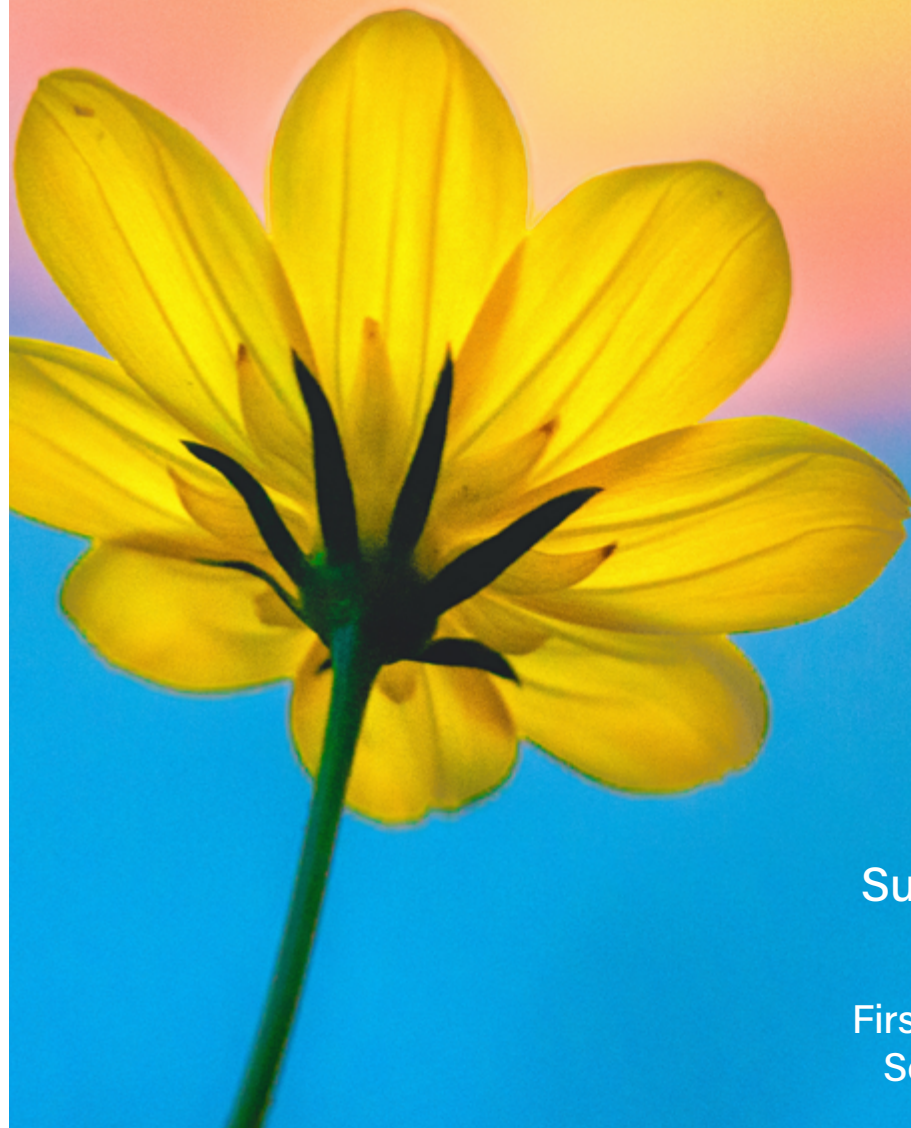


"The Perfect Body and Ladder"



Sunday, December 6,
10:50 AM, 2020

First Unitarian Universalist
Society of San Francisco



Order of Service
Sunday, December 6, 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

Morning So Fair to See
Simple Gifts

Reiko Oda Lane, organist

Alice Jordan

American Shaker Tune

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 16

'Tis a Gift to Be Simple

SIMPLE GIFTS

Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders

[\(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN\)](#)

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.

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

Meg McGuire, Ministerial Intern

Spoken and Silent Meditation

Music

Leandra Ramm, soprano; Brielle Marina Nielson alto;
Ben Rudiak-Gould, tenor; Asher Davison, bass
Bobby McFerrin

The Twenty-Third Psalm



PARTICIPANTS

Service Notes

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

Technology

Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, sound/oos design
Joe Chapot, social media
Thomas Brown, sexton
Les James, Zoom Coffee Hour

Musicians

Reiko Oda Lane, organist
Leandra Ramm, soprano
Brielle Marina Neilson, alto
Ben Rudiak-Gould, tenor
Asher Davison, bass
Jon Silk, drums
Luis Maurer, pianist

Cover image by Tanzim ([learn more](#))

