

A scenic photograph of a beach at low tide. In the foreground, a large, dark tree trunk is on the right, and its leafy branches hang over the left side of the frame. The beach is sandy with some wet patches reflecting the sky. The ocean is calm, meeting the shore with a gentle curve. In the distance, a line of trees marks the horizon under a clear blue sky.

# "BREATHING ROOM"

Sunday, October 18, 2020, 10:50 AM

First Unitarian Universalist Society of San Francisco



**Order of Service**  
**Sunday, October 18, 2020**  
**10:50 AM to 12:15 PM**

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

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"Another world is not only possible, she is on her way.  
On a quiet day, I can hear her breathing."

- Arundhati Roy

Prelude

*The Seasons*

Reiko Oda Lane, organist

Antonio Vivaldi

Introit

Sarah Rose Cohen, soprano; Brielle Marina Neilson, mezzo soprano;  
Ben Rudiak-Gould, tenor; Asher Davison, baritone, Mark Sumner, singer/director  
*In the Cool of the Morning* words and music Melanie De More

Opening and Welcome

Rev. Alyson Jacks, Associate Minister

Hymn 52

*In Sweet Fields of Autumn*

CRADLE SONG

Sarah Rose Cohen, Brielle Marina Neilson; Ben Rudiak-Gould;  
Asher Davison, song leaders; Reiko Oda Lane, organist

[\(CLICK HERE OR SCROLL DOWN TO PAGES 5 & 6 TO VIEW HYMN\)](#)

Unison Chalice Lighting

Carmen Barsody, 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.

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

Carmen Barsody

Spoken and Silent Meditation

Rev. Alyson Jacks

Music Sarah Rose Cohen, soprano; Brielle Marina Neilson, mezzo soprano;  
Ben Rudiak-Gould, tenor; Asher Davison, baritone, Mark Sumner, singer/director  
*Ocean Breath* words and music Helen Greenspan

Reflection Carmen Barsody

### Offertory

The offering today goes to support the work and ministries of the congregation.



Music Reiko Oda Lane, organist  
*Let All Things Now Living* Winston Cassler

Reading Carmen Barsody  
"Opening Up" by Peter Davison

Music Sarah Rose Cohen, soprano; Brielle Marina Neilson, mezzo soprano;  
Ben Rudiak-Gould, tenor; Asher Davison, baritone, Mark Sumner, singer/director  
*I Sing Because* words and music Christopher Rust

Sermon "Breathing Room" Rev. Alyson Jacks

Hymn 134 *Our World is One World* CHERNOBYL  
Sarah Rose Cohen, Brielle Marina Neilson; Ben Rudiak-Gould;  
Asher Davison, song leaders; Reiko Oda Lane, organist

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



Benediction

Rev. Alyson Jacks

Postlude

*La Beatitudo*

Reiko Oda Lane, organist

Charles Piroye

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# PARTICIPANTS

## Service Notes

Rev. Alyson Jacks, Associate Minister

Carmen Barsody, Worship Associate

## Technology

Eric Shackelford, camera

Shulee Ong, camera

Jonathan Silk, sound

Joe Chapot, social media

Thomas Brown, sexton

Alex Darr, Zoom Coffee Hour

## Musicians

Reiko Oda Lane, organist

Mark Sumner, singer/director

Sarah Rose Cohen, soprano

Brielle Marina Neilson, mezzo soprano

Ben Rudiak-Gould, tenor

Asher Davison, baritone

## Order of Service

Scott Cunningham, cover photo

Jonathan Silk, design



# 52 In Sweet Fields of Autumn

*♩ - 104 Unison*

1. In sweet fields of au - tumn the gold grain is  
 2. The snows of De - cem - ber shall fill wind - y  
 3. The still - ness of death shall stoop o - ver the

