

# The Nike Solution

Sunday, May 22, 10:50 AM, 2022  
First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday, May 22, 2022**  
**10:50 AM - 12:15 PM**

Livestreamed at [bit.ly/uusfmedia](https://bit.ly/uusfmedia)

New to UUSF? Complete Our Connections form at [bit.ly/uusfconnections2022](https://bit.ly/uusfconnections2022)

Welcome back to those returning to onsite Worship Service!

Please stay masked during the Worship Service and maintain social distance.

After service we invite you to convene for coffee hour in the Courtyard.

As we ease back into the new normal, we want to keep our congregation and staff safe.

Please be mindful of social distance and wear your mask when you are not eating or drinking.

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|         |                                      |                          |
|---------|--------------------------------------|--------------------------|
| Prelude | <i>Song of Faith</i>                 | Felix Mendelssohn        |
|         | Devotion on "Morning So Fair to See" | Alice Jordan             |
|         |                                      | Reiko Oda Lane, Organist |

|                           |   |
|---------------------------|---|
| Opening Words and Welcome | Rev. Vanessa Rush Southern, Senior Minister |
|---------------------------|---|

|           |                     |                                      |
|-----------|---------------------|--------------------------------------|
| *Hymn 112 | <i>Do You Hear?</i> | FOUNDATION                           |
|           |                     | UUSF Choir; Reiko Oda Lane, Organist |

[\(CLICK HERE OR TURN TO PAGES 5 & 6 TO VIEW HYMN\)](#)

|                         |                                 |
|-------------------------|---------------------------------|
| 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

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.

Small Group Ministry: Looking Back with Gratitude Rev. Margot Campbell-Gross, Minister Emerita  
Gregg Biggs and Millie Phillips, Small Group Ministry Chairs

Music *Ave verum corpus* W. A. Mozart  
Choir, Directed by Mark Sumner; Wm. García Ganz, Accompanist

## Time for Meditation and Prayer

### Offering

The Offering this morning will go to the Faithful Fools ministry in honor of the Rev. Kay Jorgenson, a community minister of this congregation, and a beloved colleague and friend of so many, neighbors and strangers alike. To make a donation on Vanco ([bit.ly/uusfpayments](https://bit.ly/uusfpayments)) or using the Donate Button (below) & on our website, please select the "Offering" choice to make your gift. If you are sending a check, please mark in the memo today's date and "special offering" 5-22-22.



Offertory Music     *The Road Goes Ever On and On*

Gwyneth Walker  
UUSF Choir

Reflection

Dennis Adams

Music     *Homeward Bound*

Marta Keen

UUSF Choir; Ben Rudiak-Gould, Soloist; Wm. García Ganz, Accompanist

Sermon     “The Nike Solution”

Rev. Vanessa Rush Southern

\*Hymn 368

*Now Let Us Sing*

ROBESON

UUSF Choir; Reiko Oda Lane, Organist

[\(CLICK HERE OR TURN TO PAGE 7 TO VIEW HYMN\)](#)

Benediction

Postlude     *How Firm A Foundation* - Early American Hymn

arr. Franklin Ashdown  
Reiko Oda Lane, Organist

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\*please stand if you are willing and able.



# PARTICIPANTS

## **Worship Leaders**

Rev. Vanessa Rush Southern, Senior Minister  
Rev. Margot Campbell Gross, Minister Emerita  
Dennis Adams, Worship Associate  
Gregg Biggs and Millie Phillips, Small Group Ministry Chairs

## **Sunday Support**

Shulee Ong, Camera  
Eric Shackelford, Camera  
Joe Chapot, Live Chat Moderator  
Jonathan Silk, Communications Director  
Dan Barnard, Facilities Manager  
Kelvin Jones, Sexton  
Amy Kelly, Flowers  
Linda Messner, Head Usher  
Tom Brookshire, Les James,  
Ralph Fenn, Zoom Coffee Hour

## **Musicians**

Reiko Oda Lane, Organist  
Mark Sumner, Music Director  
Wm. García Ganz, Accompanist  
Ben Rudiak-Gould, Soloist  
UUSF Choir



## **Faithful Fools San Francisco**

<https://www.faithfulfools.org>

### **The Mission of Faithful Fools is that:**

We are called to a life of presence that acknowledges each human's incredible worth.

Aware of our judgments, we seek to meet people where they are  
through the arts, education, advocacy, and accompaniment.

We participate in shattering myths about those living in poverty, seeing the light, courage, intelligence, strength,  
and creativity of the people we encounter.

We discover on the streets our common humanity through which celebration, community and healing occur.

