

# "Giving it Up for Lent"

Sunday, March 14, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday, March 14, 2021**  
**10:50 AM to 12:15 PM**

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

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

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Prelude *My Soul Is Longing*, [Psalm 84]  
*Canon in D Major*

George Oldroyd  
Johann Pachelbel  
Reiko Oda Lane, organist

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 126

*Come, Though Fount of Every Blessing*

NETTLETON

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

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

Unison Chalice Lighting

Sam King, 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

Canvass Message

Wonder Dave, Annual Operating Fund Drive



Meditation on Breathing

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

Covenant

Love is the spirit of this church, and service is its prayer.  
This is our great covenant: to dwell together in peace,  
to seek the truth in freedom, and to help one another.

Doxology

TALLIS' CANON

From all that dwell be - low the skies; let songs of hope and  
De to - dos ba - jo el gran sol; sur - ja, es - pe - ran - za

5  
faith a - rise; Let peace, good - will on earth be sung through  
fé, a - mor; ver - dad, y be - lle - za can - tan - do, de

8  
ev - ery land, by ev - ery tongue.  
ca - da tie - rra, ca - da voz. A - men.

Ritual of Remembrance and Commitment

Music *O vos omnes*

Tomas Luis de Victoria  
Leandra Ramm, soprano; Brielle Marina Nielson, alto; Ben Rudiak Gould, tenor;  
Asher Davison, bass; Mark Sumner, director

Spoken and Silent Meditation

Offering

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



Music *Simple Gifts*

adapt. by Aaron Copland  
Leandra Ramm, soprano; Brielle Marina Nielson, alto; Ben Rudiak Gould, tenor;  
Asher Davison, bass; Mark Sumner, accompanist

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'o, 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 "**Giving it Up for Lent**"

Rev. Vanessa Rush Southern

Hymn 203

*All Creatures of the Earth and Sky*

LASST UNS ERFREUEN

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

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





## PARTICIPANTS

### Service Notes

Rev. Vanessa Rush Southern, Senior Minister  
Sam King, Worship Associate  
Wonder Dave, Annual Operating Fund Drive

### Technology

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

### Musicians

Reiko Oda Lane, organist  
Leandra Ramm, soprano  
Brielle Marina Neilson, alto  
Ben Rudiak-Gould, tenor  
Asher Davison, bass  
Mark Sumner, director/pianist

Cover image by Joseph Gonzalez ([more info](#))

# Come, Thou Fount of Every Blessing

$\text{♩} = 88$

1. Come, thou fount of ev-'ry bless-ing, tune our hearts to sing thy  
 2. Come, thou fount of ev-'ry vis-ion, lift our eyes to what may  
 3. Come, thou fount of in-spi-ra-tion, turn our lives to high-er

grace. Streams of mer-cy nev-er ceas-ing, call for  
 come. See the li-on and the young lamb dwell to-  
 ways. Lift our gloom and des-per-a-tion, show the

songs of loud-est praise. While the hope of life's per-  
 geth-er in thy home. Hear the cries of war fall  
 prom-ise of this day. Help us bind our-selves in

fec-tion fills our hearts with joy and love, teach us  
 si-lent, feel our love glow like the sun. When we  
 un-ion, help our hands tell of our love. With thine

Words: v. 1, Robert Robinson, 1735–1790, adapt.,  
 ⊕ vs. 2–3, Eugene B. Navias, 1928–  
 Music: John Wyeth, *Repository of Sacred Music, Part II*, 1813

NETTLETON  
 8.7.8.7.D.

LOVE AND COMPASSION

ev - er to be faith - ful, may we still thy good - ness prove.  
all serve one an - oth - er, then our hea - ven is be - gun.  
aid, O fount of jus - tice, earth be fair as heav'n a - bove.



# All Creatures of the Earth and Sky

$\text{♩} = 84$

1. All crea - tures of the earth and sky, come,  
 2. Swift rush - ing wind so wild and strong, white  
 3. Cool flow - ing wa - ter, pure and clear, make

kin - dred, lift your voic - es high, Al - le - lu - ia, Al - le -  
 clouds that sail in heav'n a - long, Al - le - lu - ia, Al - le -  
 mu - sic for all life to hear, Al - le - lu - ia, Al - le -

lu - ia! Bright burn - ing sun with gold - en beam, soft  
 lu - ia! Fair ris - ing morn in praise re - joice, high  
 lu - ia! Dance, flame of fire, so strong and bright, and

Words: Attributed to St. Francis of Assisi, 1182–1226, alt.

Music: From *Ausserlesene Catholische Kirchengesang*, 1623, adapt. and harm. by Ralph Vaughan Williams, 1872–1958, music used by perm. of Oxford University Press

LASST UNS ERFREUEN  
 8.8.4.4.8.8.  
 with Alleluias

W O R S H I P





# What's Coming Up?

## Ways to Connect in These Times



### 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#

### 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](mailto:ajacks@uusf.org)) or Vanessa Southern ([vrsouthern@uusf.org](mailto: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](mailto: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.

## ***ANNUAL OPERATING FUND DRIVE!***



The ANNUAL OPERATING FUND DRIVE is on its way to meeting our goal of raising \$900,000 for the fiscal year beginning July 1, 2021!

