

A photograph of a set of concrete stairs. Strong shadows from a railing on the left are cast across the steps, creating a rhythmic pattern of light and dark diagonal lines. The text is overlaid on the right side of the image.

# **“The Tasks of Life”**

Sunday, September 18, 10:50 am, 2022  
First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday, September 18, 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      *Great is Thy Faithfulness*  
                  *The Blessings*

Johannes Brahms  
Charles Piroye  
Reiko Oda Lane, organist

Opening Words and Welcome

Rev. Vanessa Rush Southern, Senior Minister

\*Hymn 1000

*Morning Has Come*

Jason Shelton  
Wm García Ganz, pianist; Jon Silk, drummer

[\(CLICK HERE OR TURN TO PAGES 6, 7 & 8 TO VIEW HYMN\)](#)

Unison Chalice Lighting

Carmen Barsody, 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.

## Ritual of Remembrance and Commitment

Rev. Vanessa Rush Southern

## Times of Spoken and Silent Meditation

Music Dem dunkeln Schoss der heiligen Erde (*The Work of Man Will Grow and Flower*)

Johannes Brahms  
UUSF Choir, Mark Sumner director

## Reflection

Carmen Barsody

## Offering

The offering today goes to support the work and ministries of the UU Service Committee, Climate Justice initiatives. To make a donation on Vanco ([bit.ly/uusfpayments](http://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” 9-18-22.



Music      *Gonna Get Through This World*      Woody Guthrie; Lisa Gutkin  
Claudine Jones, mezzo; UUSF Choir, Wm García Ganz, pianist; Mark Sumner director

Reading      From "Falling Upward: A Spirituality for the Two Halves of Life" by Richard Rohr

Music      The Road Not Taken from *Frostiana*      Randall Thompson  
UUSF Choir, Wm García Ganz, pianist; Mark Sumner director

Sermon      “The Tasks of Life”      Rev. Vanessa Rush Southern

\*Hymn 359      *When We Are Gathered*      REPTON  
Reiko Oda Lane, organist

[\(CLICK HERE OR TURN TO PAGES 9 & 10 TO VIEW HYMN\)](#)

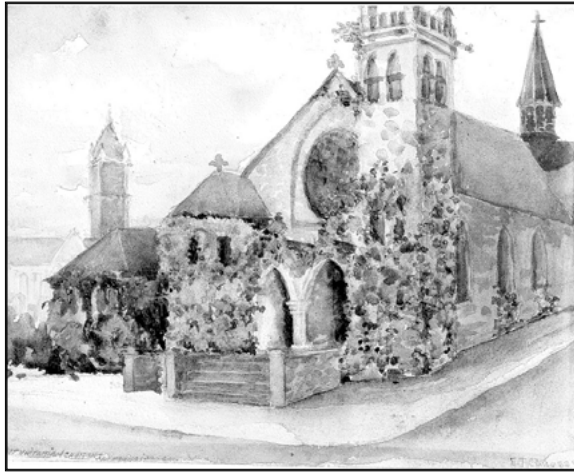
\*Benediction

Postlude      *Nimrod*      Reiko Oda Lane, organist

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\*Please stand as you are able.



## PARTICIPANTS

### **Worship Leaders**

Rev. Vanessa Rush Southern, Senior Minister

Carmen Barsody, Worship Associate

### **Sunday Support**

Jonathan Silk, Communications Director

Joe Chapot, Live Chat Moderator

Livestream Video Team, Cameras

Remigio Flood, Sexton

Kelvin Jones, Sexton

Athena Papadakos, Flowers

Linda Messner, Head Usher

Tom Brookshire, Les James,

Ralph Fenn, Zoom Coffee Hour

### **Musicians**

Reiko Oda Lane, Organist

Mark Sumner, Music Director

Claudine Jones, Mezzo

Wm García Ganz, Pianist

UUSF Choir

## OFFERTORY

The offering today goes to support the work and ministries of the **UU Service Committee, Climate Justice initiatives**. When so many are being displaced or harmed by climate catastrophe, the UUSC is partnering with these groups, often the most vulnerable globally to find solutions and rally support. UUSC's program emboldens the principle of the right to self-determination by prioritizing building protections in place and when necessary and required by our partners, supporting communities to relocate with dignity.

