"Living Joyfully"

Sunday, August 13, 10:50 AM, 2023
First Unitarian Universalist Society of San Francisco
Order of Service
Sunday August 13, 2023
10:50 AM - 12:15 PM
Livestreamed at bit.ly/uusfmedia

Welcome to the Worship!

UUSF will no longer require masks indoors on our premises, following the lead of the San Francisco Department of Health.

We do, however, encourage people to wear masks or do anything else that protects and respects their own health and comfort.

There is a designated mask-only area on the far right side of the Sanctuary.

Prelude
Five Scapes
Tommy Kesecker
Tommy Kesecker, percussionist

Opening Words and Welcome
Sam King

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.
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

Reflection

Music

Time of Prayer/Meditation
Offering

Our offering this morning will go to support the Hawai‘i Community Foundation’s Maui Strong Fund. We do this in community with the First Unitarian Universalist Church of Honolulu, who has also donated to this fund, which is being administered by the nearly 100 year-old Hawai‘i Community Foundation. The Maui Strong Fund was supporting disaster preparedness efforts even before the current wildfires, and it’s now being used to support communities affected by the wildfires. 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” 8-13-23.

DONATE

Offertory Music  ‘S Wonderful  Ira Gershwin
Tommy Kesecker, percussionist

Sermon  "Living Joyfully"  Sam King

*Hymn 368  Now Let Us Sing  ROBESON
Ben Rudiak-Gould, songleader; Nancy Munn, pianist

(CLICK HERE OR TURN TO PAGE 7 TO VIEW HYMN)

*Benediction

Postlude  On The Sunny Side of the Street
         Maybe I’m Amazed
         No Gravity
Lyrics: Dorothy Fields; Music: Jimmy McHugh
       Paul McCartney
       Tommy Kesecker
       Tommy Kesecker, percussionist

*Please rise in body or spirit.

ABOUT

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.
PARTICIPANTS

**Worship Leaders**
Sam King, Guest Preacher  
Santana González Gómez, Worship Associate

**Sunday Support**
Jonathan Silk, Communications Director  
Matias Salazar, Sexton  
Athena Papadakos, Flowers  
Linda Messner, Head Usher

**Musicians**
Tommy Kesecker, Percussionist  
Nancy Munn, Pianist  
Ben Rudiak-Gould, Songleader

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**Extravaganza of Joy!**  
Friday, August 18, 6pm to 9pm

REGISTER NOW

In the spirit of reclaiming delight…. please hold Friday, August 18th, 6-9 pm for a night at church. We will have a dinner together (let us know if you’d like to join the cooking team), some English Country Dance instruction, games and puzzles out (like at the annual retreat), and just a time to be together alive and in a spirit of celebration! Rev. Laura and Rev. Southern have named this our “Extravaganza of Joy” and if these are as exciting to you as they are to us, we hope to do them quarterly.

English Country Dance instruction will be provided by Sharon Green, who has 30 years' experience welcoming new dancers to the dance floor. Live music will be provided by Craig Johnson, Heather Mackay, and David Newitt.

Scan with your phone to register →
361 Enter, Rejoice, and Come In

1. Enter, rejoice, and come in.
2. Open your ears to the song.
3. Open your hearts every one.

Enter, rejoice, and come in.
Open your ears to the song.
Open your hearts every one.

joyful day; enter, rejoice, and come in.

4. Don’t be afraid of some change.
Don’t be afraid of some change.
Today will be a joyful day,
enter, rejoice, and come in.

5. Enter, rejoice, and come in.
Enter, rejoice, and come in.
Today will be a joyful day;
enter, rejoice, and come in.

Words & music: Louise Ruspini
Arr. by Betty A. Wylder, 1923- © 1992 Unitarian Universalist Association

ENTRANCE SONGS
Now Let Us Sing

1. Sing to the power of the faith within.

Now let us sing, sing, sing.

Sing to the power of the faith within.

Lift up your voice, be not afraid; now let us sing to the power of the faith within.

2. Sing to the power of the hope within.

3. Sing to the power of the love within.

4. Sing to the power of the joy within.

Words & music Anonymous

ROBESON
Irregular

PRAISE SONGS AND DOXOLOGIES
**TODAY**

**Aloha Ohana!**

This year’s UUSF Auction on Sunday, October 15 at 12:30 pm will feature an authentic Hawaiian Luau, a Hawaiian band, signature cocktail, countdown Silent Auction, Live Auction and more! To donate to our online auction or to buy your tickets, (it’s never too early!) please go to [www.bit.ly/UUAuction23](http://www.bit.ly/UUAuction23)

Today after church we will be tabling and able to process tickets for you if you would rather do that in person. We can also speak with you about a role you might like in this special event. Do you want to make a donation to the Silent Auction? Do you need a letter to provide to a restaurant, theater, or other event? Come see us and we’ll get that letter for you!

