"I'm Sorry"

Sunday, September 27, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



Order of Service Sunday, September 27, 2020 10:50 AM to 12:15 PM

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

Prelude

Prelude for Yom Kippur L'dor Vador [From Generation to Generation] Reiko Oda Lane, organist Herman Berlinski Meir Finkelstein

Shofar

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 217

Oh Sing Hallelujah AVINU MALKEINU Brielle Marina Neilson, song leader; Wm. García Ganz, pianist

(CLICK HERE OR SCROLL DOWN TO PAGES 5 & 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

1

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



Ritual of Remembrance and Commitment

Rev. Vanessa Rush Southern

Spoken and Silent Meditation

Music

"Kol Nidrei" Max Bruch Bill Klingelhoffer, french horn; Wm. García Ganz, pianist

Reflection

Offertory

The Offering this morning will go to support the work of DRUUMM, a UU People of Color Ministry and anti-racist collective.



Music "Lullaby of the Leaves" Bernice Petkere, music; Joe Young, lyrics Brielle Neilson, mezzo soprano; Bill Klingelhoffer, french horn; Wm. García Ganz, pianist

Reading

Hymn 219

9 Oh Hear, My People L'CHA DODI Brielle Marina Neilson, song leader; Reiko Oda Lane, organist (CLICK HERE OR SCROLL DOWN TO PAGE 7 TO VIEW HYMN)

Sermon "I'm Sorry" Rev. Vanessa Rush Southern



Music

"Pick Yourself Up" Jerome Kern, music; Dorothy Fields, original lyrics, UU updated by Bill Klingelhoffer Brielle Neilson, mezzo soprano; Bill Klingelhoffer, french horn; Wm. García Ganz, pianist

Nothing's impossible I have found, for when my chin is on the ground, I Pick myself up, Dust myself off, Start all over again.

Don't lose your confidence if you slip, be grateful for a pleasant trip, And Pick yourself up, Dust yourself off, Start all over again.

Work like a soul inspired, 'til the battle of the day is won.

Benediction

Shofar

Postlude

Fantasy on "Leoni"

You may be sick and tired, but it's how the job gets done.*

Will you remember the women and men**, who had to fall to rise again? So take a deep breath, Pick yourself up, Dust yourself off, Start all over again.

*orig. "but you'll be a man my son." **orig. "...famous men."

Rev. Vanessa Rush Southern

Reiko Oda Lane, organist A Hebrew Melody, Camil Van Hulse

PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister Sam King, Worship Associate Technology Jonathan Silk, sound Eric Shackelford, camera Shulee Ong, camera Joe Chapot, social media Alex Darr, zoom Thomas Brown, sexton

Musicians

Reiko Oda Lane, organist Brielle Neilson, mezzo soprano Bill Klingelhoffer, french horn Wm. García Ganz, pianist

Our offering this morning will go to support DRUUMM. DRUUMM is a Unitarian Universalist People of Color Ministry and anti-racist collective bringing lay and religious professionals together to overcome racism through resistance and transform Unitarian Universalism through our multicultural experiences. You can find out more at <u>DRUUMM.org</u>.



Words: Adapt. from Psalm 150 and Avinu Malkeinu Music: A. W. Binder, 1895–1966

AVINU MALKEINU Irregular with refrain



O Hear, My People

219



Words: From Rabbi Nachman of Bratzlav, 1770–1811 Music: L. Lewandowski, 1821–1894

l'cha dodi L.M.

DAYS OF AWE

What's Coming Up? Ways to Connect in These Times



Virtual Coffee Hour: Starts at 12:15 PM

Join via Zoom: <u>https://zoom.us/j/725737157</u> 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, <u>click here</u>. You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) <u>click here</u>.

During these times we want you to have our email 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:

Please contact Rev. Alyson Jacks (ajacks@uusf.org) or Vanessa Southern (vrsouthern@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. <u>The Lay Chaplains</u> (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 <u>chaplains@uusf.org</u> 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.

SMALL GROUP MINISTRIES

During these challenging times, many of us are looking for a way to find connection within the congregation and a way to have thought conversations around spirituality and life's journey.

*****Sign-up by Monday, September 28 (click here)****

The Small Group Ministries program is an excellent way to do that. You can sign up for the next series that runs from the first week of October through May now through the end of 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. You can also participate by phone.

Bobbi Kovac, Co-Coordinator of Small Group Ministries, shares why the program has been meaningful to her:

"I have participated in the Small Group Ministry (SGM) for the last three years as a member, a co-facilitator, and co-coordinator.

