

***"It Takes a Village:  
The People  
Who Shaped Us"***



**First Unitarian Universalist Society of San Francisco**

**Sunday, May 10, 2020, 10:50 AM**



**Order of Service**  
**Sunday, May 10, 2020**  
**10:50 AM to 12:15 PM**

Livestreamed at <http://www.youtube.com/c/UUSFMedia>

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Prelude

*Immortal Love Forever Full*  
*Gift of Love*

Reiko Oda Lane, organist  
Charles Stanford  
Emma Lou Diemer

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 357

*Bright Morning Stars*

American folk song

Wm. Garcia Ganz, pianist; Mark Sumner, Asher Davison and Brielle Neilson, songleaders

[\(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN\)](#)

Unison Chalice Lighting

Anish Johnson

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.

Invitations

Nancy Buffum and Joe Dellert, Co-Chairs of the Annual Operating Fund Drive  
Anish Johnson, Small Group Ministry

Meditation on Breathing

When I breathe in, I'll breathe in peace.  
When I breathe out, I'll breathe out love.

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

Rev. Vanessa Rush Southern

Spoken and Silent Meditation

Music

*Hallelujah*

Asher Davison, vocals; Wm. García Ganz, accompanist  
Leonard Cohen

Reading

Rev. Vanessa Rush Southern

"Now That I am Forever with Child" by Audre Lorde

Offertory

[Our offering today will go to benefit Homeless Prenatal Program that serves homeless families and pregnant mothers in San Francisco.](#)

[\(Please see more details about the organization in our program notes.\)](#)



Offertory Music

Brielle Neilson, mezzo-soprano; Asher Davison;

Mark Sumner, bass; Wm. García Ganz

Hal Hopson

*The Gift of Love*

Reading

Anish Johnson

"Ode to Teachers" by Pat Mora

Music

Brielle Neilson; Wm. García Ganz; Jon Silk, drums

*\*Tell Her*

Lauryn Hill

Sermon

*It Takes a Village: The People Who Shaped Us* Rev. Vanessa Rush Southern

Hymn 23

*Bring Many Names*

WESTCHASE

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

Benediction

Rev. Vanessa Southern

Postlude

*Te Deum*

Reiko Oda Lane, organist

Marc Antoine Charpentier



# PARTICIPANTS

## Service Notes

Rev. Vanessa Rush Southern, Senior Minister;  
Nancy Buffum and Joe Dellert, AOF Co-Chairs  
Anish Johnson

## Technology

Jonathan Silk, livestream sound; Eric Shackelford, camera;  
Joe Chapot, social media; Alex Darr, remote zoom

## Musicians

Reiko Oda Lane, organ; Brielle Neilson, mezzo-soprano; Asher Davison, bass-baritone;  
Mark Sumner, bass; Jon Silk, drums; Wm. Garcia Ganz, piano

# OFFERTORY



Today's offering will go to benefit Homeless Prenatal Program, a family resource center in San Francisco that has served homeless and poor families for over 30 years, with a focus on pregnant moms and families with children 0-5. The goal of HPP is to break the cycle of families in poverty and end homelessness. Last year HPP helped get 400 families housed and secure for them the supportive services to try and keep them housed. At this time, especially, when having a place to be safe and sheltered in place, and particularly for pregnant women who are immunocompromised, this work is especially urgent. See more at [www.homelessprenatal.org](http://www.homelessprenatal.org).

WANT TO MAKE A DONATION TO UUSF?

<http://bit.ly/uusfpayments>

MAKE YOUR PLEDGE TO SUSTAIN THE MINISTRY OF UUSF!

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

# Bright Morning Stars

357

*♩* - 84

1. Bright morn - ing stars are ris - ing. Bright  
 2. Oh, where are our dear moth - ers? Oh,  
 3. They are sow - ing seeds of glad - ness. They are

morn - ing stars are ris - ing. Bright  
 where are our dear moth - ers? Oh,  
 sow - ing seeds of glad - ness. They are

morn - ing stars are ris - ing.  
 where are our dear moth - ers?  
 sow - ing seeds of glad - ness.

