

"The First Steps"

Sunday, March 28, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday, March 28, 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 *The Swan*

Camille Saint-Saëns
Andrés Vera, cellist; My-Hoa Steger, accompanist

Opening and Welcome

Meg McGuire, Ministerial Intern

Hymn 210

Wade in the Water

MCCREE

Wm. García Ganz, pianist; Ben Rudiak-Gould, song leader

[\(CLICK HERE OR SCROLL DOWN TO PAGES 6 & 7 TO VIEW HYMN\)](#)

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

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

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

Ritual of Remembrance and Commitment

Meg McGuire

Music *Jewish Prayer*

Ernst Bloch
Andrés Vera, cellist; My-Hoa Steger, accompanist

Reflection

Richard Davis-Lowell, Worship Associate

Spoken and Silent Meditation

Offering

This morning is a Special Offering to support the COVID relief efforts of the Good Samaritan Family Resource Center here in San Francisco. In the last year GSFRC has distributed almost half a million dollars worth of food, home and hygiene supplies, and cash assistance to keep families fed and safe, lights on and with a roof over their heads. Our offering today will be matched 3:1 up to four thousand dollars by the Hinckley Fund.



Music *Der Dichter spricht*

Robert Schumann
Andrés Vera, cellist; My-Hoa Steger, accompanist

Reading

Music “*Dayenu*” (It would have been enough)

Traditional
Andrés Vera, cellist; My-Hoa Steger, accompanist

Sermon "**The First Steps**"

Rev. Vanessa Rush Southern, Senior Minister

Hymn 168

One More Step

ONE MORE STEP

Wm. García Ganz, pianist; Ben Rudiak-Gould, song leader

[\(CLICK HERE OR SCROLL DOWN TO PAGE 8 TO VIEW HYMN\)](#)

Music *Van fremden Landern und Menschen*

Robert Schuman
Andrés Vera, cellist; My-Hoa Steger, accompanist

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Meg McGuire, Ministerial Intern
Richard Davis-Lowell, Worship Associate
Gayle Reynolds and Keith Hollon, Annual Operating Fund Drive

Technology

Eric Shackelford, camera
Jonathan Silk, sound/oos design
Joe Chapot, social media
Thomas Brown, sexton
Les James and Tom Brookshire, Zoom Coffee Hour
Amy Kelly, flowers

Musicians

Andrés Vera, cellist
My-Hoa Steger, accompanist
Wm. García Ganz, pianist
Ben Rudiak-Gould, song leader

Cover image by Casey Horner ([more info](#))

OFFERTORY

The Good Samaritan Family Resource Center's mission is to help vulnerable families, including immigrant families, access needed services, develop self-sufficiency, and participate fully as members of the San Francisco community. Every day, we help striving immigrants and diverse families obtain the skills, support, and resources they need to overcome the challenges of poverty and displacement so, together, we can improve the world we share. During COVID this mission has involved vigilant and robust emergency relief to the most vulnerable in our city <https://goodsamfrc.org/>

The Hinckley Fund was established in 1879 following the instructions in the will of Captain William Hinckley. He and his wife Alice were members of the Society, and his will requires that future Trustees of the Fund also be members of UUSF. Each year the Fund awards grants to fulfil the Captain's desire to further religion, learning, and charity. In Captain Hinckley's own words, "He was so impressed with the idea that his later prosperity was owing to no special wit or talent of his that he wanted to set apart a portion of his prosperity as a memorial of the good Providence that had befriended him." This year, the current Hinckley trustees requested UUSF to commit funds to COVID relief as part of the Hinckley grant to the church.

ABOUT

Andrés Vera is a soloist, chamber and orchestral musician, who has performed in countless venues throughout the United States, Europe, the Caribbean and Asia. He performs the Classical cello and the Baroque cello. He is the newest member of the Grammy-nominated Quartet San Francisco, a crossover string quartet that excels in multiple styles — from jazz to tango, pop to funk, blues to bluegrass, gypsy swing to big band and beyond.

My-Hoa Steger née Lê graduated from the Dalton School of Music at Western Michigan University with a Bachelor of Music in Piano Performance in 1999. She worked under Silvia Roederer of the Verdehr Trio, as well as with Lori Sims and Christopher Taylor. After graduation, Mrs. Steger went on to study classical Bel Canto voice with Italian soprano Antonella Banaudi, choral performance with John Sigerson, and played in the Dirichlet Quartet, an experimental quartet to study the influence of Bach on the quartet genre. Currently, My-Hoa is West Coast Music Coordinator for the Schiller Institute, an international organization founded in 1984 to create a global Renaissance in classical culture.



