



# "A Polymath Nun and Why She Matters on this Mothers' Day"

Sunday May 12, 2024, 10:50 am

First Unitarian Universalist Society of San Francisco



Brief Invitations

Greeting One Another

Story for All Ages *Life in the Convent!*

Dolores Perez Heilbron

Music *O Pastor animarum*

Hildegard von Bingen  
Akané Ota, mezzo soprano

*O Shepherd of our souls, O primal voice, whose call created all of us:  
Now hear our plea to thee, to thee, and deign to free us from our miseries and feebleness.*

Music *In evangelium*

Hildegard von Bingen  
Yuhi Aizawa Combatti, soprano

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.

Intro to the Service

*Who Is Hildegard?*

Dolores Perez Heilbron

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

Music      *Laus Trinitas*      Hildegard von Bingen/Felicia Sandler  
Morgen Warner, Nancy Munn, Akané Ota, Ben Rudiak-Gould,  
Andrew Kessler, Mark Sumner

*Praise to the sound and life and creativity of all within their life,  
the praise of the angelic host and wondrous, brilliant splendor hid,  
unknown to human minds, it is, and life within all things.*

Reflection    *Illustratum est -- Hildegard as naturalist and healer*      Louise Diskerud

Time of Prayer/Meditation      Maggie McGrann

Reflection    *Viriditas - Hildegard as gardener and mystic*      Judith Stoddard

English version by Barbara Newman Original Language Latin

Most noble evergreen with your roots in the sun:  
you shine in the cloudless sky of a sphere no earthly  
eminence can grasp, enfolded in the clasp of ministries divine.

Music      *O nobilissima viriditas*      Hildegard von Bingen  
Nancy Munn, soloist

Reflection    *Ordo Virtutum -- Hildegard as musician and dramatist*      Nancy Munn

Offering      Carmen Barsody

The offering today goes to support the work of the **United Nations Relief and Work Agency (UNRWA)**, which was established in 1949 by a U.N. General Assembly Resolution to help Palestinians who were displaced from their homes after the founding of Israel. Today, UNRWA employs 30,000 Palestinians to serve the humanitarian needs of refugees in the Gaza Strip, the West Bank, and other camps. For the past six months, because of continued airstrikes and total devastation in the Gaza Strip, over 34,000 people, including over 14,000 children, have been killed and many are missing. The people now face mass starvation and the imminent risk of famine. UNRWA USA calls for an immediate ceasefire to ensure the safety of civilians and unimpeded access to humanitarian resources. Learn more at <https://www.unrwa.org/>. To make a donation on Vanco ([bit.ly/uusfpayments](https://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, 05-12-24 "Sunday Plate"





## 27 I Am That Great and Fiery Force

$\text{♩} = 132$

1. I am that great and fie - ry force  
 2. I shine in glit - ter on the seas,  
 3. And where I breathe there is no death,

spar - kling in ev - ery - thing that lives; in  
 in burn - ing sun, in moon and stars. In  
 and mea - dows glow with beau - ties rife. I

shin - ing of the riv - er's course, in  
 un - seen wind, in ver - dant trees I  
 am in all, the spir - it's breath, the

green - ing grass that glo - ry gives.  
 breathe with - in, both near and far.  
 thun - dered word, for I am Life.

Words: Hildegard of Bingen, 1098-1179  
 Music: Josquin Desprez, 1445-1521, adapt. by Anthony Petti, b. 1932

AVE VERA VIRGINITAS  
 L.M.

PRAISE AND TRANSCENDENCE



# Dona Nobis Pacem

388

$\text{♩} = 42$

①



Do - na no - bis pa - cem, pa - cem; do - na no - bis

②



pa - cem. Do - na no - bis pa - cem;

③



do - na no - bis pa - cem. Do - na



no - bis pa - cem; do - na no - bis pa - cem.

Words: Traditional Latin  
Music: Traditional canon

DONA NOBIS PACEM  
Irregular



## TODAY!

### Uprisings, Upstarts, and Updates—San Francisco—Summer 2024 - Forum on May 12, 9:30 am TSK Room/Zoom

Tim Redmond, a renowned UUSF Forum speaker, will discuss the latest local, national, and international news, particularly focusing on the fall election. He will discuss the need for candidates to address San Francisco's persistent poverty, drug addiction, and homelessness. Redmond, a political and investigative reporter with over 30 years of experience, will discuss the importance of candidates with urban management experience, success records, and ability to work with law enforcement agencies while promoting free speech. A light breakfast will be offered at 9:00 am. **Zoom link:** <https://bit.ly/20240512ForumUU>. You can phone in at +1 669 444 9171. Meeting ID: 928 1455 9714, Passcode: 806110

### Dreamscapes: Immersive Art Show by Elaine Pratt in the King Rooms until June 30

Elaine Pratt's new artwork entitled "Dreamscapes" showing in the Kings Gallery until June 30. Elaine creates abstract works using layers of photos and drawings, layered and masked in Photoshop for texture, color, and shape. The process is immersive and meditative, with meaning emerging from the complexity of the technique. Inspired by nature, science, energy, and emotions, Elaine embraces the happy accident and allows the image to evolve and communicate for herself.

