



## Whole Enough

Sunday, January 3, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco



**Order of Service**  
**Sunday, January 3, 2021**  
**10:50 AM to 12:15 PM**

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

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

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Prelude

*Bird's Eye View*

*Six Feet Of Distance*

*Be Love*

Anjalisa, vocals and Gary Garrett, guitar & vocals  
The Harmony People

Opening and Welcome

Meg McGuire, Ministerial Intern

Hymn 347

*Gather the Spirit*

GATHER THE SPIRIT

Leandra Ramm, Brielle Marina Neilson, Ben Rudiak-Gould, Asher Davison, songleaders  
Mark Sumner, conductor; Jon Silk, drums; My-Hoa Steger, pianist

[\(CLICK HERE OR SCROLL DOWN TO PAGES 5, 6 & 7 TO VIEW HYMN\)](#)

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

Rev. Vanessa Rush Southern, Senior Minister

## 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. Vanessa Rush Southern

## Spoken and Silent Meditation

Meg McGuire

## Music

*There Is A Field*

Anjalisa, vocals and Gary Garrett, guitar & vocals  
The Harmony People

## Skit

Written by Michael Bossier, Rochelle Fortier-Nwadibia, Mari Magaloni, Don Shearer

Performed by: Michael Bossier, Lori Lai, Meg McGuire, Don Shearer, Leslie Trook

## Offering

The Offering Today will be taken for the Unitarian Universalist Service Committee.



## Music

Anjalisa, vocals and Gary Garrett, guitar & vocals

## When The Deal Goes Down

Bob Dylan

## Reading

## Music

Anjalisa, vocals and Gary Garrett, guitar & vocals

*All The Way Home*

## The Harmony People

# Sermon "Whole Enough"

Meg McGuire

Hymn 128

*For All That Is Our Life*

SHERMAN ISLAND

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

Mark Sumner, conductor; My-Hoa Steger, pianist

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

## Benediction

Meg McGuire

## Postlude

Anjalisa, vocals and Gary Garrett, guitar & vocals

## Dance Like Children

## The Harmony People

## Living in a Dream

# PARTICIPANTS

## Service Notes

Meg McGuire, Ministerial Intern  
Rev. Vanessa Rush Southern, Senior Minister

## TWZ Players

Michael Bossier  
Lori Lai  
Meg McGuire  
Don Shearer  
Leslie Trook

## 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

The Harmony People: Anjalisa and Gary Garrett  
Reiko Oda Lane, organist  
Mark Sumner, conductor  
Leandra Ramm, soprano  
Brielle Marina Neilson, alto  
Ben Rudiak-Gould, tenor  
Asher Davison, bass  
Jon Silk, drums  
My-Hoa Steger, pianist

Cover image by Erika Fletcher ([learn more](#))

# ABOUT

Their (**The Harmony People**) story began in 2013, when **Gary** was performing in California, and **Anjalisa** began harmonizing, full voice, from the audience. They sang some more, and very soon they and everyone within earshot realized that they would be making lots of music together. In honor of the way they met, they began with the name Voice Recognition. They began to tour steadily in Hawaii and on the West Coast, from Southern California up to Seattle, giving house concerts and public shows of their original, uplifting, sophisticated music. Info: <http://www.theharmonypeople.com/>

# OFFERTORY

**The Unitarian Universalist Service Committee (UUSC)** advances human rights and social justice around the world, partnering with those who confront unjust power structures and mobilizing to challenge oppressive policies. Their work is grounded in the belief that all people have inherent power and dignity. If you collected money in your Guest at Your Table boxes this holiday season, consider adding it up and donating that amount to UUSC either through our donation portal at the church (please click the button designating the money as a Special Offering and fill in "UUSC" to specify the recipient). Alternately you can donate the amount directly to the UUSC at [UUSC.org](http://UUSC.org). Finally, even if you did not participate in the Guest at Your Table discipline, feel free to make the great work of UUSC part of how you support your values at work in the world.

# Gather the Spirit

347

$\text{♩} = 108$

F Gm7 F7/A Bb Bb7 Eb/Bb

1. Gath - er the spir - it, har - vest the power.  
 2. Gath - er the spir - it of heart and mind.  
 3. Gath - er the spir - it grow - ing in all,

Cm7 Bb/D Gm7 G7 Cm7

Our sep - 'rate fires will kin - dle one flame.  
 Seeds for the sow - ing are laid in store.  
 drawn by the moon and fed by the sun.

