



Let the End be the Beginning:
A Meditative Service for the New Year

Sunday, December 27, 11:00 AM, 2020
First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, December 27, 2020
11:00 AM

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

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

*What we call a beginning is often the end
And to make an end is to make a beginning.
The end is where we start from.*
-- **T.S. Eliot**

Prelude Radim Zenkl - Fujara Flute
Fujara Welcome Radim Zenkl

Opening and Welcome Rev. Vanessa Rush Southern, Senior Minister

Hymn 350 *Ring Out, Wild Bells* GONFALON ROYAL
Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders
Reiko Oda Lane, organist; Mark Sumner, director

[\(CLICK HERE OR SCROLL DOWN TO PAGE 6 TO VIEW HYMN\)](#)

Unison Chalice Lighting Sam King, Worship Associate

We light this chalice for the power of beginnings
and of the endings that make a place for them.

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

6
ev - ery land, by ev - ery tongue.
ca - da tie - rra, ca - da voz. A - men.

Introduction to the Service: Janus

Rev. Vanessa Rush Southern

Meditation on Breathing

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

First Reading "Ithaka" by C. P. Cavafy
Translated by Edmund Keeley

Sam King

Meditation The Triumphs and Blessings of the Year Almost Past

Rev. Vanessa Rush Southern

Offering

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



Music

Shepherd's Call

Radim Zenkl - Koncovka Flute

Radim Zenkl

Second Reading: from "A Litany of Atonement" by Robert Eller-Isaacs

Sam King

Music

First Flight of the Phoenix

Radim Zenkl - Mandlin

A musical poem about the rebirth, about the transition from old to new by Radim Zenkl

Meditation: The Losses and Regrets of the Year

Rev. Vanessa Rush Southern

Ritual of Remembrance and Commitment

Sam King

Music

Morning Has Broken

Radim Zenkl - Mandolin

Scottish Traditional

Third Reading: words from "New Year's Day" by Kathleen McTigue

Sam King

Meditation Our Hopes for the New Year

Rev. Vanessa Rush Southern

Spoken and Silent Meditation

Sam King

Hymn 350

The Ceaseless Flow of Endless Time

MCKEE

Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders
Reiko Oda Lane, organist; Mark Sumner, director

[\(CLICK HERE OR SCROLL DOWN TO PAGE 7 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

English Country Dance

Radim Zenkl - Mandola

English Traditional

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Sam King, Worship Associate

Technology

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

Musicians

Radim Zenkl, multi-instrumentalist
Reiko Oda Lane, organist
Mark Sumner, director
Leandra Ramm, soprano
Brielle Marina Neilson, alto
Ben Rudiak-Gould, tenor
Asher Davison, bass

ABOUT

Radim Zenkl is a mandolin player, composer and instructor. Originally from the Czech Republic, he began playing the mandolin at thirteen, and discovered bluegrass by listening to records that were smuggled in to his communist country. The sound of a bluegrass mandolin initiated the spark that launched a decision to play music as a career at the age of seventeen and subsequently led Radim beyond bluegrass to an eclectic array of styles. He escaped from Czechoslovakia four months before the fall of communism and settled in the San Francisco Bay area. Radim won the US National Mandolin Championship in 1992.

His style features progressive original and eastern European traditional music flavored with bluegrass, jazz, new age, flamenco, rock, classical and other influences. Radim is at the cutting edge of the mandolin's future, designing new mandolin family instruments and creating new playing styles. He has invented a masterful technique, the 'Zenkl style,' in which a single mandolin sounds like two. According to David Grisman: "Zenkl has re-invented the mandolin in several different ways." Besides collaborating with the top musicians of the acoustic music scene, Radim has built up an extensive repertoire for solo mandolin, mandola and Irish bouzouki. He has recorded seven solo CDs (released on Acoustic Disc, Shanachie and Ventana) and has appeared on more than sixty other recordings. www.zenkl.com



Ring Out, Wild Bells

$\text{♩} = 132$

1. Ring out, wild bells, to the wild, wild sky, the fly - ing
 2. Ring out the old, ring in the new, ring, hap - py
 3. Ring out the grief that saps the mind for those that
 4. Ring out false pride in place and blood, the civ - ic

cloud, the frost - y light: the year is dy - ing
 bells, a - cross the snow: the year is go - ing,
 here we see no more; ring out the feud of
 slan - der and the spite; ring in the love of

in the night; ring out, wild bells, and let it die.
 let it go; ring out the false, ring in the true.
 rich and poor; ring in re - dress to hu - man - kind.
 truth and right; ring in the com - mon love of good.

