

"The Stories We Tell"

Sunday, January 5, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday January 5, 2025
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	<i>The Search</i>	Pat Metheny
	<i>Morning Has Broken</i>	arr: C.Stevens
	<i>All Things Bright and Beautiful</i>	arr: Gary Norian
		Stephen Cox, pianist

Opening Words and Welcome	Rev. Millie Phillips, Affiliated Community Minister
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Unison Chalice Lighting	Santana Gonzalez-Gomez, Worship Associate
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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.

Greeting One Another

*Hymn No. 1051

We Are

Ysaye M. Barnwell

Akané Ota songleader; Stephen Cox, pianist

[\(CLICK HERE OR TURN TO PAGES 6 - 9 TO VIEW HYMN\)](#)

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

Santana Gonzalez-Gomez

Offering

Santana Gonzalez-Gomez

The offering this morning goes to **Faith in Action**. Faith in Action (<https://faithinaction.org/>) is a global movement that unites people of faith to promote social change at the grassroots level. The organization focuses on ensuring access to clean water, education, healthcare, and decent jobs while empowering communities to advocate for justice. By providing resources and training, Faith in Action helps individuals and organizations collaborate to turn faith values into impactful actions. To make a donation on Vanco (bit.ly/uusfpayments), using the Donate Button on our website, or by scanning the QR code, please select the line for Special Sunday Offering. 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, **01-05-25**.



Offertory Music *Peace*

Horace Silver
Stephen Cox, pianist

Meditation

Rev. Millie Phillips

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.*

In Music

Reading "Naked Truth" by Heather Forest

Rev. Millie Phillips

Music *Memory Mist*

Florence Price
Stephen Cox, pianist

Sermon "The Stories We Tell"

Rev. Millie Phillips

*Hymn No. 1008

When Our Heart Is in a Holy Place

Joyce Poley

Akané Ota songleader; Jon Silk, drummer; Stephen Cox, pianist

[\(CLICK HERE OR TURN TO PAGES 10 - 12 TO VIEW HYMN\)](#)

Invitations

*Benediction & Extinguishing of the Chalice

Rev. Millie Phillips

Postlude *May Your Life be as a Song*

Jim Scott
Stephen Cox, pianist

*Please rise in body or spirit.



PARTICIPANTS

Worship Leaders

Rev. Millie Phillips, Affiliated Community Minister
Santana Gonzalez-Gomez, Worship Associate

Sunday Support

Eric Shackelford; Eli Boshears, Camera Operators
Jonathan Silk, Communications Director
Thomas Brown, Matias Pineda Salazar, Francisco Castellanos, Sextons
Athena Papadakos, Flowers
Linda Messner, Head Usher

Musicians

Stephen Cox, pianist
Akané Ota, songleader

ABOUT

Stephen Cox started piano lessons in second grade with Mary Ann and Paul Acker (music director at Community Presbyterian Church in Ventura, California). He played in churches as an accompanist, growing up. While working on his music degree, he most enjoyed accompanying singers and other instrumentalists. He was active more recently in jazz studies, playing in bands in venues in/around Ventura County: big bands, sextets, small ensembles, & with singers (for dance classes, fundraisers, churches, clubs, special events, etc.). He played at Capital Unitarian Universalist Congregation in Victoria, BC, Canada, before moving to San Francisco about a year ago.

FAITH IN ACTION

Faith in Action is the largest faith-based grassroots social change movement in the United States, supporting organizing in more than 250 cities and towns in 25 states. Learn more about Faith In Action in the U.S. Fr. John Baumann founded Faith in Action in 1972 in Oakland, California, with the mission of developing grassroots leaders to create a more just and equitable society. Over the past 50 years, the organization, originally known as the Oakland Training Institute and later as PICO National Network, has empowered communities to lead successful campaigns for improved education, healthcare, housing, and job opportunities. Faith in Action has expanded internationally, assisting grassroots organizing in Central America, Rwanda, and Haiti, where it has helped establish organizations like Comunidades de Fe Organizadas en Acción and OPODNE. The organization continues to provide support and training to faith leaders in various countries, fostering grassroots movements that yield significant social change.

