

**"MLK"**

Sunday, January 19, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco

**Order of Service**  
**Sunday January 19, 2025**  
**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.

**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.

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Prelude	<i>A Tribute to Martin Luther King, Jr.</i> <i>Jesu, Joy of Man's Desiring</i> <i>Go Tell It on the Mountain</i>	Hampton Sisler Johann Sebastian Bach Olive Nelson Russell 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.

Greeting One Another

\*Hymn No. 1051

*We Are*

Ysaye M. Barnwell

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

\*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

Mari Magaloni Ramos, Worship Associate

Offering

This morning's offering will go to the **Disaster Relief Fund**. The recent wildfires in Los Angeles, CA, have highlighted the importance of the Disaster Relief Fund, which serves as a vital resource for supporting affected communities. This fund fosters collaboration among the UUA, congregations, and community partners, enabling them to provide assistance. Read more on page 5 or click [here](#). 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, 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, **01-19-25**.



Offertory Music    *Up to the Mountain*    Patty Griffin, arr. Mac Huff  
Mark Sumner, director; Eric Shackelford, soloist; 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.*

**In Music**

Reading    King: A Life by Jonathan Eig

Music    *U2*    arr. Bob Chilcott  
UUSF choir; Mark Sumner, director

Sermon    "MLK"    Rev. Vanessa Rush Southern

\*Hymn No. 169    *We Shall Overcome*    MARTIN

[\(CLICK HERE OR TURN TO PAGE 10 TO VIEW HYMN\)](#)

Invitations

\*Benediction & Extinguishing of the Chalice

Postlude    *Jubilation*    Carleton Inniss  
Reiko Oda Lane, organist

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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  
Mari Magaloni Ramos, Worship Associate

## **Sunday Support**

Eric Shackelford; Shulee Ong; Francisco Castellanos; Eli Boshears, Camera Operators  
Jonathan Silk, Communications Director  
Thomas Brown, Matias Pineda Salazar, Francisco Castellanos, Sextons  
Carrie Steere-Salazar, Flowers  
Linda Messner, Head Usher

## **Musicians**

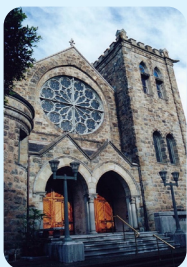
Stephen Saxon, soloist  
Reiko Oda Lane, organist  
UUSF Choir  
Mark Sumner, Music Director  
Eric Shackelford, soloist  
Wm. García Ganz, pianist

# UUA DISASTER RELIEF FUND

The UUA stands with its congregations and is ready to provide assistance to help congregations and their communities recover in the aftermath of disasters. Our **Disaster Relief Fund** is part of a covenant—a covenant between the UUA and congregations, between congregations who give generously and those in need, and with our community partners. Through aiding our congregations, their members and their community partners, we are able to embody our faith and values. <https://t.ly/DisasterReliefFund>

To directly help families of color in the Los Angeles fires, you can visit this spreadsheet to contribute to GoFundMe campaigns. These are families specifically in the Altadena area. The meanings of the colors are listed on the far right of the spreadsheet. <https://t.ly/fMxXK>

## **Upcoming Town Hall and Voting on Key Resolutions!**

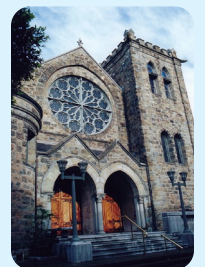


### **Social Justice Town Hall**

Sunday, January 26, 12:30 pm, TSK Room

### **Special Voting Meeting**

Sunday, February 2, 12:30 pm, TSK Room



♩ = 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.

We Are... - 2

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 consists of four systems, each with a vocal line and piano accompaniment. The key signature is one sharp (F#) and the time signature is 4/4. 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 printed below the vocal line.

We Are... - 3

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



We Are... - 4

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.

# We Shall Overcome

169

$\text{♩} = 56$

1. We shall o - ver - come, we shall o - ver -  
 2. We'll walk hand in hand, we'll walk hand in  
 3. We shall all be free, we shall all be  
 4. We shall live in peace, we shall live in

come, we shall o - ver - come some - day!  
 hand, we'll walk hand in hand some - day!  
 free, we shall all be free some - day!  
 peace, we shall live in peace some - day!

