



The Enfleshed Life: What Life and Love of a Body Entails

Sunday, November 5, 10:50 AM, 2023
First Unitarian Universalist Society of San Francisco



Order of Service
Sunday November 5, 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 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>When You Are Near Me</i> , BWV 508	Johann Sebastian Bach
	<i>Jesu, Joy of Man's Desiring</i> , BWV 147	Johann Sebastian Bach
		Reiko Oda Lane, organist

Opening Words and Welcome	Rev. Vanessa Rush Southern, Senior Minister
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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 23

Bring Many Names

WESTCHASE

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

Greeting One Another

Story 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

Carmen Barsody, Worship Associate

Music

The Divine Image

William Blake/Jonathan Adams
UUSF Choir, director Mark Sumner, Wm. Garcia Ganz, pianist

Time of Prayer/Meditation

Offering



The offering today will be taken to support the work of **Simple Heart**. For accountability and transparency, Simple Heart focuses on simple, measurable objectives that feed into our mission: rescuing animals from abuse. For more info go to <https://www.simpleheart.org/> To make a donation on Vanco (bit.ly/uusfpayments), using the Donate Button on our website, or by scanning the QR code below, please select the "Offering" choice to make your gift. If you are sending a check, please mark in the memo today's date, 11-05-23. "Special Offering"



Music *Set Me as a Seal*, from the *Wedding Cantata* Daniel Pinkham
UUSF Choir, director Mark Sumner, Wm. Garcia Ganz, pianist

Sermon "The Enfleshed Life: What Life and Love of a Body Entails" Rev. Vanessa Rush Southern

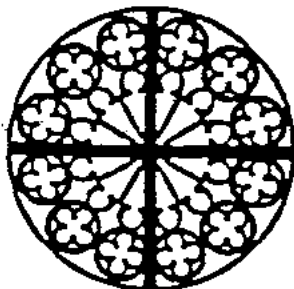
*Hymn 321 *Here in the Flesh* SONG SPRINGS

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

*Benediction

Postlude *In Thee Is Gladness*, BWV 615 Johann Sebastian Bach
Reiko Oda Lane, organist

*Please rise in body or spirit.



PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Rev. Laura Shennum, Minister of Congregational Life
Carmen Barsody, Worship Associate
Galen Workman, Board of Trustees

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn, Livestream Team
Gregory Stevens, Chat Moderator
Jonathan Silk, Communications Director
Jose Matias Pineda, Sexton
Judy Payne, Flowers
Linda Messner, Head Usher

Musicians

UUSF Choir
Reiko Oda Lane, Organist
Mark Sumner, Music Director
Wm García Ganz, Pianist

NOTES

Dia de los Muertos and Samhain Altar

Thanks to the Ofrenda Team: Thad and Lucy Smith, David Heilbron and Dolores Perez Heilbron, Mari Magaloni Ramos, Sierra Loya, Kat Liu, and Vanessa Southern.

For many cultures, the end of October or beginning of November is a time to remember those who have passed. People of several Meso-American cultures celebrate Dia de los Muertos (Day of the Dead) in part by erecting altars at home (ofrendas), on which are placed images, momentos, and favorite foods of the departed. In the Celtic observance of Samhain, both those who have died are honored and those who are newly born are welcomed. This year, UUSF honored both Dia de Muertos and Samhain by creating two altars in the gallery, as both have origins in our church. The altars will stay up until November 5th (today), at which time you are invited to collect your items.

Name Tags

If you've been coming to church on Sundays for a while and would like a personal name tag, there's a clipboard beneath the bulletin board in the gallery where you can write your name and acquire a name tag.

