

Order of Service Sunday, August 8, 2021 10:50 AM to 12:15 PM

Livestreamed at http://www.youtube.com/c/UUSFMedia

New to UUSF? Complete our Connections Form Here

Prelude Three Early American Hymn Tunes:

Come Thou Fount of Every Blessing "Tis a Gift to Be Simple Land of Rest

Gilbert Martin James Southbridge Dale Wood Reiko Oda Lane, organist

Opening and Welcome

Rev. Alyson Jacks, Associate Minister

Hymn 38

Morning Has Broken

Asher Davison, songleader; Reiko Oda Lane, organist

(CLICK HERE OR SCROLL DOWN TO PAGE 5 TO VIEW HYMN)

Unison Chalice Lighting

Richard Davis-Lowell, 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.

Brief Invitations Rev. Alyson Jacks

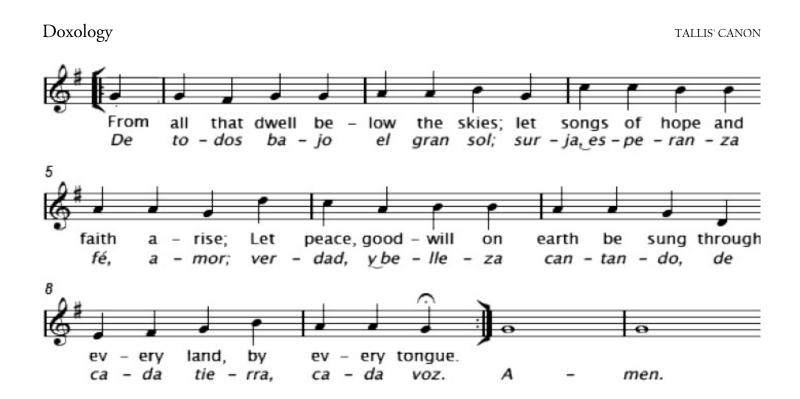
Meditation on Breathing

When I breathe in, I'll breathe in peace. When I breathe out, I'll breathe out love.

Covenant

Richard Davis-Lowell

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.



Ritual of Remembrance and Commitment

Rev. Alyson Jacks

Time of Spoken and Silent Meditation

Richard Davis-Lowell

Music NA KUPA O WAI'ANAE

Rev. Dennis Kamakahi, arr. Ka'ala Carmack Grandview Driveby Aloha Band

A tribute to Wai'anae, on the west side of Oahu, encouraging the youth to uphold the values of the Kapuna (elders): righteousness, law and order, and love.

Reflection Richard Davis-Lowell

Offertory

Today's offering will support the work of Save the Bay. To make a donation on Vanco, please use the "Special Offering" tab to make your gift. If you are sending a check, please mark in the memo Special Offering, 8.8.21.

Make online giving easier by downloading the Online Giving Mobile Church App. Works with iOS (here). Android (here).



Music MOKU O KEAWE

Emalia Kaihumua, arr, Ka'ala Carmack Grandview Driveby Aloha Band

based on a poem by Hula Dancer Emalia Kaihumua who danced at the San Francisco World's Fair: ...how it felt like the California cold air pinched her skin, and how she missed Hawaii and the taste of poi going down her throat.

Reading From "Swimming to the Top of the Tide" By Patricia Hanlon Richard Davis-Lowell

Music I OLA PONO Ka'ala Carmack

Grandview Driveby Aloha Band

As a son embarks on a new journey, he is reminded of his parents' love--like a cherished lei of flowers---and to be "pono": to live in balance and harmony and making things better.