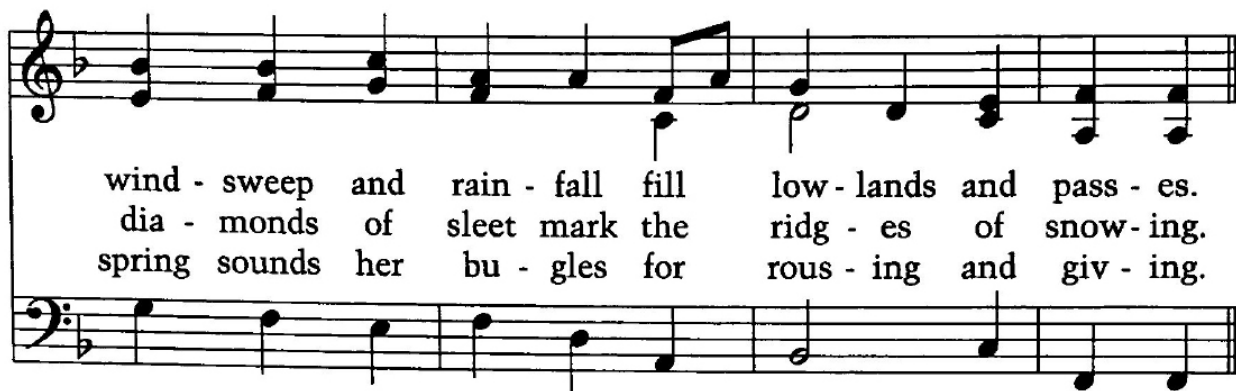
fall - ing, the white clouds drift lone - ly, the  
 hol - low; the bleak rain trails af - ter, and  
 wa - ter, the plov - er sweep low where the

wild swan is call - ing. A - las for the  
 March wind shall fol - low. The deer through the  
 pale stream - lets fal - ter; but deep in the

dai - sies, the tall fern and grass - es, when  
 val - leys leave print of their go - ing; and  
 earth clod the black seed is liv - ing; when

Words: Elizabeth Madison, b. 1883, used by perm. of Hodgin Press  
 Music: William James Kirkpatrick, 1838-1921, harmony by Ralph Vaughan  
 Williams, 1872-1958, © 1931 Oxford University Press

CRADLE SONG  
 12.12.12.12.



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## Get Connected!

[www.uusf.org](http://www.uusf.org)

[Subscribe to the Complete Service Podcast here](#)

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

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

[View our YouTube videos here](#)

[Read our Newsletters here](#)

# 134 Our World Is One World

*♩ - 56 Unison*

1. Our world is one world: what touch - es  
 2. Our world is one world: the thoughts we  
 3. Our world is one world: its ways of  
 4. Our world is one world, just like a

one af - fects us all: the seas that wash us  
 think af - fect us all: the way we build our  
 wealth af - fect us all: the way we spend, the  
 ship that bears us all: where fear and greed make

round a - bout, the clouds that cov - er  
 at - ti - tudes, with love or hate, we  
 way we share, who are the rich or  
 man - y holes, but where our hearts can

us, the rains that fall.  
 make a bridge or wall.  
 poor, who stand or fall?  
 hear a dif - ferent call.

Words & music: Cecily Taylor, 1930- , © 1988 Stanier & Bell, Ltd.,  
 all rights reserved, used by perm. of Galaxy Music Corporation  
 Music arr. by Richard Graves, 1926- , © 1988 Stanier & Bell, Ltd.

CHERNOBYL  
 5.8.8.6.4.

LOVE AND COMPASSION

# 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 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](mailto:ajacks@uusf.org)) or Vanessa Southern ([vrsouthern@uusf.org](mailto: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. [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](mailto: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

# Covid-19 Vaccines

Sunday, October 18, 1PM

(New ZOOM links every week)

Covid-19 is a worldwide pandemic that is causing havoc around the world. The number of cases and deaths as well as economic hardship continues to grow. It is generally believed that the pandemic can only be stopped with the development of a vaccine.



Over 150 vaccines are under development around the world. Approaches range from the traditional method of using killed or attenuated virus to advanced genetic engineering technology. **Jim Barnett** will review these technologies and progress in the clinical trials of the most promising of these vaccines.

