

I Sing the Body Electric

Sunday, Nov. 22, 10:50 AM 2020



First Unitarian Universalist Society of San Francisco





Order of Service
Sunday, November 22, 2020
10:50 AM to 12:15 PM

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

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

Prelude

Come Thou Fount of Every Blessing

Amazing Grace

Reiko Oda Lane, organist

P. Manz/G. Martin

Gilbert Martin

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 175

We Celebrate the Web of Life

CRISTUS DER IST MEIN LEBEN

Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders;

Mark Sumner, director; Reiko Oda Lane, organist

[\(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN\)](#)

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

Spoken and Silent Meditation

Music Leandra Ramm, soprano; Brielle Marina Neilson, alto; Ben Rudiak-Gould, tenor;
Asher Davison, bass; Mark Sumner, director; My-Hoa Steger, pianist
Ave verum corpus Wolfgang A. Mozart

Offering

Our offering this morning will go to Trans Lifeline. Trans Lifeline is run by and for trans people. It is a grassroots hotline and microgrants non-profit organization that offers direct emotional and financial support to trans people in crisis. We take the offering as we celebrate this weekend Trans Resilience and Remembrance.



Music Leandra Ramm, soprano; Brielle Marina Neilson, alto; Ben Rudiak-Gould, tenor;
Asher Davison, bass; Mark Sumner, director; My-Hoa Steger, pianist; Jon Silk, drums
I Sing the Body Electric Michael Gore, Dean Pitchford

Reading

From "The Body" by Bill Bryson

Music Leandra Ramm, soprano; Brielle Marina Nielson alto;
Mark Sumner, pianist; Jon Silk, drums
Beautiful Linda Perry

Sermon "I Sing the Body Electric" Rev. Vanessa Rush Southern

Hymn 311 *Let It Be a Dance* MASTEN
Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders;
Reiko Oda Lane, organist; Mark Sumner, director

[\(CLICK HERE OR SCROLL DOWN TO PAGES 6, 7, 8 & 9 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

Now Thank We All Our God

Reiko Oda Lane, organist
Bach/Fox



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Mari Magaloni

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, director
Leandra Ramm, soprano
Brielle Marina Neilson, alto
Ben Rudiak-Gould, tenor
Asher Davison, bass
My-Hoa Steger, pianist

175 We Celebrate the Web of Life

$\text{♩} = 126$

1. We cel - e - brate the web of life, its
 2. A frag - ment of the per - fect whole in
 3. Of an - cient dreams we are the sum, our
 4. Re - spect the wa - ter, land, and air which

mag - ni - tude we sing, for we can see di -
 cac - tus and in quail, as much in ti - ny
 bones link stone to star, and bind our fu - ture
 gave all crea - tures birth, pro - tect the lives of

vin - i - ty in ev - ery liv - ing thing.
 bar - na - cle as in the great blue whale.
 worlds to come with worlds that were and arc.
 all that share the glo - ry of the earth.

Ⓒ Words: Alicia S. Carpenter, 1930- , © 1990 Alicia S. Carpenter
 Music: Melchior Vulpus, c. 1560-1616

CHRISTUS DER IST MEIN LEBEN
 C.M.

$\text{♩} = 56$

The musical score is written for voice and piano. It consists of three systems of staves. The first system has a vocal line and a piano accompaniment. The second system continues the vocal line and piano accompaniment. The third system concludes the piece. The tempo is marked as quarter note = 56. The key signature has two flats (B-flat and E-flat). The time signature is 2/2. The lyrics are: 'Let it be a dance we do, May I have this dance with you? Through the good times and the bad times, too, let it be a dance.'

Let it be a dance we do, May I have this

dance with you? Through the good times and the

bad times, too, let it be a dance.

May be sung unaccompanied

- ⊕ Words & music: Ric Masten, 1929- , © 1977 Mastenville Music (BMI),
 ⊕ arr. by Betty A. Wylder, 1923- , © 1992 Unitarian Universalist Association

MASTEN
Irregular

1. Let a danc - ing song be heard.
 2. Ev - ery - bod - y turn and spin,
 3. Morn - ing star comes out at night,

Play the mu - sic, say the words,
 let your bod - y learn to bend,
 with - out the dark there is no light.

and fill the sky with sail - ing birds.
 and, like a wil - low with the wind,
 If noth - ing's wrong, then noth - ing's right.

Let it be a dance. Let it be a dance. Let it be a
 let it be a dance. Let it be a dance. Let it be a
 Let it be a dance. Let it be a dance. Let it be a

The first system of the musical score features a vocal melody in the upper staff and a piano accompaniment in the lower staff. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The vocal line consists of eighth and quarter notes, while the piano accompaniment includes chords and moving lines in both hands.

dance.
 dance.
 dance.

