



Order of Service Sunday, January 31, 2021 10:50 AM to 12:15 PM

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

New to UUSF? Complete our Connections Form Here

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who come alive." Howard Thurman

Prelude The Nature of Things

Irvin Rochlin Larry Chinn, pianist

Opening and Welcome

Rev. Alyson Jacks, Associate Minister

Hymn 12

O Life That Maketh All Things New

TRURO

Asher Davison, songleader; Mark Sumner, pianist

(CLICK HERE OR SCROLL DOWN TO PAGE 6 TO VIEW HYMN)

Unison Chalice Lighting

Sam King, Worship Associate

We light this chalice for the light of truth, the warmth of love, and the fire of commitment.

We light this symbol of our faith as we gather together.

Brief Invitations Rev. Alyson Jacks

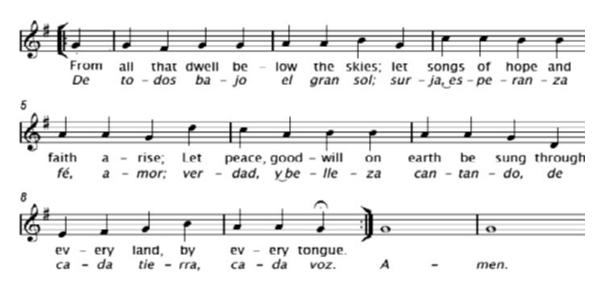
Meditation on Breathing

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



Ritual of Remembrance and Commitment

Sam King

Spoken and Silent Meditation

Rev. Alyson Jacks

Music After the Rain

John Coltrane Larry Chinn, pianist Reflection Sam King

Offering

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



Music You Must Believe in Spring

Michel Legrand, Alan & Marilyn Bergman Asher Davison, vocalist; Larry Chinn, pianist

Reading Why Is it Good to Be Alive? Sam King "An excerpt from Philosophical Provocations: 55 Short Essays" by Colin McGinn

Music Softly, As In A Morning Sunrise Sigmund Romberg & Oscar Hammerstein II

Larry Chinn, pianist

Reading Waking Up Near Mount Richthofen
"The Exact Weight of the Soul" By John Calderazzo

Rev. Alyson Jacks

Music Evrything I Love

Cole Porter Larry Chinn, pianist

Sermon "The Wonder of Being Alive"

Rev. Alyson Jacks

Hymn 298

Wake, Now, My Senses

SLANE

Asher Davison, songleader; Mark Sumner, pianist

(CLICK HERE OR SCROLL DOWN TO PAGE 7 TO VIEW HYMN)

Benediction Rev. Alyson Jacks

Postlude It's a Wonderful World

Harold Adamson, Jan Savitt & Johnny Watson Larry Chinn, pianist

PARTICIPANTS

Service Notes

Rev. Alyson Jacks, Associate Minister 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
Carrie Steere-Salazar, flowers

