"Arms Wide Open: Parenting as a Spiritual Path"

Sunday, May 9, 10:50 AM, 2021
First Unitarian Universalist Society of San Francisco
Order of Service
Sunday, May 9, 2021
10:50 AM to 12:15 PM

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

New to UUS? Complete our Connections Form Here

Prelude
Immortal Love Forever Full
Charles V. Stanford
Salve Regina
Giacomo Puccini
When Thou Art Near
Johann Sebastian Bach
Reiko Oda Lane, organist

Opening and Welcome
Rev. Vanessa Rush Southern, Senior Minister

Hymn 357
Bright Morning Star
Reiko Oda Lane, organist; Kate Offer; Brielle Marina Neilson;
Ben Rudiak-Gould; Asher Davison, Mark Sumner, song leaders

(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN)

Unison Chalice Lighting
Dennis Adams, 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
Meg McGuire, Ministerial Intern
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

From all that dwell below the skies; let songs of hope and
De todos bajo el gran sol; surgan esperanza
faith arise; let peace, goodwill on earth be sung through
fé, amor; verdad, belleza cantando, de
every land, by every tongue.

cada tierra, cada voz. Amen.

8th Principle Testimonial

Lori Lai

Music  

Prayer of the Children

Kurt Bestor arr. Andrea Klouse
Kate Offer, soprano; Brielle Marina Nielson, alto; Ben Rudiak Gould, tenor;
Asher Davison, bass; Mark Sumner, director

Ritual of Remembrance and Commitment

Time of Spoken and Silent Meditation

Meg McGuire
Offering
This Mothers Day our offering will go to help the over 20,000 children who were separated from their families be reunited. Our funds will go for **REUNITE**, a joint project of Project Lifeline and VECINAS, both worthy organizations. The Hinckley Fund has given her money to match gifts for such a cause up to $2000. Please choose “Special Offering” as you give online.

Music  *Your Children Are Not Your Children (Eure Kinder)*
words Khalil Gibran; translation Bill Klingelhoffer; music Kinley Lange
Kate Offer, soprano; Brielle Marina Neilson, alto; Ben Rudiaik Gould, tenor;
Asher Davison, bass; Mark Sumner, director

Music  *Children Will Listen* from *Into the Woods*  
Stephen Sondheim
Kate Offer, soprano; Brielle Marina Neilson, alto; Ben Rudiaik Gould, tenor;
Asher Davison, bass; Mark Sumner, pianist

Sermon “Arms Wide Open: Parenting as a Spiritual Path”  
Rev. Vanessa Rush Southern

Hymn 336  *All My Memories of Love*
ADORO TE DEVOTE
Reiko Oda Lane, organist; Kate Offer; Brielle Marina Neilson;
Ben Rudiaik-Gould; Asher Davison, Mark Sumner, song leaders

(Post Click Here or Scroll Down to Page 6 to View Hymn)

Benediction  
Rev. Vanessa Rush Southern

Postlude  *What Wondrous Love Is This*  
Early American Hymn/ Dale Wood
Reiko Oda Lane, organist
PARTICIPANTS

Service Notes
Rev. Vanessa Rush Southern, Senior Minister
Meg McGuire, Ministerial Intern
Dennis Adams, Worship Associate
Lori Lai, 8th Principle Testimonial

Technology
Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, sound/oos design
Joe Chapot, social media chat
Dan Barnard, Facilities Manager
Athena Papadakos, flowers
Alex Darr, Les James, Tom Brookshire, Zoom Coffee Hour

Musicians
Reiko Oda Lane, organist
Kate Offer, soprano
Brielle Marina Neilson, alto
Ben Rudiak-Gould, tenor
Asher Davison, bass
Mark Sumner, director/pianist

Cover image
Marek Piwnicki
Bright Morning Stars

1. Bright morning stars are rising. Bright
2. Oh, where are our dear mothers? Oh,
3. They are sowing seeds of gladness. They are

morn ing stars are rising. Bright
where are our dear mothers? Oh,
sowing seeds of gladness. They are

morn ing stars are rising.
where are our dear mothers?
sowing seeds of gladness.

Day is a-breaking in my soul.