"It has been my privilege to meet through these years, inspiring and personable individuals with a commitment to the holding of others, in compassion and mutuality.

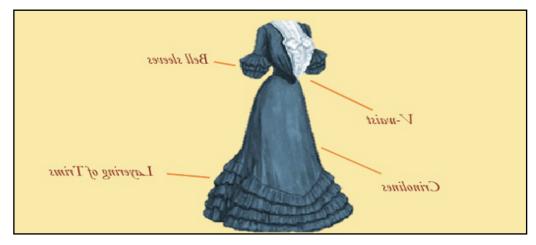
"SGM allows for one to have a secure space within a group, to be free to be vulnerable and share in the discovery and exploration of current ideas in philosophical trends, intercultural connections, our relationships with each other and with our planet, and to serve as a host for our infinitely diversified, human interests.

"The group process enables us to open to and experience uplifting affirmational thoughts, poetry writings, musical and artistic pieces. This serves to strengthen remembering our connection to our deeper selves and our life's purpose.

"Finally, SGM offers us a cherished time, through two meetings each month, to broach our illusory walls in order to evolve in our own awakening, with a luminous heart."

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

SIGN-UP HERE



Humanists and Non-Theists Off With The Corsets

Sunday, September 27, 1PM

(New ZOOM links every week)

Historian and UC Berkeley PhD graduate student, Amy O'Hearn will join us to discuss her visual program OFF WITH THE CORSETS, women's clothing of the 19th Century. She'll discusses corsets, which choked internal organs, bloomers, bicycle clothing and other dress fashion which restricted women's ability to do just about anything physical. Clothing had to change to liberate women!

Please join us for this Zoom meeting using the link below:

https://us02web.zoom.us/j/83585995829?pwd=amozTGRYWnhWS09UNEdkSXZ4ektLZz09

Meeting ID: 835 8599 5829 Passcode: 650339

One tap mobile +16699006833,,83585995829#,,,,,0#,,650339# US (San Jose)

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

Find your local number: https://us02web.zoom.us/u/kiIoY0YLp



ASK VANESSA

The Search Committee is offering our members a chance to sign up for an "Ask-Vanessa" gathering if they have questions, or thoughts about her ministry. Most of these conversations will happen by Zoom (with an option to participate by phone).

We will keep the groups to no more than 10 to facilitate a chance for real participation by all who join that gathering. Please do not feel an obligation to participate in one of these meetings. We realize that our members have had three years to get to know Vanessa, and most will feel fully informed around the vote they are being asked to cast.

These gatherings are being offered for members who might still have questions or want to offer suggestions for her called ministry. Below is the schedule of remaining gatherings.

If you would like to participate, please <u>click here</u>

Questions can be directed to Search Committee Member, Kathleen Quenneville (<u>kquen@pacbell.net</u>).

Sessions:

Sunday, September 27 @3-4 p.m.; Tuesday, September 29 @Noon-1 p.m. Wednesday, September 30 @7-8 p.m.



CONGREGATIONAL MEETING

Sunday, October 4, 12:30 PM

Calling and Settling Our Minister

This past July, the Ministerial Search Committee gave its unanimous, enthusiastic recommendation that the **Reverend Vanessa Rush Southern** be called as the Society's Senior Minister. Based on the Search Committee's recommendation, the Board voted to call a special meeting of the members to vote on this recommendation. This will be the only business conducted at the Congregational Meeting.

There will be some special entertainment after the vote.

If you are unable to attend the Congregational Meeting, you may submit an Absentee Ballot (here). Members without access to a computer or other electronic devise are encouraged to vote absentee so that votes can be easily counted. Please note that members can still join the Congregational Meeting (by Zoom or phone) even if they have already voted absentee, but their vote during the meeting will not be counted if the absentee ballot has been received.

Information about how to join the Congregational Meeting using Zoom is coming soon!

Questions? Email us at info@uusf.org

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 <u>classes</u>, <u>small group ministry</u> and <u>other programs</u> available to you. And, please consider joining our church community.

To learn more about membership, schedule an appointment with <u>Revs Alyson Jacks</u> or <u>Rev. Vanessa</u> <u>Southern</u> so that we can get to know you and answer your questions. Our September New UU class has filled.

Check our <u>website</u> and upcoming <u>FLAME</u> for dates and registration for the next session.

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!

Wednesday Morning Vigils are Back!

