



### Order of Service Sunday, February 14, 2021 10:50 AM to 12:15 PM

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

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Prelude Make Channels for the Stream of Love

Gift of Love

When Thou Art Near I Go with Joy

Early American Melody/arr. D. Wood English Folk Song/ Emma Lou Diemer

Johann Sebastian Bach

Reiko Oda Lane, organist

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 368

Now Let Us Sing

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

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

Unison Chalice Lighting

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

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

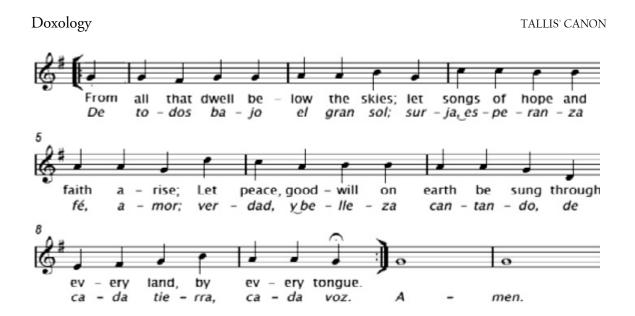
#### **Brief Invitations**

#### 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.



Ritual of Remembrance and Commitment

Spoken and Silent Meditation

Music Where Do You Start?

Alan and Marilyn Bergman/Johnny Mandel Asher Davison, bass; Mark Sumner, piano

Where do you start? How do you separate the present from the past? How do you deal with all the things you thought would last, that didn't last?

With bits of mem'ries scattered here and there, I look around and don't know where to start.

Which books are yours? Which tapes and dreams belong to you and which are mine? Our lives are tangled like the branches of a vine that intertwine. So many habits that we'll have to break and yesterdays we'll have to take apart. One day there'll be a song or something in the air again to catch me by surprise and you'll be there again, a moment in what might have been.

Where do you start? Do you allow yourself a little time to cry or do you close your eyes and kiss it all goodbye? I guess you try.

And though I don't know where and don't know when I'll find myself in love again, I promise there will always be a little place no one will see,

a tiny part deep in my heart that stays in love with you.

Reflection

Don Wiepert, Worship Associate

Offering

Our offering this morning will go to the SCW's Scholarship Fund.



Music When She Loved Me from Toy Story 2 words and music Randy Newman Brielle Marina Nielson, alto; Mark Sumner, piano

When somebody loved me, everything was beautiful. Ev'ry hour we spent together lives within my heart. And when she was sad, I was there to dry her tears; and when she was happy, so was I, when she loved me. Through the summer and the fall, we had each other, that was all. Just she and I together, like it was meant to be. And when she was lonely, I was there to comfort her, and I knew that she loved me.

So the years went by; I stayed the same. But she began to drift away; I was left alone. Still I waited for the day when she'd say, "I will always love you." Lonely and forgotten, never thought she'd look my way, and she smiled at me and held me just like she used to do,

like she loved me when she loved me.

When somebody loved me, everything was beautiful. Ev'ry hour we spent together lives within my heart, when she loved me.

#### Reading

Music Move On from Sunday in the Park with George words and music Stephen Sondheim Leandra Ramm, mezzo soprano; Ben Rudiak Gould, tenor; Mark Sumner, piano

Are you working on something new? That is not like you, George. You have many things... Said by you, though, George... And nor did I. I did what I had to do: Move on.

No, I'm not working on anything new. I've nothing to say. Well, nothing that's not been said. I do not know where to go I want to make things that count, things that will be new What am I to do?

Stop worrying where you're going...move on. If you can know where you're going, you've gone. Just keep moving on. I chose, and my world was shaken... so what? The choice may have been mistaken, the choosing was not. You have to move on. Look at what you want, not at where you are, not at what you'll be. Look at all the things you've done for me:

Opened up my eyes, taught me how to see, notice ev'ry tree.... Understand the light.....concentrate on now

Notice ev'ry tree ...understand the light....I want to move on. I want to explore the light. I want to know how to get through, through to something new, something of my own.

Move on.....Move on. Stop worrying if your vision is new. Let others make that decision....they usually do. You keep moving on.

Look at what you've done, then at what you want, not at where you are, What you'll be. Look at all the things you gave to me.

Something in the light, something in the sky, in the grass, Up behind the trees...things I hadn't looked at till now: Flower on your hat and your smile and the color of your hair

Let me give to you something in return. I would be so pleased..... ....and the way you catch the light, and the care......and the feeling.....and the life....... Moving on! We've always belonged together!

We will always belong together!

