

# **"La Dolce Vita in Motion"**

**(also known as "Reflections on My Life as a Dancer")**



Sunday, August 20, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday August 20, 2023**  
**10:50 AM - 12:15 PM**

Livestreamed at [bit.ly/uusfmedia](https://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.

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Prelude      *Summertime*

George Gershwin & DuBose Heyward  
Larry Chinn, pianist

Opening Words and Welcome

Rev. Vanessa Rush Southern, Senior Minister

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.

Ben Rudiak-Gould, songleader; Elliott Etzkorn, pianist

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

Brief Invitations

Jonah Berquist, Moderator

Greeting One Another

Unison Covenant

Carmen Barsody, Worship Associate

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

Carmen Barsody

Music

*Dancing On The Ceiling*

Richard Rodgers & Lorenz Hart

Larry Chinn, pianist

Time of Prayer/Meditation

## Offering

Our offering this morning will go to support **The Immigration Center for Women and Children (ICWC)**. The ICWC (<https://www.icwclaw.org/>) is a non-profit legal organization providing free and affordable immigration services to underrepresented immigrants in California and Nevada. ICWC strives to provide security and stability for children who are abused, abandoned or neglected and for immigrants who are survivors of domestic violence, sexual assault and other violent crimes. Our contribution will be collected for this organization in commemoration of the recent immigration rights march on Monday, August 7. To make a donation on Vanco ([bit.ly/uusfpayments](http://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 8-20-23 and "special offering".

**DONATE**

Offertory Music     *The Best Things Happen While You're Dancing*

Irving Berlin  
Larry Chinn, pianist

Sermon     "La Dolce Vita in Motion"

Rev. Vanessa Rush Southern

\*Hymn 311

*Let It Be a Dance*

MASTEN

Ben Rudiak-Gould, songleader; Elliott Etzkorn, pianist

([CLICK HERE OR TURN TO PAGES 7-10 TO VIEW HYMN](#))

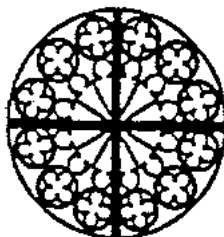
\*Benediction

Postlude     *Só Danço Samba*

Antônio Carlos Jobim & Vinicius  
Larry Chinn, pianist

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\*Please rise in body or spirit.



# PARTICIPANTS

## **Worship Leaders**

Rev. Vanessa Rush Southern, Senior Minister  
Carmen Barsody, Worship Associate  
Jonah Berquist, Moderator

## **Sunday Support**

Jonathan Silk, Communications Director  
Matias Salazar, Sexton  
Athena Papadakos, Flowers  
Linda Messner, Head Usher

## **Musicians**

Larry Chinn, Jazz Pianist  
Elliott Etzkorn, Pianist  
Ben Rudiak-Gould, Songleader

# ABOUT

**Larry Chinn** has nearly three decades of experience in the San Francisco Bay Area, including extensive stints with Al Molina, Margie Baker, and Jules Broussard. Larry has also worked with Marcus Shelby, Tiffany Austin, Kellye Gray, Frank Wess, Larry Schneider, Madeline Eastman, Nate Pruitt, John Handy, Pharoah Saunders, Mark Murphy, Harvie S, Akira Tana, Peppe Merolla, Sylvia Cuenca, Denise Perrier, Melissa Morgan, Vince Lateano, and Richie Cole, performing in settings ranging from neighborhood pubs to luxury hotels and this area's premier jazz venues such as Yoshi's, Pearl's, and the Monterey Jazz Festival. Larry studied music at Berklee College of Music as well as privately with Peter Horvath, Don Haas, Mark Levine, and Dick Hindman.

## **2023-24 Sunday School Registration Now Open!**


We are getting ready to welcome back our children and youth for the 2023-24 program year! We have some fun plans in store and need your help in making sure we have enough teachers as well as supplies.

Please register your child(ren) so we can provide the most rewarding experience! If you have questions, please contact **Alicia Cover**, Religious Education Coordinator at [acover@uusf.org](mailto:acover@uusf.org).

