

"Thus Do We Covenant"

Sunday, January 28, 10:50 AM, 2024

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday January 28, 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.

Prelude *Where Charity and Love*
 Where My Free Spirit Onward leads

UBI CARITAS/James Aylward
Vaughan Williams/Ashdown
Reiko Oda Lane, organist

Opening Words and Welcome

Rev. Laura Shennum, Minister of Congregational Life

Unison Chalice Lighting

Rev. Sonya Sukalski, Sabbatical Minister

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.

[\(CLICK HERE OR TURN TO PAGES 6, 7 & 8 TO VIEW HYMN\)](#)

Brief Invitations

Diane Allen, Board of Trustees

Greeting One Another

Story for All Ages "Answer Mountain" by Sarah E. Skwire Rev. Laura Shennum & Aisha Hauser

Unison Covenant

Rev. Sonya Sukalski

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 *The Journey to Forming the Covenant*

Rev. Sonya Sukalski

Time of Prayer/Meditation

Offering

This morning's offering will benefit the work and ministries of **First Unitarian Universalist Society of San Francisco (UUSF)**. Learn more at www.uusf.org/about. 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, 01-28-24, "Sunday Plate"



Offertory *Simple Gifts* Aaron Copland
UUSF Choir, Mark Sumner, director; Wm. Garcia Ganz, pianist

Reflection *Insights from Covenanting this Weekend* Aisha Hauser

Music *How Can I Keep from Singing* arr. Ronald Staheli
Millie Phillips, soloist; UUSF Choir, Mark Sumner, director

Reflection *How We Will Use This Going Forward* Rev. Laura Shennum

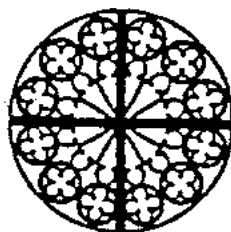
*Hymn 1017 *Building a New Way* Martha Sandefer

[\(CLICK HERE OR TURN TO PAGES 9 & 10 TO VIEW HYMN\)](#)

*Benediction Rev. Laura Shennum

Postlude *The Credo: We Believe* BWV 680 Johann Sebastian Bach
Reiko Oda Lane, organist

*Please rise in body or spirit.



PARTICIPANTS

Worship Leaders

Aisha Hauser, Guest Preacher
Rev. Laura Shennum, Minister of Congregational Life
Rev. Sonya Sukalski, Sabbatical Minister
Diane Allen, Board of Trustees

Sunday Support

Shulee Ong, Camera; Eric Shackelford, Camera; Jackson Munn, Camera
Jonathan Silk, Communications Director
Thomas Brown, Jose Matias Pineda, Francisco Castellanos, Sextons
Athena Papadakos, Flowers
Linda Messner, Head Usher

Musicians

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

ABOUT

Aisha Hauser (she, her) is an accomplished religious educator, facilitator, author, curriculum developer, and anti-racism advocate. She has served our faith as President of the Liberal Religious Educators Association and leads at the Church of the Larger Fellowship. Aisha has been advising our leadership and ministers on matters of racial equity since 2022 and has led retreats with our BIPOC group and our religious education team.

While Aisha started her professional career in the field of social work after earning a MSW from Hunter College in NYC, she quickly became involved in the religious education program at the first Unitarian Universalist congregation she attended, and there she found her love of religious education. Her experience includes serving three UU congregations on both the east and west coasts and working for the Unitarian Universalist Association as the Children and Families Program Director as part of the team that developed the Tapestry of Faith comprehensive curriculum. Aisha is a trainer for the Our Whole Lives comprehensive sexuality education program for all age levels.