16 'Tis a Gift to Be Simple

♩ = 104 Unison

'Tis a gift to be sim-ple, 'tis a gift to be free, 'tis a

gift to come down where we ought to be, and

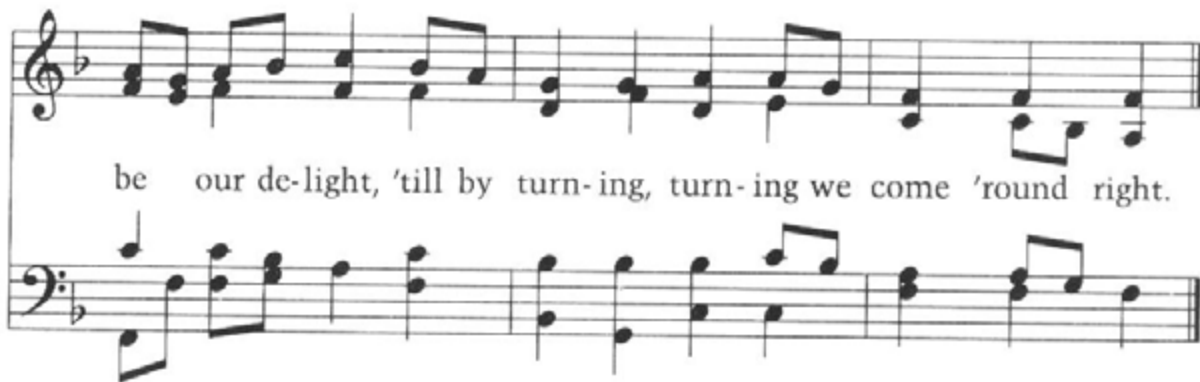
when we find our-selves in the place just right, 'twill be in the val-ley of

love and de-light. When true sim-plic-i-ty is gained, to

bow and to bend we shan't be a-shamed. To turn, turn will

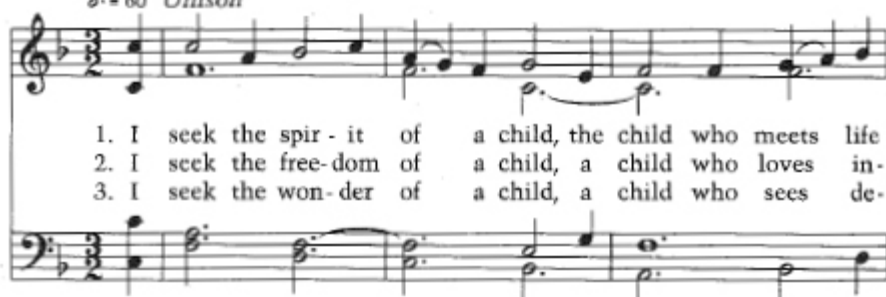
Words: Joseph Bracket, 18th cent,
Music: American Shaker tune

SIMPLE GIFTS
Irregular with refrain

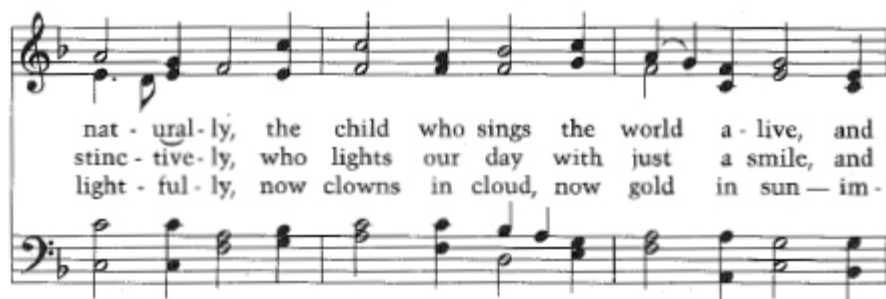


I Seek the Spirit of a Child 338

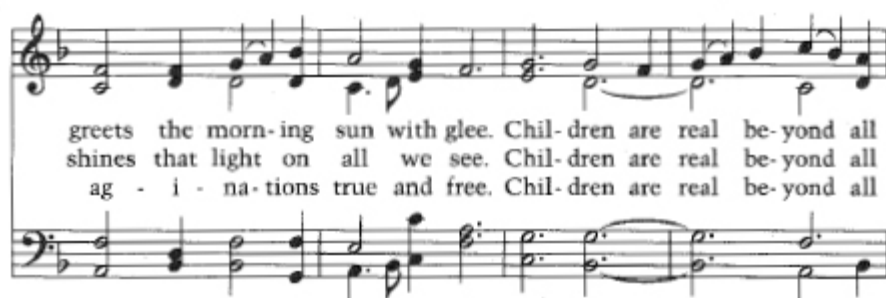
♩ - 60 Unison



1. I seek the spir - it of a child, the child who meets life
2. I seek the free - dom of a child, a child who loves in -
3. I seek the won - der of a child, a child who sees de -



