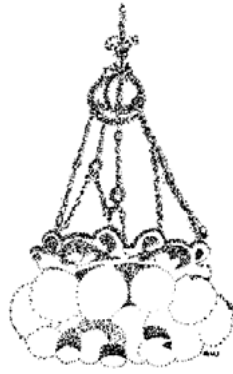


“The Loving and the Letting Go”



Sunday, May 8, 10:50 AM, 2022
First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, May 8, 2022
10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete Our Connections form at bit.ly/uusfconnections2022

Welcome back to those returning to onsite Worship Service!

Please stay masked during the Worship Service and maintain social distance.

After service we invite you to convene for coffee hour in the Courtyard.

As we ease back into the new normal, we want to keep our congregation and staff safe.

Please be mindful of social distance and wear your mask when you are not eating or drinking.

Prelude	<i>Gift of Love</i>	Emma Lou Dieme
	<i>Wondrous Love</i>	Wood/ G. Young
		Reiko Oda Lane, Organist

Opening Words and Welcome	Rev. Vanessa Rush Southern, Senior Minister
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*Hymn 1010	<i>We Give Thanks</i>	Wendy Luella Perkins
		UUSF Choir; Wm. García Ganz, Pianist

[\(CLICK HERE OR TURN TO PAGES 5 - 7 TO VIEW HYMN\)](#)

Unison Chalice Lighting	Daniel Jackoway, Worship Associate
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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.

Greeting One Another

Meditation on Breathing

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

Covenant

Daniel Jackoway

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.

Times of Spoken and Silent Meditation

Rev. Vanessa Rush Southern

Music

May Sun Warm You

Gerald Custer

UUSF Choir Led by Mark Sumner, Music Director

Reflection

Daniel Jackoway

Offering

The plate collection today will go to the **SCW Scholarship committee**. The program awards scholarships for San Francisco high school students who will be the first generation of their family to attend college. If our scholars do well in college, then we award them with yearly scholarships to see them through their undergraduate career. Besides financial support, we also provide mentoring and networking support. If you would like to become a mentor, please contact **Maric Munn** msmunn@aol.com To make a donation on Vanco ((bit.ly/uusfpayments)) or using the Donate Button (below) & on our website, please select the “Offering” choice to make your gift. If you are sending a check, please mark in the memo today’s date and “special offering” 5-08-22.



Offertory Music *Songs My Mother Taught Me and The Children’s Hour* Charles Ives
Richard Fey, Baritone; Mark Sumner, Pianist

*Songs my mother taught me in the days long vanished,
Seldom from her eyelids were the tear drops banished.
Now I teach my children each melodious measure;
Often tears are flowing from my memory’s treasure.*

Words by Alfred Heyduk, trans. by Natalie Macfarren

*Between the dark and the daylight,
When the night is beginning to lower,
Comes a pause in the days occupations,
That is known as Children’s Hour.*

*I hear in the chamber above me
the patter of little feet
The sound of a door that is opened
and voices soft and sweet.*

*From my study I see in the lamplight
Descending the broad hall stair,
Grave Alice and laughing Allegra
and Edith with golden hair.*

Words by Henry Wadsworth Longfellow

Reading from “All the Light we Cannot See” by Anthony Doerr

Music *For the Beauty of the Earth* John Rutter
UUSF Choir; Wm. García Ganz, Pianist

Sermon "The Loving and the Letting Go"

Rev. Vanessa Rush Southern

*Hymn 1051

We Are...

Ysaye M Barnwell

UUSF Choir; Wm. García Ganz, Pianist

[\(CLICK HERE OR TURN TO PAGES 8 - 11 TO VIEW HYMN\)](#)

Benediction

Postlude *Allegro Maestoso*

G. F. Handel

Reiko Oda Lane, Organist

*please stand if you are willing and able.

PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Daniel Jackoway, Worship Associate

Linda Messner, Head Usher

Tom Brookshire, Les James,
Ralph Fenn, Zoom Coffee Hour

Sunday Support

Eric Shackelford, Camera
Joe Chapot, Live Chat Moderator
Jonathan Silk, Communications Director
Remigio Flood, Sexton
Kelvin Jones, Sexton
Judy Payne, Flowers

Musicians

Reiko Oda Lane, Organist
Mark Sumner, Music Director
Wm. García Ganz, Accompanist
Richard Fey, Baritone
UUSF Choir

OFFERTORY

The Society for Community Work (SCW) awards annual competitive scholarships to current high school students planning to attend accredited 2- or 4-year institutions, as well as to continuing undergraduate students who received SCW scholarships the previous year. We select students whose work will reflect the values of Unitarian Universalism as described in our Principles (<https://www.uusf.org/beliefs>). Learn more about SCW Scholarships by going to <https://www.uusf.org/scwscholarships>.

Sunday Virtual Coffee Hour 12:15 pm Sundays

Anyone is welcome to join our community for our Virtual Coffee Hour, immediately following the Sunday Worship Service. Coffee not required. Join the **Sermon Discussion Group**, led by **Donald Matusen**, 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

1010

We Give Thanks

Easy flow ♩ = 60

A9sus4 D Em7

(Melody) Oh, we give thanks for this pre - cious

(Harmony) Oh, we give thanks for this pre - cious

D/F# Em7 D

day, For all gath - er'd here,

day, For all gath - er'd, all gath - er'd

⊕ Words & music: Wendy Luella Perkins, 1966 - , © 2004 Wendy Luella Perkins,
 ⊕ arr. Susan Peck, 1960 -

We Give Thanks - 2

First system of the musical score. It features three staves: a vocal melody line, a vocal harmony line, and a piano accompaniment. The key signature is D major (two sharps). The tempo is 4/4. The lyrics are: "and those far a - way; For this time we (food) here, far a - way; For this time we (food)". The piano accompaniment consists of a steady eighth-note pattern in the right hand and a simple bass line in the left hand.

F#m G D A/C#

and those far a - way; For this time we
(food)

here, far a - way; For this time we
(food)

Second system of the musical score. It continues with the same three staves. The lyrics are: "share with love and care, share with love and care,". The piano accompaniment continues with the same eighth-note pattern in the right hand and a simple bass line in the left hand.

Bm F#m/A G

share with love and care, share with love and care,

We Give Thanks - 3

Chord progression: D/F# Em7 A9 sus4

Oh, we give thanks for this pre-cious

Oh, we give thanks for this pre-cious

day. Oh, we give

day. Oh, we give

rit.

The musical score is written for three parts: two vocal staves and a piano accompaniment. The key signature is D major (two sharps). The first system covers the first three measures. The vocal parts enter in the first measure with the lyrics 'Oh, we give thanks'. The piano accompaniment features a steady eighth-note pattern in the right hand and a more complex bass line in the left hand. The second system covers measures four and five. The vocal parts continue with 'for this pre-cious'. The piano accompaniment continues with similar patterns. The third system covers measures six and seven. The vocal parts enter with 'day. Oh, we give'. The piano accompaniment features a more active eighth-note pattern. The fourth system covers measures eight and nine. The vocal parts continue with 'day. Oh, we give'. The piano accompaniment features a more active eighth-note pattern. The score ends with a double bar line and a 'rit.' (ritardando) marking in the piano part.

$\text{♩} = 56$

* Em

For each child that's born, a morn-ing star ri-ses and

sings to the u-ni-verse who_ we are. For who_ we are.

We are_ our grand-moth-ers' prayers and we_ are our

Am7 C7/B \flat 1 Em/B B7 Em 2

**Note: Repeat this 4 measure chord pattern throughout the piece.*

⊕ Words & music: Ysaye M. Barnwell, 1946 - , © 1991 Barnwell's Notes Publishing (BMI).
Used by permission.

grand - fa - thers! dream - ings, we _____ are the

breath of our an - ces - tors, we _____ are the spir - it of God. We are

moth - ers of cour - age and fa - thers of time, we are

daugh - ters of dust and the sons of great vi - sions, we're

The musical score is written in G major (one sharp) and 4/4 time. It consists of five systems, each with a vocal line and a piano accompaniment. The piano accompaniment features a steady eighth-note pattern in the right hand and a more active bass line in the left hand. The lyrics are as follows:

sis- ters of mer- cy and broth- ers of love, we are

lov- ers of life and the build- ers of na- tions, we're seek- ers of truth and

keep- ers of faith, we are mak- ers of peace and the wis- dom of a - ges.

