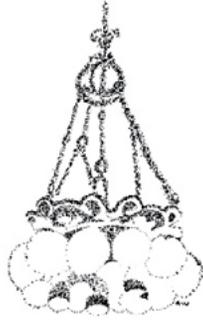




You
Are
Loved

Sunday, April 2, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday April 2, 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!

As of April 2nd, following the lead of the San Francisco Department of Health,
UUSF will not require masks indoors on our premises anymore.

However, we encourage people to wear masks,
or do anything that protects and respect their own health and comfort.

Prelude *Ruthenian Song*

Bela Bartok
Allen Biggs, Tommy Kesecker, percussionists

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 104

When Israel Was In Egypt's Land

TUBMAN

Mark Sumner, songleader; W. García Ganz, piano

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

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

Daniel Jackoway

Music *Go Down Moses*

Spiritual
T. Mychael Rambo, soloist

Times of Spoken and Silent Meditation

Rev. Vanessa Rush Southern

**Children/youth exit to classes during doxology

Offering

The offering today goes to support the work and ministries of the **Faithful Fools**, honoring the vision of co-founder, Rev. Kay Jorgensen, who was a social justice minister of this congregation, and the shared commitment of UUSF and Faithful Fools for 25 years. 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” 04-02-23.

[DONATE](#)

Offertory Music *Ruthenian Dance*

Bela Bartok
Allen Biggs, Tommy Kesecker, percussionists

Sermon “You are Loved”

Rev. Vanessa Rush Southern

*Hymn 210

Wade in the Water

MCCREE

Mark Sumner, songleader; W. García Ganz, piano

[\(CLICK HERE OR TURN TO PAGES 8 & 9 TO VIEW HYMN\)](#)

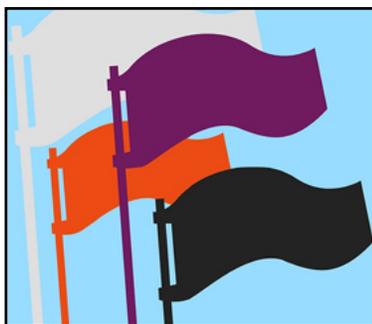
*Benediction

Rev. Vanessa Rush Southern

Postlude *The Lamp is Low/A Night in Tunisia*

Allen Biggs, Tommy Kesecker, percussionists

*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
Daniel Jackoway, Worship Associate

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn,
Livestream Cameras
Jonathan Silk, Communications Director
Judy Payne, Flowers
Linda Messner, Head Usher

Musicians

Allen Biggs, Percussionist
Tommy Kesecker, Percussionist
T. Mychael Rambo, Soloist
Mark Sumner, Songleader
Bill Ganz, Pianist

ABOUT

Allen Biggs is Principal Percussionist with the Santa Rosa Symphony and timpanist with the Philharmonia Baroque Orchestra. He regularly performs with the California, Marin and Oakland Symphonies, and was a member of the Bay Area Jazz Composer's Orchestra for many years. The list of touring Broadway productions he has worked with includes *Caroline or Change*, *The Color Purple*, *Evita*, *Fosse*, *Hairspray*, *Les Misérables*, *Little Shop of Horrors*, *Mamma Mia*, and *Wicked*. Allen can be heard on the soundtrack of the upcoming feature film *Renfield*; a recording he made with the group Chanticleer won two Grammy awards, and he performs on the Grammy-nominated cast album of *A Chorus Line*. Allen is an active educator- he teaches at San Francisco State University, and directed a steel pan program in Marin City for eight years. He also performs in schools throughout Sonoma county. Allen runs the Moke Hill Music Festival, which takes place in the gold country town of Mokelumne Hill, and celebrates contemporary music. An active volunteer with the Art of Living, Allen is dedicated to creating a stress-free, violence-free society through the work of this humanitarian organization.

Tommy Kesecker graduated from the San Francisco Conservatory of Music and joined legendary tabla virtuoso Zakir Hussain and the Rhythm Experience. Tommy has performed on vibes, marimba and drum set with a diverse array of highly acclaimed musicians, including pianist Larry Vuckovich's Blue Balkan Ensemble, Jim Campilongo, George Brooks, Michael Feinstein, singer/pianist Diana Krall, actor/singer Joel Gray, along with groups Echo and the Bunnymen and Mannheim Steamroller.

Emmy Award winning actor, vocalist, arts educator and community organizer; **T. Mychael Rambo** is a long standing Penumbra Theater Company Member. His Penumbra credits include: *Black Nativity*, *Don't Bother Me I Can't Cope*, *Dinah Was*, *Last Minstrel Show*, *Jitney*, *Spunk*, *Gem of the Ocean*, *Ain't Misbeheavin*, *Piano Lesson*, and *Ballad of Emit Till* to name just a few. T. Mychael has made an indelible mark here in the Twin Cities performing principle roles at such theaters as: the Guthrie, Ordway Theatre, Illusion Theatre, Mixed Blood, Park Square Theatre, Ten Thousand Things, Children's Theatre and Minnesota Opera among others. Nationally and internationally his stage credits include Carnegie Hall and performances abroad in Africa, Europe and South America. He has appeared in local and national television commercials, feature films (including: *The Cure*, *Justice*, *Crossing the Bridge*, *Wooley Boys*) HBO mini-series (*Laurel Avenue*, *Equinox*), and other television programming.