4. Oh, where are our dear fathers?
   Oh, where are our dear fathers?
   Oh, where are our dear fathers?
   Day is a-breaking in my soul.

5. They are in the fields a-plowing.
   They are in the fields a-plowing.
   They are in the fields a-plowing.
   Day is a-breaking in my soul.

Words: Anonymous
Music: American folk song, arr. by James A. Lucas,
© 1983 Plymouth Music, used by perm. of Walton Music Corp.

BRIGHT MORNING STARS
7.7.7.8.
#336 All My Memories of Love

ADORO TE DEVOTE

All my memories of love hang up-on high stars. All the souls I’ve set among the
Willows in this season touch the water clear. Many are the graceful hearts hung up-on this tree. And it seems there’s

lost to tears now the spring-time jars; and the air around me here
rushes tall of the flowing year. Rising up from sunlit past
room for mine on these branches free; and the sky above the tree,
thickens with their song; sing again their
comes the shadowed sigh; running toward me
whether wet or bright, is my ease and

nameless tunes, sing again, and strong.
silent, love to forti-ty,
comforting, my good news and light.
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.

No 8th Principle breakout room on Sunday, May 9th. Come to the special 8th Principle breakout room at Coffee Hour after this service on Sunday, May 16 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](https://zoom.us/j/725737157)
Meeting ID: 725 737 157

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](https://www.uusf.org/guides/zoom-system-guide). 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](https://www.uusf.org/guides/zoom-system-guide).

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 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 & Non-Theists
Sunday, May 9, 1pm to 2:30pm

Jim Barnett will review what science has discovered about sleeping and dreaming. We will review how sleep is needed to maintain health and process memories. While much less is known about dreaming, a number of hypotheses have been advanced to explain this phenomenon.

Jim is a member of the congregation and holds a Ph.D. in the biological sciences.

Join Zoom Meeting
https://us02web.zoom.us/j/86040471884?pwd=UWcweXdEdnZ3NGQvK0xmN0ZwV2xvQT09
Meeting ID: 860 4047 1884
Passcode: 681000
Dial by your location
+1 669 900 6833 US (San Jose)

FORUM
Ecostewardship, Social Equity, and The Commons
Sunday, May 16, 1pm

An internationally renowned activist-scholar for more than 20 years, Mr. Bollier will speak about the Commons as a new paradigm for re-imagining economics, politics, and culture, and will discuss his recent book, Free, Fair and Alive: The Insurgent Power of the Commons [www.freefairandalive.org], co-authored with Silke Helfrich.

Mr. Bollier will address this important issue and explore such questions as: What is the modern concept of the Commons, and why is there such interest in it today, especially in Europe and the Global South? How would the Commons paradigm work in a post-capitalist alternative to the present, especially in the United States? We will hear his ideas as a political strategist, which he pursues as Director of the Reinventing the Commons Program at the Schumacher Center for a New Economics. At this time in our country's history, we welcome the chance to consider the possibility of improving the prevailing economic system, and making life more equitable for all.

https://zoom.us/j/2200241232?pwd=aCt1dWI0OGxUdUxjeUJ5K0xSY09uUT09
Meeting ID: 220 024 1232
Passcode: 328697
Dial by your location
+1 669 900 6833 US (San Jose)
BAY AREA FOOD INSECURITY ON THE RISE!
NEED Help? Want to GIVE Help? BOTH?

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

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

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

In the past six months, his wonderful organization has almost doubled the number of households it serves to about 60,000 a month. Both the increase in the number of people served and the suggestion that those over 60 do not volunteer for safely reasons during the pandemic has produced a critical need for younger volunteers.

TO HELP, please join us at the INTERFAITH FOOD PANTRY!
Every Saturday
7:30 am to 11am
SIGN-UP HERE
Good news! Both UUSF’s Finance Committee and Board approved the attached proposed FY22 Budget on April 20th (click here). Event rentals are still conservatively budgeted, but our Congregation stepped up with extraordinary measures to generously pledge to fill in the short-fall. Noteworthy: it is the first time the SCW and UUSF Budgets have been consolidated. Revenue equals expenses - it is a zero balance budget. The Congregation will be voting on the budget on Sunday, May 30th, after services on the same Zoom used for Coffee Hour.