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

<https://us02web.zoom.us/j/87970060931?pwd=b2VVb0JmbzFWemR4TVBjVEs2dHVIUT09>

**Meeting ID:** 879 7006 0931

**Passcode:** 065609

**Dial by your location**

+1 669 900 6833 US (San Jose)

**Find your local number:** <https://us02web.zoom.us/j/87970060931?pwd=b2VVb0JmbzFWemR4TVBjVEs2dHVIUT09>





## Forum: Call for Action and March for Democracy!

Saturday, October 24, 12:30 PM to 2:30 PM

We unite against those who seek to limit people's right to vote, intimidate voters at the polls, or intend to ignore the electoral outcome. We join the local and national civic and labor organizations in a day of action to protect our constitutional rights to a fair election.

Join members of Forum on Saturday, October 24 from 12:30 PM to 2:30 PM for a rally at Dolores Park, Mission High School Steps, and march to San Francisco City Hall.

Wear masks, maintain social distance, bring water. This is a non-violent demonstration.

[For more info click here!](#) Questions? Email [marchfordemocracy.sf@gmail.com](mailto:marchfordemocracy.sf@gmail.com)

## Wednesday Morning Vigils!

Wednesdays from 7:30-9AM at UUSF

As a consequential election approaches, With the overt threat to subvert its outcome; With the prospect of a shift in the Supreme Court that could threaten long held basic rights; Our choices and our voices on the ballots and in the public square are critical.

We cannot afford to be silent. We invite you to join fellow UUs and other people of conscience as we gather with signs and banners in front of our church.

We have banners and signs but feel free to make and bring your own addressing those concerns you find most critical to raise.

We want to do this in a way that is safe for everyone so please bring and wear your masks, use hand sanitizer, and socially distance.

The garage and interior of the church will not be available so please find street parking if you drive.



Let us know what you think at [neveragain@uusf.org](mailto:neveragain@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 [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 Alyson Jacks](#) or [Rev. Vanessa Southern](#) so that we can get to know you and answer your questions. Our September New UU class has filled.

Check our [website](#) and upcoming [FLAME](#) for dates and registration for the next session.



## Yoga with Amy!

Wednesdays

7PM - 8:15 PM

October 21 - December 16

Led by Amy Hunt

[Register here](#) or email us at [info@uusf.org](mailto:info@uusf.org)

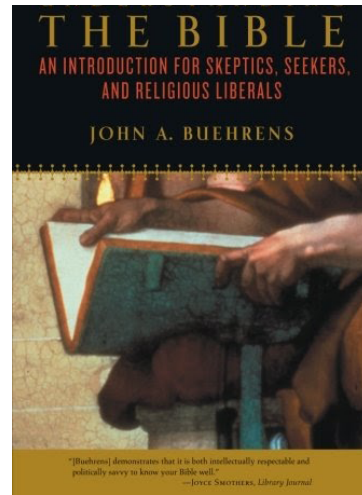
You are invited to join **Amy Hunt** for weekly online yoga sessions, every Wednesday evening, from 7-8:15 PM, from October 21 to December 16. These sessions are open to anyone, from those with no previous yoga experience to longtime yoga practitioners. As in most yoga classes, the sessions promote strength, flexibility, balance, and focus, as well as creating space for relaxation, but these particular sessions have a therapeutic intention, aimed to increase the resilience of your nervous system, essential to managing stress.

These sessions are drop in, which means that you are free to join when you can. However, while a single yoga class can help us reset, the benefits of yoga practice build over time, so it's best to attend sessions each week if possible.

About the Leader: Amy Hunt is a yoga teacher and yoga therapist (C-IAYT), as well as a high school English and Psychology teacher (and a UU!) Her training is primarily from the Minded Institute, where she studied yoga therapy for mental health. She's been running yoga sessions for stress, anxiety, depression, and trauma for individuals and groups of adults and young adults for 5 years. She recently relocated to the Bay Area, where she is training with the Prison Yoga Project.







## [Adult Religious Education Programs](#)

### Understanding the Bible

Led by Rev. Dr. John Buehrens

Meets Thursdays at 7PM for 90 minutes

**Next Class: Oct. 22 - Generations: The Patriarchs and Matriarchs**

[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.

More info on our website [here](#).

