

A photograph of a large stone arch bridge spanning a river. The bridge is made of light-colored stone and has a single large arch. In the background, a town with colorful buildings and a church spire is visible on a hillside. The water in the river is a deep green color. The sky is a clear, pale blue.

REBUILDING TRUST

First Unitarian Universalist Society of San Francisco
Sunday, November 8, 10:50 AM, 2020



Order of Service
Sunday, November 8, 2020
10:50 AM to 12:15 PM

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

New to UUSF? [Complete our Newcomer Form Here](#)

“Build bridges, not walls.” Pope Francis

Prelude

There Is a Balm in Gilead
Roll, River Jordan

Reiko Oda Lane, organist
Olive Nelson Russell
Ralph Simpson

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 318

We Would Be One

FINLANDIA

Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders;
Mark Sumner, director; Reiko Oda Lane, organist

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

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.

Brief Invitations

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. John Buehrens

Spoken and Silent Meditation

Rev. Vanessa Rush Southern

Music Leandra Ramm, soprano; Brielle Marina Neilson, alto; Ben Rudiak-Gould, tenor;
Asher Davison, bass; Mark Sumner, director
Teach Your Children arr. Philip Lawson; Graham Nash

Reading "The Cellist of Sarajevo"

Rev. John Buehrens

Benediction

Rev. Vanessa Rush Southern

Postlude

I Vow to Thee, My Country (from “The Planet”)

Reiko Oda Lane, organist
Gustav Holst



PARTICIPANTS

Service Notes

Rev. Dr. John Buehrens
Rev. Vanessa Rush Southern, Senior Minister

Technology

Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, sound/oos design
Joe Chapot, social media
Thomas Brown, sexton
Alex Darr, Zoom Coffee Hour

Musicians

Reiko Oda Lane, organist
Mark Sumner, pianist/director
Andrés Vera, cellist
Leandra Ramm, soprano
Brielle Marina Neilson, mezzo soprano
Ben Rudiak-Gould, tenor
Asher Davison, bass

Cover photo of Mostar, Bosnia and Herzegovina by [Faruk Kaymak](#)

We Would Be One

d = 69

1. We would be one as now we join in sing-ing
2. We would be one in build-ing for to - mor - row

our hymn of love, to pledge our - selves a - new
a no - bler world than we have known to - day.

to that high cause of great - er un - der - stand - ing
We would be one in search - ing for that mean - ing

of who we are, and what in us is true.
which binds our hearts and points us on our way.

⊕ Words: Samuel Anthony Wright, 1919—
Music: Jean Sibelius, 1865–1957, arr. from *The Hymnal*, 1933,
© 1933, renewed 1961 Presbyterian Board of Christian Education

FINLANDIA
11.10.11.10.11.10.

We would be one in liv - ing for each oth - er
As one, we pledge our - selves to great - er ser - vice,

to show to all a new com - mu - ni - ty.
with love and jus - tice, strive to make us free.



1030

Siyahamba

(We Are Marching)

♩ = 120

D G D7 G C G C

Zulu: Si - ya - hamb' e - ku - kha - nyen' kwen - khos', si - ya
 We are *march - ing in the light of God, we are
 Ca min - an - do en la Luz de Dios

hamb' e - ku - kha - nyen' kwen - khos'. Si - ya
 march - ing in the light of God. We are

hamb' e - ku - kha - nyen' kwen - khos', si - ya
 march - ing in the light of God, we are

Camen

Dios

*Note: Replace "marching" with other words: singing, dancing, walking, etc.

Words & music: South Africa, 20th Cent.
 ed. Anders Nyberg, © 1984 Utryck. Walton Music Corp. admin. Used by permission.
 SIYAHAMBA, Irregular

Siyahamba - 2

(Melody) D G G7
 hamb' e - ku - kha - nyen' kwen - khos'. _____ Si - ya
 march - ing in the light of God. _____ We are

(Harmony)
 hamb' e - ku - kha - nyen' kwen kha - nyen' kwen - khos'. _____ Si - ya
 march - ing in the light of, the light of God. _____ We are

hamb' e - ku - kha - nyen' kwen - khos'. _____ Si - ya
 march - ing in the light of God. _____ We are

Camen

C G C
 ham - ba, _____ oo, _____ si - ya -
 march - ing, _____ oo, _____ we are

ham - ba, ham - ba, si - ya - ham - ba, ham - ba, si - ya -
 march - ing, march - ing, we are march - ing, march - ing, we are

ando *Vamos Camen - ando* *Vamos Camen*

D G G7
 hamb' e - ku - kha - nyen' kwen - khos'. _____ Si - ya
 march - ing in the light of God. _____ We are

hamb' e - ku - kha - nyen' kwen - kha - nyen - kwen - khos'. _____ Si - ya
 march - ing in the light of, the light of God. _____ We are

hamb' e - ku - kha - nyen' kwen - khos'. _____ Si - ya
 march - ing in the light of God. _____ We are
ando en la Luz de Dios