Learn to fol - low, learn to lead,
 A child is born, the old must die;
 Let the sun shine, let it rain;

The second system continues the musical score. The vocal line has a brief rest before the lyrics 'dance.' are repeated three times. The piano accompaniment provides harmonic support with chords and melodic fragments.

feel the rhy- thm, fill the need
 a time for joy, a time to cry.
 share the laugh-ter, bear the pain,

The third system concludes the musical score on this page. The vocal line continues with the lyrics, and the piano accompaniment provides a steady harmonic foundation.

to reap the har - vest, plant the seed.
Take it as it pass - es by.
and round and round we go a - gain.

Let it be a dance.
Let it be a dance.
Let it be a dance.

The musical score is written for voice and piano. The vocal line is in the treble clef, and the piano accompaniment is in the grand staff (treble and bass clefs). The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The first system contains the first two lines of lyrics. The second system contains the third line of lyrics. The piano accompaniment consists of chords and moving lines in both hands.

HUMANITY: WOMEN AND MEN



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. Please come join this space for joy, renewal, care and inspiration.

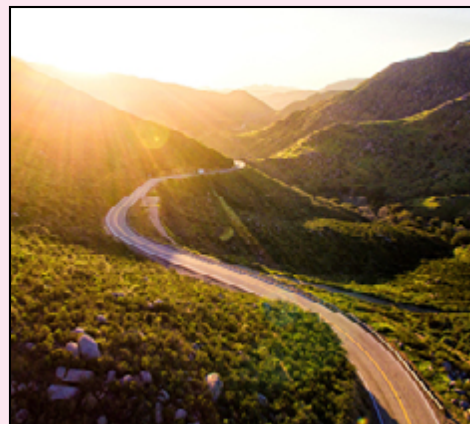
Journey Toward Wholeness Racial Equity Task Force Meeting

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 for meeting information and the materials for the meeting.



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.

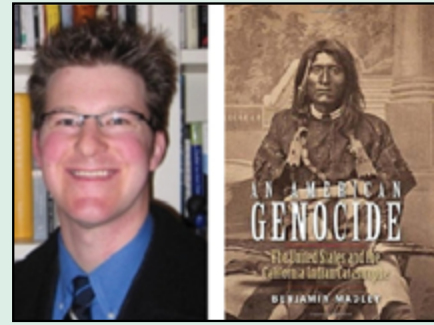
To contact this team, send an email to chaplains@uusf.org or telephone one of the lay chaplains. We will respond to your request and connect you to someone who can help. In providing care we often rely on a network of UUSF volunteers who have indicated they are available to help other members of the congregation. We wish to express our deep appreciation for the help of these volunteers.

Humanists and Non-Theists

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)

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



Newcomer Small Group

Newcomer Small Group

Mondays (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.

New UU: A 2-Session series for Visitors and Newcomers

Tuesday, February 2 and 9 from 7PM - 8:30 PM

Led by Rev. Alyson Jacks and Rev. Vanessa Rush Southern

Pre-Registration Required ([click here to register](#))

Questions? Email Rev. Alyson Jacks ajacks@uusf.org



Join Revs. Jacks and Southern, and special guests, for a two session New UU class. This interactive class will introduce you to Unitarian Universalism and our congregation. If you don't have Zoom capability, there is a simple way to call in to participate.

Session 1: A quick journey from Past to Present, Unitarian Universalist history and theology. To understand where we are now culturally as a movement, in our philosophies and practices, and our place in the larger landscape of religious history, we'd like to give you an overview of some of the big sweeps of time and where Unitarian Universalism's roots began and where we find ourselves today. We will cover history, theology and a bit of what we call "polity" -- how we run ourselves and why we do it like that.

Session 2: First UU Society Past to Present. Along the same lines we'd like you to see the history of this particular congregation, it's place in the life and history of San Francisco and California. What has been part of this life, and right now how does this congregation understand the work of spiritual growth, the call to social action, what are our worship traditions (and why are they the way they are), how do we connect and take care of each other, and what is entailed in being called "a member."

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.



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.





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 & Thursday, 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.



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 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](#)

Silent Auction 1/29-2/4
Live Auction 2/5



SAVE THE DATE!

**Aloha AUUction
2021!**

The soft breezes and the inclusive culture of Hawaii—the most diverse state in the union—are calling all UUSF members and friends to participate in the fabulous Aloha AUUction 2021! This major UUSF fundraiser and fun-raiser will be held from the comfort of our homes, and all of us can participate to help our UUSF community thrive in the new year. We'll need donations in every category: Experiences, Services, Collector's Items. All of us can do something.

