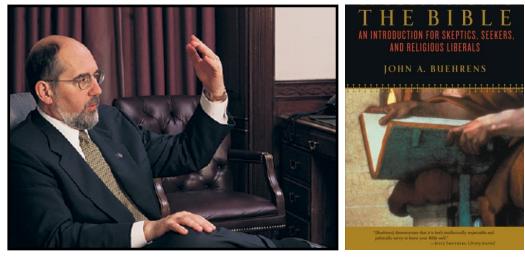
https://zoom.us/j/2200241232?pwd=aCt1dWI0OGxUdUxjeUJ5K0xSY09uUT09

Meeting ID: 220 024 1232 **Passcode:** 328697

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

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

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



Adult Religious Education Programs

Understanding the Bible Led by Rev. Dr. John Buehrens

Meets Thursdays at 7PM for 90 minutes

October 8 to December 10

Register Here

Whether we love it or hate it, the Bible is part of our culture's DNA. Our history, art, literature, and politics have all been shaped by biblical themes and interpretations. No social change movement has ever succeeded in America without a liberationist interpretation of the scriptures. UUSF's former Senior Minister, John Buehrens, invites you to join him this fall in a nine part exploration of the Hebrew Bible, known to most Christians as the "Old Testament."

The text will be his 2004 book, *Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals.* It is available from the UUA Bookstore here. Each session, after the first, will involve a close reading of one or more well-known Biblical texts. The course starts on Thursday, October 8, at 7 pm, and runs nine sessions, skipping Thanksgiving night, Nov. 26, and ending December 10. More info on our website here.

Register Here

Covid-19 Vaccines

Sunday, October 18, 1PM (New ZOOM links every week)

Covid-19 is a worldwide pandemic that is causing havoc around the world. The number of cases and deaths as well as economic hardship continues to grow. It is generally believed that the pandemic can only be stopped with the development of a vaccine.



Over 150 vaccines are under development around the world. Approaches range from the traditional method of using killed or attenuated virus to advanced genetic engineering technology. **Jim Barnett** will review these technologies and progress in the clinical trials of the most promising of these vaccines.

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

https://us02web.zoom.us/j/87970060931?pwd=b2VVb0JmbzFWemR4TVBjVEs2dHVIUT09

Meeting ID: 879 7006 0931 **Passcode**: 065609

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

Find your local number: https://us02web.zoom.us/u/kdlMrdgMN9

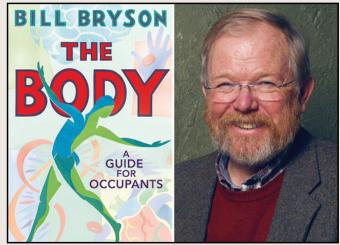
Adult Religious Education Programs

Minister's Book Group: October Led by Rev. Vanessa Rush Southern

"The Body: A Guide for Occupants" by Bill Bryson

Dates: Wednesday, 10/28, 6:30-8 PM Thursday, 10/29, noon-1:30 PM

Full disclosure: my biannual Minister's study group is reading this so it's my October book, but also one I would love a chance to discuss with all of you. Especially in this time of vulnerability around our bodies and health, but also as inheritors of



traditions in Christianity that have distrusted body and embodiment, I thought this would be a good, fun dive into our most intimate partners in this life, our sweet bodied selves.

Register Here

Writing with JD

2nd and 4th Wednesdays from 12PM to 2PM Beginning October 28! Led by Rev. JD Benson

Class Size Limited to 10



Join Rev. JD Benson for a structured, prompt & reflection-driven writing opportunity. We will offer appreciations, not critique, for prose or poetry written & shared in our time together. Work may be completed in 10 minute writing sections. Anything you write could perhaps be the start of something you'll take further at home! Note: that this is NOT a time to bring in writing to be critiqued or workshopped.

Register Here

Aging As Spiritual Opportunity

Tuesdays from 2:30 PM - 3:30 PM October 20 thru November 24 Led by Rev. Margot Campbell Gross and Rev. Mary McKinnon Ganz

Join Minister Emerita Rev. Margot Campbell Gross and former Assistant Minister Rev. Mary McKinnon Ganz for a six session gathering for anyone interested in aging as a spiritual opportunity.





