

"Religion... I Too Dislike It"

Sunday, March 10, 10:50 AM, 2024

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday March 10, 2024
10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete Our Connections form at <https://bit.ly/uuconnections2024>

A Guide for Newcomers! - What to Expect During Worship (read at <https://bit.ly/newcomersguide-uusf>)

Welcome to Worship!

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

We do, however, strongly recommend 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 *Though I May Speak*
 The Lone Wild Bird
 Morning So Fair to See

GIFT OF LOVE / Emma Lou Diemer
PROSPECT / Emma Lou Diemer
UUHymnal No. 42 / Alice Jordan
Reiko Oda Lane, organist

Opening Words and Welcome

Rev. John Buehrens

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.

*Hymn 125

From the Crush of Wealth and Power

BRIDEGROOM

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

Greeting One Another

Story for All Ages "Mullah Nasruddin Feeds His Coat"
Adapted Middle Eastern Islamic Folk Tale

Rev. Laura Shennum
Minister of Congregational Life

Unison Covenant

Mari Magaloni Ramos

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.

Testimonial

Judith Ottoson and Richard Brydon

Music *The Sound of the Trees*

words: Robert Frost; music: Kathleen Ballantyne
UUSF Choir, Mark Sumner, director: Wm. Garcia Ganz, pianist

Time of Prayer/Meditation

Rev. John Buchrens

Offering

This morning's offering will benefit the work and ministries of **First Unitarian Universalist Society of San Francisco**. Learn more at www.uusf.org. To make a donation on Vanco (bit.ly/uusfpayments), using the Donate Button on our website, or by scanning the QR code below, please select the line for either Sunday Plate Offering or Special Sunday Offerings. The designation is important to ensure your gift gets applied correctly. If you are sending a check, please mark in the memo today's date, 03-10-24, "Sunday Plate"



Offertory

I've Got Plenty of Nuthin' from *Porgy and Bess*

George Gershwin

UUSF Choir, Mark Sumner, director; Wm. Garcia Ganz, pianist

*Hymn 131

Love Will Guide Us

OLYMPIA

[\(CLICK HERE OR TURN TO PAGES 7 & 8 TO VIEW HYMN\)](#)

*Benediction

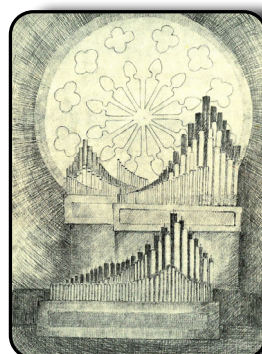
Rev. John Buehrens

Postlude *In Celebration* (from Bethesda Evensong)

Gwyneth Walker
Reiko Oda Lane, organist

The organ selections performed this morning were composed by American women composers of the 20th and 21st centuries. This Sunday, the American Guild of Organists is observing the occasion throughout the United States, the United Kingdom, and Canada.

*Please rise in body or spirit.



PARTICIPANTS

Worship Leaders

Rev. John Buehrens

Rev. Laura Shennum, Minister of Congregational Life

Mari Magaloni Ramos, Worship Associate

Judith Ottoson and Richard Brydon, Canvass Testimonial

Linda Enger, Board of Trustees

Sunday Support

Shulee Ong, Camera; Eric Shackelford, Camera; Jackson Munn, Camera

Jonathan Silk, Communications Director

Thomas Brown, Jose Matias Pineda, Francisco Castellanos, Sextons

Judy Payne, Flowers

Linda Messner, Head Usher

Musicians

Reiko Oda Lane, Organist

UUSF Choir

Mark Sumner, Music Director

Wm. García Ganz, Pianist

UUSF Annual Operating Fund Pledge Drive for 2024-25

It's Pledge Season! All March is the UUSF Annual Operating Fund Pledge Drive for 2024-25. Members, friends, and visitors alike make financial commitments to our community, enabling our ministry to flourish. Learn more about the drive at the Pledge Table in the gallery, after worship. To make your pledge go to <https://bit.ly/Pledgeuusf24-25>

<https://www.uusf.org/pledge>



From the Crush of Wealth and Power

125

♩ = 80 Unison

1. From the crush of wealth and pow - er some - thing
 2. E - ven now our hearts are wa - ry of the
 3. When our love for one an - oth - er makes our
 4. Ev - 'ry time our spir - its lan - guish ter - ri -

bro - ken in us all waits the spir - it's si - lent
 friend we need so much. When I see the pain you
 bur - dens light to bear, find the sis - ter and the
 fied to draw too near, may we know each oth - er's

hour plead - ing with a poi - gnant call, bind
 car - ry, shall I, with a gen - tle touch, bind
 broth - er, hun - gry for the feast we share; bind
 an - guish and, with love that casts out fear, bind

all my wounds a gain.
 all your wounds a - gain?
 all their wounds a - gain.
 all our wounds a - gain.