F Gm7 F7/A Bb D7 Gm Gm7

Wit - ness the mys - ter - y of this hour. Our  
 Nur - tured in love, and con - science re - fined, with  
 Win - ter to spring, and sum - mer to fall, the

Ⓢ Words & music: Jim Scott, 1945- , © 1990 Jim Scott

GATHER THE SPIRIT  
 9.9.10. with refrain

H O P E

C7 Bb/F Bb/F Cm/F Bb F/A

trials in this light ap - pear all the same.  
 bod - y and spir - it u - nit - ed once more.  
 cho - rus of life re - sound - ing as one.

Gm Cm7 F Bbm9/D D7

Gath - er in peace, gath - er in thanks.

Gm Dm/F Cm/Eb Bb/D Gm7 G7 Cm7

Gath - er in sym - pa - thy now and then.

D7 Gm Gm7 Dm7

Gath-er in hope, com - pas - sion and strength.

Bb7 Eb/Bb Cm7 F7 Bb

Gath - er to cel - e - brate once a - gain.

[BACK TO PAGE 1 \(CLICK HERE\)](#)



$\text{♩} = 76$

1. For  
2. For  
3. For  
4. For

all that is our life we sing our thanks and praise; for  
needs which oth - ers serve, for ser - vic - es we give, for  
sor - row we must bear, for fail - ures, pain, and loss, for  
all that is our life we sing our thanks and praise; for

all life is a gift which we are called to use to  
work and its re - wards, for hours of rest and love; we  
each new thing we learn, for fear - ful hours that pass: we  
all life is a gift which we are called to use to

⊕ Words: Bruce Findlow, 1922-  
Music: Patrick L. Rickey, 1964- , © 1992 Unitarian Universalist Association

SHERMAN ISLAND  
6.6.6.5.6.6.

build the com - mon good and  
 come with praise and thanks for  
 come with praise and thanks for  
 build the com - mon good and

make our own days glad.  
 all that is our life.  
 all that is our life.  
 make our own days

glad.

LOVE AND COMPASSION

[BACK TO PAGE 3 \(CLICK HERE\)](#)

# 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.

# FORUM

## Climate Crossroads: On the Path Towards a Just Transition and Clean Economy

Sunday, January 3 at 1PM (on zoom)

How can we be part of the urgent need to transform our energy system? This is an opportunity to learn and ask questions about the climate crisis and discuss available global and local solutions. We'll offer an update on what's happening in San Francisco

and California and discuss what we all can do to help eliminate the problem of greenhouse gas emissions. Our guest speakers are Helena Birecki and Paul Wermer.



Forum UU is inviting you to a scheduled Zoom meeting.

<https://zoom.us/j/93231236053?pwd=d0hQYVgvcE5lUWNPNnFiVUdtSjhjQT09>

Meeting ID: 932 3123 6053

Passcode: 827932

Dial by your location

+1 669 900 6833 US (San Jose)

Find your local number: <https://zoom.us/u/aedC27FjUo>



## 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.

# Online Silent Auction January 29, 2021 - February 4, 2021

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## Online Live Auction Friday, February 5, 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
  - 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 [click here](#)
- To get more information, please email **Sue Anthony**  
at [susan.j.anthony@comcast.net](mailto:susan.j.anthony@comcast.net).



# 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

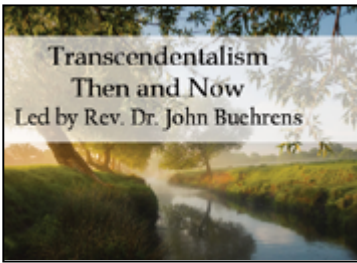
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## **Equanimity Practice**

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.





### **Transcendentalism Then and Now**

Wednesday, January 6, 13, 20, & 27, 2021 7:30 - 9PM

Led by Rev. Dr. John Buehrens and hosted by UU Church of Palo Alto

Registration: Advance registration is required. Please email **Marilyn Austin** at [areclasses@uucpa.org](mailto:areclasses@uucpa.org) to sign up for the class. The link will be provided to registered participants.

