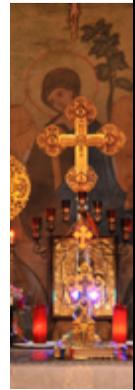
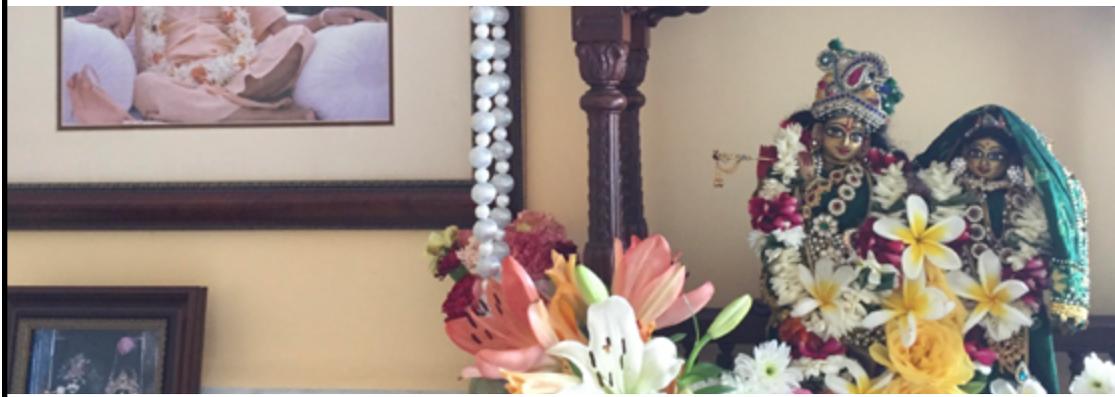
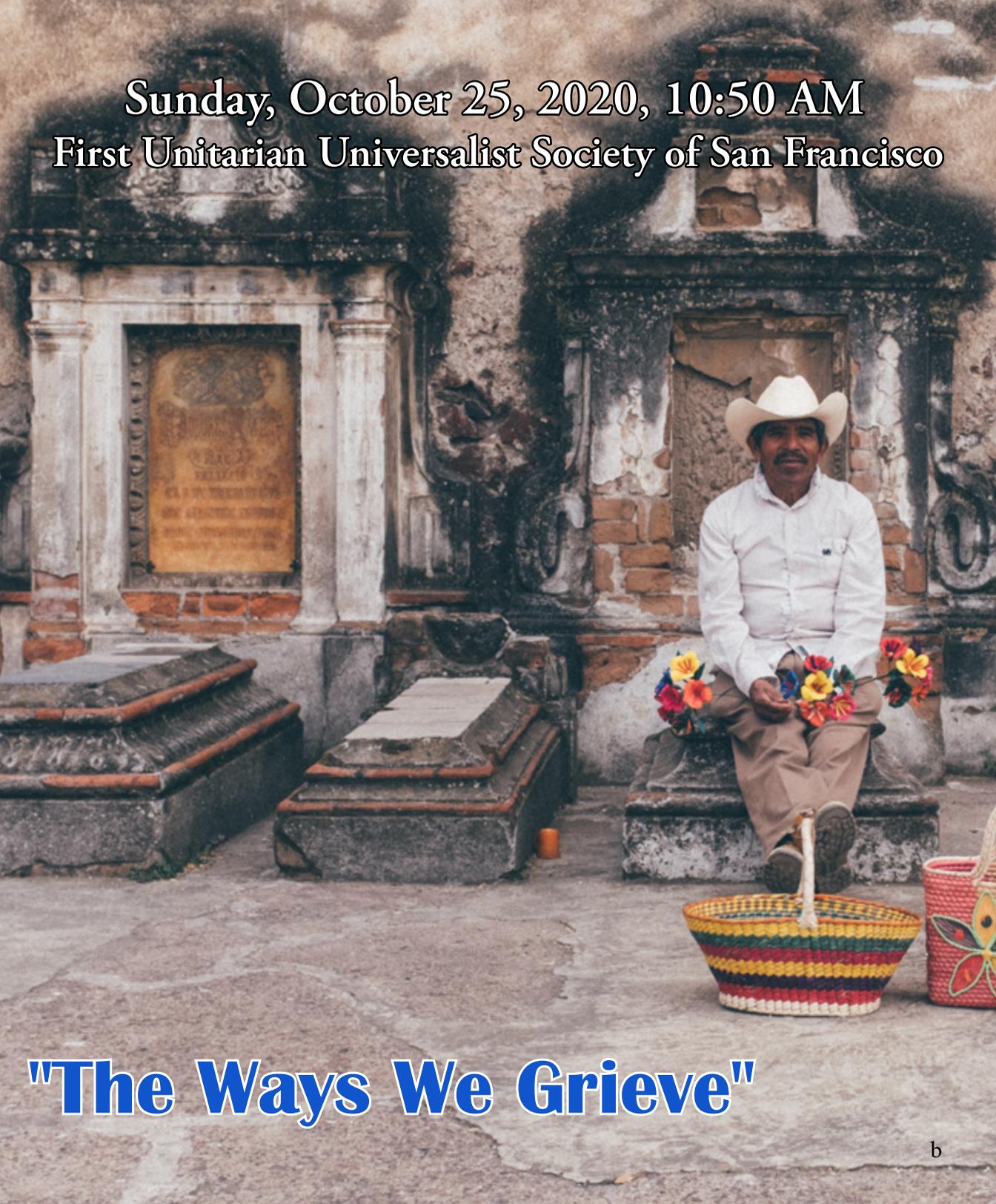


