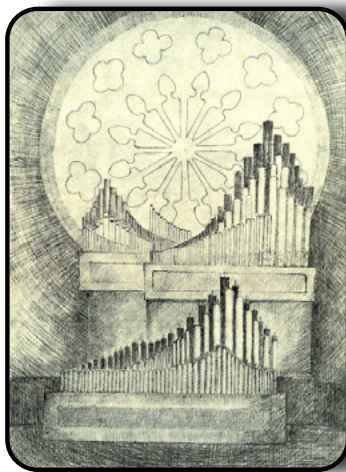


"Heartbeats"

Sunday, April 16, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday April 16, 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!

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 *Fuga and Ciacona in d minor*

Johann Pachelbel
Reiko Oda Lane, organ

Opening Words and Welcome

Rev. Vanessa Rush Southern, Senior Minister

Unison Chalice Lighting

Sam King, 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.

*Hymn 128

For All That is Our Life

SHERMAN ISLAND

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

Greeting One Another

Story for All Ages "The Marvelous Loaves" By Beryl Aschenburg

Rev. Laura Shennum

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

Sam King

Music *We Must Dream Aloud*

Dr. Alexander Post
UUSF Choir, Mark Sumner, director

Times of Spoken and Silent Meditation

Rev. Dr. Marco Belletini

Offering

Our offering this morning will be to support the work of TRUUsT (Transgender Religious professional UUs Together). TRUUsT is an organization of trans Unitarian Universalists who are living out a call to ministry within Unitarian Universalism. Born out of commitment to the gifts, safety, liberation, and leadership of transgender people, TRUUsT envisions a spiritual awakening that transforms Unitarian Universalism through worship, pastoral care, theology, education, and community to the end that trans religious professionals and their ministries are thriving, and a new culture of solidarity and common purpose among Unitarian Universalists committed to countering intersecting oppressions is flourishing. For more information go to <https://transuu.org/>. 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” 04-16-23.



Offertory Music *How Can I Keep from Singing?* Arr. Ronald Staheli
Nancy Munn, soprano; UUSF Choir, Mark Sumner, director

Reading “Could Have” *Wisława Szymborska 1972 Nobel Laureate 1996*

Music *Earth Is Our Homeland* Marco Belletini words, Johannes Brahms
Brielle Marina Nielson, Richard Fey, soloists; UUSF Choir, Mark Sumner, director

Sermon Heartbeats (*with a reading by poet Melvin Dixon Heartbeats 1995*) Rev. Dr. Marco Belletini

*Hymn 1057 *Go Lifted Up* Mortimer Barron
([CLICK HERE OR TURN TO PAGES 8 & 9 TO VIEW HYMN](#))

*Benediction *with excerpt from Tony Morrison’s Paradise 1998* Rev. Dr. Marco Belletini

Postlude *Toccata in d minor, Op. 59* Max Reger
Reiko Oda Lane, organ

*Please rise in body or spirit.

PARTICIPANTS

Worship Leaders

Rev. Dr. Marco Belletini, Guest Minister
Rev. Vanessa Rush Southern, Senior Minister
Rev. Laura Shennum, Minister of Congregational Life
Sam King, Worship Associate

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn, Livestream Cameras
Jonathan Silk, Communications Director
Carrie Steere-Salazar, Flowers
Linda Messner, Head Usher

Musicians

Reiko Oda Lane, Organ
Mark Sumner, Music Director
UUSF Choir
Nancy Munn, Soloist
Brielle Marina Nielson, Soloist
Richard Fey, Soloist
Bill Ganz, Piano

ABOUT

Mark Belletini, who goes by Marco now, was born and raised in Detroit, MI and graduated from Oakland University in Rochester MI, and Starr King School in Berkeley CA. Served and was ordained by this congregation; served our congregation in Hayward CA, then served our Congregation in Columbus, OH where he is now retired. He chaired the Hymnbook Commission that produced Singing the Living Tradition, served on the Ministerial Fellowship Committee for 8 years. He has been active since before ordination in GLBTQ+ advocacy. He has written two books published by Skinner House Press, "Sonata for Voice and Silence", and "Nothing Gold Can Stay", a book on grief. He preached the Sermon of the Living Tradition at General Assembly in 1998 about what he learned from a member of this congregation, Margaret J Hanson.



