

"Healing and Hope"

First Unitarian Universalist Society of San Francisco

November 1
10:50 AM
2020



Order of Service
Sunday, November 1, 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

Peace and Hope

If Thou But Languish Let Love Guide Thee

Reiko Oda Lane, organist

George F Handel

Johann Sebastian Bach

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 1000

Morning Has Come

Jason Shelton

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

Wm. García Ganz, accompanist; Mark Sumner, director, Jon Silk, drummer

[\(CLICK HERE OR SCROLL DOWN TO PAGES 5, 6 & 7 TO VIEW HYMN\)](#)

Unison Chalice Lighting

We light this chalice for the light of truth,
the warmth of love,
and the fire of commitment.

We light this symbol of our faith
as we gather together.

Brief Invitations

Rev. Alyson Jacks, Associate 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

From all that dwell be - low the skies; let songs of hope and
 De to - dos ba - jo el gran sol; sur - ja, es - pe - ran - za

5
 faith a - rise; Let peace, good - will on earth be sung through
 fé, a - mor; ver - dad, y be - lle - za can - tan - do, de

8
 ev - ery land, by ev - ery tongue.
 ca - da tie - rra, ca - da voz. A - men.

Ritual of Remembrance and Commitment

Rev. Vanessa Rush Southern

Spoken and Silent Meditation

Rev. Alyson Jacks

Music

VanNessa Hulme, soprano; Brielle Marina Neilson, mezzo soprano;
Ben Rudiak-Gould, tenor; Asher Davison, bass;
Wm. García Ganz, accompanist; Mark Sumner, director
words and music: Christopher Rust

I Sing Because

Creating the Altar

Rev. Vanessa Rush Southern & Rev. Alyson Jacks

Offertory

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



Music VanNessa Hulme, soprano; Brielle Marie Nielsen, mezzo soprano;
Ben Rudiak-Gould, tenor; Asher Davison, bass;
You Are My Refuge Wm. García Ganz, accompanist; Mark Sumner, director
words traditional; music: Michael John Trotta

Reading

Music VanNessa Hulme, soprano; Brielle Marina Neilson, mezzo soprano;
Ben Rudiak-Gould, tenor; Asher Davison, bass;
Hope Wm. García Ganz, accompanist; Mark Sumner, director
words: Emily Dickinson; music: Debra Scroggins

Sermon "Healing and Hope" Rev. Vanessa Rush Southern

Hymn 1018 *Come and Go with Me* arr. Kenny Smith
VanNessa Hulme, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders;
Wm. García Ganz, accompanist; Mark Sumner, director
[\(CLICK HERE OR SCROLL DOWN TO PAGES 8 & 9 TO VIEW HYMN\)](#)

Benediction Rev. Vanessa Rush Southern

Postlude Reiko Oda Lane, organist
Allegro Maestoso from Organ Sonata II Felix Mendelssohn



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Rev. Alyson Jacks, Associate Minister

Technology

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

Musicians

Reiko Oda Lane, organist
Mark Sumner, director
VanNessa Hulme, soprano
Brielle Marina Neilson, mezzo soprano
Ben Rudiak-Gould, tenor
Asher Davison, bass
Wm. García Ganz, accompanist

Order of Service

Matthew Smith, [cover photo](#)
Jonathan Silk, design

Morning Has Come

1000

$\text{♩} = 112$

Use djembe, shaker, drum set, etc. for 12/8 (triplet) groove

F

C/E F F/A B \flat (add9) F/A Gm7 F/A B \flat 6 Gm7

1. Morn - ing has come, a - rise and greet the
 2. A new day dawns, once more the gift is
 3. O - pen our eyes to see that life a -

⊕ Words & music: Jason Shelton, 1972 - , © 2001 Jason Shelton
 MOUNTAIN MORNING, 10.10.10.10

Morning Has Come - 2

Csus4 C#°7 Dm7 C/E F F/A Gm7 F/A B^b Bm7(♯5)

day!
giv'n.
bounds;

Dance with joy and sing a song of
Won - der fills this mo - ment shared to -
o - pen hearts to wel - come it a -

B^bM7/C C B^b/D C/E F F/A B^b Dm7 E^b

glad - ness!
geth - er.
mong us.