"CREATING THE ALTAR"



Sunday, October 25, 2020, 10:50 AM
First Unitarian Universalist Society of San Francisco



"The Ways We Grieve"



Order of Service
Sunday, October 25, 2020
10:50 AM to 12:15 PM

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

New to UUSF? [Complete our Newcomer Form Here](#)

Prelude	<i>Gellert Lieder, Op. 48, # 1 (Bitten)</i>	Andrés Vera, cellist; My-Hoa Steger, pianist L. Beethoven
Opening and Welcome		Rev. Vanessa Rush Southern, Senior Minister
Hymn 1010	<i>Oh We Give Thanks</i>	Wendy Luella Perkins Asher Davison, songleader; Mark Sumner, pianist

[\(CLICK HERE OR SCROLL DOWN TO PAGES 6, 7 & 8 TO VIEW HYMN\)](#)

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.

Brief 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

Gellert Lieder, Op. 48, # 2 (Die Lieber des Nachsten)

Andrés Vera, cellist; My-Hoa Steger, pianist

L. Beethoven

Creating the Altar

Rev. Vanessa Rush Southern; Dennis Adams

Offertory

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



Music

Gute Nacht

Andrés Vera, cellist; My-Hoa Steger, pianist

F. Schubert

Reflection “The Mime”

Dennis Adams



Music Andrés Vera, cellist; My-Hoa Steger, pianist
In Questa Tomba Oscura L. Beethoven

Sermon "The Ways We Grieve" Rev. Vanessa Rush Southern

Hymn 103 *For All the Saints* SINE NOMINE
My-Hoa Steger, Asher Davison, songleaders; Mark Sumner, pianist

[\(CLICK HERE OR SCROLL DOWN TO PAGES 9 & 10 TO VIEW HYMN\)](#)

Benediction Rev. Vanessa Rush Southern

Postlude Andrés Vera, cellist; My-Hoa Steger, pianist
Gellert Lieder, Op. 48, #4,#5 L. Beethoven

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Dennis Adams, Worship Associate

Technology

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

Musicians

Andrés Vera, cellist, song leader
My-Hoa Steger, pianist
Mark Sumner, pianist
Asher Davison, song leader

Order of Service

Frederik Trovatten, [cover photo b](#)
Jonathan Silk, design

PARTICIPANTS

ABOUT

Andrés Vera is a soloist, chamber and orchestral musician, who has performed in countless venues throughout the United States, Europe, the Caribbean and Asia. He performs the Classical cello and the Baroque cello. He is the newest member of the Grammy-nominated [Quartet San Francisco](#), a crossover string quartet that excels in multiple styles — from jazz to tango, pop to funk, blues to bluegrass, gypsy swing to big band and beyond. ([website](#))

My-Hoa Steger née Lê graduated from the Dalton School of Music at Western Michigan University with a Bachelor of Music in Piano Performance in 1999. She worked under Silvia Roederer of the Verdehr Trio, as well as with Lori Sims and Christopher Taylor. After graduation, Mrs. Steger went on to study classical Bel Canto voice with Italian soprano Antonella Banaudi, choral performance with John Sigerson, and played in the Dirichlet Quartet, an experimental quartet to study the influence of Bach on the quartet genre. Currently, My-Hoa is West Coast Music Coordinator for the Schiller Institute, an international organization founded in 1984 to create a global Renaissance in classical culture.



