



Lost Stories

Sunday, June 21, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, June 21, 2020
10:50 AM to 12:15 PM

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

Prelude

Reiko Oda Lane, organist

There Is a Balm in Gilead
Let Us Break Bread Together

American Spirituals arr. Olive Nelson Russell

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 406

Let Us Break Bread Together

TRADITIONAL

Reiko Oda Lane; Michele Kennedy, song leader

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

Unison Chalice Lighting

Judith Stoddard, 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.

Skit "The Too White Zone Redux" by Michael Bossier, Don Shearer, Mari Magaloni
and Rochelle Fortier Nwadibia

Actors: Carlton Ball, Michael Bossier, Jayanti Chapot, Alyson Jacks and Don Shearer

Ritual of Remembrance and Commitment

Rev. Vanessa Rush Southern

Spoken and Silent Meditation

Music

Wayfaring Stranger

Michele Kennedy, soprano; My-Hoa Steger, pianist
arr. Stephen M. Kohn

Offertory

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



Music

Sunset

Florence B. Price

Reading

from So You Want to Talk About Race by Ijeoma Oluo

Music

Michael Row the Boat aShore

lyrics rewritten by Harry Belafonte

Michael row the boat ashore, Hallelujah! Michael row the boat ashore, Hallelujah!
Michael row the boat ashore, Hallelujah! Michael row THAT boat ashore, Hallelujah!
They nailed Jesus to the Cross, Hallelujah. But his faith was never lost, Hallelujah
Michael row the boat ashore, Hallelujah! Michael row the boat ashore, Hallelujah!
So Christian soldiers off to war, Hallelujah Hold that line in Arkansas, Hallelujah
Michael row the boat ashore, Hallelujah! Michael row the boat ashore, Hallelujah!
Like Joshua at Jericho, Hallelujah Alabama's next to go, Hallelujah
Michael row the boat ashore, Hallelujah! Michael row the boat ashore, Hallelujah!
So Mississippi kneel and pray, Hallelujah. Some more buses on the way, Hallelujah
Michael row the boat ashore, Hallelujah! Michael row the boat ashore, Hallelujah!
Michael row the boat ashore, Hallelujah! Michael row that boat ashore, Hal-le-LU-----JAH!!

Sermon

Lost Stories

Rev. Vanessa Rush Southern

Hymn 401

Kum ba Yah

DESMOND

[\(CLICK HERE OR SCROLL DOWN TO PAGE 7 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Reiko Oda Lane, organist

Were You There When They Crucified My Lord?

Arr. Olive N. Russell

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister; Judith Stoddard, Worship Associate

Actors

Carlton Ball, Michael Bossier, Jayanti Chapot, Alyson Jacks and Don Shearer

Technology

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

Musicians

Reiko Oda Lane, organist; Michele Kennedy, soprano;
My-Hoa Steger, pianist; Jon Silk drums

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>

Let Us Break Bread Together 406

$\text{♩} = 56$ Unison

Chords: $E\flat$ $A\flat$ $B\flat 7$ $E\flat$ $A\flat$

1. Let us break bread to- geth- er on our knees.
 2. Let us drink wine to- geth- er on our knees.
 3. Let us praise God to- geth- er on our knees.

Chords: $E\flat$ Gm $F 7$ $B\flat$ $E\flat$

Let us break bread to- geth- er on our knees.
 Let us drink wine to- geth- er on our knees.
 Let us praise God to- geth- er on our knees.

Chords: $B\flat$ $E\flat$ $E\flat 7$ $C 7$ Fm

When I fall on my knees, with my face to the ris- ing

Chords: $B\flat 7$ $E\flat$ $A\flat$ $B\flat 7$ $E\flat$ $A\flat$ $E\flat$

sun, oh, Lord, have mer- cy on me.

Words & music: Traditional

LET US BREAK BREAD
 10.10. with refrain

Kum ba Yah

401

(Come by Here)

$\text{♩} = 56$ C F C

1. Kum ba yah, my Lord, kum ba yah. Kum ba
 2. Some - one's sing - ing, Lord, kum ba yah. Some - one's
 3. Some - one's laugh - ing, Lord, kum ba yah. Some - one's
 4. Some - one's weep - ing, Lord, kum ba yah. Some - one's

F G C

yah, my Lord, kum ba yah. Kum ba
 sing - ing, Lord, kum ba yah. Some - one's
 laugh - ing, Lord, kum ba yah. Some - one's
 weep - ing, Lord, kum ba yah. Some - one's

F C Dm C Gsus G7 C

yah, my Lord, kum ba yah. Oh, Lord, kum ba yah!
 sing - ing, Lord, kum ba yah. Oh, Lord, kum ba yah!
 laugh - ing, Lord, kum ba yah. Oh, Lord, kum ba yah!
 weep - ing, Lord, kum ba yah. Oh, Lord, kum ba yah!

