

"The Nature of Religious Experience and the Power of Knowing"

Sunday, January 24, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday, January 24, 2021
10:50 AM to 12:15 PM

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

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

Prelude Three Early American Hymn Tunes,
Come Thou Fount of Every Blessing (1813)
'Tis a Gift to Be Simple (1848)
Amazing Grace (1772)
Reiko Oda Lane, organist
arr. Gilbert Martin
arr. James Southbridge
arr. Gilbert Martin

Opening and Welcome
Meg McGuire, Ministerial Intern

Hymn 190
Mark Sumner, conductor; Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould,
Asher Davison, songleaders; Reiko Oda Lane, organist
Light of Ages and of Nations AUSTRIA

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

Unison Chalice Lighting
Richard Davis-Lowell, Worship Associate

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
Auction Promo Video ([click here](#))
Meg McGuire

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

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

Ritual of Remembrance and Commitment

Spoken and Silent Meditation

Music *Beati quorum via*

Charles Villiers Stanford

Blessed are the undefiled in the way, who walk

**with knowledge of our strengths and weaknesses and needs and gifts*

My-Hoa Steger, soprano; Leandra Ramm, soprano; Brielle Marina Nielson, alto;
Ben Rudiak-Gould, tenor; Asher Davison, bass (*editorialized translator); Mark Sumner, bass

Reflection

Richard Davis-Lowell, Worship Associate

Offering

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



Music *America the Beautiful*

Samuel Ward, arr. Richard Nichols

Leandra Ramm, soprano; Brielle Marina Nielson, alto; Ben Rudiak-Gould, tenor;
Asher Davison, bass; Mark Sumner, conductor; My-Hoa Steger, accompanist

Reading from "The Varieties of Religious Experience" by William James

Meg McGuire

Music *Gonna Get Through This World*

Woody Guthrie, Lisa Gutkin, arr. Nick Page

Members of the UC Men's and Women's Chorales, Berkeley, Mark Sumner, conductor;
Morgan Nilsen, clarinet and Jim Rebhan, accordion

Sermon **"The Nature of Religious Experience
and the Power of Knowing"**

Rev. Vanessa Rush Southern

Hymn 149

Lift Every Voice and Sing

LIFT EVERY VOICE

Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould,
Asher Davison, songleaders; Mark Sumner, pianist

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

Benediction

Rev. Vanessa Rush Southern

Postlude

Variations on "America" (1891)

Reiko Oda Lane, organist

Charles Ives



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Meg McGuire, Ministerial Intern
Richard Davis-Lowell, Worship Associate

Technology

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

Musicians

Reiko Oda Lane, organist
Mark Sumner, conductor
Leandra Ramm, soprano
Brielle Marina Neilson, alto
Ben Rudiak-Gould, tenor
Asher Davison, bass
My-Hoa Stegger, pianist & soprano

Cover image by Javier Allegue Barros ([learn more](#))

190 Light of Ages and of Nations

$\text{♩} = 104$

1. Light of a - ges and of na - tions, ev - ery race and
 2. Rea - son's no - ble as - pi - ra - tion truth in grow - ing
 3. Lo, that word a - bid - eth ev - er, rev - e - la - tion

ev - ery time has re - ceived thine in - spi - ra - tions,
 clear - ness saw; con - science spoke its con - dem - na - tion,
 is not sealed; an - swer - ing now to our en - deav - or,

glimps - es of thy truth sub - lime. Al - ways spir - its
 or pro - claimed e - ter - nal law. While thine in - ward
 truth and right are still re - vealed. That which came to

in rapt vi - sion passed the heav - en - ly veil with - in,
 rev - e - la - tions told thy saints their pray - ers were heard,
 an - cient sag - es, Greek, Bar - bar - ian, Ro - man, Jew,

Another tune, 189

⊕ Words: Samuel Longfellow, 1819-1892
 Music: Franz Joseph Haydn, 1732-1809

AUSTRIA
 8.7.8.7.D.

al - ways hearts bowed in con - tri - tion
 proph - ets to the guilt - y na - tions
 writ - ten in the soul's deep pag - es,

found sal - va - tion from their sin.
 spoke thine ev - er - last - ing word.
 shines to - day, for - ev - er new.

