



"Launching the Fledglings"

Sunday, August 23, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, August 23, 2020
10:50 AM to 12:15 PM

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

Prelude

Three Pieces for Clarinet Solo

Asher Davison, clarinetist

Igor Stravinsky

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 1000

Morning Has Come

Words and Music: Jason Shelton

Asher Davison and Ben Rudiak-Gould, song leaders; Wm. García Ganz, pianist

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

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

Dennis Adams, 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

Spoken and Silent Meditation

Music

Sarabande from Cello Suite #1 in G

Asher Davison
J.S. Bach

Reading
“To have without holding” by Marge Piercy

Dennis Adams

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



Music
Rhapsody

Asher Davison
Willson Osborne

Reading
“Wildhood” by Barbara Natterson-Horowitz and Kathryn Bowers

Music
Gavotte from Cello Suite #5 in c

Asher Davison
J.S. Bach

Sermon "Launching the Fledglings"

Rev. Vanessa Rush Southern

Hymn 1020 *Woyaya* Transcribed from Tsaye M. Barnwell; arr. Jeannue Gagne
[\(CLICK HERE OR SCROLL DOWN TO PAGES 9 to 12 TO VIEW HYMN\)](#)

Benediction

Postlude
In dir ist Freude [BWV 615]

Reiko Oda Lane, organist
J. S. Bach



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Dennis Adams, 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; Asher Davison, clarinetist and song leader;
Wm. García Ganz, pianist; Ben Rudiak-Gould, song leader; Jon Silk, drummer



ABOUT

Asher Davison, bass section leader at UUSF, was inducted into music in the Santa Monica public schools; private clarinet study with David Sasaki, including Bach in transcription, convinced him that rhythmic sense enables expressive freedom. As a nonmajor at Yale, he performed the Copland and Mozart concertos and studied with David Shifrin. As a graduate student in molecular biology at MIT, Asher deepened into chamber music under the influence of John Harbison. Since returning to California, he has accompanied singers in numerous opera productions, become a professional chamber coach with CMNC, and developed voice as his second instrument. A copyeditor, science education developer, and former high school biology and chemistry teacher, Asher has directed the medieval chamber choir Coro Ciconia and performs with the San Francisco Choral Artists; his recent vocal study has been with Karen Clark and James Toland. He resides in the City of Richmond with his alto spouse and their generally oddly joyous toddler.

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 [Revs Jacks](#) or [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!

Morning Has Come

1000

$\text{♩} = 112$

Use djembe, shaker, drum set, etc. for 12/8 (triplet) groove

The musical score is written for piano and voice. The piano part consists of two systems of four-measure phrases. The first system starts with a treble clef, a key signature of one flat (B-flat), and a 4/4 time signature. The right hand plays a continuous eighth-note melody with triplet markings (3) over groups of three notes. The left hand plays a bass line with a triplet of eighth notes in the first measure, followed by a sustained chord. The second system follows a similar pattern. The vocal melody is written on a single staff with a treble clef and a key signature of one flat. It includes three verses of lyrics. Above the vocal staff, the following chords are indicated: C/E, F, F/A, B^b(add9), F/A, Gm7, F/A, B^b6, and Gm7. The piano accompaniment for the vocal section is written in a 12/8 time signature, with the right hand playing chords and the left hand playing a bass line with a triplet of eighth notes in the first measure.

1. Morn - ing has come, a - rise and greet the
 2. A new day dawns, once more the gift is
 3. O - pen our eyes to see that life a -

Morning Has Come - 2

Csus4 C#°7 Dm7 C/E F F/A Gm7 F/A B^b Bm7(b5)

day! Dance with joy and sing a song of
giv'n. Won - der fills this mo - ment shared to -
bounds; o - pen hearts to wel - come it a -

B^bM7/C C B^b/D C/E F F/A B^b Dm7 E^b

glad - ness! The light of hope here shines
geth - er. The light of peace here shines
mong us. The light of love here shines

B^b F/A B^b/D D^bM9 C F Gm7 F/A F/B^b

— up - on each face. May it bring faith to

Morning Has Come - 3

B \flat /C F/C Gm/C B \flat /C F

guide our jour - ney home. _____

The musical score consists of three systems. The first system includes a vocal line with lyrics and a piano accompaniment. The piano part features a right-hand melody with eighth-note triplets and a left-hand accompaniment with eighth-note triplets. The second system continues the piano accompaniment with similar triplet patterns. The third system concludes the piece with a final triplet in the right hand and a sustained chord in the left hand.