Bring Many Names

$\text{♩} = 80$ Unison

1. Bring man - y names, beau - ti - ful and good;
 2. Strong moth - er God, work - ing night and day,
 3. Warm fa - ther God, hug - ging ev - 'ry child,
 4. Old, ach - ing God, grey with end - less care,

cel - e - brate in par - a - ble and sto - ry, ho - li - ness in
 plan - ning all the won - ders of cre - a - tion, set - ting each e -
 feel - ing all the strains of hu - man liv - ing, car - ing and for -
 calm - ly pierc - ing c - vil's new dis - guis - es, glad of new sur -

glo - ry, liv - ing, lov - ing God: hail and ho -
 qua - tion, ge - ni - us at play: hail and ho -
 giv - ing till we're rec - on - ciled: hail and ho -
 pris - es, wis - er than des - pair: hail and ho -

Words: Brian Wren, 1936- , © 1989 Hope Publishing Co.
 Music: Carlton R. Young, 1926- , © 1989 Hope Publishing Co.

WESTCHASE
 9.10.6.5.5.4.

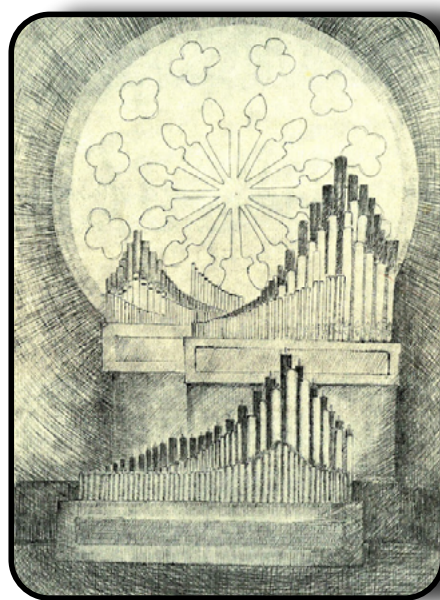
1.-5. 6.

- san - na, bring man - y names.
 - san - na, strong moth - er God!
 - san - na, warm fa - ther God!
 - san - na, old, ach - ing God!

great, liv - ing God!

5. Young, growing God, eager still to know,
 willing to be changed by what you've started,
 quick to be delighted, singing as you go:
 hail and hosanna, young, growing God!

6. Great, living God, never fully known,
 joyful darkness far beyond our seeing,
 closer yet than breathing, everlasting home:
 hail and hosanna, great, living God!



321

Here in the Flesh

$\text{♩} = 88$

1. Here in the flesh is all that we can know,
 2. Here in the flesh is all that we will find,

all beau-ty, all won-der, all the pow-er,
 swift in the blood and throb-bing in the bone,

all the un - earth - ly col - ors, all the glow,
 Beau - ty her - self, the u - ni - ver - sal mind,

The musical score is written for voice and piano. It features a treble and bass staff for the piano accompaniment and a single staff for the voice. The key signature has one flat (B-flat), and the time signature is 4/4. The tempo is marked as quarter note = 88. The score consists of three systems of music. The first system includes two verses of lyrics. The second and third systems each contain a single line of lyrics. The piano accompaniment includes various musical notations such as rests, notes, and accidentals.

Words: John Masefield, 1878-1967
 ⊕ Music: T. J. Anderson, 1928- , © 1992 Unitarian Universalist Association

SONG SPRINGS
 Irregular

HUMANITY: WOMEN AND MEN

1.

here in the self which with-ers like a flow-er.
e - ter - nal A - pril wan - der - ing a -

2.

lone.



TODAY

Black, Indigenous, & People of Color Gathering - Nov. 5 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.

350 Bay Area - Equitable Policies to Reduce Carbon Emissions - Sunday Forum, November 5 at 9:30 am

Sunday Forum with Laura Neish and Nan Parks. Come learn about the exciting climate work going on across the state and region, with a focus on a promising new path to speed the path to clean indoor air for low income renters. As our summer temperatures increase, those living in areas with already high levels of dangerous air pollution can be forced out of their homes in search of clean air and livable temperatures. 350 Bay Area, supported by a grant from the California Energy Commission, is evaluating an affordable approach to providing efficient, low carbon heating and cooling as well as clean air. Zoom: <https://bit.ly/uuforum-11-05-23>. You can phone in at +1 669 900 6833. Meeting ID: 925 6460 7793, Passcode: 2823. A light breakfast will be offered at 9am and the program will begin at 9:30am.

Newcomer Orientation - Sunday, November 5 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.