Day is a - break - ing in my soul.

4. Oh, where are our dear fathers?  
 Oh, where are our dear fathers?  
 Oh, where are our dear fathers?  
 Day is a-breaking in my soul.

5. They are in the fields a-plowing.  
 They are in the fields a-plowing.  
 They are in the fields a-plowing.  
 Day is a-breaking in my soul.

Words: Anonymous

Music: American folk song, arr. by James A. Lucas,

© 1983 Plymouth Music, used by perm. of Walton Music Corp.

BRIGHT MORNING STARS

7.7.7 B.

## Bring Many Names

$\text{♩} = 80$  Unison

1. Bring man - y names, beau - ti - ful and good,  
 2. Strong moth - er God, work - ing night and day,  
 3. Warm fa - ther God, hug - ging ev - 'ry child,  
 4. Old, ach - ing God, grey with end - less care,

cel - e - brate in par - a - ble and sto - ry, ho - li - ness in  
 plan - ning all the won - ders of cre - a - tion, set - ting each e -  
 feel - ing all the strains of hu - man liv - ing, car - ing and for -  
 calm - ly pierc - ing e - vil's new dis - guis - es, glad of new sur -

glo - ry, liv - ing, lov - ing God: hail and ho -  
 qua - tion, ge - ni - us at play: hail and ho -  
 giv - ing till we're rec - on - ciled: hail and ho -  
 pris - es, wis - er than des - pair: hail and ho -

Words: Brian Wren, 1936- , © 1989 Hope Publishing Co.  
 Music: Carlton R. Young, 1926- , © 1989 Hope Publishing Co.

WESTCHASE  
 9.10.6.5.5.4.



1.-5.      6.

- san - na, bring man - y names.  
- san - na, strong moth - er God!  
- san - na, warm fa - ther God!  
- san - na, old, ach - ing God!

great, liv - ing God!

The image shows a musical score for a hymn. It consists of two staves: a treble clef staff at the top and a bass clef staff at the bottom. The key signature has two flats (B-flat and E-flat). The melody is written in the treble staff, and the bass line is in the bass staff. There are two main sections of music, labeled '1.-5.' and '6.'. The lyrics are written below the treble staff, corresponding to the notes. The first section (1.-5.) has four lines of lyrics. The second section (6.) has one line of lyrics. The music ends with a double bar line and a fermata over the final note.

5. Young, growing God, eager still to know, willing to be changed by what you've started, quick to be delighted, singing as you go: hail and hosanna, young, growing God!
6. Great, living God, never fully known, joyful darkness far beyond our seeing, closer yet than breathing, everlasting home: hail and hosanna, great, living God!

# Small Group Ministries

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

## Grow Spiritually!

From Barbara Kovac and Gregg Biggs, Co-Coordinator  
for the Small Group Ministry program, 2020-2021

Meet new people, share your life, explore interesting topics and grow spiritually in a welcoming setting! Small Group Ministry invites anyone who is interested – members, friends, and newcomers - to join this year's Small Groups, starting July 2020.

Each group of about 10 people meets for two hours every Sunday 4 weeks in July (7/5-7/26) and 4 weeks in August (8/2-8/23) from 1-3PM. From now until July 15th, we are accepting new applications to join for the Summer program.

[Sign-Up Here](#)

[Email Us](#)



# What's Coming Up? Ways to Connect in These Times



**Virtual Coffee Hour:** Starts at 12:15 PM

Join via Zoom: <https://zoom.us/j/725737157>

Meeting ID: 725 737 157

Dial by Phone: +1-669-900-6833 (San Jose)

## Wish Guidance on Using Zoom?

There are a variety of ways you can learn how to connect through Zoom.

The Church has prepared a Guide that explains the Zoom system, and all the basics you need to know in using the system. To access the Guide, [click here](#).

You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) [click here](#).

