

First Unitarian Universalist Society of San Francisco
Sunday, May 17, 2020, 10:50 AM



"Negotiating Risk"



Order of Service
Sunday, May 17, 2020
10:50 AM to 12:15 PM

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

Prelude

Be Thou My Vision
Sing Out Praises for the Journey

Reiko Oda Lane, organist
Paul Manz / Dale Wood
arrangement: Sandra Eithun

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 347

Gather the Spirit Jim Scott
Wm. Garcia Ganz, pianist; Mark Sumner and Asher Davison, songleaders

[\(CLICK HERE OR SCROLL DOWN TO PAGES 5-7 TO VIEW HYMN\)](#)

Unison Chalice Lighting

Sam King, 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.

Invitations

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

Spoken and Silent Meditation

Music *Although This Life Is But a Wraith* (hymn #85)

DUNEDIN

[\(CLICK HERE OR SCROLL DOWN TO PAGE 8 TO VIEW HYMN\)](#)

Reflection

Negotiating Risk

Sam King

Offertory

[The offering today goes to support the work and ministries of the congregation.](#)



Offertory Music

Would You Harbor Me?

Asher Davison, Mark Sumner, Wm García Ganz

Ysaye Barnwell (*adapted by Sumner*)

Homily Part I

Life is Risky Business

Rev. Vanessa Rush Southern

Reflection

Scene from *Into the Woods*

No More

Asher Davison; Mark Sumner; Wm. García Ganz

James Lapine

Stephen Sondheim



Gather the Spirit

347

$\text{♩} = 108$
 F Gm7 F7/A Bb Bb7 Eb/Bb

1. Gath - er the spir - it, har - vest the power.
 2. Gath - er the spir - it of heart and mind.
 3. Gath - er the spir - it grow - ing in all,

Cm7 Bb/D Gm7 G7 Cm7

Our sep - 'rate fires will kin - dle one flame.
 Seeds for the sow - ing are laid in store.
 drawn by the moon and fed by the sun.

F Gm7 F7/A Bb D7 Gm Gm7

Wit - ness the mys - ter - y of this hour. Our
 Nur - tured in love, and con - science re - fined, with
 Win - ter to spring, and sum - mer to fall, the

⊕ Words & music: Jim Scott, 1945- , © 1990 Jim Scott

GATHER THE SPIRIT
 9.9.10. with refrain

H O P E



C7 Bb/F Bb/F Cm/F Bb F/A

trials in this light ap - pear all the same.
 bod - y and spir - it u - nit - ed once more.
 cho - rus of life re - sound - ing as one.

Gm Cm7 F Bbm9/D D7

Gath - er in peace, gath - er in thanks.

Gm Dm/F Cm/Eb Bb/D Gm7 G7 Cm7

Gath - er in sym - pa - thy now and then.

D7 Gm Gm7 Dm7

Gath-er in hope, com - pas - sion and strength.

Bb7 Eb/Bb Cm7 F7 Bb

Gath - er to cel - e - brate once a - gain.

Although This Life Is But a Wraith

$\text{♩} = 76$

1. Al-though this life is but a wraith, al-though we
 2. O - pen my ears to mu - sic, let me thrill with
 3. Ev - er in - sur - gent let me be, make me more
 4. From com - pro - mise and things half - done, keep me, with

know not what we use, al-though we grope with lit - tle
 spring's first flutes and drums — but nev - er let me dare for -
 dar - ing than de - vout; from sleek con - tent - ment keep me
 stern and stub - born pride; and when, at last, the fight is

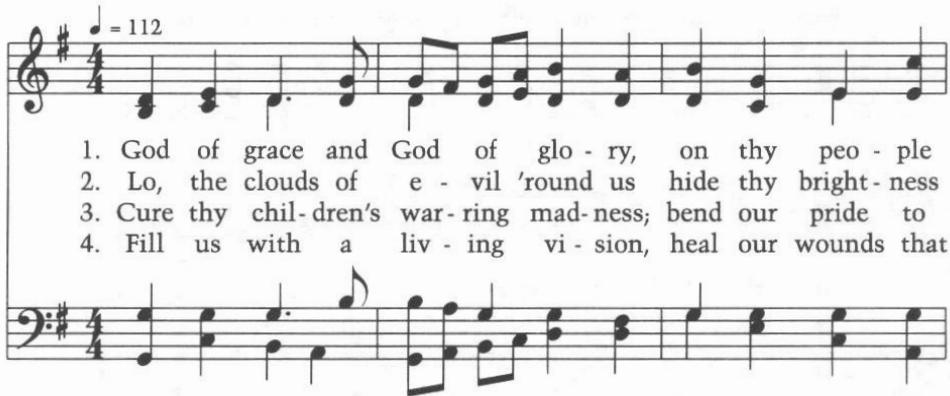
faith, give me the heart to fight and lose.
 get the bit - ter bal - lads of the slums.
 free, and fill me with a buoy - ant doubt.
 won, O, keep me still un - sat - is - fied.