Registration link: <https://bit.ly/UUSFRE2023-24>

## Morning Has Broken

*♩. = 56 Unison*



1. Morn-ing has bro - ken like the first morn - ing, black-bird has  
 2. Sweet the rain's new fall sun-lit from heav - en, like the first  
 3. Mine is the sun - light! Mine is the morn - ing born of the

spo - ken like the first bird. Praise for the  
 dew - fall on the first grass. Praise for the  
 one light E - den saw play! Praise with e -

sing - ing! Praise for the morn - ing! Praise for them,  
 sweet - ness of the wet gar - den, sprung in com -  
 la - tion, praise ev - ery morn - ing, God's re - cre -

spring - ing fresh from the Word!  
 plete - ness where God's feet pass.  
 a - tion of the new day!

Words: Eleanor Farjeon, 1881-1965, used by perm. of David Higham Assoc., Ltd.  
 Music: Gaelic melody, © 1931 Oxford University Press, harmony by David  
 Evans, 1874-1948

BUNESSAN  
 5.5.5.4.D.

M O R N I N G

311

## Let It Be a Dance

$\text{♩} = 56$

The musical score is written for voice and piano. It consists of three systems of staves. The first system has a vocal line and a piano accompaniment. The second system continues the vocal line and piano accompaniment. The third system concludes the piece. The tempo is marked as quarter note = 56. The key signature has two flats (B-flat and E-flat). The time signature is 2/2. The lyrics are: 'Let it be a dance we do. May I have this dance with you? Through the good times and the bad times, too, let it be a dance.'

Let it be a dance we do. May I have this

dance with you? Through the good times and the

bad times, too, let it be a dance.

May be sung unaccompanied

⊕ Words & music: Ric Masten, 1929- , © 1977 Mastenville Music (BMI),  
 ⊕ arr. by Betty A. Wylder, 1923- , © 1992 Unitarian Universalist Association

MASTEN  
 Irregular

HUMANITY: WOMEN AND MEN

1. Let a danc - ing song be heard.  
 2. Ev - ery - bod - y turn and spin,  
 3. Morn - ing star comes out at night,

Play the mu - sic, say the words,  
 let your bod - y learn to bend,  
 with - out the dark there is no light.

and fill the sky with sail - ing birds.  
 and, like a wil - low with the wind,  
 If noth - ing's wrong, then noth - ing's right.

HUMANITY: WOMEN AND MEN



Let it be a dance. Let it be a dance. Let it be a  
 let it be a dance. Let it be a dance. Let it be a  
 Let it be a dance. Let it be a dance. Let it be a

dance.  
 dance.  
 dance.

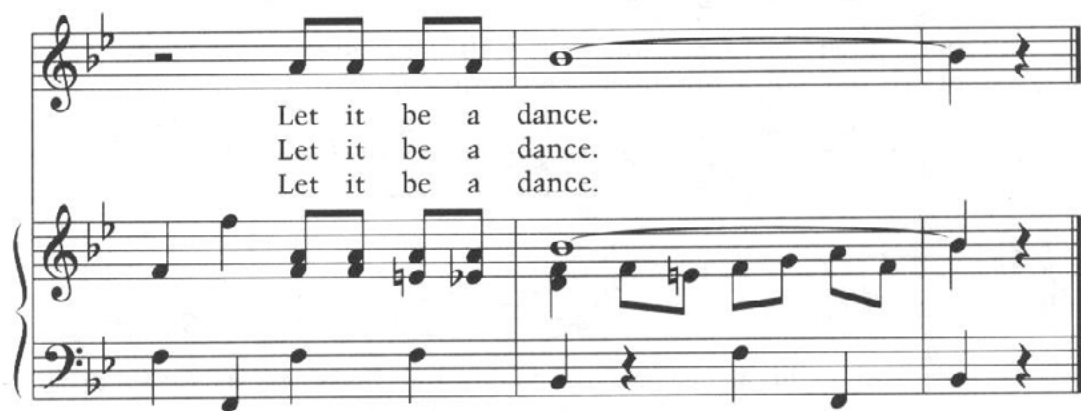
Learn to fol - low, learn to lead,  
 A child is born, the old must die;  
 Let the sun shine, let it rain;

feel the rhy- thm, fill the need  
 a time for joy, a time to cry.  
 share the laugh- ter, bear the pain,

HUMANITY: WOMEN AND MEN



to reap the har-vest, plant the seed.  
 Take it as it pass-es by.  
 and round and round we go a-gain.