During these times we want you to have our e-mail information handy. Please reach out to your ministers for any reason -- you are having a hard time (or know someone who is); you have a great idea for our new version of shared life in these times (or know someone with skills we could use in this chapter of life together); and because you don't know who to call about what's on your mind. Keep these handy:

## What would you like to see happen or like to host?

Send your ideas to Senior Minister, **Vanessa Rush Southern** at [VRSouthern@uusf.org](mailto:VRSouthern@uusf.org)

Or if it is an Adult Education/Spiritual Growth programming idea send it to Associate Minister, **Alyson Jacks**, at [AJacks@uusf.org](mailto:AJacks@uusf.org)

If you have pastoral needs (everything from wanting to talk about the strain of these times to being worried about needing food delivered) e-mail our Ministerial Intern, **Sharon Weld**, at [SWeld@uusf.org](mailto:SWeld@uusf.org)



## People of Color At UUSF

Today at 1PM, Zoom Video Call

Our country is challenged by negative and disabling attitudes and policies about race which must be countered to achieve a kinder and more just society for all. Communities across the country are searching for ways to become more welcoming and less indifferent to harmful conventions towards people of color.

The UUSF community is a part of this efforts and some members have established a People of Color group to help explore ways to achieve this goal. In one of their efforts supported by the Human Rights Working Group, members **Shulee Ong** and **Lori Lai**, DHSc, produced a series of videos called “Beloved Stories” which capture the compelling and insightful stories of members who identify as a POC.

We will view one of the videos that features the life experiences of **Mary Jane Mikuriya**, a long-time member of UUSF. To join by Zoom click on the link below or you can join by phone to hear the audio part of the video and discussion.

### Join Zoom Meeting

<https://zoom.us/j/95035378380?pwd=aStZWdV4YktpZUsxT0FLck5oVE1Gdz09>

Meeting ID: 950 3537 8380

Password: 573724

Dial by Phone: +1-669-900-6833 (San Jose)

The event starts at 1:00 PM. Everyone is welcome.

If you are unfamiliar with Zoom you can find instructions on how to use it [here](#)



## WELCOMING THE DAY

*A (Potentially) Daily Spiritual Practice*

Rev. John Buehrens and Rev. Margot Campbell Gross

Monday mornings at 8AM

Too many of us awaken to the (sometimes overwhelmingly) bad news of the day. To incoming emails or texts asking us to do those things that we either know that we don't want to do, or that we don't feel capable of doing. How we start each day can shape the whole day and our presence and attitude in it. During this disruptive time of sheltering in place, self-isolation and physical distancing, John and Margot you join them by Zoom, weekly on Monday mornings, To explore how to begin, deepen, and sustain a spiritual practice of "Welcoming the Day" Although both are inspired by the spiritual practice of the late **Dr. Harry Scholefield**, This is not a "one size fits all" approach to spiritual resilience. Far from it! Please join us.

**Join via Zoom:**

<https://zoom.us/j/976297377?pwd=cXVmY2lEVjhFUUszeTVtQitMUIZOdz09>

**Meeting ID:** 976 297 377

**Password:** 591440

**Dial by Phone:** +1-669-900-6833 US (San Jose)

## Get Connected!

[www.uusf.org](http://www.uusf.org)

[Subscribe to the Complete Service Podcast here](#)

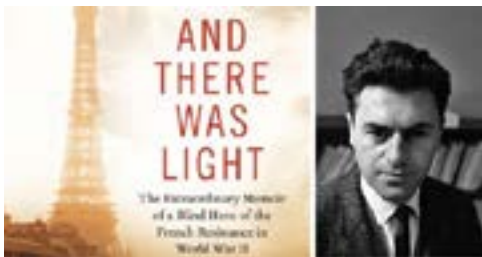
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## Minister's Book Group: Led by Rev. Vanessa Rush Southern, Senior Minister



### "And There Was Light: The Extraordinary Memoir of a Blind Hero of the French Resistance in World War II"

Wednesday, May 27, 6:30 PM to 8PM, Zoom video or Phone

Thursday, May 28, 12PM to 1:30 PM, Zoom video or Phone

Please join me to discuss what is considered by some, one of the 100 top spiritual books of all time! The memoir is of Jacques Lusseyran, a Frenchman who lost sight in an accident at age 8, and experienced World War II from this very different perspective.

