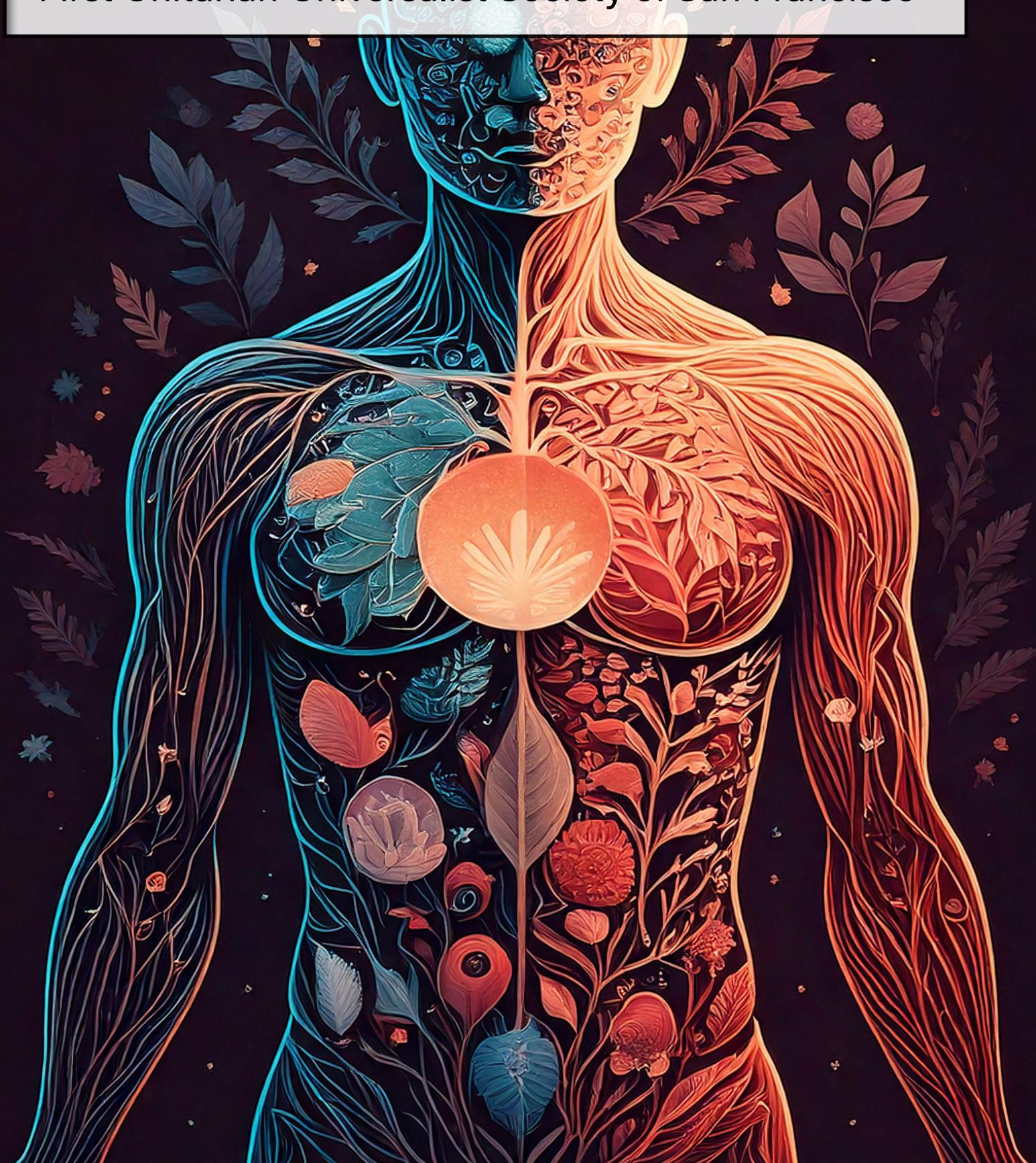


# "Trust the Body"

Sunday, March 16, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco





Time for All Ages

Oriana Jooss Moren

\*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

*Children/youth exit to classes during doxology.*

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.

Stewardship Moment

Lila Bailey

Offering

This morning's offering will benefit the work of PERIOD., a 501(c)(3) non-profit organization that, largely led by youth, strives to eradicate period poverty and stigma around menstruation through advocacy, education, and service. Learn more about them on [page 4](#). 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, **03-16-25**.



