



"Nap Ministry"

Sunday, May 21, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday May 21, 2023
10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete Our Connections form at <https://bit.ly/uuconnections2023>

Welcome to the Worship!

UUSF will no longer require masks indoors on our premises,
following the lead of the San Francisco Department of Health.

We do, however, encourage people to wear masks or do anything else
that protects and respects their own health and comfort.
There is a designated mask-only area on the far right side of the Sanctuary.

Prelude *Silver Rain*, from *Portraits of Langston* Valerie Coleman
The Bernal Hill Players: Martha Rodríguez-Salazar, flute; Leah di Tullio, clarinet; Jennifer Peringer, piano

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

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.

*Hymn 90 From All the Fret and Fever of the Day COOLIDGE
Richard Fey songleader; Wm. García Ganz, piano

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

Brief Invitations

Mari Magaloni Ramos, Worship Associate

Greeting One Another

Story for All Ages

Rev. Vanessa Rush Southern, Senior Minister

Unison 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.

Reflection

Mari Magaloni Ramos

Music Instrumental rendition of the song: "Restore Our Earth"

Sally Davies
The Bernal Hill Players

Times of Spoken and Silent Meditation

Rev. Vanessa Rush Southern

Offering

This morning's offering will benefit the work and ministries of The First Unitarian Universalist Society of San Francisco (UUSF). Learn more at www.uusf.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" 05-21-23.

[DONATE](#)

Offertory Music Excerpt from *Seducción*

Miguel del 'Aguila
The Bernal Hill Players

Sermon "Nap Ministry"

Rev. Vanessa Rush Southern

*Hymn 123

Spirit of Life

Carolyn McDade

Richard Fey songleader; Wm. García Ganz, piano

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

*Benediction

Postlude *Solsticio*

Chus Alonso
The Bernal Hill Players

*Please rise in body or spirit.

ABOUT

The special music for today's service is being performed by **The Bernal Hill Players**, with **Martha Rodríguez-Salazar** on flute, **Leah di Tullio** on clarinet, and **Jennifer Peringer** on piano. This local chamber music ensemble delights in playing classical, contemporary, and experimental chamber music from around the world. Today's composers hail from Kentucky/New York (Coleman), London (Davies), Uruguay/L.A. (del Águila), and Spain/Bay Area (Alonso). For more info, including details about a concert in Oakland tonight, go to: www.bernalhillplayers.com.

PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Rev. Laura Shennum, Minister of Congregational Life
Mari Magaloni Ramos, Worship Associate

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn, Livestream Cameras
Jonathan Silk, Communications Director
Tom Brookshire, Live Chat Moderator
Judy Payne, Flowers
Linda Messner, Head Usher

Musicians

The Bernal Hill Players:
Martha Rodríguez-Salazar, flute
Leah di Tullio, clarinet
Jennifer Peringer, piano
Richard Fey songleader
Wm. García Ganz, piano

ANNUAL OPERATING FUND CAMPAIGN UPDATE

By now you should have received a copy of a proposed amendment (<https://bit.ly/uusfamendment-budget>) to our FY24 budget for the Fiscal Year of the church that begins on July 1, 2023 and runs through June 30th, 2024. The amendment proposes contingency budget cuts if the congregation's fundraising efforts through our annual giving campaign do not reach the budgeted amount of \$750,000 by the last day of June, 2023.

As of the writing of this communication, the amount raised from our annual pledge drive is \$707,000 from 199 pledging households. To begin with, we want to thank all of you, so many of you, who gave so generously this year and in the past. Thank you for the past three years, for digging so deep when we asked you to make up for pandemic losses like rental income we had no way to pull in. Thank you for giving generously again! We see you and so appreciate your loyalty and love and commitment to UUSF — that generosity is what gives us institutional strength and the ability to endure through time!

And at this point we are \$43,000 short of our \$750,000 annual fundraising goal. If we don't reach that goal, we are proposing cutting first from all our program budgets — from coffee and flowers to music and social justice. If our shortfall is more than the \$30,000 we can cut from those budgets, we will force staff to take a one-week unpaid furlough. And if that does not make our budget balanced, we will cut our Membership and Young Adult position, which we had hoped to hire for this summer. At that point, my friends, we'd be eating our seed corn. We sincerely hope we don't have to make any of these cuts. And therefore we are asking you all to lean once again into the membership and commitment you feel for UUSF and review your financial promises to UUSF. We do so as people like us have done since 1850 to make sure this community endures, and serves us and those who follow, in good times, in easy times, and in harder, challenging times too.