To read more, see: <https://www.uusc.org/initiatives/climate-justice/>

# Morning Has Come

1000

$\text{♩} = 112$

Use djembe, shaker, drum set, etc. for 12/8 (triplet) groove

F

C/E F F/A B $\flat$ (add9) F/A Gm7 F/A B $\flat$ 6 Gm7

1. Morn- ing has come, a - rise and greet the  
 2. A new day dawns, once more the gift is  
 3. O - pen our eyes to see that life a -

⊕ Words & music: Jason Shelton, 1972 - , © 2001 Jason Shelton  
 MOUNTAIN MORNING, 10.10.10.10

Morning Has Come - 2

Csus4 C#°7 Dm7 C/E F F/A Gm7 F/A B<sup>b</sup> Bm7(95)

day!  
giv'n.  
bounds;

Dance with joy and sing a song of  
Won - der fills this mo - ment shared to -  
o - pen hearts to wel - come it a -

B<sup>b</sup>M7/C C B<sup>b</sup>/D C/E F F/A B<sup>b</sup> Dm7 E<sup>b</sup>

glad - ness!  
geth - er.  
mong us.

The light of hope here shines  
The light of peace here shines  
The light of love here shines

B<sup>b</sup> F/A B<sup>b</sup>/D D<sup>b</sup>M9 C F Gm7 F/A F/B<sup>b</sup>

— up - on each face. May it bring faith to

*Morning Has Come - 3*

Bb/C F/C Gm/C Bb/C F  
 guide our jour - ney home.



# 359 When We Are Gathered

$\text{♩} = 108$

The musical score is written for a voice and piano. It features a treble and bass staff for the piano accompaniment and a single staff for the voice. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The tempo is marked as 108 beats per minute. The lyrics are provided for two verses. The piano accompaniment includes chords and melodic lines that support the vocal melody.


1. When we are gath - ered for a time of  
 2. For youth shall pass and time is wise, and

wor - ship and of song, let none for - get the  
 count - less sea - sons turn, so day by day our

joys and griefs that mark each path of life, and thus we  
 years in - crease un - til at last by life re - leased our

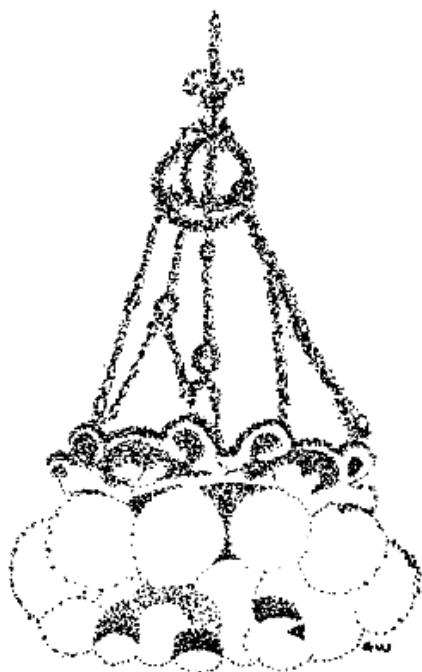
⊕ Words: Grace Lewis-McLaren, 1939–, © 1992 Unitarian Universalist Association  
 Music: Charles Hubert Hastings Parry, 1848–1918

REPTON  
 8.6.8.6.8.6.



reach for those who love, we reach for those who love.  
spir - its shine like stars, our spir - its shine like stars.

The musical score is written for a vocal line and a piano accompaniment. The vocal line is in a treble clef with a key signature of two flats (B-flat and E-flat). The piano accompaniment consists of a right hand in a treble clef and a left hand in a bass clef, both with the same two-flat key signature. The lyrics are written below the vocal line, aligned with the notes. The piano accompaniment features chords and melodic lines that support the vocal melody.