Offertory Music *Ave verum corpus*

Wolfgang A. Mozart

UUSF Choir; Mark Sumner, director; Reiko Oda Lane, organist

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**

“When I breathe in, I breathe in peace  
When I breathe out, I breathe out love.” (4x)

Reading/Reflection

Gregory Stevens, Worship Associate

Music *Trust the Seeds*

Elizabeth Alexander

UUSF Choir; Mark Sumner, director

Sermon "Trust the Body"

Rev. Vanessa Rush Southern

\*Hymn No. 313

*O What a Piece of Work Are We*

DOVE OF PEACE

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

Invitations

Linda Enger, Trustee

\*Benediction & Extinguishing of the Chalice

Postlude *Ciacona in D minor*

Johann Pachelbel  
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  
Gregory Stevens, Worship Associate  
Linda Enger, Trustee  
Kathleen Quenneville, Stewardship Reflection  
Lila Bailey, Stewardship Reflection  
Oriana Jooss Moren, Worship Associate

## Sunday Support

Eric Shackelford; Shulee Ong; Eli Boshears,  
Camera Operators

Jonathan Silk, Director of Communications  
Kelvin Jones, Matias Pineda Salazar,  
Francisco Castellanos, Sextons  
Carrie Steere-Salazar, Flowers  
Linda Messner, Head Usher

## Musicians

Reiko Oda Lane, organist  
UUSF Bell Choir  
UUSF Choir  
Mark Sumner, Music Director  
Wm. García Ganz, pianist

This morning's offering will benefit the work of *PERIOD.*, a 501(c)(3) non-profit organization that, largely led by youth, strives to eradicate period poverty and stigma around menstruation through advocacy, education, and service.

**Advocacy.** Menstrual health is a matter of human rights. People who menstruate deserve affordable and accessible menstrual products, untaxed and available in public places like schools, shelters, and prisons.

**Education.** Menstrual equity combats both period poverty and stigma. *PERIOD.* empowers local activists with grassroots training and education.

**Service.** From period packs to pallets of products, *PERIOD.* distributes period products to communities in need. Free of charge, always.

**Oriana Jooss Moren** is currently a 9th grader at George Washington High School in San Francisco and a member of UUSF. She will talk briefly during the service about the work of *PERIOD.* and her own passion to fight period poverty and stigma. She will also be available to talk about the work of *PERIOD.* after the service. To learn more, please visit [www.period.org](http://www.period.org).

## Our Journey to Safe Harbor

First Unitarian Universalist Society of San Francisco | Annual Pledge Drive 2025-2026



### UUSF Annual Operating Fund Pledge Drive for 2025-26

It's Pledge Season! All March is the UUSF Annual Operating Fund Pledge Drive for 2025-26. Members, friends, and visitors alike make financial commitments to our community, enabling our ministry to flourish.

Learn more about the drive at the Pledge Table in the gallery, after worship.