We Give Thanks - 2

F#m G D A/C#

and those far a - way; For this time we
(food)

here, far a - way; For this time we
(food)

The first system of the musical score consists of three staves. The top staff is a vocal line in treble clef with lyrics. The second staff is a guitar line in treble clef with chord symbols F#m, G, D, and A/C# above it. The third staff is a piano accompaniment in grand staff (treble and bass clefs).

Bm F#m/A G

share with love and care,

share with love and care,

The second system of the musical score consists of three staves. The top staff is a vocal line in treble clef with lyrics. The second staff is a guitar line in treble clef with chord symbols Bm, F#m/A, and G above it. The third staff is a piano accompaniment in grand staff (treble and bass clefs).

We Give Thanks - 3

D/F# Em7 A9 sus4

Oh, we give thanks for this pre-cious

Oh, we give thanks for this pre-cious

D 1 A9 sus4 2

day. Oh, we give

day. Oh, we give

rit.

For All the Saints

$\text{♩} = 58$

1. For all the saints who from their labors rest,
 2. Thou wast their rock, their shelter, and their might;
 4. And when the strife is fierce, the conflict long,

who thee by faith before the world con-
 their strength and solace in the well-fought
 steels on the ear the distant triumph-

fessed, thy name most ho - ly be for - ev - er
 fight, thou, in the dark - ness deep their one true
 song, and hearts are brave a - gain, and arms are

Words: William Walsham How, 1823-1897
 Music: Ralph Vaughan Williams, 1872-1958, used by perm.
 of Oxford University Press

SINE NOMINE
 10.10.10. with Alleluias

blest.
light.
strong.

Al - le - lu - ia Al - le - lu - ia!

Harmony, Verse 3

3. O blest com - mu - nion of the saints di - vine! We live in

strug - gle, they in glo - ry shine; yet all are one in

Al - le - lu - ia!

thee, for all are thine. Al - le - lu - ia! Al - le - lu - ia!

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.

Humanists and Non-Theists

Haiti and the Impact of COVID 19

Sunday, October 25, 1PM

(New ZOOM links every week)

Pierre Labossiere is the cofounder and leader of the Haiti Action Committee.



He is considered the progressive voice on Haitian politics and has worked tirelessly his entire adult life to advance human rights and dignity for his fellow Haitians.

He will discuss the current status of Haiti and the impact of COVID 19 on the island.

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

<https://us02web.zoom.us/j/85955580766?pwd=cUpMSmFYWGh6QkpkaDgzbgNDNS9Bdz09>

Meeting ID: 859 5558 0766

Passcode: 908462

Dial by your location

+1 669 900 6833 US (San Jose)

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

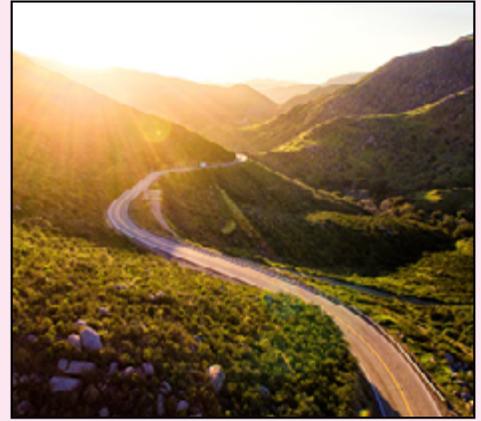
Journey Toward Wholeness

Racial Equity Task Force Meeting

Tuesday, October 27, 7PM to 8:30 PM

The Journey Toward Wholeness / Racial Equity Task Force meets monthly on the 4th Tuesday. Last month we created a covenant for our work together and clarified that our focus, for the moment, will be on furthering the work within UUSF to dismantle white supremacy culture and build Beloved Community.

This month we'll be discerning our priorities for the year. We'll also be discussing another chapter of the UUA Commission on Institutional Change Report, Widening the Circle of Concern. If you're interested in joining us on Tuesday, email info@uusf.org for meeting information and the materials for the meeting.



Wednesday Morning Vigils!

Wednesdays from 7:30-9AM at UUSF

As a consequential election approaches, With the overt threat to subvert its outcome; With the prospect of a shift in the Supreme Court that could threaten long held basic rights; Our choices and our voices on the ballots and in the public square are critical.

We cannot afford to be silent. We invite you to join fellow UUs and other people of conscience as we gather with signs and banners in front of our church.

We have banners and signs but feel free to make and bring your own addressing those concerns you find most critical to raise.

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.