nat - ural - ly, the child who sings the world a - live, and
stinc - tive - ly, who lights our day with just a smile, and
light - ful - ly, now clowns in cloud, now gold in sun - im -



greets the morn - ing sun with glee. Chil - dren are real be - yond all
shines that light on all we see. Chil - dren are real be - yond all
ag - i - na - tions true and free. Chil - dren are real be - yond all



art. May I see: Joy's a gift to our heart.
fears. May I see: Hope's a gift to our tears.
lies. May I see: Faith's a gift to our eyes.

⊕ Words: Carl G. Seaburg, 1922- , © 1992 Unitarian Universalist Association
Music: Traditional English melody, arr. and harmony by Ralph Vaughan Williams,
1872-1958, used by perm. of Oxford University Press

SUSSEX CAROL
8.8.8.8.8.9.

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.



Special BIPOC (Black, Indigenous, People of Color) Gathering

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 bipoc@uusf.org.

Please come join this space for joy, renewal, care and inspiration.

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



Humanists and Non-Theists

Humanism: Principles and History

Sunday, December 6, 1PM

Humanism is a philosophy or way of live embraced by millions of people around the world, even if some do not attach this label to their worldview. In this presentation, Jim Barnett will review the history of humankind's efforts to understand the best way to live ethical and happy lives and to understand the natural world around them without relying on supernatural beings. He will discuss the principles commonly held by most humanists in the contemporary world.

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

<https://us02web.zoom.us/j/86551612971?pwd=ajk0TUd1NHJ5elNZblIvUmViOHQ2Zz09>

Meeting ID: 865 5161 2971

Passcode: 945072

Dial by your location

+1 669 900 6833 US (San Jose)

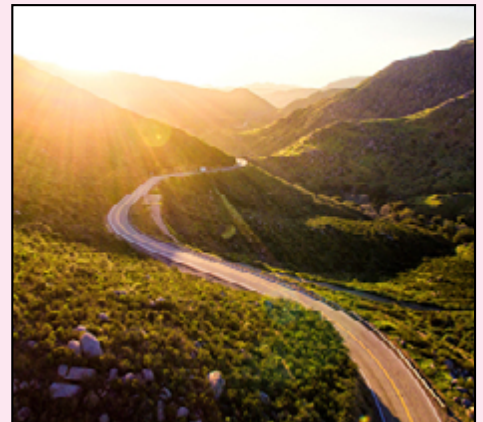


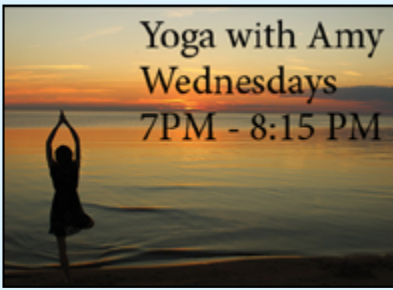
Journey Toward Wholeness Racial Equity Task Force Meeting

Tuesday, December 22, 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.

If you're interested in joining us on Tuesday, email info@uusf.org for meeting information and the materials for the meeting.





Yoga with Amy

Wednesdays from 7PM - 8:15 PM (**December 9 and December 16**)

Led by Amy Hunt

[REGISTER HERE](#) - [EMAIL US](#)

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. 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.



New UU: A 2-Session series for Visitors and Newcomers

Tuesday, February 2 and 9. From 7:00 - 8:30 p.m.

Led by Rev. Alyson Jacks and Rev. Vanessa Southern

[REGISTER HERE](#) - Questions? Email Rev. Jacks - ajacks@uusf.org

Join Revs. Jacks and Southern, and special guests, for a two session New UU class. 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.

Session 1: 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: First UU Society Past to Present

Along the same lines we'd like you to see the history of this particular congregation, its 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 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

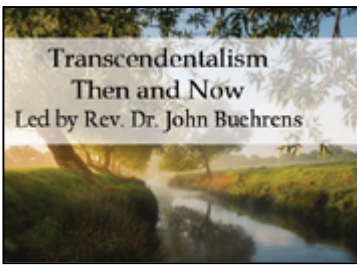
Tuesdays & Thursday, 8-8:30 AM

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.



Transcendentalism Then and Now

Wednesday, January 6, 13, 20, & 27, 2021 6:30 - 9:00 p.m.

