

## Order of Service Sunday, January 16, 2022 10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete our Connections Form Here (bit.ly/uusfconnections2022)

#### Prelude

A Tribute to Martin Luther King, Jr., Based on A Mighty Fortress and Steal Away Hampson Sisler

Go Tell It on the Mountain

O Nelson Russell
Reiko Oda Lane, Organist

Greeting and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 1046 Shall We Gather at the River COOLINGE
Nancy Munn, Brielle Marina Nielsen, Ben Rudiak-Gould, Richard Fey; Mark Sumner, Pianist
(CLICK HERE OR TURN TO PAGES 5 & 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.



## Time of Spoken and Silent Meditation

Music MLK U2, arranged by Bob Chilcott Nancy Munn, Brielle Marina Neilson, Ben Rudiak Gould, Richard Fey, Mark Sumner

Reflection Carmen Barsody

## Offering

The offering this morning will go to **The Voting Rights Lab** is a nonpartisan organization that brings state advocacy, policy, and legislative expertise to the fight for voting rights. We work in partnership with organizations across the country to build winning state legislative campaigns that secure, protect, and defend the voting rights of all Americans. For more information go to: <a href="mailto:votingrightslab.org">votingrightslab.org</a>. To make a donation on Vanco or using the Donate Button on our website, please select the "Special Offering" choice to make your gift. If you are sending a check, please mark in the memo "**The Voting Rights Lab**" 1-16.22.

# DONATE

bit.ly/uusfpayments

Offertory Music Guide My Feet

Arranged by Jacqueline Hairston Nancy Munn, Soprano; Mark Sumner, Pianist

Reflection Mari Magaloni Ramos

Music Up to the Mountain Patty Griffin; Arranger, Mac Huff Nancy Munn, Brielle Marina Nielsen, Ben Rudiak-Gould, Richard Fey; Mark Sumner, Pianist

Homily "History is not History" Rev. Vanessa Rush Southern

Hymn 348

Guide My Feet

Nancy Munn, Brielle Marina Nielsen, Ben Rudiak-Gould, Richard Fey; Reiko Oda Lane, Organist

(CLICK HERE OR TURN TO PAGE 7 TO VIEW HYMN)

Benediction Rev. Vanessa Rush Southern

Postlude The Promised Land American Spiritual arr. Joyce Jones Reiko Oda Lane, organist

## **PARTICIPANTS**

## Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister Carmen Barsody, Worship Associate Mari Magaloni Ramos, Worship Associate

## **Sunday Support**

Eric Shackelford, Camera
Shulee Ong, Camera
Don Shearer, Camera
Jonathan Silk, Communications Director
Joe Chapot, Live Chat Moderator
Remigio Flood, Sexton
Kelvin Jones, Sexton
Judy Payne, Flowers
Tom Brookshire, Les James, Alex Darr, Zoom Coffee Hour

#### Muscians

Reiko Oda Lane, Organist Nancy Munn, Soprano Brielle Marina Neilson, Alto Ben Rudiak-Gould, Tenor Richard Fey, Bass Mark Sumner, Music Director



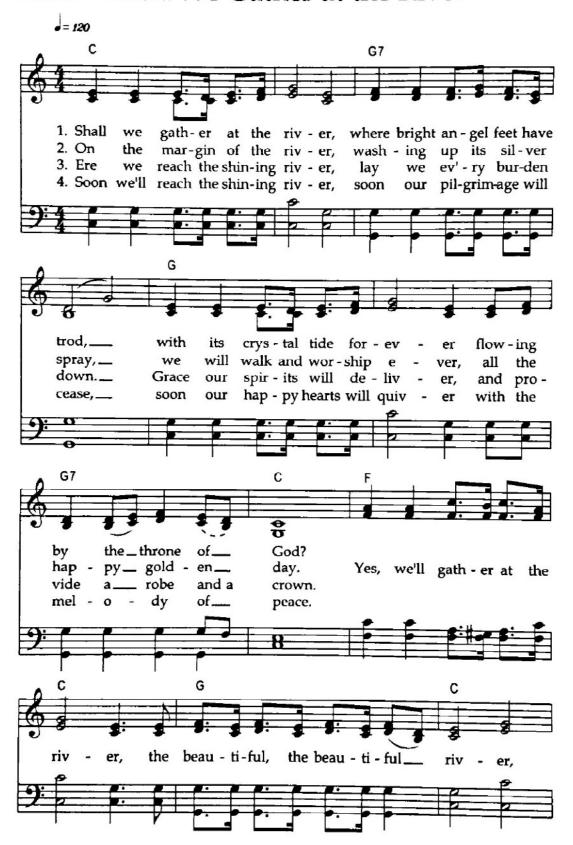
## Sunday Virtual Coffee Hour 12:15 pm on Sundays

