

"Healing and Hope: A sermon on forgiveness and beyond"

Sunday, September 24, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday September 24, 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!

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	<i>Shomeir Yisrael</i> <i>L'dor Vador</i> [Generation to Generation] <i>Praise to the God of Abraham</i>	E Maxson Porter Meir Finkelstein A Hebrew Melody/Van Hulse Reiko Oda Lane, organist
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Blowing of the Shofar	Wm. Klingelhoffer
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Opening Words and Welcome	Rev. Laura Shennum, Minister of Congregational Life
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Unison Chalice Lighting	Gupta Family
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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.

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

Brief Invitations

Jonah Berquist, Moderator

Greeting One Another

Bell Anthem

Hymn to Joy

Theme by Ludwig van Beethoven arr ROL
UUSF Bell Choir, Reiko Oda Lane, director

Story for All Ages “Big Bad Wolf’s Yom Kippur” by David Sherrin

Rev. Vanessa Rush Southern, Senior Minister

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, Worship Associate

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

Offering

Our offering this morning will go to **Home Match**. Home Match is a free service that supports mostly older adults with a room to rent in their home or apartment (or an ADU on their property) through the process of connecting and living with a community member seeking affordable housing. Home providers receive the economic benefits of increased rent and the social benefits of companionship and in some cases task exchange while home seekers receive increased access to affordable housing. To make a donation on Vanco (bit.ly/uusfpayments) or using the Donate Button or scan the QR code (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 9-24-23 and "special offering".



Offertory Music *Return*

(world premiere)

Jessica Margolin

UUSF Choir; Mark Sumner, director

Sh'ma Yisrael / Hear, O Israel

(C)heshbon HaNefesh / Accounting of the soul

Hashiveinu, Adonai, eilecha v'nashuva chadesh; / Turn us back to You, G_d, and we will turn;
yameinu k'kedem / renew our days as before.

May I awaken to the light of a new day, that my eyes may behold the splendor of Your light.

Sermon "Healing and Hope: A Sermon on Forgiveness and Beyond"

Rev. Laura Shennum

Forgiveness Ritual

*Hymn 179

Words That We Hold Tight

EKO A BA KO

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

*Benediction

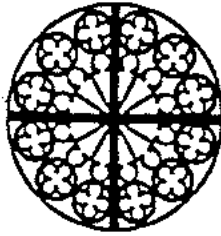
Rev. Laura Shennum

Blowing of the Shofar

Wm. Klingelhofer

Postlude *Psalms 19*

Benedetto Marcello
Reiko Oda Lane, organist



PARTICIPANTS

Worship Leaders

Rev. Laura Shennum, Minister of Congregational Life

Rev. Vanessa Rush Southern, Senior Minister

Daniel Jackoway, Worship Associate

Jonah Berquist, Moderator

Gupta Family, Chalice Lighting

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn, Cameras

Santana McBride, Live Chat Moderator

Jonathan Silk, Communications Director

Matias Salazar, Sexton

Carrie Steere-Salazar, Flowers

Linda Messner, Head Usher

Musicians

Reiko Oda Lane, Organist

UUSF Bell Choir

UUSF Choir

Mark Sumner, Music Director

Wm. Klingelhoffer, Shofar

Let's Create a New Photo Directory

We are creating a new Photo Directory of the member and friends of our community.

Please schedule a time for your photo session at bit.ly/photouusf2023, scan the QR code below or stop by the table after the worship service in the Gallery. If everyone participates, we will have a valuable tool for remembering names and faces. It won't be complete without you!



Come, Come, Whoever You Are

188

$\text{♩} = 56$

①

Come, come, who - ev - er you are, wan - der - er,

②

wor - ship - er, lov - er of leav - ing. Ours is no car - a - van

③

of de - spair. Come, yet a - gain come.

④

Words: Adapt. from Rumi, 1207–1273
⊕ Music: Lynn Adair Ungar, 1963–

PILGRIMAGE
Irregular

OUR COMMON GROUND

637

A LITANY OF ATONEMENT

For remaining silent when a single
voice would have made a difference

*We forgive ourselves and each
other; we begin again in love.*

For each time that our fears have
made us rigid and inaccessible

NAH AND YOM KIPPUR

*We forgive ourselves and each
other; we begin again in love.*

For each time that we have struck
out in anger without just cause

*We forgive ourselves and each
other; we begin again in love.*

For each time that our greed has
blinded us to the needs of others

*We forgive ourselves and each
other; we begin again in love.*

For the selfishness which sets us
apart and alone

*We forgive ourselves and each
other; we begin again in love.*

For falling short of the admonitions
of the spirit

*We forgive ourselves and each
other; we begin again in love.*

For losing sight of our unity

*We forgive ourselves and each
other; we begin again in love.*

For those and for so many acts both
evident and subtle which have
fueled the illusion of separateness