149 Lift Every Voice and Sing

$\text{♩} = 76$

1. Lift ev - ery voice and sing, till earth and heav - en
 2. Ston - y the road we trod, bit - ter the chas - tening
 3. God of our wea - ry years, God of our si - lent

ring, ring with the har - mo - nies of lib - er -
 rod, felt in the days when hope un - born had
 tears, thou who hast brought us thus far on the

ty; let our re - joic - ing rise high as the lis - tening
 died; yet with a stead - y beat, have not our wea - ry
 way; thou who hast by thy might led us in - to the

skies, let it re - sound loud as the roll - ing sea.
 feet come to the place for which our fa - thers sighed?
 light, keep us for - ev - er in the path, we pray.

Words: James Weldon Johnson, 1871-1938
 Music: J. Rosamond Johnson, 1873-1954,
 © 1921 Edward B. Marks Music Co., renewed

LIFT EVERY VOICE
 Irregular

Sing a song full of the faith that the dark past has
We have come o - ver a way that with tears has been
Lest our feet stray from the plac - es, our God, where we

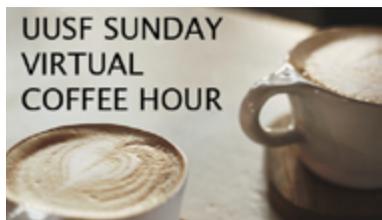
taught us; sing a song full of the
wa - tered; we have come, tread - ing our
met thee; lest our hearts drunk with the

hope that the pres - ent has brought us; fac - ing the
path thru the blood of the slaugh - tered, out from the
wine of the world, we for - get thee; shad - owed be -

ris - ing sun of our new day be -
gloom - y past, till now we stand at
neath thy hand, may we for - ev - er

gun, let us march on till vic - to - ry is won.
last where the white gleam of our bright star is cast.
stand, true to our God, true to our na - tive land.

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, members of the church continue offering Pastoral Care and support to one another. One of those groups is the [Lay Chaplains](#) (Jan Oringer, Liz Strand, Gino Fortunato, Linda Harris, and Marty Vanderlaan) have been joined this Summer by retired ministers Margot Campbell-Gross and John Buehrens. To contact this team, send an email to chaplains@uusf.org or telephone one of the lay chaplains. We will respond to your request and connect you to someone who can help. In providing care we often rely on a network of UUSF volunteers who have indicated they are available to help other members of the congregation.

We wish to express our deep appreciation for the help of these volunteers.

Humanists and Non-Theists

Can Future Pandemics Be Prevented?

Sunday, January 24 at 1:00 PM

Natural mechanisms that check overpopulation of species include starvation, predation, conflict within and among species and diseases. Humans have been able to blunt most of these mechanisms leading to a population that burdens earth's resources and is changing the climate. However, in human history there have been a number of diseases that have reduced human populations significantly (e.g. the Black Death, the 1918 Flue pandemic). With Covid-19, humanity is faced, once again, with a disease that has spread throughout the world bringing a large number of deaths and suffering from the disease, breakdown of economic activity and interruption of normal human activity such as education, travel and social gatherings.



Covid-19, like many other diseases jumped to the human population from other animals. It has been estimated that there are 800,000 viruses in animals that can potentially jump to humans and cause pandemics. Are we entering an age of pandemics caused by human overpopulation, international mobility, human incursion into previously pristine areas exposing humans to novel pathogens, political division that politicizes public health measures, and overconsumption by wealthy nations? Science and medicine have impressively produced diagnostic tests and vaccines that may save humanity this time, but are there ways to catch the emergence of new infectious diseases before pandemics cause so much harm? Scientists are now attempting characterizing all viruses found in nature.

This is made possible by advances in scientific technologies and scientist working together around the world. The United States has played a leading role in this effort by training scientist in developing countries how to detect and characterize viruses and public health measures that can prevent wide spread infection. Many of these countries controlled Covid-19 before it decimated their populations and economies, but surprisingly the US and many other wealthy countries failed to implement these measures in a timely manner resulting in an out of control Covid-19 pandemic. We will view videos that describe scientific programs that may help prevent future pandemics.

