

"Some of What I Learned on My Sabbatical: Reclaiming Time and Empathy"



Sunday, February 26, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco

Order of Service
Sunday February 26, 2023
10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete Our Connections form at <https://bit.ly/uuconnections2023>

Welcome to the Worship!

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

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

or online on the 1st and 3rd Sundays of the month (<https://bit.ly/coffeeuu>)

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

Choir members who sing without masks as well as anyone who speaks during the worship service on the Chancel have already been tested for Covid-19.

Prelude	<i>O Come, You Longing Thirsty Souls</i>	English Melody/Richard Purvis
	<i>Tallis' Canon</i>	Richard Purvis
	<i>Where My Free Spirit Onward Leads</i>	English Melody/R Vaughan Williams
		Reiko Oda Lane, Organist

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

*Hymn 90	<i>From All the Fret and Fever of the Day</i>	COOLINGE
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[\(CLICK HERE OR TURN TO PAGE 6 TO VIEW HYMN\)](#)

Brief Invitations	Mari Magaloni Ramos, Worship Associate
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Greeting One Another

Music

Time from *Choral Dances from Gloriana*

Benjamin Britten
UUSF Choir, Mark Sumner, director

*Yes, he is Time, Lusty and blithe! Time is at his apogee!
Although you thought to see a bearded ancient with a scythe.
No reaper he that cries "Take heed!" Time's at his apogee!
Young and strong, in his prime: Behold the sower of the seed!*

Time for All Ages

Rev. Laura Shennum, Minister of Congregational Life

Unison 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.

Reflection

Mari Magaloni Ramos

Music

Concord from *Choral Dances from Gloriana*

Benjamin Britten
UUSF Choir, Mark Sumner, director

*Concord, Concord is here our days to bless
And this our land to endue with plenty, peace and happiness.
Concord, Concord and Time, Each needeth each;
The ripest fruit hangs where not one, but only two can reach.*

Offering

To make a donation on Vanco (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” 2-26-23.

[DONATE](#)

Offertory Music Time and Concord from *Choral Dances from Gloriana* Benjamin Britten
UUSF Choir, Mark Sumner, director

*From springs of bounty through this county streams abundant of thanks shall flow!
Where life was scanty fruits of plenty swell resplendent from earth below!
No Greek nor Roman queenly woman knew such favour from Heav'n above
As she whose presence is our pleasance: Gloriana, Hath all our love!*

Sermon "Some of What I Learned on My Sabbatical:
Reclaiming Time and Empathy" Rev. Vanessa Rush Southern

*Hymn 83 *Winds Be Still* LEAD ME LORD

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

*Benediction Rev. Vanessa Rush Southern

Postlude *Jubilation* Carleton Inniss
Reiko Oda Lane, Organist

*Please rise in body or spirit.



PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Rev. Laura Shennum, Minister of Congregational Life
Mari Magaloni Ramos, Worship Associate

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn, Livestream Cameras
Jonathan Silk, Communications Director
Joe Chapot, Live Chat Moderator
Thomas Brown, Sexton
Kelvin Jones, Sexton
Carrie Steere-Salazar, Flowers
Linda Messner, Head Usher

Musicians

Reiko Oda Lane, Organist
Mark Sumner, Music Director
UUSF Choir
Wm. García Ganz, Pianist

Volunteer Now at the Interfaith Winter Shelter

We need help with food preparation, shopping, and hosting!



Our community is once again hosting the Interfaith Winter Shelter right now through March 3. For more than 30 years, UUSF and other faith communities in the area have collaborated with the city to provide a safe, warm place to sleep, dinner, and breakfast to 60-70 of our unhoused neighbors during the coldest, wettest months. Many people in our community volunteer for this annual ministry, helping with food preparation, shopping, and hosting.

Please join other members of our congregation to help our neighbors in need. If you have any questions or would like to volunteer your time and talents, contact **Hanna Hart** at hanna@harts.net.

Sign-up now at <https://bit.ly/wintershelter23>

From All the Fret and Fever of the Day

90

$\text{♩} = 58$

1. From all the fret and fe - ver of the
2. In qui - et - ness and sol - i - tude we

day, let there be mo - ments when we turn a -
find the sound - less wis - dom of the deep - er

way, and, deaf to all con - fus - ing out - er
mind, with clear har - mo - nious pur - pose let us

din, in - tent - ly lis - ten for the voice with - in.
then bring rich - er mean - ing to the world a - gain.

