

# "Art and Our Humanity"

Sunday, February 16, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco





**Order of Service**  
**Sunday February 16, 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>Make Channels for the Streams of Love</i><br><i>Meditation from "Thais"</i> | American Folk Melody arr Dale Wood<br>Jules Massenet<br>Reiko Oda Lane, organist |
| Opening Words and Welcome |  | Rev. Vanessa Rush Southern, Senior Minister                                      |
| Unison Chalice Lighting   |  | Maria, 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.

Greeting One Another

\*Hymn

*We're Gonna Sit at the Welcome Table*

WELCOME TABLE

First verse: *We're gonna sit at the welcome table. We're gonna sit at the welcome table one of these days, **hallelujah!** We're gonna sit at the welcome table, **gonna sit at the welcome table one of these days.***

Subsequent verses: Listen to the song leader's shout out then sing using the new words in place of the underlined words above.

Time for All Ages

Rev. Vanessa Rush Southern

\*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

Maria

Meditation

Rev. Vanessa Rush Southern

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 Song "Breath in, Breathe out"

Music Epilogue from *In Praise of Music*

David Conte

UUSF Choir, Mark Sumner, director

*You that think Love can convey no other way but through the eyes, into the heart,  
his fatal dart, close up those casements and hear this siren sing;  
And on the wing of her sweet voice,  
it shall appear that Love can enter at the ear.*

Visio Divina

Rev. Vanessa Rush Southern

Offering

Maria

Our offering this morning and next will be to support the work of **The Interfaith Winter Shelter**. The cost of all food products has gone up, from eggs to butter to cheese and bread, and we need your help. For 36 years, UUSF and other faith communities in the area have collaborated with the city to provide a safe, warm place to sleep, dinner, and breakfast to 60-70 of our unhoused neighbors during the coldest, wettest months, so help us help those in need this time of year. Read more on page 5 or click [here](#). To make a donation on Vanco ([bit.ly/uusfpayments](http://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, **02-16-25**.



Offertory Music Putting It Together from *Sunday in the Park with George*

Stephen Sondheim

Soloists: Mark Sumner, Maggie McGrann, Nicholas Wasilewski,  
Morgen Warner, Stephen Saxon; Wm. García Ganz, pianist

Sermon "Art and Our Humanity"

Rev. Vanessa Rush Southern

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

Invitations

Linda Enger, Trustee

\*Benediction & Extinguishing of the Chalice

Postlude *Fanfare Voluntary*

William Mathias  
Reiko Oda Lane, organist

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\*Please rise in body or spirit.

## PARTICIPANTS

### **Worship Leaders**

Rev. Seanan Fong, Affiliated Community Minister  
Maria, Worship Associate  
Linda Enger, Trustee

### **Sunday Support**

Eric Shackelford; Shulee Ong; Francisco Castellanos; Eli Boshears, Camera Operators  
Jonathan Silk, Communications Director  
Kelvin Jones, Matias Pineda Salazar, Francisco Castellanos, Sextons  
Amy Kelly, Flowers  
Linda Messner, Head Usher

### **Musicians**

Reiko Oda Lane, organist  
Mark Sumner, Music Director  
UUSF Choir  
Mark Sumner, Maggie McGrann, Nicholas Wasilewski, Morgen Warner, Stephen Saxon, soloists  
Wm. García Ganz, pianist

## Interfaith Winter Shelter

Volunteer now for the **Interfaith Winter Shelter** at UUSF, which began on Feb 10 and runs until March 3. A joint effort of the San Francisco Interfaith Council, our church hosts up to 70 unhoused individuals each year during this time and provides meals. You can sign up at <https://www.uusf.org/shelter> to help cook and serve breakfast, cook and serve dinner, or be a host liaison for guest organizations that are cooking dinner. It's a wonderful way to serve our neighbors and connect with our Unitarian Universalist community. Sign up for multiple slots and feel free to bring friends! Children aged 8 and up are welcome with supervision. For younger children, please inquire. Sign up at <https://www.uusf.org/shelter> or visit us at a table in the church gallery after the Sunday service and we will help you sign up. Questions? Email us at [wintershelte@uusf.org](mailto:wintershelte@uusf.org).