Sermon "Sinking In To Ordinary Time"

Rev. Alyson Jacks

Hymn 83 Winds Be Still LEAD ME LORD

Asher Davison, songleader; Reiko Oda Lane, organist

(CLICK HERE OR SCROLL DOWN TO PAGE 6 TO VIEW HYMN)

Benediction Rev. Alyson Jacks

Postlude Amazing Grace Gilbert Martin Reiko Oda Lane, organist

PARTICIPANTS

Worship Leaders

Rev. Alyson Jacks, Associate Minister Richard Davis-Lowell, Worship Associate

Technology

Eric Shackelford, camera
Shulee Ong, camera
Jonathan Silk, oos design & sound
Joe Chapot, live chat moderator
Thomas Brown, Sexton
Carrie Steere-Salazar, flowers
Alex Darr, Les James, Tom Brookshire, Zoom Coffee Hour

Musicians

Reiko Oda Lane, organist Asher Davison, songleader Grandview Driveby Aloha Band: Bill Klingelhoffer, horns Ka'ala Carmack, singer, ukulele, piano Rosalie Alfonso, drum

> Cover Image Alyson Jacks

OFFERTORY

Save the Bay protects and restores San Francisco Bay for people and wildlife, uniting the Bay Area to create a clean and healthy Bay.

- Provide the tools and resources necessary for our Restoration team to engage over 6,000 volunteers in critical wetland restoration work to protect communities against flooding and re-build essential wildlife habitat.
- Empower our Policy team to advance state and local legislation that reduces pollution and promotes sustainable development in the face of climate change.
- Ensure our Education team can continue to provide FREE hands-on science and nature education programs to over 2,500 students annually.

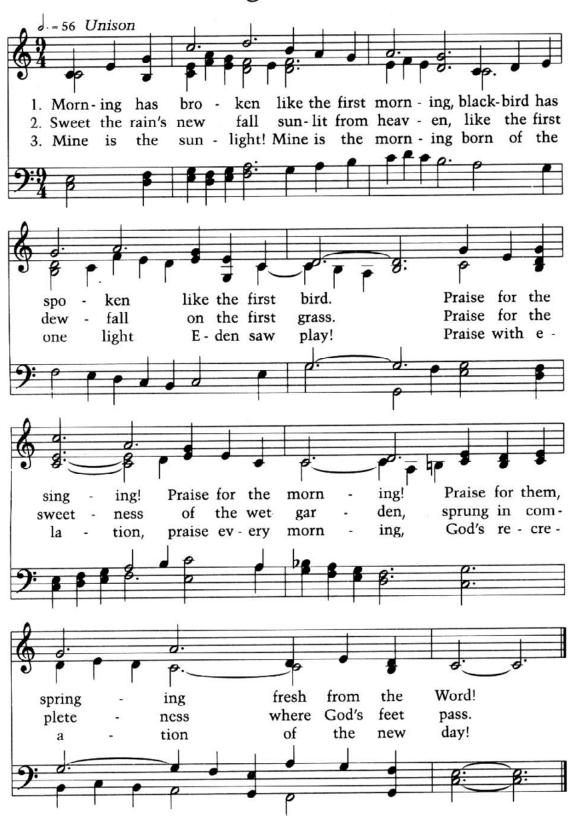
ABOUT

Ka'ala Carmack, native Hawaiian, studied Portuguese & Haitian Creole in the US Navy, has Bachelor's and Masters of Music degrees from Indiana University in Romance Languages and Vocal Music, and a Masters degree in Ethnomusicology from UC Santa Barbara. Recently he was Instructor of Hawaiian Music at UH Windward Community College on Oahu. He is an extraordinary musical reservoir of Hawaiian culture and celebrates music as a living, evolving expression of his love for all styles of music.

ROSALIE ALFONSO, a native of San Francisco, studied and played drums with the San Francisco Taiko Dojo (ret.), has a Bachelor's degree in Art and in Dance, and a Master's degree in Creative Arts Education from San Francisco State University with experience in arts administration as it relates to the performance of Hawaiian Music.

William Klingelhoffer, born in Illinois, received a Bachelor of Music Degree in Horn in 1972 from Northwestern University, plays for San Francisco Opera and Ballet, is a long time member of San Francisco's UU Church Choir, and has enjoyed playing music with Ka'ala for over 20 years.

Morning Has Broken



Words: Eleanor Farjeon, 1881-1965, used by perm. of David Higham Assoc., Ltd.

Music: Gaelic melody, © 1931 Oxford University Press, harmony by David

Evans, 1874-1948

38

BUNESSAN 5.5.5.4.D.

Winds Be Still



Words: Richard S. Kimball, 1934-, © 1986 Tirik Productions Music: Samuel Sebastian Wesley, 1810-1876

LEAD ME LORD Irregular

What's Coming Up?