Rev John Buehrens is the retired senior minister of the UU church in San Francisco. After the last time he gave a guest sermon at UUCPA, numerous members of our congregation asked the ARE Committee to arrange for him to teach a class for us. We have finally accomplished that! On the four Wednesday evenings in January, from 7:30 to 9:00, Rev. Buehrens will teach a class via zoom entitled Transcendentalism: Then and Now. He will identify contemporary issues as well as explore the pioneering efforts of our spiritual forbears in spiritual practice, women's rights, anti-racism, and ecotheology. All four sessions will include both lecture and discussion. Those wishing to attend should email [areclasses@uucpa.org](mailto:areclasses@uucpa.org) in order to receive the zoom link.



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

Wed, Jan. 27, 7:30-8 pm OR Thurs, Jan. 28, noon-1:30

Led by Rev. Vanessa Rush Southern

Join the Minister's Book Group in January when we read and discuss Michael Pollan's "How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence."

The book is a journey through the renewed fascination with what psychedelics are teaching the medical and therapeutic world about how our mind functions and what relief it may offer to some of the most painful realities of life -- depression and the painful work of facing death. Since the work touches on so much that is often thought part of the religious realm I am particularly interested in discussing it with our book group.

[REGISTER HERE](#)



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

Tuesday, February 2 and 9. From 7:00 - 8:30 p.m.

Led by Rev. Alyson Jacks and Rev. Vanessa Southern

[REGISTER HERE](#) - Questions? Email Rev. Jacks - [ajacks@uusf.org](mailto: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, its 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."





## **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](#)

## Council of Committee Chairs Meeting Sunday, January 10, 12:15 PM (on zoom)

The Council of Committee Chairs (COCC) will hold a ZOOM meeting on Sunday, January 10, following services that day. Invitations with call-in instructions will be sent to current committee chairs, but others are invited to attend.

The COCC meeting will cover topics including the on-going work on our Journey to Wholeness, Center Updates, the Annual Operating Fund and updates from members regarding plans for the rest of the church year.

Anyone with questions or who would like to suggest other agenda items can contact Board members [Rochelle Fortier](#) or [Carrie Steere-Salazar](#).



## 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)



Because of you, life doesn't stop

#VitalToLife



#### ADVANCE APPOINTMENTS

are encouraged to help maintain social distancing.



All donors must bring and wear a **MASK** or **CLOTH-BASED FACE COVERING**.



#### DONATIONS TESTED FOR COVID ANTIBODIES

to help identify potential convalescent plasma donors.



#### DONATE BLOOD

[vitalant.org](https://vitalant.org) 877-25-VITAL

## Blood Drive

### First Unitarian Church

Tuesday, January 19, 2021

10:00 AM – 3:00 PM

**Location: TSK Room**

1187 Franklin Street

San Francisco, CA 94109

To make an appointment, visit [vitalant.org](https://vitalant.org) and click donate. Use your unique sponsor code: **First Unitarian**

**vitalant.**

Formerly Blood Centers of the Pacific



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SINCE 1976**



- 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

**Enrollment is  
now open**

#### 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

During these uncertain times the UUSF Art Committee invites everyone to join the artists, friends, family to view our Virtual Group Art Show.

[CLICK HERE TO ENTER](#)



**Valley**  
Alife Jang...



**Peace Bird Throw**  
Barbara F Meyers...



**In Memoriam**  
Barbara Grob...



**Homage: Leonard Breger/ Bernal Hill Boogie**  
Elaine Pratt...



**Morning Glory**  
Elaine Pratt...



**Bird Dog**  
Jane Way...



**Out of the Swamp**  
JF Ellman...



**Autumn**  
Julia Wald...



**Evening Owl**  
Kristen Stephens...

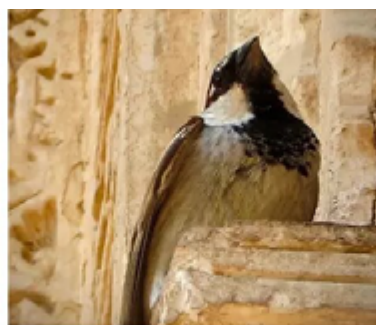






**untitled no. 10**

Lily Wu...



**Spanish Bird**

Lisa G. Garrigues...



**Universal Light**

Louise Diskerud...



**Stir Crazy Shelter in Place**

Nancy Buffum...



**Bring It On**

Nic Griffin...



**Columns Triptych (Phenomenal Growth)**



**Love will cure the Virus and the World**



**Red Malee Burl Chalice**

Richard E. Davis...



**My Beautiful Magical and Strange**

Robert Witherington...