⊕ Words: Monroe Beardsley, b. 1915
Music: Cyril V. Taylor, b. 1907, © Hope Publishing Co.

COOLIDGE
10.10.10.10.

Winds Be Still

$\text{♩} = 56$

1. Winds be still. Storm clouds pass and si-lence come.
 2. Bird fly high. Lift our gaze toward dis-tant view.
 3. Light shine in. Lu - mi - nate our in-ward view.

Peace grace this time with har - mo - ny.
 Help us to sense life's mys - ter - y.
 Help us to see with clar - i - ty.

Fly, bird of hope, and shine, light of love, and in
 Fly high and far, and lead us each to see how we
 Shine bright and true so we may join our songs in new

calm let all find tran - quil - li - ty.
 move through the winds of e - ter - ni - ty.
 sounds that be - come full sym - pho - ny.

TODAY

White Allies Meeting - Sunday, February 26 at 1:00 pm, Fireside Room

This gathering, which will be in-person only, will be hosted by Rev. Shennum and Rev. Southern. This will be a chance to have a dialogue about our work to live the 8th principle. After the recent naming of harm that happened in worship, and as we move forward to grow and learn from these moments and also heal and lean forward into new ways of being, we know some folks also had questions, and wanted a chance to unpack the hurt that happened in the January 22nd service and the apologies and explanations that were shared on the 29th. Here is an opportunity for our white folks to share their thoughts and questions about how we accomplish this work together.

Gifts For Kopanang - February 19 and 26

We are hoping to collect two suitcases full of items for the women at Kopanang. If you wish to contribute, you can select from the suggested items or provide something else you think the women of Kopanang might appreciate.

We know from past experience that the women appreciate gifts of the following: Reading Glasses, Embroidery Thread, Embroidery Needles, Crayons for the children, Socks, Pencils, Aspirin, Ibuprofen, Tylenol, Pantyhose. Please drop off items at the table in the gallery before or after the service on February 26.

The Kopanang Community Trust, located in Brakpan, South Africa, just outside of Johannesburg, is an organization established to help women who carry the burden of HIV/AIDS, whether infected with the virus themselves or caring for a loved one who lives with the disease. Kopanang is a safe place for women to learn new skills and earn money to support themselves and their families. Introduced to us by our Minister Emerita, Margot Campbell Gross, UUSF has a history of supporting Kopanang financially and through our individual purchases of beautiful embroidered gifts that for a number of years were available for sale at UUSF during the holidays. If you have any questions, please contact Gayle Reynolds, project coordinator, by text or phone call at 510-331-9686 or email at gaylereynolds@sbcglobal.net

Sign a petition after the service on Sunday in the gallery at the Social Justice table to honor Dr. Howard Thurman with a commemorative street sign in San Francisco.

On behalf of the Committee to Install a Commemorative Street Sign to Honor the Legacy of Dr. Howard Thurman (1899-1981), we the undersigned respectfully request the City of San Francisco to erect a Commemorative Street Marker honoring one of the City's most distinguished residents, the late Dr. Howard Thurman. We intend to present this petition to Supervisor Aaron Peskin (who presides over District 3 where we hope to place the commemorative street sign) We will show overwhelming support, via our signature drive, for a Commemorative Street sign. The corner of Pfeiffer Street and Stockton Street, is the exact location of Dr. Howard Thurman and Sue Bailey Thurman's last San Francisco residence. These "Commemorative" Street Signs are found all over the streets of San Francisco and will not affect any postal address considerations.

The home of Faithful Fools will once again be transformed into a little music hall.

We will be having our 2nd Group Muse on Sunday afternoon February 26 at 2:00 pm.

