

“The Perfect Body and Ladder”

Sunday, July 3, 10:50 am, 2022

First Unitarian Universalist Society of San Francisco



This service originally aired on December 6, 2020



Order of Service
Sunday, December 6, 2020
10:50 AM to 12:15 PM

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

Prelude

Morning So Fair to See
Simple Gifts

Reiko Oda Lane, organist
Alice Jordan
American Shaker Tune

Opening and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Hymn 16

'Tis a Gift to Be Simple

SIMPLE GIFTS

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

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

Meg McGuire, Ministerial Intern

Spoken and Silent Meditation

Music

Leandra Ramm, soprano; Brielle Marina Nielson alto;
Ben Rudiak-Gould, tenor; Asher Davison, bass
Bobby McFerrin

The Twenty-Third Psalm



PARTICIPANTS

Service Notes

Rev. Vanessa Rush Southern, Senior Minister
Meg McGuire, Ministerial Intern

Technology

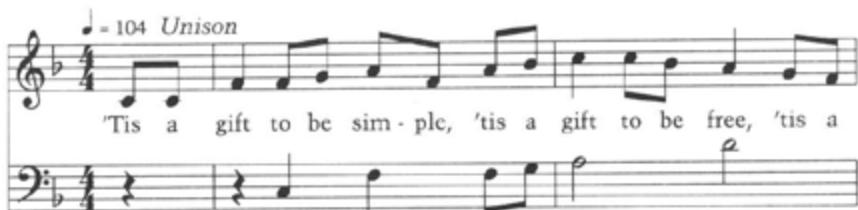
Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, sound & drums
Sam King, chat moderator
Tom Brookshire, Les James, Ralph Fenn,
Zoom Coffee Hour

Musicians

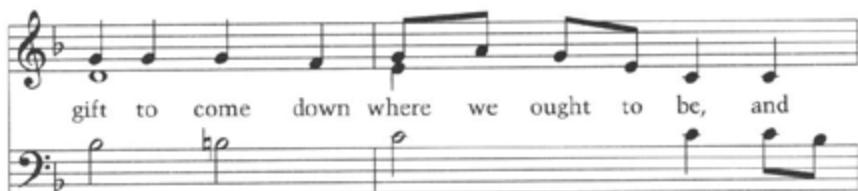
Reiko Oda Lane, organist
Leandra Ramm, soprano
Brielle Marina Neilson, alto
Ben Rudiak-Gould, tenor
Asher Davison, bass
Luis Maurer, pianist

16 'Tis a Gift to Be Simple

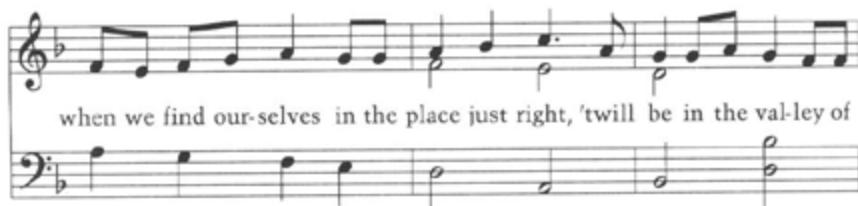
$\text{♩} = 104$ *Unison*



'Tis a gift to be sim-ple, 'tis a gift to be free, 'tis a



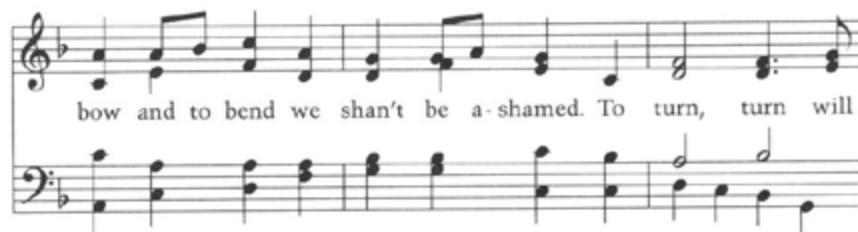
gift to come down where we ought to be, and



when we find our-selves in the place just right, 'twill be in the val-ley of



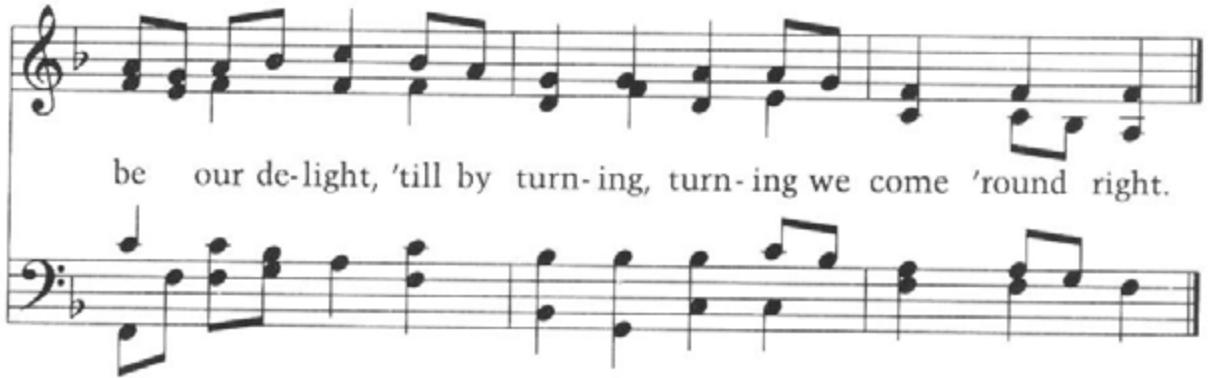
love and de-light. When true sim-plic-i-ty is gained, to



bow and to bend we shan't be a-shamed. To turn, turn will

Words: Joseph Brackett, 18th cent.,
Music: American Shaker tune

SIMPLE GIFTS
Irregular with refrain



be our de-light, 'till by turn-ing, turn-ing we come 'round right.

