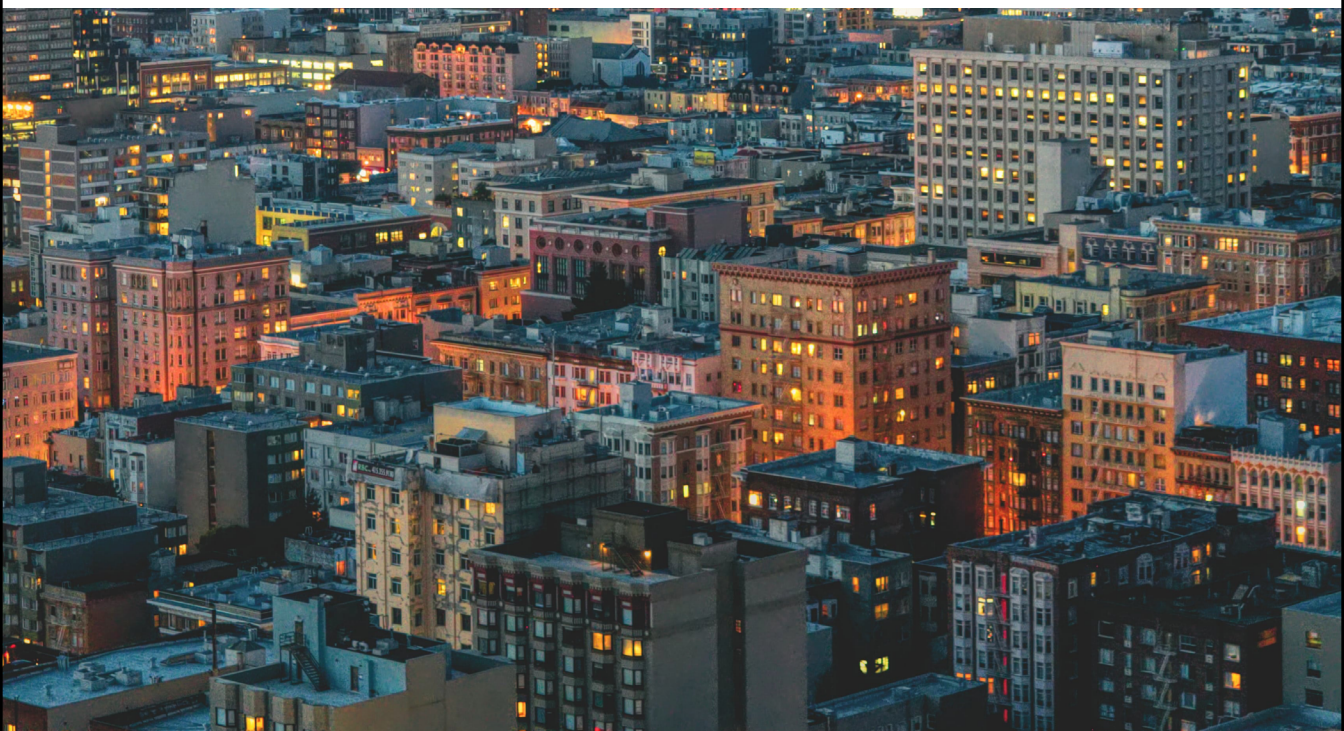




"POETRY FOR SUMMER MUSING"



Sunday, July 19, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, July 19 2020
10:50 AM to 12:15 PM

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

Prelude Jill Rachuy Brindel, cello; Marilyn Thompson, pianist
Sonata for Cello and Piano, L. 144, Prologue Lent Claude Debussy

Opening and Welcome Rev. Vanessa Rush Southern, Senior Minister

Hymn 188 *Come, Come Whoever You Are* Words adapted from Rumi; Music: Lynn Ungar
Asher Davison, song leader; Wm. García Ganz, pianist

[\(CLICK HERE OR SCROLL DOWN TO PAGE 6 TO VIEW HYMN\)](#)

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

Sam King, 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



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

Jill Rachuy Brindel; Marilyn Thompson
Sonata for Cello and Piano in g minor, Op. 65, Largo
Frédéric Chopin

Reading

Offertory

Today's Special Offering will be for Death Penalty Focus, www.deathpenalty.org.
This is a California statewide grassroots advocacy organization working against the death penalty, both systemically and in individual cases.