Here are just a few ideas:

Weekend or week-long getaways, Cooking class, Zoom scavenger hunt, Storytelling, Homemade soup, Dinner preparation and delivery, Wine, beer, sake or kombucha tasting, Live online concert, Original art item, Baking/cooking projects with ingredients brought to your door, Kids' art materials kit delivered to your door, Planter filled with plants/flowers of your choice, Earrings made to order, 2 hours of garden care, Driveway car wash, 2 hours of shopping or other errands.

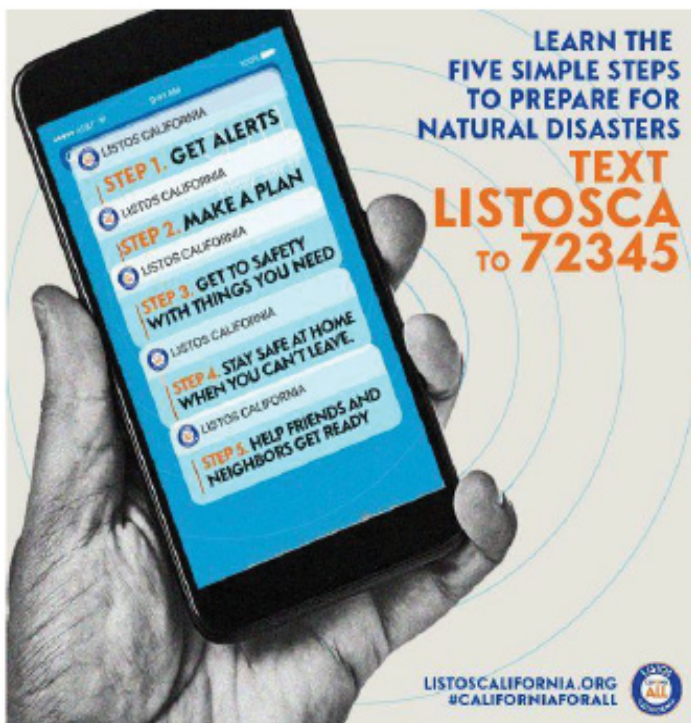
To make a donation of any experience, service, or item, or to get more information, please email Sue Anthony at susan.j.anthony@comcast.net.

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!



**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 for more information and to download your Disaster Ready Guide.

Want to Help Relieve Suffering, Oppression, and Injustice?

Think Inside This Box!

Join us for the UUSC Guest at Your Table program beginning Thanksgiving



Every year from Thanksgiving through the December holiday season, thousands of Unitarian Universalists of all ages place Guest at Your Table boxes on their dining tables or other family gathering places and “feed” the boxes daily with contributions for the work of the Unitarian Universalist Service Committee. We use this time to connect with the personal stories of the UUSC’s grassroots partners and welcome them as “guests” at our tables. The Service Committee, which was founded in 1939 to rescue victims of Nazi persecution, is our denomination’s human rights and faith-in-action organization.

Please visit <https://www.uusc.org/resources/congregations/guest-at-your-table/> to find out more about this long time UUSC education, consciousness raising, and fundraising program. Feel free to use a specified bowl or basket you have in your home as your designated Guest at Your Table gathering and collection place. Or if you would like to use one of the traditional Guest at Your Table boxes, you can contact Linda Harris at linda.p.harris@gmail.com or 415-215-7292 and we will get one to you. The UUSC also has instructions for making your own box, complete with pictures of some of the UUSC’s partners, at <https://www.uusc.org/wp-content/uploads/2020/10/Template-for-homemade-GAYT-box-2020-21.pdf>

The personal stories of some of the UUSC’s grassroots partners –the “guests” at our tables - are also available in multiple formats. There are video stories that are appropriate for all ages at <https://vimeo.com/461442706/e5bbbc2495> . There will be an ingathering time for the Guest at Your Table program in January but donations can be made any time between now and then. You can make a donation electronically through the UUSC website at <https://www.uusc.org/resources/congregations/guest-at-your-table/>.

To donate by mail, please make checks out to “UUSC” with “Guest” or “GAYT” in the memo field, and send to: UUSC • PO Box 808 • Newark, NJ 07101-0808. You can also make a donation by clicking on the “[DONATE](#)” button [here](#), making sure to designate it as a special donation and to indicate that it is for the UUSC Guest at Your Table program. This period between Thanksgiving and the New Year is the major yearly fundraising and membership drive for the UUSC, and a special time to educate ourselves regarding the importance of the work that the UUSC and its partners do. It is also an opportunity to double the impact of your financial support of the UUSC. The UU Congregation at Shelter Rock will generously match donations of \$150 or more during the Guest at Your Table program.

The ways in which our congregations and families come together may look different this year, but the beloved tradition of Guest at Your Table continues and the UUSC and its partners need your support more than ever. Please join the UUSC and its partners as they seek to meet the challenges of our time with community-led human rights initiatives around the globe.



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





NOW WHAT ?

[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.

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