UUSF ANNUAL CANVASS 2023-24

We have raised over \$500,000 of the \$750,000 of our goal from over 100 pledges. If you haven't pledged please do so. You can send us an email with your pledge (send it to Stewardship@uusf.org) or you can fill out a pledge form online at <https://bit.ly/pledgeuusf2023> or we will have some paper versions to hand out today. Thank you so much for your commitment of time, of talent and of your financial resources to make UUSF strong and enduring as a place for hope and community, transformation and justice-seeking in the world.

$\text{♩} = 76$

1. For
2. For
3. For
4. For

all that is our life we sing our thanks and praise; for
needs which oth - ers serve, for ser - vic - es we give, for
sor - row we must bear, for fail - ures, pain, and loss, for
all that is our life we sing our thanks and praise; for

all life is a gift which we are called to use to
work and its re - wards, for hours of rest and love; we
each new thing we learn, for fear - ful hours that pass: we
all life is a gift which we are called to use to

⊕ Words: Bruce Findlow, 1922-
Music: Patrick L. Rickey, 1964- , © 1992 Unitarian Universalist Association

SHERMAN ISLAND
6.6.6.6.6.

LOVE AND COMPASSION

build the com - mon good and
 come with praise and thanks for
 come with praise and thanks for
 build the com - mon good and

make our own days glad.
 all that is our life.
 all that is our life.
 make our own days

glad.

Go Lifted Up

$\text{♩} = 96$

G Cm6/G G

Go lift - ed up, Love bless your

simile

D7/G G Am/G C/G

way, moon - light, star - light

G Dm/F Dm/E E7 Am9 Am

guide your jour - ney in - to

CM7/G F#° D7

peace and the bright - ness of

Words & music: Mortimer B. Barron, 1939 - , © 1993, 2004 Mortimer Barron

Go Lifted Up - 2

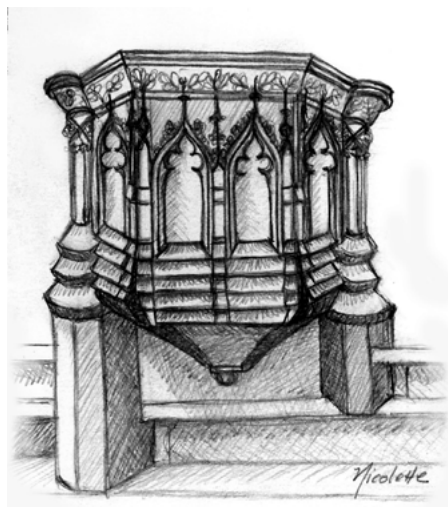
Musical score for "Go Lifted Up - 2". The score is written for piano and voice. The key signature is one sharp (F#), and the time signature is 4/4. The score consists of two systems of staves.

System 1:

- Treble Clef:** Chords *C(add9)* and *Cm* are indicated above the staff. The melody begins with a half note *C4* (labeled "day.") under a slur, followed by quarter notes *D4*, *E4*, *F#4*, *G4*, *A4*, *B4*, and *C5*. A first ending bracket labeled "1" covers the final two measures, which contain eighth notes *G4*, *F#4*, *E4*, *D4*, and *C4*.
- Bass Clef:** The accompaniment features a steady eighth-note pattern in the right hand and a half-note pattern in the left hand, with a key signature change to one flat (Bb) indicated by a flat sign on the *Bb2* line.

System 2:

- Treble Clef:** A second ending bracket labeled "2" covers the final two measures, which contain eighth notes *G4*, *F#4*, *E4*, *D4*, and *C4*. The melody concludes with a half note *C4* (labeled "day.") under a slur.
- Bass Clef:** The accompaniment continues with the same eighth-note pattern in the right hand and half-note pattern in the left hand, with a key signature change to one flat (Bb) indicated by a flat sign on the *Bb2* line.



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

TODAY

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

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

Today 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.

UPCOMING

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

Understanding the national movement to ban library books that challenge rightwing perspectives, and how communities can organize to stop book bans with **Deborah Doyle**. Deborah has been an active library advocate at local, state and national levels for 25 years.

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.

Silly Fun for a Serious Cause - Friday, April 28 from 6:00 pm to 9:00 pm in TSK Room

Party games. Games for all ages and inter-generational games. Food, refreshments and fun for all. This is a **Small Group Ministry** service project to benefit Hamilton Families in their work to prevent, mitigate and end family homelessness in the SF Bay Area. Suggested donation is \$10-20/Adults, \$20-30/Families or pay-what-you-can. RSVP at <https://tinyurl.com/UUSFGameParty> or find us at a table today in the Gallery.

