

**“ARE
WE
NORMAL?”**

Sunday, September 25, 10:50 am, 2022
First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, September 25, 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 Selections from Lute Suite BWV 997 J.S. Bach
Eric Hamilton, guitarist

Opening Words and Welcome Rev. Laura Shennum, Minister of Congregational Life

*Hymn 331 *Life Is the Greatest Gift of All* BROTHER' JAMES AIR
Mark Sumner, pianist; Ben Rudiak-Gould, songleader

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

Unison Chalice Lighting Mari Magaloni Ramos, 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

Rev. Vanessa Rush Southern, Senior Minister

Greeting One Another

Centering Music Sarabande from Lute Suite BWV 997

J.S. Bach
Eric Hamilton, guitarist

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 Japanese Water Garden

S. Goss
Eric Hamilton, guitarist

Reflection

Mari Magaloni Ramos

Offering

The offering today goes to support **UCSF Benioff Children's Hospital**. They provide medical services for "virtually all pediatric conditions, including cancer, heart disease, neurological disorders, pulmonology, diabetes and endocrinology, as well as the care of critically ill newborns." Learn more at ucsfbenioffchildrens.org 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" 9-25-22.



Music *La Grima*

F. Tarrega
Eric Hamilton, guitarist

Reading "Honest Poem" by Rudy Francisco

*Hymn 1053 *How Could Anyone* Libby Roderick
Mark Sumner, pianist; Ben Rudiak-Gould, songleader
[\(CLICK HERE OR TURN TO PAGES 7 & 8 TO VIEW HYMN\)](#)

Sermon "Are We Normal?"

Rev. Laura Shennum

*Hymn 1012 *When I Am Frightened* Shelly Jackson Denham
Mark Sumner, pianist; Ben Rudiak-Gould, songleader
[\(CLICK HERE OR TURN TO PAGES 9, 10 & 11 TO VIEW HYMN\)](#)

*Benediction

Rev. Laura Shennum

Postlude Bouree and Gigue from Lute Suite BWV 997

J.S. Bach
Eric Hamilton, guitarist

*Please stand as you are able.

After service we invite you to convene for coffee hour in the Courtyard or you are welcome to join our community for our Virtual Coffee Hour, immediately following the Sunday Worship Service. Coffee not required. **Zoom Link:** <https://zoom.us/j/725737157>; **Meeting ID:** 725 737 157
One tap mobile: +16699006833,,725737157#



PARTICIPANTS

Worship Leaders

Rev. Laura Shennum, Minister of Congregational Life

Rev. Vanessa Rush Southern, Senior Minister

Mari Magaloni Ramos, Worship Associate

Sunday Support

Livestream Video Team, Cameras

Jonathan Silk, Communications Director

Joe Chapot, Live Chat Moderator

Thomas Brown, Sexton

Kelvin Jones, Sexton

Amy Kelly, Flowers

Linda Messner, Head Usher

Tom Brookshire, Les James,

Ralph Fenn, Zoom Coffee Hour

Musicians

Eric Hamilton, Guitarist

Mark Sumner, Pianist

Ben Rudiak-Gould, Songleader

ABOUT

Classical guitarist, **Eric Hamilton** has been in the music industry for the past 50 years. Along with decades as a performing guitarist, he is an expert stringed instrument technician currently acting as head of quality control and staff luthier for Lark in the Morning world instruments dealers in Berkeley CA. He has taught both privately and for public school districts in LA and Alameda counties and has recorded to date 15 albums of music for the guitar with multiple YouTube listings (www.youtube.com/erichamiltonmusic). More information can be found at www.erichamiltonmusic.com.

Life Is the Greatest Gift of All 331

$\text{♩} = 96$ Unison

1. Life is the great - est gift of all the rich - es on this
 2. Mind is the bright - est gift of all, its thought no bar - rier
 3. We are of life, its shin - ing gift, the meas - ure of all

earth; life and its crea - tures, great and small, of
 mars; it seeks cre - a - tion's hid - den plan, its
 things; up from the dust our tem - ples lift, our

high and low - ly birth: so trea - sure it and
 quest sur - mounts all bars; it reins the wind, it
 vi - sion soars on wings; for seed and root, for

mea - sure it with deeds of shin - ing worth.
 chains the storm, it weighs the out - most stars.
 flower and fruit, our grate - ful spir - it sings.

Words: From William E. Oliver,
 ⊕ adapt. by Waldemar Hille, 1908- , used by perm. of Hodgin Press
 Music: James Leith McBeth Bain, c. 1840-1925,
 ⊕ arr. by David Dawson, 1939-

BROTHER JAMES' AIR
 8.6.8.6.8.6.

