

“A Time of Transition, part II: The Place In Between”

Sunday, May 15, 10:50 AM, 2022

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, May 15, 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 *Milano*
 Afro-Blue

Allen Biggs & Tommy Kesecker, Percussionists

Opening Words and Welcome

Rev. Vanessa Rush Southern, Senior Minister

*Hymn 1000

Morning Has Come

Jason Shelton

Nancy Munn, Songleader; Mark Sumner, Pianist

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

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

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

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

Times of Spoken and Silent Meditation

Music *Crystal Silence Introduction*

Allen Biggs & Tommy Kesecker, Percussionists

Reflection

Sam King

Offering

Today's offering will go toward **Stop AAPI Hate** (stopAAPIhate.org). Their mission is to advance equity, justice and power by dismantling systemic racism and building a multiracial movement to end anti-Asian American and Pacific Islander (AAPI) hate. Their approach recognizes that in order to effectively address anti-Asian racism, we must work to end all forms of structural racism leveled at Black, Indigenous, and other communities of color. 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" 5-15-22.



Offertory Music *Crystal Silence*

Allen Biggs & Tommy Kesecker, Percussionists

Reading

Music

Allen Biggs & Tommy Kesecker, Percussionists

Sermon "A Time of Transition, part II: The Place In Between" Rev. Vanessa Rush Southern

*Hymn 1020

Woyaya Transcribed from Ysaye Barnwell, Arr. Jeannie Gagné
Nancy Munn, Songleader; Mark Sumner, Pianist

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

Benediction

Postlude *Django*
 Watchi-Wara

Allen Biggs & Tommy Kesecker, Percussionists

*please stand if you are willing and able.

PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Sam King, Worship Associate

Sunday Support

Eric Shackelford, Camera
Joe Chapot, Live Chat Moderator
Jonathan Silk, Communications Director
Dan Barnard, Facilities Manager
Kelvin Jones, Sexton

Amy Kelly, Flowers

Linda Messner, Head Usher
Tom Brookshire, Les James,
Ralph Fenn, Zoom Coffee Hour

Musicians

Mark Sumner, Music Director
Nancy Munn, Songleader
Allen Biggs, Percussionist
Tommy Kesecker, Percussionist

ABOUT

Allen Biggs performs professionally as a percussionist with many of the Bay Area's leading ensembles. A specialist in large percussion set-ups, he was the first percussionist to play the 48 instruments required for the hit Broadway show "Wicked." He performs regularly with the Berkeley, California, Oakland and Santa Rosa symphonies. A great advocate of contemporary music, he performed for many years at the Cabrillo Music Festival. He plays drums with his band Jamalicious as schedule allows.

Tommy Kesecker graduated from the San Francisco Conservatory of Music and joined legendary tabla virtuoso Zakir Hussain and the Rhythm Experience. Tommy has performed on vibes, marimba and drum set with a diverse array of highly acclaimed musicians, including pianist Larry Vuckovich's Blue Balkan Ensemble, Jim Campilongo, George Brooks, Michael Feinstein, singer/pianist Diana Krall, actor/singer Joel Gray, along with groups Echo and the Bunnymen and Mannheim Steamroller.

OFFERTORY

Stop AAPI Hate (stopAAPIhate.org)

In response to the alarming escalation in xenophobia and bigotry resulting from the COVID-19 pandemic, AAPI Equity Alliance (AAPI Equity), Chinese for Affirmative Action (CAA), and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate coalition on March 19, 2020. The coalition tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the United States. Their mission is to advance equity, justice and power by dismantling systemic racism and building a multiracial movement to end anti-Asian American and Pacific Islander (AAPI) hate. Their approach recognizes that in order to effectively address anti-Asian racism, we must work to end all forms of structural racism leveled at Black, Indigenous, and other communities of color.

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

Morning Has Come

1000

$\text{♩} = \#12$

Use djembe, shaker, drum set, etc. for 12/8 (triplet) groove

F

The score consists of three systems. The first two systems are piano accompaniment. The first system has a treble clef staff with a series of eighth notes grouped in triplets, and a bass clef staff with a sustained F chord and a triplet of eighth notes. The second system is identical. The third system includes a vocal melody in the treble clef staff and piano accompaniment in the bass clef staff. The vocal melody has three lines of lyrics. The piano accompaniment in the third system has a treble clef staff with chords and a bass clef staff with a triplet of eighth notes.

C/E F F/A B \flat (add9) F/A Gm7 F/A B \flat 6 Gm7

1. Morn - ing has come, a - rise and greet the
 2. A new day dawns, once more the gift is
 3. O - pen our eyes to see that life a -

⊕ Words & music: Jason Shelton, 1972 - , © 2001 Jason Shelton
 MOUNTAIN MORNING, 10.10.10.10

Morning Has Come - 2

Csus4 C#°7 Dm7 C/E F F/A Gm7 F/A B^b Bm7(♯5)

day! Dance with joy and sing a song of
giv'n. Won - der fills this mo - ment shared to -
bounds; o - pen hearts to wel - come it a -

B^bM7/C C B^b/D C/E F F/A B^b Dm7 E^b

glad - ness! The light of hope here shines ____
geth - er. The light of peace here shines ____
mong us. The light of love here shines ____

B^b F/A B^b/D D^bM9 C F Gm7 F/A F/B^b

— up - on each face. May it bring faith to

Morning Has Come - 3

B \flat /C F/C Gm/C B \flat /C F

guide our jour - ney home. _____

The musical score is divided into three systems. The first system includes a vocal line with the lyrics 'guide our jour - ney home.' and a piano accompaniment. The piano part features a right-hand melody of eighth-note triplets and a left-hand accompaniment of eighth-note triplets. The second system continues the piano accompaniment with a first ending bracket labeled '1, 2'. The third system continues the piano accompaniment with a second ending bracket labeled '3'. The score is written in B-flat major (two flats) and common time (C).