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



## Ways You Can Support the October 16th

### Homecoming Party and Auction

**BUY YOUR TICKETS IN ADVANCE.** This not only assures you an easier entrance to the Auction but serves as an RSVP to us as we prepare for October 16. Tickets: <https://bit.ly/uusfauction2022>

**MAKE A DONATION.** Contact **Debbie Wu** ([Debbiewu@mac.com](mailto:Debbiewu@mac.com)) with your items, such as trips, dinners, events or objects. Include details such as price, dates, description, etc. Also, Thad Smith is creating cases of wine to auction off at this year's auction. Please consider donating a \$15+ bottle of wine to support this major fundraising event for the UUSF! Bottles can be dropped off at the church on Sunday or during the week (ring the bell and someone will come to take them from you).

Contact **Thad Smith** at [630smith@gmail.com](mailto:630smith@gmail.com) for more information.

**VOLUNTEER.** See us in at our table in the lobby after church on Sunday to chat, volunteer and buy tickets. Want to create a fun thing to do, such as games, arts and crafts or a contest? We're all ears!

**Join the auction & party planning team.** Prior experience not needed! Our next meeting/ mailing party will be after church on **September 18** in the Kinkaid Room. **Zoom Link:** <https://bit.ly/auctionmtgsept18>. We hope to see you there!

Go to (<https://bit.ly/uusfauction2022>) or scan the QR Code and buy your tickets online! ↗

## Family Ministry @ UUSF - <https://www.uusf.org/grow>

**UPDATE ON NURSERY/PREK CLASSROOM:** We are currently in a search to fully staff our Nursery/PreK classroom. This means we cannot offer care for this age group at this time. Our hope is to have the classroom open in the beginning of October. If you have questions, then please contact **Rev. Laura** at [lshennum@uusf.org](mailto:lshennum@uusf.org).

**COMMUNICATION WITH FAMILIES:** Stay up to date with what is happening for our families and Sunday School program by subscribing to the Thursday weekly emails. If you would like to be put on the email list, then please contact **Rev. Laura** at [lshennum@uusf.org](mailto:lshennum@uusf.org).

## Dangerous Truths Episode 6: The U.S. War with Mexico, Manifest Destiny and the Rise of the U.S. Empire

**Sunday, September 18, 9:30 to 11am** with guest speaker **Amy S. Greenberg**, George Winfree Professor of American History. Hear about the significance of this war and about the movement against the war that it provoked. Amy Greenberg is an historian of antebellum America (1800-1860) with a particular interest in the relationship between the United States and the rest of the world in the decades before the Civil War. **Zoom Link:** <https://bit.ly/Dangeroustruths6> **Meeting ID:** 912 9764 9127 **Passcode:** 291025 **Info:** <https://www.uusf.org/hrwg>

## Council of Committee Chairs Meeting

The Council of Committee Chairs meetings is scheduled for Sunday, September 18 at 12:30pm in TSK Room. These meetings help our community coordinate and enable leaders to operate more effectively. All groups and committee leaders are requested to attend, or send someone in their place. The event will be hybrid.

**Zoom Link:** <https://us02web.zoom.us/j/725737157> **Meeting ID:** 725 737 157 **Dial by your location:** +1 408 638 0968

## Journey to Wholeness

### Changemakers: African Americans in San Francisco Who Made a Difference - Today from 2:00pm to 3:00pm!

Last year we as a congregation adopted this proposed addition to our association's statement of principles and purposes: "We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions." As we continue to educate ourselves in order to put our commitment into practice you are invited to join **Rev. Vanessa Rush Southern** at a panel discussion "Changemakers: African Americans in San Francisco Who Made a Difference," to be held at the Main Library this Sunday, September 18th, 2:00 - 3:00 pm. She will be leaving at 1:30 by the front entrance to the church to walk to the library and welcomes companions. **UUSF will also be setting up on Zoom to participate/view this event from the TSK Room. Everyone is welcome!**

## Become a volunteer at the Interfaith Food Pantry! Info: [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, September 24**, it is our turn to lead and staff the pantry. Volunteers work 7:30 to 11am, 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](mailto:info@uusf.org).