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

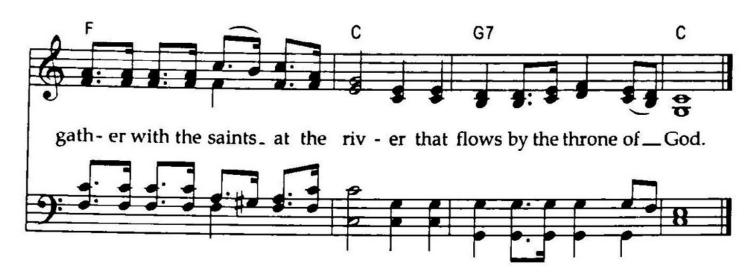
Join the Sermon Discussion Group, led by Donald Matusen, at Virtual Coffee Hour after church today. Let the host know if you want to join this group when you arrive at Coffee Hour.

Join via Zoom: <a href="https://zoom.us/j/725737157">https://zoom.us/j/725737157</a> / Meeting ID: 725 737 157

## 1046 Shall We Gather at the River



Words & music: Robert Lowry, 1826 - 1899; First published in *Happy Voices* in 1865. HANSON PLACE, 8.7.8.7 with refrain







# Guide My Feet



Words: Traditional

Music: Spiritual from the collection of Willis Laurence James, 1900–1966

harmony by Wendell Whalum, 1932-

GUIDE MY FEET Irregular

# Events, Meetings & Volunteer Opportunities (<a href="www.uusf.org/news">www.uusf.org/news</a>)

### Forum - Sunday, January 16, 1 pm to 2:30 pm - Saru Jayaraman One Fair Wage Author and Advocate!

Saru Jayaraman author of "One Fair Wage" will be our guest speaker. As the President of One Fair Wage and Director of the Food Labor Research Center at University of California, Berkeley, Saru has spent the last 20 years organizing and advocating for raising wages and working conditions for restaurant and other service workers. Saru is a graduate of Yale Law School and the Harvard Kennedy School of Government. Come join our Zoom Meeting to find out more about "One Fair Wage". Sarumathi "Saru" Jayaraman is an American attorney, author, and activist from Los Angeles, California. She is an advocate for fair wages for restaurant workers and other service workers in the United States.

Zoom Link to this Event: bit.ly/FORUM1-16-22

#### Young Adult Coffee Hour - Sundays 12:15 - 1:00 pm - Online

The UUSF 20s & 30s Ministry Committee has suspended in-person events until further notice. Instead, join Vanessa, Maddy and Joe for a virtual Young Adult Coffee Hour every Sunday after worship! Bring your favorite warm beverage and/or brunch of choice as we catch up and reflect together. This casual time is part of our effort to stay connected during these unfriendly times. Hope to see you there, and if you want to come but can't make it, let us know! **Zoom Link**: <a href="mailto:bit.ly/youngadultcoffeehour">bit.ly/youngadultcoffeehour</a> **Dial by your location**: +1 669 900 9128. **Meeting ID**: 875 0960 2044. **Passcode**: 322357.

#### Young Adult Vesper Service - Tuesday, January 18 at 7:00 pm - Online

Vesper Service: a participatory evening worship focused on fun, fellowship, spiritual growth, and community.

The UUSF 20s & 30s Ministry Committee has suspended in-person events until further notice. Instead, join Maddy and Joe for a Young Adult Vesper Service! This worshipful experience has many of the same elements as a Sunday morning service, but in a more intimate and engaging setting. In addition to the usual songs, readings, and reflections, there will be space for attendees to share their own responses and feelings as they arise. Our goal is to create a service that will help nourish and heal your soul, your being, your essence, or however you define that immaterial part of our existence. We hope to see you there, and if you want to come but can't make it, let us know! Zoom Link: <a href="https://bit.ly/VESPER1-18-22">bit.ly/VESPER1-18-22</a> Dial by your location: +1 408 638 0968.

Meeting ID: 830 9664 0977. Passcode: 837585.

Black, Indigenous, & People of Color Gathering - 1st Sunday of the month from 9:30 AM to 10:50 am 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.