## HAPPENINGS

### YA Outing: Sundown Cinema - Selena - Friday, May 17, 7:30pm - 9:30pm, Dolores Park

For our next young adult social, we'll be going to watch the iconic film Selena at Sundown Cinema in Dolores Park. The film is about the true story of Selena, a Texas-born Tejano singer who rose from cult status to performing at the Astrodome, as well as having chart-topping albums on the Latin music charts, and stars Jennifer Lopez. This is a free event! The event starts at 6 p.m., and the film screening begins after sunset (around 8 p.m.). Try to arrive around 7:30 p.m. so that we can grab a good spot and socialize before the film starts. It can get chilly out there, so bring a blanket and plenty of cozy clothes to keep warm! If you'd like to attend, register at the link below; this will help us find each other on the night! If you have any questions, email Emma at [ewakeling@uusf.org](mailto:ewakeling@uusf.org). Register at <https://bit.ly/3w6tLsf>

### UUSF All Church Retreat! - Saturday, May 25 - Mon, May 27

The CYO Retreat Center in Sonoma Country offers a rejuvenating retreat experience with friends and family. Participants can enjoy s'mores, singing songs, and stargazing at the campfire. The center features comfortable dormitory cabins, showers, bathrooms, a swimming pool, pond for canoeing, archery, tennis, basketball courts, and beautiful trails. Age 3 and under are free, while other participants pay \$250. Participants can contact Alicia Cover at [acover@uusf.org](mailto:acover@uusf.org) for questions. The deadline is May 12. **Register:** <https://bit.ly/UUSFRetreat2024>. **To apply for a scholarship:** <https://bit.ly/UusfRetreatScholarship>. The deadline for scholarships is May 12.



### Forum with Leslie Simon: Understanding Intimate Partner Violence - May 19, 9:30 am TSK Room/Zoom

Leslie Simon, a poet and educator, will discuss the "Cycle of Violence" by Lenore Walker, which describes intimate partner violence as a series of phases. Simon, who founded "Poetry for the People" at City College of San Francisco in 1975, later founded Project SURVIVE, a nationally recognized sexual violence prevention program. She has received numerous awards for her teaching and program development, including the Stanback-Stroud Diversity Award and the KQED Women's History Month Local Hero Award. She co-founded Groundswell, an architectural literacy program, and is currently developing a Museum Studies and Social Justice certificate. Zoom link and more at <https://www.uusf.org/forum>



# HAPPENINGS

## Important Dates: Budget Approval and Annual Meeting

Attention Members! Get ready to vote on the FY25 budget and attend the annual meeting.

The UUSF Board of Trustees approved the budget on April 19th. The congregation will meet on **Sunday, May 19 at 12:30 pm** to vote on the budget. Proposed amendments must be submitted by **May 12th**. Zoom: <https://bit.ly/3WChnuV>

Save the date for the **Annual Meeting on Sunday, June 2 from 12:30 pm - 2:30 pm**. The meeting will be held in person and via Zoom. Don't forget to check out the nominees for the Board of Trustees and Nominating Committee. Elections will take place at the annual meeting. There will be no childcare or classes for children and youth on Sunday, May 19, due to Bay to Breakers, and Sunday, May 26, due to the All Church Retreat.



## Our Town, Classical Guitarist Concert, Broadway's Company and Dirty Cello Premiere on YouTube

We are very excited, after a fantastic trial run on March 10th featuring the group **Dirty Cello** (whose recorded performance will premier on our YouTube Channel (<https://bit.ly/UUSF-May24>) on May 24th), to announce we have officially launched the Starr King Way Performance Series, or SKWPS for short.

**On Friday, June 7th, and Sunday, June 9th, we will feature two special events in a month:**

On Friday, June 7 a prepared reading of **the** quintessentially American play Thornton Wilder's *Our Town*, will be populated with members from our own community, AND we will serve up a New Hampshire breakfast for **dinner** that night in the Thomas Starr King room.

And on Sunday, June 9 after church at 1:30, our beloved classical guitarist, **Eric Hamilton**, will be performing a colorful and varied program of music in a special, intimate audience configuration we have planned for our performance space. A lunch will also be available prior to that event, and like the Friday night dinner, a suggested donation will cover that cost.

Our new SKWPS banner will be up in the gallery soon, and the QR code on it will automatically direct you to all SKWPS information ([www.uusf.org/skwps](http://www.uusf.org/skwps)), with detailed information on how, when, and where to grab a seat for these and future events. If you see Bruce Clements, Nancy Munn, or Mark Sumner ([sngwtme@gmail.com](mailto:sngwtme@gmail.com)), they will also have information.

We hope you will plan to be present at these and as many SKWPS events as you can manage! We guarantee that you will enjoy each and every one of them.

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

### Ministers' Book Group: June - Hijab Butch Blues: A Memoir by Lamya H - June 26

In our June book gathering, we will read the memoir of a young, queer, and hijab-wearing Muslim who comes to the US and her quest to find and be herself. Things about being an immigrant make that hard, and her family and larger community of Muslims can too. It is honest and searching, but the surprise and delight is how her search, within her faith tradition, leads her to passages, stories, and people in the Quran that can be read as liberatory and supportive of her own story, life choices, and journey. **We will meet on Zoom Wednesday, June 26th, 6:30-8 pm.**

More Info and to register: <https://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/3A8ZI73>

# Welcome to the First Unitarian Universalist Society of San Francisco

1187 Franklin Street, San Francisco, CA 94109  
415-776-4580 / [info@uusf.org](mailto: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/>

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

**"Treasures from the Journey"**

**Sunday, May 5, 10:50 am, 2024**