Ways to Connect in These Times



Sunday Virtual Coffee Hour 12:15 pm on Sundays

Anyone is welcome to join our community for our Virtual Coffee Hour, immediately following the Sunday Worship Service. Coffee not required.

Join the Sermon Discussion Group, led by Donald Matusen, at Virtual Coffee Hour after church today. Let the host know if you want to join this group when you arrive at Coffee Hour.

Join via Zoom: https://zoom.us/j/725737157

Meeting ID: 725 737 157

One tap mobile: +16699006833,,725737157#

Wish Guidance on Using Zoom?

There are a variety of ways you can learn how to connect through Zoom. The Church has prepared a Guide that explains the Zoom system, and all the basics you need to know in using the system. To access the Guide, click here. You can also access brief on-line tutorials on Zoom To see an example of these tutorials (on how to join a Zoom meeting) click here.

During these times we want you to have our email information handy. Please reach out to your ministers for any reason -- you are having a hard time (or know someone who is); you have a great idea for our new version of shared life in these times (or know someone with skills we could use in this chapter of life together); and because you don't know who to call about what's on your mind. Keep these handy:

Please contact Rev. Alyson Jacks (ajacks@uusf.org) or Vanessa Southern (vrsouthern@uusf.org)

In spite of all the COVID-19 restrictions, members of the church continue offering Pastoral Care and support to one another. One of those groups is the <u>Lay Chaplains</u>

(Jan Oringer, Liz Strand, Gino Fortunato, Linda Harris, and Marty Vanderlaan) have been joined this Summer by retired ministers Margot Campbell-Gross and John Buehrens. To contact this team, send an email to chaplains@uusf.org or telephone one of the lay chaplains. We will respond to your request and connect you to someone who can help. In providing care we often rely on a network of UUSF volunteers who have indicated they are available to help other members of the congregation. We wish to express our deep appreciation for the help of these volunteers.



Adult Religious Education Classes

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

UUSF has the great fortune to offer two meditation programs you can participate in at any time. They are lead by **Elena Hanyo Perez**, a member of UUSF, licensed acupuncturist, and lay minister with Bright Dawn Center for Oneness Buddhism.

ZOOM LINK

https://us04web.zoom.us/j/75735734442#success

PASSWORD: metta

Morning Metta 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 experience

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.

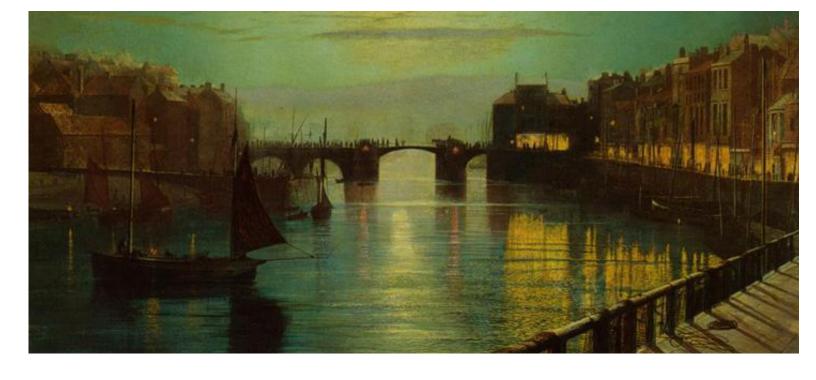
Sign Up to be Notified about New UU!

New UU is a 2 session class introducing participants to Unitarian Universalism, and to our UU congregation. The class explores UU history, theology, governance, and ways to get involved in our community.

Classes are currently being held on Zoom. If you want to be notified of when we schedule our next New UU class, complete this simple form and we'll let you know as soon as our next series is scheduled.

CLICK HERE





Pagan Interest Circle Event: Saturday, August 22, 7:00 pm.

Are you interested in Earth-based religion? Have you ever participated in a pagan ritual? Are you curious about Wicca? Do you know any other pagan traditions? Have you ever created a ritual, for yourself or others? Would you like to learn how to do a ritual?

We Witches want to know you! And we invite you to a safe space to learn and practice our flavor of pagan worship, Wicca, or, you can introduce your version, if you have one, to us. After all, we are UU pagans!

