The Wintering Season

Sunday, December 20, 10:50 AM, 2020 First Unitarian Universalist Society of San Francisco



Order of Service Sunday, December 20, 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

Greensleeves O Come, Little Children Reiko Oda Lane, organist Ralph Vaughan Williams Diane Bish

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 21For the Beauty of the EarthCREATION OF PEACELeandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders;
Reiko Oda Lane, organist; Mark Sumner, conductor

(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN)

Chalice Lighting "In Wholeness" by Sean Parker Dennison

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



Hymn 1067Mother Earth Beloved GardenCREATION OF PEACELeandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders;
Wm. García Ganz, pianist; Mark Sumner, conductor

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

Ritual of Remembrance and Commitment

Rev. Alyson Jacks, Associate Minister

Spoken and Silent Meditation

Meg McGuire, Ministerial Intern

Hymn 55 Dark of Winter CREATION OF PEACE Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders; Reiko Oda Lane, organist; Mark Sumner, conductor (CLICK HERE OR SCROLL DOWN TO PAGE 8 TO VIEW HYMN) Story

Rev. Vanessa Rush Southern

"THE FIRST SONG: A tale of how Yule got its name" by Andras Corban Arthen

Offering

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



Offertory Music Adoro te devote arranged by Jeanne Cotter Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders; Wm. García Ganz, pianist; Mark Sumner, conductor

Story (continued)

Make A Joyous Sound O Tannenbaum Traditional German Melody Amy Kelly, Janet Scott, Alyson Jacks, Vanessa Rush Southern, Meg McGuire, Solstice Ringers; Reiko Oda Lane, Handbell Choir Director

Reading Rev. Alyson Jacks and Meg McGuire selection from "Wintering: The Power of Rest and Retreat in Difficult Times" by Katherine May

Hanging of the Greens and singing Deck the Hall With Boughs of Holly

 Deck the hall with boughs of holly, fa la la la la ... 'Tis the season to be jolly, fa la la la la ... Don we now our gay apparel, fa la la la la ... Troll the ancient Yuletide carol, fa la la la la ...
See the blazing Yule before us, fa la la la la ... Strike the harp and join the chorus, fa la la la la ... Follow me in merry measure, fa la la la la ... While I tell of Yuletide treasure, fa la la la la ... 3. Fast away the old year passes, fa la la la la ... Hail the new, ye lads and lasses, fa la la la la ... Sing we joyous all together, fa la la la la ... Heedless of the wind and weather, fa la la la la ... Closing Reading "Green, Green, Green" by Thomas Ahlburn

Benediction

Postlude

Bring A Torch, Jeannette, Isabella

Rev. Vanessa Rush Southern

Rev. Alyson Jacks

Reiko Oda Lane, organist Sharon Elery Rogers

PARTICIPANTS

Service Notes

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

Technology

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

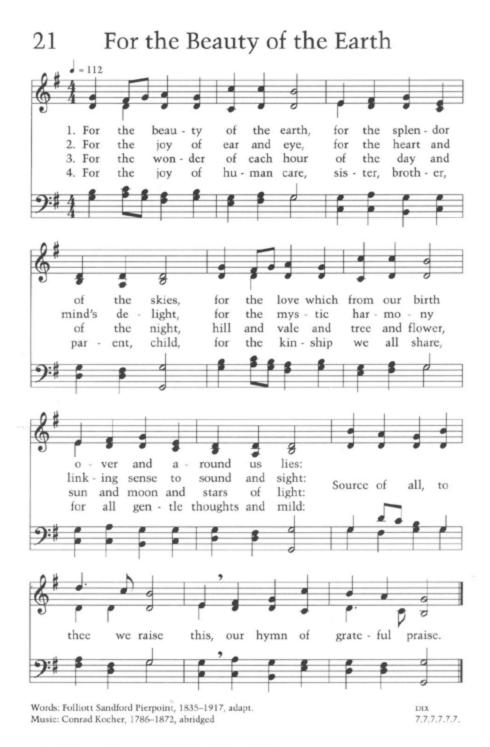
Musicians

Reiko Oda Lane, organist Mark Sumner, conductor Leandra Ramm, soprano Brielle Marina Neilson, alto Ben Rudiak-Gould, tenor Asher Davison, bass Wm. García Ganz, pianist Solstice Ringers

Reiko Oda Lane, Handbell Choir Director Amy Kelly Janet Scott Alyson Jacks Vanessa Rush Southern Meg McGuire