Go to (<https://bit.ly/uusfpledgeform23-24>) (or scan the QR CODE above) which offers space for those who haven't already pledged to do so and for those who have already pledged (thank you!), to raise your pledge or give an additional one-time gift for the operating budget of Fiscal Year 2024.



From All the Fret and Fever of the Day

90

$\text{♩} = 58$

1. From all the fret and fe - ver of the
2. In qui - et - ness and sol - i - tude we

day, let there be mo - ments when we turn a -
find the sound - less wis - dom of the deep - er

way, and, deaf to all con - fus - ing out - er
mind; with clear har - mo - nious pur - pose let us

din, in - tent - ly lis - ten for the voice with - in.
then bring rich - cr mean - ing to the world a - gain.

⊕ Words: Monroe Beardsley, b. 1915
Music: Cyril V. Taylor, b. 1907, © Hope Publishing Co.

COOLINGE
10.10.10.10.

Spirit of Life

123

♩ = 56 Unison

Spir - it of Life, come un-to me. Sing in my

heart all the stir-rings of com - pas - sion. Blow in the

wind, rise in the sea; move in the hand, giv-ing

life the shape of jus-tice. Roots hold me close; wings set me

free; Spir - it of Life, come to me, come to me.

⊕ Words & music: Carolyn McDade, 1935- , © 1981 Carolyn McDade,
 ⊕ harmony by Grace Lewis-McLaren, 1939- , © 1992 Unitarian Universalist
 Association

SPIRIT OF LIFE
 8.12.8.12.8.10.

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

TODAY

Forum - Sunday, May 21 at 9am: An Encounter With The Work Of Artist Leslie Goldberg - The Family Of Man!
Leslie's paintings and character drawings, which are presently on display in the King Rooms, are fictitious. But, as with all fiction, it is not entirely fictitious. Leslie Goldberg is a former writer with the San Francisco Examiner, a Pulitzer Prize nominee, a former journalism teacher at SFSU and City College of San Francisco. **Zoom:** <https://bit.ly/forum-5-21-23>

Budget Vote Meeting Today from 12:30pm - 2:30pm TSK Room and on Zoom (<https://bit.ly/41oLW6I>)

All Members are invited to attend and vote. In addition, on 5/14/23, we received one proposed budget amendment (<https://bit.ly/uusfamendment-budget>). This amendment proposes Contingency Budget Adjustments to fill the gap of the pledge shortfall for the coming year. It also needs to be approved during the Budget Vote on Sunday, 5/21/23. A more detailed mailing related to the amendment regarding contingency budget adjustments went out to Members via email and regular mail on Wednesday, 5/17/23. While no new amendments are accepted from the floor, we hope to see many of you at Sunday's Budget meeting.

UPCOMING

White Allies Group: Let's Talk About Bias - Monday, May 22 at 6:30 pm on Zoom

This month, Revs. Vanessa Rush Southern and Laura Shennum will meet with you via Zoom to watch and discuss a video about bias. To register and acquire the zoom link go to <https://bit.ly/waguusf522>

New UU: A Welcome Home - Tuesday, May 23, 6:30pm at UUSF

Join Revs. Vanessa Rush Southern and Laura Shennum for our New UU class! Held in-person at UUSE, this interactive class will introduce you to Unitarian Universalism and our congregation. **Register:** <https://bit.ly/newuu5-23-23>

Forum - Sunday, May 28 at 9am: Wayne Hsiung: How Plant-Based Food Can Save Our Planet!

Wayne Hsiung is an attorney who has led teams that have investigated and rescued animals from animal-abusing enterprises across the nation – while challenging unconstitutional “ag gag” laws in the process. Recently he served as the lead counsel in two “right to rescue” trials in which activists were acquitted after being charged for giving aid to sick and dying animals in factory farms, garnering much media attention. **Zoom:** <https://bit.ly/forum-5-28-23>

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

This 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 9:30-10:50am. 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.

Newcomer Orientation - Sunday, June 4 at 12:30 pm in the Fireside Room

Do you want to learn more about Unitarian Universalism? Join us in the Fireside Room on May 7th after the service to meet some of our members and learn more about our congregation and Unitarian Universalism in the community.