Let it be a dance.  
 Let it be a dance.  
 Let it be a dance.



# Events, Meetings & Volunteer Opportunities ([www.uusf.org/news](http://www.uusf.org/news))

## TODAY

### **Auction Committee Meeting - August 20, 12:30 pm, Kincaid Room - [www.bit.ly/UUAuction23](http://www.bit.ly/UUAuction23)**

You are invited to attend the Auction Committee meeting in the Kincaid Room at 12:30 pm. Despite the fires in Maui last week, our "Aloha Ohana" auction will remain on October 15 and we will be there to celebrate the Hawaiian spirit.

"Ohana" means a supportive family community, and in this auction, our entire congregation is invited to support each other with an authentic Hawaiian Luau and the strings of a Hawaiian band. There will be activities for all ages, surprises and a special guest – professional auctioneer Gary Lorentzen who will be thrill us with a live auction.

Please come share your ideas with us this Sunday. Also, think about being a volunteer. We need volunteers now for cooking, decorating, tabling, bringing in donations and more! **BONUS:** at our meeting, we will try our hand at making lei's and enjoy light refreshments while we plan our event.

Mahalo from Co-chairs **Gino Fortunato** and **Gregory Stevens** ([gregorystevensw@gmail.com](mailto:gregorystevensw@gmail.com)) or Secretary **Cheryl Deaner** ([cdd.mft@gmail.com](mailto:cdd.mft@gmail.com), 415-282-2200)

## UPCOMING

### **A New Art Exhibit is Now on Display in the King Rooms!**

Jamie Erfurd is our featured artist till September 26th. Her work can be seen in museums and private collections all around the world. We will hold an art reception in the TSK and MLK Rooms on Saturday, September 23 from 4:00 pm to 7:00 pm, where you can meet Jamie and view the artwork. Free drinks and snacks will be served.

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### **The Women's Rights Group Encourages You To Join them on August 26 at 10:00 AM.**

The Women's Rights Group is meeting this summer! Everyone in the congregation interested in working toward increasing all Women's access to comprehensive reproductive health care is invited! Our meeting will be hybrid, but we encourage everyone to come in person and enjoy the breakfast treats and the community! At these meetings, we will be working on our planned Fall Activities. More info can be found at <https://www.uusf.org/womensgroup>.

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### **Ukraine Day August 27 at Golden Gate Park Bandshell, 1:00pm**

Free Ukrainian Culture Day "Golden Gate Park Band" Symphony in the Park! Be a Ukrainian advocate at this community celebration of music, dance and solidarity! Join the conversation on a "UU bench" to discuss our plans for a United Nations Sunday event at UUSF. (Look for Andrei in her red hat!) Contact: [andreiglase@gmail.com](mailto:andreiglase@gmail.com)

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### **We're heading to the ballpark! - Sunday, August 27, 4:10pm! Buy Tickets for Giants vs. Atlanta Braves!**

A group of us will be enjoying the game on August 27. Please make note of the time change to 4:10pm. The game was switched to a ESPN night game. Tickets are only \$33 for section View Reserve 304. **To purchase a ticket**, go to [bit.ly/uusfpayments](http://bit.ly/uusfpayments) and enter the amount (\$33) where it reads Events-UUSF sponsored: Baseball 8/27. If you want to leave your car in the church garage (there are very limited spots available) or if you'd like to volunteer to drive others, please contact Reservations Manager **Suzy Bernahola** at [sbernahola@uusf.org](mailto:sbernahola@uusf.org). The ballpark is also easy to access by transit: walk to Van Ness station or Civic Center station and take the N. Or you can take the 38 Geary to Stockton, walk to Stockton and Geary to the New Central Subway and catch the T line.