Wednesdays from 7:30-9AM at UUSF

We are at a real turning point in history when the choices we make as individuals and as a country will have major lasting implications and effects. We cannot afford to be silent. So we invite you to join fellow UUs and other people of faith and conscience to gather together with signs and banners in front of our church on Wednesday mornings from 8-9 AM to stand up for what is right and moral.

Each week we will have a special focus. Last week's was on Environmental Justice, the Environmental Crises we face, and the disastrous effects Climate Change. The week before the focus was on Black Lives Matter and the lives lost to racism. This week we will be focusing on Immigrations Justice, the increasingly urgent need to Close the Immigrations "Camps" for both children and adults and the recent horrible whistleblower revelations regarding forced sterilization of women in immigration detention in a facility in Georgia (https://www.brennancenter.org/our-work/analysis-opinion/forced-sterilization-accusations-ice-facility-fit-trumps-poor-treatment). This week and every week we will focus on the extreme importance of voting our convictions and our consciences this November and of holding our elected officials accountable.

UUSF Forum Saturday

What is Fascism? - "If You're Not Scared about It in the U.S., You Should Be" Saturday, October 3, 11AM (On Zoom)

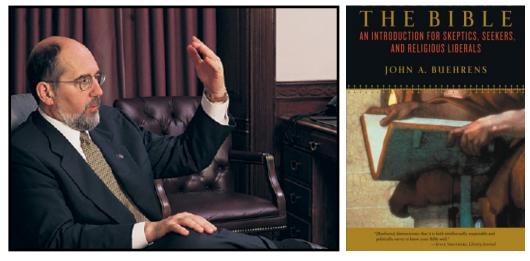


So says Yale Professor Jason Stanley recently on CNN, Democracy Now, the Thom Hartmann Program and elsewhere. Join us to view his interview on Amanpour and Company on how the U.S. is losing its democratic status. He defines fascism as an ideology based on power, loyalty, and fear of the Other, who is singled out ethnically, nationally or by religion. He talks about its recent encroachments, as well as other findings in his book *How Fascism Works: The Politics of Us and Them.* Zoom Link Below

https://zoom.us/j/2200241232?pwd=aCt1dWI0OGxUdUxjeUJ5K0xSY09uUT09

Meeting ID: 220 024 1232 Passcode: 328697

One tap mobile +16699006833,,2200241232#,,,,,0#,,328697# US (San Jose) Dial by your location +1 669 900 6833 US (San Jose) Find your local number: https://zoom.us/u/adBV68Dcre



Adult Religious Education Programs

Understanding the Bible Led by Rev. Dr. John Buehrens

Meets Thursdays at 7PM for 90 minutes

Register Here

Whether we love it or hate it, the Bible is part of our culture's DNA. Our history, art, literature, and politics have all been shaped by biblical themes and interpretations. No social change movement has ever succeeded in America without a liberationist interpretation of the scriptures. UUSF's former Senior Minister, John Buehrens, invites you to join him this fall in a nine part exploration of the Hebrew Bible, known to most Christians as the "Old Testament."

The text will be his 2004 book, *Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals.* It is available from the UUA Bookstore here. Each session, after the first, will involve a close reading of one or more well-known Biblical texts. The course starts on Thursday, October 8, at 7 pm, and runs nine sessions, skipping Thanksgiving night, Nov. 26, and ending December 10. More info on our website here.

Participants are also asked to donate \$5 per session to UUSF, but no one will turned away. Please use the Adult Religious Education line when making your donation: <u>Here</u>



Adult Religious Education Programs

Morning Metta Meditation

Tuesdays, Thursdays and Saturdays, 8-8:30 AM

Led by Elena Hanyo Perez

The zoom link: <u>https://us04web.zoom.us/j/75735734442</u> (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 Hanyo 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

Adult Religious Education Programs

Equanimity Practice

Fridays, 8-8:30 AM

Led by Elena Hanyo Perez

The zoom link: <u>https://us04web.zoom.us/j/75735734442#success</u> (password metta)

You are warmly welcomed to join our "Equanimity Practice" group, which meets on Fridays, 8-8:30 AM. Elena Hanyo leads a simple meditation practice on cultivating equanimity- that is accepting the reality of life's highs and lows, and developing an attitude of peaceful calm abiding throughout the inevitable changes.

This practice balances the heart centered approach of our other group, lovingkindness- as it is common to get attached to positive outcomes for those we spend time wishing well. Equanimity allows us to develop mental stability and even-minded loving awareness. Appropriate for all religious backgrounds and levels of meditation experience. Attendees can choose to leave their microphone and camera off and just follow along.

