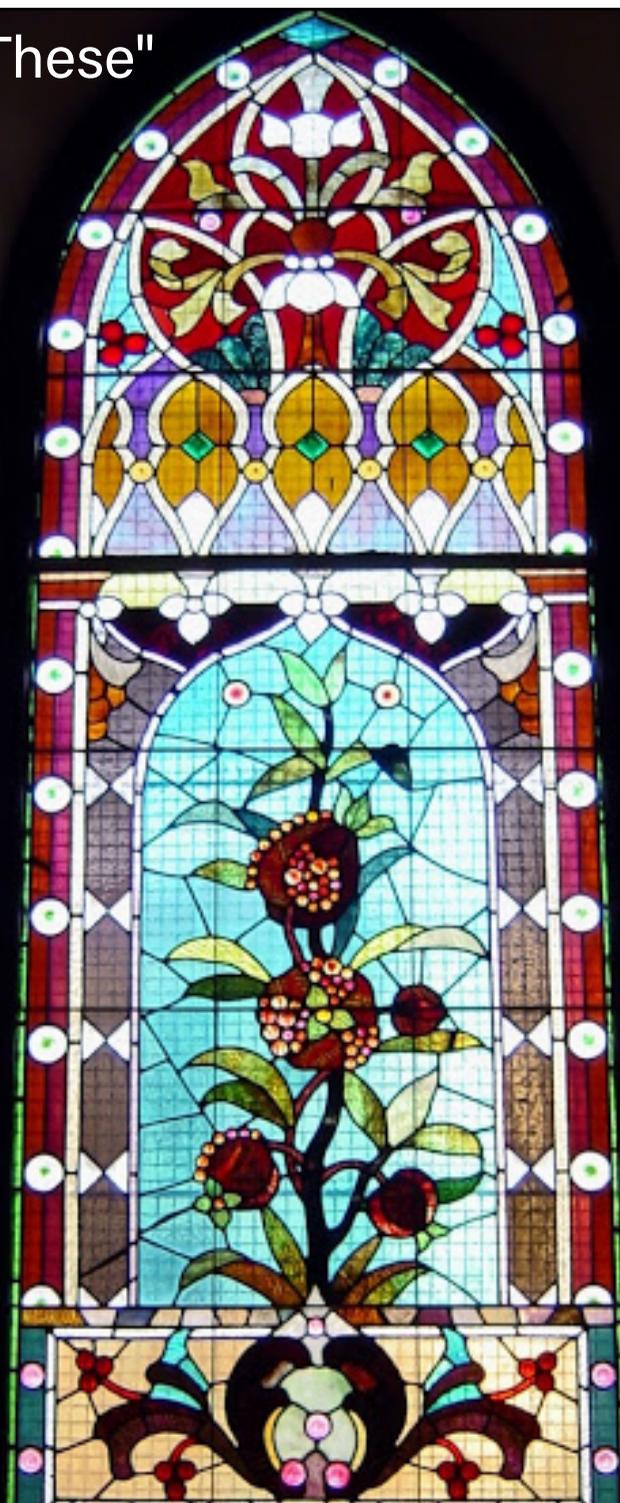


"Times Like These"

Sunday, March 7

10:50 AM, 2021



First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, March 7, 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

Ubi Caritas - Where Charity and Love Abound
Variations on All People That on Earth Do Dwell

Reiko Oda Lane, organist

James Aylward

Genevan Psalter arr. M. Thewes / L. Curry

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 288

All Are Architects

WOODLAND

Reiko Oda Lane, organist; Michele Kennedy; Leandra Ramm;
Ben Rudiak-Gould; Asher Davison; Mark Sumner, song leaders

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

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.

