



"The Human Spirit, Hardy and Delicate"

Sunday, May 24, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, May 24, 2020
10:50 AM to 12:15 PM

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

Prelude
The Swan Andrés Vera, cellist; My-Hoa Steger, pianist
Camille Saint-Saëns

Opening and Welcome Carmen Barsody and Sam Dennison, Faithful Fools

Hymn 131 *Love Will Guide Us* OLYMPIA
My-Hoa Steger, pianist; Asher Davison, songleader

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

Unison Chalice Lighting Sharon Weld, Ministerial Intern

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

Carmen Barsody

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

Sharon Weld

Spoken and Silent Meditation

Carmen Barsody

What holds us separate? What keeps us separated? As we walk the streets, what connects us?

Music

Ich Liebe Dich

Andrés Vera; My-Hoa Steger
Ludwig van Beethoven

from "The People, Yes"
by Carl Sandburg

Read by Sam Dennison



[\(CLICK HERE OR SCROLL DOWN TO PAGES 8-10 TO READ ALONG\)](#)

Offertory

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



Offertory Music
Ave Maria

Andrés Vera; My-Hoa Steger
Johann S. Bach/Charles Gounod

Homily I

After the Strife of War

Sam Dennison

Music
Hoffnung

Andrés Vera; My-Hoa Steger
Franz Schubert

Homily II

Yes

Carmen Barsody

Hymn 162

Gonna Lay Down My Sword & Shield

PEACE

[\(CLICK HERE OR SCROLL DOWN TO PAGES 11-13 TO VIEW HYMN\)](#)

Benediction

Carmen Barsody

Postlude

Salut D'Amore

Andrés Vera; My-Hoa Steger
Edward Elgar



PARTICIPANTS

Service Notes

Carmen Barsody and Sam Dennison, Faithful Fools; Sharon Weld, Ministerial Intern

Technology

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

Musicians

Andrés Vera, cellist; My-Hoa Steger, pianist;
Asher Davison, song leader



TO MAKE A DONATION TO THE FAITHFUL FOOLS

www.faithfulfools.org/donate

or send check to Faithful Fools 234 Hyde Street, SE, CA 94102



FLOWER DEDICATION

**Today's flowers are in loving memory of James Burgess Smith,
May 21, 1920 - May 3, 1968, in honor of his 100th birthday,
by Thad & Lucy Smith.**



$\text{♩} = 60$

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

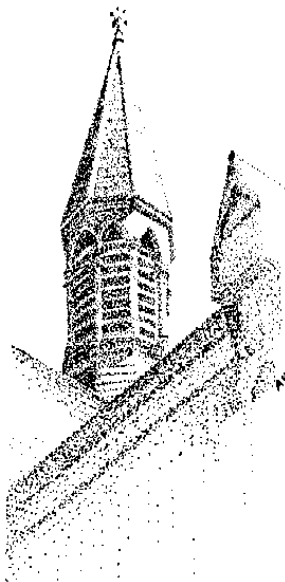
OLYMPIA
 L.M.



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 (treble clef) and a piano accompaniment (grand staff). The key signature is one sharp (F#), indicating G major. The vocal line has three lines of lyrics: 'guide us through the hard night.', 'change the world with your love.', and 'guide us through the hard night.' The piano accompaniment features a steady bass line and chords that support the melody.

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Excerpts from *The People, Yes* (1936) by Carl Sandburg, a book length poem he described as

*Being several stories and psalms nobody would want to laugh at
interspersed with memoranda variations worth a second look
along with saying and yarns traveling on grief and laughter...*

14

The people is Everyman, everybody.
Everybody is you and me and all others.
What everybody says is what we all say.
And what is it we all say?

. . . .

When shall we all speak the same language?
And do we want to have all the same language?
Are we learning a few great signs and passwords?
Why should Everyman be lost for words?
The questions are put every day in every tongue:
 “Where you from, Stranger?
 Where were you born?
 Got any money?
 What do you work at?
 Where’s your passport?
 Who are your people?”

. . . .

Over the ether crash the languages.
And the people listen.

. . . .

... They want to hear.
They will be told when the next war is ready.
The long wars and the short wars will come on the air,
How many got killed and how the war ended
And who got what and the price paid
And how there were tombs for the Unknown Soldier,
 The boy nobody knows the name of,
The boy whose great fame is that of the masses,
The millions of names too many to write on a tomb,
The heroes, the cannonfodder, the living targets,
The mutilated and sacred dead,
The people, yes.

