

NOW WHAT ?



Sunday, November 15, 10:50 AM, 2020  
First Unitarian Universalist Society of San Francisco



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

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

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

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Prelude

*Make Me an Instrument of Your Peace!*

*Let All Things Now Living, A Song of Thanksgiving*

*Hallelujah*

Reiko Oda Lane, organist

Jan Nieland

Winston Cassler

Asher Davison, bass; Mark Sumner, piano

Leonard Cohen

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 1

*May Nothing Evil Cross this Door*

OLDBRIDGE

Asher Davison, song leader; Mark Sumner, pianist

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

Unison Chalice Lighting

We light this chalice for the light of truth,  
the warmth of love,  
and the fire of commitment.  
We light this symbol of our faith  
as we gather together.

Brief Invitations

Meg McGuire, Ministerial Intern

## 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.

## Introduction to the Service

### Music

Only Love from *The Scarlet Pimpernel*

Leandra Ramm, mezzo soprano

Frank Wildhorn

## Ritual of Remembrance and Commitment

## Spoken and Silent Meditation

Meg McGuire

### Music

*Tearing Down Walls*

Shannon Warty, soprano  
words and music Shannon Warty

Reflection

Sam King, Worship Associate

Music

Home from *Beauty and the Beast*

Ariel Andrew, mezzo soprano  
Howard Ashman/Alan Menken

Letter from UUA President, Susan Frederick-Gray, Thursday, November 5th. Meg McGuire

Music

*Give Me Jesus*

Alex Taite, tenor  
Traditional Spiritual, arr. Alex Taite

The Stories of Diwali

Rev. Vanessa Rush Southern & Sam King

Offering

Our offering today will be taken for the **San Francisco-Marin Food Bank**, for our hungry neighbors, born of our love for neighbor, and our commitment to ease the tide of human suffering however we can.



Offertory

*Hope*

VanNessa Hulme, soprano; Derek Silbermann, piano;  
Lyman Medeiros, bass; Lyndon Rochele, drums  
Alicia Keys/Emile Sande

NOW

Reflection

Rev. Vanessa Rush Southern

Reading

Meg McGuire

“Election Promises” by Mark Belletini, in “Sonata for Voice and Silence”

Hymn 1030

*We'll Build a Land*

CREATION OF PEACE

Kate Offer, soprano

[\(CLICK HERE OR SCROLL DOWN TO PAGES 7 & 8 TO VIEW HYMN\)](#)

Closing Reading

“One Today” by Richard Blanco

Music

*Blue Skies*

Brielle Marina Neilson, mezzo soprano

Irving Berlin

Benediction

Rev. Vanessa Rush Southern

Postlude

*The Credo - We Believe* [BWV 680]

Reiko Oda Lane, organist

Johann Sebastian Bach



WHAT

# PARTICIPANTS

## Service Notes

Rev. Vanessa Rush Southern, Senior Minister  
Meg McGuire, Ministerial Intern  
Sam King, Worship Associate

## 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  
Asher Davison, bass  
Leandra Ramm, mezzo soprano  
Shannon Warto, soprano  
Ariel Andrew, mezzo soprano  
Alex Taite, tenor  
VanNessa Hulme, soprano  
Derek Silbermann, piano  
Lyman Medeiros, bass  
Lyndon Rochele, drums  
Kate Offer, soprano  
Brielle Marina Neilson, mezzo soprano

Cover photo of Eierland Lighthouse, Texel, Netherlands by [Evgeni Tcherkasski](#)

## ABOUT THE OFFERTORY

Our offering today will be taken for the **San Francisco-Marin Food Bank**, for our hungry neighbors, born of our love for neighbor, and our commitment to ease the tide of human suffering however we can. You have a chance this morning to donate money to help make possible the programs of the Food Bank but also to sign up to serve its mission. During this time twice as many households are receiving groceries as before the pandemic. There are 29 emergency Pop-up pantries that the Food Bank has launched, 8,000 seniors sheltering in place who get home-delivered groceries. Thank you to everyone who has been part of the efforts to support one another through this piece of our shared ministry. Thank you in advance for your generous donations to the organization this morning.