**Red Roadway**

Sofia Carmi...



**Lines & Arcs**

Winston Donmark...





## SMALL GROUP MINISTRY SPRING 2021 SIGN-UPS

Have you been looking for a way to build a deeper connection within the UUSF community – especially during the challenges of shelter in place? The Small Group Ministries program is an excellent way to do that. Sign up for the Spring 2021 session, open now through January 29, 2021. Many participants have found Small Group Ministries as a way to deepen their connection with the congregation and build meaningful friendships and support with individual members.

What can you expect? SGM groups meet for 2 hours every other week with groups of 10 people. Initial sessions will meet virtually through Zoom and will transition to in person meetings when it is possible to do that safely at the church.

Through moderated discussion and deep listening, participants explore a range of issues and topics related to spirituality, social justice and personal growth. Past topics have included understanding spiritual experiences, gratitude, Black Lives Matter, mortality and after life, connection, and the arts. The order of services allows everyone to participate with two skilled facilitators leading the discussion. Members have the option to select topics for sessions, and there is a community service project incorporated into the series that lets everyone volunteer in a meaningful way.

To sign up for the upcoming Small Group Ministries series email our Small Group Ministry coordinators, [sgm@uusf.org](mailto:sgm@uusf.org), or call them: **Barbara Kovac** at 415-370-9766 or **Gregg Biggs** at 415-505-4690.

Note: The registration link may say Fall 2020 to Spring 2021. We're reusing an old form, but it will work for anyone signing up just for Spring 2021.

[CLICK HERE](#)



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

**“Let the End be the Beginning:  
A Meditative Service for the New Year”  
Sunday, December 27, 11:00 AM**



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

**Christmas Eve Service  
December 24 at 4:45 PM**



## Humanists & Non-Theists

### EcoHumanism

January 10, 2021 at 1:00 PM

Millie is a humanist concerned with addressing social justice critiques of humanism. In this presentation, she will be discussing ecohumanism, which counters the claim that humanism's focus on people is incompatible with respect for other species and the environment, and is overly optimistic about technological progress as a means to mitigate climate change and other ecological problems.

Rev. Millie Phillips, a member of the Unitarian Universalist (UU) Society of San Francisco, was ordained by our congregation a year ago. Until recently she was serving the UU Community of Lake County.

Everyone is welcome. Please join us at the Zoom link below:

Join Zoom Meeting

<https://us02web.zoom.us/j/87328963448?pwd=ZU9MRHdJMjFxFxRis5cTV6V00yb1FyUT09>

Meeting ID: 873 2896 3448

Passcode: 757637

Dial by your location

+1 669 900 6833 US (San Jose)





## Humanists & Non-Theists The US Immigration System January 16, 2021 at 3:00 PM

This event is co-sponsored by the Bay Area Humanists

The presentation by Rochelle A. Fortier Nwadibia will give you a better understanding of the evolution of the immigration system that we have today. Learn the agencies, courts, and practices that make up the regime that determines who is able to enter, who is removed and who may be barred entry. Special emphasis will be placed on the asylum process.

During this presentation, you are invited to ask yourself the following: Who gets to be a US citizen? What are the origins of the exercise of this authority? What are the assumptions around what it means to be an American? When did it become OK to demonize non Americans? Is this system functioning in a way that reflects our values?? Are there legitimate moral questions plaguing the immigration system?

Ms. Nwadibia is a renowned international attorney in the field of migration and human rights representing asylum seekers and immigrants in US federal courts and administrative agencies. Ms. Nwadibia has over 20 years of experience as a human rights litigator, advisor and adjudicator. She is the former acting Chair and Commissioner of the Missouri Commission on Human Rights. Her work, including the leading case in the United States on female genital mutilation, has been recognized by the Congressional Research Service and Washington University School of Law. Ms. Nwadibia works in San Francisco representing clients on issues of human rights, asylum and migration. She has a Juris Doctor from Washington University School of Law, and a Master of International Affairs from the School of International and Public Affairs at Columbia University in the City of New York.

Everyone is welcome. Please join us at the Zoom link below:

### Join Zoom Meeting

<https://us02web.zoom.us/j/83468629410?pwd=QjYvRXliQkMvSGZkQjFiajRkdU15Zz09>

Meeting ID: 834 6862 9410

Passcode: 858751

Dial by your location

+1 669 900 6833 US (San Jose)

# 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)