# Visio Divina

## A Spiritual Practice - background and instructions

**Background:** One thing we hope to nurture and encourage among us in this community are practices for “going deeper.” Visio Divina is a less common spiritual and deepening practice that is about engaging with an image. Often people use religious images but that isn’t necessary. As your image you might choose a fixed image like a photo or painting or still life or even what is outside your window.

Each month this year we will offer an image for you to reflect on. You can do that once or multiple times throughout the month, seeing how your reflections remain the same or change with each practice.

**Instructions:** You can read these instructions and it will lead you through the practice.

To begin, choose your image we have provided this month or perhaps another image, if you wish. We suggest getting a notebook or some way to take notes close at hand. Turn off all distractions so you have some uninterrupted time. Next, allow your body to get comfortable. Breathe.

1. Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. For right now, try to keep your eyes from wandering to other parts of the picture. Breathe and let yourself gaze at that part of the image for a moment. [Pause]
2. Now, let your eyes gaze at the whole image. Take your time and look at every part of the photograph. See it all. Reflect on the image for a minute or so. [Pause.]
3. Consider the following questions:
  - What is coming up for you or inside you?
  - What emotions does this image evoke in you?
  - What thoughts does the image bring forth in you?
  - Does this image raise questions or associations, yearnings or fears?

Now we invite you to take a minute to write down anything you might want to capture from this time, maybe something that you can carry into the day or week ahead. It might be a question, a wondering, an insight, anything you want to capture.

If you were to hold some intention or make some prayer right now what might it be? Write this down, if you wish to.

We are coming to the close of this practice. Take a deep breath. And another one. Now, gently return your attention to your surroundings.

Thank you for participating in this practice today.

\* \* \*

*We hope the practice offered a door or window to something that gave you some clarity, insight, greater peace or joy, whatever it was you needed to connect to,*

$\text{♩} = 126$

1. When in our mu - sic God is glo - ri - fied,  
 2. How of - ten, mak - ing mu - sic, we have found  
 3. So has the church, in lit - ur - gy and song,  
 4. Let ev - ery in - stru - ment be tuned for praise!

and ad - o - ra - tion leaves no room for pride,  
 a new di - men - sion in the world of sound,  
 in faith and love, through cen - tu - ries of wrong,  
 Let all re - joice who have a voice to raise!

it is as though the whole cre - a - tion cried  
 as wor - ship moved us to a more pro - found  
 borne wit - ness to the truth in ev - ery tongue,  
 And may God give us faith to sing al - ways

Words: Fred Pratt Green, 1903- , © 1972 Hope Publishing Co.  
 Music: Charles Villiers Stanford, 1852-1924

ENGELBERG  
 10.10.10. with Alleluia

PRAISE AND TRANSCENDENCE



1.-3. 4.

Al - le - lu - ia! Al - le - lu - ia!

The image shows a musical score for a piece titled "Alleluia!". It consists of three staves: a vocal line at the top, a piano accompaniment on the right, and a piano accompaniment on the left. The vocal line is in a treble clef with a key signature of one flat (B-flat). It features two phrases of "Al - le - lu - ia!". The first phrase is marked "1.-3." and the second "4.". The piano accompaniment is in a grand staff (treble and bass clefs) with a key signature of one flat. The music is in a common time signature (C). The score includes various musical notations such as notes, rests, and dynamic markings.



## TODAY!

### UUSF Arts in Ministry & Shared Life Initiative present... We Don't Need No Stinkin' Fascism! PRESIDENT'S DAY SPECIAL!

UU writers, poets, musicians, and humorists have a thing or two to say about the mentality on display in autocratic circles. We'd actually like to keep a few things like democratic and human rights, public schools and libraries, fact-based journalism, and a livable climate . . . And now UUSF has been designated a **Good Trouble Congregation**, so let's get to it!

**Sunday, February 16, 12:30-2:30 PM, TSK Room**

Join us for a literary festival with food, readings, theater, & music.  
Donation \$10. No one turned away.