Led by Rev. Dr. John Buehrens and hosted by UU Church of Palo Alto

Registration: Advance registration is required. Please email **Marilyn Austin** at areclasses@uucpa.org to sign up for the class. The link will be provided to registered participants.

Rev John Buehrens is the retired senior minister of the UU church in San Francisco. After the last time he gave a guest sermon at UUCPA, numerous members of our congregation asked the ARE Committee to arrange for him to teach a class for us. We have finally accomplished that! On the four Wednesday evenings in January, from 7:30 to 9:00, Rev. Buehrens will teach a class via zoom entitled Transcendentalism: Then and Now. He will identify contemporary issues as well as explore the pioneering efforts of our spiritual forbears in spiritual practice, women's rights, anti-racism, and ecotheology. All four sessions will include both lecture and discussion. Those wishing to attend should email areclasses@uucpa.org in order to receive the zoom link.



Minister's Book Group: January

Wed, Jan. 27, 6:30-8 pm OR Thurs, Jan. 28, noon-1:30

Led by Rev. Vanessa Rush Southern

Join the Minister's Book Group in January when we read and discuss Michael Pollan's "How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence."

The book is a journey through the renewed fascination with what psychedelics are teaching the medical and therapeutic world about how our mind functions and what relief it may offer to some of the most painful realities of life -- depression and the painful work of facing death. Since the work touches on so much that is often thought part of the religious realm I am particularly interested in discussing it with our book group.

[REGISTER HERE](#)



The soft breezes and the inclusive culture of Hawaii—the most diverse state in the union—are calling all UUSF members and friends to participate in the fabulous Aloha AUUction 2021! This major UUSF fundraiser and fun-raiser will be held from the comfort of our homes, and all of us can participate to help our UUSF community thrive in the new year. We'll need donations in every category: Experiences, Services, Collector's Items. All of us can do something.

HERE ARE JUST A FEW IDEAS:

- Weekend or week-long getaways
- Cooking class
- Zoom scavenger hunt
- Storytelling, Homemade soup
- Dinner preparation and delivery
- Wine, beer, sake or kombucha tasting
- Live online concert
- Original art item
- Baking/cooking projects with ingredients brought to your door
- Kids' art materials kit delivered to your door
- Planter filled with plants/flowers of your choice
- Earrings made to order, 2 hours of garden care
- Driveway car wash
- 2 hours of shopping or other errands

To make a donation of any experience, service, or item [click here](#)

To get more information, please email Sue Anthony
at susan.j.anthony@comcast.net.

[WATCH A VIDEO HERE!](#)

Special Holiday Virtual Coffee Hour

"Warmth of Home"

Sunday, December 13 at 12:15 PM

"We will have a Special Holiday Virtual Coffee Hour on Sunday Dec 13 at 12:15pm. We invite those that want to participate to wear the most festive outfits, accessories and creative backgrounds to attend this special Zoom meet up. We will have icebreakers, games and encourage people to enjoy their brown bag holiday treats and beverages! Come celebrate the "Warmth of Home" with us!



**Save the Date for Spirit Saturday, January 23.
Workshops to be announced in the FLAME in late December.**

Christmas Eve Poinsettia Dedications

Deadline: Wednesday, December 16

Each year we thrill to an abundance of red poinsettias dedicated in honor or in memory of special loved ones.

Please begin making your \$25 Poinsettia donations for 2020. You may pay by check, and if there is a dedication name note it on the memo line.

Alternatively, you may pay via uusf.org payment donate button (here), but select Sunday Flowers/ Poinsettias line. You input the dedication online, but it is suggested you also email it to jsilk@uusf.org by Wednesday, December 16.



ETHICS IN TECH COMEDY SHOW



Ethics In Tech

December 10, 6PM ([learn more](#))

On December 10th, Starting at 6PM, we celebrate the anniversary of the ratification of the Universal Declaration of Human Rights, which asserts that all people must be treated with equality and respect. In this spirit, in partnership with our community volunteers, comedians, and independent sponsors, Ethics in Tech will be hosting community leaders, attorneys, doctors, and technology workers to learn from their journeys and hear their perspectives and wisdom on how we can all do better to promote equal rights for all people within the technology sector.

Technology, human rights, and discrimination affects all of us. Young or old – rich or poor – male or female, you have the ability to spread change and create global awareness. Our ultimate goal at Ethics in Tech is for us all to become better, be better, and do better as an intellectual, evolved, and prudent society.