Music

Sonata for Cello and Piano, Trio

Jill Rachuy Brindel; Marilyn Thompson
Chopin

Reading

Hymn 334

When Shall We Learn Words: W. H. Auden; Music: Carl Schalk

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

Sermon

Poetry for Summer Musing

Rev. Vanessa Rush Southern

Hymn 143

Not in Vain the Distance Beacons

Words: Alfred Lord Tennyson; Music: Ludwig van Beethoven

[\(CLICK HERE OR SCROLL DOWN TO PAGES 9 & 10 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Sonata for Cello and Piano, Finale Animé

Jill Rachuy Brindel; Marilyn Thompson
Debussy

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister; Sam King, Worship Associate

Technology

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

Musicians

Jill Rachuy Brindel, cello; Marilyn Thompson, pianist;
Asher Davison, song leader; Wm. García Ganz, pianist

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!

Get Connected!

www.uusf.org

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

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

[View our YouTube videos here](#)

[Read our Newsletters here](#)

ABOUT

Pianist **Marilyn Thompson** completed her undergraduate studies at the San Francisco Conservatory of Music, and her Master's Degree at Stanford University where she studied with Adolph Baller. She also studied at the Vienna Academy of Music under a Fulbright grant. She has performed in major concert halls in the U.S., Europe, Costa Rica, and China. Miss Thompson is the pianist member of the Navarro Trio (Victor Romasevich, violin and Jill Rachuy Brindel, cello) and teaches piano and chamber music at Sonoma State University.

Jill Rachuy Brindel has been a cellist with the San Francisco Symphony since 1980 and a member of the Navarro Trio for more than twenty years. This ensemble was hailed as “the premier trio of Northern California” by Terry McNeill writing for North Bay Classical Music. (www.nbcm.org) She studied at Indiana University and Chicago Musical College and was formerly Assistant Principal Cellist of the Lyric Opera of Chicago Orchestra, Principal Cellist of the Mendocino Music Festival for its first six years, cellist for the Navarro Quartet and a member of the Houston Symphony. She has performed chamber music at Kohl Mansion, the Russian River Chamber Festival, Old First Church, the Ralston Chamber Series, Rossmoor, Chamber Music Sundaes, the San Francisco Symphony Chamber series and at Sonoma State University, where the Navarro Trio is in residence. In 2006 she returned to the Mendocino Music Festival as Principal Cellist and chamber soloist and in 2009 she became co-director of the Emerging Artists Program at the festival. Ms. Brindel actively promotes the music of her late father, composer Bernard Brindel. She is a private instructor of cello as well as the coach for the cello section of the SFS Youth Orchestra. Ms. Brindel has given seminars on audition techniques to students at the University of Nevada at Reno and the New World Symphony. In 2011 the San Francisco Symphony selected her to hold the Gary & Kathleen Heidenreich Second Century Cello Chair. On August 23, 2014 the Navarro Trio played in the opening concert in Schroeder Hall, the new Chamber music hall at Sonoma State University. She has been an instructor of cello at Sonoma State University since 2015.

Come, Come, Whoever You Are

188

$\text{♩} = 56$

1

2

3

4

Come, come, who - ev - er you are, wan - der - er,
wor - ship - er, lov - er of leav - ing. Ours is no car - a - van
of de - spair. Come, yet a - gain come.