BEAUTY, TRUTH, AND GOODNESS

1053

How Could Anyone

$\text{♩} = 74$

F#m/C E/B F#m B7

How could an-y-one ev - er tell you— you were

E C#m

an - y-thing less than beau - ti - ful?— How could

F#m B7 E B7/F#

an - y-one ev - er tell you— you were less than

Words & music: Libby Roderick, 1958 - , © 1988, 2004 Libby Roderick Music. All rights reserved.

How Could Anyone - 2

E/G# F#m/C E/B F#m B7

whole? How could an-y-one fail to no - tice — that your

E C#m A

lov - ing is a mir - a - cle? — How deep - ly you're con -

B7

Opt. repeat	A/E	F#m/C#	E
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Last time

A/E	E
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nec - ted to my soul. How could soul. —

1012 When I Am Frightened

♩ = 100

The musical score is written for piano and voice. It consists of four systems of music. Each system has a piano accompaniment on the left (treble and bass staves) and a vocal line on the right (treble staff). The piano accompaniment features a steady eighth-note bass line and chords in the right hand. The vocal line is a simple melody. Chord symbols are placed above the vocal staff: C, F6/C, C, F6/C in the first system; C, Dm/C, C, C, Csus2, C in the second; C, Dm/C, C, B7/C, C in the third; and C, Dm/C, C, B7/C, C in the fourth. The lyrics are written below the vocal staff.

1. When I am fright-ened, will you re-as-sure me?
 2 When I am an-gry, will you still em-brace me?
 3 When I am troub-led, will you lis-ten to me?

When I'm un-cer-tain, will you hold my hand?
 When I am thought-less, will you un-der-stand?
 When I am lone-ly, will you be my friend?

© Words & music Shelley Jackson Denham, 1950 - , © 1999 Shelley Jackson Denham,

arr Jeanne Gagné 1960 -

ETHICAL RELATIONS Irregular

F FM7 F6 F

Will you be strong for me? sing to me qui - et - ly?
 Will you be - lieve in me, stand by me will - ing - ly?
 Will you be there for me, com - fort me ten - der - ly?

Gm Eb(add2) Gsus G Csus

Will you share some of your sto - ries with me?
 Will you share some of your ques - tions with me?
 Will you share some of your feel - ings with me?

C F Gm/F F Bb(add 2,4) Bb

If you will show me com - pas - sion, —
 If you will show me ac - cep - tance, —
 If you will show me com - mit - ment, —

When I Am Frightened - 3

The musical score is written for voice and piano. It consists of three systems of music. The first system has four measures with chords C7, Csus, F, and Gm/F. The second system has four measures with chords F, C7, Csus, and a first/second ending bracket over an F chord. The third system has four measures with chords F, Bb2/F, Gm11, and F. The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

System 1:

Chords: C7, Csus, F, Gm/F

Lyrics:
 — then I may learn to care as you
 — then I may learn to give as you
 — then I may learn to love as you

System 2:

Chords: F, C7, Csus, 1. 2 F

Lyrics:
 do, then I may learn to care.
 do, then I may learn to give.
 do, then I may learn to

System 3:

Chords: 3 F, Bb2/F, Gm11, F

Lyrics:
 love.

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

UUSF's Online Auction Begins Sunday, September 25!

- **START BIDDING** this Sunday, September 25 at <https://bit.ly/uusfauction2022> or use the QR code! Bidding will continue until the end of our live auction on October 16. →
- **GET TICKETS NOW** – it's only three weeks till our party and live auction at 12:30pm October 16! Buy tickets at our table in the lobby before and after services, or online at <https://bit.ly/uusfauction2022> or by QR code. Buying tickets now lets you breeze through the line at the Auction!
- **VOLUNTEER** – this week we are especially looking for people who want to create a fun thing to do, such as games, contests or other merry making ideas.
- **DONATE** a trip, dinner, event or a treasure. Include details such as price, dates, description, etc. You can do this online at <https://bit.ly/uusfauction2022> or by QR code. Our online auction will continue to add items, so keep looking each week!



QUESTIONS? Call, email or text co-chairs Cheryl Deaner 415 282 2200 cdd.mft@gmail.com or Gino Fortunato 415 221 2387 yospike0@yahoo.com

Pagan Interest Circle (PICT) Gathering RARER than a Blue Moon!

Sunday, September 25. We Gather in the Chapel from 1:00 pm - 2:30 pm.

All you witches, pagans or pagan-curious, please come to what Muggles might call a "meeting", the first we've had in probably something like 4 years. I really can't remember! PICT never holds meetings unless there is a need, so the need for a Voting Meeting is now. We will soon be saying goodbye to Nancy Buffum, our Ritual Priestess/Priest Coordinator, as she is moving to Eugene at the end of October. Carlowe Connelly is stepping down from her role as UUSF Church Liaison, as well as producing the annual PICT Brochure, after over 20 years of volunteer service! A great BIG THANK YOU and Unending BLESSINGS to Nancy and Carlowe! Here's an opportunity to learn about how we work behind the scenes, as we meet to re-organize ourselves. Maybe there is a small task that you are willing to take on. All changes need to be voted on by the current paid membership. If you are not yet a PICT member, you can bring \$20 annual membership dues and cast your vote!