# May Nothing Evil Cross This Door

1

$\text{♩} = 44$

1. May noth - ing e - vil cross this door,  
 2. By faith made strong, the raft - ers will  
 3. Peace shall walk soft - ly through these rooms,  
 4. With laugh - ter drown the rau - cous shout,

and may ill for - tune nev - er  
 with - stand the bat - tering of the  
 touch - ing our lips with ho - ly  
 and, though these shel - tering walls are

pry a - bout these win - dows; may the  
 storm. This hearth, though all the world grow  
 wine, till ev - 'ry cas - ual cor - ner  
 thin, may they be strong to keep hate

roar and rain go by.  
 chill, will keep you warm.  
 blooms in to a shrine.  
 out and hold love in.

Words: Louis Untermeyer, 1885-1977, © 1923 Houghton Mifflin Harcourt Publishing Company, renewed 1951 by Louis Untermeyer, reprinted by perm. of Houghton Mifflin Harcourt Publishing Company, Music: Robert N. Quaile, b. 1867

OLDBRIDGE  
8.8.8.4.

THE CELEBRATION OF LIFE



The musical score is written in 3/4 time with a tempo marking of quarter note = 120. It features a vocal melody line and a piano accompaniment. The lyrics are arranged in four systems, each corresponding to a line of music. The piano part consists of chords in the right hand and a simple bass line in the left hand.

♩ = 120

1. We'll build a land where we bind up the bro - ken.  
 2. We'll build a land where we bring the good tid - ings to  
 3. We'll be a land build - ing up an - cient cit - ies,  
 4. Come, build a land where the man - tles of prais - es re -

We'll build a land where the cap - tives go free, where the  
 all the af - flict - ed and all those who mourn. And we'll  
 rais - ing up dev - as - ta - tions from old; re -  
 sound from spir - its once faint and once weak; where like

oil of glad - ness dis - solves all mourn - ing. Oh,  
 give them gar - lands in - stead of ash - es. Oh,  
 stor - ing ru - ins of gen - er - a - tions. Oh,  
 oaks of right - eous - ness stand her peo - ple. Oh,

Words: Barbara Zanotti (Isaiah/Amos), adapt.,

© 1979 Surtsey Publishing Co.

⊕ Music: Carolyn McDade, 1935- , © 1979 Surtsey Publishing Co.,

⊕ arr. by Betsy Jo Angebrannt, 1931- , © 1992 Unitarian  
 Universalist Association

CREATION OF PEACE

11.10.11.10. with refrain



we'll build a prom - ised land that can be.  
we'll build a land where peace is born.  
we'll build a land of peo - ple so bold.  
come build the land, my peo - ple we seek.

Come build a land where sis - ters and broth - ers, a - noint - ed by

God, may then cre - ate peace: where jus - tice shall roll

down like wa - ters, and peace like an ev - er flow - ing stream.

The musical score is written for voice and piano. The voice part is on a single treble clef staff. The piano accompaniment is on grand staves (treble and bass clefs). The music is in 4/4 time. The lyrics are written below the voice staff. The score consists of four systems of music. The first system contains the first four lines of lyrics. The second system contains the next two lines. The third system contains the next two lines. The fourth system contains the final line of lyrics and ends with a double bar line. The piano accompaniment features chords and moving lines in both hands, supporting the vocal melody.



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



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

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

An invitation for those who would like to join our monthly BIPOC gatherings. The sacred space is open to our members and friends who are Black, Indigenous and People of Color, takes place by Zoom (for now) on the first Sunday of every month often from 9:30-11am. If you are interested in attending or finding out more, please email [bipoc@uusf.org](mailto:bipoc@uusf.org). Please come join this space for joy, renewal, care and inspiration.

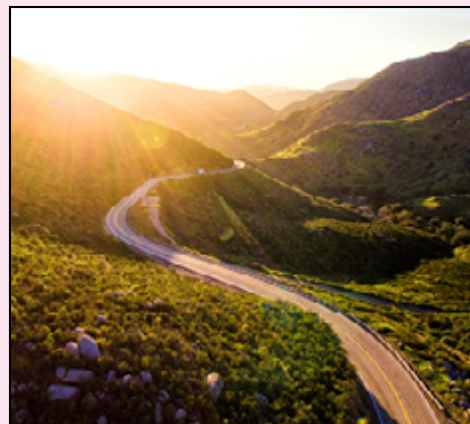
## Journey Toward Wholeness Racial Equity Task Force Meeting

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](mailto:info@uusf.org) for meeting information and the materials for the meeting.