[Click Here for Zoom Link](#)

<https://us02web.zoom.us/j/88960334143?pwd=ZGsxR0JrajB4VUIIQ2hpdIbYNXVzUT09>

Meeting ID: 889 6033 4143

Passcode: 540758

Dial by your location

+1 669 900 6833 US (San Jose)

Aloha AUUction 2021 Is Almost Here!

Online Silent Auction January 29 - February 4

Online Live Auction February 5 (7PM - 8PM)

The Auction raises much of the income we are depending on to support UUSF programs and staff. During this difficult year, the Auction results are more important than ever.

Deadline for donations is January 26, so it's time to post your donation by clicking on the button below!

**CLICK HERE
TO DONATE ITEM**

See what has already been donated ([here](#)) by UUSF congregants and friends. The ideas are limitless. Here are just a few.

Fine wine

Food preparation and delivery

Services like shopping, teaching a skill, consulting

Weekend and week-long getaways

Parties and cultural events (for dates later in 2021)

Online family and kid-friendly activities

Questions? Email Sue Anthony at susan.j.anthony@comcast.net.

Register to bid: It's not too early to register on the Silent Auction site so you'll be ready when the bidding starts Friday, January 29!

Register Here



QUALITY WINE BOTTLE DONATIONS

DESPERATELY NEEDED BY ALOHA AUCTION!!

We need your wine bottle donations in order to create two cases of wine to auction off at this year's auction. Please consider donating a \$15+ bottle of wine to support this major fundraising event for the UUSF!

Bottles can be dropped off at Susan Anthony's home or if you live in SF, she can come collect the bottle from you!

Contact Susan at susan.j.anthony@comcast.net for more information.

Journey Toward Wholeness Racial Equity Task Force Meeting

Tuesday, January 26, 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.

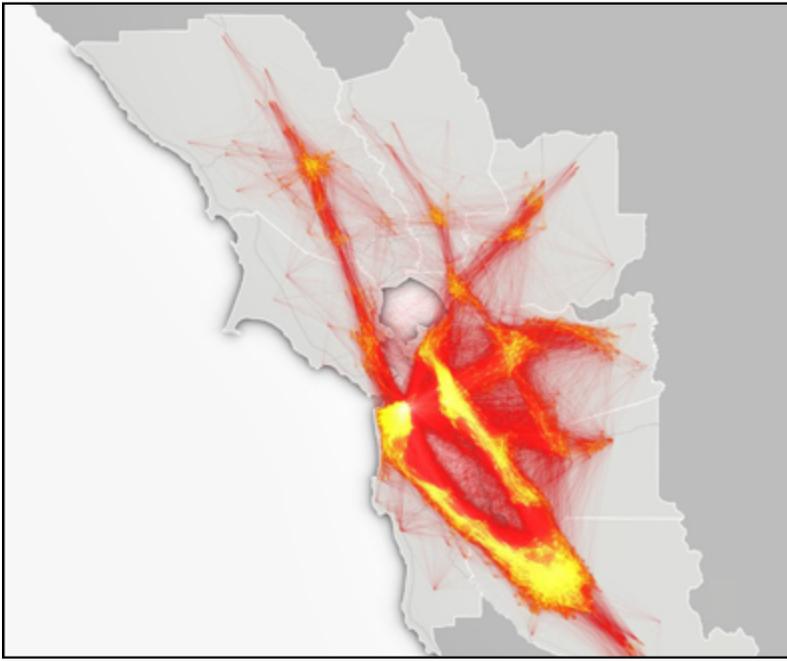
If you're interested in joining us on Tuesday, email info@uusf.org for meeting information and the materials for the meeting.



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.



Bay Area UU Meetup - Antiracism Focused

Wednesday, January 27 from 4PM to 5PM

The next Bay Area UU Meetup event is next Wednesday, 1/27 at 4pm. We're starting a new practice of focusing on anti-racism efforts being conducted by the various congregations of the Bay Area. There will still be space for people to ask questions and get support for other matters.