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### **Black, Indigenous, & People of Color Gathering - Sept. 3 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 from 9:30-10:50am. If you are interested in attending or finding out more, please email [bipoc@uusf.org](mailto:bipoc@uusf.org). Please come join this space for joy, renewal, care and inspiration.

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### **Newcomer Orientation - Sunday, September 10 at 12:30 pm in the Fireside Room**

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



# HAPPENINGS

## Help Wanted!

Are you interested in getting more involved at UUSF? We need your involvement! The UUSF Nominating Committee is matching Church groups who need volunteers with members looking for ways to get more involved. Every opportunity is unique in terms of time commitment, prior experience/skills and subject matter - we're confident that there is an opportunity that will suit you!

NEW!!!

The Personnel Committee is looking for members! The Personnel Committee assists Rev. Vanessa, Rev. Laura and Director Laura in fulfilling their responsibilities... Go to <https://bit.ly/personneluusf> to learn more.

Please go to <https://www.uusf.org/nominatingcommittee> to access available opportunities, or email the UUSF Nominating Committee at [NomCom@uusf.org](mailto:NomCom@uusf.org) for more information. Check out our "Help Wanted" bulletin board in the Church Gallery during coffee hour on Sundays after service! If you are a Church group looking for volunteers, email the Nominating Committee and we'll work with you to publicize your opportunity.

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## Sign Up to Volunteer for the Interfaith Food Pantry - September 23

Join fellow UUSF members and other community volunteers to help distribute groceries to 325+ households. This is a great opportunity for individuals and families to pitch in and help feed our community. Food prices are high and we are needed now as much as ever!

We lead the crew Saturday, September 23, and would love to have you join. Volunteer shifts start at 8:15 (or 7:30 if you can help unload the truck). Sign-up and more info can be found on our website ([www.uusf.org/foodpantry](http://www.uusf.org/foodpantry)) or go to [bit.ly/foodpantryuusf](http://bit.ly/foodpantryuusf). If you have any questions, please contact Hanna Hart [hanna@harts.net](mailto:hanna@harts.net) or Ben Bear [welcome.corporate.overlords@gmail.com](mailto:welcome.corporate.overlords@gmail.com)

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## Did you know that UUSF Board of Trustees meetings are open to members?

Each month, our Board meeting begins with a place on the agenda for membership to address the Board. If you would like to attend a Board meeting, email [secretary@uusf.org](mailto:secretary@uusf.org) or [moderator@uusf.org](mailto:moderator@uusf.org) for instructions.

The next Board meeting takes place on Tuesday, September 19th at 6:30pm.

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## Adult Spiritual Growth Classes ([www.uusf.org/are](http://www.uusf.org/are))

### Human 101 Classes

How do we communicate effectively? How do we create healthy boundaries? What does conflict as a spiritual practice look like? If you have skills or training in these areas and want to help build our Human 101 classes, contact Minister of Congregational Life Laura Shennum at [lsennum@uusf.org](mailto:lsennum@uusf.org) for more information.

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### Weekly Grief Group - Saturdays, 10am-11:30am, starting September 9

This group facilitated by Bruce Clements will meet weekly in the Fahs Room to create a space for conversation, community, and sharing about grief people are experiencing in their lives. This group is drop-in. If you have questions, then contact Laura Shennum at [lsennum@uusf.org](mailto:lsennum@uusf.org). Bruce Clements grew up in New York City and graduated from Columbia College, Union seminary and the state university of New York at Albany. After serving a church in Schenectady, New York, for seven years, he taught writing and literature at Union College, Schenectady, and the state university of Connecticut.

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### 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/3A8Zl73>

# Welcome to the First Unitarian Universalist Society of San Francisco

1187 Franklin Street, San Francisco, CA 94109  
415-776-4580 / [info@uusf.org](mailto: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/>



**"Living Joyfully"**  
**August 13**

WATCH LAST WEEKS SERVICE: <https://bit.ly/UUSFServices>