## Do You Hear?

$\text{♩} = 84$  *Unison*

1. Do you hear, oh my friend, in the  
 2. Through the roar, through the rush, through the  
 3. From the place where you stand to the

place where you stand, through the  
 through, through the crush, do you  
 out - er - most strand, do you

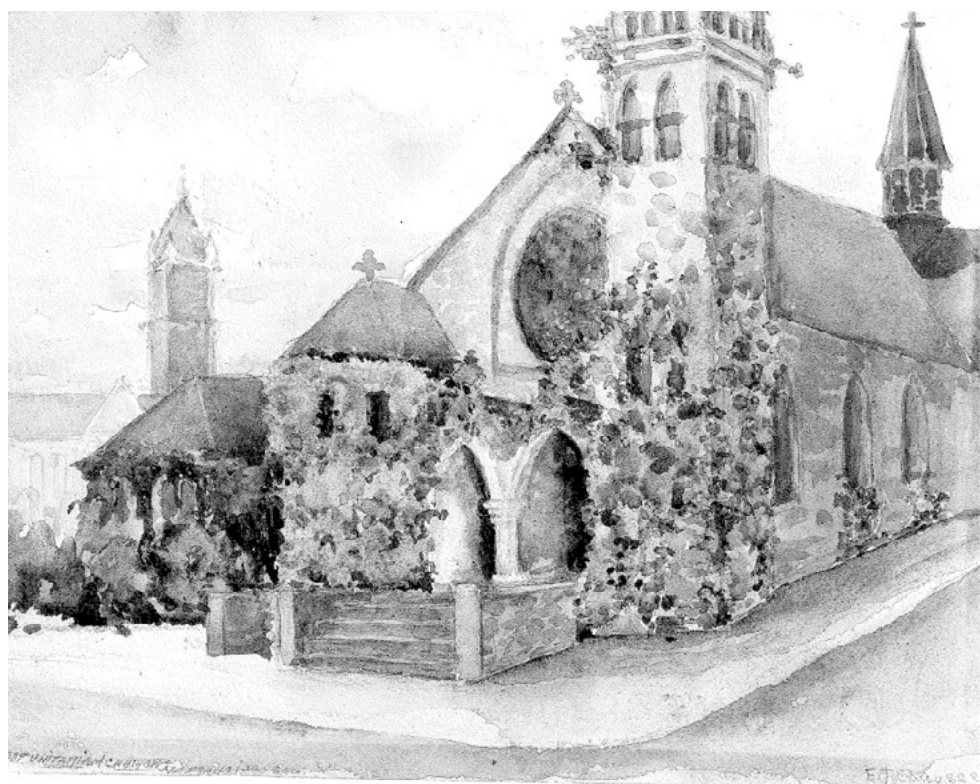
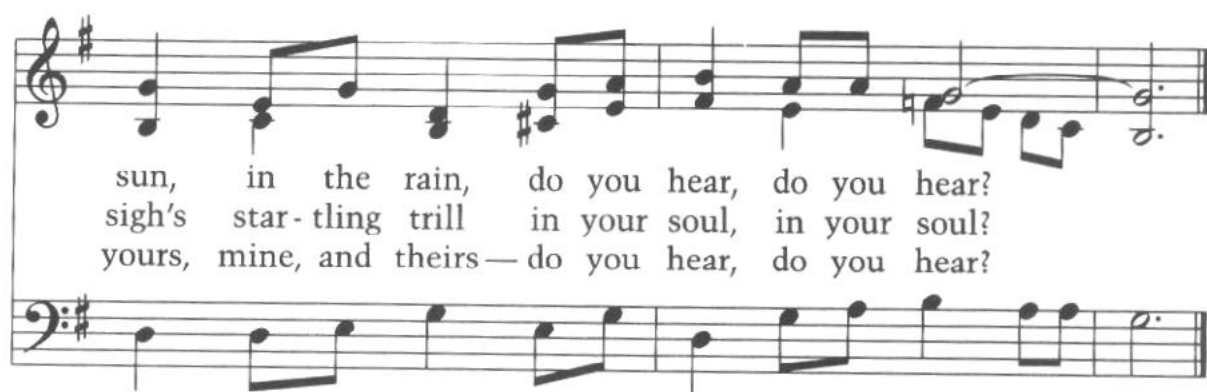
sky, through the land, do you hear, do you hear? In the  
 hear in the hush of your soul, of your soul? Hear the  
 hear, oh my friend, do you hear, do you hear? All the

heights, on the plain, in the vale, on the main, in the  
 cry fear won't still, hear the heart's call to will, hear a  
 dreams, all the dares, all the sighs, all the prayers—they are

Another harmonization, 69

⊕ Words: Emily L. Thorn, 1915– , © 1992 Unitarian Universalist Association  
 Music: William Caldwell's *Union Harmony*, 1837,  
 harmony by Eugene Wilson Hancock, 1929– , © 1984 Eugene Hancock

FOUNDATION  
 6.6.6.6.D.



