

The Power of Witnessing



Sunday, July 12, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco

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

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

Prelude

Sinfonia from Cantata no. 156
Life Is the Greatest Gift of All

Reiko Oda Lane, organist
Johann Sebastian Bach

Brother James' Air / Harold Darke

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 1008

When Our Heart Is in a Holy Place

Joyce Poley

My-Hoa Steger, pianist; Jon Silk, drums; Ben Rudiak-Gould & Asher Davison, song leaders

[\(CLICK HERE OR SCROLL DOWN TO PAGES 6, 7 & 8 TO VIEW HYMN\)](#)

Unison Chalice Lighting

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

Alex Darr, Worship Associate

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



The musical notation is written on three staves in G major (one sharp). The first staff begins with a treble clef and a key signature of one sharp (F#). The melody consists of eighth and quarter notes. The lyrics are written below the staff, with some words split across lines. The second staff begins with a measure rest labeled '5'. The third staff begins with a measure rest labeled '8'. The piece concludes with a double bar line and a final whole note.

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.

Spoken and Silent Meditation

Music Joyce Lee, flutist; My-Hoa Steger, accompanist
Largo e dolce (Siciliano) from Flute Sonata in b minor Johann Sebastian Bach

Reflection Carmen Barsody and read by Alex Darr, Worship Associate

Offertory

The offering this week will go to support the "Stop AAPI Hate Reporting Center" run by the Asian Pacific Policy & Planning Council. Donations can be made online by indicating the donation as a "Special Donation". Or checks can be sent to the church identifying them as part of this Sunday's special offering. Finally, you can support the organization directly sending checks to A3PCON at 905 E 8th St Los Angeles, CA 90021. To date the Stop AAPI Hate Reporting Center has received well over 832 reports of discrimination, threat, harassment and violence against Asian American and Pacific Islanders in the U.S. since COVID. Our support will help document and respond to this inexcusable wave of hate and discrimination.



Music Joyce Lee; My-Hoa Steger
Cantabile Georges Enesco

Reading
W. H. Auden's poem "Musee des Beaux Arts"

Music Joyce Lee; My-Hoa Steger
Adagio ma non tanto from Flute Sonata in E Major Johann Sebastian Bach

Sermon

The Power of Witnessing

Rev. Vanessa Rush Southern

Hymn 151

I Wish I Knew How

Billy Taylor and Dick Dallas

[\(CLICK HERE OR SCROLL DOWN TO PAGE 9 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Theme and Toccata (from Old 100th Psalm Tune)

Reiko Oda Lane, organist

Mark Thewes

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister; Alex Darr, Worship Associate

Technology

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

Musicians

Reiko Oda Lane, organist; Joyce Lee, flutist; My-Hoa Steger, pianist;
Ben Rudiak-Gould & Asher Davison, song leaders; Jon Silk, drums

MEMBERSHIP

Become a member of UUSF! We are thrilled to have so many visitors to our services these last few months. Along with worship, there are [classes](#), [small group ministry](#) and [other programs](#) available to you. And, please consider joining our church community. To learn more about membership, schedule an appointment with [Rev. Jacks](#) or [Rev. Southern](#) so that we can get to know you and answer your questions. [Sign-up](#) for an upcoming New to UU class (2 sessions, September 22 and 29). We look forward to meeting you!

ABOUT

Flutist **Joyce Lee** is praised for her virtuoso technique, rich tone and passion for excellence. Ms. Lee enjoys a highly varied musical career as a soloist, orchestral player and chamber musician in the San Francisco Bay Area. Most recently, Lee was awarded 1st Prize in the Arizona Flute Society's Adult Competition for her performance of Edgard Varese's "Density 21.5" for solo flute.

Ms. Lee has performed with members of the Seattle Symphony under the direction of conductor Ludovic Morlot, the Del Sol String Quartet, Kevin Rivard, principal horn player of the San Francisco Opera, Jeff Anderle, clarinetist of the West Coast's very first reed quintet, *Splinter Reeds*, Alan Pierson of *Alarm Will Sound* and, political activist Angela Davis, among others. In 2013, Joyce was a featured performer at the Beijing National Center of the Performing Arts as Principal Flute of the University of Washington Wind Ensemble, a concert that was aired on national television. Equally at home in small ensembles of contrasting styles, Ms. Lee regularly tours with *Ensemble Mik Nawooj*, a hip-hop/classical fusion group that has been featured in the Wall Street Journal.

Joyce holds a Bachelor of Music from the University of Washington where she studied with Professor Donna Shin, and a Master of Music degree at the San Francisco Conservatory of Music, under the tutelage of Timothy Day, Principal Flute of the San Francisco Symphony.