UUSF BOARD OF TRUSTEES ENCOURAGES YOU TO PUT THESE DATES ON YOUR CALENDAR, AS A VOTING MEMBER OF OUR CONGREGATION:

Go to <https://bit.ly/3n9bypa> to read the proposed FY24 budget for the congregation to review.

1. Sun 5/21 Budget Vote Meeting 12:15pm - 2:15pm Zoom and in person in TSK Room - Zoom Link: <https://bit.ly/41oLW6l>
2. Sun 6/4 Annual Meeting 12:30pm - 2:30pm Zoom and in person in TSK Room - Zoom Link: <https://bit.ly/3mS9Wjs>

Each year, our community holds an annual meeting during the month of June. This year's meeting is scheduled for June 4, 2023, commencing at 12:30 pm, after the Sunday Service. The meeting will be held in person and online.

The Annual Meeting is an opportunity to thank the many members of the congregation who have volunteered their time and treasure during the year. We will vote on Board of Trustee and Nominating Committee candidates. We will announce the Anne Dillon award recipient, learn about May Treat Morrison and remember those who have died. We will also announce the results of our pledge drive.

UUSF Election Slate 2023-24

The Nominating Committee is pleased to present the slate of nominees for the 2023-2024 Board of Trustees and the next Nominating Committee. In accordance with the UUSF by-laws, the slate will be voted on at the annual meeting of the membership on June 4, 2023. Please go to <https://www.uusf.org/nominatingcommittee> to read the biographies on the Nominees.

Board of Trustees: The Board consists of nine members, five of whom are elected in "odd" years (2023) and four of whom are elected in "even" years. Board members are elected to two-year terms and may not serve more than six consecutive years. The nominees for this year are **Lori Lai** (incumbent); **Linda Enger** (incumbent); **Megan Lehmer** (incumbent); **Sam King**; and **Galen Workman**.

Nominating Committee: This Committee consists of seven members, four of whom are elected in "odd" years (2023) and three of whom are elected in "even" years. Nominating Committee members are elected to two-year terms and may not serve more than four consecutive years. The nominees for this year are **Erica Murray** (incumbent); **Teresa Goebel** (incumbent); **Hanna Hart**; and **Robert Packenham**.

On behalf of the 2022-23 Nominating Committee, Judith Ottoson, chair jottoson@comcast.net 415-839-6360

The Women's Rights Group has proposed and Board has approved a Resolution for the Congregation to join the Spiritual Alliance of Communities for Reproductive Dignity (aka SACReD).

This resolution will be voted on by the congregation on June 4th at the Annual Meeting. To review the resolution to be voted on by the Congregation go to <https://bit.ly/3HckOO8>. We encourage you to attend the following information session on **May 20 at 8am**. Email your resolution amendments to Secretary@uusf.org by May 28. Zoom links to these meetings and to learn more about the Spiritual Alliance of Communities for Reproductive Dignity (aka SACReD) and the resolution to <https://www.uusf.org/womensgroup>.

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

***Rest is Resistance: A Manifesto* by Tricia Hersey**

Led by Rev. Vanessa Rush Southern, Senior Minister - Register at <https://bit.ly/MBG052023>

Tricia Hersey is the founder of the Nap Ministry, an organization that examines rest as a form of resistance, sponsoring events like the Collective Napping Experiences, workshops, and art installations. Hersey is an artist, poet, theologian and community organizer. As we head toward summer, we look at the wisdom and the deliciousness of her invitation to rest as part of our work transforming the world for the better.

Wednesday, May 24, 6:30-8 pm or Thursday, May 25, noon-1:30 pm

Morning Meditation & Equanimity Practice

Morning 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. **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.

Both on Zoom: <https://bit.ly/3A8ZI73>

Welcome to the First Unitarian Universalist Society of San Francisco

1187 Franklin Street, San Francisco, CA 94109
415-776-4580 / info@uusf.org

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.

UUSF MEDIA

You can listen to our sermon-only podcasts at <https://bit.ly/SermonsUUSF>

Visit <https://bit.ly/ServicesUUSF> to listen to our complete service podcasts

Watch our videos at <http://www.youtube.com/c/UUSFMedia>

Go to our website at <https://www.uusf.org/>

"A Sacred Choice: Reproductive Justice"
Sunday, May 14, 10:50 am

WATCH LAST WEEKS SERVICE: <http://www.youtube.com/c/UUSFMedia>