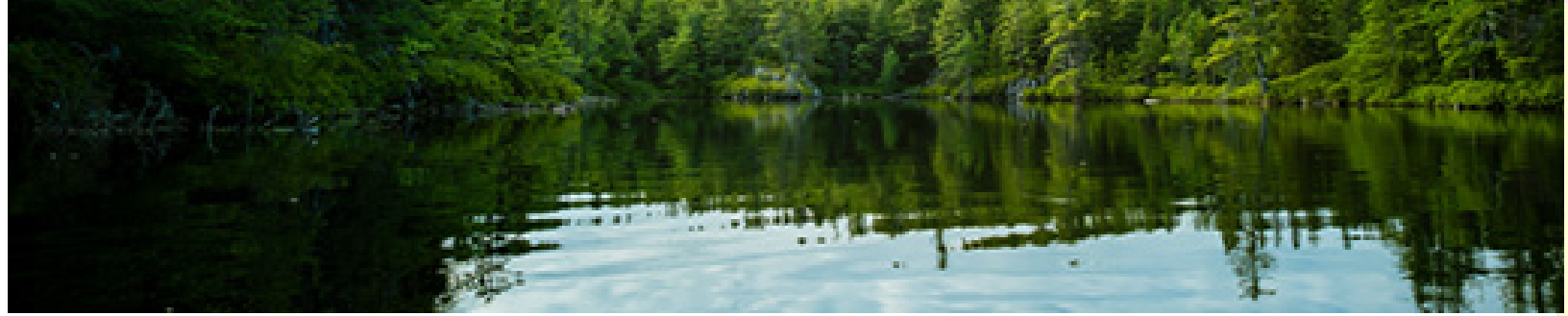
A pledge is a promise to pay at a future time. We are asking for pledges of support for the fiscal year starting July 1, 2021. Your pledge payments will be due between July 1, 2021 and June 30, 2022. No payments are due until then.

Thank you to everyone who has submitted photos for the virtual donor wall. And heartfelt gratitude to the many more who have met the challenge to double their pledge.

**DEADLINE TODAY! To be included in the drawing for a three night stay at Marty Vanderlaan's Tahoe Cabin, please submit your pledge today.**

A green circular button with a white border and a slight 3D effect. The word "PLEDGE" is written in bold, black, sans-serif capital letters in the center. The button is superimposed over a background of tall, green grass with some yellow wildflowers.





*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**

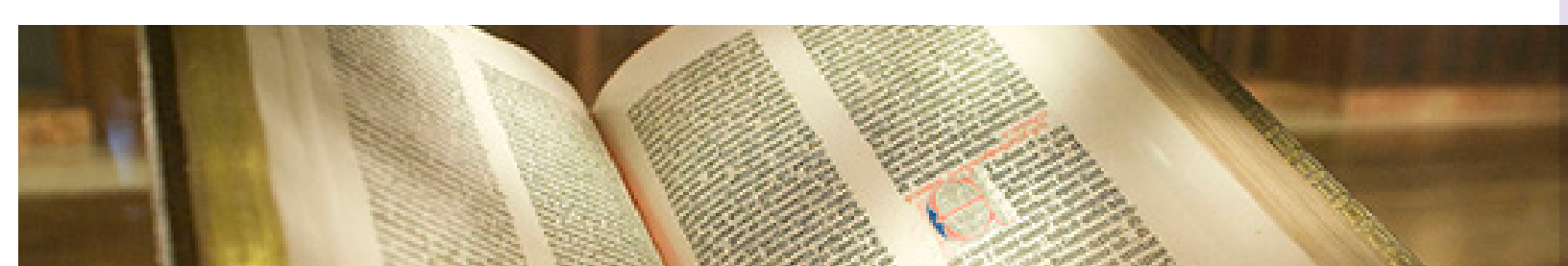
<https://us02web.zoom.us/j/89071912542?pwd=RFFaemRrWINKVnNOZ2xtS2l3TElYUT09>

**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? 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=VFRvN2Z5M2Q2ajZFskM2SUp1MG9wdz09>

**Meeting ID:** 815 3036 5544

**Passcode:** 834958

**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](mailto: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](mailto: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

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## **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](mailto: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](#)

## [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](mailto: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](mailto: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 SHOW

# 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](mailto:neveragain@uusf.org).



The logo for the Institute for Social Ecology, featuring the text "INSTITUTE FOR SOCIAL ECOLOGY" in white, uppercase, sans-serif font, centered within a green square border.

## INSTITUTE FOR SOCIAL ECOLOGY



### Forum

**Sunday, March 21 at 1:00 PM**

This workshop will introduce participants to Social Ecology, an interdisciplinary approach to understanding people's relationship to nature from historical, contemporary, and future-oriented perspectives. Social Ecology offers a critical view of current ecological problems and presents a praxis that can help us to reharmonize people and nature through principled direct action and a reconstructive political perspective that emphasizes non-hierarchical forms of organization. The ideas of Social Ecology have helped to inform a range of social movements from the Anti-Nuke movement of the 70s, the environmental justice movement, eco-feminism, anti-geo organizing, anti-globalization moralizations, and Occupy Wall Street to the current movement for climate justice.

Dan Chodorkoff holds a Ph.D in Cultural Anthropology and co-founded the Institute for Social Ecology in 1974. He is the author of *The Anthropology of Utopia*, and the novels *Loisaida*, and *Sugaring Down*.

### 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)

# "Times Like These"

Sunday, March 7  
10:50 AM, 2021

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

First Unitarian Universalist Society of San Francisco

## UUSF MEDIA

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[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](http://www.uusf.org).

First Unitarian Universalist Society of San Francisco  
1187 Franklin Street, San Francisco, CA 94109  
415-776-4580 / [info@uusf.org](mailto:info@uusf.org)