Words: Louis Untermeyer, 1885-1977
 Music: Vernon Griffiths, b. 1894, used by perm. of Faber Music, Ltd.

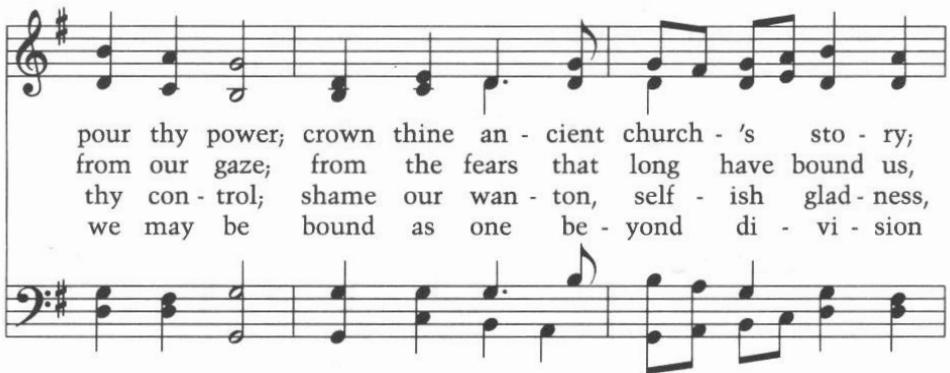
DUNEDIN
 L.M.

God of Grace and God of Glory

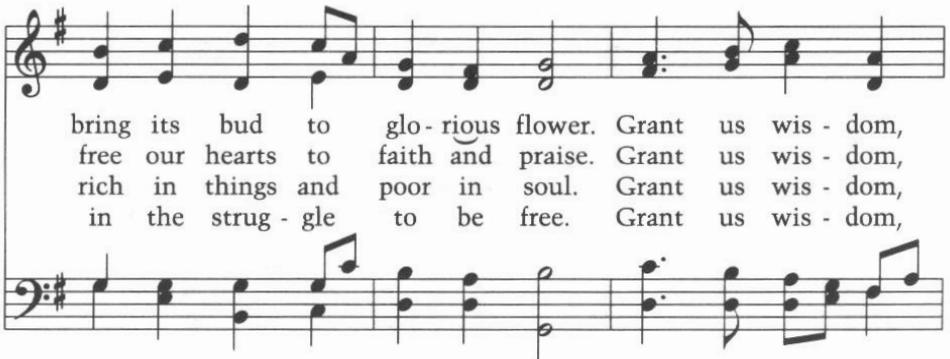
$\text{♩} = 112$



1. God of grace and God of glo - ry, on thy peo - ple
 2. Lo, the clouds of e - vil 'round us hide thy bright - ness
 3. Cure thy chil - dren's war - ring mad - ness; bend our pride to
 4. Fill us with a liv - ing vi - sion, heal our wounds that



pour thy power; crown thine an - cient church - 's sto - ry;
 from our gaze; from the fears that long have bound us,
 thy con - trol; shame our wan - ton, self - ish glad - ness,
 we may be bound as one be - yond di - vi - sion

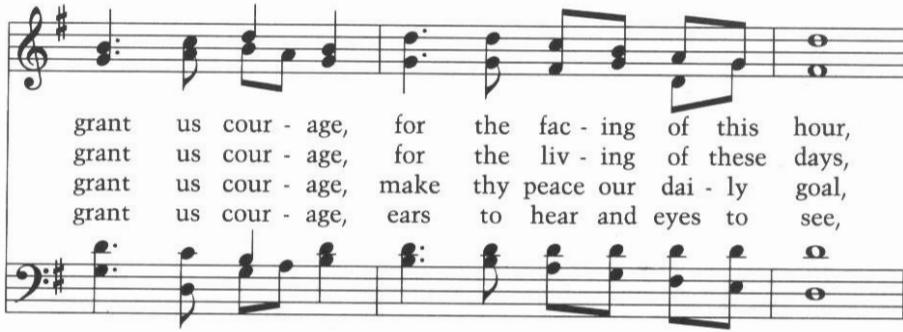


bring its bud to glo - rious flower. Grant us wis - dom,
 free our hearts to faith and praise. Grant us wis - dom,
 rich in things and poor in soul. Grant us wis - dom,
 in the strug - gle to be free. Grant us wis - dom,

