

"Being Ready"

Sunday, February 21, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

Order of Service
Sunday, February 21, 2021
10:50 AM to 12:15 PM

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

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

Prelude *Improvisations on American Spirituals*

Byron Arneson

Listen to the Lambs

Lord, Walk with Me

We Shall Overcome

Reiko Oda Lane, organist

Opening and Welcome

Meg McGuire, Ministerial Intern

Hymn 1051

We Are...

Ysaye M. Barnwell

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

[\(CLICK HERE OR SCROLL DOWN TO PAGES 5-8 TO VIEW HYMN\)](#)

For each child that's born,
a morning star rises and
sings to the universe
who we are.

we're sisters of mercy and brothers of love,
we are lovers of life and the builders of nations,
we're seekers of truth and keepers of faith,
we are makers of peace and the wisdom of ages.

For each child that's born,
a morning star rises and
sings to the universe
who we are.

We are our grandmothers' prayers
and we are our grandfathers' dreamings,
we are the breath of our ancestors,
we are the spirit of God.

We are our grandmothers' prayers
and we are our grandfathers' dreamings,
we are the breath of our ancestors,
we are the spirit of God.

For each child that's born,
a morning star rises and
sings to the universe
who we are.

We are mothers of courage and fathers of time,
we are daughters of dust and the sons of great
visions,

Unison Chalice Lighting

Richard Davis-Lowell, 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. 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

The musical notation consists of three staves of music in G major, common time, with a treble clef. The lyrics are in Spanish, with some words in English. The first staff starts with "From all that dwell below the skies; let songs of hope and". The second staff continues with "faith arise; Let peace, goodwill on earth be sung through". The third staff concludes with "every land, by every tongue. Amen."

From all that dwell below the skies; let songs of hope and
De todos ba-jos el gran sol; sur-ja-es-pe-ranza

5
faith arise; Let peace, goodwill on earth be sung through
fé, amor; ver-dad, y-be-lle-za can-tan-do, de

8
every land, by every tongue.
ca-da tie-rra, ca-da voz. A - men.

Ritual of Remembrance and Commitment

Richard Davis-Lowell

Spoken and Silent Meditation

Meg McGuire

Music *Elijah Rock*

arr. Jester Hairston

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

Reflection

Richard Davis-Lowell

Offering

The offering today goes to support Black Lives of Unitarian Universalism (BLUU).



Music *Down by the Riverside*

arr. Bryan Sharpe

Leandra Ramm, soloist

Brielle Marina Nielson, alto; Ben Rudiak Gould, tenor;
Asher Davison, bass; Mark Sumner, conductor

Reading

from "Walking with the Wind: A Memoir of the Movement" by John Lewis with Michael D'Orsov

Music *People Get Ready*

arr. Scott Reimer

Brielle Marina Nielson and Asher Davison, soloists

Leandra Ramm, soprano; Ben Rudiak Gould, tenor; Mark Sumner, bass

Sermon "**Being Ready**"

Rev. Vanessa Rush Southern

Hymn 169

We Shall Overcome

MARTIN

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

[\(CLICK HERE OR SCROLL DOWN TO PAGE 9 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude *Jubilation: Didn't My Lord Deliver Daniel?*

Carleton Inniss
Reiko Oda Lane, organist



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister

Meg McGuire, Ministerial Intern

Richard Davis-Lowell, 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, conductor

Cover image by Waranont (Joe) ([more info](#))

OFFERTORY

Black Lives of Unitarian Universalism (BLUU). Formed in the wake of several conversations among Black UUs at the July 2015 Movement for Black Lives Convening in Cleveland, OH, the BLUU Organizing Collective works to provide support, information, and resources for Black Unitarian Universalists. They also work to expand the role and visibility of Black UUs within our faith. [Learn More](#)

$\text{♩} = 56$

* Em

For each child that's born, a morn-ing star ri-ses and

sings to the u-ni-verse who— we are. For who— we are.

We are— our grand-moth-ers' prayers and we— are our

**Note: Repeat this 4 measure chord pattern throughout the piece.*

© Words & music: Ysaye M. Barnwell, 1946 - , © 1991 Barnwell's Notes Publishing (BMI).
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A musical score for a vocal piece, likely for a mixed choir or ensemble. The score consists of four staves, each with a different clef (Treble, Bass, Alto, Tenor) and a key signature of one sharp (F#). The lyrics are integrated into the music, appearing below the corresponding staff. The lyrics are:

grand - fa - thers' dream - ings, we ____ are the
breath of our an-ces-tors, we ____ are the spir-it of God. We are
moth - ers of cour-age and fa - thers of time, we are
daugh - ters of dust and the sons of great vi - sions, we're

The musical score consists of four staves of music in common time, key signature of one sharp (F#), and treble, bass, alto, and tenor voices. The lyrics are integrated into the music, appearing below the corresponding staves.