The Home of Faithful Fools will once again be transformed into a little music hall. We will be having our 2nd Group Muse on Sunday Afternoon February 26 at 2:00 pm. Come Join us. Our first Group Muse in January was absolutely beautiful. How better to prepare for a new week than to nourish the soul with music and community, not to mention some pretty good snacks. This month we will have two violinists and a cello player. You will need to sign up ahead of time as attendance is limited. If you have problems signing up let us know by sending an e-mail at fools@faithfulfools.org and we'll help you out. Reserve at <https://bit.ly/foolsgroupmuse2-26>

UPCOMING

Black, Indigenous, & People of Color Gathering - March 5 from 9:30 am to 10:50 am, Stebbins Room

This sacred space is open to our members and friends who are Black, Indigenous and People of Color. The meeting takes place by Zoom and in-person in the Stebbins Room on the first Sunday of every month often from 9:30-10:50am. 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.

Newcomer Orientation - Sunday, March 5 at 12:30 pm in the Fireside Room

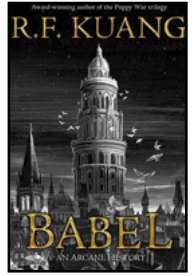
Here is an opportunity to learn more about Unitarian Universalism. Join us after the service to meet some of our members and learn more about our congregation and Unitarian Universalism in the community. (<https://www.uusf.org/membership>)

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

Minister's Book Group in March - "Babel" by R.F. Kuang

Led by Rev. Vanessa Rush Southern, Senior Minister - Register at <https://bit.ly/uusfmbgmar23>

The full title, "Babel: Or the Necessity of Violence: An Arcane History of the Oxford Translators' Revolution" is a work of speculative fiction set in 19th Century England at Oxford (Kuang, where she earned a Master's degree). In her imagined world, words have particular power that raises for the protagonist questions of violence, colonial power, and the necessity of hard human choices. The book is 560 pages so get started early!



Wednesday, March 22, 6:30-8 pm or Thursday, March 23, noon-1:30 pm

If you need help acquiring the book or purchasing it, please let us know at info@uusf.org for help.

Morning 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

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.

Are you interested in getting more involved at UUSF? We need your involvement!

The UUSF Nominating Committee is matching church groups who need volunteers with members looking for ways to get more involved. Every opportunity is unique in terms of time commitment, prior experience/skills and subject matter - we're confident that there is an opportunity that will suit you! Current opportunities include ushering, joining the Art Committee or the Women's Group and working with the Health Education and Resource Team (HEART).

Go to <https://www.uusf.org/nominatingcommittee> to access available opportunities, or email the UUSF Nominating Committee at NomCom@uusf.org for more information. Check out our "Help Wanted" bulletin board during coffee hour on Sundays after service! If you are a church group looking for volunteers, email the Nominating Committee and we'll work with you to publicize your opportunity.



Do You Have An Idea For A Workshop For Our K-12 Grades?

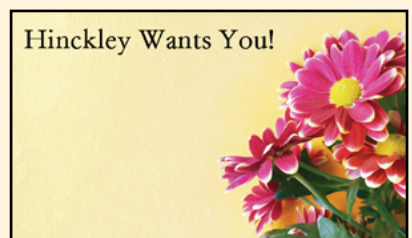
Is there a hobby you like to share with others like cooking, singing, creating art, acting, etc? On our 4th & sometimes 5th Sundays, we will be holding workshops for our K-12 students to explore different types of being creative.

If you are interested in leading one, then let Laura Shennum know by telling her in person, by email at lshennum@uusf.org, or by phone 509-881-9658.

The William and Alice Hinckley Fund Scholarships

Or someone you know who will be attending graduate school in the 2023–2024 school year. Applicants must be coming from or attending school in one of the nine Bay Area counties and must be studying/training to join one of the helping professions. The application period is open now through March 31. If you have any questions email Lucy Smith at lhsmith.630@gmail.com.

Download the application at <https://bit.ly/Hinckley23-24>



Welcome to the First Unitarian Universalist Society of San Francisco

1187 Franklin Street, San Francisco, CA 94109
415-776-4580 / info@uusf.org

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.

UUSF MEDIA

You can listen to our sermon-only podcasts at <https://bit.ly/SermonsUUSF>

Visit <https://bit.ly/ServicesUUSF> to listen to our complete service podcasts

Watch our videos at <http://www.youtube.com/c/UUSFMedia>

Go to our website at <https://www.uusf.org/>



Mourning and Celebrating
Sunday, February 19, 2023

WATCH LAST WEEKS SERVICE: <https://bit.ly/2-19-23-UUSF>