Let us know what you think at neveragain@uusf.org



Minister's Book Group: October

Led by Rev. Vanessa Rush Southern

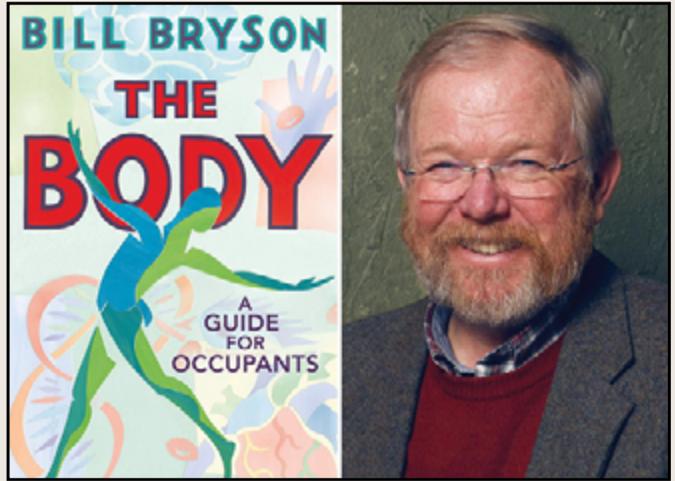
“The Body: A Guide for Occupants”

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](#)

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

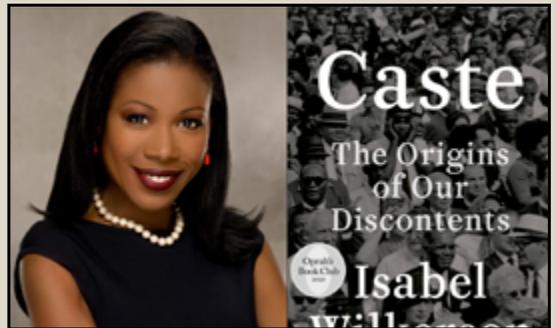
ASSIGNMENTS:

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. Below are the dates and the Reading Assignments.



[Register Here](#)

Election Preparation and Response



UU the Vote for Climate Justice

Sunday, October 25 from 11:30 AM to 12:45 PM

Join the UU Office at the UN, UU Ministry for Earth, UU the Vote, and the New Florida Majority for a special webinar on United Nations Sunday focusing on how the election will impact climate justice initiatives globally at the United Nations and locally in Florida! Following the webinar, please be sure to sign up to participate in a [phone banking opportunity on Tuesday, October 27](#).

[Register in Advance for this Webinar](#)

Ready & Resilient: Responding To Emergent Needs in November

Friday, October 30 at 12:00 pm ET/9 am PT

The calls for support and action will happen quickly. We must be ready to respond to defend democracy and show up to support frontline communities. Get your congregation ready to respond and offer care, respite, and solidarity! Join Rev. Ashley Horon for “Ready and Resilient Group Planning and Processing.” Before the session, we recommend watching [“Ready and Resilient: Organizing for Nov 3rd. and Beyond.”](#) and review the Congregational Asset Map.

Sign up here:

[Friday, October 30 at 12:00 pm ET/9 am PT](#)

Post-Election Vigil & Community Gathering

Thursday, November 5, 5PM, PT

Save the date. No matter the results of the election this year, we know we will want to gather in community. Please save the date and join the UUA, Side with Love, and UUA President Rev. Susan Frederick-Gray for this event.

Hosted on Zoom, Facebook Live, and YouTube.

www.facebook.com/events/3713971198666868/

Yoga with Amy!

Wednesdays

7PM - 8:15 PM

October 28

Led by Amy Hunt

[Register here](#) or email us at info@uusf.org

These sessions are open to anyone, from those with no previous yoga experience to longtime yoga practitioners. As in most yoga classes, the sessions promote strength, flexibility, balance, and focus, as well as creating space for relaxation, but these particular sessions have a therapeutic intention, aimed to increase the **resilience of your nervous system, essential to managing stress.**

These sessions are drop in, which means that you are free to join when you can. However, while a single yoga class can help us reset, the benefits of yoga practice build over time, so it's best to attend sessions each week if possible.

About the Leader: Amy Hunt is a yoga teacher and yoga therapist (C-IAYT), as well as a high school English and Psychology teacher (and a UU!) Her training is primarily from the Minded Institute, where she studied yoga therapy for mental health. She's been running yoga sessions for stress, anxiety, depression, and trauma for individuals and groups of adults and young adults for 5 years. She recently relocated to the Bay Area, where she is training with the Prison Yoga Project.