The light of hope here shines
The light of peace here shines
The light of love here shines

B^b F/A B^b/D D^bM9 C F Gm7 F/A F/B^b

— up - on each face. May it bring faith to

Morning Has Come - 3

B \flat /C F/C Gm/C B \flat /C F

guide our jour - ney home. _____

1, 2

1, 2

3

3

1018

Come and Go with Me

Easy swing  $\text{♩} = 120$

F B^b7 F7 F7/E^b

1. Come and go — with me to that land, — Come and go
 free - dom in that land, — There'll be

B^b F/C Dm Dm/C G/B G7

with me to that land, — Come and go — with me to that land
 free - dom in that land, — There'll be — free-dom in that land

G7 C C7 C7/B^b C6

— where I'm bound. — (where I'm bound) — Come and go
 — where I'm bound. — (where I'm bound) — There'll be



Words & music: African-American spiritual, slavery period,
 arr. Kenny Smith, 1965 -

Come and Go with Me - 2

F FM7 F F7 B^b

with me to that land, — Come and go with me to that
 free - dom in that land, — There'll — be free - dom in that

F/C F/A B^bM7 Dm/C F/C C7

land, — Come and go with me to that land —
 land, — There'll — be free - dom in that land —

Am/C C7 F C7 F

1, 2, 3 4

— where I'm bound. — 2. There'll be —
 — where I'm bound. — 3. (There'll be) —

8th

3. There'll be justice in that land . . .
 4. There'll be singin' in that land . . .

[BACK TO PAGE 3 \(CLICK HERE\)](#)

Election and Connection

Tuesday, November 3rd (Election Day):

As is fitting on a day when our connections with the rest of the country are more evident than ever, here are two opportunities to gather with Unitarian Universalists from all across the United States. We hope you'll drop in, whenever you need to.

Election Day Spiritual Grounding

7am-7pm PST, 11/3

UU Ministers from around the country will be holding space for respite, positive energy, peace and spiritual practice on Election Day between 7am and 7pm PST. You may join us at any time during that day to find a peaceful space for reflection, prayer, meditation and spiritual practice.

Zoom: <https://uuma.zoom.us/j/9955323197>;

Meeting ID: 995 5323 1971;

Passcode: 954636

To call in, dial: 1-669-900-6833, then enter the meeting ID and passcode

UU Election Night Open Space

6pm-9pm PST, 11/3

On election night, you are invited to join with other Unitarian Universalists for community, company, and comfort. Ministers from around the country will drop in to hold space and hold us in loving and listening presence.

Meeting ID: 212 683 4988;

Passcode: 10016

To call in, dial: 1-669-900-6833, then enter the meeting ID and passcode

Visit [CCNY.org](https://ccny.org) for a direct zoom link

Wednesday, November 4th:

There are plans in the works for events organized by and for the UUSF community on the day after election day. We'll share more details as they emerge, but here are the basics:

Count All Votes / Protect the Results Event Rally at UUSF

12pm-3pm, 11/4

UUSF Steps, 1187 Franklin St

From 12 Noon to 3PM, the day after the election, there are possible marches being planned all around the City. We at UUSF will be hosting a special rally and program of our own on the UUSF steps - a peaceful rally for masked and safely-distanced folks to safely watch and participate as you see fit.

Stay tuned for more information early next week!

UUSF Community Vigil and Gathering

5-6:30pm, 11/4

The UUSF ministers, staff, lay chaplains and worship associates will be holding space for members and friends of the congregation to gather, reflect and ground ourselves, no matter what the outcome of the election.

Zoom info: <https://us02web.zoom.us/j/85763051926?pwd=NDFGSHkvcTBjY2RYRHZ5dndlejRCUT09;>

To call in dial 1-669-900-6833 then enter the meeting ID and passcode below:

Meeting ID: 857 6305 1926;

Passcode: 321943

Thursday, November 5th:

UU Post-Election Vigil and Community Gathering with President Susan Frederick-Gray
2pm PST, 11/5

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, UU the Vote, Side with Love, and UUA President Rev. Susan Frederick-Gray for this event.

Watch on youtube: <https://www.youtube.com/c/UnitarianUniversalistAssociationBoston>



BIPOC Gatherings at UUSF

1st Sunday of the Month from 9:30 AM to 10:50 AM

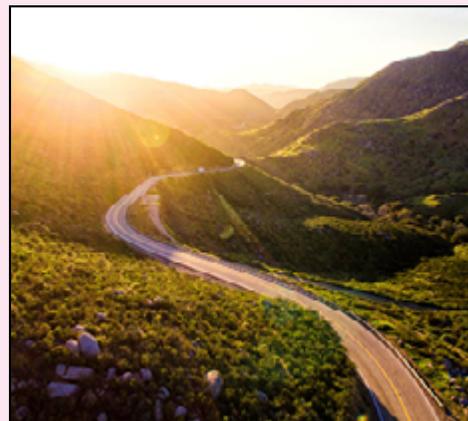
An invitation for those who would like to join our monthly BIPOC gatherings. The sacred space is open to our members and friends who are Black, Indigenous and People of Color, takes place by Zoom (for now) on the first Sunday of every month often from 9:30-11am. If you are interested in attending or finding out more, please email poc@uusf.org. Please come join this space for joy, renewal, care and inspiration.