[Register Here](#)

**Humanists and Non-Theists**

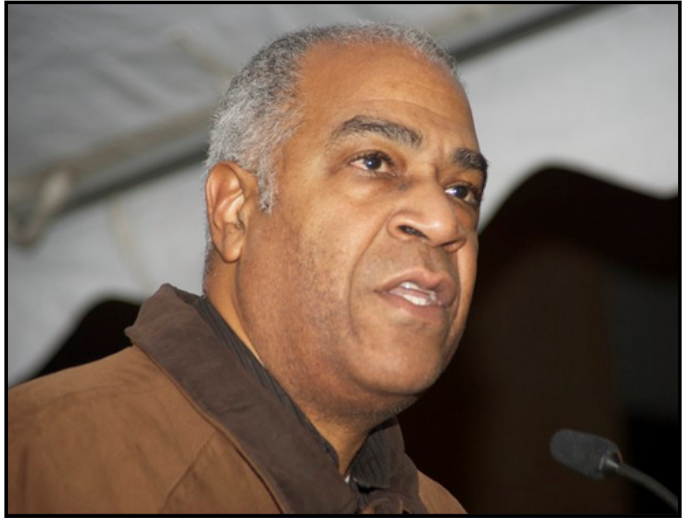
# **Haiti and the Impact of COVID 19**

**Sunday, October 25, 1PM**

**(New ZOOM links every week)**

Pierre Labossiere is the cofounder and leader of the Haiti Action Committee.

He is considered the progressive voice on Haitian politics and has worked tirelessly his entire adult life to advance human rights and dignity for his fellow Haitians.



He will discuss the current status of Haiti and the impact of COVID 19 on the island.

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

<https://us02web.zoom.us/j/85955580766?pwd=cUpMSmFYWGh6QkpkaDgzOGNDNS9Bdz09>

**Meeting ID:** 859 5558 0766

**Passcode:** 908462

**Dial by your location**

+1 669 900 6833 US (San Jose)

**Find your local number:** <https://us02web.zoom.us/j/85955580766?pwd=cUpMSmFYWGh6QkpkaDgzOGNDNS9Bdz09>

## Adult Religious Education Programs

### **Minister's Book Group: October**

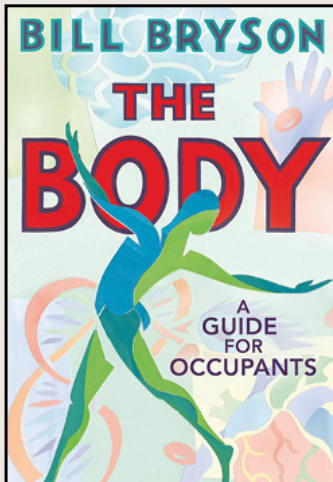
Led by Rev. Vanessa Rush Southern

**"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](#)

# Aging As Spiritual Opportunity

Tuesdays from 2:30 PM - 3:30 PM

October 20 thru November 24

Led by Rev. Margot Campbell Gross and Rev. Mary McKinnon Ganz

Join Minister Emerita Rev. Margot Campbell Gross and former Assistant Minister Rev. Mary McKinnon Ganz for a six session gathering for anyone interested in aging as a spiritual opportunity.

[Register Here](#)



## Minister's Book Group: November

Led by Rev. Vanessa Rush Southern

“Caste” by Isabel Wilkerson

### DATES:

Wednesday Group, 6:30-8 PM, 11/4, 11, 18

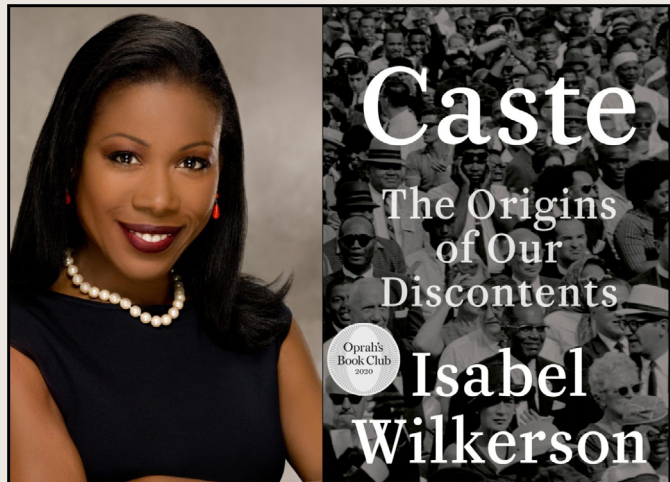
Thursday Group, noon-1:30 PM, 11/5, 12, 19

### ASSIGNMENTS:

Week of 11/4 and 5 — Parts I, II & III (through Pillar number 4).