## 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=Q20ySG5penZTa kNjcjdQdlpJZnNlZz09>

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>



## An American Genocide

Sunday, November 29, 1PM

**Dr. Benjamin Madley, Ph.D, UCLA**, where he writes about Native America, the United States, and colonialism in world history. He will speak about his break-through book, published by Yale University Press, *An American Genocide: The United States and the California Indian Catastrophe, 1846-1873*. Madley describes pre-contact California before explaining how the Gold Rush stirred vigilante violence against California Indians. He narrates the rise of a state-sanctioned killing machine and the broad societal, judicial, and political support for genocide. This book received the Los Angeles Times Book Prize for History, the Raphael Lemkin Book Award from the Institute for the Study of Genocide, the Charles Redd Center / Phi Alpha Theta Award for the Best Book on the American West, the California Book Awards Gold Medal for Californiana, and many other awards. **Please join us for this Zoom meeting using the link below:**

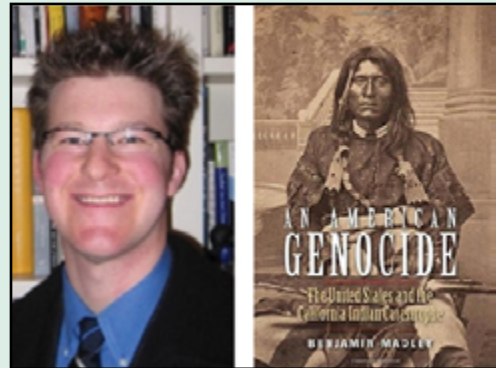
<https://us02web.zoom.us/j/87119438221?pwd=YUNnVkEwYUUh2d29tWnpDamJoelo2QT09>

Meeting ID: 871 1943 8221

Passcode: 025469

Dial by your location

+1 669 900 6833 US (San Jose)





# 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.

# 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](mailto: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, 11/18

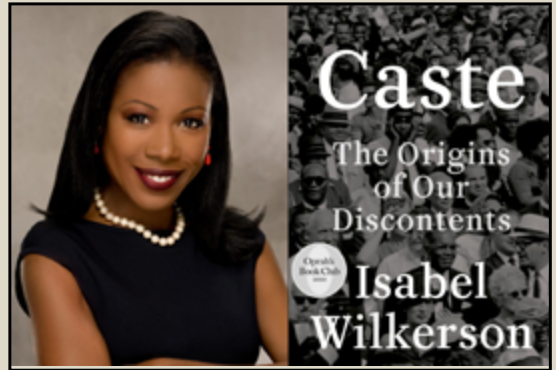
Thursday Group, noon-1:30 PM, 11/19

### ASSIGNMENTS:

**Final week, discussing Part V to the end.**

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](mailto:mmcguire@uusf.org) for more information.

# 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](mailto: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](mailto:neveragain@uusf.org)



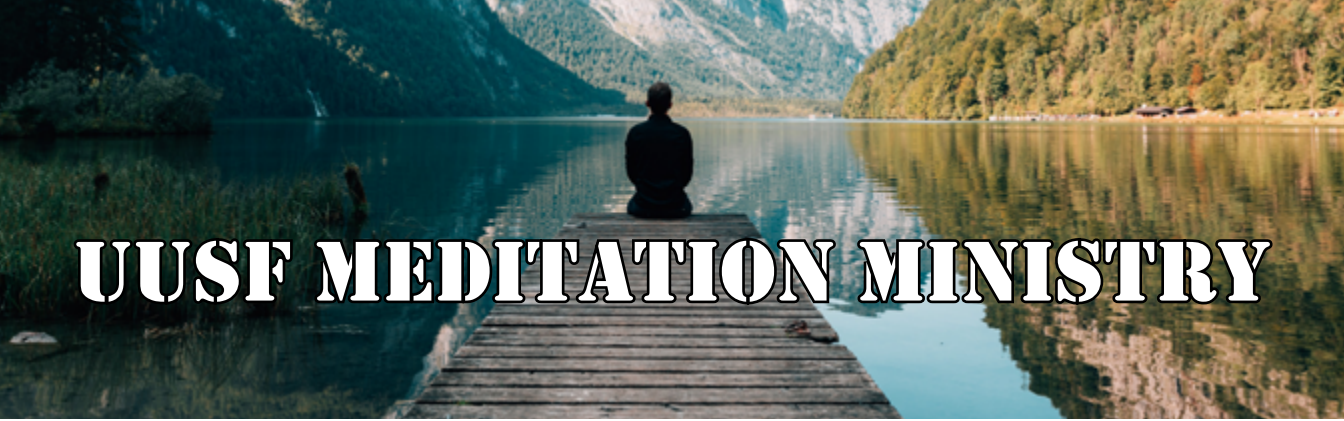
## Sing in the Choir

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](mailto: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

