

"Easter Sunday: Hope is a....."

Sunday, April 4, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday, April 4, 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 *Themes from The Seasons* Antonio Vivaldi
 Suite in D Major for Trumpet and Organ George F. Handel
 Overture - Air (Menuetto) - March (Bouree)
 Tom Dambly, trumpet and Reiko Oda Lane, organ

Opening and Welcome Rev. Vanessa Rush Southern, Senior Minister

Hymn 270 *O Day of Light and Gladness* LANCASHIRE
 Reiko Oda Lane, organist; Michele Kennedy; Brielle Marina Neilson; Ben Rudiak-Gould;
 Asher Davison, Mark Sumner, song leaders

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

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.

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

Rev. Vanessa Rush Southern

Music *Hope*

Emily Dickenson words, Debra Scroggins, music
Mark Sumner, conductor; Derek Silbermann editor

Spoken and Silent Meditation

Meg McGuire

Offering

The offering this week will be split between UUSF and Faith In Action's Covid relief "Belong Emergency Fund." The money donated to Faith in Action will be matched 3:1 by the Hinckley Fund (up to \$4000)



Music *Sound the Trumpet* Henry Purcell
Brielle Marina Nielson and Asher Davison, sololists; Mark Sumner, pianist

Reading "In Praise of Dandelions" by Diane Corbin

Music *Hymn for These Times* Jay Rogers
Mark Sumner, conductor; Jennifer Liu, music editor; Tha Htet, video editor

Sermon "**Easter Sunday: Hope is a.....**" Rev. Vanessa Rush Southern, Senior Minister

Hymn 269 *Lo, the Day of Days Is Here* LLANFAIR
Reiko Oda Lane, organist; Michele Kennedy; Brielle Marina Neilson; Ben Rudiak-Gould;
Asher Davison, Mark Sumner, song leaders

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

Benediction Rev. Vanessa Rush Southern

Music *Marche Triomphale Op. 65* Sigfrid Karg-Elert
Reiko Oda Lane, organist

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Meg McGuire, Ministerial Intern

Technology

Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, sound/oos design
Joe Chapot, social media
Robert Dela'o, sexton
Alex Darr, Les James, Tom Brookshire, Zoom Coffee Hour

Musicians

Reiko Oda Lane, organist
Tom Dambly, trumpet
Michele Kennedy, soprano
Brielle Marina Nielson, alto
Ben Rudiak Gould, tenor
Asher Davison, bass
Mark Sumner conductor & pianist

Cover image by Zdeněk Macháček ([more info](#))

OFFERTORY

Faith in Action is a national community organizing network that gives people of faith the tools that they need to fight for justice and work towards a more equitable. Its "Belong Emergency Fund" was created in April of last year and has distributed 100% of all donations that came in to undocumented people who lost their job or had to quarantine due to the pandemic. Through donations the organization gave away 300 Visa cards with \$200 to families. In addition, to COVID positive people in quarantine/ hospitalized they gave \$400 per family member not working to help them stay afloat. Many congregations and individuals have donated throughout this past year. 100% of donations go to affected families. You can donate directly to Faith in Action, but giving through UUSF will generate the matched grant. (www.faithinactionba.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.

EASTER LILY DEDICATIONS

In memory of Gloria Kulik

In memory of Barbara Workman

In honor of Gorina Fortunato, Serena Fortunato and Erna McCready from Gino Fortunato

In honor of those who built our church from John Buehrens

To my grandmother Marilyn Osver who recently passed from Cindy and Josh Pelletier

In memory of Joan Reynolds from Gayle and Keith

UUSF Men's Group for Melvin Starks

**Laurel Sprigg: For my mother, Camille Ericson. She was a lifelong UU,
and a fine violinist. She passed away in 2010.**

In memory of Fran Heller — Happy 94th Birthday, Dad. Love, Lucy Heller Smith

**In loving memory of Alma Howard and Herman Leder
In loving memory of Mike Gilli from Diane Allen and Kathleen Quenneville**

