

# "Sabbath Redux"

Sunday, March 21, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco



**Order of Service**  
**Sunday, March 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](#)

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Prelude      *Passacaglia in C minor, BWV 582*      Johann Sebastian Bach  
Reiko Oda Lane, organist

Opening and Welcome      Rev. Vanessa Rush Southern, Senior Minister

Hymn 90      *From All the Fret and Fever of the Day*      COOLINGE  
Reiko Oda Lane, organist; Leandra Ramm, Brielle Marina Neilson,  
Ben Rudiak-Gould, Asher Davison, songleaders

[\(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN\)](#)

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

Don Wiepert, Worship Associate



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

Music *Velum templi scissum est*

Juan Gutierrez de Padilla  
Leandra Ramm, soprano; Brielle Marina Nielson, alto;  
Ben Rudiak Gould, tenor; Asher Davison, bass and conductor

Spoken and Silent Meditation

Offering

The special offering this week will go to benefit the **Chinatown Community Development Center (CCDC)** for their. FEED & FUEL 2.0 campaign. This program not only provides meals to the very low income seniors living in SROs so Covid doesn't spread through the common kitchens, but helps the Chinatown Restaurants stay in business because they make the meals. SF Chinatown is in a crisis of survival now & ours is the oldest Chinatown in America so these efforts support our neighbors in many important ways. The Hinckley Fund will match 3:1 every dollar donated today up to a total match of \$4000.



Music *If I Ain't Got You*

Alicia Keys

Inspired by the 2001 death of singer Aaliyah,  
the terrorist September 11 attacks, and other events in the world.

Soloists: Brielle Marina Nielson, Leandra Ramm, Vanessa Southern, Leila Southern, Jonathan Silk, Mark Sumner, Roberto Dela'ò, Shannon Wardo, Judy Payne, Bari Cornet, Dennis Adams, Betsy Darr, Jack Darr, Carrie Steere-Salazar, Meg McGuire, Leland Jones, John Buehrens, David Jones, Sue Anthony, Eric Shackelford, Alyson Jacks, Thomas Brown, Asher Davison, Joe Chapot, accompanied by Derek Silbermann, Jon Silk; Choristers: Tina Shibue, Janet Scott and others.  
Mark Sumner, conductor; Derek Silbermann, editor

Reading "The Story of Creation, a simplified version there of"

Music *Come Sunday*

Duke Ellington  
Leandra Ramm, soprano; Brielle Marina Nielson, alto; Ben Rudiak Gould, tenor;  
Asher Davison, bass; Wm. García Ganz, accompanist

Sermon "**Sabbath Redux**"

Rev. Vanessa Rush Southern

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

[\(CLICK HERE OR SCROLL DOWN TO PAGE 6 TO VIEW HYMN\)](#)

Benediction

Rev. Vanessa Rush Southern

Postlude *Fugue in C minor, BWV 582*

Johann Sebastian Bach  
Reiko Oda Lane, organist

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## PARTICIPANTS

### Service Notes

Rev. Vanessa Rush Southern, Senior Minister  
Don Wiepert, Worship Associate  
Dolores Perez Heilbron and David Heilbron, Annual Operating Fund Drive

### Technology

Eric Shackelford, 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 and conductor  
Wm. García Ganz, accompanist

Cover image by [bantersnaps](#) ([more info](#))

# From All the Fret and Fever of the Day

90

$\text{♩} = 58$

The musical score is written for voice and piano. It consists of four systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The key signature has one flat (B-flat) and the time signature is 3/2. The tempo is marked as quarter note = 58. The lyrics are as follows:

1. From all the fret and fe - ver of the  
2. In qui - et - ness and sol - i - tude we

day, let there be mo - ments when we turn a -  
find the sound - less wis - dom of the deep - er

way, and, deaf to all con - fus - ing out - er  
mind; with clear har - mo - nious pur - pose let us

din, in - tent - ly lis - ten for the voice with - in.  
then bring rich - er mean - ing to the world a - gain.

⊕ Words: Monroe Beardsley, b. 1915  
Music: Cyril V. Taylor, b. 1907, © Hope Publishing Co.

COOLINGE  
10.10.10.10.