1020

Woyaya

♩ = 72

Shaker

The musical score is written for a Shaker, voice, and piano. The tempo is marked as ♩ = 72. The key signature has one flat (Bb) and the time signature is 8/8. The Shaker part is a simple rhythmic pattern. The vocal line is in the treble clef, and the piano accompaniment is in the bass clef. The lyrics are: "We are go - ing, heav - en knows where we are go - ing, but we know with-in. _ And we will get there, heav - en knows how we will".

Chords indicated above the vocal line: C, F/C, C, Dm/C, C, F/C, C.

Words & music: Loughy Amoa, Solomon Amarfio, Robert M. Bailey, Roy Bedeau,
Francis T. Osei, Whendell K. Richardson, and Mac Tontoh © 1993 Chappell & Co., Inc.

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⊕ Transcribed from Ysaye M. Barnwell, 1946 - ,

⊕ arr. Jeannie Gagné, 1960 -

Woyaya - 2

get — there, but we know we will. It will be hard, we

know, and the road will be mud- dy and rough, but we'll

get there, heav - en knows how we will get — there, but

(harmony) heav - en knows how we will get — there, but

Chord symbols: C, F, G7, G, C, G, C, F/C, C, Dm/C

Dynamic: *f*

Woyaya - 3

C Dm/C

we know we will. ___ Wo - ya - ya, ___

we know we will. ___ Wo - ya - ya, ___

C Dm/C C

Wo-ya - ya, ___ Wo-ya - ya, ___ Wo-ya - ya, ___ We are

Wo-ya - ya, ___ Wo-ya - ya, ___ Wo-ya - ya, ___ We are

C FC C Dm/C

go - ing, heav - en knows where we are go ___ ing, but

get there, heav - en knows how we will get ___ there, but

go - ing, heav - en knows where we are go ___ ing, but

get there, heav - en knows how we will get ___ there, but

Woyaya - 4

The musical score is written for a vocal ensemble and piano accompaniment. It consists of three systems of music. The first system has two measures, each with a key signature change from C major to D minor (Dm) and back to C major. The lyrics are: "we know with-in. — And we will we know we will. —". The second system also has two measures with a key signature change from D minor to C major. The lyrics are: "Wo-ya - ya, — Wo-ya - ya, —". The third system has two measures with a key signature change from D minor to C major. The lyrics are: "Wo-ya-ya yi-ya - ya, Wo-ya-ya yi-ya - ya, Ya!". The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

1 C

we know with-in. — And we will we know we will. —

2 C

we know with-in. — And we will we know we will. —

Dm C

Wo-ya - ya, — Wo-ya - ya, —

Wo ya ya, — Wo ya ya. —

Dm C

Wo-ya-ya yi-ya - ya, Wo-ya-ya yi-ya - ya, Ya!

Wo ya ya. — Wo ya ya, — Ya!

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

In spite of all the COVID-19 restrictions and the Zooming of church activities and groups, various members of the church community continue offering Pastoral Care to UUSF congregants. The Lay Chaplains (Jan Oringer, Liz Strand, Gino Fortunato, Linda Harris, and Marty Vanderlaan) have been joined this Summer by retired ministers Margot Campbell-Gross and John Buehrens. To contact this team, send an email to chaplains@uusf.org or telephone one of the lay chaplains. We will respond to your request and connect you to someone who can help. In providing care we often rely on a network of UUSF volunteers who have indicated they are available to help other members of the congregation. We wish to express our deep appreciation for the help of these volunteers.

Humanists and Non-Theists

Unconscious Bias

Sunday, August 23, 1PM

(New ZOOM links every week)

With the killing of George Floyd and numerous other African American men displayed on TV day after day, many in the nation have risen up to say “no more”. The protest has spread not only to police killings but to the economic and social status of the Black community. Many of the problems can be traced in a direct line from slavery, to Jim Crow laws, to brutal suppression of blacks to achieve political and economic equality. African Americans also suffer the indignities of microaggression.