Siyahamba - 3

C G C

ham - ba, _____ oo, _____ si - ya -
 march - ing, _____ oo, _____ we are

ham - ba, ham - ba, si - ya - ham - ba, ham - ba, si - ya -
 march - ing, march - ing, we are march - ing, march - ing, we are

D G D D

hamb' e - ku - kha - nyen' kwen - khos' -
 march - ing in the light of God. 1 D.C. Last time

hamb' e - ku - kha - nyen' kwen - khos. Si - ya - (oo)
 march - ing in the light of God. We are

Spanish: Caminando en la luz de Dios (4X)
 (Melody) Caminando
 (Harmony) Caminando, vamos Caminando, vamos
 (Both) Caminando en la luz de Dios.



Special BIPOC (Black, Indigenous, People of Color) Gathering

1st Sunday of the Month from 9:30 AM to 10:50 AM

In addition to our regular gatherings on the first Sunday of each month, the UUSF BIPOC Group will be meeting this Sunday at 9:30 AM to process the recent election together. Regardless of the results, the events leading up to this election and anticipating the aftermath after have been stressful on us all. Any UUSF member or friend who identifies as Black, Indigenous, and/or a Person of Color is invited to join us via Zoom for support and community. If you are interested in attending or learning more, please email bipoc@uusf.org.

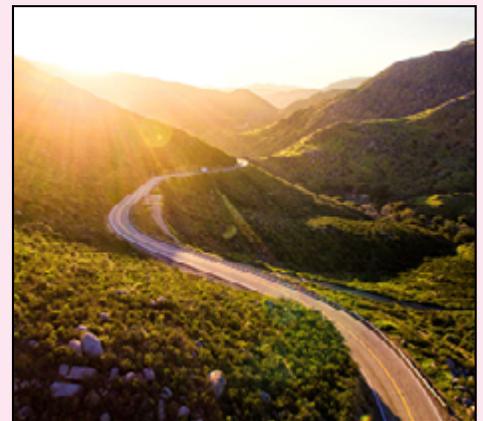
Journey Toward Wholeness Racial Equity Task Force Meeting

Tuesday, November 24, 7PM to 8:30 PM

The Journey Toward Wholeness / Racial Equity Task Force meets monthly on the 4th Tuesday. Last month we created a covenant for our work together and clarified that our focus, for the moment, will be on furthering the work within UUSF to dismantle white supremacy culture and build Beloved Community.

This month we'll be discerning our priorities for the year. We'll also be discussing another chapter of the UUA Commission on Institutional Change Report, Widening the Circle of Concern.

If you're interested in joining us on Tuesday, email info@uusf.org for meeting information and the materials for the meeting.



Humanists and Non-Theists

Now What?

Sunday, November 8, 1PM

(New ZOOM links every week)

The election is now past us and we know who the president will be the next 4 years (maybe).

We will discuss what to expect in the coming years and what we plan to do ourselves politically.

If Trump wins, we'll review some of the provisions of the Republican Party Platform and If Biden wins, the Democratic Party platform. From there we can discuss the most likely direction of the country.

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



<https://us02web.zoom.us/j/87964123369?pwd=aEpmemxOVGtDNllpN0laekVYWTM4UT09>

Meeting ID: 879 6412 3369

Passcode: 336754

Dial by your location

+1 669 900 6833 US (San Jose)

Find your local number: <https://us02web.zoom.us/u/kec5sFQ0z9>

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) 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. [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.

Spirit Saturday

Saturday, November 21 - 10AM to 1PM on Zoom

[REGISTER HERE](#)

Workshop Leaders:

Rev. Vanessa Rush Southern, Rev. Alyson Jacks and Ministerial Intern Meg McGuire

Join us for our third Spirit Saturday. This time we are going virtual! This experimental spiritual growth jamboree is an opportunity to feel more in community, connect and explore. For our first virtual Spirit Saturday, workshops will be for adults only. We have three workshops planned. Please read the descriptions, and then give us your first, second, and third choice. We will gather on Zoom and then break out for specific workshops. Each workshop can accommodate a maximum of 12-15 people. Each workshop will run for an hour and 15 minutes.

"White Fragility: Why it's so hard for white people to talk about racism" by Robin DiAngelo.

Leader: Rev. Vanessa Rush Southern

This discussion will be limited to white-identified members and friends of the congregation. It is a chance to dig in together, in honest reflection and wrestling with what the author thinks gets in the way of White folks even talking about race. And she names some of the frames of understanding, of cultural construction and patterns of behavior around our discussion of race, that need some unpacking and unlearning. The discussion is led by Senior Minister, Vanessa Southern and will take place over two Spirit Saturdays.