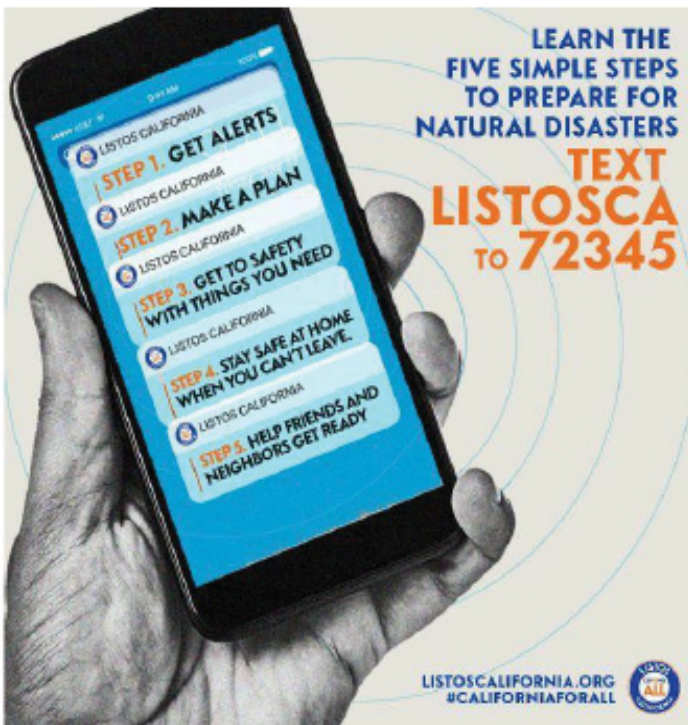
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## **Equanimity Practice**

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.





**Support UUSF  
and Be Prepared for Any Disasters!**

**Text LISTOSCA to 72345  
AND use the Zipcode 94109**

You can earn money for your congregation while learning more about disaster preparedness in this 7-day course.

Listos California is an initiative of the Governor's Office to help vulnerable Californians be better prepared for disasters such as earthquakes, wildfires, and floods. See [listoscalifornia.org](https://listoscalifornia.org) for more information and to download your Disaster Ready Guide.

## **TNT Hangout Saturday, November 21 6:00pm**

20s & 30s Hangouts is exactly what it sounds like, young adults just hanging out. These events are meant to be casual times where we get together and have some fun while being with one another. Due to the ongoing COVID-19 pandemic, our hangouts are online. We usually either gather on a Saturday around 6, socialize, and eventually pick something to watch or a game to play. In general we gather every 2-3 weeks.

**ZOOM Info:** <https://us02web.zoom.us/j/88683333891?pwd=S2hpNjhjL21lNytiS0JsVG9JUKRlZz09>

One tap mobile: +14086380968,,88683333891#,,,,,0#,,751771# US (San Jose)

Dial by your location: +1 408 638 0968 US (San Jose)

Meeting ID: 886 8333 3891

Passcode: 751771



**NURTURING THE WHOLE CHILD**  
**SINCE 1976**

**Enrollment is  
now open**



- Located in the heart of San Francisco
- Child-centered Montessori based education guided by qualified Toddler and Early childhood professionals
- We strictly adhere to health & safety regulations, including COVID-19 prevention protocols



BOOK A TOUR



Contact us : **415 683 7391**

Montessori House of Children  
1187 Franklin St., San Francisco, CA 94109

**Toddler class**

Ages 2-3 years

School day:

09:00 am – 02:30 pm

**Primary class**

Ages 3-6 years

School day:

09:00 am – 03:00 pm

**Afternoon Care:**

2:30/3:00 pm – 5:00pm





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



## UUSF MEDIA

[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](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)