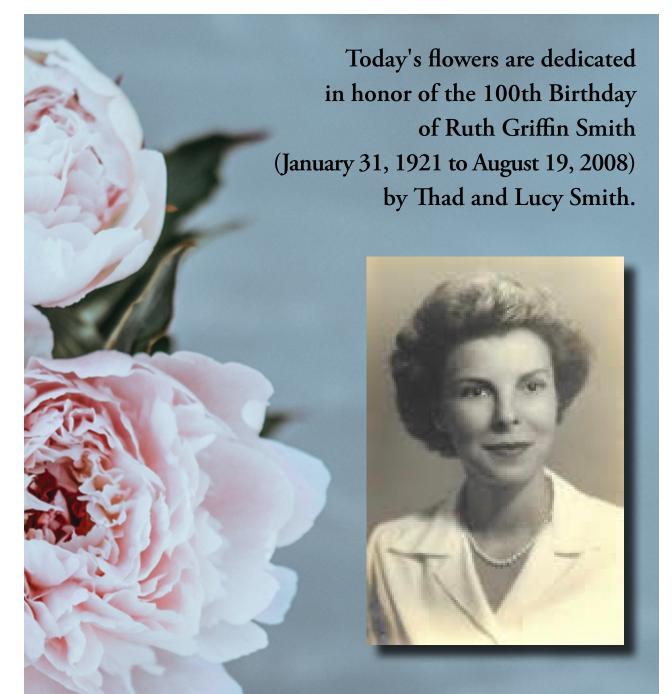
Musicians

Larry Chinn, pianist Asher Davison, songleader Mark Sumner, accompanist

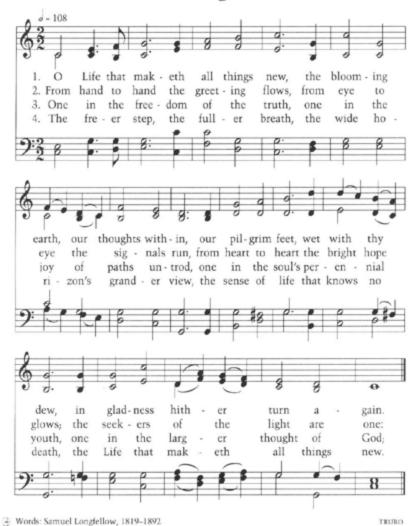
Cover image by Em bé khóc nhè (learn more)

ABOUT

Larry Chinn has played jazz piano in the bay area for almost 3 decades. In addition to extended tenures with Margie Baker, Jules Broussard and Al Molina, Larry has also shared the bandstand with Branford Marsalis, Frank Wess, John Handy, Pharoah Saunders, Mark Murphy, Marcus Shelby, Tiffany Austin, Kellye Gray, Madeline Eastman and Richie Cole working in locales ranging from neighborhood pubs, to luxury hotels and premier jazz venues like Yoshi's, Pearl's, and the Monterey Jazz Festival. Larry studied briefly at the Berklee College of Music, Pomona College with Bobby Bradford, and with Mark Levine. He took extensive lessons with Don Hass, Dick Hindman, Peter Horvath and Charlie Shoemake. More info at http://www.larrychinn.com/



12 O Life That Maketh All Things New



THE CELEBRATION OF LIFE

Music: Thomas Williams's Psalmodia Evangelica, 1789

L.M.

298 Wake, Now, My Senses



Words: Thomas J. S. Mikelson, 1936

Music: Traditional Irish melody barren

Music: Traditional Irish melody, harmony by Carlton R. Young, 1926−, renewal © 1992 Abingdon Press

SLANE 10.10.10.10.

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, <u>click here</u>. You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) <u>click here</u>.

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, members of the church continue offering Pastoral Care and support to one another. One of those groups is 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.

Aloha AUUction 2021 Is Here!

It's finally time to toss on that Hawaiian shirt and dive right into UUSF's own Aloha AUUction 2021! There are almost 100 donations made by our congregation, the most ever, so if you can't find something you want/need, look again!

Online Silent Auction January 29 - February 4

Online Live Auction February 5 (7PM - 8PM)

To Preview and Bid on the Silent Auction, Register Now

Register Here

Online Silent Auction January 29 through February 4

SILENT AUCTION January 29 - February 4 CLICK HERE

The Gala Online Live Auction on <u>Friday, February 5</u> will be hosted by UUSF's own professional auctioneer Gary Lorentzen! Click <u>here</u> or the button below to join the Gala on Zoom.

LIVE AUCTION February 5 - 7PM to 8PM CLICK HERE

FORUM

Christian Zionism* and White Supremacy: Understanding the

Sunday, January 31 at 2:00 PM

Please RSVP here to receive Zoom link info.

* At its core, Christian Zionism promotes biblical prophecy over democratic law and institutions. It is a belief among some Christians that the return of the Jews to the



Holy Land and the establishment of the state of Israel in 1948 were in accordance with Bible prophecy. Some Christian Zionists believe that the gathering of the Jews in Israel is a prerequisite for the Second Coming of Jesus. Christian Zionist organizations represent over 10 million members and constitute the largest pro-Israel lobby in the US. The ideology and politics of Christian Zionist organizations, such as James Hagee's Christians United for Israel, are deeply entrenched in white nationalism, anti-Muslim racism, anti-Semitism, and other systems of oppression. In spite of the strong political influence of these organizations, they operate largely under the radar and receive little attention in the media.