Oh, deep in my heart I do be -  
 Oh, deep in my heart I do be -  
 Oh, deep in my heart I do be -  
 Oh, deep in my heart I do be -

lieve we shall o - ver - come some - day!  
 lieve we'll walk hand in hand some - day!  
 lieve we shall all be free some - day!  
 lieve we shall live in peace some - day!

Words & music: African-American spiritual, c. 1750-1875,  
 adapt. by William Farley Smith, 1941-  
 Music adapt. © 1989 The United Methodist Publishing House

MARTIN  
 Irregular

JUSTICE

## TODAY!

### **Newcomer Small Group Taster Sessions - Sunday, January 19, and Sunday, February 2 from 9:30 to 10:30 a.m.**

Newcomers are invited to join our Newcomer Small Group Taster Sessions. Our Small Group Ministry program is a wonderful way to build connections at UUSF. We want to offer taster sessions of small group ministry to people who are new to our community so that you can decide if it's something you would like to take part in, as well as enjoy the time for reflections and connections that they will offer. During the sessions you will be guided by Sue Anthony, one of our Membership Committee members, to reflect on and share a topic. Questions? Emma at [ewakeling@uusf.org](mailto:ewakeling@uusf.org).

Register at <https://t.ly/tastersessionuusf>

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### **What the New Administration Can and Can't Do to Immigrants with David Bacon**

**Sunday Forum, January 19, 9:30 am, TSK Room and on Zoom. A light breakfast will be available beginning at 9:00 a.m.**

The upcoming talk will examine the threats posed by Donald J. Trump during his 2023 presidential campaign, the anticipated actions of the new administration, and the historical and current resistance efforts within communities. David Bacon, a seasoned journalist, photographer, and former union organizer, will lead the discussion. He has authored multiple books, including "Illegal People," "The Right to Stay Home," and "More Than a Wall/Mas que un Muro." **Zoom Link:** <https://t.ly/20250119UUForum>

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### **Young Adult Lunch Outing - Sunday, January 19, 12:30 PM**

Join UUSF young adults for lunch on the third Sunday of each month after worship, as we walk to a nearby cafe (location TBD). This gathering is open to all individuals aged 18-39, whether new or long-time members, providing a great opportunity to meet new people and connect with friends. For questions, contact Membership and Young Adult Manager Emma Wakeling at [ewakeling@uusf.org](mailto:ewakeling@uusf.org). We hope to see you there!

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### **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](mailto:lshennum@uusf.org). Refreshments will be offered.

Register at <https://t.ly/PUo0C>.

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### **Craft the Theme—with Air Clay! - Sunday, January 19, 1:00 pm, Art Room**

Join Debbie Wu as she leads you through a craft while thinking about the theme of this month—Story. To make sure she has enough supplies, please register here. Register at <https://t.ly/craftathemeuusf>.

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## UPCOMING HAPPENINGS

Join the **Procrastinators Club** on **Thursday, January 23, from 6:30 PM to 7:30 PM on Zoom** to tackle tasks you've been putting off, whether it's reading, paperwork, or sewing. Open to all aged 18-39, this event encourages participants to share their procrastinations and work together. Register to receive a reminder and Zoom link, and contact Emma Wakeling at [ewakeling@uusf.org](mailto:ewakeling@uusf.org) for any questions.

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On **Sunday, January 26 at 9:45 am**, **Norman Solomon** will discuss U.S. militarism in foreign policy, particularly in the context of ongoing conflicts in the Middle East, including the situation in Gaza. This Forum event will be held in the TSK Room and on Zoom, will feature a light breakfast at 9:30 am. Solomon, a prominent activist and author, will explore how U.S. media and politics have contributed to violence in Palestine and assess future prospects for reducing militarism in American foreign policy. MORE INFO: <https://www.uusf.org/forum>