## Morning Has Broken

*♩. = 56 Unison*

1. Morn - ing has bro - ken like the first morn - ing, black-bird has  
 2. Sweet the rain's new fall sun - lit from heav - en, like the first  
 3. Mine is the sun - light! Mine is the morn - ing born of the

spo - ken like the first bird. Praise for the  
 dew - fall on the first grass. Praise for the  
 one light E - den saw play! Praise with e -

sing - ing! Praise for the morn - ing! Praise for them,  
 sweet - ness of the wet gar - den, sprung in com -  
 la - tion, praise ev - ery morn - ing, God's re - cre -

spring - ing fresh from the Word!  
 plete - ness where God's feet pass.  
 a - tion of the new day!

Words: Eleanor Farjeon, 1881-1965, used by perm. of David Higham Assoc., Ltd.  
 Music: Gaelic melody, © 1931 Oxford University Press, harmony by David  
 Evans, 1874-1948

BUNESSAN  
 5.5.5.4.D.

M O R N I N G



**Johann Sebastian Bach** ([31 March \[O.S. 21 March\] 1685](#) – [28 July 1750](#)) was a German composer and musician of the Baroque period. He is known for instrumental compositions such as the Brandenburg Concertos and the Goldberg Variations, and for vocal music such as the St Matthew Passion and the Mass in B minor. Since the 19th-century Bach Revival, he has been generally regarded as one of the greatest composers of all time.

Throughout the 18th century Bach was primarily valued as an organist, while his keyboard music, such as *The Well-Tempered Clavier*, was appreciated for its didactic qualities. The 19th century saw the publication of some major Bach biographies, and by the end of that century all of his known music had been printed. Dissemination of scholarship on the composer continued through periodicals (and later also websites) exclusively devoted to him, and other publications such as the *Bach-Werke-Verzeichnis* (BWV, a numbered catalogue of his works) and new critical editions of his compositions. His music was further popularised through a multitude of arrangements, including, for instance, the *Air on the G String*, and of recordings, such as three different box sets with complete performances of the composer's oeuvre marking the 250th anniversary of his death.

[Learn More](#)



# What's Coming Up?

## Ways to Connect in These Times



### Sunday Virtual Coffee Hour

12:15 pm on Sundays

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

Come to the special **8th Principle breakout room at Coffee Hour** after this service to hear more about the 8th Principle and to have a chance to join the discussion and get your questions answered. Simply say, when you enter the coffee hour zoom, that you want to go to the 8th Principle breakout room! We'll see you there!

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.

Join via Zoom: <https://zoom.us/j/725737157>

Meeting ID: 725 737 157

One tap mobile: +16699006833,,725737157#

### 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.

## *EXTRAORDINARY TIMES, EXTRAORDINARY RESPONSES!*



Thanks to all of you who have made your pledges of support. Because of you, we continue to make progress toward our very ambitious campaign goal.

If you are a member and haven't yet made your pledge, please use the pledge button in the order of service, mail your pledge form or go to [UUSF.org](https://UUSF.org) to make your pledge before the end of March. The Board has started working on the 2021/22 budget and they need all of our pledges to accurately forecast the revenue and expenditures for the next fiscal year. With our pledges, we help make sure UUSF thrives through the pandemic and beyond.

If you are a visitor who has been participating in the Sunday services or any of the other activities at UUSF, we encourage you to consider making a [pledge](#). Your support would be most welcome.

Do you enjoy seeing your fellow UU's on the Virtual Donor Wall? They would enjoy seeing you, too! Please make your pledge and then send your photo to [aof@uusf.org](mailto:aof@uusf.org)





## Sunday FORUM, March 21 at 1:00 pm

This workshop will introduce participants to Social Ecology, an interdisciplinary approach to understanding people's relationship to nature from historical, contemporary, and future-oriented perspectives. Social Ecology offers a critical view of current ecological problems and presents a praxis that can help us to reharmonize people and nature through principled direct action and a reconstructive political perspective that emphasizes non-hierarchical forms of organization.

The ideas of Social Ecology have helped to inform a range of social movements from the Anti-Nuke movement of the 70s, the environmental justice movement, eco-feminism, anti-geo organizing, anti-globalization moralizations, and Occupy Wall Street to the current movement for climate justice.