Journey Toward Wholeness Racial Equity Task Force Meeting

Tuesday, November 24, 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.



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.

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 exercises, some simple art activities and thoughtful conversations.



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:

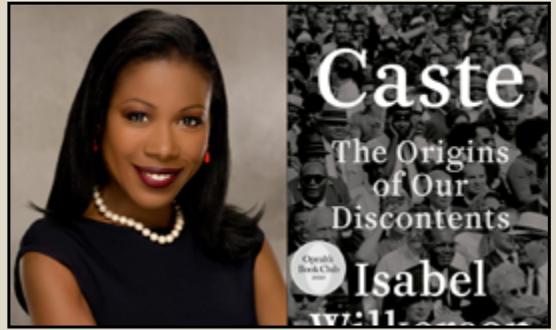
Week of 11/4 and 5 — Parts I, II & III (through Pillar number 4).

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](#)



Newcomer Small Group

Newcomer Small Group

Mondays (11/16, 11/23, 11/30 and 12/7) from 7-8:30 PM

An offering for newcomers and new members to deepen their connections- to one another, to Unitarian Universalism and to their unique faith journey. Join fellow newcomer to our congregation, Intern Minister Meg McGuire, in a four week small group. The interactive sessions will invite individual and shared exploration of participants' religious backgrounds, beliefs and values, and how these fit into the larger frame of Unitarian Universalism. Register [here](#) or contact Meg at mmcguire@uusf.org for more information. **15**

Yoga with Amy!

Wednesdays

7PM - 8:15 PM

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 Mindful 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.



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>

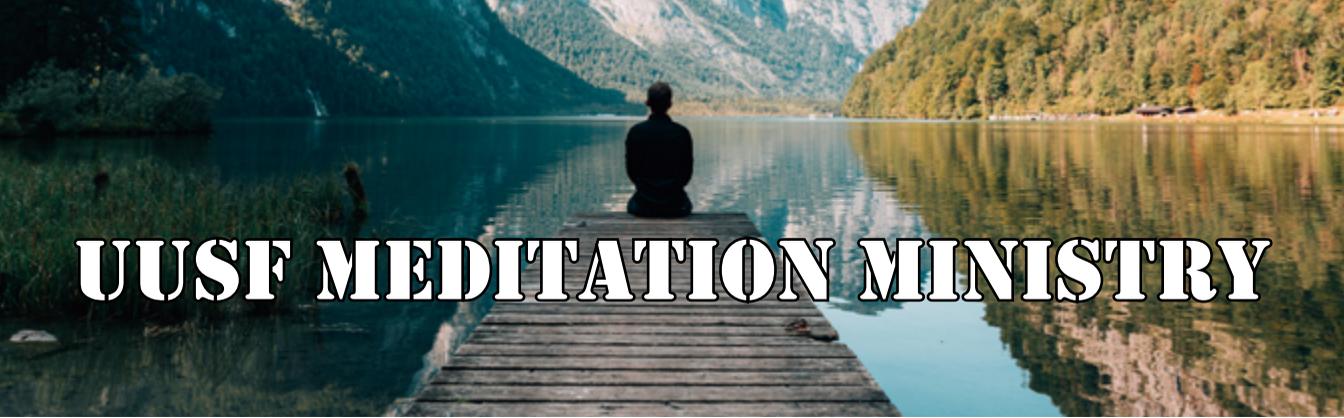
Meeting ID: 879 6412 3369

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](#)

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.

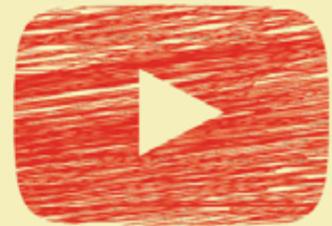
We want to do this in a way that is safe for everyone so please bring and wear your masks, use hand sanitizer, and socially distance.

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



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



10:50 AM SUNDAY

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