sis-ters of mer-cy and broth-ers of love, we are
lov-ers of life and the build-ers of na-tions, we're seek-ers of truth and
keep-ers of faith, we are mak-ers of peace and the wis-dom of a - ges.
We are— our grand-moth-ers' prayers and we— are our

The musical score consists of two staves of music in common time, key of G major. The top staff uses a treble clef and the bottom staff uses a bass clef. The lyrics are integrated into the music, appearing below the notes.

grand - fa - thers' dream - ings, we ____ are the
breath of our an - ces-tors, we ____ are the spir-it of God. For
each child that's born, a morn-ing star ri - ses and
sings to the u - ni-verse who ____ we are. For who ____ we are.

1, 2, 3 4

We Shall Overcome

169

d = 56

1. We shall o - ver - come, we shall o - ver -
2. We'll walk hand in hand, we'll walk hand in
3. We shall all be free, we shall all be
4. We shall live in peace, we shall live in

come, we shall o - ver -come some - day!
hand, we'll walk hand in hand some - day!
free, we shall all be free some - day!
peace, we shall live in peace some - day!

Oh, deep in my heart I do be -
Oh, deep in my heart I do be -
Oh, deep in my heart I do be -
Oh, deep in my heart I do be -

lieve we shall o - ver - come some - day!
lieve we'll walk hand in hand some - day!
lieve we shall all be free some - day!
lieve we shall live in peace some - day!

Words & music: African-American spiritual, c. 1750-1875,
adapt. by William Farley Smith, 1941-
Music adapt. © 1989 The United Methodist Publishing House

MARTIN
Irregular

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, [click here](#). You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) [click here](#).

During these times we want you to have our email information handy. Please reach out to your ministers for any reason -- you are having a hard time (or know someone who is); you have a great idea for our new version of shared life in these times (or know someone with skills we could use in this chapter of life together); and because you don't know who to call about what's on your mind. Keep these handy:

Please contact Rev. Alyson Jacks (ajacks@uusf.org) or Vanessa Southern (vrsouthern@uusf.org)

In spite of all the COVID-19 restrictions, 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.



Mahalo and Many Thanks to UUSF Auction Donors and Bidders!

All of us, together, raised \$52,000—which is far more than anticipated. Of that amount, \$24,000 will go to our operating fund and the remaining \$28,000 will be allocated to our three Fund-A-Need projects: the internship for 2022-23 church year, Sanctuary masonry repair, and a much needed “blow out” party when we can all finally get together in person! Many thanks to everyone who made this all possible, including every Auction participant, ministers and staff, the Stewardship Committee, and the 2021 Auction Team!

GREAT NEWS: Bidding for the incredible Hawaii trip is being reopened for one week because some people did not get a chance to bid on this during the live Auction.

The bidding will open at 11AM Sunday 2/21 and close at 12:30 PM on Sunday 2/28.

**CLICK HERE
TO BID**



Sunday, February 21 at 2:00 pm (PST)

UUSF FORUM ZOOM

How to Achieve a Complete Inclusive Immigration Reform - The Moral and Economic Foundation

It has been more than three decades since a viable pathway to legalization has existed for the millions of immigrant workers and their families. While the very functioning of this society is inconceivable without their contributions, they must live with the constant dread of deportation, incarceration, and family separation.

The time to change this is now.

Join:

Rev. Nelson Rabell, Associate Pastor at St. Paul Lutheran Church in Lodi

Raul Hinajosa, Associate Professor in the Division of Social Sciences at UCLA

Magali Sanchez-Hall, Chair of the membership committee for the California Democratic Party Chicano Latino Caucus; and

Lydia Camarillo, President of the So. West Registration & Education Project (SVREP).

A discussion and call to action on this important initiative for complete, inclusive immigration reform.

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.



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=UUlmbIIVTjZVYXBNNGJ6ZFJ0a2dJdz09>

Meeting ID: 834 9065 6021

Passcode: 924828

Dial by your location

+1 669 900 6833 US (San Jose)

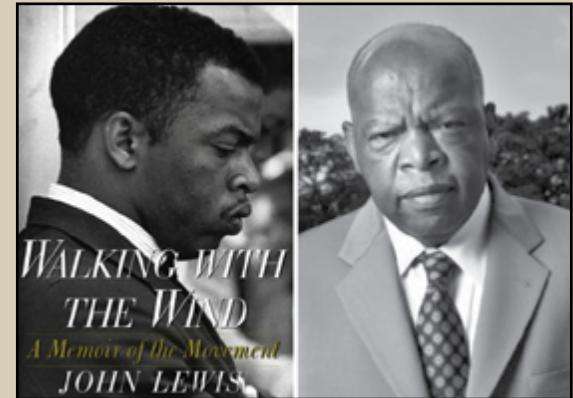
Minister's Book Group: February

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](#)



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.