We are — our grand- moth- ers' prayers and we — are our

grand - fa - thers' dream - ings, we _____ are the

breath of our an - ces - tors, we _____ are the spir - it of God. For

each child that's born, a morn - ing star ri - ses and

sings to the u - ni - verse who _____ we are. For who _____ we are.

1, 2, 3 4

Events, Meetings & Volunteer Opportunities (www.uusf.org/news)

UUSF All Church Retreat 2022 is Back! - Register (<https://bit.ly/uusfretreat22>)

You are invited to the UUSF All Church Retreat, this Memorial Day Weekend. Two long years of being apart have taken their toll, so come and enjoy actually being with the community amidst the beauty and serenity of the redwood forest near Occidental, CA. Partake in peer-led workshops, attend an outdoor Sunday worship, or give us your most captivating performance at the Talent Show! Or relax and get away from the hustle and bustle of life in the city. Ask Questions or pick up Paper Form at the ACR Table today!

UUSF Budget Announcements for May!

This budget covers the period of July 1, 2022 to June 30, 2023. The Congregation will vote on the Budget in a Hybrid Zoom & In-person meeting on May 22, at 1pm in the TSK Room (<https://us02web.zoom.us/j/725737157>). Prior to the Budget Vote Meeting on May 22, there will be a Budget Info Meeting on May 16 via Zoom (<https://bit.ly/uumtgmay16>). Check out the budget roll-up (<https://bit.ly/uubudgetrollup>). Director of Operations Laura Ludwig will be available on 5/8 and 5/15 to answer UUSF budget questions informally in the Courtyard for 30 minutes after the service. Per UUSF Bylaws any proposed amendments should be sent to the Secretary at least seven days before the meeting, or by May 15 to: Scott Benbow - secretary@uusf.org. Our Annual Meeting will be on Sunday, June 5 at 1pm, TSK Room/Zoom. More info: <https://www.uusf.org/cong-meetings-reports>

Are You Unsure How to Use Google Docs? You Are Not Alone! - Sunday, May 8, 12:30-1:30 pm, TSK Room

If, like many of us, you are asked to use GoogleDocs as part of your UUSF committee work or other activities, but the whole thing confuses you, please join us after church for a 1 hour training on Sunday, May 8th, from 12:30-1:30pm, by our teenage whizzes, Leila Menezes and Isabel Murray. They will walk us through the basics and give us homework so we can apply what we learned. No need to bring your computer. Lunch will be provided (suggested donation: \$7/person, no one turned away for lack of funds.). We look forward to seeing you.

Young Adult Lunch Outing - Sunday, May 8, 12:30 after Worship at UUSF

Young adults are invited join the 20s & 30s folk for lunch, after worship on Sunday, May 8. We recognize this is Mother's Day, and if you want to go be with your momma, go for it! If you plan to join but not attend Worship service, please text Joe so we know to wait for ya! 415-244-7253

Interfaith Food Pantry Needs Volunteers on May 14 - Sign-Up: <https://www.uusf.org/foodpantry>

Join volunteers every Saturday to feed our lower income siblings. Meet at Old First Presbyterian (Van Ness and Sacramento) on Saturday mornings from 7:30 - 11:30am to sort and distribute food items. On Saturday, May 14 it is UUSF's turn to run the pantry and we really need your support!

The Pagan Interest Circle (PICT) Works with Air Magic on May 14 at 7:00 pm

To do Magic, to have a direct relationship with the natural world requires knowledge and work with the Four Elements, Air, Fire, Water and Earth. The Wiccan/Reclaiming Tradition, includes Spirit, as well. These are the basic building blocks and forces of life. and each has its own unique properties and correspondences. NOTE: To attend the ritual, contact Christine Patch-Lindsay at cplhealer@comcast.net BEFORE 3PM on Saturday May 14th to receive the Zoom link.

You're invited to add your wishes for peace to our exhibit...

Come to the Peace Happening in the Galleries on May 15 from noon to 2pm.

If you believe or want to believe that 1000 origami doves will grant the makers their wish "for no more nuclear bombs" then you want to see also what peace means to the children who created the origami hanging there!

General Assembly: The Unitarian Universalist Association's Annual Meeting is Happening in June!