My-Hoa Steger née Lê graduated from the Dalton School of Music at Western Michigan University with a Bachelor of Music in Piano Performance in 1999. She worked under Silvia Roederer of the Verdehr Trio, as well as with Lori Sims and Christopher Taylor. After graduation, Mrs. Steger went on to study classical Bel Canto voice with Italian soprano Antonella Banaudi, choral performance with John Sigerson, and played in the Dirichlet Quartet, an experimental quartet to study the influence of Bach on the quartet genre. Currently, My-Hoa is West Coast Music Coordinator for the Schiller Institute, an international organization founded in 1984 to create a global Renaissance in classical culture.

1008 When Our Heart Is in a Holy Place

♩ = 88



Chorus E^b B^b A^b E^b

When our heart is in — a ho-ly place, When our

The first line of the chorus features a vocal melody starting on a whole rest, followed by a series of eighth and quarter notes. The piano accompaniment continues with a steady eighth-note pattern in the right hand and chords in the left hand.

A^b Fm B^b E^b B^b

heart is in a ho-ly place We are bless'd with love — and a-

The second line of the chorus continues the vocal melody and piano accompaniment. The piano part includes some chordal textures and moving lines in both hands, supporting the vocal line.

⊕ Words & music: Joyce Poley, 1941 - , © 1996 Songstyle Music (SOCAN),
keyboard arr. Lorne Kellett, 1950 -

When Our Heart Is in a Holy Place - 2

A^b E^b A^b A^bm E^b
Last time to Coda

maz - ing grace,— When our heart is in a ho - ly place When we

A^b B^b E^b

trust the wis - dom in each of — us, — Ev' - ry
 tell our sto - ry from deep in - side, — And we
 share the si - lence of sa - cred — space, — And the

A^b B^b E^b

col - or ev' - ry creed and kind, And we
 lis - ten with a lov - ing mind, And we
 God of our Heart stirs with - in, And we

A)

When Our Heart Is in a Holy Place - 3

Ab Bb G Cm

see our fa - ces in each oth - er's_ eyes, _
 hear our voi - ces in each oth - er's_ words, _
 feel the pow - er of each oth - er's_ faith, _

Ab Abm Eb

Then our heart is in a ho - ly place. When our
 Then our heart is in a ho - ly place. When our
 Then our heart is in a ho - ly place. When our

⊕ Coda Eb Ab Abm Eb

place. When our heart is in a ho - ly place.

I Wish I Knew How

151

$\text{♩} = 66$

1. I wish I knew how it would feel
 2. I wish I could share all the love
 3. I wish I could give all I'm long -
 4. I wish I could be like a bird

Words & music: Billy Taylor and Dick Dallas,

MANDELA

⊕ arr. by Mary Allen Walden, 1946- , © 1992 Unitarian Universalist Association

11.11.11.6.6.6.6.

F R E E D O M

[BACK TO PAGE 4 \(CLICK HERE\)](#)

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:

THIS SUMMER HERE ARE OUR SCHEDULES

Vanessa Southern (here all July and August 17-31): VRSouthern@uusf.org;
or for emergencies, 908-723-1342

Alyson Jacks (here until July 9 and July 27 onward): AJacks@uusf.org;
or for emergencies, 415-971-3194

If you have a pastoral emergency our **Lay Chaplains** are available but so too are Minister Emerita, **Margot Campbell Gross** and retired senior minister, **John Buehrens**.

Here are all the contacts for reaching out:

Margot Campbell Gross: margotcg@sbcglobal.net or for emergencies, 415-661-8316

John Buehrens: jbuehrens@comcast.net or for emergencies, 617-216-0962

Lay Chaplains: Chaplains@uusf.org

Taking Care of Each Other

We are wondering if there are folks who might be able to make a soup or stew for folks who are getting over being sick and delivering it to them (or having someone come and deliver it). Let us know if you can do vegan, vegetarian, meat-based soups or stews or any of the above. And just know, if we ask, and you aren't available that week, that is fine; we just want a list of folks who might be willing and able! Let us know at Chaplains@uusf.org



[Humanists and Non-Theists](#)

Extinction Rebellion, A Global Environmental Movement

Today at 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. We are in a Climate Emergency!

In the meantime, see extinctionrebellionsfbay.org, and UU World article of November 2019.

John Fox, Molly Arthur and Chris Conrad 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.

Please join us by Zoom.

