

"Skilling up for Love"

Sunday, October 20, 2024, 10:50 am

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday October 20, 2024
10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete Our Connections form at <https://bit.ly/uuconnections2024>

A Guide for Newcomers - What to Expect During Worship (read at <https://bit.ly/newcomersguide-uusf>)

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.

Stay Engaged: Explore Our Busy Hand Activity Station

Did you know we have a busy hand activity station at the back of the sanctuary for all ages?

You can find fidget toys, coloring, and so much more.

Check it out if you need something to keep your hands busy during the service.

Please return items before you leave the sanctuary.

Prelude	Two Settings on St Columba: <i>Immortal Love Forever Full</i> Partita on the Tune of Foundation: <i>Do You Hear?</i>	Wilbur Held/Timothy Flynn Franklin D Ashdown Reiko Oda Lane, organist
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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 112

Do You Hear?

FOUNDATION

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

Greeting One Another

The Bell Anthem *Simple Gifts*

A Traditional Shaker Hymn arr. Kevin McChesney
UUSF Bell Choir; Reiko Oda Lane, director

*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

Offering

Our offering this morning will be taken to support the work of the **Segorea Te Land Trust**, an organization run by Ohlone women to rematriate the land. Read more on [page 5](#). 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, **10-20-24**.

DONATE



Offertory Music *How Deep Is Your Love* Barry Gibb, Robin Gibb, Maurice Gibb
UUSF Choir, Mark Sumner director; Wm. García Ganz, pianist

Meditation

In Words

In Silence...

*During this time if you have lost someone close to you in the past year,
we invite you to stand or raise your hand in silent witness.*

Reading by Thich Nhat Hanh from “The Gift of Deep Listening” Carmen Barsody
by Gary Drevich (Psychology Today, January 31, 2021)

Anthem *Children Will Listen* from *Into the Woods* Stephen Sondheim
UUSF Choir, Mark Sumner, director; Wm. García Ganz, pianist

Sermon "Skilling up for Love" Rev. Vanessa Rush Southern

*Hymn 299 *Make Channels of the Streams of Love* LAND OF REST
([CLICK HERE OR TURN TO PAGE 8 TO VIEW HYMN](#))

Invitations

*Benediction & Extinguishing of the Chalice

Postlude *Chorale and Toccata* FOUNDATION / F. Ashdown
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

Sunday Support

Eric Shackelford; Shulee Ong; Francisco Castellanos, Camera Operators
Jonathan Silk, Communications Director
Thomas Brown, Jose Matias Pineda, Francisco Castellanos, Sextons
Judy Payne, Flowers
Linda Messner, Head Usher

Musicians

Reiko Oda Lane, Organist
UUSF Bell Choir
UUSF Choir
Mark Sumner, Music Director
Wm. García Ganz, pianist

ABOUT

Our offering this morning will be taken to support the work of the **Segorea Te Land Trust**, an organization run by Ohlone women to rematriate the land. The gift will be our contribution toward the **Shuumi Land Tax**, a voluntary annual contribution that non-Indigenous people living on traditional Ohlone territory make to support the critical work of the Sogorea Te' Land Trust. For more information, please see the website, <https://sogoreate-landtrust.org/about/>.



"Listening to Our Ancestors"

Next Sunday, we honor and celebrate the time of year held sacred in so many traditions to recognize our continued connection to our ancestors. Although it is not lined up with Samhain, All Saints and Souls Day, and Día de Los Muertos, we will hold that legacy and step into that sacredness of time. In the spirit of this time and sacred season, you are invited to bring a copy of a photo, a memento, or a favorite food of someone you lost to worship and can bring items to add to the ofrenda and be prepared to speak their name. The foods you bring will be shared during social hour. The service will be participatory.



$\text{♩} = 84$ Unison

1. Do you hear, oh my friend, in the
 2. Through the roar, through the rush, through the
 3. From the place where you stand to the

place where you stand, through the
 through, through the crush, do you
 out - er - most strand, do you

sky, through the land, do you hear, do you hear? In the
 hear in the hush of your soul, of your soul? Hear the
 hear, oh my friend, do you hear, do you hear? All the

heights, on the plain, in the vale, on the main, in the
 cry fear won't still, hear the heart's call to will, hear a
 dreams, all the dares, all the sighs, all the prayers—they are

Another harmonization, 69

⊕ Words: Emily L. Thorn, 1915–, © 1992 Unitarian Universalist Association
 Music: William Caldwell's *Union Harmony*, 1837,
 harmony by Eugene Wilson Hancock, 1929–, © 1984 Eugene Hancock

FOUNDATION
 6.6.6.6.D.

COMMITMENT AND ACTION

sun, in the rain, do you hear, do you hear?
sigh's star-tling trill in your soul, in your soul?
yours, mine, and theirs—do you hear, do you hear?



Make Channels for the Streams of Love

299

$\text{♩} = 48$

1. Make chan - nels for the streams of love where
2. But if at an - y time we cease such
3. For we must share, if we would keep this

they may broad - ly run, and love has o - ver -
chan - nels to pro - vide, the ver - y founts of
gift all else a - bove; we cease to give, we

flow - ing streams to fill them ev - ery one.
love for us will soon be parched and dried.
cease to have - such is the law of love.