# Now Let Us Sing

368

$\text{♩} = 116$

1. Sing to the power of the  
Now let us sing, sing,  
faith with-in. Sing to the power of the  
sing, sing. Now let us sing, sing,  
faith with-in. Lift up your voice,  
sing, sing. Lift up your voice, be not a -  
be not a-fraid, sing to the power of the faith with-in.  
afraid, now let us

2. Sing to the power of the hope within. . . .

3. Sing to the power of the love within. . . .

4. Sing to the power of the joy within. . . .

Words & music: Anonymous

ROBESON  
Irregular



# Events, Meetings & Volunteer Opportunities ([www.uusf.org/news](http://www.uusf.org/news))

## **UUSF Budget Vote Meeting Today Following the Worship Service in the TSK Room and Online!**

This budget covers the period of July 1, 2022 to June 30, 2023. The Congregation will vote on the Budget in a Hybrid Zoom & In-person meeting on May 22, at 1pm in the TSK Room (<https://us02web.zoom.us/j/725737157>) Dial by your location: +1 408 638 0968 Meeting ID: 725 737 157. Check out the budget roll-up (<https://bit.ly/uubudgetrollup>).

Join us for our Annual Meeting on Sunday, June 5 at 1pm, TSK Room/Zoom. Info: <https://www.uusf.org/cong-meetings-reports>

## **General Assembly: The Unitarian Universalist Association's Annual Meeting is Happening in June!**

If you are interested in being a delegate to let us know at [info@uusf.org](mailto:info@uusf.org). General Assembly is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. GA 2022 will also feature face-to-face interactions, hanging banners, a browsable exhibit hall, meals with friends old and new, local site attractions, and more! Join us June 22 - 26, 2022 online or in-person in Portland, Oregon. Website: (<https://www.uua.org/ga>)

## **JOURNEY TO WHOLENESS: Educating Ourselves Through the Arts - [racialjustice.info@uusf.org](mailto:racialjustice.info@uusf.org)**

Opportunity of the week: (<https://bit.ly/harrychin>) Drama based on the story of an immigrant during the era of the Chinese Exclusion Act, through June 18. If we are serious about dismantling structural racism, we have a lot to learn. Our principles already call upon us to support one another in spiritual growth. One way to begin is by shared exploration of the cultural riches given to us by peoples of the world majority.

## **Black, Indigenous, & People of Color Gathering - June 5 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. The meeting 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.

## **Interfaith Food Pantry Needs Volunteers! Website: [uusf.org/foodpantry](http://uusf.org/foodpantry) Sign-Up at [bit.ly/foodpantryuusf](http://bit.ly/foodpantryuusf)**

UUSF is one member of the Interfaith consortium, and on **Saturday, June 11**, it is our turn to lead and staff the pantry. Join volunteers every Saturday to feed our lower income siblings. Meet at Old First Presbyterian (Van Ness and Sacramento) on Saturday mornings from 7:30 - 11:30am to sort and distribute food items. Questions? Email UUSF Coordinator **Hanna Hart** at [info@uusf.org](mailto:info@uusf.org).

## **Join us for Rev. Alyson Jacks Retirement Service and Celebration Sunday, June 12, @ 11:00 am., party to follow**

It's time to say good-bye. Please join us for this festive celebration service and luncheon party to follow. Childcare for ages 0-5 is available from 11:00-12:15. Children and youth who have received their vaccinations are welcome to attend the service.

Livestreamed at 10:50 am at <https://bit.ly/alysonjxy>



## **Trudy Lionel Memorial Service**

Trudy was a devoted ringer of bells, member of the choir, gifted leader and a sweet spirit who blessed us in so many ways. In her final weeks of life she was able to attend her son Ben's wedding to Charli Sakari which was a huge joy to her and them. A memorial service for Trudy will be held at UUSF, on **Thursday, June 9th at 6 pm**. The service will be available on Livestream or in person. Go to <https://www.uusf.org/trudylionel> to learn more.

# Adult Spiritual Growth Classes ([www.uusf.org/are](http://www.uusf.org/are))

## 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.

## Paganism 101: A Unitarian Exploration of the New Paganism

4th Sundays at 1 pm PST / 4 pm EST on Zoom (<https://bit.ly/paganismclass>)

Series of 9 monthly classes. Class is FREE. \$5 per class donation welcome but not required. This course introduces the practices, beliefs, and history of Modern Pagan spirituality. Participants in this class will create and maintain a student altar as we explore basic altar set up and ritual tools, the wheel of the year, deity, the four elements, and more.

## UU 10 Step Empowerment: 10-Steps To Personal Resilience & Empowerment In A Chaotic Climate

This group is for you. Learn more and register to attend (<https://www.goodgriefnetwork.org/uu/>)


Recognizing our shared vision of gathering people together to bravely and compassionately search for meaning and build a just, equitable, and relational world, Good Grief Network is partnering with Unitarian Universalist Church congregations in California to bring our 10-Step Empowerment Program to the UU community. Presented by the Unitarian Universalist Church of Berkeley and Unitarian Society of Santa Barbara, in conjunction with the Good Grief Network.

