

# "The Fight to be Authentic, and Loved"

Sunday May 19, 2024, 10:50 am

First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday May 19, 2024**  
**10:50 AM - 12:15 PM**

Livestreamed at [bit.ly/uusfmedia](https://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.

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Prelude      *What Wondrous Love Is This* - Inspired by Grieg's "Air" from Holberg Suite      arr. Faye Lopez  
                 *All By Myself* by Sergei Rachmaninoff and Eric Carmen      arr. Hitomi Seki  
                 Nancy Munn, piano

Opening Words and Welcome      Rev. Vanessa Rush Southern, Senior Minister

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.

[\(CLICK HERE OR TURN TO PAGE 6 TO VIEW HYMN\)](#)

Brief Invitations

Galen Workman, Trustee

Greeting One Another

The Dedication of Ellen Sigmund Nelson    Rev. Vanessa Rush Southern and Rev. Laura Shennum  
Justin and Susannah Nelson, Parents  
Tyler Nelson and Elizabeth Blystra, Godparents

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

Daniel Jackoway, Worship Associate

Music    *No One Is Alone* from *Into The Woods*

Stephen Sondheim, arr. Neuberger  
Nancy Munn, voice and piano

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

Offering

Today's offering will go to **Rainbow Railroad**. Rainbow Railroad is a global not-for-profit organization that aids at-risk LGBTQI+ individuals worldwide, focusing on their sexual orientation, gender identity, and sex characteristics. Founded in the US and Canada, it has helped over 13,000 individuals find safety through emergency relocation, crisis response, and cash assistance, aiming to envision a world where LGBTQI+ people can live freely. To find out more, go to <https://www.rainbowrailroad.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, 05-19-24 "Sunday Plate"



Offertory Music

*Locked Inside Our Skin*

Ken Medema  
Nancy Munn, voice and piano

Sermon "The Fight to be Authentic, and Loved"

Rev. Vanessa Rush Southern

\*Hymn 118

*This Little Light of Mine*

LATTIMER

[\(CLICK HERE OR TURN TO PAGE 7 TO VIEW HYMN\)](#)

\*Benediction

Postlude

*Be Thou My Vision*

Traditional Irish Melody, arr. Cindy Berry  
Nancy Munn, piano

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\*Please rise in body or spirit.

# PARTICIPANTS

## Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister  
Rev. Laura Shennum, Minister of Congregational Life  
Daniel Jackoway, Worship Associate  
Galen Workman, Trustee

## Sunday Support

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

## Musician

Nancy Munn, voice and piano

# ABOUT

**Nancy Munn** is usually heard singing in the UUSF Choir, but today she is making her mother glad for having paid for piano lessons many years ago. Nancy made her professional singing debut with the D'Oyly Carte Opera and Welsh National Opera companies in the UK. More recently, she has sung with the 21V Choir (appearing here as part of SKWPS in November!), the San Francisco Symphony Chorus, and Volti's Napa Festival Chorus. Nancy has taught music at all levels and would like to thank her friend, mentor, and piano teacher in Corpus Christi, TX, Beverly Naismith, for her patience and encouragement.

## BUDGET VOTE MEETING TODAY!



The UUSF Board of Trustees encourages you to attend this Sunday's Budget Vote. Your voice and vote are valuable. Please help us shape the future of our community. You can attend by Zoom or in person. The UUSF Congregation will meet in the TSK Room and Zoom on Sunday, May 19, at 12:30 pm to vote on the budget.



Click the link below or scan the QR Code. Dial in at +1 669 900 9128. Meeting ID: 890 4299 5461, Passcode: 353197.

<https://bit.ly/BudgetVoteUUsf>

# 361 Enter, Rejoice, and Come In

$\text{♩} = 112$

The musical score is written in 4/4 time with a tempo of quarter note = 112. It consists of a vocal line and a piano accompaniment. The piano part features a steady bass line and chords in the right hand. The lyrics are arranged in three systems, each with a vocal line and piano accompaniment. The first system includes three numbered verses. The second system continues the lyrics. The third system concludes the piece with a final vocal line and piano accompaniment.

1. En - ter, re - joice, and come in.  
 2. O - pen your ears to the song.  
 3. O - pen your hearts ev - 'ry - one.

En - ter, re - joice, and come in.  
 O - pen your ears to the song. To - day will be a  
 O - pen your hearts ev - 'ry - one.

joy - ful day; en - ter, re - joice, and come in.

4. Don't be afraid of some change.  
 Don't be afraid of some change.  
 Today will be a joyful day;  
 enter, rejoice, and come in.

5. Enter, rejoice, and come in.  
 Enter, rejoice, and come in.  
 Today will be a joyful day;  
 enter, rejoice, and come in.

Words & music: Louise Ruspini  
 ⊕ Arr. by Betty A. Wylder, 1923- , © 1992 Unitarian Universalist Association

REJOICE  
 7.7.8.7.

# This Little Light of Mine 118

$\text{♩} = 80$

1. This lit-tle light of mine, I'm gon-na let it shine.  
 2. Ev - 'ry - where I go, I'm gon-na let it shine.  
 3. Build - ing up a world, I'm gon-na let it shine.

Oh Oh

This lit-tle light of mine, I'm gon-na let it shine.  
 Ev - 'ry - where I go, I'm gon-na let it shine.  
 Build - ing up a world, I'm gon-na let it shine.