More details, including notes from prior meetings, can be found here:

<https://www.uusf.org/sfbauumeetup>

Join on ZOOM

<https://us02web.zoom.us/j/85190257067?pwd=MG40d2dtWlh6WVZhVGt4OEhUdG1mQT09>

One tap mobile: +14086380968,,85190257067#,,,,,0#,,523065#

Dial by your location: +1 408 638 0968

Meeting ID: 851 9025 7067

Passcode: 523065

HOW TO KNOW A MEALS ON WHEELS EMPLOYEE

All official Meals on Wheels employees can be identified by this uniform, badge, or truck:

- Meals are delivered **MONDAY-SATURDAY** between the hours of **8:00 AM – 4:30 PM**.
- You will be notified of special deliveries either in writing or through an automated call.
- During the pandemic we will not ask to enter your home and we **NEVER** come to your home to collect money.

If you have any concerns about a visit, phone call, or letter from Meals on Wheels, please call us at 415-920-1111.





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](#)



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:

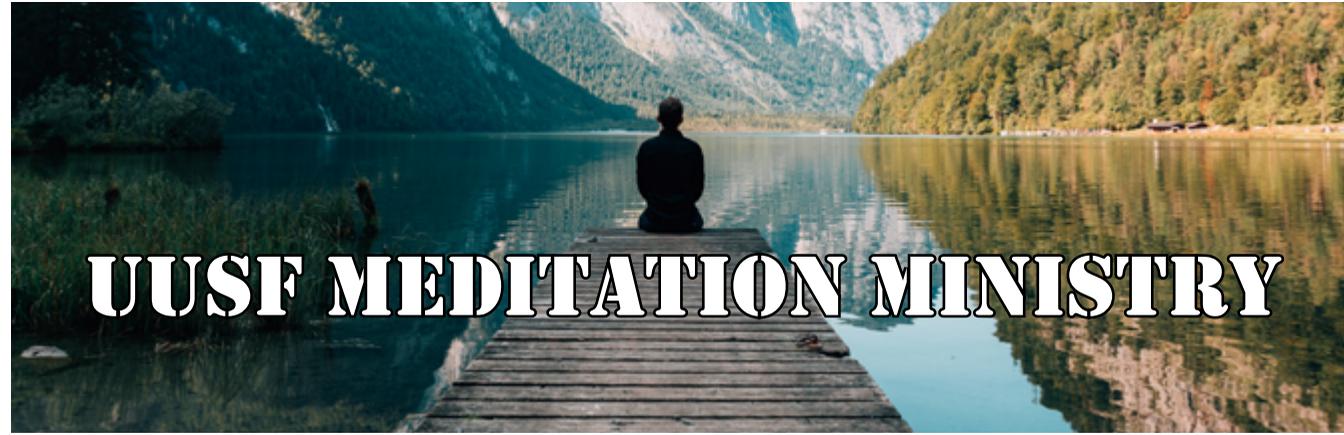
To Get Help connecting with sources of free healthy food, contact our lay chaplaincy team at Chaplains@uusf.org

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](#)



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

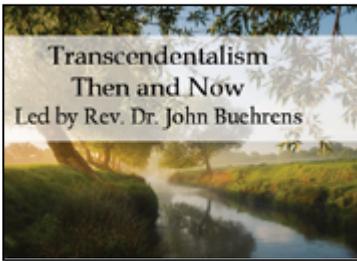
Tuesdays & Thursday, 8-8:30 AM

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.

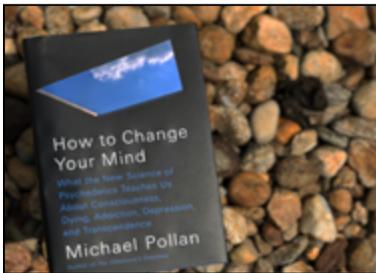


Transcendentalism Then and Now

Last remaining class is on Wednesday, January 27 from 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! 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. 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](#)

Spirit Saturday

Saturday, February 27, 10AM to 1PM

[CLICK HERE TO REGISTER](#)

Join us for our 2nd Virtual Spirit Saturday on February 27. For our upcoming Spirit Saturday, we offer three exciting workshops led by Ministerial Intern Meg McGuire, church member Mari Magaloni (with a workshop specific for Black, Indigenous, People of Color members and friends), and Rev. Alyson Jacks, Associate Minister. Spirit Saturday is a fun way to meet members and friends of UUSF, and enjoy a Saturday morning learning together.