OFFERTORY UPDATE

Coming to the assistance of Farmworker families in Pajaro

Thousands of farmworker families from Pajaro fled their homes following the breach of the Pajaro River. They are now returning to wrecked homes while flooded fields means they have no work. The California Governor's Office of Emergency Services says the levee breach doesn't qualify for FEMA assistance because the value of property in Pajaro does not meet the criteria. UUSF contributed \$2,072 last Sunday as part of the Offertory. Want to contribute? Go to farmworkerfamily.org and donate. The money goes directly to families for food, shelter and other needs.

When Israel Was in Egypt's Land

$\text{♩} = 88$

1. When Is - rael was in E - gypt's land,
 2. The Lord told Mo - ses what to do, let my peo-ple
 3. For you the cloud shall clear the way,
 4. We need not al - ways weep and moan,

op - pressed so hard they could not stand,
 go; to lead the tribe of Is - rael through,
 a fire by night, a shade by day,
 and wear these slav - 'ry chains for - lorn,

let my peo-ple go. Go down, Mo - ses,

Words & music: African American spiritual, c. 1750-1875

Music © 1947, 1974 Simon & Schuster, Inc. and Artist & Writers, Inc.,
 renewed 1981 Simon & Schuster, Inc.

TUBMAN

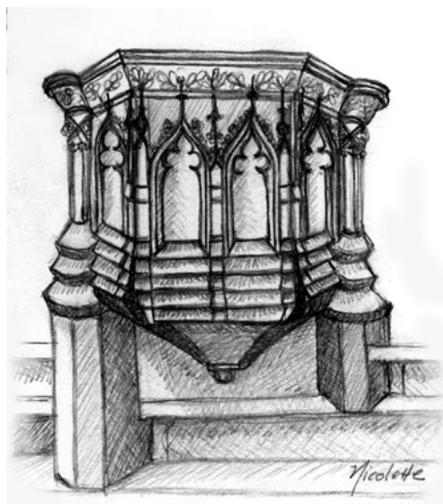
8.5.8.5. with refrain

way down in E - gypt land, tell old

This system of music includes a vocal line and a piano accompaniment. The vocal line is written in a treble clef with a key signature of two flats (B-flat and E-flat) and a common time signature. The lyrics are "way down in E - gypt land, tell old". The piano accompaniment consists of a right-hand part with chords and a left-hand part with a simple bass line.

Pha - raoh, to let my peo - ple go.

This system continues the musical score. The vocal line lyrics are "Pha - raoh, to let my peo - ple go.". The piano accompaniment features more complex chordal textures and a more active bass line. The system concludes with a double bar line.



210

Wade in the Water

♩ = 63 Unison

Wade in the wa - ter, wade in the

wa - ter, chil - dren, wade in the wa - ter,

God's gon - na trou - ble the wa - ter. *Fine*

1. See that band all dressed in white.
2. See that band all dressed in red.

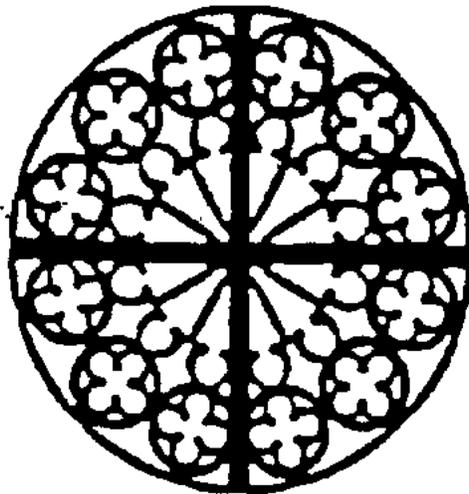
Words & music: African American spiritual, c. 1750-1875,
arr. by Mary Allen Walden, 1946- , © 1992 Unitarian Universalist Association

MCCREE
Irregular

God's gon-na trou-ble the wa-ter. The lead - er looks like an
It looks like the band that



Is - rael - ite. God's gon-na trou-ble the wa - ter. *D.C. al Fine*
Mo - ses led.



TODAY

Gifts For Kopanang

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 and Pantyhose. Please drop off items at the table in the gallery before or after the service today!

Forum - Sunday, April 2, 9:00 am TSK Room/Zoom (<https://bit.ly/forum-4-02-23>)

The United States And Israel: Old Dilemmas, New Problems With **Stephen Zunes**. Dr. Stephen Zunes is a Professor of Politics and International Studies at the University of San Francisco, where he serves as coordinator of the program in Middle Eastern Studies. This talk will address new developments in Israel's decades-long occupation of Palestine, with the recent election of Israel's most right-wing government ever, and the role of the U.S. government in creating and perpetuating the unfortunate reality there.