Making Good Trouble

We're partnering with Get out the Vote to encourage voters from underserved communities to make their voices heard this November. Stop by the Thomas Starr King room after the service to write in community, or just pick up letters to take home and return. Donations for stamps are always appreciated.

If you cannot come to church but want to help out, let us know and we can deliver letters to your home and pick them up for mailing when they are finished. Email Julia Wald at jpwald@waldlawyers.com or call the church office (415-776-4580) with your request and your contact information.

Black, Indigenous, & People of Color Gathering - October 2 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 9:30-11am. 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.

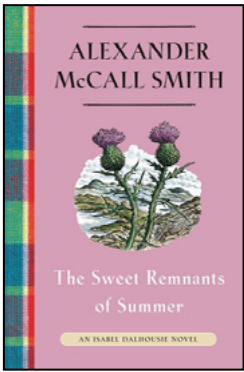
Family Ministry @ UUSF - <https://www.uusf.org/grow>

HIRING FOR PREK ASSISTANT TEACHER: We are currently hiring for an Assistant Teacher in our PreK classroom. If you are interested, then please review the job description (<https://bit.ly/prekuusf>) and send a cover letter as well as a resume to Rev. Laura at lshennum@uusf.org.

UPDATE ON NURSERY/PREK CLASSROOM: We are currently in a search to fully staff our Nursery/PreK classroom. This means we cannot offer care for this age group at this time. Our hope is to have the classroom open in the beginning of October. If you have questions, then please contact Rev. Laura at lshennum@uusf.org.

COMMUNICATION WITH FAMILIES: Stay up to date with what is happening for our families and Sunday School program by subscribing to the Thursday weekly emails. If you would like to be put on the email list, then please contact Rev. Laura at lshennum@uusf.org.

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



October Book Group - "Sweet Remnants of Summer" by Alexander McCall Smith

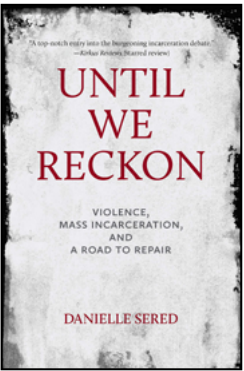
Leader: Rev. Dr. John A. Buehrens

Wednesday October 19, 6:30-8 pm & Thursday, October 20, noon-1:30 pm

More Info and to Register: <https://www.uusf.org/are>

Alexander McCall Smith's latest Isabel Dalhousie novel, "Sweet Remnants of Summer". John writes, "I am addicted to this series, of which the current book is #14. Isabel lives in Edinburgh, where she is the publisher and editor of the mythical Review of Practical Ethics." The Library Journal says of the novel, "McCall Smith delves into the inner machinations of a modern-day philosopher whose nuanced approach stands in stark contrast to the fiery rhetoric of the day."

If you need help acquiring the book or purchasing it, please let us know at info@uusf.org for help.



November Book Group - "Until We Reckon: Violence, Mass Incarceration, and a Road to Repair" by Danielle Sered

Leader: Rev. Southern with Sam Dennison of the Faithful Fools!

Wednesday, November 16, 6:30-8 pm &/or Thursday, November 17, noon-1:30 pm

More Info and to Register: <https://www.uusf.org/are>

How can we transition away from systems of mass incarceration through restorative justice? As a description of how and why restorative justice works, Danielle Sered shows us what we have to do to courageously confront the US legacy of white supremacy. In many ways, the book offers a roadmap for people who grew up white and are coming to terms with racism and racial violence and then find a path to accountability and active engagement with changing racist institutions/systems.

If you need help acquiring the book or purchasing it, please let us know at info@uusf.org for help.

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.

Reproductive Freedom Weekend Oct 1-2



The UUSF Women's Rights Group invites you to begin the transformational work of building the multi-faith, multi-racial movement of SACReD, Spiritual Alliance Communities for Reproductive Dignity.