Dr. Eberhardt

While these problems are complex, what can science contribute to understanding and eliminating these unfair treatments of African Americans? Jennifer Eberhardt, Ph.D., a social psychologist at Stanford, published a book recently, *Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think and Do*, that describes much of her and other work exploring the role of implicit (subconscious) bias on behavior of many people, even those of us who are anti-racist. This work sheds light on the psychological processes that, unchecked, can give rise to microaggression, unjustified shooting of African Americans, and discrimination in employment and housing.

We will view a video where **Dr. Eberhardt** describes her research and **Jim Barnett** will summarize progress in understanding the neurobiological underpinnings of unconscious bias.

Join Zoom Meeting

<https://us02web.zoom.us/j/89298746914?pwd=Z3I1Skg1VVNHN2RtcmRxU3FtQ0gxZz09>

Meeting ID: 892 9874 6914

Passcode: 741666

One tap mobile

+16699006833,,89298746914#,,,,,0#,,741666# US (San Jose)

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 892 9874 6914

Passcode: 741666

Find your local number: <https://us02web.zoom.us/j/89298746914?pwd=Z3I1Skg1VVNHN2RtcmRxU3FtQ0gxZz09>



New UU: A 2-Sessions Series for Visitors and Newcomers.

Join Revs. Jacks and Southern, and special guests, for a two session New UU class in September. This interactive class will introduce you to Unitarian Universalism and our congregation. If you don't have Zoom capability, there is a simple way to call in to participate. More information will be sent to those who register. ([click here](#))

Session 1: Tuesday, September 22, 7-8:30 PM ([Register Here](#))

A Quick Journey from Past to Present, Unitarian Universalist History and Theology.

To understand where we are now culturally as a movement, in our philosophies and practices, and our place in the larger landscape of religious history, we'd like to give you an overview of some of the big sweeps of time and where Unitarian Universalism's roots began and where we find ourselves today. We will cover history, theology and a bit of what we call "polity" -- how we run ourselves and why we do it like that.

Session 2: Tuesday, September 29, 7-8:30 PM ([Register Here](#))

UUSF Past to Present

Along the same lines we'd like you to see the history of this particular congregation, it's place in the life and history of San Francisco and California. What has been part of this life, and right now how does this congregation understand the work of spiritual growth, the call to social action, what are our worship traditions (and why are they the way they are), how do we connect and take care of each other, and what is entailed in being called "a member."



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)

You are warmly welcomed to join "Morning Metta Meditation" group, which meets Tuesdays, Thursdays and Saturdays, 8-8:30 AM. Elena leads a simple, centering loving kindness 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? email elena@communityneedles.com



UUSF Forum Returns!

Mark your calendars now because the UUSF Forum will resume on **Saturday, September 19 at 11AM**. The Forum will be held over Zoom and a link with speaker information will be available in the coming weeks. Please note that discussions will now occur on Saturday mornings instead of Sunday as they did in the past. Questions? Email us at uuforum@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!

SMALL GROUP MINISTRIES

Have you been looking for a way to build a deeper connection within the UUSF community – especially during the challenges of shelter in place?

The Small Group Ministries program is an excellent way to do that, and sign up for the Fall 2020 through Spring 2021 session is open now through September. The groups meet for 2 hours every other week with groups of 10 people. Initial sessions will meet virtually through Zoom and will transition to in person meetings when it is possible to do that safely at the church.

What can you expect? Through moderated discussion and deep listening, participants explore a range of issues and topics related to spirituality, social justice and personal growth. Past topics have included understanding spiritual experiences, gratitude, Black Lives Matter, mortality and after life, connection, and the arts.

The order of services allows everyone to participate with two skilled facilitators leading the discussion. Members have the option to select topics for sessions, and there is a community service project incorporated into the series that lets everyone to volunteer in a meaningful way.

Many participants have found Small Group Ministries as a way to deepen their connection with the congregation and build meaningful friendships and support with individual members.

Past participant **Eric Shackelford** offered this perspective: "I enthusiastically recommend the small group ministry at UUSF. It has been helpful to me in making more and deeper connections at the church in a more intimate setting."

To sign up for the upcoming Small Group Ministries series, [follow this link](#) or contact Small Group Ministry coordinators, **Barbara Kovac** (415-370-9766), or **Gregg Biggs** (415-505-4690) or through sgm@uusf.org

[SIGN-UP HERE](#)



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.

