

# "The Year of the Ox"

Sunday, February 7, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday, February 7, 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	<i>Wake Now My Senses</i>	Paul Manz
	<i>Where My Free Spirit Onward Leads</i>	R. Vaughan Williams/ F. Ashdown
	<i>Let All Things Now Living</i>	The Ashgrove/ Winston Cassler
		Reiko Oda Lane, organist

Opening and Welcome	Rev. Vanessa Rush Southern, Senior Minister
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Hymn 40	<i>The Morning Hangs a Signal</i>	MEIRIONYDD
	Reiko Oda Lane, organist; Leandra Ramm, Brielle Marina Neilson,	
	Ben Rudiak-Gould, Asher Davison, songleaders	

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

Unison Chalice Lighting	Dennis Adams, Worship Associate
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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 *This We Know*

Ron Jeffers

Leandra Ramm, soprano; Brielle Marina Neilson, alto; Ben Rudiak-Gould, tenor;  
Asher Davison, bass; Mark Sumner; conductor

Offering

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



Music *Faith Is a Forest*

Chinese folk song, adapted by I-to Loh

Leandra Ramm, soprano; Brielle Marina Neilson, alto; Ben Rudiak-Gould, tenor;

Asher Davison, bass; My-Hoa Steger; pianist; Mark Sumner; conductor

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

Reading

Music *Gong xi, gong xi*

Chen Gexin

Leandra Ramm, soprano; Brielle Marina Neilson, alto; Ben Rudiak-Gould, tenor;

Asher Davison, bass; My-Hoa Steger; pianist; Mark Sumner; conductor

Each big street, small alley--Inside of each person's mouth the first sentence of meeting  
someone is congratulations, Congratulations!

Winter has come to the end--Really is a good news--Warm spring wind is going to blow  
awake the big earth. Congratulations!

The vast ice and snow have melted--soon the plum blossoms are going to pull out  
the stamen. The endless night has passed. I heard one sound of rooster hooting.  
Congratulations!

Went through so much difficulty; experienced so much suffering and challenging--so  
many hearts are looking forward to the news of spring. Congratulations!

Sermon "**The Year of the Ox**"

Rev. Vanessa Rush Southern

Hymn 187

*It Sounds Along the Ages*

FAR OFF LANDS

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

[\(CLICK HERE OR SCROLL DOWN TO PAGES 9 & 10 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude

*Festival Toccata*

Percy Fletcher

Reiko Oda Lane, organist



## PARTICIPANTS

### Service Notes

Rev. Vanessa Rush Southern, Senior Minister  
Dennis Adams, Worship Associate  
Lori Lai, Reflection

### 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

Reiko Oda Lane, organist  
Leandra Ramm, soprano  
Brielle Marina Neilson, alto  
Ben Rudiak-Gould, tenor  
Asher Davison, bass  
My-Hoa Steger; pianist  
Mark Sumner; conductor

Cover image by Macau Photo Agency  
([learn more](#))

# 40 The Morning Hangs a Signal

$\text{♩} = 60$

1. The morn - ing hangs a sig - nal up -  
 2. A - bove the gen - er - a - tions the  
 3. The soul has lift - ed mo - ments, a -

on the moun - tain crest, while all the sleep - ing  
 lone - ly proph - ets rise, while truth flares as the  
 bove the drift of days, when life's great mean - ing

val - leys in si - lent dark - ness  
 day - star with - in their glow - ing  
 break - eth in sun - rise on our

rest. From peak to peak it flash - es, it  
 eyes, and oth - er eyes, be - hold - ing, are  
 ways. Be - hold the ra - diant to - ken of

⊕ Words: William Channing Gannett, 1840-1923, rev.  
 Music: William Lloyd, 1786-1852.

MEIRIONYDD  
 7.6.7.6.D.

M O R N I N G

laughs a - long the sky, till glo - ry of the  
 kin - dled from that flame; and dawn be - comes the  
 faith a - bove all fear; night shall re - lease its

sun - light on all the land shall lie.  
 morn - ing, when proph - ets love pro - claim.  
 splen - dor that morn - ing shall ap - pear.





*♩ - 76 Unison*

1. Faith is a for - est in which doubts play and hide;  
 2. Seeds of both meek and strong are scat - tered in air;  
 3. For - tune and fam - ine ride the swift winds of chance;

in - sight can hear the still small voice deep in - side.  
 dig - ni - ty shines un - dimmed by big - ot - ry's glare.  
 sor - row and plea - sure seem u - nit - ed in dance.