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

## Minister's Book Club is Back

**September Book Group** - "The Family Roe: An American Story" by Joshua Prager

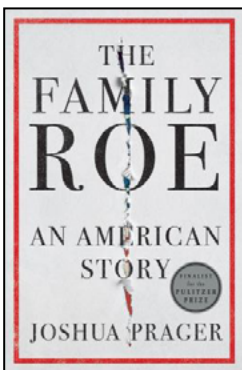
Leader: Rev. Vanessa Southern

Wednesday, September 21, 6:30-8 pm & Thursday, September 22, noon-1:30 pm

More Info and to Register: <https://www.uusf.org/are>

This book reports on the Supreme Court's most divisive (and current) case, Roe v. Wade, and the unknown lives at its heart. The publisher writes, "Despite her famous pseudonym, 'Jane Roe,' no one knows the truth about Norma McCorvey (1947–2017), whose unwanted pregnancy in 1969 opened a great fracture in American life.

If you need help acquiring the book or purchasing it, please let us know at [info@uusf.org](mailto:info@uusf.org) for help.



**October Book Group** - "Sweet Remnants of Summer" by Alexander McCall Smith

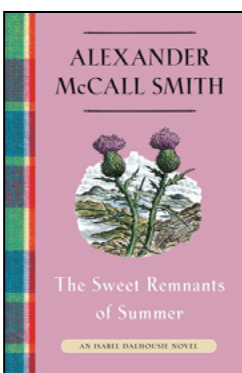
Leader: Rev. Dr. John A. Buehrens

Wednesday 10/19, 6:30-8 pm & Thursday, 10/20, noon-1:30 pm

More Info and to Register: <https://www.uusf.org/are>

Alexander McCall Smith's latest Isabel Dalhousie novel, "Sweet Remnants of Summer". John writes, "I am addicted to this series, of which the current book is #14. Isabel lives in Edinburgh, where she is the publisher and editor of the mythical Review of Practical Ethics." The Library Journal says of the novel, "McCall Smith delves into the inner machinations of a modern-day philosopher whose nuanced approach stands in stark contrast to the fiery rhetoric of the day.

If you need help acquiring the book or purchasing it, please let us know at [info@uusf.org](mailto:info@uusf.org) for help.



## 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.

## Reproductive Freedom Weekend Oct 1-2



The UUSF Women's Rights Group invites you to begin the transformational work of building the multi-faith, multi-racial movement of SACReD, Spiritual Alliance Communities for Reproductive Dignity.

(<https://www.sacreddignity.org/about/>)

Our special guest for this Reproductive Freedom weekend is **Rev. Dr. Daniel Kanter**, the Sr. Minister and CEO of First Unitarian Church of Dallas, a Founding Partner of SACReD. Rev. Dr. Kanter has served on the Planned Parenthood of Greater Texas Board of Trustees and he is a recent past Chair of the Clergy Advocacy Board at Planned Parenthood of America.

**Oct 1, Saturday:** Reproductive Freedom Retreat. (9am – 5pm) "Train the Trainers" curriculum. Learn to equip the UUSF congregation to create a loving, justice-seeking faith community where shame, judgment or stigma for diverse reproductive decisions and journeys has no place. Rev. Dr. Kanter will give an introductory talk about SACReD, including its values and mission. RSVP to [lori\\_lai@att.net](mailto:lori_lai@att.net) with your dietary requirements, if any, for snack and lunch planning by Sept. 23, 2022.

**Oct 2, Sunday:** Sermon, to be followed by Q&A session during coffee hour. (11am – 2pm) Rev. Dr. Kanter will be our guest preacher and during the Sunday Service. He will be explaining how his congregation is actively working as a SACReD Partner Congregation to uphold and advance its values, mission and vision. During the coffee hour Q&A session, there will be opportunities for you to ask questions and explore related topics of your interest with Rev. Dr. Kanter. The Sunday Service will be live streamed and the coffee hour will be hybrid (live at UUSF and accessible by zoom).

(<https://www.uusf.org/womensgroup>)



# **“The River of Life: An Ingathering” Sunday, September 11**

[CLICK HERE TO VIEW LAST WEEKS WORSHIP SERVICE](#)

## **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).

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