**Readings by**  
Kathleen McClung  
Dennis Adams  
Susan Anthony  
Gregory Stevens  
Bruce Neuburger

**Sketches by**  
Michael and Mari

**Music by**  
Francisco Herrera

**Special guest**  
S.F. Poet Laureate Genny Lim

**Moderator**  
Rev. Vanessa Rush Southern



### Join the Broadway Bash: Sing, Dine, and Shine on March 8 - Tickets Now Available Today in the Gallery

Tickets for the Sing Along Broadway event are on sale in the gallery after church today. This annual event is an opportunity to join UUSF members and friends in an evening of dining, fellowship, and song, led by Music Director Mark Sumner. Lift your voice in song with others, or offer a solo if you have a favorite Broadway tune you usually only sing in the shower!

### Young Adult Lunch Outing - Sunday, February 16, 12:30 PM

Join us on the third Sunday of each month to enjoy lunch with fellow UUSF young adults! For our next outing, after worship at UUSF, we will gather and walk to a nearby cafe (location TBD). This is a wonderful way to meet new folks and spend time with firm friends. We are open to all who are 18–39, whether you are new to our community or a long-time member. We hope to see you there! Email Membership and Young Adult Manager Emma Wakeling with any questions: [ewakeling@uusf.org](mailto:ewakeling@uusf.org).

## UPCOMING HAPPENINGS

### Minister's Book Group *Stress Less, Accomplish More* by Emily Fletcher

Wednesday, February 19, 6:30-8:00 pm (Zoom) Led by Rev. Vanessa Rush Southern

I think I have never picked a self-help book for this group, but this month I am picking one. It is an easy read, and you may notice the pattern of too many chapters telling you how everything in your life will change before the one chapter that tells you the very simple thing she is asking you to do for 15 minutes twice a day. AND, and, and I think we will all need anchoring practices that quiet our nervous system. I've been adding her formula for meditation (and even her voice in the recordings you can access) to my morning and afternoon practices, and it is helping, so let me toss this easy read into our invitations to read and discuss together. **More info and to register:** <https://uusf.org/are#mbg>

# UPCOMING HAPPENINGS

## **What Kind of Bird Can't Fly: A Memoir of Resilience and Resurrection with Dorsey Nunn**

**Sunday Forum, February 23, 9:30 am, TSK Room and on Zoom.** A light breakfast will be available beginning at 9:00 a.m.

This talk will address the ongoing struggle for the civil and human rights of incarcerated and formerly incarcerated individuals, highlighting their inalienable nature. Given the current political climate, this conversation is vital. Dorsey Nunn, who was sentenced to life in prison at a young age, has spent over fifty years advocating for these rights. Recently retired as Executive Director of Legal Services for Prisoners with Children, he co-founded All of Us or None, a grassroots movement focused on improving access to housing, employment, and voting rights for those affected by incarceration. His memoir, "What Kind of Bird Can't Fly," will be released in April 2024. More info at <https://www.uusf.org/forum>

## **UUSF Day of Mindfulness - Saturday, March 1st, 10am-4pm**

Join us for the UUSF Day of Mindfulness on Saturday, March 1st, from 10am to 4pm, as we explore practices rooted in the Plum Village tradition of Thich Nhat Hanh. In a time filled with ecological, political, and economic stressors, this event offers a chance to recharge through guided meditation, mindful movements, and group sharing. Participants are encouraged to bring their own lunch and will benefit from a brief dharma talk and deep relaxation sessions. A suggested donation of \$30 is requested and all proceeds will benefit UUSF, and no one will be turned away due to financial constraints. So that the organizers can plan accordingly for the number of attendees, we are asking people to register in advance <https://uusf.org/are#day-of-mindfulness> For inquiries, contact Kat Liu at [shaktinah@gmail.com](mailto:shaktinah@gmail.com).

## **New to this community? New to Unitarian Universalism? - Sunday, March 2, 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. Free childcare is available to attendees who need it. We look forward to meeting you!

# 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 6:00 PM - 8:00 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 6:00 p.m. to 8:00 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)

## **Color Your Calm: Unleash Creativity with Mandala Magic!**

We invite you to use the provided drawing of a mandala to unleash your creativity and enjoy the calming experience of coloring. Mandalas, known for their geometric configurations of symbols, serve as powerful tools in various spiritual traditions, helping practitioners focus their attention, establish sacred spaces, and enhance meditation.