If you are interested in being a delegate to let us know at info@uusf.org. General Assembly is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. GA 2022 will also feature face-to-face interactions, hanging banners, a browsable exhibit hall, meals with friends old and new, local site attractions, and more! Join us June 22 - 26, 2022 online or in-person in Portland, Oregon. Website: (<https://www.uua.org/ga>)



Trudy Lionel Memorial Service

Trudy was a devoted ringer of bells, member of the choir, gifted leader and a sweet spirit who blessed us in so many ways. In her final weeks of life she was able to attend her son Ben's wedding to Charli Sakari which was a huge joy to her and them. A memorial service for Trudy will be held at UUSF, on **Thursday, June 9th at 6 pm**. The service will be available on Livestream or in person. The livestream link is: <https://bit.ly/trudymemorial>. A reception will follow. Read More about Trudy (<https://bit.ly/trudylionel>)



Offertory Update! After adding all the various donations, including what we collected back in December, we are proud to announce we have raised \$1415 for the Up on Top afterschool program. Learn More: <https://www.upontop.org/>

Adult Spiritual Growth Classes (www.uusf.org/are)

Morning Meta Meditation

Tuesdays & Thursday, 8-8:30 am (<https://us04web.zoom.us/j/75735734442#success>)

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 (<https://us04web.zoom.us/j/75735734442#success>)

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.

Paganism 101: A Unitarian Exploration of the New Paganism

4th Sundays at 1 pm PST / 4 pm EST on Zoom (<https://bit.ly/paganismclass>)

Series of 9 monthly classes. Class is FREE. \$5 per class donation welcome but not required. This course introduces the practices, beliefs, and history of Modern Pagan spirituality. Participants in this class will create and maintain a student altar as we explore basic altar set up and ritual tools, the wheel of the year, deity, the four elements, and more.

UU 10 Step Empowerment: 10-Steps To Personal Resilience & Empowerment In A Chaotic Climate

This group is for you. Learn more and register to attend (<https://www.goodgriefnetwork.org/uu/>)

Recognizing our shared vision of gathering people together to bravely and compassionately search for meaning and build a just, equitable, and relational world, Good Grief Network is partnering with Unitarian Universalist Church congregations in California to bring our 10-Step Empowerment Program to the UU community. Presented by the Unitarian Universalist Church of Berkeley and Unitarian Society of Santa Barbara, in conjunction with the Good Grief Network.

Dangerous Truths Episode 4

The *Hidden History* of the American Revolution

Join us on ZOOM, Sunday, May 15 from 1pm to 3pm

Professor Woody Holton is the McCausland Professor of History at the University of South Carolina, and author of several books including *Unruly Americans* and *the Origins of the Constitution*, and *Abigail Adams*, which won the Bancroft Prize.

His latest book, *Liberty is Sweet*, the *Hidden History* of the American Revolution, is a deeply researched and insightful retelling of the origins of our revolution, examining the mythical narratives of our founding, and consequences of the revolution that are not well known. He will explore with us the lives of common men and women, and especially the roles played by both indigenous and enslaved peoples involved in this complex history.

Our discussion may consider: Who benefitted the most from the American revolution? How does this history and the subsequent writing of our Constitution impact on American life today?

Info and Zoom Links: <https://www.uusf.org/hrwg>

TICKETS & INFO: <https://bit.ly/MARKBILL>


MARKBILL

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"A Time of
Transition"

[CLICK HERE TO VIEW LAST WEEKS WORSHIP SERVICE](#)

May 1
Worship Service

UUSF MEDIA

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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.

OUR SOCIETY'S VISION

We, The First Unitarian Universalist Society of San Francisco, delight in our authentic, inclusive congregation that reaches across generations, ethnicities, and differences. We take care of one another, building spiritual community, knowing that we are stronger and accomplish more together. Guided by our responsibility to future generations, we take leadership in shaping a compassionate, sustainable world. Inspired by our courageous heritage and compelled by conscience, we hold one another accountable to work for racial, environmental, and economic justice and the dignity and rights of all.

OUR SOCIETY'S MISSION

As a vibrant, joyous, caring, inclusive community of diverse people, we create a nurturing space for spiritual growth and learning. Based on our shared values, we work together courageously and publicly for human rights, economic justice, and environmental salvation.

For more about our congregation,
please visit our website at www.uusf.org.

First Unitarian Universalist Society of San Francisco
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