*We forgive ourselves and each
other; we begin again in love.*

⊕ ROBERT ELLER-ISAACS

179 Words That We Hold Tight

♩ = 52

1. Words that we hold tight won't let us
 2. To speak of lov - ing is not to
 3. When love is doubt - ful, choice is not

Drum

go. Paths we don't fol - low will haunt us
 love. Lies move a - mong us, be - low, a -
 clear, we turn to wor - ship to cast out

so. What will un - do us is not our
 bove. When we are rag - ing, need - ing to
 fear. Teach us for - give - ness, make love our

friend. Show us, O spir - it, how to be -
 mend, show us, O spir - it, how to be -
 end. Show us, O spir - it, how to be -

⊕ Words: Based on a text by Bishop Dr. Adedeji Ishola
 Music: Traditional Yoruba tune

EKO A BA KO
 9.9.9.9. with refrain

- friend.
- friend. Show us how to for -
- friend.

give. To all who live, show us for -

give - ness that we may live.



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

TODAY

The Cuba Embargo Must End with Mark Ginsburg - Sept. 24 in the TSK Room & Zoom 9:30 am PT/12:30 pm ET.

President Obama removed Cuba from the State Department's list of "state sponsors of terrorism" in 2015, a small step in weakening the embargo of Cuba that was already nearly 60 years old. President Trump reversed that decision, and President Biden has not undone this meritless designation. The unjustified blockade or embargo inflicts great human suffering on the people of Cuba and must end. Mark Ginsburg is a Visiting Scholar in the International Education Policy program at University of Maryland (USA). Light breakfast available at 9am.

Zoom: <https://bit.ly/uuforum-9-24-23> Info: www.uusf.org/forum

Home Match Presentation By Luke Barnesmoore & Lucie Ashley - Sept. 24 at 9:30 am in MLK room

Home Match is a free service that supports mostly older adults with a room to rent in their home or apartment (or an ADU on their property) through the process of connecting and living with a community member seeking affordable housing. Come hear about this program and how you might get involved. They will have a table set up after the service as well to answer any questions.

For more information, contact Rev. Laura Shennum at lshennum@uusf.org.

Special Congregational Meeting - Sept. 24 at 12:30 am in TSK room and Online. - <https://bit.ly/bdmtg92423>

Join us for a short Special Congregational Meeting on Sunday September 24th after service. There are two items on the agenda. First, we will be voting to fill a vacancy on the Board of Trustees in accordance with our bylaws. We have one open seat and the Nominating Committee has nominated Diane Allen to fill the seat. Finally, we will be voting to approve the affiliated community ministry of Rev. Seanan Fong.

ZOOM: <https://bit.ly/bdmtg92423>

The Aloha Ohana Auction is Only 3 Weeks Away! (bit.ly/UUAuction23)

Bidding for the online Auction began last Sunday (<https://bit.ly/uusfbidauction>)! You will be sure to find something for everyone, and each bid you place helps UUSF's grow stronger. New donations continue to come in, so check here often! The online auction will continue until 2pm Sunday, October 15 during the Live Auction and Party.

Get your Auction tickets now (<https://bit.ly/uusftickets>). Our Luau team wants to know you are attending so they can plan yummy things to eat. An authentic Hawaiian luau takes days to prepare so the sooner we know you are coming the better. Note: at this family-friendly event, children 13 and under are free. Get your tickets online (<https://bit.ly/uusftickets>), or in the gallery before and after services this Sunday.

Again, the Live Auction, Luau and Party will begin right after services on October 15. We look forward to seeing you there!

Questions? Gino Fortunato (yospike0@yahoo.com), Gregory Stevens (gregorystevensw@gmail.com) or Cheryl Deaner (cdd.mft@gmail.com)



HAPPENINGS

Small Group Ministry Sign Ups! - Registration link: bit.ly/sgmuusf23

Small Group Ministry is an ongoing program to help us deepen our connections to each other, grow spiritually and strengthen the First Unitarian Universalist Society of San Francisco community as a whole. Small groups of about ten people meet twice a month to share important parts of our lives. We practice deep listening, which enables us to form lasting friendships, build stronger community, and minister to each other. Groups will meet starting in October and run through May. They will meet twice a month. If you are interested in participating, then please register at the link provided. If you have questions, contact Rev. Laura at lshennum@uusf.org



California, A Slave State with Jean Pfaelzer - Oct. 1 in the TSK Room & Zoom 9:30 am PT/12:30 pm ET.