It is available on Kindle! For those who need help securing an online copy through Kindle, call the office (415-776-4580) or email us at [info@uusf.org](mailto:info@uusf.org) and we can try to help.

## Poetry Lunch, A Monthly Affair

Thursday, May 14 at 12PM (Zoom)

Led by Rev. Vanessa Rush Southern, Senior Minister

By popular demand, our poetry gathering over lunch will continue! We meet from 12PM to 1PM. If there is a poem you'd like to share with the group, send it to Rev. Vanessa in advance ([VRSouthern@uusf.org](mailto:VRSouthern@uusf.org)) and she will put it on our list of possibilities for the upcoming gathering... or the next one.

## Morning Metta Meditation

Tuesday-Saturday, 8AM - 8:30 AM

Led by Elena Perez

The zoom link: <https://us04web.zoom.us/j/75735734442> (password metta)

Elena leads a simple, centering lovingkindness meditation practice which is appropriate for all religious backgrounds and levels of meditation experience. Attendees can choose to leave their microphone and camera off and just follow along. Elena Perez is a member of UUSF. She is a Licensed Acupuncturist who practices in SF at Dance With Life Chiropractic in the Inner Sunset, and in Fresno at Benessere Fresno.

Questions? email [elena@communityneedles.com](mailto:elena@communityneedles.com)

## Transcendentalism Then And Now!



This is a four-part Zoom class with the Rev. John Buehrens, author of *Conflagration: How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice* (Boston: Beacon Press, Jan. 2020)

**Wednesday, May 13, 4:30 PM**

**Women's Rights, Education And Economic Inequality**

Register in advance for this meeting [here](#) or go to our website [here](#).

**Wednesday, May 20, 4:30 PM**

**Abolitionism And The Civil War: The Peak Of Transcendentalist Influence**

**Wednesday, May 27, 4:30 PM**

**Nature, Evolution, And Environmentalism: The Transcendentalist Contribution**

### Upcoming 20s & 30s Community Online Events

**20s & 30s Community Craft Time - Mondays at 8PM**

Join via Zoom: <https://us02web.zoom.us/j/86102627937?pwd=TDhWdytnZnU2Y0E2enNvUmFUNzgvdz09>

Meeting ID: 861 0262 7937

Password: 416671

Dial by Phone: +1-669-900-9128 (San Jose)

We'll have a crafty thing anyone can do at home, or bring your own craft project. We're just going to hang out and make art together.

**Becoming Together - Wednesdays, May 13, 7PM**

Join via Zoom: <https://us02web.zoom.us/j/86280318257?pwd=Z0N3VDdQVXZrdHZOL2QvWGVVCU3VqZz09>

Meeting ID: 862 8031 8257

Password: 210519

Dial by Phone: +1-669-900-9128 (San Jose)

Now weekly and online! All people ages 18 to 39 are invited to join us for 90 minutes of reflection and sharing.



**The Interfaith Food Pantry is going strong with a number of adjustments to accommodate for COVID-19. Anyone wanting to volunteer!**  
<https://signup.com/go/pambAKf>

- All five churches are working together, rather than rotating with each church taking responsibility for a single Saturday according to the calendar as we have done in the past. The reason here is that we are trying to have younger volunteers and encouraging anyone who is over 60 to stay home. The next pantry is every Saturday, rather than May 16 as all the churches are pitching in together to try to get younger volunteers. (One church only had volunteers who were over 60.)
- A truck from the SF/Marin food pantry still delivers food at 7:30 am at Old First Presbyterian Church at the corner of Van Ness and Sacramento (1751 Sacramento St, San Francisco, CA 94109)
- Volunteers can still park in the church garage slightly east of the church on Sacramento. We give out stickers, so volunteers can park for free.
- We make an attempt to distance volunteers who unload the truck. Everyone wears gloves and masks as available. We use disinfectant spray liberally.
- We use the large room, where the clients used to line up, for the volunteers to pack the food for our clients into paper bags. (Anything which falls on the floor is discarded.) Each client gets only one bag, so they get a little less food than before.
- The bags are then taken upstairs where the clients pick the pre-loaded bags from tables we set up outside in order to minimize volunteers' contact with clients. We are now just checking pantry cards and no longer check ID's to streamline the process to get clients are on their way with a minimum of contact with volunteers.
- We do have a translator as about 80% of our clients are Cantonese, many of whom are monolingual. We are purchasing an awning to protect the bags in case of rain.
- Please contact **Megan Lehmer** if you have any questions: [mlehmer@gmail.com](mailto:mlehmer@gmail.com)