O Day of Light and Gladness 270

$\text{♩} = 66$

1. O day of light and glad-ness, of proph-e-cy and
 2. Earth feels the sea-son's joy-ance; from moun-tain range to
 3. O Dawn of life e-ter-nal, to thee our hearts up-

song, what thoughts with-in us wak-en, what hal-lowed mem-'ries
 sea the tides of life are flow-ing, fresh, man-i-fold, and
 raise the Eas-ter song of glad-ness, the Pass-o-ver of

throng! The soul's ho-ri-zon wid-ens, past, pres-ent, fu-ture
 free. In val-ley and on up-land, by for-est path-ways
 praise. Thine are the man-y man-sions, the dead die not to

blend; and ris-es on our vi-sion the life that has no end.
 dim, all na-ture lifts in cho-rus the res-ur-rec-tion hymn.
 thee, who fill-est from thy full-ness time and e-ter-ni-ty.

⊕ Words: Frederick Lucian Hosmer, 1840-1929
 Music: Henry Smart, 1813-1879

LANCASHIRE
 7.6.7.6.D.

E A S T E R

269 Lo, the Day of Days Is Here

$\text{♩} = 112$

1. Lo, the day of days is here,
 2. Fields are smil-ing in the sun, Al - le - lu - ia!
 3. Lo, the Eas-ter - tide is here,

Fes - ti - val of hope and cheer!
 Loos-ened stream-lets sea-ward run, Al - le - lu - ia!
 Mu - sic thrills the at - mo - sphere.

At the south-wind's gen - ial breath —
 Ten - der blade and leaf ap - pear, Al - le - lu - ia!
 Join, you peo - ple all, and sing —

Na - ture wakes from seem-ing death,
 'Tis the spring-tide of the year, Al - le - lu - ia!
 Love and praise and thanks-giv-ing,

⊕ Words: From Frederick Lucian Hosmer, 1840-1929

Music: Robert Williams, c. 1781-1821, harmony by John Roberts, 1822-1877

LLANFAIR

7.7.7.7. with Alleluias

E A S T E R

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.



Forum

Hand in Hand

Sunday, April 4 at 1:00pm

Hand in Hand which brings together employers and allies of domestic workers like nannies, house cleaners, or home care attendants to act in solidarity with worker-led campaigns and share resources about fair employment. It will cover the current issues facing domestic workers and their priorities for change; how employers and other allies can support these workers through policy current campaigns; and beyond-- including a campaign currently going on in San Francisco to win PTO for domestic workers how COVID affects all of this.

Speakers include Nancy Krebs, Hand in Hand member and former park naturalist who enjoys spending time outdoors. In caring for her 91-year old mother and 89-year old aunt, she has experienced the difficulty of navigating the health system and believes that supporting fair pay and working conditions for domestic workers will help all of us age with dignity. Molly Seligman, SF Campaign Organizer at Hand in Hand. Born and raised in San Francisco, Molly works to make sure domestic workers in our city can access secure and well-compensated jobs so that they can continue to live and thrive in the place we call home.

Zoom Info

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

Meeting ID: 220 024 1232

Passcode: 328697

One tap mobile

+16699006833,,2200241232#,,,,*328697# US (San Jose)

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



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.



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.

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](#)



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](#)

Arthur Koch



Lisa Magruder



For the months of April and May, 2021 the Art Committee is pleased to virtually present Artists Arthur Koch and Lisa Magruder