Dan Chodorkoff holds a Ph.D in Cultural Anthropology and co-founded the Institute for Social Ecology in 1974. He is the author of *The Anthropology of Utopia*, and the novels *Loisaida*, and *Sugaring Down*.

### Join Zoom Meeting

<https://zoom.us/j/2200241232?pwd=aCtldWI0OGxUdUxjeUJ5K0xSY09uUT09>

**Meeting ID:** 220 024 1232

**Passcode:** 328697

### Dial by your location

+1 669 900 6833 US (San Jose)



## *Humanists and Non-Theists*

### Breaking the Seal: An Informed Perspective on Judeo-Christian Literature

Sunday, March 28 at 1:00 pm

Should we abandon biblical literature altogether? What if biblical literature contains lessons against ignorance? What if it favors reason over dogma? Join us in a conversation about ancient literature with a presentation on the topic by **Bob Burchfield**. We may even figure out what that famous apple represents.

### Zoom Info

<https://us02web.zoom.us/j/81530365544?pwd=VFRvN2Z5M2Q2ajZFSkM2SUp1MG9wdz09>

**Meeting ID:** 815 3036 5544

**Passcode:** 834958

### Dial by your location

+1 669 900 6833 US (San Jose)

# Journey Toward Wholeness

## Racial Equity Task Force Meeting

Tuesday, March 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.



## 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.



# The Pagan Interest Circle

## **A Rite of Spring**

**Saturday March 27, 7:00 pm**

**The Pagan Interest Circles (PICT)** on the Eve of the **Full Moon** rising at 11:48 A.M. Pacific Daylight Time, on March 28th, just a week after the Solar Holiday of Ostara, the Vernal Equinox on March 20th. The Equinox brings the balance of daylight hours and the hours of night, the dark with the light. Now the Northern Hemisphere, where we live on Planet Earth, is tilting more to the Sun, bringing increasing daylight hours and warmer days.

And so, we do a ritual to bring ourselves into balance and re-orient ourselves to the waxing light. The Wheel of the Year has turned to Spring!

For more information about this ritual and/or to get the ZOOM link to attend, contact **Christine Patch-Lindsay** ([cplhealer@comcast.net](mailto:cplhealer@comcast.net)), no later than 3PM on the day of the ritual.

## [UUSF 20s and 30s Ministry](#)

### **Becoming Together**

**Wednesdays (now every three weeks!)**

**March 31 from 7:00 to 8:30 pm**

This bi-monthly meeting is our reflection time, a chance for young adults to just stop and be with each other. We sing songs, check in, listen to readings, and share our stories.

[ZOOM HERE](#)



# 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

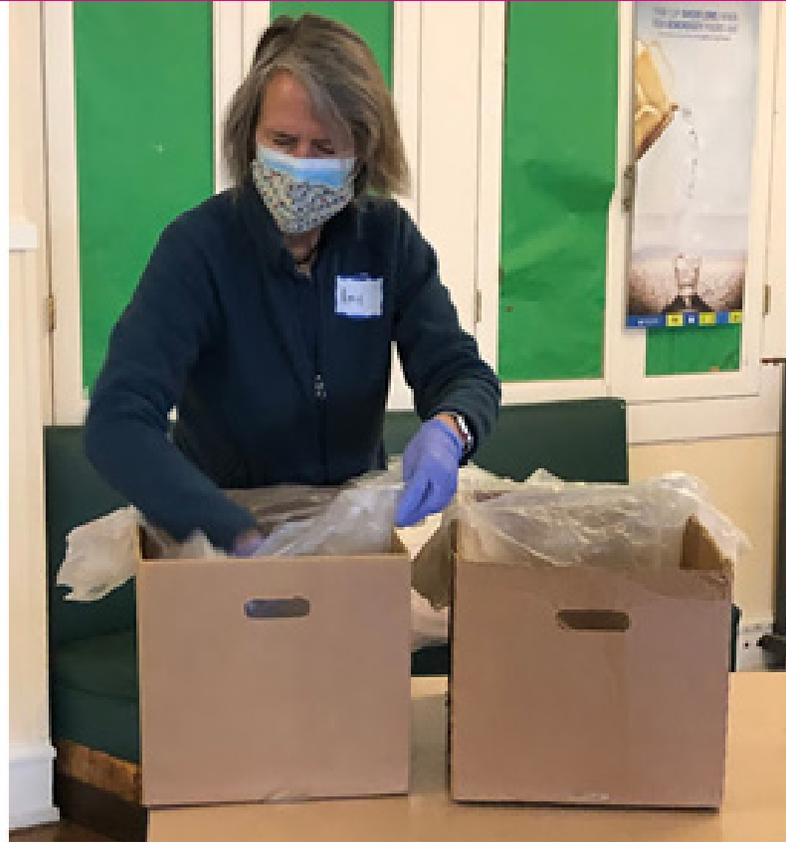
A simple, centering loving kindness meditation practice which is appropriate for all religious backgrounds and levels of meditation experience

