

“The Arc of the Universe”

Sunday, August 28, 10:50 am, 2022

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, August 28, 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 *Tea Leaves* Anna Clyne
Allegro from *Duet in E Minor*, H.598 CPE Bach
Katrina Walter, Flautist; Charmian Stewart, Violinist

Welcome Richard Davis-Lowell, Guest Preacher

*Hymn 203 *All Creatures of the Earth and Sky* LASST UNS ERFREUEN
Nancy Munn, Pianist; Richard Fey, Songleader

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

Unison Chalice Lighting Rev. Vanessa Rush Southern, Senior Minister

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

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.

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.

Time for Meditation and Prayer

Richard Davis-Lowell

Music *Andante* from *Duet in E Minor*, H.598

CPE Bach

Katrina Walter, Flautist; Charmian Stewart, Violinist

Responsive Reading: Psalm 121 (redacted for gender inclusive language)

Rev. Vanessa Rush Southern

I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.

*God will not let your foot slip—
The One who watches over you will not slumber;
indeed, the Most Holy who watches over Israel will neither slumber nor sleep.*

The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.

*The Lord will keep you from all harm
and will watch over your life;
the Lord will watch over your coming and going both now and forevermore.*



PARTICIPANTS

Worship Leaders

Richard Davis-Lowell, Guest Preacher
Rev. Vanessa Rush Southern, Senior Minister

Sunday Support

Jonathan Silk, Communications Director
Joe Chapot, Live Chat Moderator
Jackson Munn, Camera
Remigio Flood, Sexton
Amy Kelly, Flowers
Linda Messner, Head Usher
Tom Brookshire, Les James,
Ralph Fenn, Zoom Coffee Hour

Musicians

Katrina Walter, Flautist
Charmian Stewart, Violinist
Nancy Munn, Pianist
Richard Fey, Songleader

ABOUT

After an over 40-year career in the Wealth Management industry, **Richard Davis-Lowell** has enjoyed leadership roles within diverse non-profit and advocacy organizations that reflect the desire to advance equity, build community and embody justice in the world. A lifelong spiritual seeker, cultural Christian and, now Unitarian, Richard has found ways to use his love of public speaking to continue his personal journey towards spiritual awakening.

Flutist Katrina Walter and violinist Charmian Stewart frequently perform together in the Marin and California symphonies and have started performing as a duo in the last two years. Both are active orchestral musicians in the Bay Area. A graduate of the Walnut Hill School for the Performing Arts and the Cleveland Institute of Music, Charmian is Concertmaster of the Mill Valley Philharmonic, a member of the Cabrillo Festival of Contemporary Music, and founder of a Celtic/Nordic folk trio. A former member of the New World Symphony, Katrina is a regular substitute with the San Francisco Symphony and recently performed with the London Symphony Orchestra on their West Coast tour. When not teaching or performing, Charmian enjoys hiking, gardening, reading, and being a mom, and you'll find Katrina throwing balls for her Australian Shepherd mix and doing art projects with her 5-year-old daughter.

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

shin - ing moon with sil - ver gleam: Al - le -
 stars of eve - ning find a voice: Al - le -
 bless us with your warmth and light: Al - le -

lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le -
 lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le -
 lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le -

lu - ia, Al - le - lu - ia!
 lu - ia, Al - le - lu - ia!
 lu - ia, Al - le - lu - ia!

4. Embracing earth, you, day by day,
 bring forth your blessings on our way,
 Alleluia, Alleluia!
 All herbs and fruits that richly grow,
 let them the glory also show:
 Alleluia, Alleluia, Alleluia, Alleluia,
 Alleluia!

5. All you of understanding heart,
 forgiving others, take your part,
 Alleluia, Alleluia!
 Let all things now the Holy bless,
 and worship God in humbleness:
 Alleluia, Alleluia, Alleluia, Alleluia,
 Alleluia!

12

O Life That Maketh
All Things New

$\text{♩} = 108$

1. O Life that mak - eth all things new, the bloom - ing
 2. From hand to hand the greet - ing flows, from eye to
 3. One in the free - dom of the truth, one in the
 4. The fre - er step, the full - er breath, the wide ho -

earth, our thoughts with - in, our pil - grim feet, wet with thy
 eye the sig - nals run, from heart to heart the bright hope
 joy of paths un - trod, one in the soul's per - en - nial
 ri - zon's grand - er view, the sense of life that knows no

dew, in glad - ness hith - er turn a - gain.
 glows; the seek - ers of the light are one:
 youth, one in the larg - er thought of God;
 death, the Life that mak - eth all things new.

⊕ Words: Samuel Longfellow, 1819-1892
 Music: Thomas Williams's *Psalmodia Evangelica*, 1789

TRURO
 L.M.

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

It's time to register for Sunday School!

We are excited about our program this year and the ways we will be exploring religious education. We will have opportunities for children and youth to engage in group activities, age based classrooms, and fun field trips! Please register your family so we know who to expect and be better able to plan appropriately. Visit this link to register: <https://bit.ly/registeruusf2022>

Sunday School Volunteers Needed! If you are interested in volunteering in the classroom or helping with a large group activity this year in our Sunday School program, then please contact Rev. Laura Shennum at lsennum@uusf.org for more information. This is a great way for you to get to know and contribute to the learning of our children and youth!