# Adult Spiritual Growth Classes (www.uusf.org/are)

#### Minister's Book Group - Led by Rev. Vanessa Rush Southern

Wednesday, 1/26/22, 6:30-8 pm or Thursday, 1/27/22, 12-1:30 pm - Sign-up for this online class at bit.ly/MBGJAN22

"Invisible Man" by Ralph Ellison. Written over five years and published in 1952, Ellison was the first African American writer to win the National Book Award for Fiction, which he did for this book in 1953. Part of our national modern canon.

#### "What Does it all Mean?" ... And Other Timeless Questions

February 6 - 27 - Sundays from 9:45-10:45 am - Sign-up for this online class at bit.ly/philosophyfeb2022

Join UUSF member Jay Gupta, Professor of Philosophy at Mills College, for a four-week class centered around ethics and philosophy. In this brief introduction to philosophy, participants will discuss questions that have aroused the curiosity of reflective people everywhere: How do we know anything?

#### **Morning Meta Meditation**

Tuesdays & Thursday, 8-8:30 am (https://us04web.zoom.us/j/75735734442#success)

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 (https://us04web.zoom.us/j/75735734442#success)

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.

## New Uu: Sign-Up To Be Notified

A 2-Session series for Visitors and Newcomers Led by Rev. Alyson Jacks, Rev. Vanessa Southern

Join Revs. Jacks and Southern for a two session New UU class. This interactive class will introduce you to Unitarian Universalism and our congregation. <a href="https://doi.org/10.1016/join.1016/j

Session 1: Roots and Wings: History, Theology, Principles and Purposes

Session 2: Community, Connection and Commitment

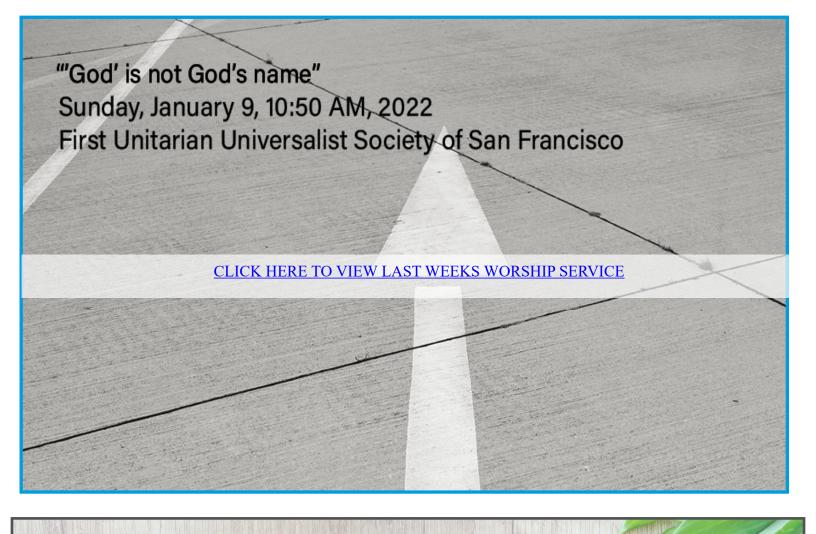
## **UPDATES**

UUSF will be closed on Monday January 17, 2022 for the Martin Luther King, Jr. holiday.

Worship Services will be limited to Livestream Only thru January 23 & 30 in the interest of safety for congregants, staff, and the worship team.

In addition, Sunday School Classes are suspended through the end of January. The Rites of Passage Service will be rescheduled.

Allowing smaller church groups with scheduled meetings in rooms designed to safely accommodate the number of participants, again with each participant making informed decisions based on their individual and family situation and their risk tolerance.



# **UUSF MEDIA**

Listen to our Worship Sermon Podcasts Here

**Check out our Complete Worship Service Archives Here** 

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**Check out our Website 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.

#### **OUR SOCIETY'S VISION**

We, The First Unitarian Universalist Society of San Francisco, delight in our authentic, inclusive congregation that reaches across generations, ethnicities, and differences. We take care of one another, building spiritual community, knowing that we are stronger and accomplish more together. Guided by our responsibility to future generations, we take leadership in shaping a compassionate, sustainable world. Inspired by our courageous heritage and compelled by conscience, we hold one another accountable to work for racial, environmental, and economic justice and the dignity and rights of all.

#### **OUR SOCIETY'S MISSION**

As a vibrant, joyous, caring, inclusive community of diverse people, we create a nurturing space for spiritual growth and learning. Based on our shared values, we work together courageously and publicly for human rights, economic justice, and environmental salvation.

For more about our congregation, please visit our website at <a href="www.uusf.org">www.uusf.org</a>.

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