From April 1, - May 30

Artist Zoom Reception: April 18th 1pm

<https://zoom.us/j/98484397245>

Arthur Koch

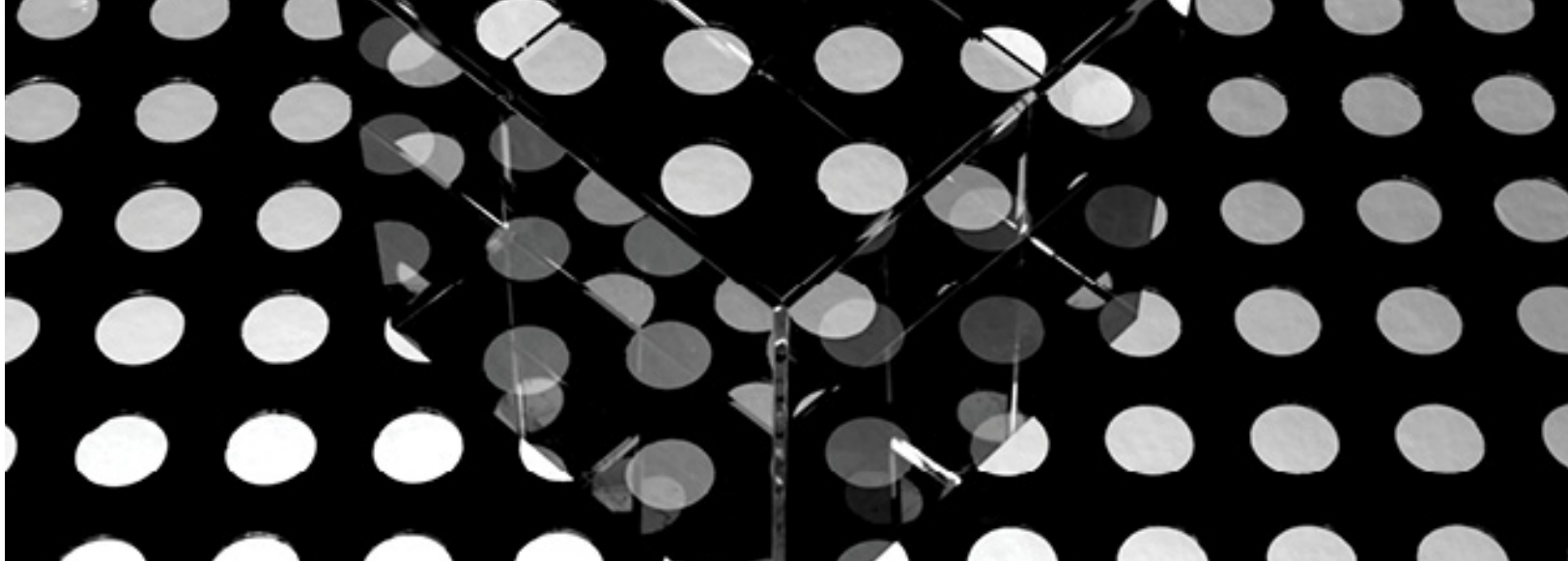
While working as a digital artist/ animator he continued painting landscapes, people, and abstract art in his free time. He also taught college art classes for 4 years and continues to mentor other artists as well as study under them. His motto is, IT'S ALL ABOUT LIGHT. "Light is the common denominator in all of my work from drawing with little squares of light (pixels), to capturing light with my camera and painting. The quality of light, composition and interpretative style can turn the ordinary into the extraordinary. Seeing beauty in the simplest things and expressing my vision -Art Koch

Lisa Magruder

In my work I intend to tell a story, to inspire the viewer, and to make an impassioned profession of my beliefs. Through the mediums of painting, printmaking, and collage, I aim to create something in- between mere symbol and ordinary reality, to depict transcendence from the natural to the spiritual and to reflect both levels of existence. I consider the act of art-making a spiritual experience and a form of adoration and response to the Creator. I am inspired by post-impressionist artists such as Van Gogh and Gauguin and contemporary artists such as Morris Graves and Rauschenberg.



**CLICK BUTTON
TO VIEW SHOW**



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 into three parts: First, empower citizens to recognize and resist political lies and deceptions. Tim will talk about the tricks post-truth politicians use to exploit our mental blindspots and strategies to protect ourselves from these threats. Second, by addressing the damage caused by the spread of fake news on social media. Tim will talk about how to “scrub your bubble,” fight digital misinformation, and engage with those who disagree with you in a productive way. Third, Tim will talk about what we can do to pressure politicians, media, and other public figures to respect the truth. To put this plan into action requires the rise of a Pro-Truth Movement - a movement which has already begun.