Words: Adapt. from Rumi, 1207-1273

⊕ Music: Lynn Adair Ungar, 1963-

PILGRIMAGE
Irregular

OUR COMMON GROUND

[BACK TO PAGE 1 \(CLICK HERE\)](#)

$\text{♩} = 66$

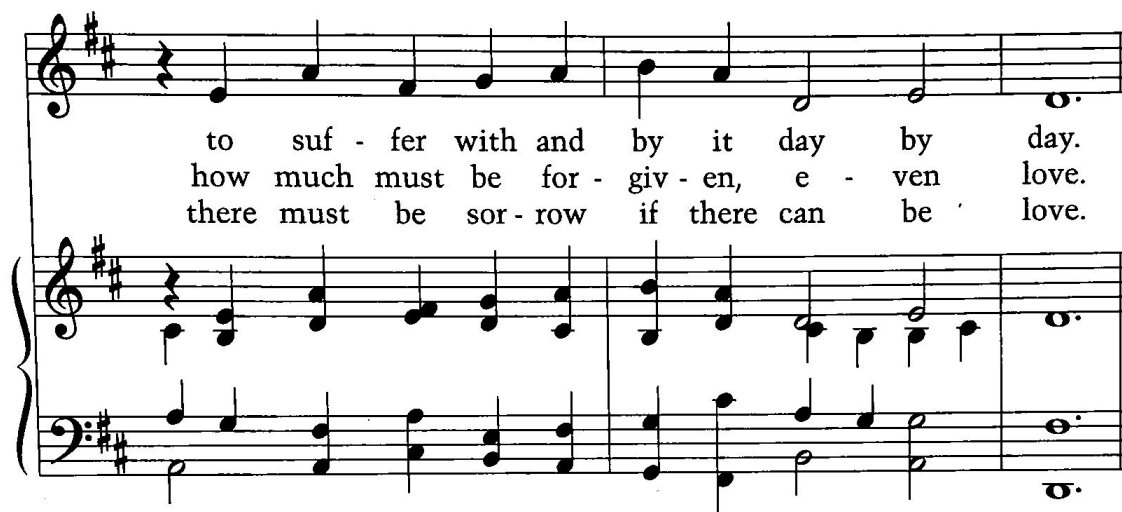
1. When shall we learn, what should be clear as day,
 2. For through our live - ly traf - fic all the day,
 3. Or else we make a scare-crow of the day,

we can - not choose what we are free to love?
 in my own per - son I am forced to know
 loose ends and jum - ble of our com - mon world,

We are cre - a - ted with and from the world
 how much must be for - got - ten out of love,
 or else our chang - ing flesh can nev - er know

Words: W. H. Auden, 1907–1973, © 1943, renewed 1971 by W. H. Auden,
 used by perm. of Random House, Inc.
 Music: Carl Flentge Schalk, b. 1929, © 1979 Carl Flentge Schalk

FLENTGE
 10.10.10.10.



to suf - fer with and by it day by day.
how much must be for - giv - en, e - ven love.
there must be sor - row if there can be love.

The image shows a musical score for a song. It consists of two systems of staves. The first system has a single treble clef staff with a key signature of two sharps (F# and C#). The second system has a grand staff with a treble clef and a bass clef, both with a key signature of two sharps. The lyrics are written below the first system of staves. The music is written in a simple, clear style, suitable for a children's song or a simple hymn.

[BACK TO PAGE 3 \(CLICK HERE\)](#)

Not in Vain the Distance Beacons

$\text{♩} = 69$

1. Not in vain the dis-tance bea-cons. For-ward, for-ward
2. Oh, we see the cres-cent prom-ise of that spir-it
3. Yea, we dip in-to the fut-ure, far as hu-man