**Humanists and Non-Theists**

## **Boosting Immunity Through Simple Lifestyle Adjustments**

**Sunday, May 17, 1PM on Zoom**

The Covid-19 pandemic has brought a great deal of suffering and fear. While there are currently no effective treatments or vaccines available, we can protect ourselves from the virus by social distancing. Additionally, there are other things we can do to enhance our health as we “shelter in place”. In this presentation, **Louise Diskerud**, a member of the UUSF community, will discuss a goal-oriented approach to health that allows you to identify and make positive changes in your life benefiting your physical, emotional and mental health. The approach encourages you to connect with your strengths, overcome barriers, and improve your overall well-being. A discussion will follow the presentation.



Louise is a California Board Certified Registered Nurse and a Certified Wellness Coach who specializes in health and wellness. She has a background in emergency trauma, cardiac rehabilitation and occupational nursing.

### **Join Zoom Meeting**

<https://us02web.zoom.us/j/88226218189?pwd=dEIKRnVlZ0tES2toVXZVMnY0RDNOU09>

Meeting ID: 882 2621 8189

Password: 057763

Dial in byPhone: +1-669-900-6833 (San Jose)



**From the Caring Community**

## **Are you missing your celebration?**

One of the things missing in this world of social distancing during COVID-19 is the chance to celebrate milestones with friends. Some of our fondest memories at UUSF are being together in the courtyard after services sharing food and refreshments and celebrating some milestone for a community member.



So, during this time of quarantine, have you had a milestone you would like the community to know about, and celebrate? For example, are you celebrating a particularly significant birthday or anniversary? Graduating high school or college or getting an advanced degree this semester? Retiring? Have some other milestone you want to share? If so, send an email to **Marty Vanderlaan**, [sfmist@sbcglobal.net](mailto:sfmist@sbcglobal.net) or call Marty at 650-491-4907. In the email briefly describe what milestone you would like to celebrate and why it is important to you.

The **Lay Chaplains** plan to throw a “party” at UUSF to recognize your milestone! OK, we have never thrown an on-line Zoom party before, so we don’t yet have the details of what that will involve, and when it will occur. But we figure everyone needs a little “pick me up” during these times, so we are looking for reasons to celebrate and cheer you for your milestone. If you have ideas on how we might “celebrate in community” while maintaining social distancing, send those idea to Marty as well.

**Sensible Cinema's film and discussion for May**

## ***Exit Through the Gift Shop - Documentary***

Friday, May 15, 7PM (Zoom)

It's a film about a mysterious graffiti artist who turns the camera back on a film-making, budding, pop artist. It's actually about the graffiti artists of our times and features the ultimate gangster-artist, Banksy. The film tells the story of about an upcoming, artist - shop keeper who has to film everything. It's an incredible, fun, true story that makes more sense as you watch and get involved in the lives of people that you may not necessarily associate with in your normal life. It was nominated for Best Documentary at the Academy Awards of 2010.



**Larry Danos** will be sending out the Zoom invitations to everyone on the Sensible Cinema email list. So if you would like to attend this event please email [ldanos@sbcglobal.net](mailto:ldanos@sbcglobal.net) to receive your Zoom invite and to also get on the Sensible Cinema mailing list.

[Link to the Movie Here](#)



# 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.

For more about our congregation,  
please visit our website at [www.uusf.org](http://www.uusf.org).