Music *Hymn for These Times* Meggan Moorehead Jay Rogers
Michele Kennedy, soprano; Leandra Ramm, alto; Ben Rudiak-Gould, tenor;
Asher Davison, bass; Mark Sumner; conductor

Spoken and Silent Meditation

Offering

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



Music *An April Day* words Joseph Cotter, music Florence Price
Michele Kennedy, soprano; Mark Sumner, pianist

Reading

Music *If I Ain't Got You* Alicia Keys

Inspired by the 2001 death of singer Aaliyah,
the terrorist September 11 attacks, and other events in the world.

Soloists: Brielle Marina Nielson, Leandra Ramm, Vanessa Southern, Leila Southern,
Jonathan Silk, Mark Sumner, Roberto Dela'ò, Shannon Warto, Judy Payne, Bari Cornet,
Dennis Adams, Betsy Darr, Jack Darr, Carrie Steere-Salazar, Meg McGuire,
Leland Jones, John Buehrens, David Jones, Sue Anthony, Eric Shackelford, Alyson Jacks,
Thomas Brown, Asher Davison, Joe Chapot, accompanied by Derek Silbermann,
Jon Silk and Bill Klingelhoffer; Choristers: Tina Shibue, Janet Scott and others.

Mark Sumner, conductor; Derek Silbermann, editor

Sermon "**Times Like These**"

Rev. Vanessa Rush Southern

Hymn 1021

Lean On Me

Bill Withers

Michele Kennedy; Leandra Ramm; Ben Rudiak-Gould;
Asher Davison, song leaders; Mark Sumner; pianist

[\(CLICK HERE OR SCROLL DOWN TO PAGES 6-9 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Onward, Ye Peoples!

Jean Sibelius

Reiko Oda Lane, organist

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister

Meg McGuire, Ministerial Intern

Gayle Reynolds & Keith Hollon, Annual Operating Fund Drive

Technology

Eric Shackelford, camera

Shulee Ong, camera

Jonathan Silk, sound/oos design

Joe Chapot, social media

Thomas Brown, sexton

Les James, Zoom Coffee Hour

Judy Payne, flowers

Musicians

Reiko Oda Lane, organist

Michele Kennedy, soprano

Leandra Ramm, alto

Ben Rudiak-Gould, tenor

Asher Davison, bass

Mark Sumner; conductor/pianist

All Are Architects

$\text{♩} = 104$

1. All are ar - chi - tects of fate, work - ing in these
 2. For the struc - ture that we raise time is with ma -
 3. Build to - day, then, strong and sure, with a firm and

walls of time; some with mas - sive deeds and great,
 te - rials filled; our to - days and yes - ter - days
 am - ple base; and as - cend - ing and se - cure

some with or - na - ments of rhyme.
 are the blocks with which we build.
 shall to - mor - row find its place.

⊕ Words: Henry Wadsworth Longfellow, 1807-1882

⊕ Music: Thomas Benjamin, 1940- , © 1992 Unitarian Universalist Association

WOODLAND
7.7.7.7.

♩ = 88

The musical score is written in 4/4 time with a key signature of one flat (Bb). It consists of three systems of music. Each system includes a vocal line with lyrics and a piano accompaniment with treble and bass staves. Chord symbols (F, Bb, C7) are placed above the vocal lines. The lyrics are as follows:

1. Some - times in our lives _____ we all have pain, -
 2. Please swal - low your pride _____ if I have things.
 3. If there is a load _____ you have to bear -

we all have sor - row, -
 you need to bor - row, -
 that you can't car - ry, -

But if we are wise _____ we know that there's.
 For no one can fill _____ those of your needs.
 I'm right up the road, - I'll share your load -

Words & music: Bill Withers, 1938 - , © 1972 (Renewed) Interior Music (BMI). All rights reserved.
 Used by permission. Warner Bros. Publications US, Inc., Miami, FL 33014,
 arr. David Moran, 1967 -

Lean on Me - 2

C F

al - ways to - mor - row,
that you won't let _____ show. Lean on me
if you just call _____ me. *Just call*