The image shows a musical score for a song. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The treble staff contains a melody line with eighth and sixteenth notes. The bass staff contains a bass line with chords and single notes. The lyrics are written below the treble staff.



I Seek the Spirit of a Child 338

♩ - 60 *Unison*

1. I seek the spir - it of a child, the child who meets life
 2. I seek the free - dom of a child, a child who loves in -
 3. I seek the won - der of a child, a child who sees de -

nat - ural - ly, the child who sings the world a - live, and
 stinc - tive - ly, who lights our day with just a smile, and
 light - ful - ly, now clowns in cloud, now gold in sun - im -

greet the morn - ing sun with glee. Chil - dren are real be - yond all
 shines that light on all we see. Chil - dren are real be - yond all
 ag - i - na - tions true and free. Chil - dren are real be - yond all

art. May I see: Joy's a gift to our heart.
 fears. May I see: Hope's a gift to our tears.
 lies. May I see: Faith's a gift to our eyes.

⊕ Words: Carl G. Seaburg, 1922- , © 1992 Unitarian Universalist Association
 Music: Traditional English melody, arr. and harmony by Ralph Vaughan Williams,
 1872-1958, used by perm. of Oxford University Press

SUSSEX CAROL
 8.8.8.8.8.9.

Events, Meetings & Volunteer Opportunities (www.uusf.org/news)

Interfaith Food Pantry Needs Volunteers! Website: uusf.org/foodpantry Sign-Up at bit.ly/foodpantryuusf

UUSF is one member of the Interfaith consortium, and on **Saturday, July 9**, it is our turn to lead and staff the pantry. Volunteers work 7:30 to 11 am, loading in the groceries received from the Food Bank, assembling grocery bags, and taking the bags outdoors to distribute to participants. In these times of uncertainty and social distancing, it is uplifting to work alongside each other in love and service to our community. If you have questions, contact **Hanna Hart** at info@uusf.org.

Young Adult Lunch Outing - Sunday, July 10, 12:30 @ UUSF

Join fellow young adults for our monthly lunch outing. We will gather after Sunday worship service, pick a place to eat, and then walk over there. So come, enjoy the morning spirit, and then join Maddy, Joe, old and new friends for a meal. This is a great opportunity to meet people in our community, whether you are brand new to UUism or a life-long member. We recommend bringing small bills or be prepared to use a money transfer service of your choice.

UUSF Game Night - Friday, July 15, 6:00 - 8:00 pm Hosted by: UUSF 20s & 30s Community

Now every two weeks, people of all ages are invited to the UUSF 20s & 30s Community for a Game Night! We have classic and modern games for groups of all sizes. We welcome children and youth, but they must be accompanied by a parent or guardian. Bring your own games to share, and feel free to eat before or bring a dinner for yourself too (or order some delivery.) Questions: Email youngadults@uusf.org

The Pagan Interest Circle Full Moon Ritual: ...By the Fire of HER Bright Spirit... July 16, 7pm, Chapel

This summer we will create rituals in our Full Moon gatherings to transform the Fires of Destruction into Fires of Purification for healing, Fires of Inspiration for courage, Fires of the Hearth for protection, Fires of Passion for taking action. We'll invoke these energies into our Cauldron, heated by the Fires of the Forge to craft a strong vision of a path forward, grounded in the Fires of Love. PICT invites you to participate In-Person on July 16th at 7pm in the Chapel. Questions? **Christine Patch-Lindsay** at cplhealer@comcast.net / www.uusf.org/pict

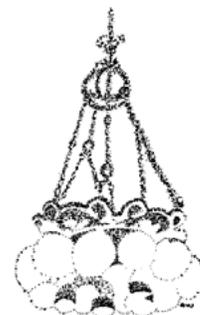
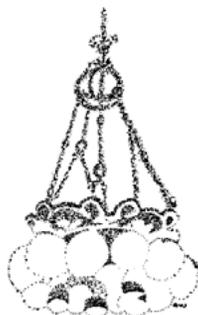
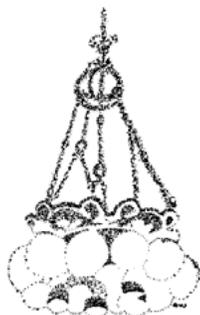
UUSF Forum, SF Living Wage Coalition and SF Labor Festival Presents via Zoom - Tuesday, July 19, 7:00 pm

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".

Zoom: <https://bit.ly/forumjuly19>; Meeting ID: 968 7015 1289; Passcode: 674168 / www.uusf.org/forum

Black, Indigenous, & People of Color Gathering - August 7 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. Please come join this space for joy, renewal, care and inspiration.



Adult Spiritual Growth Classes (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.





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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.

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