In advance of the budget vote, there will be two Budget Q & A Zoom Meetings, held by Lori Lai, Laura Ludwig and Vanessa Rush Southern. We hope to see you there! Zoom links are below:

**Wednesday, May 12 at 6pm:**
Join Zoom Meeting
ID: 81591233967
Passcode: 111087
+1 346-248-7799

**Sunday, May 16 at 12:30 pm:**
Join Zoom Meeting
ID: 89725506028
Passcode: 425193
+1 312-626-6799

**A few highlights and assumptions within the proposed FY22 Budget:**

- $841k for FY22 Annual Operating Pledges
- Event Rental Revenue of $100k, which is 50% of FY20’s $200k standard
- Normal School rent of $271k (which includes a monthly utility payment)
- Endowment Draw remains at 5.5% - $271k is approximately the same amount drawn as in the prior fiscal year budget ($272k)
- Payroll shows a slight increase (COLA 2% for most FT employees, Equity increase for Sextons, greater alignment with UUA Compensation Guidelines and extra Ministry Support for Growth)
- Based upon the April 2021 Employee Handbook revision, UUSF will sponsor Long-term Disability insurance for employees who work >30 hours per week
- Ministers Expenses increased: $14.5k: Ministers Discretionary grants (Hinckley)
- Professional Services: legal & accounting with more accurate projections
- Grants increased $115k - accurately projecting Plate Disbursals & SCW grants given
- Hospitality increased due to planned reopening party
- Increased HR & Recruiting in anticipation of transition in Associate Minister role
- General Expenses increased (Vanco CC bank fees are now in the budget, plus we expect to make Live Stream/ Worship upgrades)
- The overall budget shows an increase, but it is the first year in which SCW & UUSF spending is consolidated.
Journey Toward Wholeness
Racial Equity Task Force Meeting
Tuesday, May 25, 7PM to 8:30 pm
The Journey Toward Wholeness / Racial Equity Task Force meets monthly on the 4th Tuesday and is focused 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.

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.
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.
For the months of April and May, 2021 the Art Committee is pleased to virtually present Artists Arthur Koch and Lisa Magruder

From April 1, - May 30 (VIEW THE SHOW HERE)

Arthur Koch
While working as a digital artist/animator he continued painting landscapes, people, and abstract art in his free time. He also taught college art classes for 4 years and continues to mentor other artists as well as study under them. His motto is, IT’S ALL ABOUT LIGHT. “Light is the common denominator in all of my work from drawing with little squares of light (pixels), to capturing light with my camera and painting. The quality of light, composition and interpretative style can turn the ordinary into the extraordinary. Seeing beauty in the simplest things and expressing my vision. -Art Koch

Lisa Magruder
In my work I intend to tell a story, to inspire the viewer, and to make an impassioned profession of my beliefs. Through the mediums of painting, printmaking, and collage, I aim to create something in-between mere symbol and ordinary reality, to depict transcendence from the natural to the spiritual and to reflect both levels of existence. I consider the act of art-making a spiritual experience and a form of adoration and response to the Creator. I am inspired by post-impressionist artists such as Van Gogh and Gauguin and contemporary artists such as Morris Graves and Rauschenberg.
Adult Religious Education Programs

May Minister's Book Group
Wed, May 26, 6:30-8 pm or
Thurs, May 27, noon-1:30

Leader: Rev. Vanessa Rush Southern
Imani Perry's Breathe: A Letter to My Sons

Join Rev. Vanessa Southern this month to discuss Imani Perry's Breathe. The book is the 2020-21 Unitarian Universalist Association's Common Read, which is to say the denomination it is asking all of us to read and discuss this one book this year in our communities -- a great effort each year to build a conversation among all of us. The New York Times describes Breathe as, “an elixir of history, ancestry and compassion, which, together, become instruction... a parent's unflinching demand born of inherited trauma and love, for her children’s right simply to be possible.” is, “an unforgettable lesson in Black resistance and resilience.” You can join either group. If you need help acquiring the book please email letting us know to info@uusf.org.