Wade in the Water

♩ = 63 Unison

Wade in the wa - ter, wade in the

wa - ter, chil - dren, wade in the wa - ter,

God's gon - na trou - ble the wa - ter. *Fine*

1. See that band all dressed in white.
2. See that band all dressed in red.

Words & music: African American spiritual, c. 1750–1875,
 arr. by Mary Allen Walden, 1946–, © 1992 Unitarian Universalist Association

MCCREE
 Irregular

God's gon-na trou-ble the wa-ter. The lead - er looks like an
It looks like the band that

Is - rael - ite. Mo - ses led. God's gon-na trou-ble the wa-ter. *D.C. al Fine*



One More Step

$\text{♩} = 48$ *Smoothly, Unison*

1. One more step, we will take one
 2. One more word, we will say one
 3. One more prayer, we will say one
 4. One more song, we will sing one

more step, 'til there is peace for us and
 more word, 'til ev - ery word is heard by
 more prayer, 'til ev - ery prayer is shared by
 more song, 'til ev - ery song is sung by

ev - ery - one, we'll take one more step.
 ev - ery - one, we'll say one more word.
 ev - ery - one, we'll say one more prayer.
 ev - ery - one, we'll sing one more song.

⊕ Words & music: Joyce Poley, 1941- , © 1986 Joyce Poley,
 ⊕ harmony by Grace Lewis-McLaren, 1939- , © 1992 Unitarian Universalist
 Association

ONE MORE STEP
 Irregular

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) 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.

EXTRAORDINARY TIMES! EXTRAORDINARY RESPONSES!

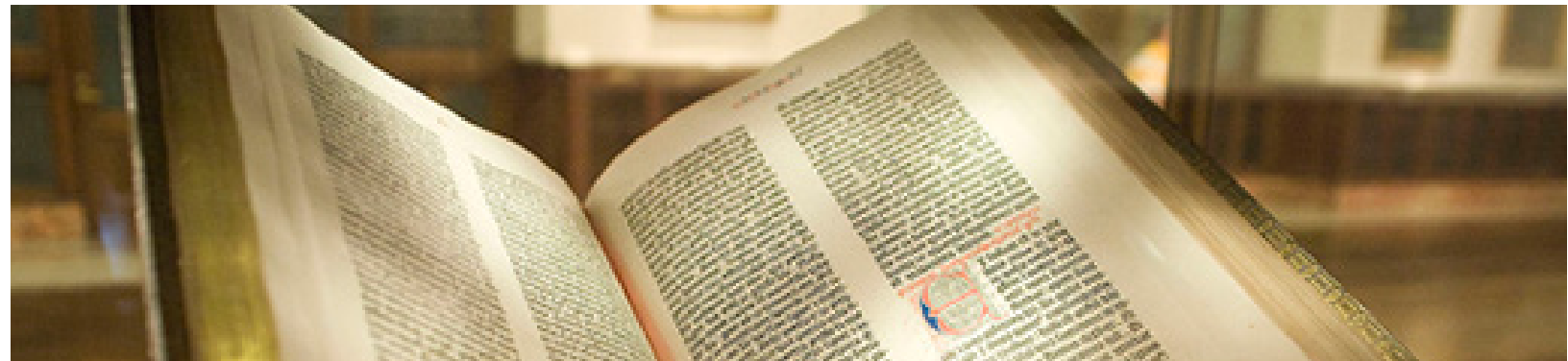


Thank you to the many members, friends and visitors for your unprecedented support of the annual operating fund campaign. Because of your generosity, we know UUSF will have the resources to thrive through the pandemic and beyond.

The active phase of the annual operating fund campaign will end on March 31, but the opportunity to pledge will not. We will continue to follow up with those members we didn't hear from in March. When the campaign is finally wrapped up sometime in April, we hope to have pledges from every member. If you haven't made a pledge by April 1, we will be in touch with you.

If you haven't made your pledge of support, use the pledge button in the order of service today!





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)

Humanists and Non-Theists

Pro Truth: Why Truth Matters In Our Politics & Social Media

Sunday, April 25 at 1:00 pm

How can we turn back the tide of post-truth politics, fake news, and misinformation that is damaging our democracy? Author and former journalist Tim Ward will share what he learned while writing book [Pro Truth: A Practical Plan for Putting Truth Back into Politics](#) together with cognitive neuroscientist Dr. Gleb Tsipursky.

Tim breaks down what it will take to make truth matter!