Web of Life, may this thread I weave  
 Web of Life, may this thread I weave  
 Web of Life, may this thread I weave

strength - en com - mit - ment to all I be - lieve.  
 help me bear wit - ness to all I be - lieve.  
 min - gle com - pas - sion with all I be - lieve.

⊕ Words: Shelley Jackson Denham, 1950- , © 1992 Unitarian Universalist Association  
 Music: Chinese folk song, adapt. by I-to Loh, 1936- , © 1980 I-to Loh

MO-LI-HUA  
 Irregular

THE INTERDEPENDENT WEB





Vi - sion be my guide as I seek my way,  
Jus - tice be my guide as I seek my way,  
Mer - cy be my guide as I seek my way,

lead me in - to this ten - der day;  
lead me in - to this ten - der day;  
lead me in - to this ten - der day;

speak through me in all I do and say.  
speak through me in all I do and say.  
speak through me in all I do and say.

# 187 It Sounds Along the Ages

$\text{♩} = 116$

1. It sounds a - long the a - ges, soul an - swer - ing to  
 2. From Si - nai's cliffs it ech - oed, it breathed from Bud - dha's  
 3. It calls — and lo, new jus - tice! It speaks — and lo, new

soul, it kin - dles on the pag - es of  
 tree, it charmed in Ath - ens' mar - ket, it  
 truth! In ev - er no - bler stat - ure and

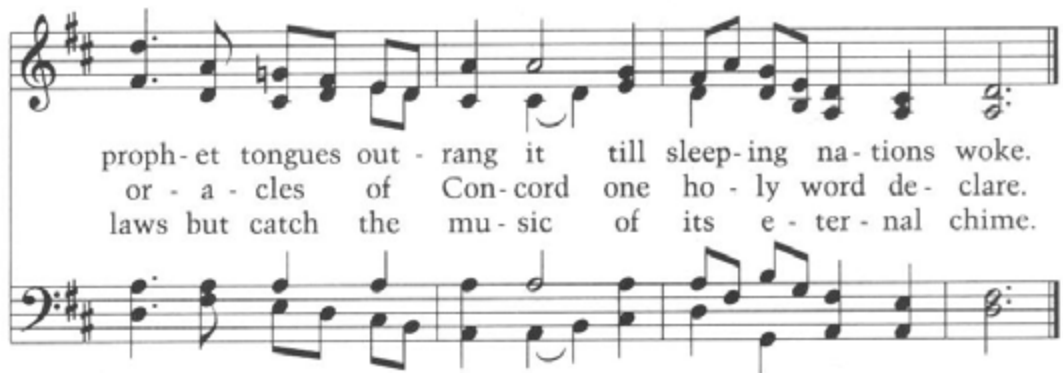
ev - ery Bi - ble scroll, the psalm - ist heard and  
 hal - lowed Gal - i - lee, the ham - mer stroke of  
 un - ex - haust - ed youth. For - ev - er on re -

sang it, from mar - tyr lips it broke, and  
 Lu - ther, the Pil - grims' sea - side prayer, the  
 sound - ing, and know - ing nought of time, our

⊕ Words: William Channing Gannett, 1840–1923  
 Music: Melody of the Bohemian Brethren, *Hemlandssånger*, Rock Island, Illinois, 1892, arr.

FAR OFF LANDS  
 7.6.7.6.D.

OUR COMMON GROUND



[BACK TO PAGE 4 \(CLICK HERE\)](#)

# 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, 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](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.

# ***Ma Rainey's Black Bottom***

**Sunday,  
February 7  
1 - 3:30 pm.**



**“Ma Rainey’s  
Executive Producer, Constanza Romero  
live in conversation at 1 pm.  
Movie streams at 1:45 pm**



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 integrity 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 Cinema of the  
First Unitarian Universalist Society of San Francisco**