Just keep moving on...... Anything you do, let it come from you. Then it will be new. Give us more to see....

Sermon "Lessons of Love"

Rev. Vanessa Rush Southern

Hymn 410

Surprised By Joy

O WALY, WALY

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

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

Benediction

Rev. Vanessa Rush Southern

In Thee Is Gladness BWV 615 Postlude

Johann Sebastian Bach Reiko Oda Lane, organist



# **PARTICIPANTS**

#### Service Notes

Rev. Vanessa Rush Southern, Senior Minister Don Wiepert, Worship Associate

#### **Technology**

Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, sound/oos design
Joe Chapot, social media
Thomas Brown, sexton
Les James, Zoom Coffee Hour
Amy Kelly, flowers

#### Musicians

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

Cover image by engin akyurt Back cover Jude Beck

# **OFFERTORY**

Our offering this morning will go to the SCW's Scholarship Fund. Every year the Scholarship Committee assesses applicants' qualifications and awards scholarships to San Francisco high school graduates and to continuing recipients, based on guidelines established by the Committee. Now that SCW has merged with the church and is no longer a membership-based organization, the SCW Council is reaching out to you—the entire congregation for support, and will be added to awards to students who will be the first in their families to graduate from a US college. Please note on the donation that it is for the SCW Scholarship Fund. Learn More Here



- 2. Sing to the power of the hope within. . . .
- 3. Sing to the power of the love within. . . .
- 4. Sing to the power of the joy within. . . .

Words & music: Anonymous

ROBESON Irregular



Words Eric Routley, 1917-1982, € 1985 Hope Publishing Co.

∃ adapt by Joan Goodwin, 1926Music English folk melody, harmony by John Weaver, 1937-,

© 1990 John Weaver, all rights reserved

O WALT, WALT

WEDDINGS AND SERVICES OF UNION

# What's Coming Up? Ways to Connect in These Times



Anyone is welcome to join our community for our Virtual Coffee Hour, immediately following the Sunday Worship Service. Coffee not required.

Join the *Sermon Discussion Group*, led by **Donald Mathussan**, at Virtual Coffee Hour after church today. Let the host know if you want to join this group when you arrive at Coffee Hour.

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

#### 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 <u>Lay Chaplains</u>

(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 <a href="mailto:chaplains@uusf.org">chaplains@uusf.org</a> 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**

# 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

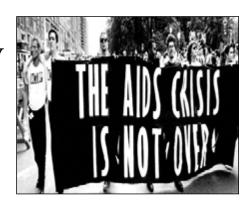
+1 669 900 6833 US (San Jose)

#### **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=UUlmblIvTjZVYXBNNGJ6ZFJ0a2dJdz09

Meeting ID: 834 9065 6021

Passcode: 924828

Dial by your location

+1 669 900 6833 US (San Jose)



# Rally at 1PM Sunday, Civic Center Plaza

This Sunday at 1 PM we are invited to join a rally organized by 50 organizations in the city in recognition of the violence against our Asian neighbors of the last month. As all of you know this violence and sinophobia has been reality we have seen throughout the pandemic, but also sadly part California's history. Vanessa will be there and invites anyone to join her who feels safe doing so. She will bring some additional KN 95 masks for those who need or want them. Come Side with Love.

# 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 <a href="mailto:info@uusf.org">info@uusf.org</a> for meeting information and the materials for the meeting.





# 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 <a href="mailto:bipoc@uusf.org">bipoc@uusf.org</a>.

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



# Ken Keep's Memorial Saturday, February 20, 2PM

A Zoom memorial and celebration of the life of much beloved UUSF member, Ken Keep, will be held on Saturday, February 20th at 2 PM. All are welcome. The link for the Zoom memorial and celebration is:

https://us02web.zoom.us/j/89158298146?pwd=MTlNUGx0aUplaDNzUVNFdUJVQ3d0QT09

Meeting ID: 891 5829 8146

Passcode: 512170

Dial by your location

+1 408 638 0968 US (San Jose)

Find your local number: https://us02web.zoom.us/u/kdwadq0SC6

If you are not familiar with using Zoom, the following guide should help you be able to set up and use it. (click here).

If you still have concerns about your ability to connect, you can log in to the memorial a half hour before the memorial and someone will be available to help you with this. If you are unable to log in at all at that time, please call 415-590-7836.

The following is a link to an obituary for Ken: Click Here

If you have any pictures of Ken that you would like to share for the memorial or stories that you would like to share, please send them to linda.p.harris@gmail.com as much in advance a you are able to. We have lost an amazing man and extraordinary friend to many with Ken's sudden and unexpected death on January 14th.