Aisha, along with Christina Rivera and Kenny Wiley, co-created the UU White Supremacy Teach In movement. She worked with Christina and Kenny to lead a group of religious educators from all over the country to curate resources for congregations to utilize in learning about how we are all impacted by racism. The UU White Supremacy Teach In resulted in two-thirds (almost 700) of our UU congregations making time to understand how institutional racism and white supremacy were playing out in a liberal faith community, including UUSF. Aisha's writings are featured in collections published by Skinner House; most notably, she is one of the authors of the groundbreaking book, *Centering: Navigating Race, Authenticity, and Power in Ministry*. Aisha is the recipient of the 2018 Angus H. MacLean Award for Excellence in Religious Education and is a credentialed Religious Educator at the Master level. Learn more at Aisha's website: connectlearngrow.org

Morning Has Come

1000

♩ = 112

Use djembe, shaker, drum set, etc. for 12/8 (triplet) groove

F

C/E F F/A B^b(add9) F/A Gm7 F/A B^b6 Gm7

1. Morn- ing has come, a - rise and greet the
 2. A new day dawns, once more the gift is
 3. O - pen our eyes to see that life a -

© Words & music: Jason Shelton, 1972 - , © 2001 Jason Shelton
 MOUNTAIN MORNING, 10.10.10.10

Morning Has Come - 2

Csus4 C#°7 Dm7 C/E F F/A Gm7 F/A Bb Bm7(♭5)

day!
giv'n.
bounds;

Dance with joy and sing a song of
Won - der fills this mo - ment shared to -
o - pen hearts to wel - come it a -

BbM7/C C Bb/D C/E F F/A Bb Dm7 Eb

glad - ness!
geth - er.
mong us.

The light of hope here shines
The light of peace here shines
The light of love here shines

Bb F/A Bb/D DbM9 C F Gm7 F/A F/Bb

— up - on each face. May it bring faith to

Morning Has Come - 3

Bb/C F/C Gm/C Bb/C F

guide our jour - ney home. _____

The musical score consists of three systems. The first system shows a vocal line with the lyrics "guide our jour - ney home." and a piano accompaniment. The piano part features a right-hand melody of eighth-note triplets and a left-hand accompaniment with chords and triplets. The second system continues the piano accompaniment with similar triplet patterns. The third system concludes the piece with a final chord in the right hand and a triplet in the left hand.

1017

Building a New Way

Sung 128
Rock feel, swing eighths ♩ = 116

Cm7

1. We are build - ing
(2. We are work) - ing

Detailed description: This system contains the first two lines of music. The top line is a vocal melody in 4/4 time, starting with a whole rest followed by quarter notes G4, A4, Bb4, and C5. The piano accompaniment consists of a right-hand part with chords and a left-hand part with a simple bass line. The key signature has two flats (Bb and Eb).

G7

- a new way. — We are build -
- to be free. — We are work -

Detailed description: This system contains the third and fourth lines of music. The vocal melody continues with quarter notes C5, Bb4, A4, and G4, followed by a whole rest. The piano accompaniment continues with similar harmonic support. The key signature remains two flats.

G7sus

ing — a new way. —
ing — to be free. —

Detailed description: This system contains the fifth and sixth lines of music. The vocal melody features a half note G4, a quarter note Bb4, and a quarter note A4, followed by a whole rest. The piano accompaniment continues with harmonic support. The key signature remains two flats.

Words & music: Martha Sandefer, 1952 - , © 1986 Martha Sandefer,
⊕ arr. Jim Scott, 1946 -

Building a New Way - 2

Cm7

We are build - ing a new way, ——— feel - ing strong -
 We are work - ing to be free ——— hate and greed

Fm7

Cm7

er ev' - ry day, ——— We are build - ing —
 — and jeal - ous-y. ——— We are work - ing —

G7

Cm7

1, 2, 3
G7(#9)

4
Cm9

—— a new way. ———
 —— to be free. ———

2. We are work
 3. We can feed
 4. Peace and free -

3. We can feed our every need (3X)
 Start with love, that is the seed.
 We can feed our every need.

4. Peace and freedom is our cry (3X)
 Without these this world will die.
 Peace and freedom is our cry.

TODAY!