Gm Am7 Bb C F

3x to dancing

when you're not strong - and I'll be your friend,

C

I'll help you car - ry - on, -

Lean on Me - 3

F Gm Am7 B \flat C F

For it won't be long — 'til I'm gon-na need —

C7 1, 2 F

— some-bod - y to lean _____ on. —

No chords Clap on the off beat simile

3 F

on. — Just call on me broth - er when

2x sister

Lean on Me - 4

you need a hand. — We all — need some- bod- y to lean —

The first system of musical notation for the song 'Lean on Me'. It consists of a vocal line and a piano accompaniment. The vocal line is in a treble clef with a key signature of one flat (Bb) and a 4/4 time signature. The lyrics are 'you need a hand. — We all — need some- bod- y to lean —'. The piano accompaniment is in a grand staff (treble and bass clefs) with the same key signature and time signature. The melody is simple and rhythmic, with a steady bass line.

— on. I just might have a prob-lem that

The second system of musical notation. The vocal line continues with the lyrics '— on. I just might have a prob-lem that'. The piano accompaniment continues with the same rhythmic pattern.

you'd un-der-stand.. We all — need some- bod- y to lean — on —

The third system of musical notation. The vocal line ends with the lyrics 'you'd un-der-stand.. We all — need some- bod- y to lean — on —'. The piano accompaniment concludes the system. There are handwritten annotations: a circled 'B' and the text 'lean on me chorus' written vertically to the right of the system. A circled '2x' is written above the word 'lean' in the lyrics.

(B)
lean
on
me
chorus



What's Coming Up?

Ways to Connect in These Times

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 (vsouthern@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.



Sunday Virtual Coffee Hour **12:15 PM on Sundays**

Anyone is welcome to join our community for our Virtual Coffee Hour, immediately following the Sunday Worship Service. Coffee not required.

Come to the special **8th Principle breakout room at Coffee Hour** after this service to hear more about the 8th Principle and to have a chance to join the discussion and get your questions answered. Simply say, when you enter the coffee hour zoom, that you want to go to the 8th Principle breakout room! We'll see you there!

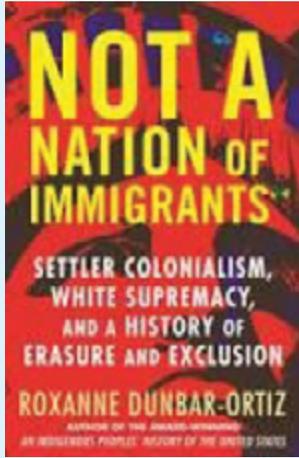
Join the **Sermon Discussion Group**, led by **Donald Mathussan**, at Virtual Coffee Hour after church today. Let the host know if you want to join this group when you arrive at Coffee Hour.

Join via Zoom: <https://zoom.us/j/725737157>

Meeting ID: 725 737 157

One tap mobile: +16699006833,,725737157#

Roxanne Dunbar-Ortiz's Discusses Her New Book!



Sunday Forum, March 7 at 1:00 PM

We are pleased to present acclaimed author, Roxanne Dunbar-Ortiz, at our UUSF Zoom Forum on Sunday, March 7 at 1:00 PM. She will discuss her latest book, *Not A Nation of Immigrants: Settler Colonialism, White Supremacy, and a History of Erasure and Exclusion*

Many Americans, regardless of party affiliation, whether in political debates or discussions about immigration, proudly state that we are a nation of immigrants. In this bold new book, historian Roxanne Dunbar-Ortiz asserts this ideology is harmful and dishonest because it serves to mask and diminish the US's history of genocide, white supremacy, slavery, and structural inequality, all of which we still grapple with today.

While some of us are immigrants or descendants of immigrants, others are descendants of those who were here since time immemorial and others are descendants of those who were kidnapped and forced here against their will. This acclaimed author suggests that we need to stop believing and perpetuating this simplistic and a historical idea and urges readers to embrace a more complex and honest history of the United States.

