

"A Hermit's Life"

Sunday, March 12, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday March 12, 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 Gallery.

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

Rudiak-Gould, songleader; Bill Ganz, pianist

Opening Words and Welcome

Rev. Vanessa Rush Southern, Senior Minister

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

From All the Fret and Fever of the Day

COOLINGE

Rudiak-Gould, songleader; Bill Ganz, pianist

[\(CLICK HERE OR TURN TO PAGE 6 TO VIEW HYMN\)](#)

Brief Invitations

Dennis Adams, Worship Associate

Greeting One Another

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

Gregory Stevens

Music

Rudiak-Gould, songleader; Bill Ganz, pianist

Ringling of the Gong

Times of Spoken and Silent Meditation

Rev. Vanessa Rush Southern

Offering

This morning's offering will benefit the work and ministries of this church. 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" 3-12-23.

[DONATE](#)

Offertory Music

Sermon "A Hermit's Life"

Rev. Vanessa Rush Southern

*Hymn 16

'Tis a Gift to Be Simple

American Shaker tune

Rudiak-Gould, songleader; Bill Ganz, pianist

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

*Benediction

Rev. Vanessa Rush Southern

Postlude

Rudiak-Gould, songleader; Bill Ganz, pianist

*Please rise in body or spirit.

<https://bit.ly/pledgeuusf2023>



**MAKE IT A
BANNER YEAR!**

UUSF ANNUAL CANVASS 2023-24



PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Rev. Laura Shennum, Minister of Congregational Life
Dennis Adams, Worship Associate
Gregory Stevens, Canvass Testimony

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
Amy Kelly, Flowers
Linda Messner, Head Usher

Musicians

Ben Rudiak-Gould, Songleader
Bill Ganz, Pianist

<https://bit.ly/banneruusfv1>

First
Unitarian
Universalist
Society
of
San Francisco

UUSF.ORG

**Vibrant
Joyous
Caring
Inclusive
Courageous**



Deeds Not Creeds
Justice Seeking
Join UUs

Starr King Way Banners!

These are the designs for the temporary banners that will go up on Starr King Way after we all agree on the language, so if you have any word or phrase suggestions, please visit the bulletin board past the office and write your suggestions down on an index card or send them to info@uusf.org.

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.

COOLINGE
10.10.10.10.

16 'Tis a Gift to Be Simple

♩ = 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

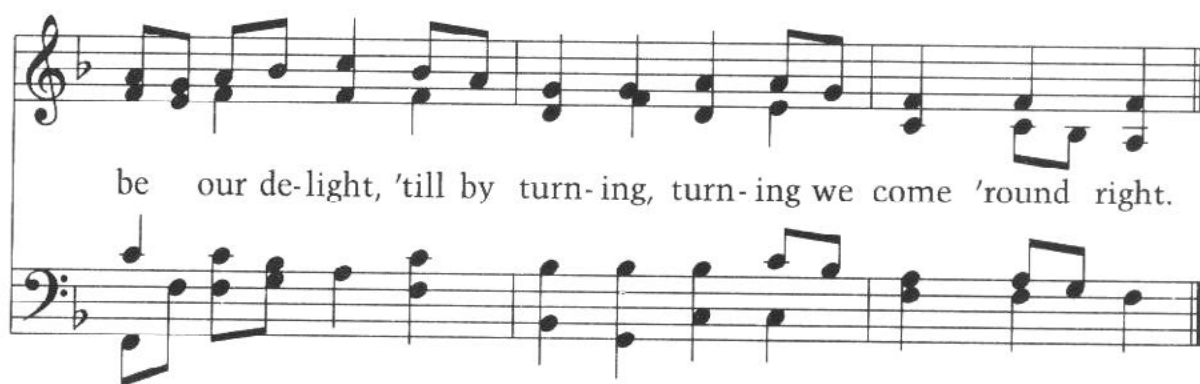
love and de- light. When true sim - plic - i - ty is gained, to

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

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

SIMPLE GIFTS
Irregular with refrain

THE CELEBRATION OF LIFE



TODAY

UUSF Annual Operating Fund Pledge Drive for 2023-24

It's Pledge Season! All March is the UUSF Annual Operating Fund Pledge Drive for 2023-24. Members, friends, and visitors alike make financial commitments to our community, enabling our ministry to flourish. Learn more about the drive at the Pledge Table in the gallery, after worship. To make your pledge and to learn more go to <https://www.uusf.org/pledge>



<https://bit.ly/pledgeuusf2023>

MAKE IT A
BANNER YEAR!