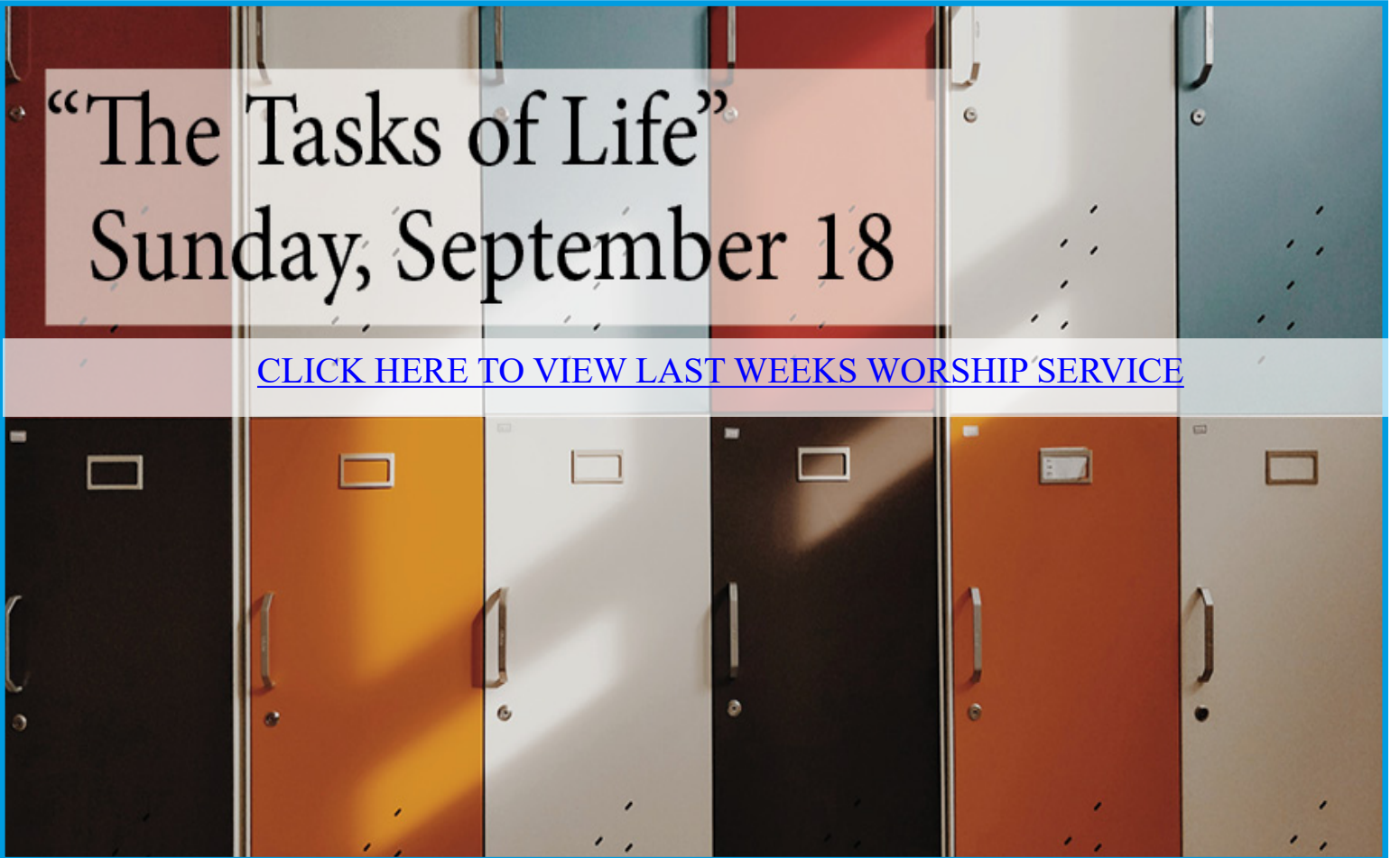
(<https://www.sacreddignity.org/about/>)

Our special guest for this Reproductive Freedom weekend is **Rev. Dr. Daniel Kanter**, the Sr. Minister and CEO of First Unitarian Church of Dallas, a Founding Partner of SACReD. Rev. Dr. Kanter has served on the Planned Parenthood of Greater Texas Board of Trustees and he is a recent past Chair of the Clergy Advocacy Board at Planned Parenthood of America.

Oct 1, Saturday: Reproductive Freedom Retreat. (9am – 5pm) "Train the Trainers" curriculum. Learn to equip the UUSF congregation to create a loving, justice-seeking faith community where shame, judgment or stigma for diverse reproductive decisions and journeys has no place. Rev. Dr. Kanter will give an introductory talk about SACReD, including its values and mission. RSVP to lori_lai@att.net with your dietary requirements, if any, for snack and lunch planning by Sept. 23, 2022.

Oct 2, Sunday: Sermon, to be followed by Q&A session during coffee hour. Rev. Dr. Kanter will be our guest preacher and during the Sunday Service. He will be explaining how his congregation is actively working as a SACReD Partner Congregation to uphold and advance its values, mission and vision. During the coffee hour Q&A session, there will be opportunities for you to ask questions and explore related topics of your interest with Rev. Dr. Kanter. The Sunday Service will be live streamed and the coffee hour will be hybrid (live at UUSF and accessible by zoom).

(<https://www.uusf.org/womensgroup>)



“The Tasks of Life” Sunday, September 18

[CLICK HERE TO VIEW LAST WEEKS 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.

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