Roxanne Dunbar-Ortiz grew up in rural Oklahoma in a tenant farming family. She has been active in the international Indigenous movement for more than 4 decades and is known for her lifelong commitment to national and international social justice issues. Dunbar-Ortiz is the winner of the 2017 Lannan Cultural Freedom Prize, and is the author or editor of many books, including *An Indigenous Peoples' History of the United States*, a recipient of the 2015 American Book Award. She lives in San Francisco. *Not A Nation of Immigrants* is scheduled to be released in August 2021 by Beacon Press.

Join Zoom Meeting

<https://zoom.us/j/2200241232?pwd=aCtldWI0OGxUdUxjeUJ5K0xSY09uUT09>

Meeting ID: 220 024 1232

Passcode: 328697

Dial by your location

+1 669 900 6833 US (San Jose)

Journey Toward Wholeness

Racial Equity Task Force Meeting

Tuesday, March 30, 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.

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.



**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](#)



Humanists and Non-Theists

From the Tuolumne to the Tap: Our water supply; Our environmental legacy.

Sunday, March 14 at 1:00 PM

Join **Peter Drekmeier**, Policy Director for the Tuolumne River Trust, for a behind the scenes look at our water supply and the battle for Northern California's freshwater resources. Can we balance the needs of humans and the environment? Learn what you can do to help preserve our rivers and restore the Bay-Delta ecosystem?

Zoom Info

<https://us02web.zoom.us/j/89071912542?pwd=RFFaemRrWlNKVnNOZ2xtS2l3TElYUT09>

Meeting ID: 890 7191 2542

Passcode: 579268

Dial by your location

+1 669 900 6833 US (San Jose)



Humanists and Non-Theists

Breaking the Seal: An Informed Perspective on Judeo-Christian Literature

Sunday, March 28 at 1:00 PM

Should we abandon biblical literature altogether, or can we use it against the forces of endarkenment? What if biblical literature contains lessons against ignorance? What if it favors reason over dogma? Join us in a conversation about ancient literature with a presentation on the topic by **Bob Burchfield**. We may even figure out what that famous apple represents.

Zoom Info

<https://us02web.zoom.us/j/81530365544?pwd=VFRvN2Z5M2Q2ajZFSkM2SUplMG9wdz09>

Meeting ID: 815 3036 5544

Passcode: 834958

Dial by your location

+1 669 900 6833 US (San Jose)

[Adult Religious Education Programs](#)

Minister's Book Group: March

Wed, March 24, 6:30-8 pm or Thurs, March 25, noon-1:30

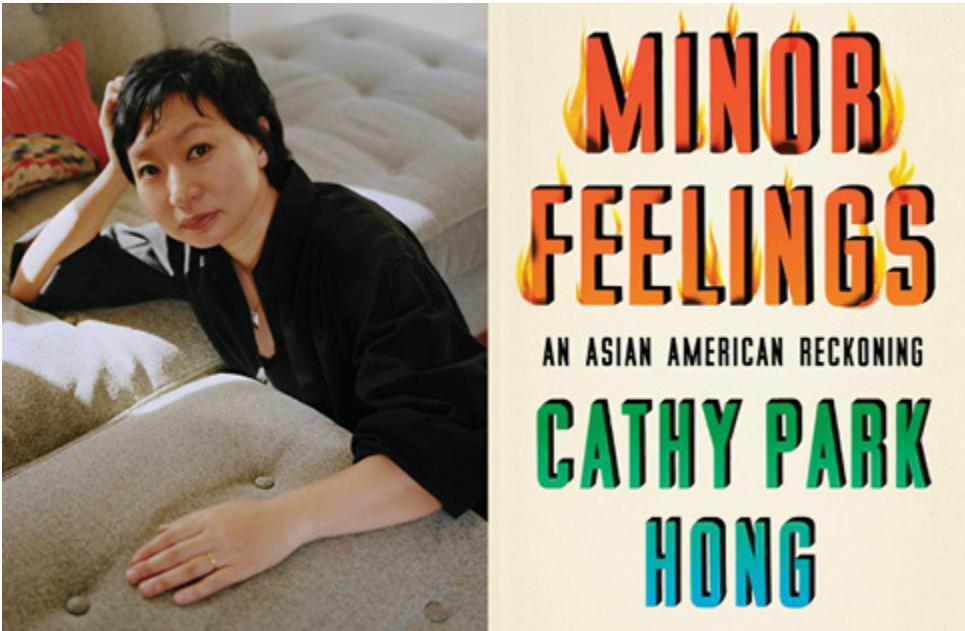
Leader: Rev. Vanessa Rush Southern & Lori Lai