For over 20 years the Pagan Interest Circle (PICT) of the First Unitarian Universalist Society of San Francisco, a chapter organization of CUUPS, has been meeting for monthly Full Moon Rituals on the Saturday evening closest to the Full Moon, and for the solar pagan holidays of Winter Solstice and Beltane. We are an open circle dedicated to providing ritual space for all respectful families and individuals of any age.

When we can safely meet again in the UUSF Church Chapel, our policy requires that our rituals are clean and sober, drugs, alcohol, fragrance and animal free. Individuals who rely on an animal companion are welcome but will need to secure their animal away from the ritual room/space.

For now, during the Covid-19 pandemic, we continue to meet monthly in virtual space on ZOOM.

Questions? Contact Christine Patch-Lindsay

- cplhealer@comcast.net
- Text Message to set up a time to talk. 415-424-6964



Special BIPOC (Black, Indigenous, People of Color) Gathering 1st Sunday of the Month from 9:30 AM to 10:50 am

An invitation for those who would like to join our monthly BIPOC gatherings. The sacred space is open to our members and friends who are Black, Indigenous and People of Color, takes place by Zoom (for now) on the first Sunday of every month often from 9:30-11am. 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.

Journey Toward Wholeness Racial Equity Task Force Meeting

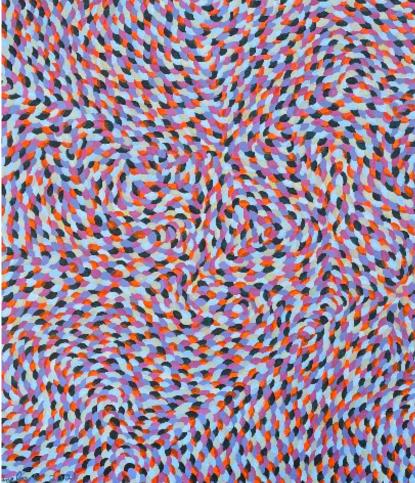
Tuesday, August 24, 7PM to 8:30 pm

The Journey Toward Wholeness / Racial Equity Task Force will meet on the 4th Tuesday in July and August and is focused on furthering the work within UUSF to dismantle white supremacy culture and build Beloved Community.

If you're interested in joining us on Tuesday, email info@uusf.org for meeting information.



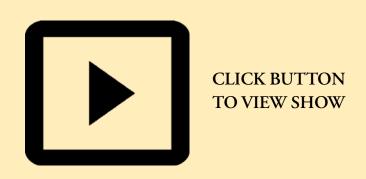




For the months of August & September 2021 the Art Committee is pleased to virtually present Barbara and Gordon Sizelove.

UUSF Members Barbara (website) and Gordon Sizelove (website) are the featured artists for August and September. You can view a full gallery of their works on our website (link below.) The image on the left is "Color Wheel" by Barbara and the image on the right is "Night Magic" by Gordon. Follow our social media channels as we post their images throughout the next two months.

A reception will be held in the near future. Details coming soon.





All Faiths Food Pantry takes place each Saturday from 7:30 am (when the truck arrives with the food) or 8:30 am when we start handing out the food.

I think you all know the Food Pantry happens at Old First Presbyterian Church at the corner of Van Ness and Sacramento. Anyone arriving by car, is welcome to park for free in the church garage east of the church on Sacramento. We give out parking stickers at the end of the pantry.

Since the pandemic started we've changed things markedly. We have been meticulous about sanitation and social distancing. We discouraged older volunteers from participating – that's changed now. All five churches have pitched in every week, because some churches only had older volunteers. When one of our volunteers tested positive, we were ready to stop the whole Food Pantry down for a month until it turned out the test was a false positive. Some people from the neighborhood, like the Boy Scouts, helped out. Meanwhile the number of people needing food has grown!

Now everyone who has been volunteering at the food pantry is getting worn out! Each week we barely have enough volunteers showing up to make the Food Pantry get by.

This week we need 7 to 12 more volunteers than we currently have signed up for this coming Saturday. If there is any way you could help out this week, or next, please sign up on the website here

We check the website every Thursday to see if we have enough people signed up. If not, we send you guys an email to let you know we need more volunteers. If you can think of a better way to handle things right now, let us know.