1020

Woyaya

♩ = 72

Shaker

The musical score is written in 6/8 time with a tempo of 72 beats per minute. It features a shaker part at the top, followed by a vocal line and piano accompaniment. The piano part consists of a right-hand melody and a left-hand bass line. The lyrics are: "We are go - ing, heav - en knows where we are go - ing, but we know with-in... And we will get there, heav - en knows how we will".

Chords indicated above the vocal line: C, F/C, C, Dm/C, C, F/C, C.

Words & music: Loughy Amoa, Solomon Amarfio, Robert M. Bailey, Roy Bedeau,
Francis T. Osei, Whendell K. Richardson, and Mac Tontoh © 1993 Chappell & Co., Inc.

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Ⓢ Transcribed from Ysaye M. Barnwell, 1946 - ,

Ⓢ arr. Jeannie Gagné, 1960 -

Woyaya - 2

get — there, but we know we will... It will be hard, we

know, and the road will be mud- dy and rough, but we'll

get there, heav - en knows how we will get — there, but

(harmony) heav - en knows how we will get — there, but

Chords: G, F, G7, G, C, G, C, FC, C, Dm/C

Dynamic: *f*

Woyaya - 3

C DmC

we know we will. — Wo - ya - ya, —

we know we will. — Wo - ya - ya, —

C DmC C

Wo - ya - ya, — Wo - ya - ya, — Wo - ya - ya, — We are

Wo - ya - ya, — Wo - ya - ya, — Wo - ya - ya, — We are

C F/C C DmC

go - ing, heav - en knows where we are go — ing, but
get there, heav - en knows how we will get — there, but

go - ing, heav - en knows where we are go — ing, but
get there, heav - en knows how we will get — there, but

Woyaya - 4

The musical score is divided into three systems, each with vocal staves and piano accompaniment. The first system includes first and second endings. The piano part features a steady eighth-note accompaniment in the left hand and chords in the right hand.

System 1:

- Vocal 1:** we know with-in. — And we will we know we will. —
- Vocal 2:** we know with-in. — And we will we know we will. —
- Chords:** 1 C, 2 C

System 2:

- Vocal 1:** Wo-ya - ya, — Wo-ya - ya, —
- Vocal 2:** Wo ya ya, — Wo ya ya, —
- Chords:** Dm/C, C

System 3:

- Vocal 1:** Wo-ya-ya yi-ya - ya, Wo-ya-ya yi-ya - ya, Ya!
- Vocal 2:** Wo ya ya, — Wo ya ya, — Ya!
- Chords:** Dm/C, C

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

Final Day To Register For The All Church Retreat 2022 - Register Now (<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.

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 today 5/15 to answer UUSF budget questions informally in the Courtyard for 30 minutes after the service or email at ludwig@uusf.org. 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. And please join us for our Annual Meeting on Sunday, June 5.

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! Bring your lunch or snacks and enjoy the origami and some peace folk tunes. You can read the thoughts of children about "What Peace Means to Them" at uusf.org/art

Dangerous Truths: The Hidden History of the American Revolution - May 15 from 1pm to 3pm (On Zoom)

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. 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? Zoom: <https://bit.ly/dangeroustruths> Meeting ID: 979 4355 2080 Passcode: 399370 Phone: +1 669 900 6833

A Free Screening of NASRIN by Sensible Cinema - May 20, 6:30-8:30pm via ZOOM and In-Person at UUSF

Nasrin is a powerful feature documentary by filmmakers Jeff Kaufman and Marcia Ross, that was filmed inside Iran by people risking arrests and imprisonment to bring this inspiring 'candle in the dark' to the bright screen. There will be a welcome by the Sensible Cinema crew, followed by a brief introduction by Dolly Veale, an initiator of the Emergency Campaign to Free Iran's Political Prisoners NOW.

Zoom: <https://bit.ly/cinema520> Meeting ID: 818 7484 5936 Passcode: 205900

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. Go to <https://www.uusf.org/trudylionel> to learn more.

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.

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

MARKBILL

HERTZ HALL · UC BERKELEY CAMPUS

UC ALUMNI CHORUS PRESENTS
THE **ELEVEN O'CLOCK** NUMBER
SHOW-STOPPING SONGS THAT BRING TWO CAREERS TO A CLOSE



U.C. ALUMNI Chorus

TICKETS: \$25 - \$20 - \$10
AVAILABLE AT THE DOOR OR ONLINE AT BPT.ME@UCAC.EDU
VISIT UCAC.NET FOR MORE INFORMATION

Monday, MAY 30 3:00 pm / TICKETS: \$25 - \$20 - \$10
Hertz Hall I UC Berkeley Campus

Featuring show-stopping songs from Broadway and brings to a close two careers at Berkeley. The UC Alumni Chorus honors Director MARK Sumner and Accompanist and Associate Director BILL Ganz for their cumulative sixty years of service, creating 'shows' by singing an autobiographical medley on their last day of UC music making, also Mark's birthday.

The concert features Bay Area luminaries Amy Foote, Leandra Ramm, and Sam Faustine as guest soloists, with pianist Cesar Cancino and narrator Ben Rimalower, author of "The Eleven O'Clock Number" listicle with Playbill.com and 1998 UCB graduate. Members of the chorus, as well as those in the audience, will also have a final opportunity to "lift their glass" with several surprises in store. You will not want to miss this singular, compelling, and remarkable show. Audience needs to bring proof of vaccination and masks may be required.

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



"The Loving
and the
Letting Go"

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

May 8, 10:50 am

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.

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