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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.



## **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 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](#)

## [Adult Religious Education Programs](#)

### Minister's Book Group: March

Wed, March 24, 6:30-8 pm or Thurs, March 25, noon-1:30

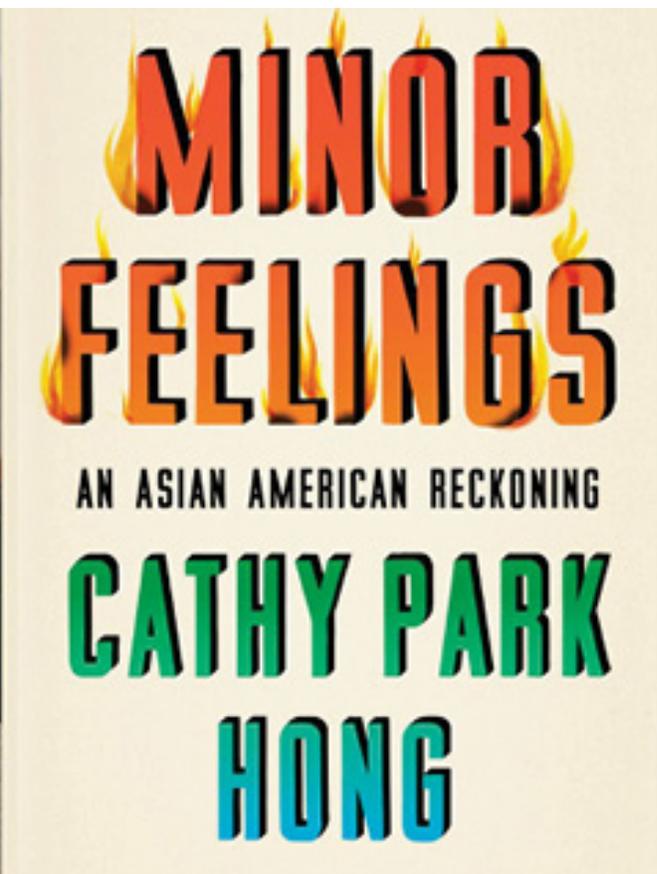
**Leader: Rev. Vanessa Rush Southern & Lori Lai**

Our book this month is “Minor Feelings: An Asian American Reckoning” by Cathy Park Hong. Hong, a prize-winning poet and Professor at Rutgers University in their MFA Program, weaves a book that is part memoir and part cultural criticism. She uses her own story to look into racial consciousness in America today. Published in 2020 the book has a contemporary perspective on Korean American immigrants, with the voice of a poet guiding the journey.

Vanessa Southern and Lori Lai will co-lead this Book Group which you can join either on Wednesday, 3/24 from 6:30-8 PM or Thursday, 3/25 from noon-1:30.

RSVP to [JChapot@uusf.org](mailto:JChapot@uusf.org) or register [here](#).

[REGISTER HERE](#)



# ART AT OUR FEET

## Childrens Sidewalk Art During the Shelter at Home

### Childrens Multicultural Museum Art Show

March 2021

Feel like you want to escape?

If you have chalk and a sidewalk area you can make your mark!

Wander through these photos of dogs and houses, cats and imaginary creatures, flowers, rainbows and suns, and spaceships at a stellar spaceport, and more! Curator Andrei Glase photographed these anonymous drawings in her neighborhood; they are combined here with photos submitted by children of the UU community of their own drawings.