**Zoom link  
<http://bit.ly/uusf-ma>**

**Join Zoom Meeting**

**<https://zoom.us/j/2200241232?pwd=aCt1dWI0OGxUdUxjeUJ5K0xSY09uUT09>**

**Meeting ID: 220 024 1232**

**Passcode: 328697**

**+1 669 900 6833 US**



## 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).

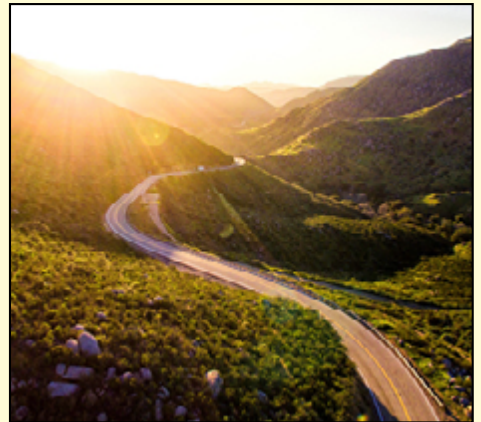
Please come join this space for joy, renewal, care and inspiration.

## Journey Toward Wholeness Racial Equity Task Force Meeting

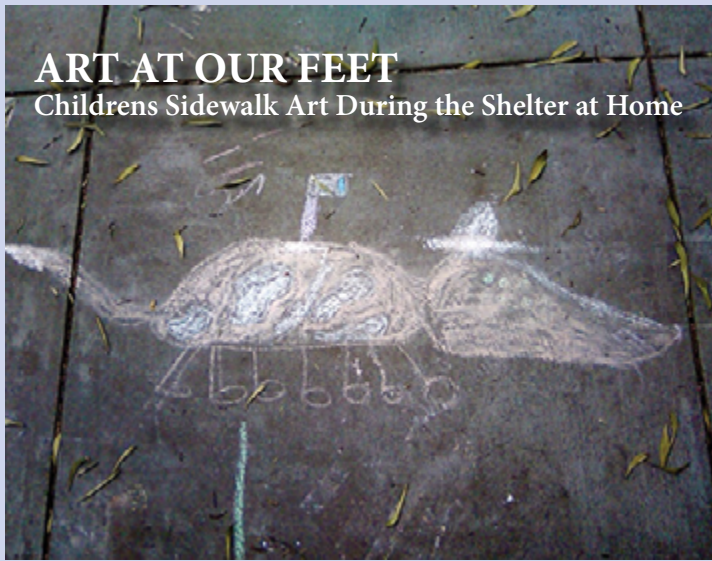
Tuesday, February 23, 7PM to 8:30 PM

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







## 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](mailto: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?





# 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.



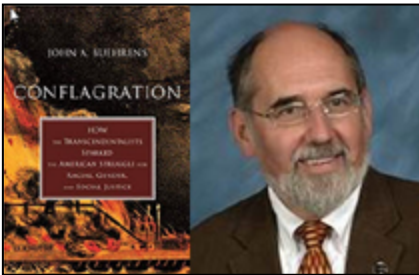
### **Minister's Book Group: February**

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](#)



### **Transcendentalism Then and Now**

Wednesdays, February 7, 14, 21, & 28 - 4:00 - 5:30 pm PST

Led by Rev. Dr. John Buehrens

Hosted by All Souls Church Unitarian in Washington, DC -

Registration Fee: \$20

[REGISTER HERE](#)

Four Sundays with Rev. Dr. John Buehrens, author of "Conflagration: How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice" (Boston: Beacon Press, Jan. 2020). Copies of the paperback edition of the book (\$20) are now available from Beacon Press or the UUA bookstore ([here](#)).

### **The sessions will cover the following topics:**

Feb 14: Women's Rights, Education, and Economic Inequality

Feb 21: Abolitionism and the Civil War: The Peak of Transcendentalist Influence

Feb 28: Nature, Evolution, and Environmentalism: The Transcendentalist Contribution

## **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.



## **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](#)



# NEW UU!

April 6

April 13

## **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](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 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.

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)

[View More Photos](#)



## UUSF Community Art Show

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](#).



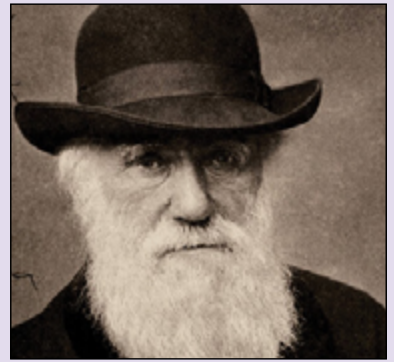
Spanish Bird by Lisa G Garrigues ([view here](#))

**Humanists and Non-Theists**

## **Annual Darwin Day Lecture: The Fight Against Covid-2: Vaccines and Diagnostics**

Sunday, February 14, 1PM to 2:30 PM

This lecture is in honor of Charles Darwin who had the courage to follow the science to discover the mechanism of biological evolution and thus revolutionizing biology and much of society. The lecture will be given by **Dr. Lori Lai**.