## 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 March" by February 24. 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?

Click Here to Submit Your Image



#### **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**

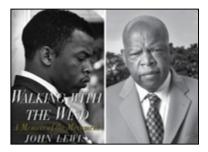
Tuesdays & Thursday, 8-8:30 AM

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.



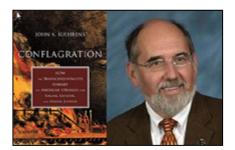
Minister's Book Group: February

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 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!

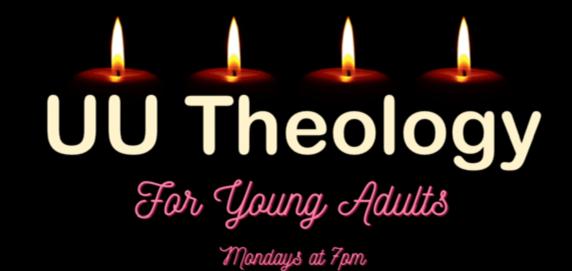
In this workshop we will explore what it means to move from being an invited guest at the Chancel table to being a host. How would your race and culture inform the configuration and expression of Unitarian Universalist worship services? Please have plenty of paper and something to write with. If you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



UU Theologies for Young Adults Mondays

7:00 - 8:30pm

#### March 1 thru April 5

What even is theology? And why does it matter? How can co-creating Unitarian Universalist theologies support our growth and connection as individuals and as a community? Join ministerial intern **Meg McGuire** and young adult coordinator **Joe Chapot** for a six session class specifically for young adults. We'll reflect on and explore our individual beliefs, values and commitments, and how they fit into Unitarian Universalism, both as it has been and as it could be. Mondays at 7pm, starting March 1st. Registration Required.

Registration: https://form.123formbuilder.com/5810672/uu-theology-for-yas

What is theology? And why does it matter? How might we create Unitarian Universalist theologies that support our growth and connection as individuals and as a community? Join ministerial intern Meg McGuire and young adult coordinator Joe Chapot for a six session class specifically for young adults, where we will reflect and explore our individual beliefs, values and commitments, and ask how they fit into Unitarian Universalism, both as it has been and as it could be. Mondays at 7pm, starting March 1st. Registration Required.



# 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 <a href="mailto:Chaplains@uusf.org">Chaplains@uusf.org</a>

# 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

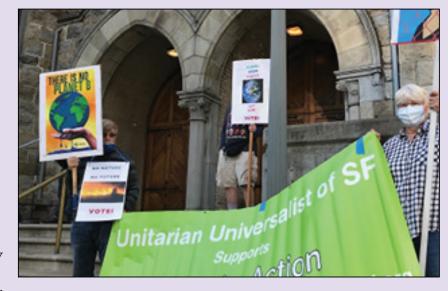
After 4 years where lies, racial hatred, patriarchy and xenophobia have been promoted from the highest political levels in the land, the people are rightly hungry for science, truth, morality and a broad embrace of humanity.

We celebrate and want our presence to support the executive actions being taken by the Biden / Harris administration to address the damage that has been done and to move towards greater justice and

accountability at the same time as we bear witness to how much remains to be done.

As we head into the Trump's second impeachment hearing, we want congress to hold Trump accountable for the attacks on our democracy that he helped to orchestrate and to assure that he is never again allowed to hold political office.

We also want to continue to highlight as we have done weekly since July 2019 the continuing damage being done in our names



by our country's immigration system and the urgency of actions to reform this system. The parents of at least 628 children who were separated from their families at the border have still not been located causing massive ongoing trauma to these children and their families.

Adults are still locked up in less than transparent conditions and with increased risks to their health and lives by COVID-19 outbreaks in crowded prisons for the "crime" of seeking asylum and a better and safer life for themselves and their families.

We will celebrate with music that embodies our aspirations, and the resistance that is always part of getting there, as we vigil in front of the UUSF. Please join us.

(Masks and social distancing required)

Let us know what you think at <a href="mailto:neveragain@uusf.org">neveragain@uusf.org</a>



# **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 <a href="here">here</a>.



**Evening Owl by Kristen Stephens (view here)** 



#### **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 <a href="mailto:nancybuffum@gmail.com">nancybuffum@gmail.com</a> 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 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. <a href="mailto:cplhealer@comcast.net">cplhealer@comcast.net</a> or Text Message to set up a time to talk. 415-424-6964



# **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 <a href="https://www.uusf.org">www.uusf.org</a>.

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