Welcome Back Musicians Potluck - Thursday, September 1, 6pm, UUSF Courtyard

Welcome in the new church year, find out what's happening in the church and listen to Mark's plan for the choir and Reiko's plan for the Bell Choir. Bring a dish to share and be ready to sing (just a little bit) to warm everyone up for Thursday, September 8, when regular rehearsals begin. We sing for the first time on September 11! Questions? Feel free to contact one of us: Carrie Steere-Salazar (415-710-0384); Janet Scott (415-205-8942); Mark Sumner (415-309-0150).

Journey To Wholeness: Educating Ourselves Through the Arts

If we are serious about dismantling structural racism, we have a lot to learn. Our principles already call upon us to support one another in spiritual growth. One way to begin is by shared exploration of the cultural riches given to us by peoples of the world majority. If you'd like to connect with other members or friends of UUSF planning to attend, let us know here: racialjustice.info@uusf.org.

Opportunity of the Week: Art and Labor: Songs and Poetry in Response to Diego Rivera's America, Thursday, Sept. 1st, 6 pm, San Francisco Museum of Modern Art. Free admission.

More info about this event go to <https://bit.ly/3T7kgzs>

Black, Indigenous, & People of Color Gathering - September 4 from 9:30am to 10:50am

The sacred space is open to our members and friends who are Black, Indigenous and People of Color. The meeting takes place by Zoom and in-person in the Stebbins Room on the first Sunday of every month often from 9:30-11 am. 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.

Interfaith Food Pantry Needs Volunteers! Website: uusf.org/foodpantry Sign-Up at bit.ly/foodpantryuusf

UUSF is one member of the Interfaith consortium, and on **Saturday, September 24**, it is our turn to lead and staff the pantry. Volunteers work 7:30 to 11 am, loading in the groceries received from the Food Bank, assembling grocery bags, and taking the bags outdoors to distribute to participants. In these times of uncertainty and social distancing, it is uplifting to work alongside each other in love and service to our community. If you have questions, contact Hanna Hart at info@uusf.org.

Dangerous Truths Episode 6: The U.S. War with Mexico, Manifest Destiny and the Rise of the U.S. Empire

Join us on Sunday, September 18, 9:30 to 11am with guest speaker Amy S. Greenberg, George Winfree Professor of American History. Hear about the significance of this war and about the movement against the war that it provoked. Amy Greenberg is an historian of antebellum America (1800-1860) with a particular interest in the relationship between the United States and the rest of the world in the decades before the Civil War. **Zoom Link:** <https://bit.ly/Dangeroustruths6> **Meeting ID:** 912 9764 9127 **Passcode:** 291025

San Francisco Black & Jewish Unity Coalition invites you to

Teach-In on Reparations

for African Americans in California and San Francisco



Dr. Shirley Weber Dr. Theopia Jackson Eric McDonnell Dr. Rev. Amos Brown

Sunday, Sept. 18
2 - 4 pm

In-person at
Congregation Sherith Israel
in SF and Virtual

Co-hosted by:



What does reparations mean and why here? What's the latest? Come learn from our special speakers at this educational program for all.

San Francisco Black & Jewish Unity Coalition invites you to attend: Teach-In on Reparations for African Americans in California and San Francisco

Register: <https://bit.ly/918teachin>

HOMECOMING AUCTION UUSF 2022

AUCTION & PARTY / SUNDAY, OCTOBER 16, 12:30 PM

AUCTION PLANNING COMMITTEE TO MEET - NO EXPERIENCE NECESSARY!

Sunday, September 18, 12:30 pm UUSF & Zoom: <https://bit.ly/918auctionmtg> / Website: <https://www.uusf.org/auction>

Come by our table in the gallery after church to chat, volunteer and buy tickets. Want to create a fun thing to do, such as games, arts and crafts or a contest? We're all ears!

Make a donation. Contact Debbie Wu (Debbiewu@mac.com) with your items, such as trips, dinners, events or objects. Include details such as price, dates, description, etc.

We need your **wine bottle donations** in order to create cases of wine to auction off at this year's auction. Please consider donating a \$15+ bottle of wine to support this major fundraising event for the UUSF! Bottles can be dropped off at the church on Sunday or during the week (ring the bell and someone will come to take them from you). Contact Thad Smith at 630smith@gmail.com for more information.

Join the auction & party planning team. We welcome everyone and don't need any prior experience! Our next meeting will be after church on September 18. We hope to see you there!

TICKETS: Go to <https://bit.ly/uusfauction2022> or scan the QR Code ↗ with your phone and buy your tickets online.

Questions? Call, email or text the co-chairs for this year's event, Cheryl Deaner 415-282-2200 cdd.mft@gmail.com or Gino Fortunato 415-221-2387 yospike0@yahoo.com.



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.



“Transforming Perfection” Sunday, August 21

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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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