Questions? email elena@communityneedles.com



BAY AREA FOOD INSECURITY ON THE RISE! NEED Help? Want to GIVE Help? BOTH?

Food insecurity is on the rise across the nation, including the Bay Area, as the continued COVID-19 pandemic affects jobs and reduces the access to healthy food by vulnerable seniors and individuals in quarantine. One study says that food insecurity has tripled in San Francisco in the past 6 months. If you are among this rising number of people and don't know how to access healthy food, we are here to help:

To Get Help connecting with sources of free healthy food, contact our lay chaplaincy team at <u>Chaplains@uusf.org</u>

THE SAN FRANCISCO / MARIN FOOD BANK NEEDS YOUR HELP!!!

In the past six months, his wonderful organization has almost doubled the number of households it serves to about 60,000 a month. Both the increase in the number of people served and the suggestion that those over 60 do not volunteer for safely reasons during the pandemic has produced a critical need for younger volunteers.

TO HELP, please join us at the INTERFAITH FOOD PANTRY!

Every Saturday 7:30 AM to 11AM <u>SIGN-UP HERE</u>

Adult Religious Education Programs

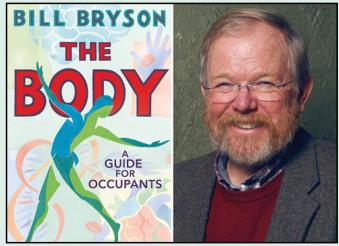
Minister's Book Group: October

Led by Rev. Vanessa Rush Southern

"The Body: A Guide for Occupants" by Bill Bryson

Dates: Wednesday, 10/28, 6:30-8 PM Thursday, 10/29, noon-1:30 PM

Full disclosure: my biannual Minister's study group is reading this so it's my October book, but also one I would love a chance to discuss with all of you. Especially in this time of vulnerability around our bodies and health, but also as inheritors of



traditions in Christianity that have distrusted body and embodiment, I thought this would be a good, fun dive into our most intimate partners in this life, our sweet bodied selves.

Register Here

Writing with JD

2nd and 4th Wednesdays from 12PM to 2PM Beginning October 28! Led by Rev. JD Benson

Class Size Limited to 10



Join Rev. JD Benson for a structured, prompt & reflection-driven writing opportunity. We will offer appreciations, not critique, for prose or poetry written & shared in our time together. Work may be completed in 10 minute writing sections. Anything you write could perhaps be the start of something you'll take further at home! Note: that this is NOT a time to bring in writing to be critiqued or workshopped.

Register Here

October Brings the Harvest Moon!

For the ZOOM link to the Pagan Interest Circle's Full Moon Ritual, Saturday October 3 at 7PM, contact **Christine Patch-Lindsay** at <u>cplhealer@comcast.net</u>.

For our Full Harvest Moon Ritual, we are still in the energy of Mabon, the Autumnal Equinox, the second of the three Wiccan Harvest Celebrations. It is a time of balance; harvest involves winnowing of what to keep and what to cast away. Harvest work is deciding what provisions to stash in the pantry and what to put out on the table to share, what things you might need to pass along to make room for the things you know you'll use. It is a time of thanksgiving for the bounty of our harvest, our personal accomplishments, the fruits of our labor.

We reflect on the ways we choose to share our personal harvests with family, friends and the wider community. Traditionally, communities celebrated with harvest fairs. The PICT community celebrates with an on-line version of our Harvest Soup Ritual.

Betsy Darr, who will be leading, says:

"I will create a kitchen altar with the ingredients for a vegetable soup, and be making the soup during parts of the ritual. Each participant will choose what a few ingredients—vegetables, aromatics, spices, or herbs--symbolize for their personal harvest and carry them through the next season. These can be ingredients present on my altar or ones you need to add virtually. You are welcome to try cooking in sacred space. We'll imbue our soup(s) with power and sample it, virtually. I suggest you bring something to eat to the gathering, and maybe some bread to go with it, so I won't be eating alone." For more information, contact Betsy at <u>betdarr@gmail.com</u>



Welcome to the First Unitarian Universalist Society of San Francisco

Since its founding in 1850 our congregation has been a beacon of religious Biberalism 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 <u>www.uusf.org</u>.

First Unitarian Universalist Society of San Francisco 1187 Franklin Street, San Francisco, CA 94109 415-776-4580 / <u>info@uusf.org</u>