"Religion... I Too Dislike It"
Sunday, March 10, 10:50 AM, 2024
First Unitarian Universalist Society of San Francisco
Order of Service
Sunday March 10, 2024
10:50 AM - 12:15 PM


**Welcome to Worship!**

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

We do, however, strongly recommend 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.

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Prelude
- *Though I May Speak*
- *The Lone Wild Bird*
- *Morning So Fair to See*

Opening Words and Welcome
- Rev. John Buehrens

Unison Chalice Lighting
- Mari Magaloni Ramos, 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 125
- *From the Crush of Wealth and Power*

(CLICK HERE OR TURN TO PAGE 6 TO VIEW HYMN)
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

**Doxology

From all that dwell below the skies; let songs of hope and faith arise; Let peace, goodwill on earth be sung through every land, by every tongue. Amen.

Testimonial

Judith Ottoson and Richard Brydon

Music *The Sound of the Trees* words: Robert Frost; music: Kathleen Ballantyne UUSF Choir, Mark Sumner, director: Wm. Garcia Ganz, pianist

Time of Prayer/Meditation

Rev. John Buehrens

**Children/youth exit to classes during doxology.
Offering

This morning’s offering will benefit the work and ministries of First Unitarian Universalist Society of San Francisco. Learn more at www.uusf.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 line for either Sunday Plate Offering or Special Sunday Offerings. The designation is important to ensure your gift gets applied correctly. If you are sending a check, please mark in the memo today’s date, 03-10-24, "Sunday Plate"

Offertory  
*I've Got Plenty of Nuthin’* from *Porgy and Bess*  
George Gershwin  
UUSF Choir, Mark Sumner, director; Wm. Garcia Ganz, pianist

*Hymn 131  
*Love Will Guide Us*  
OLYMPIA  
*(CLICK HERE OR TURN TO PAGES 7 & 8 TO VIEW HYMN)*

*Benediction  
Rev. John Buehrens

Postlude  
*In Celebration* (from Bethesda Evensong)  
Gwyneth Walker  
Reiko Oda Lane, organist

The organ selections performed this morning were composed by American women composers of the 20th and 21st centuries. This Sunday, the American Guild of Organists is observing the occasion throughout the United States, the United Kingdom, and Canada.

*Please rise in body or spirit.
PARTICIPANTS

Worship Leaders
Rev. John Buehrens
Rev. Laura Shennum, Minister of Congregational Life
Mari Magaloni Ramos, Worship Associate
Judith Ottoson and Richard Brydon, Canvass Testimonial
Linda Enger, Board of Trustees

Sunday Support
Shulee Ong, Camera; Eric Shackelford, Camera; Jackson Munn, Camera
Jonathan Silk, Communications Director
Thomas Brown, Jose Matías Pineda, Francisco Castellanos, Sextons
Judy Payne, Flowers
Linda Messner, Head Usher

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

UUSF Annual Operating Fund Pledge Drive for 2024-25
It’s Pledge Season! All March is the UUSF Annual Operating Fund Pledge Drive for 2024-25. Members, friends, and visitors alike make financial commitments to our community, enabling our ministry to flourish. Learn more about the drive at the Pledge Table in the gallery, after worship. To make your pledge go to https://bit.ly/Pledgeuusf24-25

https://www.uusf.org/pledge
From the Crush of Wealth and Power

1. From the crush of wealth and power something broken in us all waits the spirit's silent friend we need so much. When I see the pain you burdens light to bear, find the sister and the hour pleading with a poignant call, bind carry, shall I, with a gentle touch, bind brother, hungry for the feast we share; bind anguish and, with love that casts out fear, bind all my wounds again.

2. Even now our hearts are wary of the time our spirits languish terribly.

3. When our love for one another makes our(Even now) our hearts are wary of the time, our spirits languish terribly.

4. Every time our spirits languish terribly, broken in us all waits the spirit's silent friend we need so much. When I see the pain you burdens light to bear, find the sister and the hour pleading with a poignant call, bind carry, shall I, with a gentle touch, bind brother, hungry for the feast we share; bind anguish and, with love that casts out fear, bind all my wounds again.

131  Love Will Guide Us

1. Love will guide us, peace has tried us, hope inside us will lead the way on the road from greed to giving.

2. If you cannot sing like angels, if you cannot speak before thousands, you can give from deep within you.

3. Love will guide us, peace has tried us, hope inside us will lead the way on the road from greed to giving. Love will

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LOVE AND COMPASSION
guide us through the hard night.
change the world with your love.
guide us through the hard night.
**TODAY!**

**California Labor: Yesterday & Today - Sunday Forum, March 10, 9:30 am TSK Room -** [https://www.uusf.org/forum](https://www.uusf.org/forum)

Fred Glass, former California Federation of Teachers communications director, has written and directed Golden Lands, Working Hands, published a book, and directed an animated cartoon. California’s labor movement is unique due to its focus on immigration workers, rather than gold rushes. The state’s working class is constantly reconstituted by immigrants, generating wealth for the fortunate few. California Labor offers an alternative view of history, with teachers, Hollywood unions, hotel workers, and graduate students leading the way. A light breakfast will be offered at 9:00 am. **Zoom Link:** [https://bit.ly/uuforum-03-10-24](https://bit.ly/uuforum-03-10-24). You can phone in at +1 669 444 9171. Meeting ID: 917 5963 9495, Passcode: 740890

**Newcomer Orientation - Sunday, March 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.

**New Art Works in the Kings' Gallery by Charles Dabo from March 10 to April 29!**

The art reception is on Sunday, March 10 at 12:15 pm, King Rooms

UUSF Art Committee showcases artist Charles Dabo’s artwork, connecting to cultural heritage and incorporating geometric shapes. Dabo’s work, inspired by San Francisco Bay Area, addresses issues like carelessness and individualism.