5. Someone's praying, Lord . . .

6. Kum ba yah, my Lord . . .

Words: African American spiritual, c. 1750-1875

Music: African American spiritual, harmony by Carlton R. Young, 1926-

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DESMOND
Irregular

RACIAL JUSTICE RESOLUTION OF UUSF



On this past Tuesday our Board of Trustees passed a resolution that was created by members of our Human Rights Working Group. This UUSF Resolution opposes all forms of systemic racism and economic inequality. It calls upon our City officials to implement policies for this purpose, especially in the areas of law enforcement and education.

It further charges our ministers and members to actively dismantle these social injustices. After reading it we ask you to reflect on what you would like to see us do as an action that comes out of this (and are willing to take leadership around)? And, also, what action(s) are you personally committed to taking to live into our UU principles, among them our commitment to the worth and dignity of all people, and justice, equity and compassion in human relations.

Please, if you feel comfortable, email us your responses at Wholeness@uusf.org as we look for a way forward to make change personally and together.

[CLICK HERE TO READ THE RESOLUTION](#)

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 & Non-Theists

Open Topic

Today at 1PM (On 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 today at 1PM. The info is below.

<https://us02web.zoom.us/j/83772350623>

Meeting ID: 837 7235 0623

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 837 7235 0623

Find your local number: <https://us02web.zoom.us/u/kczHbtSz4Y>



Celebrate Sharon Weld, our Intern

Sharon Weld who has been our beloved **Ministerial Intern** this year will finish her time with us on June 30th. In service on Sunday, June 28th we will offer her a few tokens of our affection. Since we won't be together, please send any cards of good wishes and celebration or gifts. **Mary Jane Mikuriya** will be collecting them at her home so please send them:

Sharon Weld
c/o Mary Jane Mikuriya
361 Mississippi St.
San Francisco CA 94107



Small Group Ministries

At a time when shelter in place and COVID-19 are making all of us feel vulnerable and disconnected, Small Group Ministries is a safe and nurturing place where congregation members can find a deep way to connect.

*** A place to belong and to care for each other.** Each group, with about ten people, meets twice monthly to share important parts of our lives. We practice deep listening, which enables us to form lasting friendships and a stronger community, and to minister to one another.

*** A way to connect our lives to our spiritual needs.** We offer a place to consider and act on our common values. Together we explore important questions and strive to live our values through service to our church and the larger community.

*** A community open to church members, friends and visitors.** All who agree to try SGM for four sessions, respect members' privacy, attend gatherings consistently, follow group agreements, and welcome new members are invited to join.

Four week summer sessions are being offered each Sunday in August from 1 to 3 p.m. If there is sufficient interest, we will also offer a group in July. At a time when being able to connect, support one another and find spiritual growth, Small Group Ministries offer a meaningful resource to the First Unitarian Universalist community.

Are you new to Zoom or need support on how to participate in the sessions online? No problem! Let the co-coordinators know and they can provide a tutorial and support.

To sign up for the summer sessions contact or if you have questions?

Chair: **Barbara Kovacs** Phone: 415-370-9766

Chair: **Gregg Biggs** Phone: 415-505-4690

Email: sgm@uusf.org

[Sign-Up Here](#)

Adult Religious Education Programs

Morning Metta Meditation

Tuesdays, Thursdays and Saturdays, 8-8:30 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 UUSE. 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? elena@communityneedles.com



Humanists and Non-Theists

Extinction Rebellion, A Global Environmental Movement

Sunday, June 28, 1PM (On Zoom)

Founded by youth in Britain in 2018, Extinction Rebellion (XR) aims to use [nonviolent civil disobedience](#) to compel government action to avoid the [breakdown of the climate system](#), [biodiversity loss](#), and the risk of social and ecological collapse. They have clear demands for truth-telling, for declaring a climate emergency, for a Citizens' Assembly to get swift government action, and for a just transition. Come for some truth-telling and to learn how XR is moving corporations and governments to address this problem NOW. In the meantime, see [extinctionrebellionsfbay.org](#), and UU World article of November 2019.

John Fox of Extinction Rebellion will tell us about the movement and why it came into being. This event is co-sponsored by the Environmental Justice Committee and the Humanists and Non-Theists committee.

Join Zoom Meeting

<https://us02web.zoom.us/j/83097523184>

Meeting ID: 830 9752 3184

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 830 9752 3184

Find your local number: <https://us02web.zoom.us/j/83097523184>



Virtual Celebration of our Society for Community Work (SCW) Scholars

Sunday, June 28, 1:30 PM - 2:30 PM (On Zoom)

The SCW Scholarship Committee invites you to come and meet our scholars in a virtual celebration of their accomplishments in spite of incredible odds!

Each year SCW awards scholarships for deserving students who have graduated from a San Francisco high school and are the first of their generation to attend college. Many of our students are immigrants, refugees or dreamers who have excelled in high school academics and are motivated to go on to college. All of them are bright, energetic and give us great hope for our collective future.