To make your pledge go to <https://www.uusf.org/pledge>



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

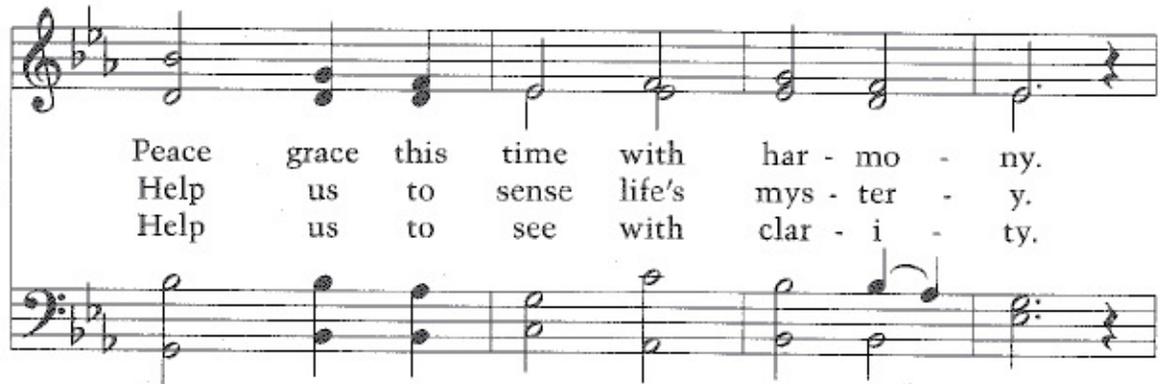


## Winds Be Still

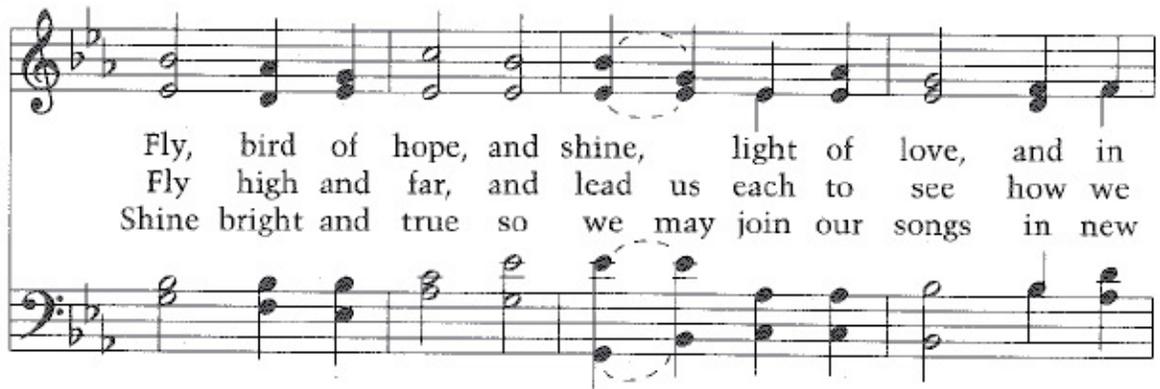
$\text{♩} = 56$



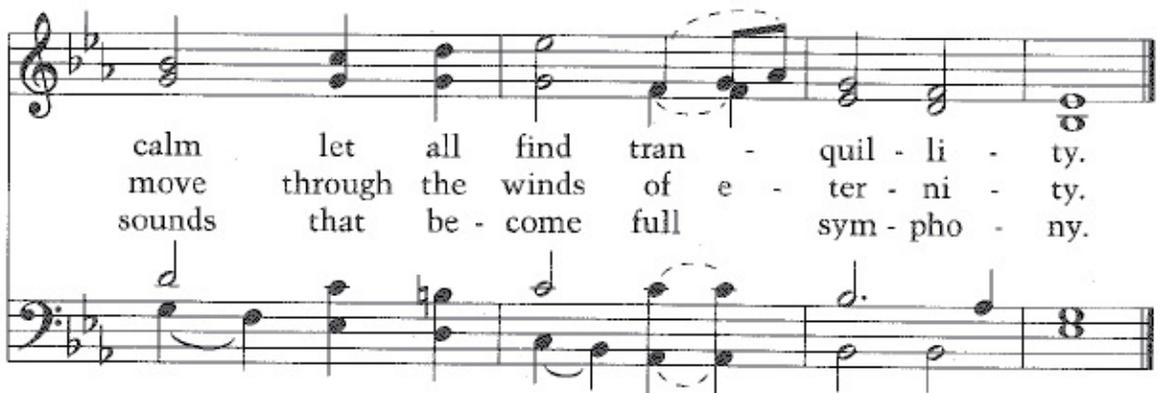
1. Winds be still. Storm clouds pass and si-lence come.  
 2. Bird fly high. Lift our gaze toward dis-tant view.  
 3. Light shine in. Lu - mi - nate our in-ward view.



Peace grace this time with har - mo - ny.  
 Help us to sense life's mys - ter - y.  
 Help us to see with clar - i - ty.



Fly, bird of hope, and shine, light of love, and in  
 Fly high and far, and lead us each to see how we  
 Shine bright and true so we may join our songs in new



calm let all find tran - quil - li - ty.  
 move through the winds of e - ter - ni - ty.  
 sounds that be - come full sym - pho - ny.

# O What a Piece of Work Are We 313

$\text{♩} = 58$  *Unison*

1. O what a piece of work are we, how  
 2. Why need to look for mir - a - cles out -  
 3. But give us room to move and grow, but

mar - vel - ous - ly wrought; the quick con - triv - ance  
 side of na - ture's law? Hu - man - i - ty we  
 give our spir - it play, and we can make a

of the hand, the won - der of our  
 won - der at with ev - ery breath we  
 world of light out of the com - mon

thought, the won - der of our thought.  
 draw, with ev - ery breath we draw!  
 clay, out of the com - mon clay.

Words: Malvina Reynolds, 1900-1978, © 1958 Schroder Music;  
 renewed 1986 N. Schimmel

Music: *The Southern Harmony*, 1835, harmony by Charles H. Webb, 1933- ,  
 © 1989 The United Methodist Publishing House

DOVE OF PEACE  
 8.6.8.6.6.