In addition to other speakers, you will hear:

Rev. Dr. DORSEY ODELL BLAKE, Faculty Associate, Leadership and Social Transformation, was officially installed as Presiding Minister of The Church for The Fellowship of All Peoples in October 1994. He currently serves as Faculty Associate, Leadership and Social Transformation at Pacific School of Religion.

Dr. KAREN MELANDER-MAGOON discovered Unitarian Universalism in 2004. In her studies, writings, and songs she draws on all spiritual traditions. Dr. Melander-Magoon sang major roles in opera for two decades in Europe and composed four one-woman musical portraits of historical figures including Clara Barton, Georgia O’Keeffe, Lillie Langtry, and French poet Colette.

Please order tickets in advance on Eventbrite. ([click here](#))

Gather Here For The Longest Winter Night!

Winter Solstice, December 21st, is fast approaching, and now is usually a season of merrymaking as we celebrate the Return of the Sun. This year, the cold shadow of Covid-19 keeps us from coming close together to share First Candle Light from the Yule Log and to dance the Spiral Dance. There will be no communal Feast. So, it is good to reflect on an important theme of this Solar holiday: we have the reserves (from our harvest season), the resources to get us through the hard times. We share our gifts in community as an affirmation that, together, we have enough. We have enough to sustain us, to protect each other, despite our fears, until the Reborn Sun grows strong in spring, cycling again into a Season of Abundance.

So, **The Pagan Interest Circle** will gather virtually, to celebrate Winter Solstice in a ritual on ZOOM, Saturday December 19th at 7:00 P.M. Maybe we will give intangible gifts to each other. I know that we will all receive Love.

Please join us! You're invited. Questions? **Nancy Buffum** at nancybuffum@gmail.com

NOTE: To access the ZOOM link to this ritual,
contact **Christine Patch-Lindsay** at cplhealer@comcast.net

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!



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, this 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 safety 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](#)



Immigration and Human Rights

Sunday, December 13 at 1:00 p.m.

In honor of International Human Rights Day, join us for this for a thoughtful conversation about immigration and immigrant rights and what we can all do to help. This panel discussion will feature Professor Bill Ong Hing and Denise Bell.

Professor **Bill Ong Hing** is the Director of the Immigration and Deportation Defense Clinic at the University of San Francisco and is the founder of the Immigrant Legal Resource Center where he continues to volunteer as general counsel. He has authored numerous academic and practice-oriented publications on immigration policy and race relations, including *American Presidents, Deportation and Human Rights Violations* (Cambridge Univ. Press 2019); *Ethical Borders—NAFTA, Globalization, and Mexican Migration* (Temple University Press, 2010), *Deporting Our Souls—Morality, Values, and Immigration Policy* (Cambridge University Press, 2006), *Defining America Through Immigration Policy* (Temple University Press, 2004), and *Making and Remaking Asian America Through Immigration Policy* (Stanford University Press, 1993).

Denise Bell is the Researcher for Refugee and Migrant Rights at Amnesty International and was previously Senior Campaigner for Refugee and Migrant Rights, leading implementation of Amnesty's Welcome campaign on refugee rights. She came to AIUSA from the U.S. Department of Justice, where she was an Attorney Advisor on the New York Immigration Court. She was a Sudan Country Specialist for AIUSA and the campaigner for its Darfur campaign.

Join Zoom Meeting

<https://us02web.zoom.us/j/81623102278?pwd=RmpWd0o4ZFdSMzJUdVhZQQT09>

Meeting ID: 816 2310 2278

Passcode: 119756

Dial by your location

+1 669 900 6833 US (San Jose)

December Program

Becoming Together

Wednesdays December 2 & 16

7:00 to 8:30 p.m.

TNT Hangout

Saturdays December 5 & 19

6:00 to 8:00 p.m.

Becoming Together - Wednesday December 16

7:00 to 8:30 pm - Join via ZOOM (<https://us02web.zoom.us/j/81007012772?pwd=K0pHV21lVGhWVGtRUlhDYktiRmlhUT09>)

All people ages 18 to 39 are invited to join us at Becoming Together, our bi-monthly reflection time.

TNT Hangout - Saturday December 19

6:00 to 8:00 pm - Join on ZOOM (<https://us02web.zoom.us/j/88683333891?pwd=S2hpNjhjL2l1NytiS0JsVG9JUkRlZz09>)

All folx ages 18 to 30s are invited to our young adult group's regular hangouts.

More Details at uusf.org/tnt



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

COMING TO THE TABLE - NOVEMBER 29

UUSF MEDIA

[Listen to our Worship Sermon Podcasts Here](#)

[Check out our Complete Worship Service Archives Here](#)

[View all our videos Here](#)

[Read our Newsletters Here](#)

[Contact us here](#)

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