Two countries with two flags
are nevertheless one land, one blood, one people
can this be so?
And the earth belongs to the family of man?
can this be so?

The first world war came and its cost was laid on the people.
The second world war-the third-what will be the cost?
And will it repay the people for what they pay?

15

From the people the countries get their armies.
By the people the armies are fed, clothed, armed.
Out of the smoke and ashes of the war
The people build again their two countries with two flags
Even though sometimes it is one land, one blood, one people.

. . . .

Hate is a vapor fixed and mixed.
Hate is a vapor blown and thrown.
And the war lasts till the hate dies down
And the crazy Four Horsemen have handed the people
Hunger and filth and a stink too heavy to stand.
Then the earth sends forth bright new grass
And the land begins to breathe easy again
Though the hate of the people dies slow and hard.
Hate is a lingering heavy swamp mist.

. . . .

And after the strife of war
begins the strife of peace.

→

Hope is a tattered flag and a dream out of time.
 Hope is a heartspun word, the rainbow, the shadblow tree in
 white,
 The evening star inviolable over the coal mines,
 The shimmer of northern lights across a bitter winter night,
 The blue hills beyond the smoke of the steel works,
 The birds who go on singing to their mates in peace, war,
 peace,
 The ten-cent crocus bulb blooming in a used-car salesroom,
 The horseshoe over the door, the luckpiece in the pocket,
 The kiss and the comforting laugh and resolve—
 Hope is an echo, hope ties itself yonder, yonder.

The spring grass showing itself where least expected,
 The rolling fluff of white clouds on a changeable sky,
 The broadcast of strings from Japan, bells from Moscow,
 Of the voice of the prime minister of Sweden carried
 Across the sea in behalf of a world family of nations
 And children singing chorals of the Christ child
 And Bach being broadcast from Bethlehem, Pennsylvania
 And tall skyscrapers practically empty of tenants
 And the hands of strong men groping for handholds
 And the Salvation Army singing God loves us ...

[BACK TO PAGE 3 \(click here\)](#)

Gonna Lay Down My Sword and Shield

162

$\text{♩} = 84$

1. Gon - na

lay down my sword and shield, down by the riv - er - side,
lay down my bur - den, down by the riv - er - side,
shake hands a - round the world, ev - 'ry - where I roam,

down by the riv - er - side, down by the riv - er - side. Gon - na
down by the riv - er - side, down by the riv - er - side. Gon - na
ev - 'ry - where I roam, ev - 'ry - where I roam. Gon - na

G Am7 G Am7 G

Am7 D7 G Am7 G Am7

Words and music: African American spiritual, c. 1750-1875,
 arr. by Mary Allen Walden, 1946-1997
 © 1992 Unitarian Universalist Association

DOWN BY THE
RIVERSIDE
Irregular

P E A C E

G Am7 G G Am7 G B7/F# Em

lay down my sword and shield, down by the riv - er - side, gon-na
 lay down my bur - den, down by the riv - er - side, gon-na
 shake hands a - round the world, ev - 'ry-where I roam, gon-na

Am7 G/D D7 G C G

stu - dy war no more.
 stu - dy war no more. I ain't gon-na
 stu - dy war no more.

C G

stu - dy war no more, I ain't gon-na stu - dy war no more, ain't gon-na

The musical score is written for a vocal line and piano accompaniment. The key signature has one sharp (F#), and the time signature is 4/4. The score is divided into three systems. The first system contains the first line of the song. The second system contains the second line. The third system contains the third line, which includes a chorus with three variations. Chords are indicated above the vocal line.

System 1:

Chords: D, Em, D7/F#, G, Am, G7/B, G7

Vocal: stu - dy war no more. I ain't gon - na

System 2:

Chords: C, G, G, B7/F#, Em

Vocal: stu-dy war no more, I ain't gon-na stu-dy war no more, ain't gon-na

System 3:

Chords: Am7, G/D, D7

Vocal: stu-dy war no more. 2. Gon-na 3. Gon-na more.

1.-2. G C G D7 3. G C G

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



UUSF 20-21 End of Year Meetings

UUSF 20-21 Budget Informational Meeting

Today at 12:30 PM on ZOOM

An informational meeting about the FY20-21 budget will be held after the Sunday service. Come get all your questions answered by the Board of Trustees, Treasurer and Director of Operations **Laura Ludwig**. The meeting will be held on ZOOM and begins at 12:30, so everyone will have a few minutes to enjoy the coffee hour. The [proposed budget](#) is available on our website, in the FLAME newsletter and can be viewed ([HERE](#))

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

Meeting ID: 725 737 157

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

2nd UUSF 20-21 Budget Informational Meeting

Budget Q & A #2: Wednesday, May 27th at 6:30pm - 7:30pm via Zoom If you missed the first meeting, then we have another opportunity to discuss our budget with UUSF Treasurer Lori Lai and Director of Operations Laura Ludwig available to answer questions.