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 Alyson Jacks](#) or [Rev. Vanessa Southern](#) so that we can get to know you and answer your questions. Our September New UU class has filled.

Check our [website](#) and upcoming [FLAME](#) for dates and registration for the next session.



Spirit Saturday

Saturday, November 21 - 10AM to 1PM on Zoom

[REGISTER HERE](#)

Workshop Leaders:

Rev. Vanessa Rush Southern, Rev. Alyson Jacks and Ministerial Intern Meg McGuire

Join us for our third Spirit Saturday. This time we are going virtual! This experimental spiritual growth jamboree is an opportunity to feel more in community, connect and explore. For our first virtual Spirit Saturday, workshops will be for adults only. We have three workshops planned. Please read the descriptions, and then give us your first, second, and third choice. We will gather on Zoom and then break out for specific workshops. Each workshop can accommodate a maximum of 12-15 people. Each workshop will run for an hour and 15 minutes.

"White Fragility: Why it's so hard for white people to talk about racism" by Robin DiAngelo.

Leader: Rev. Vanessa Rush Southern

This discussion will be limited to white-identified members and friends of the congregation. It is a chance to dig in together, in honest reflection and wrestling with what the author thinks gets in the way of White folks even talking about race. And she names some of the frames of understanding, of cultural construction and patterns of behavior around our discussion of race, that need some unpacking and unlearning. The discussion is led by Senior Minister, Vanessa Southern and will take place over two Spirit Saturdays.

You can join in for either or both, but just keep in mind the focus of the session.

November: We will focus on chapters 1-6 of the book; January: We will finish up with chapters 7-12. (If you need to borrow a copy of the book let us know. We have a couple we can lend out.)

The Practice of Hope

Leader: Intern Minister Meg McGuire

How do you cultivate hope in the face of uncertainty and disruption? Environmental activist and scholar of Buddhism Joanna Macy argues that the practice of hope requires not only grounding in what we love, but also honoring the less than pretty feelings that these challenges bring up. In this interactive workshop we'll do an introductory dive into her work, and explore a few practices that support staying open hearted, creative and connected in these times.

Faith Formations

Leader: Rev. Alyson Jacks

Faith means different things to different people, and our understanding of faith often changes and evolves over time. I have always loved Sharon Salzberg's definition of faith "that which rests upon your heart" How do you understand faith? In this workshop will explore how our faith journey has formed over our lives using writing exercise, some simple drawing activities, and thoughtful conversations.



Humanists and Non-Theists

Now What?

Sunday, November 8, 1PM

(New ZOOM links every week)

The election is now past us and we know who the president will be the next 4 years (maybe).

We will discuss what to expect in the coming years and what we plan to do ourselves politically.

If Trump wins, we'll review some of the provisions of the Republican Party Platform and If Biden wins, the Democratic Party platform. From there we can discuss the most likely direction of the country.

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



<https://us02web.zoom.us/j/87964123369?pwd=aEpqemxOVGtDNllpN01aekVYWtM4UT09>

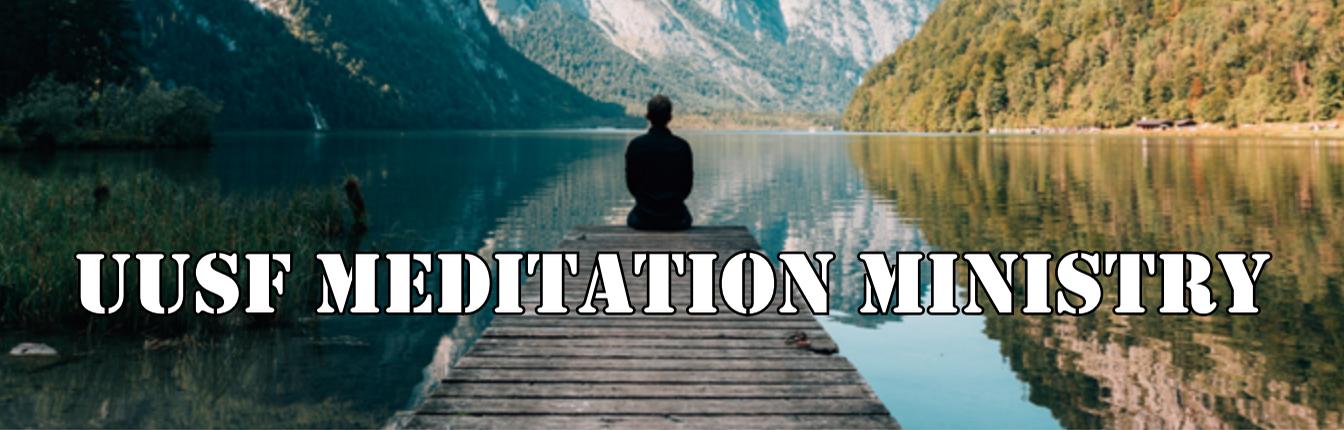
Meeting ID: 879 6412 3369

Passcode: 336754

Dial by your location

+1 669 900 6833 US (San Jose)