This interfaith, informational webinar is open to anyone wishing to learn about the theological underpinnings and political ramifications of Christian Zionism and what we can do to combat its reach.

Presenters:

Rabbi Alissa Wise

Deputy Director; Jewish Voice for Peace (JVP)

Rev. John Anderson

Presbyterian Minister (Retired); Co-Moderator, Presbyterian Israel-Palestine Mission Network

Rev. Sadie Stone

Bethany United Methodist Church (SF), Showing Up for Racial Justice (SURJ) SF

Therese Mughannam

NorCal Sabeel; North Coast Coalition for Palestine

Sponsored by:

Bethany United Methodist Church, SF

Jewish Voice for Peace- Bay Area

NorCal Sabeel

Showing Up for Racial Justice (SURJ)- SF

Unitarian Universalist Society of SF- Forum Committee



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, February 23, 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.

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



Ma Rainey's Black Bottom

Sunday, February 7 1 - 3:30 pm.



"Ma Rainey" at 1 pm Followed at 2:45 pm with a live conversation with the movie's Executive Producer. Constanza Romero.



Constanza Romero and August Wilson

Constanza Romero is playwright August Wilson's widow and the executor of his estate. She is passionate about maintaining the intregity of Wilson's stories about being black in America.

Constanza will share stories of her years with August, her understanding of his vision, and the making of "Ma Rainey".

This free screening and Zoom conversations is sponsored by
The Forum and The Sensible Cinima of the
First Unitarian Universalist Society of San Francisco

Join Zoom Meeting

 $\underline{https://zoom.us/j/2200241232?pwd} = \underline{aCt1dWI00GxUdUxjeUJ5K0xSY09uUT09}$

Meeting ID: 220 024 1232

Passcode: 328697

+1 669 900 6833 US

Find your local number: https://zoom.us/u/aewRgNxSvl

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.



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.

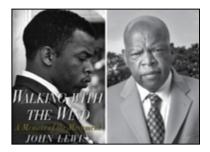
What can you expect? SGM groups meet for 2 hours every other week with groups of 10 people. Initial sessions will meet virtually through Zoom and will transition to in person meetings when it is possible to do that safely at the church.

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, 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



Minister's Book Group: February Feb. 24, 6:30-8 pm OR Thurs, Feb. 25, noon-1:30

Led by Rev. Vanessa Rush Southern

We will explore the life story of John Lewis, reading "Walking with the Wind: A Memoir of the Movement" by John Lewis and Michael D'Ors. This memoir was published in 2015. There is also one by Jon Meacham published more recently ("His Truth is Marching On"). Both were written with John Lewis as co-author. Both claim to mix biography with a history of the civil rights movement but one review said that "Walking with the Wind" leans more into the story of Lewis' life. You can read either but we'll focus on "Walking with the Wind". It's available in paperback! You can attend one of two identical sessions — either Wednesday, February 24th, 6:30-8 pm OR Thursday, February 25th, noon-1:30.

REGISTER HERE



Understanding The Bible - The Christian Scriptures

Mondays, 7:00 - 8:30 PM - February 15 to March 29

Led by Rev. Dr. John Buehrens

Donation Requested

Registration Limited, Register Today! (here)

How did Christianity emerge out of Judaism? What are the continuities, and discontinuities? Using the latter half of his book, <u>Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals*</u>, John will lead fellow explorers in investigating the meanings and methods of the authors in what most people in our culture call "the New Testament."

Topics include:

Judaism and Christianity: The Christian Scriptures as Midrash; the Parting of the Ways

Proclamations: Messages of the Realm of G-d and Mark's Gospel Passions: The Teachings and Death of Jesus in Matthew and Luke

Resurrections: The Four Easter Stories Salvations: Paul and Rabbinic Judaism

Spirit Saturday Saturday, February 27, 10AM to 1PM CLICK HERE TO REGISTER

Join us for our 2nd Virtual Spirit Saturday on February 27. For our upcoming Spirit Saturday, we offer three exciting workshops led by Ministerial Intern Meg McGuire, church member Mari Magaloni (with a workshop specific for Black, Indigenous, People of Color members and friends), and Rev. Alyson Jacks, Associate Minister. Spirit Saturday is a fun way to meet members and friends of UUSF, and enjoy a Saturday morning learning together.