Now we are happy to have older volunteers if they have been vaccinated.

This is a great program. We have homemade treats every Saturday. It's a lot of fun. Let me know if you have any questions. Hope to see you there.



Wednesday Morning Vigils!

Wednesdays from 8am-9am at UUSF

After 4 years where lies, racial hatred, patriarchy and xenophobia have been promoted from the highest political levels in the land, the people are rightly hungry for science, truth, morality and a broad embrace of humanity.

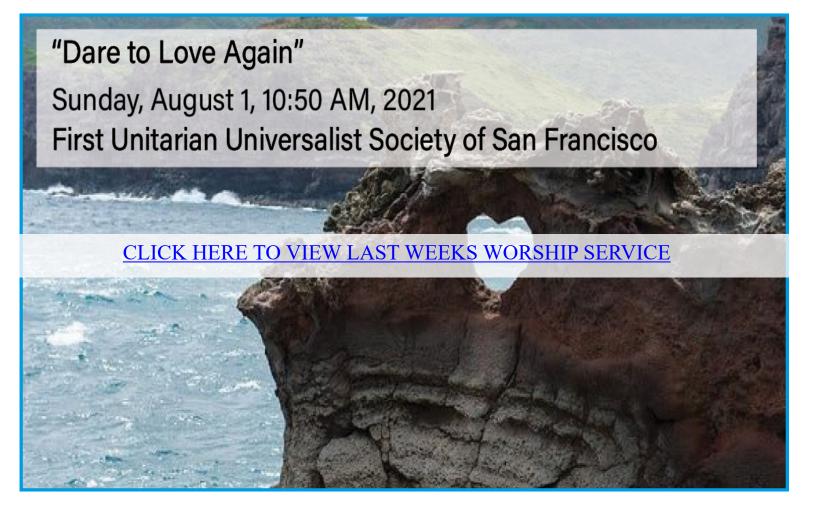
We give public and visual support especially to those progressive executive actions and proposed legislation by the Biden / Harris administration that address the injustices so stark in our society. This includes the proposal for immigration reform to grant rights, long overdue, to our immigrant brothers and sisters.

On the street at morning rush hour we see clearly the overwhelming contribution of immigrant workers to our economy. We greet construction workers, cooks, housekeepers, truck drivers, plumbers, carpet layers, elder care and childcare workers, roofers, gardeners, landscapers, janitors and many others on their way to work.

And, we celebrate with music that embodies our aspirations, and the resistance that is always part of the struggle for justice.

Join us in front of UUSF, Franklin & Geary. Each Wednesday morning from 8 to 9 AM. (Masks and social distancing required) Let us know what you think at neveragain@uusf.org.





UUSF MEDIA

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Welcome to the First Unitarian Universalist Society of San Francisco

Since its founding in 1850 our congregation has been a beacon of religious liberalism in this city. During the Civil War, the Rev. Thomas Starr King was credited with keeping California in the Union. He also challenged racism, raised millions for humanitarian relief and inspired new efforts in education.

Unitarianism and Universalism in America both arose in New England during the American Revolution. Because the roots of both traditions are in the Judeo-Christian tradition, you will see on the walls of our sanctuary two inscriptions:

"What doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with your God?" (from the Hebrew prophet Micah) and "The Kingdom of God is within you." (from the Gospels)

Our religious forebears were far more interested in the teaching examples of Jesus than in beliefs about Jesus. Today we agree more about how we strive to treat others than we do about beliefs. Our backgrounds and spiritual orientations are diverse. Among us are people who consider themselves atheists, agnostics, humanists, Christians, Jews, Buddhists, Muslims, Pagans and people guided by other forms of spirituality and belief.

Belief is many things, and so is disbelief. But we are interested in what happens to us when we open our minds to wider truth, our hearts to compassion, and our souls to the call to work for justice and peace.

For more about our congregation, please visit our website at www.uusf.org.

First Unitarian Universalist Society of San Francisco 1187 Franklin Street, San Francisco, CA 94109 415-776-4580 / info@uusf.org