**In honor of International Women's Day and Women's History Month, our first performance will be by DIRTY CELLO! Sunday, March 10 at 1:30 pm in the Sanctuary**

From Iceland to Italy and all over the U.S., San Francisco-based band Dirty Cello led by vivacious cross-over cellist Rebecca Roudman brings high-energy and unique spin on blues, rock, and Americana. Dirty Cello has received a grant to present their music at no cost to us in this very special event, which is a perfect way to kick off the Starr King Way Performance Series (SKWPS).

**HAPPENINGS**

**Article II Conversation with Rev. Cheryl Walker**

**Saturday, March 16, 1:00 pm to 3:00 pm, Sanctuary/Livestream**


**Broadway Sing-Along Returns!**

**Saturday, March 16, 5:30 pm, TSK Room**

Broadway Sing-Along event returns, reimagined using electronic song scores and online ticket reservation. Enjoy a delicious catered dinner and sing as a soloist or part of a chorus of singers.

Tickets for the March 16 event are $30.00 and can be purchased on the music webpage at [https://www.uusf.org/music](https://www.uusf.org/music), by clicking on the button or scanning the QR code, or in person in the gallery after church. To pay online, select events: UUSF-sponsored/Music & Entertainment from the list of options and pay electronically.

Questions? Carrie Steere-Salazar at [Carriess@sbcglobal.net](mailto:Carriess@sbcglobal.net)
Real Solutions to San Francisco’s Shortage of Affordable Housing - Sunday Forum, March 17, 9:30 am TSK Room
San Francisco’s housing development faces political issues, with market-rate housing being unaffordable for most residents. Calvin Welch, former Program Director and President of the San Francisco Information Clearinghouse, questions the dangers of unregulated policies and suggests solutions. A light breakfast will be offered at 9:00 am. For more and Zoom info please go to [https://www.uusf.org/forum](https://www.uusf.org/forum).

Effective Altruists meet Unitarian Universalists! Saturday, March 23, 1:00 to 3:00 pm
This is a hangout and chat event hosted at UUSF, one of the few types of churches that are accepting of any religion, including not having one at all. The common thread between these two communities is that both care about humanity and making things better. We will bring some light vegan Thai fare. We would love for you to bring drinks or snacks to share if you can! Kids are welcome; the church has an outdoor playground right beside the courtyard where we are meeting. We are always looking for volunteers!! Please text Ruth Wong at 628-209-9005. For those new to effective altruism: [https://www.effectivealtruism.org/](https://www.effectivealtruism.org/)

An All-Ages Sangha in the Thich Nhat Hanh Plum Village Tradition - Fridays from 4:30 pm to 6:00 pm, Chapel
We are happy to announce that a new weekly Buddhist meditation group is coming to UUSF. We are the Home Within Sangha—a local San Francisco community of meditation practitioners in Zen Master Thich Nhat Hanh's engaged Plum Village tradition. No experience is necessary. Come to 1187 Franklin Street, and someone will let you in at the glass doors. To join our mailing list, visit [https://bit.ly/SangaGroupUUSF](https://bit.ly/SangaGroupUUSF) and click “Ask to join group” All are welcome. We hope to see you there!

Adult Spiritual Growth Classes ([www.uusf.org/are](http://www.uusf.org/are))

Minister's Book Group, led by Rev. Vanessa Rush Southern
Rev. Vanessa Rush Southern will host a Zoom discussion on March 20 at 6:30 pm regarding the book Starry Messenger: Cosmic Perspectives on Civilization by Neil deGrasse Tyson. You will find additional details regarding the book as well as a registration link below. Dr. Tyson, director of the Hayden Planetarium at the American Museum of Natural History, has been serving since 1996. He is also the host and cofounder of the popular podcast StarTalk, which combines science, humor, and pop culture. Dr. Tyson is a recipient of 21 honorary doctorates, the Public Welfare Medal from the National Academy of Sciences, and the Distinguished Public Service Medal from NASA. Asteroid 13123 Tyson is named in his honor. Galileo Galilei’s publication Sidereus Nuncius in 1610 brought cosmic truths to Earth, including observations of the Sun, Moon, stars, planets, and the Milky Way. The book emphasized that human eyes alone cannot reveal fundamental truths about nature and that Earth is not the center of all motion. These cosmic perspectives prompted people to rethink their relationships to one another, Earth, and the cosmos. Join the starry adventure outward and inward guided by Dr. Tyson!

This session will be on Zoom only, and more information can be found below and to register go to [https://bit.ly/mbg1232024](https://bit.ly/mbg1232024)

Questions? Email Alicia Cover at [acover@uusf.org](mailto:acover@uusf.org).

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/3A8Zl73](https://bit.ly/3A8Zl73)
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.

CONGREGATIONAL COVENANT (under construction)
In an effort to make the world a better place, we support each other’s journey to seek truth with openness, curiosity and respect for different perspectives and paths.

As love is our spirit, we commit to respect, accept, listen to and support each other.

We hold ourselves and each other accountable by continually assessing our individual and community actions toward living into our covenant. This will include speaking up when someone’s actions are not aligned.

We commit to be in community with openness and loving kindness, acknowledging our own biases and differing perspectives.

UUSF MEDIA
View our videos http://www.youtube.com/c/UUSFMedia
Check out our Podcasts https://www.uusf.org/worship-archives
Go to our website at https://www.uusf.org/

“It’s Time to Build”
Sunday, March 3, 10:50 am, 2024