Congregational Meeting Approve 20-21 Budget

Sunday, June 7, 12:30 PM on ZOOM

A Congregational Meeting will be held on June 7, immediately following the service, to vote on the proposed budget for the coming church year (2020-21). The proposed budget has been posted on UUSF's public website and can be found here ([click here](#)). Two informational sessions have already been held.

[Register for this meeting today.](#) You will receive a personalized video link from Zoom.

UUSF Annual Congregational Meeting

Sunday, June 14, 12:30 PM on ZOOM

June 14th is our Annual Meeting; held each June in compliance with our Bylaws. The meeting takes place shortly after services. The Annual Meeting celebrates the 2019-20 church year with the presentation of the Anne Dillon award, the selection of new Board and Nominating Committee members ([click here](#)), a reading of the May Treat Morrison trust, and much more! Don't miss this final congregational meeting of the year!

[Register for this meeting today.](#) You will receive a personalized video link from Zoom.



Humanists and Non-Theists

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

Today at 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 biochemistry 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=a3l5aVdPNehFR0dwcVRUbmc4S2k2UT09>

Meeting ID: 818 1138 5217

Password: 955753

Dial in by Phone: +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](#)

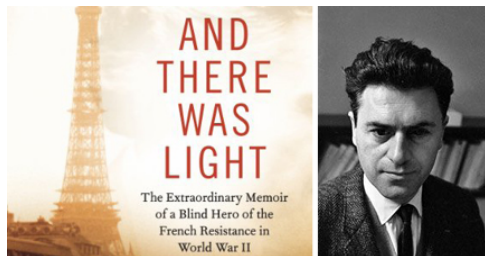
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[Read our Newsletters here](#)

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.

Small Group Ministries

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

Grow Spiritually!

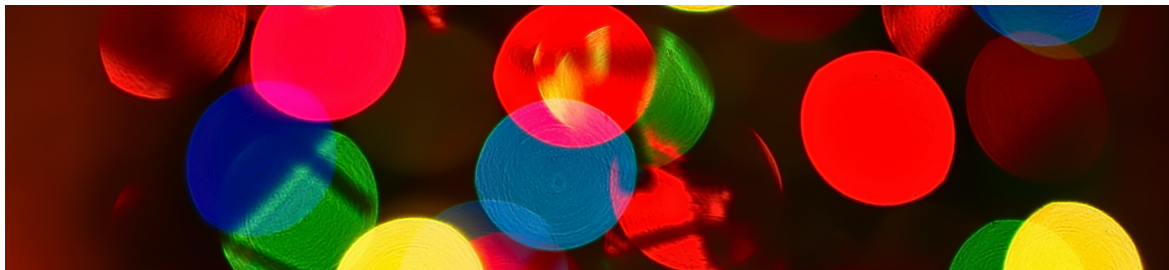
**From Barbara Kovac and Gregg Biggs, Co-Coordinators
for the Small Group Ministry program, 2020-2021**

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](#)



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=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.



Humanists and Non-Theists

"Open Topic"

Sunday, May 31, 1PM (Zoom)

What's on your mind? Each of us will have the opportunity to suggest a topic. We will then select a topic(s) to discuss for the remaining time we have. Join us by Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/82624882540?pwd=NTc5UEdNSHoxaEJ4bGZpRElXZnevUT09>

Meeting ID: 826 2488 2540

Password: 213083

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

"Coronavirus Diagnostics"

Sunday, June 7, 1PM (Zoom)

From the beginning of the Covid-19 pandemic, the availability of reliable diagnostic tests has been of concern. Diagnostics tests have been developed to detect the presence of the virus as well as to detect antibodies that develop as a result of infection. How these tests work and how they are used will be discussed.

Lori Lai will lead this discussion. Lori is a member of our congregation and is working on coronavirus diagnostics in her profession. Please join us by Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/89256632897?pwd=KzlqZXJFbCtoZWtKa0FhbnQ0VnY4Zz09>

Meeting ID: 892 5663 2897

Password: 940172

Dial by your location: +1-669 900-6833 US (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.