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.

ART AT OUR FEET

Childrens Sidewalk Art During the Shelter at Home



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](#)

UUSF MEDITATION MINISTRY

Adult Religious Education Classes

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

UUSF has the great fortune to offer two meditation programs you can participate in at any time. They are lead by **Elena Hanyo Perez**, a member of UUSF, licensed acupuncturist, and lay minister with Bright Dawn Center for Oneness Buddhism.

ZOOM LINK

<https://us04web.zoom.us/j/75735734442#success>

PASSWORD: metta

Morning Metta Meditation

Tuesdays & Thursday, 8-8:30 AM

A simple, centering loving kindness meditation practice which is appropriate for all religious backgrounds and levels of meditation experience

Equanimity Practice

Fridays, 8-8:30 AM

A meditation practice on cultivating equanimity- that is accepting the reality of life's highs and lows, and developing an attitude of peaceful calm abiding throughout the inevitable changes.



BAY AREA FOOD INSECURITY ON THE RISE! NEED Help? Want to GIVE Help? BOTH?

Food insecurity is on the rise across the nation, including the Bay Area, as the continued COVID-19 pandemic affects jobs and reduces the access to healthy food by vulnerable seniors and individuals in quarantine. One study says that food insecurity has tripled in San Francisco in the past 6 months. If you are among this rising number of people and don't know how to access healthy food, we are here to help:

To Get Help connecting with sources of free healthy food, contact our lay chaplaincy team at Chaplains@uusf.org

THE SAN FRANCISCO / MARIN FOOD BANK NEEDS YOUR HELP!!!

In the past six months, his wonderful organization has almost doubled the number of households it serves to about 60,000 a month. Both the increase in the number of people served and the suggestion that those over 60 do not volunteer for safety 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](#)



UU Theology

For Young Adults

Mondays at 7pm

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.



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

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 neveragain@uusf.org



UUSF 20s & 30s Ministry

February Program

Becoming Together

Wednesdays February 10 & 24
7:00 to 8:30 p.m.

TNT Hangout

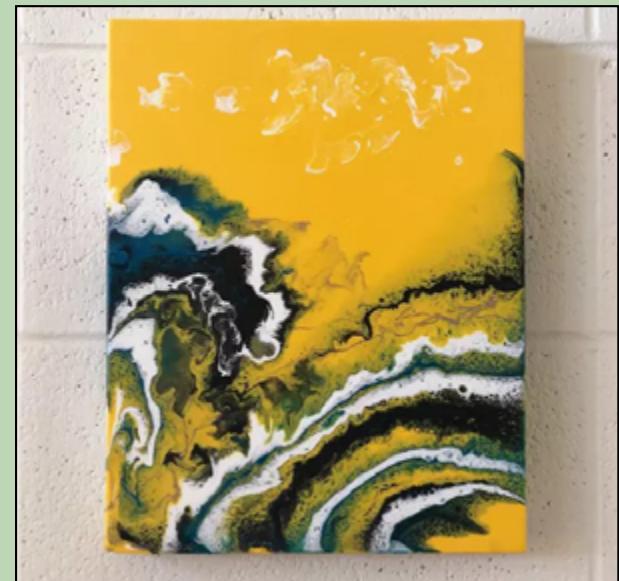
Saturdays February 6 & 20
6:00 to 8:00 p.m.

More info at uusf.org/tnt

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**](#).



Valley by Alife Jang ([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 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 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 or Text Message to set up a time to talk. 415-424-6964

"Lessons of Love"

Sunday, February 14, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

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



UUSF MEDIA

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Welcome to the First Unitarian Universalist Society of San Francisco

Since its founding in 1850 our congregation has been a beacon of religious liberalism in this city. During the Civil War, the [Rev. Thomas Starr King](#) was credited with keeping California in the Union. He also challenged racism, raised millions for humanitarian relief and inspired new efforts in education.

Unitarianism and Universalism in America both arose in New England during the American Revolution. Because the roots of both traditions are in the Judeo-Christian tradition, you will see on the walls of our sanctuary two inscriptions: "What doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with your God?" (from the Hebrew prophet Micah) and "The Kingdom of God is within you." (from the Gospels)

Our religious forebears were far more interested in the teaching examples of Jesus than in beliefs about Jesus. Today we agree more about how we strive to treat others than we do about beliefs. Our backgrounds and spiritual orientations are diverse. Among us are people who consider themselves atheists, agnostics, humanists, Christians, Jews, Buddhists, Muslims, Pagans and people guided by other forms of spirituality and belief.

Belief is many things, and so is disbelief. But we are interested in what happens to us when we open our minds to wider truth, our hearts to compassion, and our souls to the call to work for justice and peace.

For more about our congregation,
please visit our website at www.uusf.org.

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