<https://us02web.zoom.us/j/81734660103>

Meeting ID: 817 3466 0103

One tap mobile

+16699006833,,81734660103# US (San Jose)

+13462487799,,81734660103# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 817 3466 0103

Find your local number: <https://us02web.zoom.us/u/keqcLZQm4K>

Adult Religious Education Programs

July Poetry Lunches

Thursdays, 12PM to 1PM, July 16, 23, 30

Led by Rev. Vanessa Rush Southern, Senior Minister

RSVP by either completing the registration form [here](#)

or email info@uusf.org

By popular demand again, our poetry gathering over lunch will continue!

If there is a poem you'd like to share with the group, please send it to Rev. Vanessa in advance (VRSouthern@uusf.org) and she will put it on our list of possibilities for the upcoming gathering... or the next one.

Questions? email info@uusf.org



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 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? elena@communityneedles.com

**So you
want
to talk
about
race**



[Adult Religious Education Programs](#)

Minister's Book Group

Book: “So You Want to Talk About Race” by Ijeoma Oluo

Wednesdays, 7PM to 8PM, July 15, 22, 29

Led by Rev. Vanessa Rush Southern, Senior Minister

RSVP by either completing the registration form [here](#)
or email info@uusf.org

Join us for a month of book group meetings as we dive into the best-selling and illuminating book “So You Want to Talk About Race” by Ijeoma Oluo. Each week we will meet for one hour to discuss a section of the book, which is described as a “hard-hitting but user-friendly examination of race in America.” This, I hope, will give us the space to go in a bit deeper as each chapter is rich with insights and opportunities for discussion.

So... pay attention, each session will focus on a different section of the book:

July 8: Please read the Introduction through Chapter 4

July 15: Chapters 5 - 8

July 22: Chapters 9 - 13

July 29: Chapters 14 - 17

Questions? email info@uusf.org

Humanists and Non-Theists

Open Topic

July 19 at 1PM (On Zoom)

Everyone will be able to suggest a topic and we'll select one or more to discuss for the remainder of our time.

Please join us by Zoom.

<https://us02web.zoom.us/j/81734660103>

Meeting ID: 817 3466 0103

One tap mobile

+16699006833,,81734660103# US (San Jose)

+13462487799,,81734660103# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 817 3466 0103

Find your local number: <https://us02web.zoom.us/u/keqcLZQm4K>

The Pagan Interest Circle (PICT) Invites you to our August Ritual Circles via ZOOM

First Harvest: Corn and Grain

Saturday, August 1, 7PM (On Zoom)

We gather virtually(!) on the evening of a Solar Holiday on the Wheel of the Year.

Lammas is one of the cross-Quarter days, one of the four Greater Sabbats, marking the first day of Autumn. (In the modern Wiccan calendar, Samhain is the beginning of Winter and the New Year, Imbolc marks the end of Winter: the Spring season; Summer begins at Beltane; Lammas comes at Summer's end.)

Lammas comes from the Anglo-Saxon words for "loaf mass" and refers to the celebration honoring the first loaf of bread made from grain of the year's first harvest.

This day is also known by its Celtic name, Lughnassadh, which refers to games that, according to folklore, the Celtic Sun God Lugh established in honor of his Mother.

To attend the rituals, please contact Nancy Buffum at nancybuffum@gmail.com to access the ZOOM link and meeting password.

Sumner's Summer Offerings

With Music Director Dr. Mark Sumner

Mondays and Thursday

7:00 to 8:30 pm

For the Zoom link and a schedule of Offerings email Mark at sngwtme@gmail.com

Join me Monday and Thursday evenings from 7 to 8:30 PM for weekly Zoom singing exercises! Through late August I am covering a variety of musical areas some specific and others quite broad. The hope is there is something of interest at each session AND, upon cursory review, something that will draw YOU in!

For those having Zoom fatigue these activities involve you in ways that should minimize those effects. Judging from initial reactions, this may very well continue into the Fall so keep your eye out for that news!

UUSF 20s & 30s Ministry July Program

TNT Hangouts & Crafts

Wednesdays July 1 & 15

7:00pm to 8:30pm

Becoming Together

Wednesdays July 8 & 22

7:00pm to 8:30pm

To join head to uusf.org/tnt



All Faiths Food Pantry

Every Saturday
7:30 to 11:00 am

Old First Presbyterian Church
1751 Sacramento St, San Francisco, CA 94109
Corner of Van Ness and Sacramento

[SIGNUP HERE](#)

Questions: Contact **Megan Lehmer** - 415-385-0408 or mlehmer@drlehmer.com

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. 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.

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
1187 Franklin Street, San Francisco, CA 94109
415-776-4580 / info@uusf.org