(<https://faithinaction.org/>)

♩ = 56

* Em

For each child that's born, a morn-ing star ri - ses and

sings to the u - ni-verse who_ we are. For who_ we are.

We are_ our grand-moth-ers' prayers and we_ are our

**Note: Repeat this 4 measure chord pattern throughout the piece.*

⊕ Words & music: Ysaye M. Barnwell, 1946 - , © 1991 Barnwell's Notes Publishing (BMI).
Used by permission.

grand - fa - thers' dream - ings, we _____ are the

breath of our an - ces - tors, we _____ are the spir - it of God. We are

moth - ers of cour - age and fa - thers of time, we are

daugh - ters of dust and the sons of great vi - sions, we're

The musical score is written for voice and piano. It consists of five systems of music. Each system has a vocal line on a single treble clef staff and a piano accompaniment on a grand staff (treble and bass clefs). The key signature is one sharp (F#), and the time signature is 4/4. The lyrics are written below the vocal line. The piano accompaniment features a steady eighth-note pattern in the right hand and a more active bass line in the left hand. The lyrics are: 'grand - fa - thers' dream - ings, we _____ are the', 'breath of our an - ces - tors, we _____ are the spir - it of God. We are', 'moth - ers of cour - age and fa - thers of time, we are', and 'daugh - ters of dust and the sons of great vi - sions, we're'. The blank lines in the lyrics indicate where the vocal line continues or where there are rests.

sis-ters of mer-cy and broth-ers of love, we are

lov-ers of life and the build-ers of na-tions, we're seek-ers of truth and

keep-ers of faith, we are mak-ers of peace and the wis-dom of a - ges.

We are___ our grand-moth-ers' prayers and we___ are our

grand - fa - thers' dream - ings, we _____ are the

breath of our an - ces - tors, we _____ are the spir - it of God. For

each child that's born, a morn - ing star ri - ses and

sings to the u - ni - verse who _____ we are. For who _____ we are.

1008 When Our Heart Is in a Holy Place

♩ = 88

The piano introduction consists of two staves in 4/4 time, key of E-flat major (three flats). The melody is played in the right hand, starting with a quarter note G4, followed by eighth notes A4-B4, quarter notes C5-B4, and a half note A4. The left hand provides a harmonic accompaniment with chords and moving lines.

Chorus E♭ B♭ A♭ E♭

When our heart is in — a ho-ly place, When our

The first system of the chorus features a vocal melody line with lyrics. The piano accompaniment continues with chords and moving lines. The key signature remains E-flat major.

A♭ Fm B♭ E♭ B♭

heart is in a ho-ly place We are bless'd with love — and a-

The second system of the chorus continues the vocal melody and piano accompaniment. The key signature changes to E-flat minor (four flats) for the final measure, indicated by the Fm chord.

⊕ Words & music: Joyce Poley, 1941 - , © 1996 Songstyle Music (SOCAN),
keyboard arr. Lorne Kellett, 1950 -

When Our Heart Is in a Holy Place - 2

A^b E^b A^b A^bm E^b
Last time to Coda

maz - ing grace,—When our heart is in a ho - ly place When we

A^b B^b E^b

trust the wis - dom in each of — us, — Ev' - ry
 tell our sto - ry from deep in - side, — And we
 share the si - lence of sa - cred — space, — And the

A^b B^b E^b

col - or ev' - ry creed and kind, And we
 lis - ten with a lov - ing mind, And we
 God of our Heart stirs with - in, And we

A!