Zoom Info

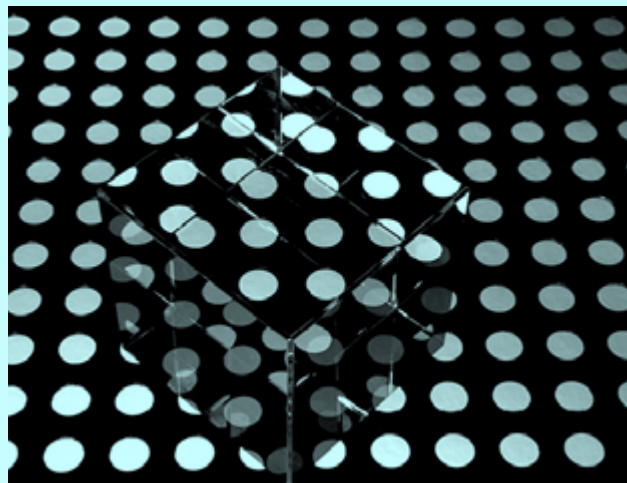
<https://us02web.zoom.us/j/89008131712?pwd=TzUrWjZUYkM0N0RKdjVWb1YzNUtkQT09>

Meeting ID: 890 0813 1712

Passcode: 478695

Dial by your location

+1 669 900 6833 US (San Jose)





The 8th Principle Task Force Presents: A Town Hall

Sunday, April 11 at 1 pm

What is the 8th Principle? Where did it come from?

What will its adoption mean to our congregation?

The 8th Principle Task Force Presents: A Town Hall to give the members of our congregation an opportunity to get up to speed about the 8th Principle that will come up for a vote at our Congregational Meeting on June 6, 2021.

Join via ZOOM

<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)



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.

Journey Toward Wholeness

Racial Equity Task Force Meeting

Tuesday, April 27, 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.





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.



From Vanessa's Installation Committee

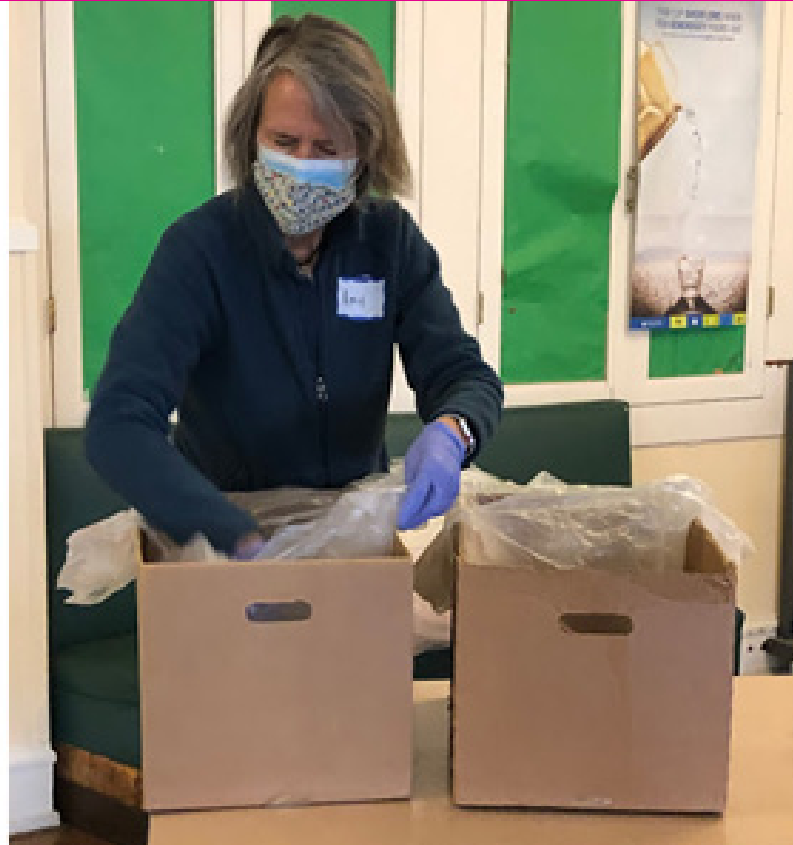
On October 4, 2020, our congregation voted to call Vanessa Rush Southern as our settled minister. Did you know that usually a congregation follows a call with a formal installation ceremony?

SAVE THE DATE!

We plan to have Vanessa's installation at the church on Sunday, October 3 at 3 pm, followed by a reception. The ceremony will lift up our covenant of shared ministry, and include many distinguished guests. While it's possible that the pandemic could interfere with our plans, we ask that you save the date for what we hope will be a wonderful homecoming for all of us. Further details will follow!

Vanessa's Installation Committee

Harry Arthur, Hilary Buffum, Judy Nichols, Kathleen Quenneville, Vanessa Rush Southern, Carrie Steere-Salazar, Vanessa Vanderlaan, and Julia Wald



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](#)

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 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.

A photograph of cherry blossoms in full bloom, with their pink petals and dark branches reflected in a calm body of water. The scene is peaceful and scenic.

"Sabbath Redux"

Sunday, March 21, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

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

A light-colored wood-grain background with a few green leaves in the top right corner.

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