Ⓢ Words: Kendyl L. R. Gibbons, 1955- , © 1992 Unitarian Universalist Association
 Music: Peter Cutts, 1937- , © 1969 Hope Publishing Co

BRIDEGROOM
 8.7.8.7.6

LOVE AND COMPASSION

131

Love Will Guide Us

$\text{♩} = 60$

1. Love will guide us, peace has tried us, hope in-
 2. If you can - not sing like an - gels, if you
 3. Love will guide us, peace has tried us, hope in-

side us will lead the way on the
 can - not speak be - fore thou - sands, you can
 side us will lead the way on the

road from greed to giv - ing. Love will
 give from deep with - in you. You can
 road from greed to giv - ing. Love will

Words: Sally Rogers, © 1985 Sally Rogers, used by perm. of
 Thrushwood Press Publishing

⊕ Music: Traditional, arr. by Betty A. Wylder, 1923- ,
 © 1992 Unitarian Universalist Association

OLYMPIA
 L.M.

LOVE AND COMPASSION



guide us through the hard night.
change the world with your love.
guide us through the hard night.

The image shows a musical score for a hymn. It consists of a vocal line and a piano accompaniment. The vocal line is written on a single staff with a treble clef and a key signature of one sharp (F#). The lyrics are written below the vocal line. The piano accompaniment is written on two staves, a treble and a bass clef, with a key signature of one sharp (F#). The music is in 4/4 time. The lyrics are: "guide us through the hard night. change the world with your love. guide us through the hard night."



TODAY!

California Labor: Yesterday & Today - Sunday Forum, March 10, 9:30 am TSK Room - <https://www.uusf.org/forum>

Fred Glass, former California Federation of Teachers communications director, has written and directed Golden Lands, Working Hands, published a book, and directed an animated cartoon. California's labor movement is unique due to its focus on immigration workers, rather than gold rushes. The state's working class is constantly reconstituted by immigrants, generating wealth for the fortunate few. California Labor offers an alternative view of history, with teachers, Hollywood unions, hotel workers, and graduate students leading the way. A light breakfast will be offered at 9:00 am. Zoom Link: <https://bit.ly/uuforum-03-10-24>. You can phone in at +1 669 444 9171. Meeting ID: 917 5963 9495, Passcode: 740890

Newcomer Orientation - Sunday, March 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.

New Art Works in the Kings' Gallery by Charles Dabo from March 10 to April 29!

The art reception is on Sunday, March 10 at 12:15 pm, King Rooms

UUSF Art Committee showcases artist Charles Dabo's artwork, connecting to cultural heritage and incorporating geometric shapes. Dabo's work, inspired by San Francisco Bay Area, addresses issues like carelessness and individualism.

**In honor of International Women's Day and Women's History Month,
our first performance will be by DIRTY CELLO! Sunday, March 10 at 1:30 pm in the Sanctuary**

From Iceland to Italy and all over the U.S., San Francisco-based band Dirty Cello led by vivacious cross-over cellist Rebecca Roudman brings high-energy and unique spin on blues, rock, and Americana. Dirty Cello has received a grant to present their music at no cost to us in this very special event, which is a perfect way to kick off the Starr King Way Performance Series (SKWPS).

HAPPENINGS

Article II Conversation with Rev. Cheryl Walker

Saturday, March 16, 1:00 pm to 3:00 pm, Sanctuary/Livestream

An informational meeting on March 16th will discuss proposed changes to the national association's statement of principles and purposes. Rev. Cheryl M. Walker of the Article II Study Commission will explain the revisions and answer questions. Members of other Bay Area congregations will also be attending to learn about the issue. View the recommended changes at <https://bit.ly/48zEEj7> To RSVP for this event go to <https://bit.ly/Article2Rsvp>. To watch it online go to <https://bit.ly/Article2UUSF>.