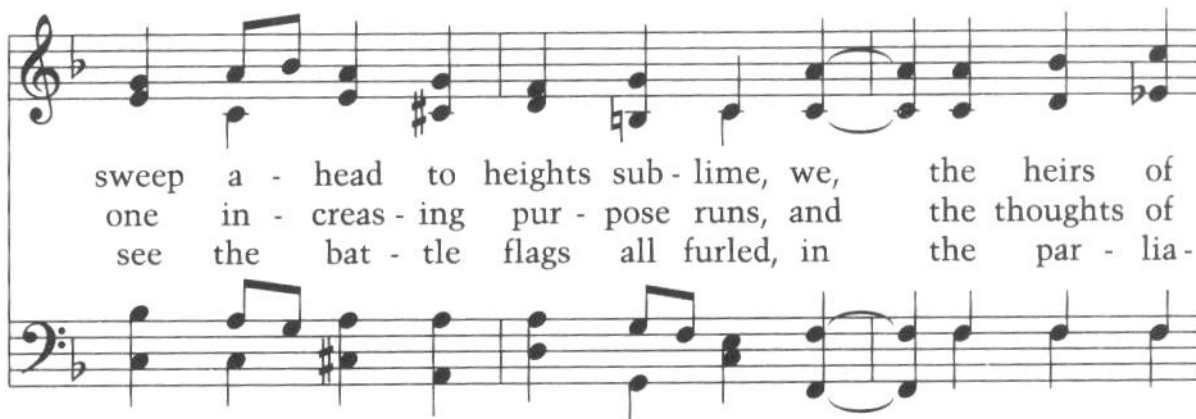
let us range. Let the great world spin for-ev-er
has not set; an-cient founts of in-spi-ra-tion
eye can see, see the vi-sion of the world, and

down the ring-ing grooves of change;
well through all our fan-cies yet;
all the won-der that shall be,

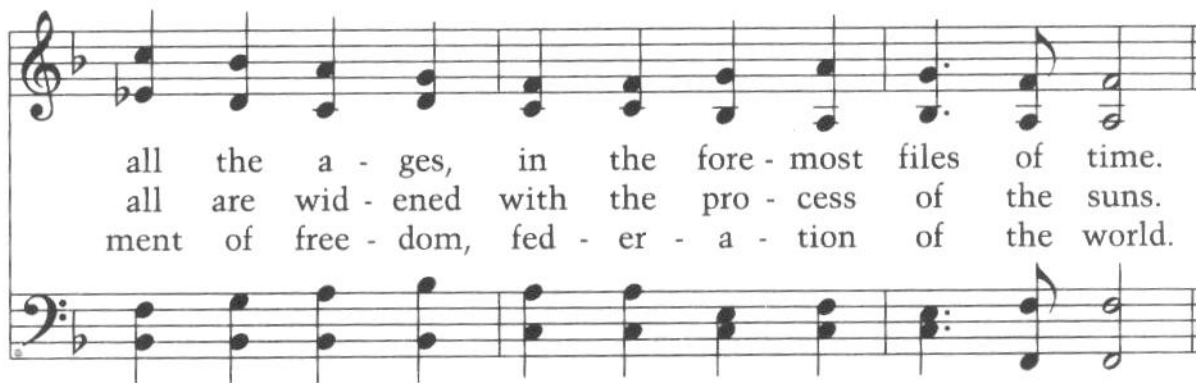
through the shad-ow of the globe we
and we doubt not through the a-ges
hear the war-drum throb no long-er,

Words: Alfred Lord Tennyson, 1809–1892
Music: Ludwig van Beethoven, 1770–1827

HYMN TO JOY
8.7.8.7.D.



sweep a - head to heights sub - lime, we, the heirs of
 one in - creas - ing pur - pose runs, and the thoughts of
 see the bat - tle flags all furled, in the par - lia -



all the a - ges, in the fore - most files of time.
 all are wid - ened with the pro - cess of the suns.
 ment of free - dom, fed - er - a - tion of the world.

[BACK TO PAGE 3 \(CLICK HERE\)](#)

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

Open Topic

Today 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.