Mahalo from Co-chairs Gino Fortunato and Gregory Stevens ([gregorystevensw@gmail.com](mailto:gregorystevensw@gmail.com)) or Secretary Cheryl Deane ([edd.mft@gmail.com](mailto:edd.mft@gmail.com), 415-282-2200)

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**UPCOMING**

**Volunteer with the Interfaith Food Pantry August 19**

Join fellow UUSF members and other community volunteers to help distribute groceries to 325+ households. This is a great opportunity for individuals and for families to pitch in and help feed our community. Food prices are high and we are needed now as much as ever! We lead the crew Saturday, August 19 and would love to have you join. Volunteer shifts start at 8:15 (or 7:30 if you can help unload the truck). Sign up at [https://bit.ly/foodpantryuusf](https://bit.ly/foodpantryuusf). If you have any questions, please contact Hanna Hart [hanna@harts.net](mailto:hanna@harts.net) or Ben Bear [welcome.corporate.overlords@gmail.com](mailto:welcome.corporate.overlords@gmail.com).

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**The Women’s Rights Group Encourages You To Join them on August 26 at 10:00 AM.**

The Women’s Rights Group is meeting this summer! Everyone in the congregation interested in working toward increasing all Women’s access to comprehensive reproductive health care is invited! Our meeting will be hybrid, but we encourage everyone to come in person and enjoy the breakfast treats and the community! At these meetings, we will be working on our planned Fall Activities. More info can be found at [https://www.uusf.org/womensgroup](https://www.uusf.org/womensgroup).

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**Ukraine Day August 27 at Golden Gate Park Bandshell, 1:00pm**

Free Ukrainian Culture Day “Golden Gate Park Band” Symphony in the Park! Be a Ukrainian advocate at this community celebration of music, dance and solidarity! Join the conversation on a "UU bench" to discuss our plans for a United Nations Sunday event at UUSF. (Look for Andrei in her red hat!) Contact: [andreiglase@gmail.com](mailto:andreiglase@gmail.com)

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**We’re heading to the ballpark! - Sunday, August 27, 4:10pm! Buy Tickets for Giants vs. Atlanta Braves!**

A group of us will be enjoying the game on August 27. Please make note of the time change to 4:10pm. The game was switched to an ESPN night game. Tickets are only $33 for section View Reserve 304. To purchase a ticket, go to [bit.ly/uusfpayments](http://bit.ly/uusfpayments) and enter the amount ($33) where it reads Events-UUSF sponsored: Baseball 8/27. If you want to leave your car in the church garage (there are very limited spots available) or if you’d like to volunteer to drive others, please contact Reservations Manager Suzy Bernahola at [sbernahola@uusf.org](mailto:sbernahola@uusf.org). The ballpark is also easy to access by transit: walk to Van Ness station or Civic Center station and take the N. Or you can take the 38 Geary to Stockton, walk to Stockton and Geary to the New Central Subway and catch the T line.

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**Black, Indigenous, & People of Color Gathering - Sept. 3 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 from 9:30-10:50am. If you are interested in attending or finding out more, please email [bipoc@uusf.org](mailto:bipoc@uusf.org). Please come join this space for joy, renewal, care and inspiration.

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**Newcomer Orientation - Sunday, September 10 at 12:30 pm in the Fireside Room**

Do you want to learn more about Unitarian Universalism? Join us in the Fireside Room after the service to meet some of our members and learn more about our congregation and Unitarian Universalism in the community.
A new art exhibit is now on display in the King Rooms!
Jamie Erfurdt is our featured artist till September 26th. She was born and raised in Colorado before moving to San Francisco to attend art school. She holds an MFA from the SF Art Institute as well as BFAs from the University of San Francisco and the Academy of Art. In 1981, she started teaching painting and holding small classes in her studio, and in the late 1980s, she launched a handprinted fabric business. In Berkeley, she owned an art gallery. Her work can be seen in museums and private collections all around the world. We will hold an art reception in the TSK and MLK Rooms on Saturday, September 23 from 4:00 pm to 7:00 pm, where you can meet Jamie and view the artwork. Free drinks and snacks will be served.

Weekly Grief Group - Saturdays, 10am-11:30am, starting September 9
This group facilitated by Bruce Clements will meet weekly in the Fahs Room to create a space for conversation, community, and sharing about grief people are experiencing in their lives. This group is drop-in. If you have questions, then contact Laura Shennum at lshennum@uusf.org. Bruce Clements grew up in New York City and graduated from Columbia College, Union seminary and the state university of New York at Albany. After serving a church in Schenectady, New York, for seven years, he taught writing and literature at Union College, Schenectady, and the state university of Connecticut.

Help Wanted!
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!

NEW!!!
The Membership Committee is looking for Sunday morning greeters. Go to https://bit.ly/greeters0823 to learn more.

Please 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 in the Church Gallery 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.

Human 101 Classes
How do we communicate effectively? How do we create healthy boundaries? What does conflict as a spiritual practice look like? If you have skills or training in these areas and want to help build our Human 101 classes, then contact Minister of Congregational Life Laura Shennum at lshennum@uusf.org for more information.

2023-24 Sunday School Registration Now Open!
We are getting ready to welcome back our children and youth for the 2023-24 program year! We have some fun plans in store and need your help in making sure we have enough teachers as well as supplies. Please register your child(ren) so we can provide the most rewarding experience! If you have questions, then please contact Alicia Cover, Religious Education Coordinator at acover@uusf.org. Registration link: https://bit.ly/UUSFRE2023-24

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

Morning Meditation & Equanimity Practice
Morning Meditation - Tuesdays & Thursday, 8-8:30 am: 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: 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. Both on Zoom: https://bit.ly/3A8ZJ73
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
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“The Quick Fix”
A Conversation About What is Lost When We Attempt to Rush Reconciliation