You can join in for either or both, but just keep in mind the focus of the session.

November: We will focus on chapters 1-6 of the book; January: We will finish up with chapters 7-12. (If you need to borrow a copy of the book let us know. We have a couple we can lend out.)

The Practice of Hope

Leader: Intern Minister Meg McGuire

How do you cultivate hope in the face of uncertainty and disruption? Environmental activist and scholar of Buddhism Joanna Macy argues that the practice of hope requires not only grounding in what we love, but also honoring the less than pretty feelings that these challenges bring up. In this interactive workshop we'll do an introductory dive into her work, and explore a few practices that support staying open hearted, creative and connected in these times.

Faith Formations

Leader: Rev. Alyson Jacks

Faith means different things to different people, and our understanding of faith often changes and evolves over time. I have always loved Sharon Salzberg's definition of faith, "That which rests upon your heart." How do you understand faith? In this workshop will explore how our faith journey has formed over our lives using writing exercises, some simple art activities and thoughtful conversations.



Thanksgiving Fellowship and Tea

Thursday, November 26, 11-12:30 PM

On Thanksgiving day, you're invited to join us over zoom for fellowship, reflection and tea.

RSVP [here](#) (or email Ministerial Intern Meg McGuire at mmcguire@uusf.org) by 11/16 to receive a small care package that we'll enjoy together while we gather remotely.



CALLING ALL ARTISTS!

The Annual Group Art Show is going Viral!

UUSF Members, Family and Friends are invited to submit to the Virtual Group Show – 2020

To do so, click on the link ([HERE](#)) and fill out the form.

Please submit just one photo of your piece for Group Show. All additional artwork you want to display should be linked to your Instagram, Facebook or website link.

[Submissions start NOW! through November 18.](#)

Don't have an Instagram account? It's easy to create one.

How Do You Register for Instagram?

On your tablet or smartphone, search for Instagram in the Apple App store or Android Google Play store, and download it to your tablet or smartphone. Then create an account.

When creating a new account you can tap the big plus sign to add your profile photo. You can either select a photo that's already on your tablet or snap a new one.

Knowing the URL will be important when filling out the form for submission.

The URL for Instagram is <https://www.instagram.com/your-user-name/> (no spaces)

For more information and/or details on creating an Instagram account and how to use it visit the following website: <https://seniorplanet.org/how-to-get-started-on-instagram/>



Artwork by Elaine Pratt

Minister's Book Group: November

Led by Rev. Vanessa Rush Southern

“Caste” by Isabel Wilkerson

DATES:

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

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

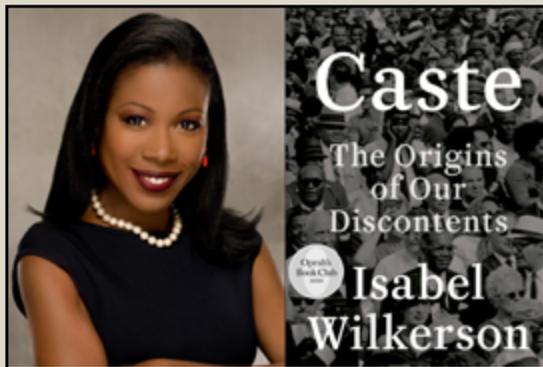
ASSIGNMENTS:

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

Week of 11/18 and 19 — 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 Nazi 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. Below are the dates and the Reading Assignments.

[Register Here](#)



Newcomer Small Group

Newcomer Small Group

Mondays (11/16, 11/23, 11/30 and 12/7) from 7-8:30 PM

An offering for newcomers and new members to deepen their connections- to one another, to Unitarian Universalism and to their unique faith journey. Join fellow newcomer to our congregation, Intern Minister Meg McGuire, in a four week small group. The interactive sessions will invite individual and shared exploration of participants' religious backgrounds, beliefs and values, and how these fit into the larger frame of Unitarian Universalism. Register [here](#) or contact Meg at mmcguire@uusf.org for more information. **15**

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

Led by Amy Hunt

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

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 Mindful 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.