Body and Spirit

Max Participants: 15 Leader: Meg Mcguire

Whether we're still or in motion, silent or singing, alone or together, we're always in our bodies. Join ministerial intern Meg McGuire for some simple embodied practices and reflection on our bodies and their integral role in spiritual practice, healing and collective transformation.

UU Quilting Bee Max Participants: 10 Leader: Mari Magaloni

THIS WORKSHOP IS FOR PEOPLE WHO IDENTIFY AS BLACK, INDIGENOUS AND PEOPLE OF COLOR. Unitarian Universalism is like a big spiritual quilt. But its integrity is uncertain. The chill is getting in where the squares of BIPOC UU's are missing. You are invited to the first in a series of BIPOC Quilting Bees in which we will begin the work of strengthening the quilt's integrity by filling in the missing blocks and adding some much-needed color!

In this workshop we will explore what it means to move from being an invited guest at the Chancel table to being a host. How would your race and culture inform the configuration and expression of Unitarian Universalist worship services? Please have plenty of paper and something to write with. If you are inclined, bring colored pencils, crayons, etc.

Leader Mari Magaloni is first generation Mexican-American and an actor/comic whose work focuses on the impact that politics, tech and social issues have on the emotional life of the "every-person".

I Do Believe

Max Participants: 10 Leader: Rev. Alyson Jacks

What is your personal credo? A credo expresses what you hold to be true in your heart. Think of it as your signature song! In Unitarian Universalism, we do not have a corporate credo, a statement of belief in which all are beholden. Rather, each person is invited to create their own credo, informed by our UU Principles and Purposes, and shaped by lived experience. In this workshop, we'll reflect and create our own personal credos through writing and simple art activities, with time to share our reflections.







Childrens Multicultural Museum Art Show

March 2021

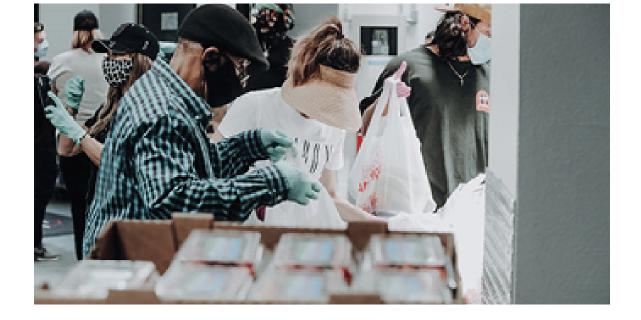
Children are invited to participate by submitting a photo of their own sidewalk chalk drawing! Yippee!!

How? Email a digital photo with the artists name to "flame@uusf.org" with the subject "Art Show February" by February 14. One photo per child; more than one child can contribute to a drawing. Submissions will be posted to the online CMM Chalk Gallery, joining other photos by the exhibit curator Andrei Glase.

Andrei is in charge of Childrens Multicultural Museum which was created in 1986 by childrens art advocates at the UU. The mission is to provide traditional art and cultural experiences for children 5 to 12 years and their parents. During the covid shelter art workshops and in-person exhibits have been paused.

Andrei's interest in sharing and inspiring art has been nurtured by the art she found on her daily walks since March 2020. She photographed these anonymous drawings in the Arguello/Geary district of SF.

What sidewalk drawings can YOU contribute to the CMM chalk gallery?



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



NEW UU! A Two-Session series for Visitors and Newcomers

Tuesday, April 6 and 13 from 7PM to 8:30 PM

REGISTER HERE

Questions? Email Rev. Jacks at 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 One: 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 Two: 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."

Wednesday Morning Vigils!

Wednesdays from 8AM-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. DEFEND THE
CONSTITUTION,
DEMOCRACY + REASON!
REJECT TRUMP;
TYRANNY +
TREASON!

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

View More Photos

UUSF Community Art Show

Now thru January (here)

This year's community art show is virtual. 20 artists are featured, and a range of items are available for purchase.

Check out the gallery on the UUSF website here.



Columns Triptych by Pauline Crowther Scott (view here)



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 / <u>info@uusf.org</u>