Tim Ward is co-author of the book Pro Truth: A Practical Plan for Putting Truth Back into Politics. He's on the Board of Directors that oversees the Pro Truth Pledge, founded by his co-author Dr. Gleb Tsipursky. Together they wrote Pro Truth to help people protect themselves from the lies of politicians, and to create a pro-truth movement that they believe is essential for democracy. Tim is also the co-owner of Intermedia Communications Training, Inc. Based in the Washington D.C. area, he works with global environmental and development organizations, helping them communicate better.

Zoom Info

<https://us02web.zoom.us/j/89008131712?pwd=TzUrWjZUYkM0N0RKdjVWblYzNUtkQT09>

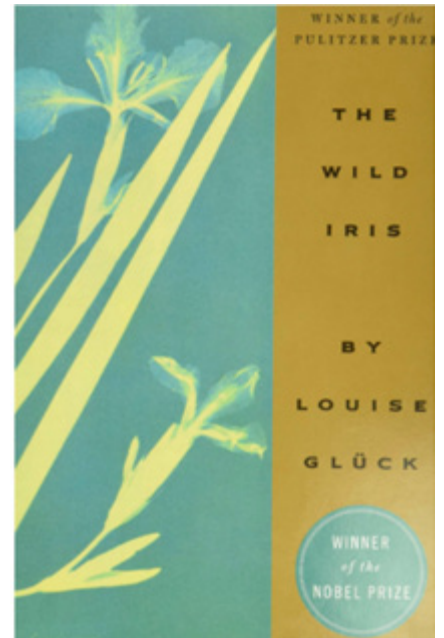
Meeting ID: 890 0813 1712

Passcode: 478695

Dial by your location

+1 669 900 6833 US (San Jose)

Minister's Book Group



April-Is-Poetry-Month Minister's Book Group

Wed, April 28, 6:30-8 pm or

Thurs, April 29, noon-1:30pm

Leader: Rev. Vanessa Rush Southern

In keeping with a somewhat-tradition we will read poetry in April. This year's choice is Louise Glück who won the Nobel Prize for Literature this year. We will read her 63-page volume, "[The Wild Iris](#)" for which she was awarded the 1993 Pulitzer Prize for poetry. This may be the shortest book we ever read in the Ministers' Book Group so jump on the opportunity — to go deep, not long, on words.

[REGISTER HERE](#)