Forum - Sunday, April 30, 9:00 am TSK Room/Zoom (<https://bit.ly/forum-4-30-23>)

Update on Our City: The Good, the Bad, and the Ugly with **Tim Redmond**! Currently, San Franciscans are becoming more and more skeptical of the way this City is being managed, the growing number of people living and dying on our streets, many from the effects of the fentanyl epidemic. Who is responsible, and can this City overcome these failures, which are growing with no end in sight?

Black, Indigenous, & People of Color Gathering - May 7 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, May 7 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.

New Show! "The Family of Man" by Leslie Goldberg

You are invited to see the Family of Man, the newest art show held in the **Thomas Starr King Room** and the **Martin Luther King Room**. The presentation is a celebration through art and writing of the diversity and commonality of people by artist and writer Leslie Goldberg. The fictional characters shown are folks we all know: the next door neighbor, the bar owner, the coach, the race car driver, the manicurist, the artist, the college professor and more. An art reception will be held **April 30** after the service. The Forum will host a performance of the The Family of Man and a discussion **May 21**.

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

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



UPCOMING

2023 All Church Retreat - Sat, May 27th - Mon, May 29, Occidental, CA - Registration deadline is May 15!

It's time to retreat to the Redwoods! We are ready to return to Sonoma Country to enjoy time with friends and family. We'll spend our first evening at the campfire making s'mores, singing campfire songs, and staring up at the star-filled night sky. There will be time to enjoy a walk in the woods, read a book or play games. We'll have fun workshops and fun worship. We'll dance the Happy Dance at the Talent Show. Come and rejuvenate the spirit. You'll be glad you did. This is a family-friendly event! The CYO Retreat Center has comfortable dormitory cabins, showers and bathrooms, swimming pool, a pond for canoeing, archery, tennis and basketball courts, and beautiful trails. CYO is up the road from Wild Oat Bakery, famous for their sticky buns; local wineries, the town of Occidental, and close by to the Russian River. Retreaters bring their own bedding, towels and toiletries.

Adults: \$205; Children (4-18): \$150; Children (0-3): Free! Register at <https://bit.ly/3nvoSnD>

Scholarships are available by going to <https://bit.ly/436QT5q>. Website: <https://www.uusf.org/retreat>

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

As Unitarian Universalists, our religion is about deeds, not creeds. Each year, this congregation honors one of our own with the Rheiner Award for Community Service, recognizing their activities in the larger community outside the church walls that reflect their commitment to Unitarian Universalist values. This year's presentation will be made on Sunday, April 23 during the 11 a.m. worship service, and will be followed by a complimentary lunch and reception, where you can congratulate the recipient and learn more about the people and organizations that benefit because the award recipient lives Unitarian Universalism in daily life.



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

UUSF Election Slate 2023-24

The Nominating Committee is pleased to present the slate of nominees for the 2023-2024 Board of Trustees and the next Nominating Committee. In accordance with the UUSF by-laws, the slate will be voted on at the annual meeting of the membership on June 4, 2023. Please go to <https://www.uusf.org/nominatingcommittee> to read the biographies on the Nominees.

Board of Trustees: The Board consists of nine members, five of whom are elected in "odd" years (2023) and four of whom are elected in "even" years. Board members are elected to two-year terms and may not serve more than six consecutive years. The nominees for this year are **Lori Lai** (incumbent); **Linda Enger** (incumbent); **Megan Lehmer** (incumbent); **Sam King**; and **Galen Workman**.

Nominating Committee: This Committee consists of seven members, four of whom are elected in "odd" years (2023) and three of whom are elected in "even" years. Nominating Committee members are elected to two-year terms and may not serve more than four consecutive years. The nominees for this year are **Erica Murray** (incumbent); **Teresa Goebel** (incumbent); **Hanna Hart**; and **Robert Packenham**.

We are grateful to our nominees for their willingness to serve in these leadership roles. While the Nominating Committee works hard to fulfill this vital role of nominations, remember we work throughout the year to build and support leadership at UUSF by connecting UUSF congregants with opportunities for service and connections. Check out our Help Want Ads link: <https://www.uusf.org/nominatingcommittee>.

On behalf of the 2022-23 Nominating Committee, **Judith Ottoson**, chair

jottoson@comcast.net

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 Prepares
us for Sunrise?"**

Easter Sunday, April 9, 10:50 am

WATCH LAST WEEKS SERVICE: <http://www.youtube.com/c/UUSFMedia>