[Adult Religious Education Classes](#)

Unitarian Universalist History With Rev. Dr. John Buehrens

Meets Tuesdays at 7PM for 90 minutes
September 8, 15, 22, 29 & October 6, 13

Limited to 15 people, so register today!

[Register Here](#)

Dive into the rich history of our faith tradition! Join Rev. Dr. John Buehrens, former president of the Unitarian Universalist Association, former Senior Minister of UU San Francisco, historian and “evangelical rabbi of liberal religion.” During the first session, the class will get to know each other and there will be a brief lecture. Subsequent weeks we will explore how Unitarians and Universalists separately encountered different stages of American history before consolidating in 1961, and finally, how the merged UUA has met the challenge of rapid social change over the last six decades.

- A. Ancient and European Background
- B. Universalist and Unitarian Origins in America
- C. Unitarian Transcendentalism
- D. Universalists in the Age of Reform
- E. The Gilded Age and the Progressive Era
- F. Religious Humanism and Consolidation
- G. The Six Decades of the UUA

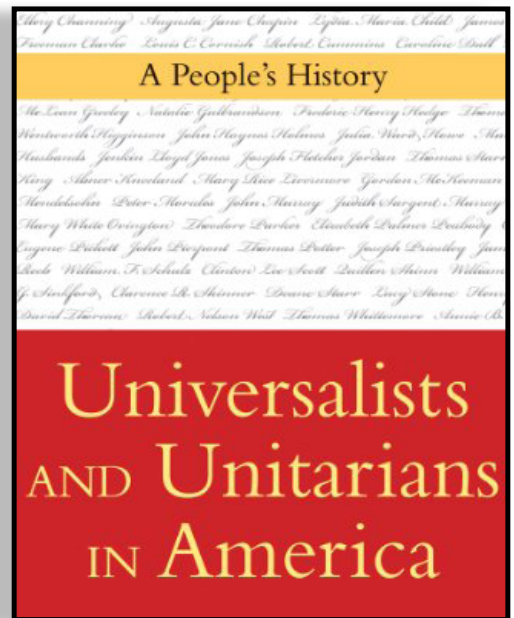
Participants are asked to read *Universalists and Unitarians in America: A People's History* (Skinner House, 2011).

Buy a physical copy from the UUA Bookstore (\$15 + shipping.) Also available as an ebook on Google or Kindle.

[Purchase Book](#)

Participants are also asked to donate \$5 per session to UUSF, but no one will be turned away.

[Make a Donation](#)



UU the VOTE



UU the VOTE

Join UU the Vote in a national phone banking effort, beginning on Tuesday, August 25, 3-5PM. To register, [click here](#). UU The Vote works with congregations across the country to help with organizing efforts for local, state and national elections. If you are interested in learning more about UU the Vote, [click here](#). Rev. Alyson Jacks is helping to organize a UU the Vote chapter in our church.

Contact her at ajacks@uusf.org.



UUSF 20s & 30s Ministry August Program

TNT Hangouts & Crafts

August 5 & 19

7:00pm to 8:30pm

Becoming Together

Wednesdays August 15 & 29

7:00pm to 8:30pm

More info at uusf.org/tnt

ART COMMITTEE

For the month of September, 2020 the Art Committee is pleased to present a virtual art show in conjunction with Sensible Cinema the art and views of Chris Beale.



"The Rohingya: On the Edge of Existence" is an in-depth exhibit by photographer Chris Beale who documents the lives of the Rohingya from Myanmar and their struggle to survive as refugees in Bangladesh. Beginning in 2011, the exhibit spans six years, taking viewers from the Rohingya's confinement in internally displaced concentration camps in Rakhine State to their forced exodus to Bangladesh in 2017. The exhibition follows the recently released UN fact-finding mission report which documents a campaign that killed thousands and forced 750,000 Rohingya to flee to Bangladesh, and concludes that several of Myanmar's top military officials should be prosecuted in an international court on charges of genocide. Beale will join us to discuss his time spent documenting the refugee crisis as it unfolded in Myanmar and Bangladesh as well as the current situation in these two countries.

For Chris Beale's interview please check out the following YouTube Video link:

[CLICK HERE](#)

For more of Chris Beale's photos and projects visit:

[CLICK HERE](#)

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.

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