Forum, Jan. 28, 9:30 am: (YIMBY) Solutions to the SF Housing Shortage with Jane Natoli - Zoom: <https://bit.ly/uuforum-01-28-24>

Have you ever wondered why it costs nearly \$1 million and four years to build a single affordable housing unit? In this talk, Jane Natoli from YIMBY Action will dive into what's preventing San Francisco from building the housing it desperately needs. We'll understand the impacts of low-density housing on the environment, homelessness, racial equity, and politics. We'll also explain why figures like Donald Trump and Tucker Carlson are so adamant about keeping the low-density housing laws that have led to racially discriminatory practices across the country. A light breakfast will be offered at 9:00 am. www.uusf.org/forum

You can phone in at +1 669 444 9171. Meeting ID: 939 1298 8343, Passcode: 157566

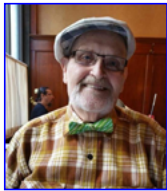
It's Not Too Late!

Missed our annual Guest at Your Table program ingathering and special offering for the Unitarian Universalist Service Committee with its opportunity to have donations over \$150 generously matched by the UU Congregation at Shelter Rock? It's not too late to participate in this special opportunity to support our UU faith in action organization and double the size and impact of your donation. Stop by the UUSC table today after the service or email our local UUSC representatives at uusf@uusf.org to find out how.

Don Williams Memorial Service: Sunday, January 28, 2:00 pm, Sanctuary/Livestream

Don Williams, long time beloved member of UUSF and husband to David Jones, passed away surrounded by David's love early in the morning on Mon, Nov 6. There will be a service for Don at UUSF today at 2pm in the Sanctuary with a reception following. David welcomes cards. Any donations can be made to UUSF in Don's name.

YouTube Livestream: <https://bit.ly/donwilliamsmemorial-uusf>



HAPPENINGS

Women's Rights Group Meeting - Saturday, Feb. 3 from 10:00 am to 11:30 am, Fahs Room

The first half-hour will be a quick business meeting. An agenda for that meeting will follow, but it will definitely include a preview of upcoming events and activities as well as a brief review of planned Parenthood training and volunteer opportunities. The remaining time will be spent discussing the first 15 pages of the Planned Parenthood training document. ABORTION STIGMA ENDS HERE: A toolkit for understanding and action which can be found on our webpage <https://www.uusf.org/womensgroup>

Forum, Feb. 4 at 9 am (Breakfast). 9:30 am (event begins) : Reproductive Rights & Planned Parenthood - www.uusf.org/forum

Christian Garcia is VP of Government Relations and Communications at Planned Parenthood Northern California. He will be speaking about Reproductive Justice and how we, as a community, can become active in ensuring all residents of the US have access to a full range of reproductive health care. This Forum event will be hosted by our Women's Rights Group.

Black, Indigenous, and People of Color Gathering: February 4 from 9:30 am, On Zoom

This sacred space is open to our members and friends who are Black, Indigenous and People of Color. The meeting takes place by Zoom 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.

Newcomer Orientation - Sunday, February 4 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 UU: A Welcome Home - Sunday, February 4, 1:00 pm - 3:00 pm, Chapel (<https://bit.ly/newuu-2-4-24>)

Come to our New UU class with Rev. Laura Shennum! This participatory workshop, held at UUSF, will introduce you to Unitarian Universalism and our community. Please register by going to <https://bit.ly/newuu-2-4-24> . Questions? Laura can be reached at lshennum@uusf.org or 509-881-9658.

HAPPENINGS

Children's Multicultural Museum Art Show and Reception - Sunday, February 4, 12:30 pm, King Rooms

Be surprised by this retrospective of colorful art work that has been shown at Davies Symphony Hall as part of the SFS Deck the Hall annual holiday tree. Easy-to-find materials become intriguing creations by children aged 5 to 12 years; this retrospective over several years shows each annual tree's unique multicultural themed and decorative crafts. There will be a Art-making reception on Sunday, February 4, celebrating the lunar new year of the dragon!