Registration link Here

Hope to see you there.
Learning About the 8th Principle

Some forty of the member congregations of the Unitarian Universalist Association have adopted the 8th Principle, another forty (including our own) have scheduled a vote on the matter for early this summer, and a number of others have begun to study the matter.

You are invited to explore more deeply an issue that many have come to regard as of pressing importance.

If you click here: UUSF 8th Principle Resources, you will have easy access to a variety of sources of further information.

You might want to start with the Frequently Asked Questions document, which is specific to our congregation. You will also find background information on the process by which the 8th Principle came about, as well as the report of the UUA Commission on Institutional Change called “Widening the Circle of Concern,” along with several other relevant videos and documents.

Be sure to check the Order of Service every Sunday to see if there is an 8th Principle breakout room at the Coffee Hour meeting. You may also email 8thprinciple@uusf.org to request a personal conversation about your questions and concerns.

LEARN MORE
Dr. Pinn's spring 2021 lectures explore two questions — two related queries motivated in part by the rabid nationalism and marginalization of despised populations marking so much of public life in the United States. He frames them with respect to the way in which religious supporters of nationalism have buttressed their position using theological language and religious principles drawn from their reading of scripture. Mindful of this, is there a way for liberal religionists, and humanists more broadly, to read scripture so as to counter Christian justifications for national disregard and hostility? In other words, are there life lessons within scripture that support a more progressive and justice-minded agenda for personal living in community?

By re-reading three key narratives these lectures aim to help Unitarian Universalists in particular, and a wider liberal-humanist audience in general, rethink the lessons taught by the Bible. The goal in so doing is to offer an alternate religious-theological grammar and network of principles that better position liberal religionists to think and speak a more complex sense of injustice and justice.

Pinn is the Agnes Cullen Arnold Professor of Humanities and Professor of Religious Studies at Rice University. He has published several books advancing scholarship related to religion and culture and has lectured nationally and internationally on topics related to his intellectual interests in black religion, humanism, and religion and popular culture.

**Lecture 1 — Job’s Wife and the Price of Integrity**  
Job’s wife reveals an unexpected truth, and confronts us with a hard question: What are we willing to live (and die) for?

Respondent: Kim Hampton, Earlham School of Religion graduate, independent consultant, and researcher on the intersections of race, religion, and popular culture

When: Friday, May 14, 2021, 7:00 pm CDT  
Where: Webinar hosted by First Unitarian Society of Minneapolis  
[Register]

**Lecture 2 — Nimrod and the Unjustified ‘Because’**  
The biblical character of Nimrod shows us the value of perpetual rebellion, a necessary virtue for our times.

Respondent: Rev. Marlin Lavanhar, Senior Minister, All Souls Unitarian Church, Tulsa, Oklahoma

When: Friday, May 21, 2021, 7:00 pm EDT  
Where: Webinar hosted by First Church in Boston  
[Register]

**Lecture 3 — Judas and Making Justice Happen**  
There are characters we love to hate. Judas is one of them. But from another angle he is also a person with a deep and contradictory commitment to political transformation.

Respondent: Mark Hicks, PhD, Angus MacLean Professor of Religious Education, Meadville Lombard Theological School, Chicago, Illinois

When: Friday, May 28, 2021, 7:00 pm CDT  
Where: Webinar hosted by First Unitarian Universalist Church of Houston  
[Register]
**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.

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**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]
General Assembly is a time to circle ‘round in community. We circle ‘round in care and healing; for liberation and justice; and for love and courage. We share stories of the work happening at our Association and in our congregations.

We study ways to implement and live into our mission. UUA GA 2021 will incorporate recommendations from the Commission on Institution Change report, “Widening the Circle of Concern” and dialogue with the Article II Commission about our Principles and Purposes.

Registration is open! Registration for virtual GA 2021 is $200 per person. Learn about registration details (click here).

Volunteer Applications are open for those who want to volunteer to lower their costs to attend. Applications accepted on a rolling basis (click here).
"Religious Imagination: What it Means to be a Teaching Congregation"
Sunday, May 2, 10:50 AM, 2021
First Unitarian Universalist Society of San Francisco

Click Here to Watch Last Weeks Worship Service
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
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