Part of our Human Rights Working Group and Forum Series called Dangerous Truths Episode 7. Jean Pfaelzer is a commentator, historian, and professor of American studies at the University of Delaware. Her most recent book, "California, A Slave State", upends our understanding of slavery as a North-South struggle. In deep research across three centuries, vivid storytelling and interviews, she documents that our state's beginnings and sunny utopian prosperity have a history of brutal multiracial bondage, resistance, and servitude that persists today. Zoom: <https://bit.ly/uuforum-10-01-23> Info: www.uusf.org/forum - Light breakfast available at 9am.

HAPPENINGS

Calling All Artists! UUSF Members, Family and Friends Group Show

Bring your artwork to UUSF on Sunday, October 8 from 9:00 am to 2:00 pm. Please, we limit each artist to no more than three pieces. All items must be ready to hang on the walls of the TSK and MLK rooms. The art reception for this show will be held on Sunday, November 19 at 12:30 pm, and the show will conclude on Sunday, November 26 at which time you must take your artworks home. For more information contact Paul Kensinger at clrquest@aol.com or 415-467-9337.

Black, Indigenous, & People of Color Gathering - Oct. 1 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. Please come join this space for joy, renewal, care and inspiration.

Newcomer Orientation - Sunday, Oct. 1 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.

Parent/Guardian Education Event: Youth Mental Health Awareness - Oct. 1 at 12:30 TSK room

We will have the first of our Parent/Guardian Education Events. We will watch the movie, Tell My Story, which is a film to raise awareness about youth mental health. We will have a discussion afterwards facilitated by Athena Papadakos, Mental Health Professional and Rev. Laura Shennum, Minister of Congregational Life. Resources will be offered at the end of the session. Lunch and childcare will be provided.

"Concert for Community" - Oct. 1 at 1pm Sanctuary/Online - Livestream: bit.ly/uusfconcert10-1-23

As part of our October Extravaganza of Joy events and in a special offering for our community, Flutist / composer **Christian Artmann**, **Elena McEntire** (daughter of Bruce and Ruth Cowan), and pianist / composer **Laszlo Gardony** will be celebrating the joy of coming together in music and the release of Christian's new album *The Middle of Life* (Sunnyside, 2023). Deeply centered in contemporary jazz but also reflecting European roots, the music transcends stylistic boundaries and "conveys a perspective beyond boundaries—a singular story capable of including us all" (All About Jazz).

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

Weekly Grief Group meets on Saturdays from 10 am to 11:30 am in the Fahs Room

Facilitated by **Bruce Clements** we will meet weekly to create a space for conversation, community, and sharing about grief people are experiencing in their lives. This group is drop-in. More info contact Rev. Shennum at lsennum@uusf.org. Bruce grew up in New York City and graduated from Columbia College, Union seminary and the state university of New York at Albany. The question for Saturday, September 30 is, "What habits are we carrying and what is getting in our way and the way of others we care about?"

Minister's Book Group - 9/27, 6:30-8pm Midnight Library by Matt Haig (on Zoom)

All are welcome to join the Minister's Book Group, an on-line gathering in which we read a book our Senior Minister, Vanessa Southern, chooses (often before she has read it!). Designed to provoke conversation about our lives and values, enter into the voice and experience of writers and thinkers we can learn from, and chew on both fiction and non-fiction, gathering wisdom from among us! Go to <https://www.uusf.org/are> to check out the upcoming book groups and you can register at <https://bit.ly/3szGbGL>

Three-Part "White Fragility" Discussion Group - 9/28, 10/23 & 11/30 6:30 to 8pm (in person)

A classic for beginning to see frameworks for how to step into the work of seeing and undoing patterns that perpetuate white supremacy, the book "White Fragility" looks at both structures, but more so ways of thinking and behaving that reinforce the structures and culture of white supremacy. Robin DiAngelo's book is one that we recommend all members of UUSF not only read but participate in a discussion group around. Participants are asked to prepare for each session by reading the assigned chapters. Please RSVP to Vanessa if you want to be part of the three-part discussion. Vanessa's email is: VRSouthern@uusf.org.

HEBREW BIBLE: An Introduction for Skeptics, Seekers, and Progressives - Oct. 2 to Dec 4

Nine sessions, Monday evenings 7pm to 8:30pm beginning October 2 on Zoom and led by Rev. John Buehrens. Open to UUs and friends throughout the Bay Area. The first session is free and open to all, although prior registration is necessary to receive the Zoom link. Like the following eight sessions, it is based on the book, *Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals*, by Buehrens (Beacon, 2002). Copies from UUSF for \$15 or online from Beacon, UUA or Amazon. Register at <https://bit.ly/3YYh6Bu>

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/>