Nurturing Your Creativity: A Spiritual Practice

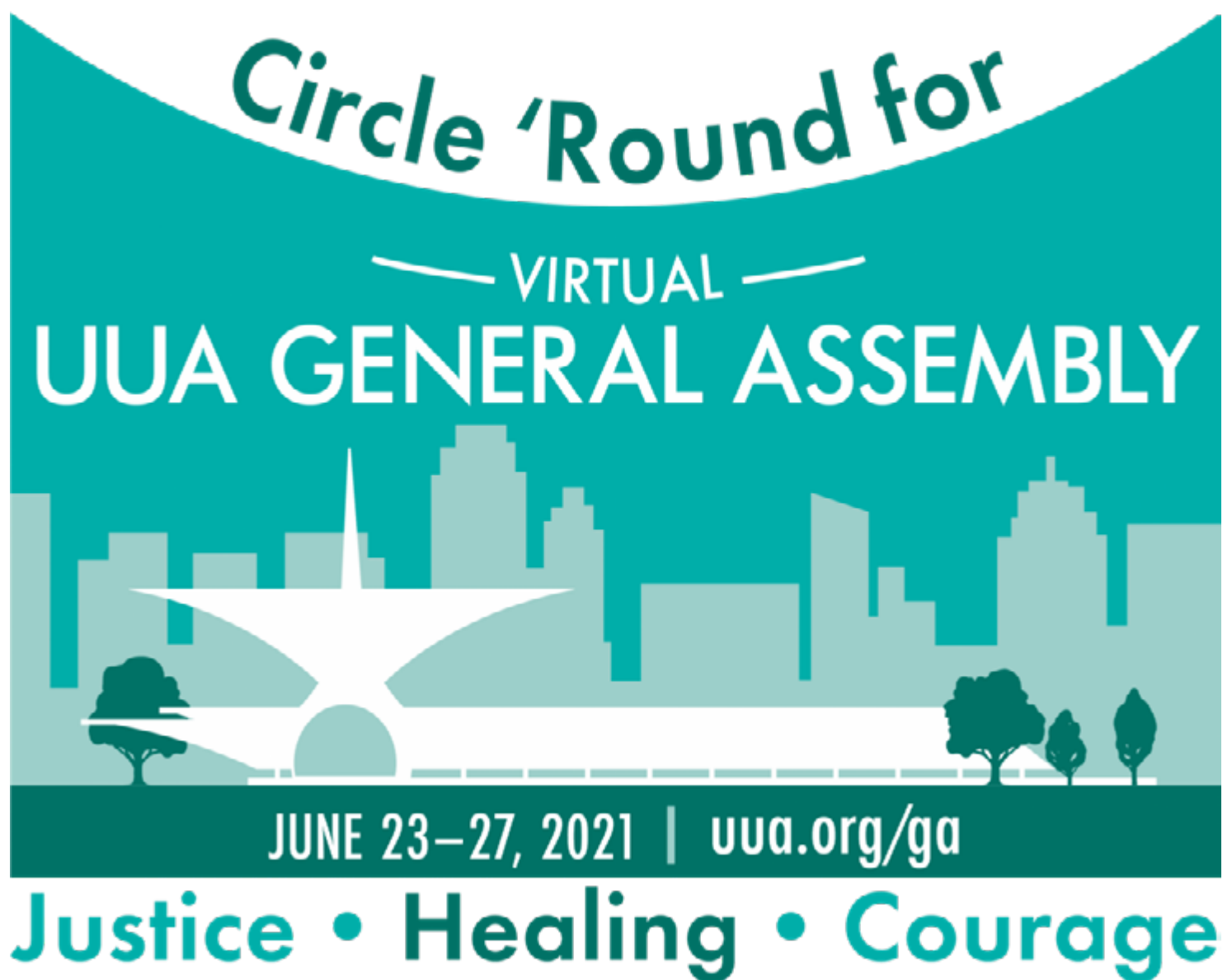
Sundays from 2-3:30pm

May 2, 9 & 16

Leaders: Rev. Alyson Jacks and Ministerial Intern Meg McGuire

Creativity is more about presence and play, and less about perfection and production. Making time for creativity opens channels, invites discovery, and at times touches on the sacred too. Join Rev. Alyson Jacks and Ministerial Intern Meg McGuire for this three session class where we'll explore different creative practices - collage, poetry and alter making. Our time together will include space for making and time for reflection and sharing. Class meets on the first three Sundays in May, 5/2, 5/9, 5/16 from 2-3:30pm. Registration closes April 23rd or at 10 participants, so sign up today!

[REGISTER HERE](#)



General Assembly is a time to circle ‘round in community. We circle ‘round in care and healing; for liberation and justice; and for love and courage. We share stories of the work happening at our Association and in our congregations.

We study ways to implement and live into our mission. UUA GA 2021 will incorporate recommendations from the Commission on Institution Change report, “Widening the Circle of Concern” and dialogue with the Article II Commission about our Principles and Purposes.

Registration is open! Registration for virtual GA 2021 is \$200 per person. Learn about registration details ([click here](#)).

Volunteer Applications are open for those who want to volunteer to lower their costs to attend. Applications accepted on a rolling basis ([click here](#)).



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

"The First Steps"

Sunday, March 28, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco



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