Our book this month is “Minor Feelings: An Asian American Reckoning” by Cathy Park Hong. Hong, a prize-winning poet and Professor at Rutgers University in their MFA Program, weaves a book that is part memoir and part cultural criticism. She uses her own story to look into racial consciousness in America today. Published in 2020 the book has a contemporary perspective on Korean American immigrants, with the voice of a poet guiding the journey.

Vanessa Southern and Lori Lai will co-lead this Book Group which you can join either on Wednesday, 3/24 from 6:30-8 PM or Thursday, 3/25 from noon-1:30.

RSVP to JChapot@uusf.org or register [here](#).

[REGISTER HERE](#)



ART AT OUR FEET

Childrens Sidewalk Art During the Shelter at Home

Childrens Multicultural Museum Art Show

March 2021

Feel like you want to escape?

If you have chalk and a sidewalk area you can make your mark!

Wander through these photos of dogs and houses, cats and imaginary creatures, flowers, rainbows and suns, and spaceships at a stellar spaceport, and more! Curator Andrei Glase photographed these anonymous drawings in her neighborhood; they are combined here with photos submitted by children of the UU community of their own drawings.

Childrens Multicultural Museum was created in 1986 by children's art advocates at the UU. The mission is to provide traditional art and cultural experiences for children 5 to 12 years and their parents. There is no museum building, but there is lack of funds. And a collection of innovative creations using multicultural themes, recycled materials and children's imaginations.

In the before times our program served children in the Tenderloin, Civic Center and Chinatown areas with monthly workshops, summer sessions, an annual holiday display at SF Davies Symphony Hall, and exhibitions at the Fisher children's center of the Civic Center Main Library and at the UU Kings Galleries. Our annual UU show included an art making reception for kids; today we are replacing that in-person experience with this online art show. During the covid shelter art workshops and in-person exhibits have been paused. We plan to continue our program as we can. Contact the curator andreiglase@gmail.com or by mail at CMM, 1849 Geary Blvd #15371, SF CA 94115.

With the decline of art education it is just so essential to do what we can to encourage our young creative minds with individual and community art projects. Art is about making decisions ... so you want to sketch something without knowing exactly what the final picture will be? Make a little decision to see art all around. Watch out -- art may be right at your feet! [View the flier here!](#)



CLICK BUTTON
TO VIEW PHOTOS

Sign Up to be Notified about New UU

New UU is a 2 session class introducing participants to Unitarian Universalism, and to our UU congregation. The class explores UU history, theology, governance, and ways to get involved in our community.

Classes are currently being held on Zoom. If you want to be notified of when we schedule our next New UU class, complete this simple form and we'll let you know as soon as our next series is scheduled.

[CLICK HERE TO FILL OUT FORM](#)



Wednesday Morning Vigils!

Wednesdays from 8AM-9AM at UUSF

After 4 years where lies, racial hatred, patriarchy and xenophobia have been promoted from the highest political levels in the land, the people are rightly hungry for science, truth, morality and a broad embrace of humanity.

We give public and visual support especially to those progressive executive actions and proposed legislation by the Biden / Harris administration that address the injustices so stark in our society. This includes the proposal for immigration reform to grant rights, long overdue, to our immigrant brothers and sisters.