Find your local number: <https://us02web.zoom.us/u/kec5sFQ0z9>



UUSF MEDITATION MINISTRY

Adult Religious Education Classes

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

UUSF has the great fortune to offer two meditation programs you can participate in at any time. They are lead by **Elena Hanyo Perez**, a member of UUSF, licensed acupuncturist, and lay minister with Bright Dawn Center for Oneness Buddhism.

ZOOM LINK

<https://us04web.zoom.us/j/75735734442#success>

PASSWORD: metta

Morning Metta Meditation

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

A simple, centering loving kindness meditation practice which is appropriate for all religious backgrounds and levels of meditation experience

Equanimity Practice

Fridays, 8-8:30 AM

A 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.



**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 Chaplains@uusf.org

**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
[SIGN-UP HERE](#)



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.

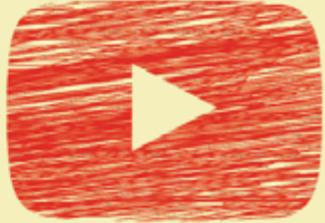
When I polled the members they were very enthusiastic to go ahead with a virtual exhibit on the SLMM web site. They expressed many ideas for a title for the show and we finally decided on "Awakening--Together in Change." I think that each person expressed their own feelings about and response to the 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

[Click Here to Watch Last Weeks Worship Service](#)



10:50 AM SUNDAY

Becoming Together

Wednesday, October 28

7:00 to 8:30pm ([click here](#))

All people ages 18 to 39 are invited to join us at Becoming Together. This bi-monthly meeting is our reflection time, a chance for young adults to just stop and be with each other. We sing songs, check in, listen to readings, and share our stories. Our practices are deep sharing and committed listening. Deep sharing is speaking from our life experiences. Committed listening is appreciating and taking in the unique perspectives of others. During our gathering we discover who others are and form deeper, more meaningful connections. In other words, become together.

[We meet on 2nd & 4th Wednesdays, 7:00pm on ZOOM.](#)



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SINCE 1976



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- Child-centered Montessori based education guided by qualified Toddler and Early childhood professionals
- We strictly adhere to health & safety regulations, including COVID-19 prevention protocols



BOOK A TOUR



Contact us : **415 683 7391**

Montessori House of Children
1187 Franklin St., San Francisco, CA 94109

**Enrollment is
now open**

Toddler class
Ages 2-3 years
School day:
09:00 am – 02:30 pm

Primary class
Ages 3-6 years
School day:
09:00 am – 03:00 pm

Afternoon Care:
2:30/3:00 pm – 5:00pm

Sing in the Choir

With Music Director Dr. Mark Sumner
Mondays and Thursday
7:00 to 8:30 pm



For the Zoom link and a schedule of Choir Offerings email Mark at sngwtme@gmail.com!

Join me Monday and Thursday evenings from 7 to 8:30 PM for weekly Zoom singing exercises! 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!

CALLING ALL ARTISTS!

The Annual Group Art Show is going Viral!

UUSF Members, Family and Friends are invited to submit to the Virtual Group Show – 2020

To do so, click on the link ([HERE](#)) and fill out the form.

Please submit just one photo of your piece for Group Show. All additional artwork you want to display should be linked to your Instagram, Facebook or website link.

Submissions start NOW! through November 11.

Don't have an Instagram account? It's easy to create one.

How Do You Register for Instagram?

On your tablet or smartphone, search for Instagram in the Apple App store or Android Google Play store, and download it to your tablet or smartphone. Then create an account.

When creating a new account you can tap the big plus sign to add your profile photo. You can either select a photo that's already on your tablet or snap a new one.

Knowing the URL will be important when filling out the form for submission.

The URL for Instagram is <https://www.instagram.com/your-user-name/> (no spaces)

For more information and/or details on creating an Instagram account and how to use it visit the following website: <https://seniorplanet.org/how-to-get-started-on-instagram/>



Artwork by Elaine Pratt

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