Adult Religious Education Programs

July Poetry Lunches

Thursdays, 12PM to 1PM, July 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



[Adult Religious Education Programs](#)

Minister's Book Group

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

Wednesdays, 7PM to 8PM, July 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:

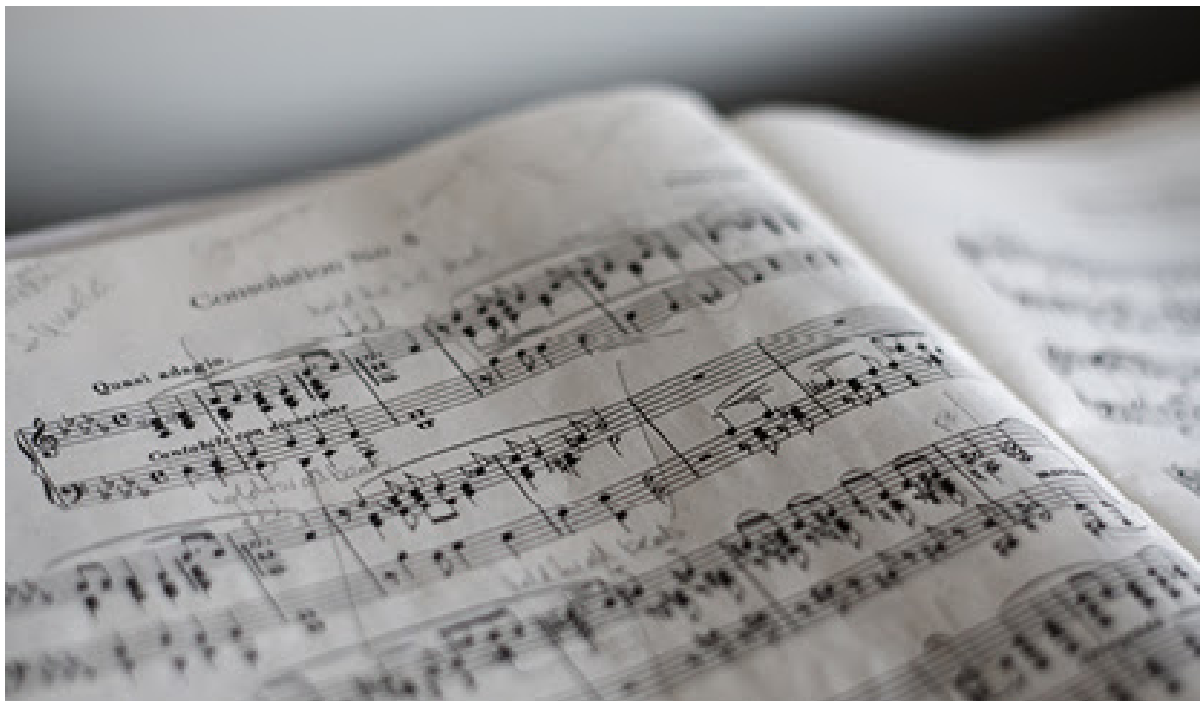
July 8: Please read the Introduction through Chapter 4

July 15: Chapters 5 - 8

July 22: Chapters 9 - 13

July 29: Chapters 14 - 17

Questions? email info@uusf.org



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!



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.



Virtual Art Show ([click here](#))

In light of these quarantined times the [UUSF Art Committee](#) has arranged a Virtual Art Show featuring photographer **Adrian Alvarez Johnson**.

From Adrian:

As a photographer and anthropologist my goal is to peak interest in a culture through images of its beauty and complexity. By sparking interest and consciousness of the Andean World I hope to contribute to its visibility, vibrancy, and survival. **Do you recognize the Chakana and the words that it is made out of?** If you were part of the Andean World you would recognize the people, places, and things in the Chakana word cloud. A person's worldview comes from the figures, stories, concepts, and technology they inherit from their culture. Each photo presented is as packed with meanings and the Andean worldview as the Chakana word cloud. Please take some time googling the words in the Chakana.

In these photos the legacy and vibrancy of the Andean World is Visible. Incan ruins and Quechua and Aymara speakers span from Columbia to Northern Chile and Argentina. Groups from across this region still converge in the ancient Incan capital of Cusco. The first photos are from the Cusco and the Machu Picchu region, then Lake Titicaca and Copacabana Bolivia, and finally the mining city of Potosi. These photos show an Andean World that has survived for 500 years but a world undoubtedly changed by conquest, occupation, mining, conversion, racism, slavery, religious syncretism, and cultural renewal and survival.

[CLICK HERE TO VIEW SHOW](#)

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