TICKETS & INFO: <https://bit.ly/MARKBILL>

# MARKBILL

HERTZ HALL · UC BERKELEY CAMPUS

UC ALUMNI CHORUS PRESENTS  
THE **ELEVEN O'CLOCK** NUMBER  
SHOW-STOPPING SONGS THAT BRING TWO CAREERS TO A CLOSE



U.C. ALUMNI Chorus

TICKETS: \$25 - \$20 - \$10  
AVAILABLE AT THE DOOR OR ONLINE AT [BPT.ME@UCAC.EDU](mailto:BPT.ME@UCAC.EDU)  
VISIT [UCAC.NET](http://UCAC.NET) FOR MORE INFORMATION

Monday, MAY 30 3:00 pm / TICKETS: \$25 - \$20 - \$10  
Hertz Hall I UC Berkeley Campus

Featuring show-stopping songs from Broadway and brings to a close two careers at Berkeley. The UC Alumni Chorus honors Director MARK Sumner and Accompanist and Associate Director BILL Ganz for their cumulative sixty years of service, creating 'shows' by singing an autobiographical medley on their last day of UC music making, also Mark's birthday.

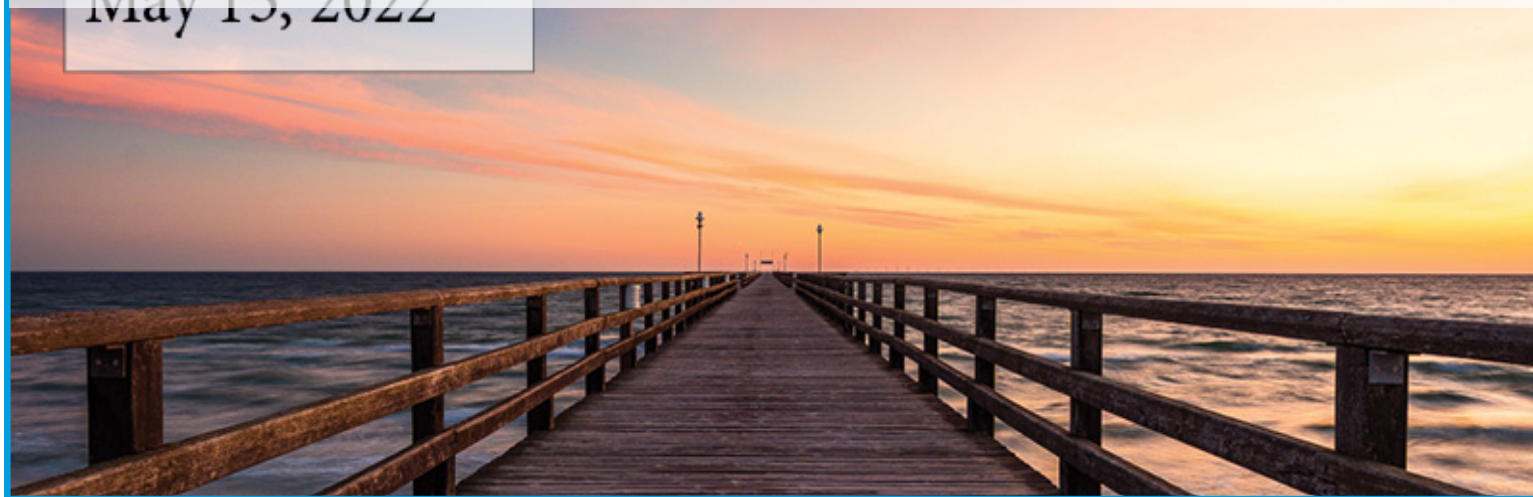
The concert features Bay Area luminaries Amy Foote, Leandra Ramm, and Sam Faustine as guest soloists, with pianist Cesar Cancino and narrator Ben Rimalower, author of "The Eleven O'Clock Number" listicle with Playbill.com and 1998 UCB graduate. Members of the chorus, as well as those in the audience, will also have a final opportunity to "lift their glass" with several surprises in store. You will not want to miss this singular, compelling, and remarkable show. Audience needs to bring proof of vaccination and masks may be required.

TICKETS & INFO: <https://bit.ly/MARKBILL>



“A Time of  
Transition, part  
II: The Place In  
Between”

[CLICK HERE TO VIEW LAST WEEKS WORSHIP SERVICE](#)  
May 15, 2022



## 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.

## 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 [www.uusf.org](http://www.uusf.org).

First Unitarian Universalist Society of San Francisco  
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