Words: From Richard Chenevix Trench, 1807-1886

Music: American folk melody, arr. by Annabel Morris Buchanan, 1889-1983,

© 1938, renewed 1966 J. Fischer & Bros. Co., harmony by Charles H. Webb,
1933- , © 1989 J. Fischer & Bros. Co.

LAND OF REST
C.M.

THE LIFE OF INTEGRITY

TODAY!



UU the Vote: Annual Church Auction & UU the Vote Phone Banking

Attend our annual Church auction. Participate in the Fund-a-Need segment, a portion of which will support our team of door-to-door canvassers and poll watchers in Arizona. Tuesdays October 21st and 28th: Join in UU the Vote national phone banking opportunities. Signup for Phone Banks <https://uuthevote.org/get-involved/>

UU Young Adults Lunch at the Auction

This month's YA lunch outing will be replaced by attending the UUSF Garden Party Auction, featuring a variety of food options including vegan/vegetarian Japanese cuisine and German dishes. Tickets for the auction can be purchased at UUSF on Sunday or online at <https://t.ly/auction-tix>

WEATHERING THE ELECTIONS TOGETHER

Election Night Watch Party at UUSF - Tuesday, November 5, Starting at 6:00 pm, Fireside Room

Anxious about the election? Join us for an Election Night Watch Party at UUSF, hosted by Revs Vanessa and Laura. Food and snacks will be provided. Reservations are not required, but letting us know your attendance helps plan food and room size. Sign up in the gallery on Sundays or register at <https://t.ly/electionnightuusf>

Post-Election Community Gathering: Food, Songs, and Connection - Wednesday, November 6-8pm, TSK Room

Join us the day after the election for a community gathering to share food and sing songs, providing a supportive space to connect regardless of election outcomes. Bring a dish for the potluck and feel free to lead or join in singing, with hymnals available. This inclusive event welcomes individuals from all political backgrounds. Register: <https://t.ly/postelectionuusf>

SOUL MATTERS (<https://www.uusf.org/soulmatters>)

October: The practice of Deep Listening

Listening helps us find our way. The listening of therapists allows us to navigate our way through life. We turn to prayer to hear God's guidance. We listen to experts so we can get ahead. Like a flashlight that leads us through the darkness, listening helps us stay on course. And yet maybe there's more to it than that. What if listening doesn't just guide us through the world but also creates our world? That sacred space of being deeply listened to isn't just calling us home; it is home. We don't have conversations; we are our conversations. Listening literally constructs the world we live in. And whom we become. One wonders if this is why the poet Joyce Kilmer says, "Listen carefully. Your whole life might depend on what you hear."

To learn more go to <https://www.uusf.org/soulmatters>

Poetry and Lunch with Robert Lavett Smith - Tuesday, October 29, noon to 12:30 pm on Zoom

Join Robert Lavett Smith for a Zoom gathering on Tuesday, October 29, from noon to 12:30 pm, to reflect on this month's theme poem. This is an opportunity to engage with the poet, share insights, and hear Bob's reflections on his writing and the sonnet form. Whether you've discussed the poem in small groups or experienced it individually, all are welcome to participate. No RSVP or preparation is needed; simply use the provided Zoom link to join (<https://t.ly/poemlunch>). Read *For Silences To Sing* on our Soul Matters webpage at <https://www.uusf.org/soulmatters>

WELCOME TO WORSHIP!

If you're new, please familiarize yourself with the guidance and support available on Sundays below. If you have any questions, an usher, greeter, or member of staff will be happy to help.

COVID-19: UUSF no longer requires 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. If you feel unwell, please stay home and enjoy the service at home via livestream. (bit.ly/uusfmedia)

BUSY HANDS: Explore our Busy Hands activity station located at the back of the sanctuary. You will find things like fidget toys and coloring for all ages to help you keep your hands busy during service. Please return items before leaving the sanctuary.

Pets: If you came with your pet, there is a pet-friendly section on the furthest section on the left toward the front of the sanctuary.

HEARING ASSISTANCE DEVICE: We can provide hearing assistance devices for the service. These are with the ushers in the back of the sanctuary, who will help you get oriented and comfortable with one.

CANDLES: In Unitarian Universalism we light candles to recognize sacred time, honor loved ones, mark important life events, and more. If you have something on your mind for which you'd like to light a candle, you are invited to come forward and light one silently during service.

SOCIAL HOUR: Everyone is welcome and invited to join us at social hour after service. This is normally in the courtyard (when weather permits) or in our Thomas Starr King room at the end of the hallway outside of the sanctuary. Help yourself to beverages and snacks!

Welcome to UUSF: Connect and Discover

NEW TO UUSF? Complete a Connections form to receive our newsletter, which includes a link to the Order of Service and Sunday Livestream. If you're at UUSF in person, you can find a yellow connections card at the welcome table in the gallery outside the sanctuary or in a pew in front of you. You can also fill it out online at <https://bit.ly/uuconnections2024>.

A GUIDE FOR NEWCOMERS: What to Expect During Worship (read at <https://bit.ly/newcomersguide-uusf>)

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.

We welcome the newcomer, we commit to building trust with each other, we celebrate differences and make space for repair when harm occurs.

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>

"Listening deeply to hear
if we got the story right."

Sunday, October 13, 2024, 10:50 am



Scan the QR code ↑ to
visit our UUSF Media
YouTube channel and
view upcoming and
previously recorded
services.