Cover image by Andrej Lišakov (learn more)





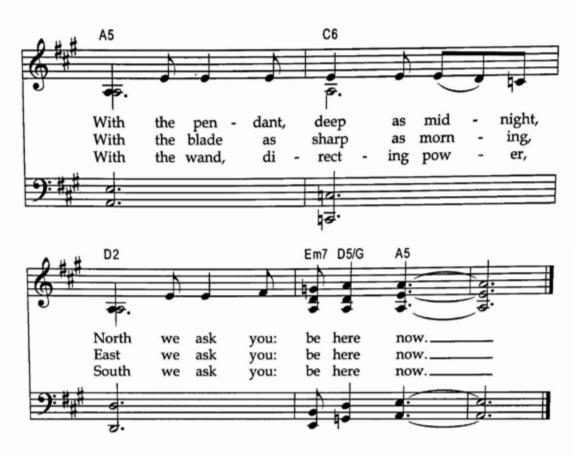
1067 Mother Earth, Beloved Garden



[⊕] Words & music: Amanda Udis-Kessler, 1965 - , © 2004 Amanda Udis-Kessler

6

Mother Earth, Beloved Garden -2



- 4. Sister Water, ever flowing, ocean, river, pond and rain. Drink we now and quench our thirsting; cleanse us, we begin again. Mist and ice, a host of changes: all that courage will allow. With the cup, the holy chalice, West we ask you: be here now.
- Lover Spirit, intuition in the center of our souls. In your love we find relation. All connected, we are whole. Timeless mystery, quiet conscience, deepest values, voice inside. With the drum and with the cauldron, this we ask you: be our guide.



8

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, <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.

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 <u>info@uusf.org</u> for meeting information and the materials for the meeting.





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 <u>bipoc@uusf.org</u>.

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

Humanists & Non-Theists Winter Solstice Celebration Sunday, December 20 at 1:00 p.m.

Come join the Humanists and Non-Theists for a fun afternoon zoom party to celebrate the Solstice. We will be joined by Bay Area Vocalists Torbie Phillips and Gina Harris They have performed in many Bay Area nightclubs and sometimes performed together. Torbie and Gina have graciously agree to share some of their stories and music with us. Be prepared to be entertained! It will be interactive and fun.

https://us02web.zoom.us/j/85634356821?pwd=UXBhU GsyTkswbGhDSW51ay9VcjRIUT09

Meeting ID: 856 3435 6821 Passcode: 841094 Dial by your location +1 669 900 6833 US (San Jose)





Blue Christmas Vespers December 23rd, 6:00pm

If this season feels especially difficult, if you are grieving, if you seek extra quiet, comfort and community, join us for a "Blue Christmas" service and gathering on December 23rd at 6:00pm. This time will be both a vespers service and time for some reflection and sharing. We will make and hold space for whatever might be present for you in this season, through music, sharing and meditative ritual.

Register by 12/21 (<u>HERE</u>) to receive a small care package for the service. We will send you the zoom link and/or phone number so you can join.

Online Live Auction Friday, February 5, 2021

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 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 <u>click here</u> To get more information, please email Sue Anthony at susan.j.anthony@comcast.net.



SMALL GROUP MINISTRY SPRING 2021 SIGN-UPS

Have you been looking for a way to build a deeper connection within the UUSF community – especially during the challenges of shelter in place? The Small Group Ministries program is an excellent way to do that. Sign up for the Spring 2021 session, open now through January 29, 2021. Many participants have found Small Group Ministries as a way to deepen their connection with the congregation and build meaningful friendships and support with individual members.

What can you expect? SGM groups meet for 2 hours every other week with groups of 10 people. Initial sessions will meet virtually through Zoom and will transition to in person meetings when it is possible to do that safely at the church.

Through moderated discussion and deep listening, participants explore a range of issues and topics related to spirituality, social justice and personal growth. Past topics have included understanding spiritual experiences, gratitude, Black Lives Matter, mortality and after life, connection, and the arts. The order of services allows everyone to participate with two skilled facilitators leading the discussion. Members have the option to select topics for sessions, and there is a community service project incorporated into the series that lets everyone volunteer in a meaningful way.

To sign up for the upcoming Small Group Ministries series email our Small Group Ministry coordinators, <u>sgm@uusf.org</u>, or call them: **Barbara Kovac** at 415-370-9766 or **Gregg Biggs** at 415-505-4690.