We have 15 continuing scholars from past years, and 6 new scholars who are just graduating from high school. Most years, we have thrown them all a lunch party so they can meet members of UUSF and get to know each other - but with our social distancing in place, we are moving our event on-line this year.

Please join us to meet these incredible young scholars and congratulate them on their accomplishments.

Join Zoom Meeting

<https://us02web.zoom.us/j/85867974048?pwd=R3FBMlhISXlSRGZwdzVZR2JGYUJBZz09>

Meeting ID: 858 6797 4048

Password: 696790

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 858 6797 4048

Password: 696790

Find your local number: <https://us02web.zoom.us/j/85867974048?pwd=R3FBMlhISXlSRGZwdzVZR2JGYUJBZz09>

ARE YOU INTERESTED IN ATTENDING THIS YEAR'S UU GENERAL ASSEMBLY AS A DELEGATE?

This year, the annual all-UU meeting will be held in virtual space from June 24 - 28, so you won't even need to leave the safety of your home. Our Society can authorize seven delegates for the meeting. Delegates are able to vote on denominational issues (one of the issues this year has to do with investing ethically, for example). The meetings are dynamic, insightful and energizing. And one of the featured speakers in our own John Buehrens!

If you are interested in attending this meeting and are selected as an official delegate, the church will try to reimburse you for the \$150 registration fee. Non delegates are also encouraged to attend, but the registration fee will not be reimbursed and you would not be able to vote on denominational issues put before the membership.

Members interested in representing UUSF as a General Assembly delegate should contact Moderator [Carrie Steere-Salazar](#) or Senior Minister [Vanessa Rush Southern](#).

Public Events at UU General Assembly

This year UUA General Assembly is entirely online, and while it does still cost \$150 to participate in the full experience, there are free, public events that anyone can attend.

To view any of the follow event just go to this webpage: [UUA General Assembly Public Events](#)

A simple schedule for GA can be view here: [UUA General Assembly Summary Schedule \(West\)](#)

All times are Pacific

Thursday, June 25 at 3:00 p.m.

Synergy Bridging Worship

This is a transformative multigenerational worship. Come be inspired and illuminated at a celebration of treasured worship elements, rites of passage and brilliant contemporary musical performances. The service includes a collection to benefit the Katie Tyson Fund for Youth and Young Adult Ministry.

Friday, June 26 at 3:00 p.m.

Service of the Living Tradition

Led by the Ministries and Faith Development Staff Group, this service honors fellowship and credentialed religious leaders; remembering those who have died, recognizing those who have completed active service, and welcoming those who have received fellowship or credentialed status in the past year. The service includes a collection to benefit the Living Tradition Fund. Members of the public are welcome.

Sunday, June 28 at 10:00am

Sunday Morning Worship

Join us for the largest annual gathering of UUs joining in worship. The worship service will include a collection for the Tomaquag Museum, an indigenous museum featuring an extensive collection and archive of Southern New England tribal communities. Members of the public are welcome.

Several Times

General Sessions

Unitarian Universalist Association (UUA) Co-Moderators Mr. Barb Greve and Elandria Williams preside over the general sessions in which the business of the Association is conducted.





All Faiths Food Pantry

Due to Covid-19, we have made some changes in how we handle the All Faiths Food Pantry.

Rather than rotating between the five churches, all the churches are sending volunteers every week as we are encouraging younger people to volunteer, and suggesting that people over 60 not volunteer for safety reasons.

You can now sign up by going to the Food Pantry website: <https://signup.com/go/pambAKf>

We need twenty-five volunteers every week for the Food Pantry to go smoothly as we usually serve about 300 low income clients.

The Food Pantry takes place at Old First Presbyterian Church at the corner of Van Ness and Sacramento. We do offer free parking at the church garage located just south of the church on Sacramento as we give out stickers for the parking vouchers for anyone who parks in the garage at the end of the Food Pantry. The truck brings the food (groceries) from the SF/Marin Food Bank at 7:30 AM, so we need volunteers to arrive early. We are usually done with clean up by 11AM.

Volunteers are provided masks and gloves to pack the food in bags in the large meeting inside the church. Every effort is made to keep everything sanitary. Tables are sanitized frequently, and anything which accidentally falls on the floor is discarded. The packed bags are taken to tables outside, where our clients can pick up the pre-packed bags. Our clients line up outside the church with attention paid to social distancing.

As a majority of our clients are monolingual Cantonese speaking, we do arrange to have a translator on site at all times.

If you have any questions about the Food Pantry, feel free to contact Megan Lehmer at 415-385-0408 or mlehmer@drlehmer.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, June 24, 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)

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

SCW Community Grants Committee

The Society for Community Works Community (SCW) Grants Committee awards \$50,000 of grants to small local non-profits.

The committee is now seeking new members and grant applicants for 2020-21. Unlike many church committees, this committee only meets three times when it reviews and selects grantees.

Contact Thad Smith at 630smith@gmail.com if you are interested.

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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.

First Unitarian Universalist Society of San Francisco
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415-776-4580 / info@uusf.org