UUSF will once again be hosting the Interfaith Winter Shelter this year from February 12 to March 4.

A partnership among San Francisco Interfaith Council, the SF Department of Homeless Services, and Episcopal Community Services, the IWS operates in different area churches during the coldest, wettest months of the year, providing shelter and meals to homeless men and women each night. We are looking for volunteers to help cook and serve breakfast Monday through Friday and folks who can help cook and serve dinner on six designated nights. We will also need volunteers to help with food procurement and with evening hosting. If you are interested in volunteering in any capacity, follow this link to sign up, or you can contact **Gordon Sharafinski** at gsharaf@gmail.com, who will be coordinating volunteers, or **Hanna Hart** at hanna@harts.net. The shelter is always a favorite opportunity to make a difference! Sign up at <https://bit.ly/UUSFIWS24> or scan the QR code.



Extravaganza of Joy - Friday, February 9, 6pm to 9pm!

It's back! We are gearing up for the next Extravaganza of Joy! We will have a potluck dinner, followed by pub-style trivia. Create a team of your own to compete, or create a team onsite. There will be prizes! All ages are encouraged to attend!

Register at <https://bit.ly/UusfJoy020924>. If you have any questions, email **Alicia Cover** at acover@uusf.org.



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

LOVE AND DEATH - The Christian Scriptures for Skeptics, Seekers, and Religious Liberals

A Six-Week Online Course with Rev. John Buehrens. Monday Evenings, 7:00 pm to 8:30 pm, February 19 to March 25. This is quite unlike a traditional class in an orthodox Christian church during the season of Lent. Yet in 2024, Ash Wednesday, the start of that season, happens to fall on St. Valentine's Day, February 14. So perhaps we should ponder again a key assertion of the Christian mythos: Love Transcending Death. The final session is on Monday after Palm Sunday, starting what Christian tradition calls Holy Week. Each live session on Zoom will consist of three thirty-minute segments. The first will take up a key theme in the Christian scriptures, beginning with the meaning of the "Kingdom (or Commonwealth) of God" and the relationship between Jesus, John the Baptist, and the origins of the forty-day practice of Lent. The first key text will be the oldest and shortest of the gospel traditions, according to Mark. Participants will be encouraged (but not required) to read previous commentary by Rev. Buehrens in his book, *Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals* (Beacon, 2004). Available through the UUA Bookstore, Beacon, Amazon, Thrift Books. Register at <https://bit.ly/loveanddeathuu24>

Minister's Book Group, led by special guest host Asani Seawell

Asani Seawell, a member of the UUSF, is going to lead the book group in February while Rev. Vanessa is on sabbatical. Asani has picked *How We Fight for Our Lives: A Memoir* by Saeed Jones for February. Asani Seawell (she/her/hers) lives in Portland, OR, and has been a member of UUSF since January 2023. A lifelong lover of books, she spent her high school and college years as a library assistant and almost chose a career in library sciences before pursuing her degrees in psychology.

How We Fight for Our Lives: A Memoir by Saeed Jones - Wednesday, February 28, 6:30 pm, Zoom

Haunted and haunting, *How We Fight for Our Lives* is a stunning coming-of-age memoir. Jones tells the story of a young, black, gay man from the South as he fights to carve out a place for himself within his family, within his country, and within his own hopes, desires, and fears. Through a series of vignettes that chart a course across the American landscape, Jones draws readers into his boyhood and adolescence—into tumultuous relationships with his family and into passing flings with lovers, friends, and strangers. Each piece builds into a larger examination of race and queerness, power and vulnerability, love and grief: a portrait of what we all do for one another—and to one another—as we fight to become ourselves.

This session will be on Zoom only, and more information can be found below and to register go to <https://bit.ly/mbg1232024>
Questions? Email Alicia Cover at acover@uusf.org.

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/>



"Covenant: Laying the Foundation"

Sunday, January 21, 10:50 am, 2024

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