Council of Committee Chairs Meeting - Sunday, November 5 at 12:30pm in TSK Room/Zoom

On Sunday, November 5, we will be holding our next Council of Committee Chairs meeting after service. We'll set it up as a hybrid in-person and on Zoom. All Committee and group chairs are invited to attend. Look forward to agenda items including an update on the budget, a Google Docs training, and more! Zoom: <https://bit.ly/uuchairs1123>

We Need Your Help!

Wayne Hsiung, a church member, is currently on trial for his attempts to preserve animals from a factory farm in Sonoma County. When activists like Wayne reported these violations to authorities, no action was taken. Instead, campaigners were charged with felonies for organizing nonviolent protests and providing aid to sick and dying animals at these facilities. The Sonoma Rescue Trial is an opportunity to educate the public about animal abuse and develop support for the right to rescue. We need your aid to support Wayne's social media campaign and to raise awareness about factory farming atrocities at <https://www.simpleheart.org/action>. Additionally, if you have any media contacts who would like to talk with Simpleheart about the trial, please email dean@thesimpleheart.org, jordan.ong@gmail.com, and doloresmp@gmail.com so that we can follow up.



HAPPENINGS

Prayer Walk with Open Door Legal - Sunday, November 12, 12:30 pm - All are welcome!

You are invited to join us for a Prayer Walk with Open Door Legal. Open Door Legal is an SF-based legal aid nonprofit committed to changing the way people can access the legal system. Our mission is to dramatically reduce poverty - starting in SF's low-income communities of color - by providing free access to the law for the people who need it most!

We will start with a light lunch and presentation in the TSK room at 12:30 pm. Then, we will head out for the prayer walk. This Prayer Walk will wind through the Fillmore/Western Addition neighborhood, an area where justice has historically been denied to Black neighbors who were subjected to redlining across the city in the 1940s and 50s. On this engaging tour, we'll talk about that history of injustice, provide small group opportunities to reflect on what justice might look like now, and share about ways that you can join in that work of justice today. The walk will be led by ODL Executive Director & Co-Founder Adrian Tirtanadi and will take around 90 minutes.

HAPPENINGS

Global Conversations - India's Narendra Modi – Democrat or Autocrat? - Nov. 12, 12:30 pm

Chandru Murthi, Speaker, will lead this in person only - Lunch - Conversation. Narendra Modi has been Prime Minister of India for the last 9-½ years. How has Indian democracy fared? It's a mixed bag, as he has achieved some good goals, improved the economy, addressed climate-change issues, and enhanced India's world status. But he has also enabled draconian limits on press freedom, individual rights, and Kashmiri autonomy. The intention of this presentation is to open discussion on issues critical to our world today and provide a space where controversial views can be discussed in an atmosphere of potentially sharp, but respectful, debate.

Sign Up to Volunteer for the Interfaith Food Pantry - Saturday, November 18

Join fellow UUSF members and other community volunteers to help distribute groceries to 325+ households. This is a great opportunity for individuals and 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, November 18, 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 and more info can be found on our website (www.uusf.org/foodpantry) or go to bit.ly/foodpantryuusf. If you have any questions, please contact Hanna Hart hanna@harts.net or Ben Bear welcome.corporate.overlords@gmail.com

Members and Friends Art Show

The TSK Room and MLK Room now feature stunning new artworks created by UUSF members and friends. On Sunday, November 19 at 12:30 PM, there will be a reception where you can meet the artists.

Bystander Training, Sunday, November 19, 1:30 pm at UUSF

Similar to what to do in a fire or earthquake, what to do in upsetting moments where harm is being done also requires practice—words and strategies that you both know and are ready to put into action immediately. Daniel Jackoway has been trained in bystander intervention and led workshops, and he will do so again on Sunday, November 19th, at UUSF. This workshop will not be about how to intervene in physically violent moments, which require a different kind of training, but how to intervene in the much more common moments where "microaggressions" (often not "micro" at all) and other racial or identity-harm are being done—in conversations, in a meeting, in transactions around the world. Daniel can accommodate 20–30 people. Go to <https://bit.ly/bystander1123> to sign up!