When Our Heart Is in a Holy Place - 3

Ab Bb G Cm

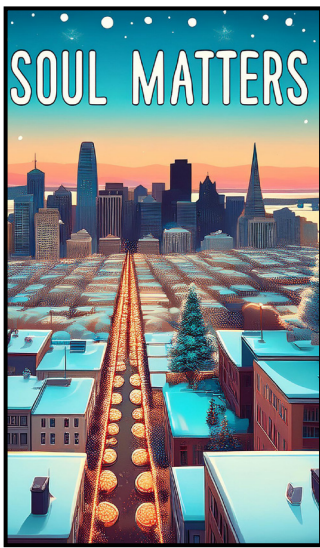
see our fa - ces in each oth - er's eyes, -
 hear our voi - ces in each oth - er's words, -
 feel the pow - er of each oth - er's faith, -

Ab Abm Eb

Then our heart is in a ho - ly place. When our
 Then our heart is in a ho - ly place. When our
 Then our heart is in a ho - ly place. When our

⌘ Coda Eb Ab Abm Eb

place. When our heart is in a ho - ly place.



January: Story

Story is our theme for January. We human beings are so many things: tool makers (though not the only tool-making species); language users (though not the only species to communicate in sounds); and also one of the only story-telling species we know—at least so far. Stories are how we make sense of the world. They can tell the hero's journey, teach moral lessons, make us laugh, hold a mirror up to some piece of our world so we can see it clearly, and even show us the shadow side of the human spirit. History is just journalism, Joseph Campbell once said, and not very reliable. "Myth is much more important and true than history." Myth and story, at their best, capture something deep and powerful, ground us in a narrative, and invite us to throw our life up against or through that narrative. Nothing is more powerful than learning to tell a story about the world that makes sense, a new story to lead the world forward to a new way of being. Come reflect with us on story and what stories are most important to you.

Poem of the Month

Tales We Tell Ourselves

By Robert Lavett Smith

In January, when the wind is shrill,
We contemplate its sad soliloquies.
As bitter weather bends us to its will,
Street trees embroider doubtful histories.
The spirit of the season faced both ways,
The future as uncertain as the past—
Both faces, so prevailing wisdom says,
Composing chronicles that will not last.
We shelter in the tales we tell ourselves,
Truths deeply rooted in the loam of time;
Our sense of narrative, if nothing else,
Inclines our common lives to the sublime.
And even if we never write a word,
Our stories rescue us from the absurd.

Poetry and Lunch with Robert Lavett Smith
Tuesday, January 14, noon to 12:30 pm on Zoom

This is a Zoom gathering to reflect on our monthly theme poem for January with its author, our own member and friend, Robert Lavett Smith. If you haven't had a chance to reflect in a group, this is your chance. For others of you who have read it in your small groups, heard it as part of worship, or spent time with it on your own, here is a chance to bounce your mind, heart, and spirit through and up against it again and see how things change. Go <https://www.uusf.org/soulmatters> to read the poem, in case you haven't had a chance to sit with it! Join us on January 14th at Noon. No advance participation necessary. To register go to <https://t.ly/poemandlunch0114>



Photo: Landscape with the Fall of Icarus
by Pieter Bruegel the Elder c.1560

Visio Divina

To engage in ancient practice of meditating on a piece of writing as a spiritual practice.

- Written instructions at <https://t.ly/visioinstructions>
- Participate in our August 4th service and guided meditation go to <https://t.ly/VisioDivinaAugust>
- Or watch this video recording and have us guide you through the process, go to <https://t.ly/VisioDivinaJanuary2025>



Welcome to these invitations to go deeper. Website: <https://www.uusf.org/soulmatters>

TODAY!

New to this community? New to Unitarian Universalism? - Sunday, January 5, 12:30 pm, Fireside Room

Newcomers are welcome to join us after the service to meet some of our members and learn more about our congregation and Unitarian Universalism. It's a great chance to meet other folks in the community, ask any questions you might have, and find out how to get involved in our programs and ministries. We look forward to meeting you!