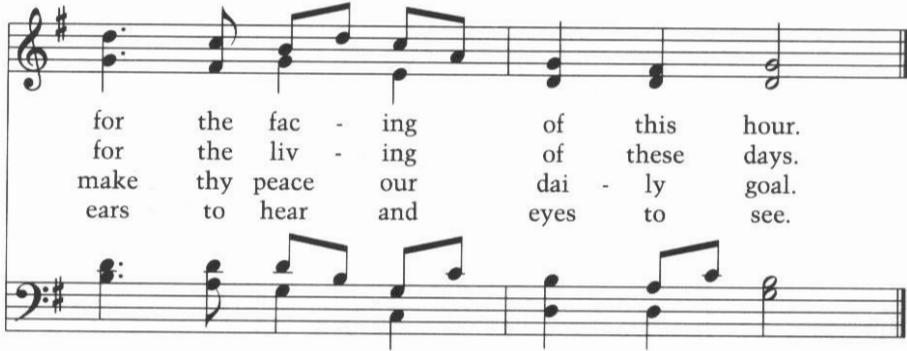
Words: Harry Emerson Fosdick, 1878–1969, alt.
 Music: John Hughes, 1873–1932

CWM RHONDDA
 8.7.8.7.4.4.7.7.

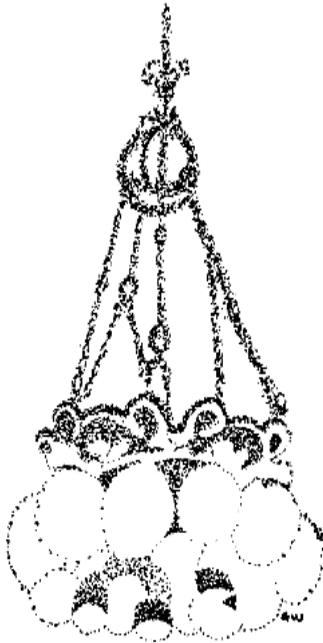




grant us cour - age, for the fac - ing of this hour,
grant us cour - age, for the liv - ing of these days,
grant us cour - age, make thy peace our dai - ly goal,
grant us cour - age, ears to hear and eyes to see,



for the fac - ing of this hour.
for the liv - ing of these days.
make thy peace our dai - ly goal.
ears to hear and eyes to see.



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

Or if it is an Adult Education/Spiritual Growth programming idea send it to Associate Minister, **Alyson Jacks**, at 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



Humanists and Non-Theists

Boosting Immunity Through Simple Lifestyle Adjustments

Today at 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)



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=cXVmY2lEVjhFUUszeTVtQitMUlZOdz09>

Meeting ID: 976 297 377

Password: 591440

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

Get Connected!

www.uusf.org

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

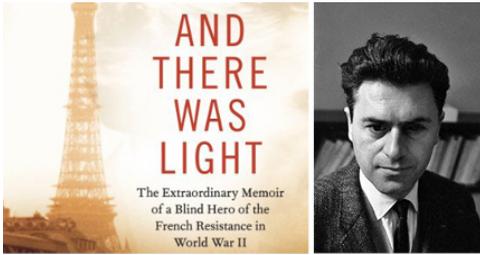
[Subscribe to the Sermon-only Podcast here](#)

[Listen to our audio Worship Archives here](#)

[View our YouTube videos here](#)

[Read our Newsletters here](#)

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 and we can try to help.

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 20, 4:30 PM

Abolitionism And The Civil War: The Peak Of Transcendentalist Influence

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

Wednesday, May 27, 4:30 PM

Nature, Evolution, And Environmentalism: The Transcendentalist Contribution



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

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 27, 7PM

Join via Zoom: <https://us02web.zoom.us/j/86280318257?pwd=Z0N3VDdQVXZrdHZOL2QvWGVCU3VqZz09>

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.

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](#)

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 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



Humanists and Non-Theists

Covid-19: The Virus, The Disease and the Biomedical Fight Against It

Sunday, May 24, 1PM on Zoom

Covid-19 is the most serious pandemic the world has experienced since the Spanish Flu of 1918. The virus, SARS-Cov-2, is from a large family of viruses that infects a range of animal species and has caused serious epidemics in humans in the past. We will examine the bio-chemistry of how the virus infects cells and spreads throughout the body and the disease that it produces.

We will then give an update on efforts underway to find effective therapeutics and vaccines against the virus. A discussion of the pandemic will follow the presentations.

The presentations will be led by Jim Barnett, John Brim and David Heilbron, members of the congregation.

Please click on the link to join the Zoom webinar. You can also call in using your phone with the phone number below.

Join Zoom Meeting

<https://us02web.zoom.us/j/81811385217?pwd=a315aVdPNEhFR0dwcVRUbmM4S2k2UT09>

Meeting ID: 818 1138 5217

Password: 955753

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

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.