Oh

This lit-tle light of mine, I'm gon-na let it shine. Let it  
 Ev - 'ry - where I go, I'm gon-na let it shine. Let it  
 Build - ing up a world, I'm gon-na let it shine. Let it

Oh

shine, let it shine, let it shine.  
 shine, let it shine, let it shine.  
 shine, let it shine, let it shine.

Words & music: African American spiritual, c. 1750-1875,  
 harmony by Horace Clarence Boyer, 1935-

LATTIMER  
 Irregular

C O M M I T M E N T   A N D   A C T I O N

## TODAY!

### 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. A light breakfast will be offered at 9:00 am. Zoom link: <https://bit.ly/20240519ForumUUSF>. You can phone in at +1 669 444 9171. Meeting ID: 951 2757 8495, Passcode: 689999.

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### Important Dates: Budget Approval and Annual Meetings!!!

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** in the TSK Room to vote on the budget. Zoom: <https://bit.ly/BudgetVoteUUSf>

**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.**

The **Annual Meeting is 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 at <https://www.uusf.org/nominatingcommittee>.

Elections will take place at the annual meeting. Zoom Link: <https://bit.ly/AnnualMeetingUUSf>

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### 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. Check it out; you'll be amazed!

## HAPPENINGS

### Come join The Pagan Interest Circle's (PICT) Ritual Circle at this Flower Full Moon, May 25, at 7 p.m. in the Chapel, and we'll work with the Element of Air!

The recent winds have emphasized the importance of Air as the Element of Spring, urging us to release what needs releasing and welcome the New. Join us for a spell for change, communication, mental powers, travel, creativity, and spirit magic, and bring a non-alcoholic beverage or finger food to share after the ritual. For more information, contact Christine Patch-Lindsay at [cplhealer@comcast.net](mailto:cplhealer@comcast.net).

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### Women's Rights Group Year-End Gathering - Saturday, June 1, 5:00 pm to 7:00 pm, @ Julia Wald's Home

The Women's Rights group will celebrate their year's activities at Julia Wald's home on Saturday, June 1 and brainstorm for next year's plans. Bring a bottle and/or a dish to share, and join the group celebration. Registration is required, and attendees can sign up at the Women's Group table on May 19 or contact Louise Diskerud at [louisediskerud@yahoo.com](mailto:louisediskerud@yahoo.com).

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### Civil Rights and Anti-Transgender Backlash in the United States - Sunday Forum, June 2, 9:30 am TSK Room/Zoom

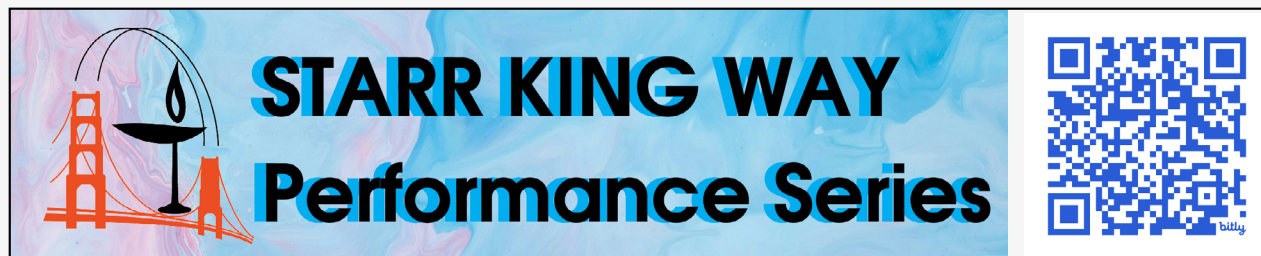
State legislatures have passed numerous bills targeting LGBT rights, particularly for transgender children. These laws restrict access to gender-affirming care, sports participation, and bathroom use. This presentation by **Ryan Thoreson**, an assistant professor at the University of Cincinnati College of Law, will reflect on the impact of these legislation and the future struggle for trans rights. Thoreson has a law degree, anthropology doctorate, and a bachelor's degree in government and studies of women, gender, and sexuality. Zoom link and more at <https://www.uusf.org/forum>



# HAPPENINGS

## Newcomer Orientation - Sunday, June 9, 12:30 pm, Fireside Room

Those who are new to our church are encouraged to come and join us in the Fireside Room after the service so that they can get to know some of our members and learn more about Unitarian Universalism and our congregation. You will get the opportunity to meet other people in the community, ask any questions that you might have, and learn how to become involved in our activities and ministries. This is a wonderful opportunity.



## 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.

A group is planning to attend **COMPANY's** Broadway musical touring Company at the Orpheum Theatre on June 13th. Interested members can contact **Mark Sumner** for details and preferred price point.

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/3A8Zl73>

# 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.

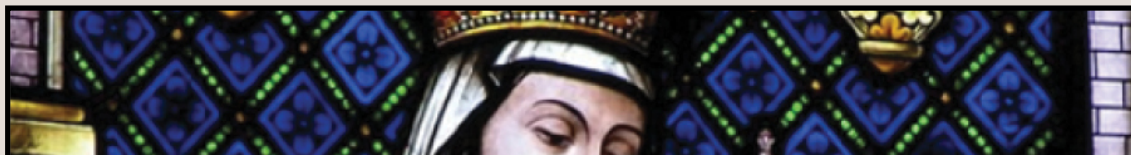
We commit to be in community with openness and loving kindness, acknowledging our own biases and differing perspectives.

## 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>

**"A Polymath Nun and Why She  
Matters on this Mothers' Day"**  
Sunday, May 12, 10:50 am, 2024



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