Black, Indigenous, & People of Color Gathering - April 2 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, April 2 at 12:30 pm in the Fireside Room

Do you want to learn more about Unitarian Universalism? Join us in the Fireside Room today after the service to meet some of our members and learn more about our congregation and Unitarian Universalism in the community.

UPCOMING

Passover Seder - Friday, April 7 @ 6:30 pm, TSK Room - SIGN UP: <https://bit.ly/uusfseder2023>

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 or you can sign up online at <https://bit.ly/uusfseder2023>

The Pagan Interest Circle (PICT) Invites You To A Magical Tea! - Saturday, April 8, 7:00 pm, Chapel

This year, April's Full Moon is the first Full Moon of Spring. Farmers, gardeners and those who live close to the earth traditionally looked (and some still do) to the Old Farmers Almanac for guidance on the best times to plant crops, based on the phases of the moon and sunspot cycles of the sun. For instance: "the period from the full moon through the last quarter of the moon is the best time for killing weeds, thinning, pruning, mowing, cutting timber and planting below-ground crops." If you like, you can bring any recipes and herbs to share, but it is not at all necessary. But do come with a personal story to tell as we drink our tea. Snack food to share after the ritual is always welcome. Questions? contact **Sarah Rosencrans** at 610-945-5738.

Are You Intimidated By Using Google Docs? We're here to help! April 30 and May 7 after church.

Gino Fortunato will lead two identical trainings following Sunday services in the Stebbins Room on April 30 and May 7, from 12:30-1:30 pm. Please bring your lunch as well as any questions you might have! Please email Erica Murray in advance with any inquiries at ericaelizabeth@hotmail.com. It would be preferable if you could also bring your laptop computer or tablet, but this is not obligatory.

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

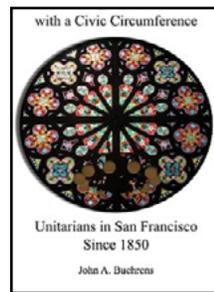
Ups and Downs for UUs in San Francisco

Economic and cultural high points and valleys with lessons for resilience and the future.

Led by Rev. Dr. John A. Buehrens - Register Now at <https://bit.ly/jbuuclass2023>

John recently published "A Religious Center with a Civic Circumference: Unitarians in San Francisco Since 1850," a book about the history of the first liberal church on the Pacific Coast, its influential members, ministers, and civic impact which is now available for purchase at <https://bit.ly/uusfbook>.

This is a six-part class for UUSF members and friends will be offered on Zoom on Mondays from 7pm-8:30pm beginning Apr 3 and running through May 8. Register at <https://bit.ly/jbuuclass2023>



April Minister's Book Poetry Group - A Celebration of Poetry: What's Fresh?!

Led by Rev. Vanessa Rush Southern, Senior Minister - Register at <https://bit.ly/MBG2023>

In April we will have two sessions in which we gather to celebrate poetry. Vanessa encourages you to find and bring a poem you love by a poet whose voice you think feels fresh and new. You can look online to the poetry foundation, see who is a poet laureate in our nation (or another) or of our state (or another), or head to your local bookstore for a recommendation. Bring one to share. Feel free to come both days for this month's book group!

Wednesday, April 26, 6:30-8 pm or Thursday, April 27, noon-1:30 pm



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.

You're invited to the ordination of Meg McGuire! - Sunday, April 16 at 2:00, Sanctuary/Livestream

INFO: <https://bit.ly/meg23ord> / LIVESTREAM: <https://bit.ly/uusfmeg2023>



On Sunday April 16 at 2:00 pm, our former ministerial intern Meg McGuire will be jointly ordained into the Unitarian Universalist ministry by UUSF and her home congregation in Columbus.

The ordination will be held at UUSF, with a reception to follow, as well as available by livestream.

RSVPs are appreciated, but not required (<https://bit.ly/meg23ord>)

Rheiner Award For Community Service Presentation & Reception, Sunday, April 23

Join us on Sunday, April 23, when the congregation honors one of its members with the Rheiner Award for Community Service, honoring their outstanding activities in the larger community outside the church walls that illustrate their commitment to Unitarian Universalist values. The presentation will be made during the 11 a.m. worship service, followed by a complimentary lunch and reception, where you can congratulate the recipient and learn more about the ways they live Unitarian Universalism in their daily life. The award honors the late **Rev. Conard Rheiner (1902-1987)**, a Universalist minister who was an active member of this congregation during the later years of his long career in social work. Photographs of prior recipients of the Rheiner Award are displayed in the gallery near the elevator.



Learn More at <https://www.uusf.org/rheiner>

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/>

“What Need One?”

Sunday, March 26, 10:50 am

WATCH LAST WEEKS SERVICE: <https://bit.ly/03-26-23-UUSF>