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



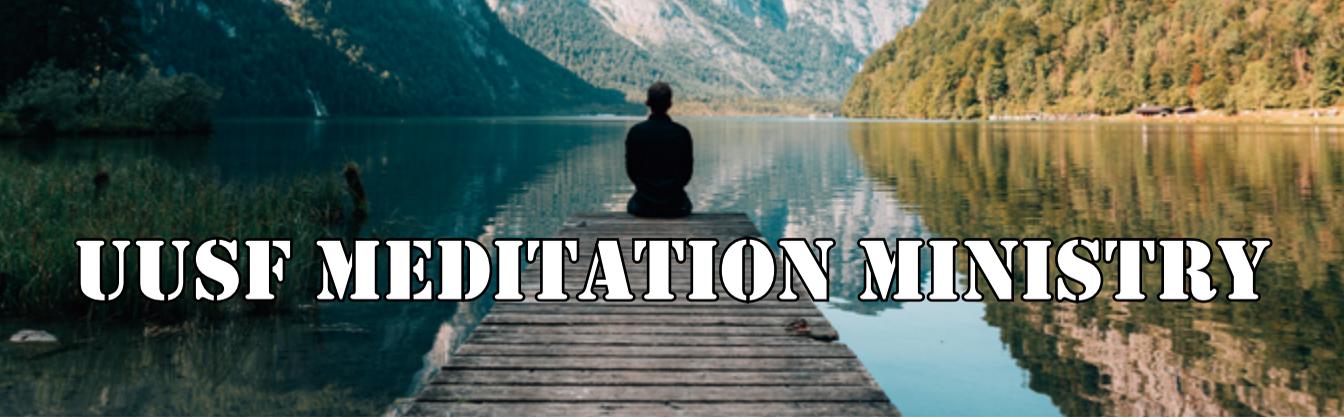
Sing in the Choir

With Music Director Dr. Mark Sumner
Mondays and Thursday
7:00 to 8:30 pm



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

Join me Monday and Thursday evenings from 7 to 8:30 PM for weekly Zoom singing exercises! 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!



UUSF MEDITATION MINISTRY

Adult Religious Education Classes

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

UUSF has the great fortune to offer two meditation programs you can participate in at any time. They are lead by **Elena Hanyo Perez**, a member of UUSF, licensed acupuncturist, and lay minister with Bright Dawn Center for Oneness Buddhism.

ZOOM LINK

<https://us04web.zoom.us/j/75735734442#success>

PASSWORD: metta

Morning Metta Meditation

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

A simple, centering loving kindness meditation practice which is appropriate for all religious backgrounds and levels of meditation experience

Equanimity Practice

Fridays, 8-8:30 AM

A 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.

Becoming Together

Wednesday, November 11, 7:00 to 8:30 PM

All people ages 18 to 39 are invited to join us at Becoming Together. This bi-monthly meeting is our reflection time, a chance for young adults to just stop and be with each other. We sing songs, check in, listen to readings, and share our stories. Our practices are deep sharing and committed listening. Deep sharing is speaking from our life experiences. Committed listening is appreciating and taking in the unique perspectives of others. During our gathering we discover who others are and form deeper, more meaningful connections. In other words, become together.

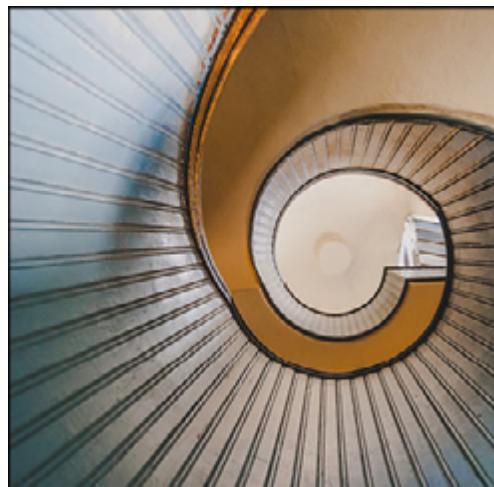
Go to the 20's and 30's website page [here](#) to learn more and to get the Zoom info for this meeting.

Humanists and Non-Theists

The Math Magi: Seminal figures in Western mathematics

Sunday, November 15, 1PM

This presentation outlines the development of mathematics in the West with a focus on "God Created the Integers" by Stephen Hawking. It spans more than two thousand years from Pythagoras to Turing with spotlights on Archimedes, Descartes, Newton, Boole, and Cantor. **Bob Burchfield** will present material from the text along with other sources. An open discussion will be encouraged.



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

<https://us02web.zoom.us/j/85494681193?pwd=Q20ySG5penZTakNJcjdQdlpJZnNlZz09>

Meeting ID: 854 9468 1193

Passcode: 591124

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

Find your local number: <https://us02web.zoom.us/u/kcvDQh9iZW>



**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

**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](#)

[Click Here to Watch Last Weeks Worship Service](#)

"Healing and Hope"

First Unitarian Universalist Society of San Francisco

November 1 10:50 AM

GET CONNECTED!

[Listen to our Worship Sermon Podcasts Here](#)

[Check out our Complete Worship Service Archives Here](#)

[View all our videos Here](#)

[Read our Newsletters Here](#)

[Contact us 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.

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