UPCOMING HAPPENINGS

Creating Theology Together, Part 2 - The event will be held on Thursdays from Jan. 9 to 30, 6-8 pm in the Chapel

Part 2 of this series explores how external systems influence our theology and how our beliefs guide our actions. This class is a fresh approach to "Building Your Own Theology." For details, contact Rev. Laura at lshennum@uusf.org. It's in-person only, and no prior participation is needed. Register at <https://t.ly/Theology2>.

Join the Fight: Mock Trial Against PG&E's Reckless Practices!- Saturday, January 11, 2:00 pm, TSK Room

Have you been affected by PG&E's skyrocketing rates or the deadly wildfires that the utility monopoly has sparked? Join the Unitarian Universalist EcoSocialist Network (UUESN) for a mock trial of our nation's criminal utility company, Pacific Gas & Electric, on January 11th at 2 pm in the Thomas Starr King Room.

Exploring The Fillmore's Deep History with Immersive Stories with Michael Epstein

Sunday Forum, January 12, 9:30 am, TSK Room and on Zoom. A light breakfast will be available beginning at 9:00 a.m.

The Fillmore District in San Francisco has a rich yet painful history of exclusion. Journalist Michael Epstein has developed innovative projects over the past six years, including "The Fillmore Eclipse," which explores the decline of the 1950s Bebop scene, and "The Museum of the Hidden City," an award-winning audio and augmented reality experience addressing community responses to redevelopment. As the founder of Walking Cinema and an adjunct faculty member at the California College of the Arts, Epstein focuses on media that engages audiences with important historical narratives. More info at <https://www.uusf.org/forum>

Poetry and Lunch with Robert Lavett Smith - Tuesday, January 14, noon to 12:30 pm on Zoom

This is a Zoom gathering to reflect on our monthly theme poem for January with its author, our own member and friend, Robert Lavett Smith. If you haven't had a chance to reflect in a group, this is your chance. For others of you who have read it in your small groups, heard it as part of worship, or spent time with it on your own, here is a chance to bounce your mind, heart, and spirit through and up against it again and see how things change. Go <https://www.uusf.org/soulmatters> to read the poem, in case you haven't had a chance to sit with it! Join us on January 14th at Noon. No advance participation necessary. To register go to <https://t.ly/poemandlunch0114>

Unpacking Racism: Join Us for a Powerful Workshop and Discussion. This event is open to all.

Saturday, January 18, at 10:00 am, TSK Room and Zoom

Join us on Saturday, January 18, at 10:00 AM for a mini workshop presented by UUSF BIPOC. The event will feature a screening of "Who We Are: A Chronicle of Racism in America," followed by a discussion and lunch with guest facilitator Milton Reynolds.

End of Life Series: Wills & Trusts - Sunday, January 19, 1:00 pm - 2:30 pm, TSK Room

Join Julia Wald & Ben Gale as they discuss the importance of creating and updating wills and trusts. They will share their experiences and help you determine your next steps. If you have questions, contact Rev. Laura at lshennum@uusf.org. Refreshments will be offered. Register at <https://t.ly/PUo0C>.

***Smoke Gets in Your Eyes and Other Lessons from the Crematory* by Caitlin Doughty**

Wednesday, January 22, 2025, 6:30-8:00 pm (Zoom) - Register at <https://t.ly/bookgroup0125>

In January, Rev. Vanessa Rush Southern will lead a discussion on Caitlin Doughty's best-selling memoir, "Smoke Gets in Your Eyes and Other Lessons from the Crematory." Doughty, who holds a degree in medieval history and has a unique perspective on death from her experience working in a crematory, shares her journey of exploring the world of the deceased. The memoir is noted for its vivid characters and wit, as well as its insightful commentary on society's fear of death, prompting readers to reconsider how our culture treats the dead, as highlighted by a review in the SF Chronicle.

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>

"Looking Back, Looking Ahead"
Sunday, December 29, 2024, 10:50 am



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