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**Sensible Cinema** is hosting a screening of the documentary 'Small is Beautiful' by Carolyn M. Scott on **February 9 at 12:30 pm in the TSK Room**, followed by a discussion with the director and former San Francisco Planning Commission VP Dennis Richards. The film addresses the controversial development proposal for the Sonoma Developmental Center, which threatens a vital wildlife corridor and poses risks in a high fire zone, while also critiquing broader urban developments and housing mandates that undermine local regulations. Lunch will be available for a nominal fee. For more details, contact Melvin Starks or Larry Danos. MORE INFO: <https://www.uusf.org/cinema>

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Join us for **Community Suppers** on **Wed. Feb 19 or Sat. Feb 22**, where you can connect with others over a shared meal while discussing the theme 'the Practice of Inclusion.' Hosted by members in their homes, these gatherings typically feature soup and bread provided by hosts, with guests bringing salads and desserts. Choose to be a host or a guest, with some dinners being family-friendly and others adult-only. For more details and to sign up, contact **Emma Wakeling** at [ewakeling@uusf.org](mailto:ewakeling@uusf.org).

## SOUL MATTERS IN JANUARY

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. <https://www.uusf.org/soulmatters>

### 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.

### *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 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](https://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>)

### **You're invited to the next UUSF Board Meeting! - 3rd Tuesday of the month from 6:30 PM - 8:30 pm**

The board meeting is open to UUSF members both in person and via Zoom. The board meets the 3rd Tuesday of the month from 6:30 p.m. to 8:30 p.m., and members are recognized and allowed to share (briefly) a thought or concern at the beginning of the meeting, but can stay for the whole meeting if they wish. Meetings take place in the Fireside Room. You can also join via Zoom; email the Secretary of the Board for the Zoom link: [secretary@uusf.org](mailto:secretary@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](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.

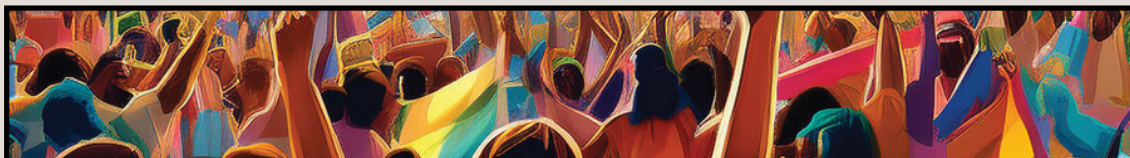
We welcome the newcomer, we commit to building trust with each other, we celebrate differences and make space for repair when harm occurs.

## UUSF MEDIA

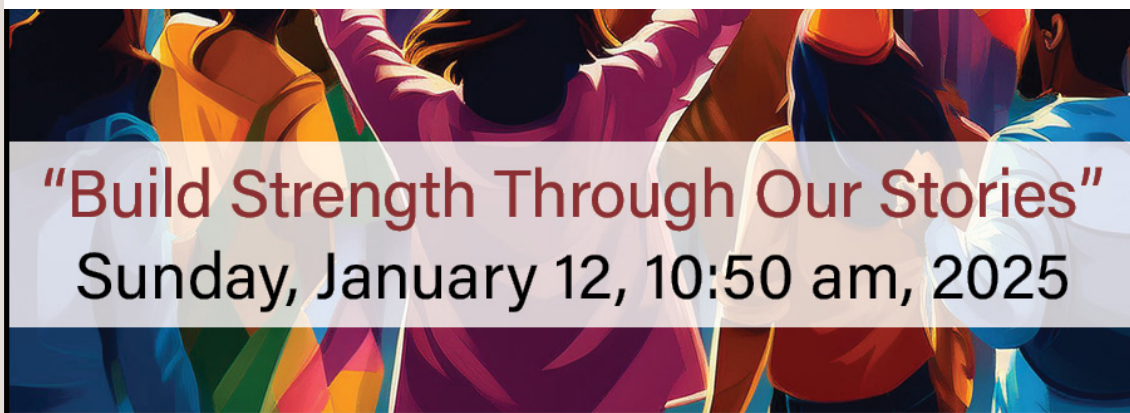
View our videos <http://www.youtube.com/c/UUSFMedia>

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>



**"Build Strength Through Our Stories"**  
Sunday, January 12, 10:50 am, 2025



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