Great Start to the Photo Directory -- but checking in.... - Schedule Photo @ <https://bit.ly/photouusf2023>

We appreciate all the members and friends who came to the church last week to have their photos taken for the new church photo directory. We are off to a great start and will complete the effort at our Dec. 6 "make up" session. I have received some feedback about one of the photo vendor sales people who was very aggressive and rude while trying to convince people to purchase photos. Although the purchase of photos is what enables the church to create a photo directory at no cost to us, members and friends are not obligated to make a purchase they do not really want. If you want to change your order, please contact me as soon as possible and I will contact the vendor to make an adjustment. Please see Linda Enger after church or email at lenger@uusf.org or phone at 650-591-2930 or 650-678-3800.

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

Weekly Grief Group meets on Saturdays from 10am 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. Questions? Email lshennum@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.

Minister's Book Group - 11/15, 6:30-8pm Gender Queer: A Memoir by Maia Kobabe (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>

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.

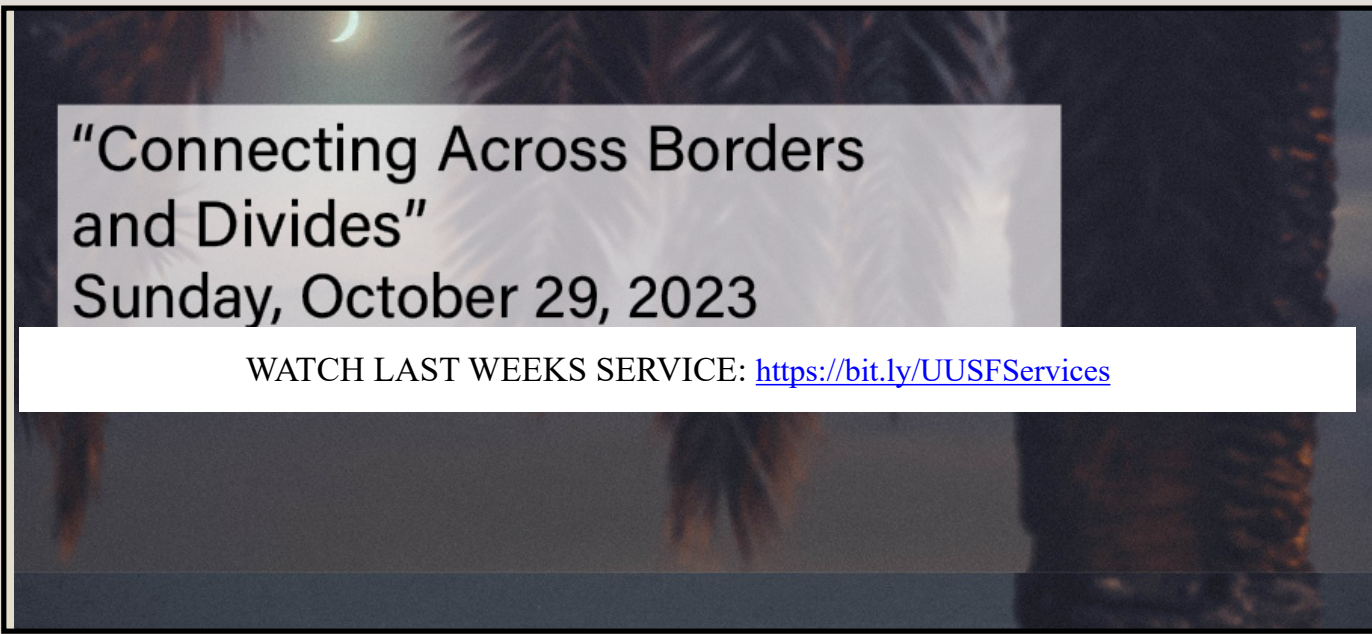
UUSF MEDIA

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/>



"Connecting Across Borders
and Divides"
Sunday, October 29, 2023

WATCH LAST WEEKS SERVICE: <https://bit.ly/UUSFServices>