On the street at morning rush hour we see clearly the overwhelming contribution of immigrant workers to our economy. We greet construction workers, cooks, housekeepers, truck drivers, plumbers, carpet layers, elder care and childcare workers, roofers, gardeners, landscapers, janitors and many others on their way to work.

And, we celebrate with music that embodies our aspirations, and the resistance that is always part of the struggle for justice.

Join us in front of UUSF, Franklin & Geary. Each Wednesday morning from 8 to 9 AM. (Masks and social distancing required) Let us know what you think at neveragain@uusf.org.

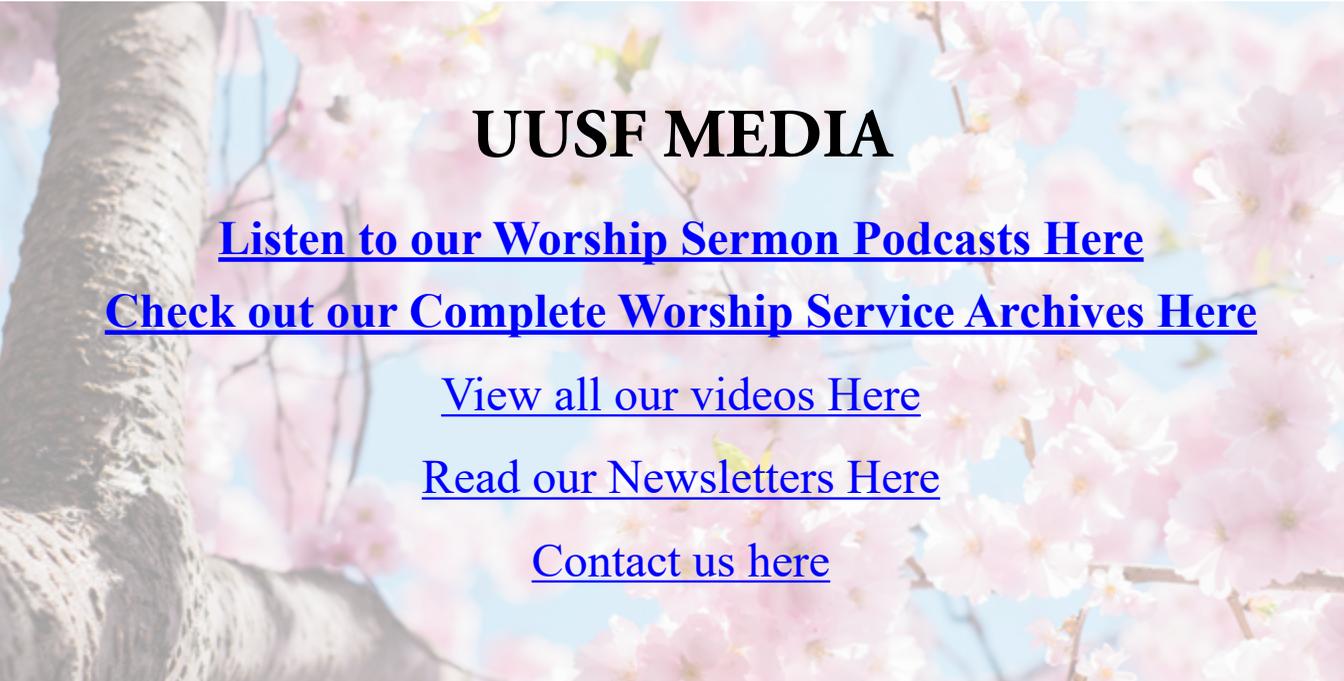
A close-up photograph of water splashing, with droplets frozen in mid-air against a dark background. The water is illuminated from the side, creating a shimmering effect.

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

"Love and Accountability"

Sunday, February 28, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

A background image of pink cherry blossoms in full bloom, with a tree trunk visible on the left side. The flowers are soft and delicate, set against a light blue sky.

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

"Times Like These"

Sunday, February 7

10:50 AM, 2021



First Unitarian Universalist Society of San Francisco