Week of 11/12 and 13 — Rest of Part III & All Part IV.

Week of 11/18 and 19 — The remainder through the Epilogue.



This book is already getting lots of press and buzz about its comparison of American class to systems of caste and rigid social hierarchies in India and Na-zi Germany. Wilkerson the Pulitzer Prize-winning author of “The Warm of Other Suns” about the Great Migration will be worthy reading hot off the press. Because the book is long and dense we will go through it over three weeks — you can join either the Wednesday group or the Thursday group. Just above and to the left are the dates and the Reading Assignments. [Registration link coming soon!](#)





### [Adult Religious Education Programs](#)

## **Morning Metta Meditation**

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

**Led by Elena Hanyo 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 Hanyo 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](mailto:elena@communityneedles.com)

### [Adult Religious Education Programs](#)

## **Equanimity Practice**

Fridays, 8-8:30 AM

**Led by Elena Hanyo Perez**

The zoom link: <https://us04web.zoom.us/j/75735734442#success> (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](mailto: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 [Chaplains@uusf.org](mailto:Chaplains@uusf.org)

## **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 safety 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  
[SIGN-UP HERE](#)



For the month of October the **Art Committee** is pleased to present the virtual art show by the Society of Layerists in Multi-Media (SLMM).

[Awakening--Together in Change](#)

**an online Exhibit by the Pacific Coast/Canada Region of SLMM**

Our Region was looking forward to a traditional, physical exhibit at the Unitarian Church in San Francisco in Fall 2020 when the Corona Virus Pandemic hit. We had just completed a very successful group project on Global Warming/Climate Change. It had been put up in the Tiburon Town Hall which then had to close after a week.

When I polled the members they were very enthusiastic to go ahead with a virtual exhibit on the SLMM web site. They expressed many ideas for a title for the show and we finally decided on "Awakening--Together in Change." I think that each person expressed their own feelings about and response to the extraordinary times we are living in, as well as the sense of connection that we have as artists sharing our creative process.

Jenny Badger Sultan Coordinator, Pacific Coast/Canada Region

[To view this show click here](#)

*"We are Tribe" painted by Janaia Donaldson*

<u><a href="#">Click Here to Watch Last Weeks Worship Service</a></u>	
	 <b>10:50 AM SUNDAY</b>





## CALL FOR ACTION

Please join us to

### PROTECT OUR ELECTION

We, members of progressive groups in San Francisco, out of concern for the direction of this country and the November 3 election, invite you to

# MARCH FOR DEMOCRACY

We unite against those who seek to limit people's right to vote, intimidate voters at the polls, or intend to ignore the electoral outcome. We join with local and national civic and labor organizations in a day of action to protect our constitutional rights to a fair election.

**WHAT:** March for Democracy SF before the election, to continue as needed in the following weeks

**WHEN:** Saturday, October 24, 12:30 – 2:30 PM

**WHERE:** Rally at Mission High School Steps, 3750 18th St. (across from Dolores Park) followed by a march to San Francisco City Hall

**SAFE and PEACEFUL:** Wear masks, maintain social distance, bring water. This is a non-violent demonstration.

We are working with organizations across the country holding similar marches. We believe it is essential to show publicly that the majority of the American people will not accept any interference in this constitutional process and moral imperative. We will not tolerate efforts to thwart peaceful voting or maneuvers to ignore the people's intended choice. Let us join together. In solidarity, we are powerful!

Let us know if you and/or your organization can participate in our March for Democracy SF.

Please contact: [marchfordemocracy.sf@gmail.com](mailto:marchfordemocracy.sf@gmail.com)

Thank you.



# 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](http://www.uusf.org).

First Unitarian Universalist Society of San Francisco  
1187 Franklin Street, San Francisco, CA 94109  
415-776-4580 / [info@uusf.org](mailto:info@uusf.org)