UUSF ANNUAL CANVASS 2023-24



Unitarian Universalist Sunday Forum - Sunday, March 12, 9:00 am TSK/Zoom (<https://bit.ly/forum-3-12-23>)

Forum is privileged to present the inspirational activist and friend **David Hartsough** and his presentation is titled "Adventures of a Longtime Peace & Justice Activist: "Stop the Madness of War - Start Negotiations Now!" David Hartsough is a renowned American Quaker and Peace Activist, Civil Rights leader, and author who is dedicated to ending conflicts, abolishing nuclear weapons, promoting civil rights for all, and establishing global peace through nonviolent means. <https://www.uusf.org/forum>

Young Adult Lunch Outing - Sunday, March 12, 12:30pm Meet in the Gallery

Join fellow young adults for our monthly lunch outing. We will gather after the 11am Sunday Worship Service, pick a place to eat, and then walk over there. 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.

UPCOMING

Unitarian Universalist Sunday Forum - Sunday, March 19, 9:00 am TSK/Zoom (<https://bit.ly/forum-3-19-23>)

UUSF Forum and **Women's Rights Group** warmly invite all to learn how legislation affirming Reproductive Rights for minors got passed in the U.S. Midwest region. Joining the Forum session in person and on Zoom, **Anna Moeller** will be talking about her leadership role in the Illinois State legislative repeal of a Parental Notification requirement before a minor could access abortion services. Rep. Moeller will also explain how this notification requirement disproportionately impacted low income and BIPOC minors who can become pregnant. <https://www.uusf.org/womensgroup>

Artist Reception - "Art at Our Feet: Children's Sidewalk Chalk Drawings" - Sunday, March 19 at 12:15 pm, King's Galleries

Photographed and curated by Andrei Glase, Children's Multicultural Museum. Andrei Glase is in charge of the Children's Multicultural Museum, which was founded in 1986 by UUSF art advocates for children. The goal is to provide traditional art and cultural experiences for children aged 5 to 12 and their parents. Come appreciate it much more in person! Please bring finger food for the potluck! Meet the Curator and stroll around the sidewalk photographs! <https://www.uusf.org/art>

Unitarian Universalist Sunday Forum - Sunday, March 26, 9:00 am TSK/Zoom (<https://bit.ly/forum-3-26-23>)

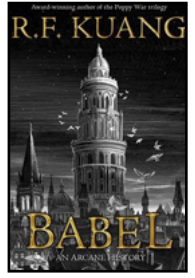
UUSF Sunday Forum is pleased to host **Gregory Stevens'** workshop, Solutions are Already Here: Hope for Ecological Renewal. Gregory Stevens is a one of our newest members at UUSF, and works for California Interfaith Power and Light, helping inter-religious groups across California engage in ecologically resilient technology for their facilities. He is committed to provide practical solutions to our daily problems but realizes that climate change is a powerful reality. <https://www.uusf.org/forum>

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.

Young Adults @ Nightlife @ Cal Academy - Thurs., March 23, 6pm at Cal Academy in Golden Gate Park

Join Anthea, Santana, and Joe for an evening at the California Academy of Science. Nightlife is an adults (21+) only time every week at this beloved SF institution. That means we can enjoy all the nature exhibits without any children around (all love to kids.) There is also a special exhibit, which apparently will be gaming related! We will likely meet for a meal beforehand, so keep an eye out for further details. If you want to attend but have financial concerns, we have the funds to support people.

Call to Membership - Sunday, March 26!

UUSF is a community with a history dating back over 170 years. We have lasted this long thanks to our members, whose hard work and contributions have made us a San Francisco institution. Throughout the year we host ceremonies during Sunday Worship where new members are formally recognized and sign the membership book.

If you are interested in becoming a member of UUSF, and part of a storied tradition, then please reach out to **Joe Chapot** at jchapot@uusf.org or 415-590-7836.

White Allies Meeting - Thursday, March 30 from 6:00 pm to 8:00 pm, Fireside Room

Our gathering after church on Sunday, February 26 was a very fruitful conversation. Thank you to all who came. In general we imagine that Sundays after church will be easier for folks to show up for. However, late March and early April after service are spoken for -- welcome to post-pandemic times! So, rather than go too long, we thought we'd schedule a meeting for a weeknight evening. We'll have some light dinner fare available so folks can know their blood sugar will be maintained at a fruitful level. We'll publish more details in the weeks ahead. Bring yourself and your questions and thoughts, hopes and ideas.

Passover Seder - Friday, April 7 @ 6:30 pm, TSK Room

Join us in celebrating freedom, exploring the connection between ancient ritual and modern liberation struggles, singing, and enjoying a delicious potluck dinner. All ages are welcome!

We will provide chicken, wine, and traditional Passover food, including matzo and matzo ball soup. Please bring a dish to share if you are able. Suggested donation is \$10 per person, but no one will be turned away for lack of funds. If you are willing to lend a hand, please contact **Eric Shackelford** at eshack@gmail.com or stop by the Seder table in the Gallery after service on Sunday.

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/>

Greatness

Sunday, March 5, 2023

WATCH LAST WEEKS SERVICE: <https://bit.ly/03-05-23-UUSF>