Note: The registration link may say Fall 2020 to Spring 2021. We're reusing an old form, but it will work for anyone signing up just for Spring 2021.

CLICK HERE



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, it's place in the life and history of San Francisco and California. What has been part of this life, and right now how does this congregation understand the work of spiritual growth, the call to social action, what are our worship traditions (and why are they the way they are), how do we connect and take care of each other, and what is entailed in being called "a member."

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

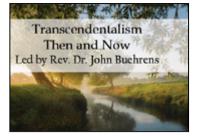
Tuesdays & Thursday, 8-8:30 AM

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 7:30 - 9PM Led by Rev. Dr. John Buehrens and hosted by UU Church of Palo Alto

Registration: Advance registration is required. Please email **Marilyn Austin** at <u>areclasses@uucpa.org</u> 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, 7:30-8 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



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>

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 <u>neveragain@uusf.org</u>

Council of Committee Chairs Meeting Sunday, January 10, 12:15 PM (on zoom)

The Council of Committee Chairs (COCC) will hold a ZOOM meeting on Sunday, January 10, following services that day. Invitations with call-in instructions will be sent to current committee chairs, but others are invited to attend.



The COCC meeting will cover topics including the

on-going work on our Journey to Wholeness, Center Updates, the Annual Operating Fund and updates from members regarding plans for the rest of the church year.

Anyone with questions or who would like to suggest other agenda items can contact Board members <u>Rochelle Fortier</u> or <u>Carrie Steere-Salazar</u>.

During these uncertain times the UUSF Art Committee invites everyone to join the artists, friends, family to view our Virtual Group Art Show.

CLICK HERE TO ENTER



Valley Alife Jang...



Barbara F Meyers...



In Memoriam Barbara Grob...



Homage: Leonard Breger/ Bernal Hill Boogle



Morning Glory Elaine Pratt...



Jane Way...



Out of the Swamp JF Ellman...



Autumn Julia Wald....



Evening Owl Kristen Stephens...



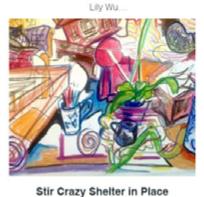




untitled no. 10

Spanish Bird Lisa G Garrigues... Universal Light

Louise Diskerud...





Bring It On Nic Griffin...



Columns Triptych (Phenomenal Growth)



Love will cure the Virus and the World



Red Malee Burl Chalice Richard E. Davis...



My Beautiful Magical and Strange Robert Witherington...





Red Roadway Sofia Carmi...



Lines & Arcs Winston Donmark....

Because of you, life doesn't stop

#VitalToLife



ADVANCE APPOINTMENTS are encouraged to help maintain social distancing.



All donors must bring and wear a MASK or CLOTH-BASED FACE COVERING.



MONTESSORI HOUSE OF CHILDREN

DONATIONS TESTED FOR COVID ANTIBODIES to help identify potential convalescent plasma donors.

vitalant.org 877-25-VITAL

Blood Drive

First Unitarian Church

Tuesday, January 19, 2021 10:00 AM – 3:00 PM

Location: TSK Room 1187 Franklin Street San Francisco, CA 94109

To make an appointment, visit vitalant.org and click donate. Use your unique sponsor code: First Unitarian

vitalan Formerly Blood Centers of the Poo

NURTURING THE WHOLE CHILD SINCE **1976**



Located in the heart of San Francisco

- 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



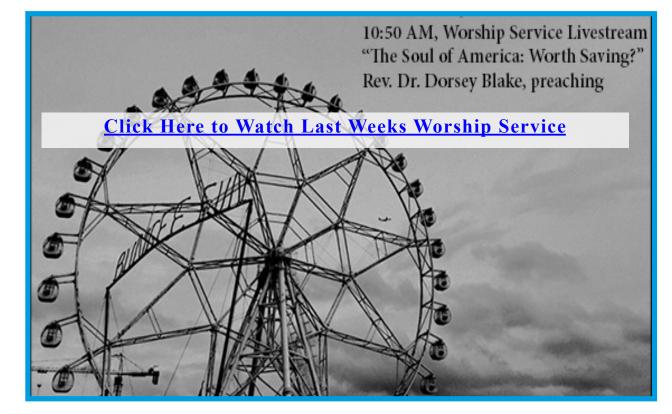
Enrollment is now open

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

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



UUSF MEDIA

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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 <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>