350

The Ceaseless Flow of Endless Time

$\text{♩} = 96$

1. The cease - less flow of end - less time no
 2. The pres - ent slips in - to the past, and
 3. The past and fu - ture ev - er meet in

one can check or stay; we'll view the past with
 dream - like melts a - way; the break - ing of to -
 the e - ter - nal now: to make each day a

no re - gret, nor fu - ture with dis - may.
 mor - row's dawn be - gins a new to - day.
 thing com - plete shall be our New Year vow.

⊕ Words: John Andrew Storey, 1935—
 Music: African American spiritual, c. 1750–1875, adapt. and harmony by
 Harry T. Burleigh, 1866–1949

MCKEE
 C.M.



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





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, sgm@uusf.org, 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, 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."



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

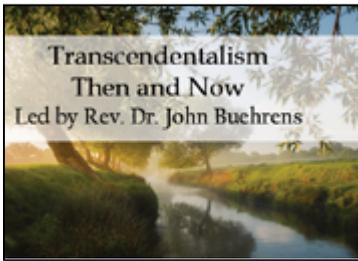
Tuesdays & Thursday, 8-8:30 AM

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 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, 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](#)

Online Silent Auction January 29, 2021 - February 4, 2021

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 [click here](#)
- To get more information, please email **Sue Anthony**
at susan.j.anthony@comcast.net.



**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 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](#)

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...



Peace Bird Throw
Barbara F Meyers...



In Memoriam
Barbara Grob...



Homage: Leonard Breger/ Bernal Hill Boogie
Elaine Pratt...



Morning Glory
Elaine Pratt...



Bird Dog
Jane Way...



Out of the Swamp
JF Ellman...



Autumn
Julia Wald...



Evening Owl
Kristen Stephens...





untitled no. 10

Lily Wu...



Spanish Bird

Lisa G Garrigues...



Universal Light

Louise Diskerd...



Stir Crazy Shelter in Place

Nancy Buffum...



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...



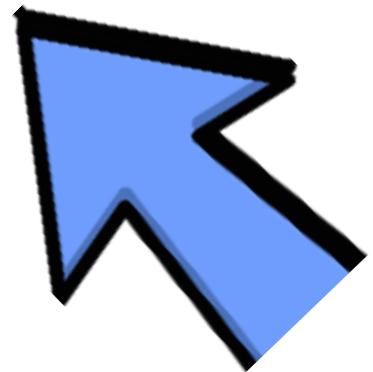
Red Roadway

Sofia Carmi...



Lines & Arcs

Winston Donmark...



FORUM

Climate Crossroads: On the Path Towards a Just Transition and Clean Economy

Sunday, January 3 at 1PM (on zoom)

How can we be part of the urgent need to transform our energy system? This is an opportunity to learn and ask questions about the climate crisis and discuss available global and local solutions.

We'll offer an update on what's happening in San Francisco

and California and discuss what we all can do to help eliminate the problem of greenhouse gas emissions. Our guest speakers are Helena Birecki and Paul Wermer.

Forum UU is inviting you to a scheduled Zoom meeting.

<https://zoom.us/j/93231236053?pwd=d0hQYVgvcE5lUWNPNnFiVUdtSjhjQT09>

Meeting ID: 932 3123 6053

Passcode: 827932

Dial by your location

+1 669 900 6833 US (San Jose)

Find your local number: <https://zoom.us/u/aedC27FjUo>



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 [Rochelle Fortier](#) or [Carrie Steere-Salazar](#).



Christmas Eve Service - Dec. 24

[Click Here to Watch This Service](#)



UUSF MEDIA

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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
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