Childrens Multicultural Museum was created in 1986 by children's art advocates at the UU. The mission is to provide traditional art and cultural experiences for children 5 to 12 years and their parents. There is no museum building, but there is lack of funds. And a collection of innovative creations using multicultural themes, recycled materials and children's imaginations.

In the before times our program served children in the Tenderloin, Civic Center and Chinatown areas with monthly workshops, summer sessions, an annual holiday display at SF Davies Symphony Hall, and exhibitions at the Fisher children's center of the Civic Center Main Library and at the UU Kings Galleries. Our annual UU show included an art making reception for kids; today we are replacing that in-person experience with this online art show. During the covid shelter art workshops and in-person exhibits have been paused. We plan to continue our program as we can. Contact the curator [andreiglase@gmail.com](mailto:andreiglase@gmail.com) or by mail at CMM, 1849 Geary Blvd #15371, SF CA 94115.

With the decline of art education it is just so essential to do what we can to encourage our young creative minds with individual and community art projects. Art is about making decisions ... so you want to sketch something without knowing exactly what the final picture will be? Make a little decision to see art all around. Watch out -- art may be right at your feet! [View the flier here!](#)



CLICK BUTTON  
TO VIEW SHOW

# Sign Up to be Notified about New UU

New UU is a 2 session class introducing participants to Unitarian Universalism, and to our UU congregation. The class explores UU history, theology, governance, and ways to get involved in our community.

Classes are currently being held on Zoom. If you want to be notified of when we schedule our next New UU class, complete this simple form and we'll let you know as soon as our next series is scheduled.

**[CLICK HERE TO FILL OUT FORM](#)**



## 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 give public and visual support especially to those progressive executive actions and proposed legislation by the Biden / Harris administration that address the injustices so stark in our society. This includes the proposal for immigration reform to grant rights, long overdue, to our immigrant brothers and sisters.

On the street at morning rush hour we see clearly the overwhelming contribution of immigrant workers to our economy. We greet construction workers, cooks, housekeepers, truck drivers, plumbers, carpet layers, elder care and childcare workers, roofers, gardeners, landscapers, janitors and many others on their way to work.

And, we celebrate with music that embodies our aspirations, and the resistance that is always part of the struggle for justice.

Join us in front of UUSF, Franklin & Geary. Each Wednesday morning from 8 to 9 AM. (Masks and social distancing required) Let us know what you think at [neveragain@uusf.org](mailto:neveragain@uusf.org).



## **From Vanessa's Installation Committee**

On October 4, 2020, our congregation voted to call Vanessa Rush Southern as our settled minister. Did you know that usually a congregation follows a call with a formal installation ceremony?

## **SAVE THE DATE!**

We plan to have Vanessa's installation at the church on Sunday, October 3 at 3 pm, followed by a reception. The ceremony will lift up our covenant of shared ministry, and include many distinguished guests. While it's possible that the pandemic could interfere with our plans, we ask that you save the date for what we hope will be a wonderful homecoming for all of us. Further details will follow!

## **Vanessa's Installation Committee**

Harry Arthur, Hilary Buffum, Judy Nichols, Kathleen Quenneville, Vanessa Rush Southern, Carrie Steere-Salazar, Vanessa Vanderlaan, and Julia Wald

# "Giving it Up for Lent"

Sunday, March 14, 10:50 AM, 2021

First Unitarian Universalist Society of San Francisco

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

## UUSF MEDIA

[Listen to our Worship Sermon Podcasts Here](#)

[Check out our Complete Worship Service Archives Here](#)

[View all our videos Here](#)

[Read our Newsletters Here](#)

[Contact us here](#)

# Welcome to the First Unitarian Universalist Society of San Francisco

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

Unitarianism and Universalism in America both arose in New England during the American Revolution. Because the roots of both traditions are in the Judeo-Christian tradition, you will see on the walls of our sanctuary two inscriptions:

"What doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with your God?" (from the Hebrew prophet Micah) and "The Kingdom of God is within you." (from the Gospels)

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

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

For more about our congregation,  
please visit our website at [www.uusf.org](http://www.uusf.org).

First Unitarian Universalist Society of San Francisco  
1187 Franklin Street, San Francisco, CA 94109  
415-776-4580 / [info@uusf.org](mailto:info@uusf.org)