**Zoom Info Below**

<https://us02web.zoom.us/j/89403457644?pwd=bnBsZlJ6R2JUbDZxYU9kNmQ2ZWpHUT09>

**Meeting ID:** 894 0345 7644

**Passcode:** 161415

**Dial by your location**

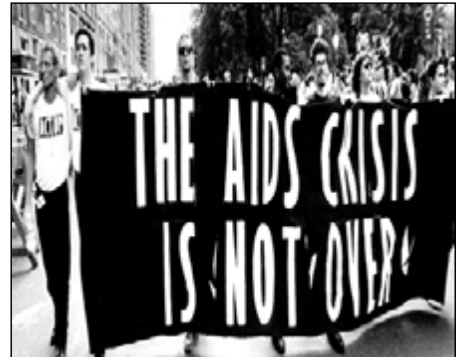
+1 669 900 6833 US (San Jose)

**Humanists and Non-Theists**

## **The AIDS Epidemic Has Not Gone Away**

Sunday, February 28 at 1:00 PM

While tremendous progress has been made in the US and other wealthy countries in the prevention and treatment of AIDS, the disease still ravages many marginalized communities and poorer countries. Shanthi Noriega has worked in many of these countries focusing on international programs, working with vulnerable populations including sex workers, men who have sex with men, and transgender persons across Africa, Latin America, and Southeast Asia. Shanti will share with us her experience working for close to a decade with the World Health Organization (WHO) where she supported the development of national guidelines for HIV programs and led a global survey program aimed at identifying gaps in HIV services. **Zoom Info Below**



<https://us02web.zoom.us/j/83490656021?pwd=UUlmbllvTjZVYXBNNNGJ6ZFJ0a2dJdz09>

**Meeting ID:** 834 9065 6021

**Passcode:** 924828

**Dial by your location**

+1 669 900 6833 US (San Jose)





## **Becoming Together - 2nd and Fourth Wednesday**

February 10 & 24 - 7:00 to 8:30 pm

All young adults are invited to join us for our bi-monthly reflection time.

[Zoom Link](#)

## **TNT Hangouts**

Saturday, February 6 & 20 - 6:00 to 8:00 pm

All young adults are invited to join us for our a bi-weekly hangout time.

[Zoom Link](#)



## **UUSF Witches Want To Know (!)**

Pagan Interest Circle (PICT)

Are you interested in Earth-based religion? Have you ever participated in a pagan ritual? Are you curious about Wicca? Do you know any other pagan traditions? Have you ever created a ritual, for yourself or others? Would you like to learn how to do a ritual?

We Witches want to know you! And we invite you to a safe space to learn and practice our flavor of pagan worship, Wicca, or, you can introduce your version, if you have one, to us. After all, we are UU pagans!

So, how about joining us in virtual ritual space, on ZOOM, Saturday, February 27 at 7PM

Look to the weekly "The Flame" for details.

PICT rituals are participatory. We benefit from a diversity of priest/esses who lead moon circles. Please contact [nancybuffum@gmail.com](mailto:nancybuffum@gmail.com) if you would like to lead or co-lead a circle. Never been a priestess? All of us had a first time, many at PICT. We'll help, encourage or match you with someone to work with. "

**Nancy Buffum** - [nancybuffum@gmail.com](mailto:nancybuffum@gmail.com) or 415-845-2584

## **PAGAN INTEREST CIRCLE - Who We Are?**

For over 20 years the Pagan Interest Circle (PICT) of the First Unitarian Universalist Society of San Francisco, a chapter organization of CUUPS, has been meeting for monthly Full Moon Rituals on the Saturday evening closest to the Full Moon, and for the solar pagan holidays of Winter Solstice and Beltane. We are an open circle dedicated to providing ritual space for all respectful families and individuals of any age.

Questions? Contact **Christine Patch-Lindsay**.

[cplhealer@comcast.net](mailto:cplhealer@comcast.net) or Text Message to set up a time to talk. 415-424-6964



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

## "The Wonder of Being Alive"

Sunday, January 31, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

# 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).

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