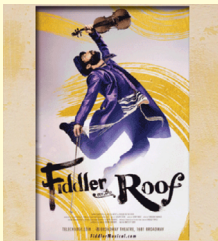
Broadway Sing-Along Returns!

Saturday, March 16, 5:30 pm, TSK Room

Broadway Sing-Along event returns, reimagined using electronic song scores and online ticket reservation. Enjoy a delicious catered dinner and sing as a soloist or part of a chorus of singers.

Tickets for the March 16 event are \$30.00 and can be purchased on the music webpage at <https://www.uusf.org/music>, by clicking on the button or scanning the QR code, or in person in the gallery after church. To pay online, select events: UUSF-sponsored/ Music & Entertainment from the list of options and pay electronically.

Questions? Carrie Steere-Salazar at Carriess@sbcglobal.net



BUY TICKETS



HAPPENINGS

Real Solutions to San Francisco's Shortage of Affordable Housing - Sunday Forum, March 17, 9:30 am TSK Room

San Francisco's housing development faces political issues, with market-rate housing being unaffordable for most residents. Calvin Welch, former Program Director and President of the San Francisco Information Clearinghouse, questions the dangers of unregulated policies and suggests solutions. A light breakfast will be offered at 9:00 am. For more and Zoom info please go to <https://www.uusf.org/forum>

Effective Altruists meet Unitarian Universalists! Saturday, March 23, 1:00 to 3:00 pm

This is a hangout and chat event hosted at UUSF, one of the few types of churches that are accepting of any religion, including not having one at all. The common thread between these two communities is that both care about humanity and making things better. We will bring some light vegan Thai fare. We would love for you to bring drinks or snacks to share if you can! Kids are welcome; the church has an outdoor playground right beside the courtyard where we are meeting. We are always looking for volunteers!! Please text Ruth Wong at 628-209-9005. For those new to effective altruism: <https://www.effectivealtruism.org/>

An All-Ages Sangha in the Thich Nhat Hanh Plum Village Tradition - Fridays from 4:30 pm to 6:00 pm, Chapel

We are happy to announce that a new weekly Buddhist meditation group is coming to UUSF. We are the Home Within Sangha—a local San Francisco community of meditation practitioners in Zen Master Thich Nhat Hanh's engaged Plum Village tradition. No experience is necessary. Come to 1187 Franklin Street, and someone will let you in at the glass doors. To join our mailing list, visit <https://bit.ly/SangaGroupUUSF> and click "Ask to join group" All are welcome. We hope to see you there!

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

Minister's Book Group, led by Rev. Vanessa Rush Southern

Rev. Vanessa Rush Southern will host a Zoom discussion on March 20 at 6:30 pm regarding the book *Starry Messenger: Cosmic Perspectives on Civilization* by Neil deGrasse Tyson. You will find additional details regarding the book as well as a registration link below.

Dr. Tyson, director of the Hayden Planetarium at the American Museum of Natural History, has been serving since 1996. He is also the host and cofounder of the popular podcast *StarTalk*, which combines science, humor, and pop culture. Dr. Tyson is a recipient of 21 honorary doctorates, the Public Welfare Medal from the National Academy of Sciences, and the Distinguished Public Service Medal from NASA. Asteroid 13123 Tyson is named in his honor. Galileo Galilei's publication *Sidereus Nuncius* in 1610 brought cosmic truths to Earth, including observations of the Sun, Moon, stars, planets, and the Milky Way. The book emphasized that human eyes alone cannot reveal fundamental truths about nature and that Earth is not the center of all motion. These cosmic perspectives prompted people to rethink their relationships to one another, Earth, and the cosmos. Join the starry adventure outward and inward guided by Dr. Tyson!

This session will be on Zoom only, and more information can be found below and to register go to <https://bit.ly/mbg1232024>

Questions? Email Alicia Cover at acover@uusf.org.

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

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.

CONGREGATIONAL COVENANT (under construction)

In an effort to make the world a better place, we support each other's journey to seek truth with openness, curiosity and respect for different perspectives and paths.

As love is our spirit, we commit to respect, accept, listen to and support each other.

We hold ourselves and each other accountable by continually assessing our individual and community actions toward living into our covenant. This will include speaking up when someone's actions are not aligned.

We commit to be in community with openness and loving kindness, acknowledging our own biases and differing perspectives.

UUSF MEDIA

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

Check out our Podcasts <https://www.uusf.org/worship-archives>

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