Minister's Book Group: November

Led by Rev. Vanessa Rush Southern

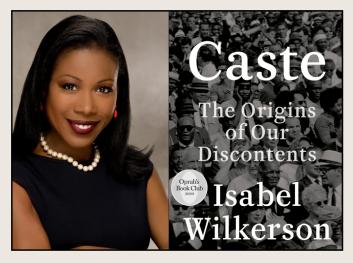
"Caste" by Isabel Wilkerson

DATES:

Wednesday Group, 6:30-8 PM, 11/4, 11, 18 Thursday Group, noon-1:30 PM, 11/5, 12, 19

ASSIGNMENTS:

Week of 11/4 and 5 — Parts I, II & III (through Pillar number 4). Week of 11/12 and 13 — Rest of Part III & All Part IV. Week of 11/18 and 19 — The remainder through the Epilogue.



This book is already getting lots of press and buzz about its comparison of American class to systems of caste and rigid social hierarchies in India and Na-zi Germany. Wilkerson the Pulitzer Prize-winning author of "The Warm of Other Suns" about the Great Migration will be worthy reading hot off the press. Because the book is long and dense we will go through it over three weeks — you can join either the Wednesday group or the Thursday group. Just above and to the left are the dates and the Reading Assignments. <u>Registration link coming soon!</u>



Adult Religious Education Programs

Morning Metta Meditation

Tuesdays, Thursdays and Saturdays, 8-8:30 AM

Led by Elena Hanyo Perez

The zoom link: <u>https://us04web.zoom.us/j/75735734442</u> (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 Hanyo 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? email elena@communityneedles.com

Adult Religious Education Programs

Equanimity Practice

Fridays, 8-8:30 AM

Led by Elena Hanyo Perez

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

You are warmly welcomed to join our "Equanimity Practice" group, which meets on Fridays, 8-8:30 AM. Elena Hanyo leads a simple meditation practice on cultivating equanimity- that is accepting the reality of life's highs and lows, and developing an attitude of peaceful calm abiding throughout the inevitable changes.

This practice balances the heart centered approach of our other group, lovingkindness- as it is common to get attached to positive outcomes for those we spend time wishing well. Equanimity allows us to develop mental stability and even-minded loving awareness. Appropriate for all religious backgrounds and levels of meditation experience. Attendees can choose to leave their microphone and camera off and just follow along.

Questions? email elena@communityneedles.com



BAY AREA FOOD INSECURITY ON THE RISE! NEED Help? Want to GIVE Help? BOTH?

Food insecurity is on the rise across the nation, including the Bay Area, as the continued COVID-19 pandemic affects jobs and reduces the access to healthy food by vulnerable seniors and individuals in quarantine. One study says that food insecurity has tripled in San Francisco in the past 6 months. If you are among this rising number of people and don't know how to access healthy food, we are here to help:

To Get Help connecting with sources of free healthy food, contact our lay chaplaincy team at <u>Chaplains@uusf.org</u>

THE SAN FRANCISCO / MARIN FOOD BANK NEEDS YOUR HELP!!!

In the past six months, his wonderful organization has almost doubled the number of households it serves to about 60,000 a month. Both the increase in the number of people served and the suggestion that those over 60 do not volunteer for safely reasons during the pandemic has produced a critical need for younger volunteers.

TO HELP, please join us at the INTERFAITH FOOD PANTRY!

Every Saturday 7:30 AM to 11AM <u>SIGN-UP HERE</u>



For the month of October the **Art Committee** is pleased to present the virtual art show by the Society of Layerists in Multi-Media (SLMM).

Awakening--Together in Change

an online Exhibit by the Pacific Coast/Canada Region of SLMM

Our Region was looking forward to a traditional, physical exhibit at the Unitarian Church in San Francisco in Fall 2020 when the Corona Virus Pandemic hit. We had just completed a very successful group project on Global Warming/Climate Change. It had been put up in the Tiburon Town Hall which then had to close after a week.

When I polled the members they were very enthusiastic to go ahead with a virtual exhibit on the SLMM web site. They expressed many ideas for a title for the show and we finally decided on "Awakening--Together in Change." I think that each person expressed their own feelings about and response to the extraordinary times we are living in, as well as the sense of connection that we have as artists sharing our creative process.

Jenny Badger Sultan Coordinator, Pacific Coast/Canada Region

To view this show click here

"We are Tribe" painted by Janaia Donaldson



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 <u>Rev. Thomas Starr King</u> 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 <u>www.uusf.org</u>.

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