Body and Spirit

Max Participants: 15

Leader: Meg McGuire

Whether we're still or in motion, silent or singing, alone or together, we're always in our bodies. Join ministerial intern Meg McGuire for some simple embodied practices and reflection on our bodies and their integral role in spiritual practice, healing and collective transformation.

UU Quilting Bee

Max Participants: 10

Leader: Mari Magaloni

THIS WORKSHOP IS FOR PEOPLE WHO IDENTIFY AS BLACK, INDIGENOUS AND PEOPLE OF COLOR. Unitarian Universalism is like a big spiritual quilt. But its integrity is uncertain. The chill is getting in where the squares of BIPOC UU's are missing. You are invited to the first in a series of BIPOC Quilting Bees in which we will begin the work of strengthening the quilt's integrity by filling in the missing blocks and adding some much-needed color!

In this workshop we will explore what it means to move from being an invited guest at the Chancel table to being a host. How would your race and culture inform the configuration and expression of Unitarian Universalist worship services? Please have plenty of paper and something to write with. If you are inclined, bring colored pencils, crayons, etc.

Leader Mari Magaloni is first generation Mexican-American and an actor/comic whose work focuses on the impact that politics, tech and social issues have on the emotional life of the "every-person".

I Do Believe

Max Participants: 10

Leader: Rev. Alyson Jacks

What is your personal credo? A credo expresses what you hold to be true in your heart. Think of it as your signature song! In Unitarian Universalism, we do not have a corporate credo, a statement of belief in which all are beholden. Rather, each person is invited to create their own credo, informed by our UU Principles and Purposes, and shaped by lived experience. In this workshop, we'll reflect and create our own personal credos through writing and simple art activities, with time to share our reflections.

Wednesday Morning Vigils!

Wednesdays from 8AM-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

[View More Photos](#)



UUSF Community Art Show

Now thru January ([here](#))

This year's community art show is virtual. 20 artists are featured, and a range of items are available for purchase.

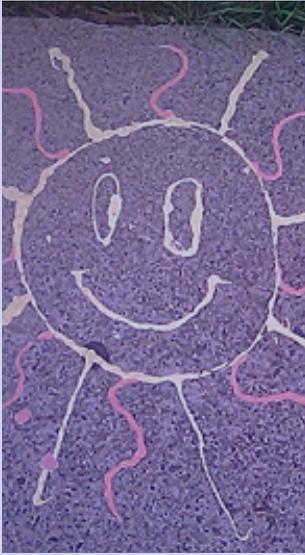
Check out the gallery on the UUSF website [here](#).



Autumn by Julia Wald ([view here](#))

ART AT OUR FEET

Childrens Sidewalk Art During the Shelter at Home



Childrens Multicultural Museum Art Show

March 2021

Children are invited to participate by submitting a photo of their own sidewalk chalk drawing! Yippee!!

How? Email a digital photo with the artists name to "flame@uusf.org" with the subject "Art Show February" by February 14. One photo per child; more than one child can contribute to a drawing. Submissions will be posted to the online CMM Chalk Gallery, joining other photos by the exhibit curator **Andrei Glase**.

Andrei is in charge of Childrens Multicultural Museum which was created in 1986 by childrens art advocates at the UU. The mission is to provide traditional art and cultural experiences for children 5 to 12 years and their parents. During the covid shelter art workshops and in-person exhibits have been paused.

Andrei's interest in sharing and inspiring art has been nurtured by the art she found on her daily walks since March 2020. She photographed these anonymous drawings in the Arguello/Geary district of SF.

What sidewalk drawings can YOU contribute to the CMM chalk gallery?



NEW UU!

April 6

April 13

NEW UU! A Two-Session series for Visitors and Newcomers

Tuesday, April 6 and 13 from 7PM to 8:30 PM

[REGISTER HERE](#)

Questions? Email Rev. Jacks at 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 One: 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 Two: 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."

Saying "I'm Sorry"

Sunday, January 17, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

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



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