HUMANITY: WOMEN AND MEN

# Events, Meetings & Volunteer Opportunities ([www.uusf.org/news](http://www.uusf.org/news))

## TODAY!

### **An Inconvenient Reality: Reflections on the Civil Rights Movement, and America's History of Racism with Jeff Pekrul. Sunday Forum, March 16, 9:30 am, TSK Room and on Zoom.**

A light breakfast will be available beginning at 9:00 a.m. - More info at <https://www.uusf.org/forum>

Jeff Pekrul participated in a Civil Rights group tour in February 2025, which deepened his understanding of our country's history through meetings with key figures from significant events. Jeff feels privileged to share his experiences and insights from this trip. Jeff Pekrul is co-chair of the Human Rights Working Group and chair of the Forum.

### **Unlock Your Tech Skills: Join Our Training on March 16 in the TSK Room at 12:30 pm**

Join us for a tech training on March 16 at 12:30pm in the TSK room. Open to all in the UUSF community, it covers Zoom, Google Drive, UUSF AV carts, and basic sound troubleshooting. Hosted by Alicia Cover and Gino Fortunato. No RSVP needed.

### **Young Adults Lunch Outing - Sunday, March 16 12:30 pm, Meet in the Gallery**

Join UUSF young adults for a lunch outing on Sunday, March 16 at 12:30 PM after worship, as we walk to a nearby cafe. All individuals aged 18-39 are welcome, and no registration is required.

### **Celebrate Community and Economic Justice with Nuevo Sol - Sunday, March 16 12:30 pm, Fireside Room**

Join Nuevo Sol on March 16 at 12:30pm in the Fireside Room for an afternoon of music, food, and conversation about their economic justice project. Learn how to get involved with this important immigrant worker organization in San Francisco.

### **UUSF Environmental Justice - Sunday, March 16 12:30 pm, Fahs Room**

Join the UUSF Environmental Justice Working Group for monthly meetings on the third Sunday of each month at 12:30 pm in the Fahs Room, starting March 16th. Everyone is welcome to share ideas and volunteer for projects, and don't forget to check out the new bulletin board in the gallery.

### **Craft the Theme - Sunday, March 16 1:00 pm, Art Room**

Join Debbie Wu on Sunday, March 16 at 1:00 pm in the Art Room for a crafting session centered around the theme of Trust. Be sure to register in advance to ensure adequate supplies for the activity. (<https://t.ly/craftathemeuusf>)

## UPCOMING HAPPENINGS

### **UU Global Partnerships - Saturday, March 22, 12:00 pm to 2:30 pm, Fireside Room**

Bring a dish or snack and join the recently established Regional UU Global Partnership Council for Pacific Central District (PCD). We intend to get together quarterly to assist both current and future overseas UU Partnerships. See what we could do together with Love at the Center. Rev. Kevin Alan Mann will help to promote this initiative. Questions? Email [revkev@uuoakland.org](mailto:revkev@uuoakland.org)

### **Exploring New Horizons: The 1187 Task Force's Vision for UUSF Center - Sunday, March 23, TSK Room/Zoom**

Join us for a meeting on March 23 at 12:30 pm in the TSK Room and on Zoom to discuss the findings and recommendations of the 1187 Task Force regarding the future of the UUSF Center. We will cover potential uses for the space, including insights on affordable housing and other community-focused initiatives. Everyone is welcome to participate and share their ideas! Zoom Link: <https://t.ly/taskforceuusf>

### **Celebrate UUSF's commitment to reproductive rights with a new banner! - Sunday, April 6, 12:25 pm**

Join us as we celebrate UUSF's commitment to reproductive rights at the Sanctuary North Wall at 12:25 pm, followed by an event in the TSK Room at 12:45 pm. Everyone is welcome to participate and learn how being "ALL IN" for reproductive rights impacts us all—join us in person or via Zoom! Link to Zoom: <https://t.ly/WRGEvent>

### **Feast for Freedom: A Potluck Celebration of Liberation and Tradition! Friday, April 18, 6:30 pm, TSK Room**

Join us for a Passover Seder on Friday, April 18 at 6:30 pm in the TSK Room, featuring a potluck dinner and discussions on freedom and liberation. We will provide chicken, wine, and traditional foods, and encourage volunteers to help with set-up and clean-up, with a suggested donation of \$10-20. Sign-up after church in the gallery or go to <https://t.ly/passover-uusf>

## SOUL MATTERS IN MARCH: TRUST

In her poem "Trust the People," adrienne maree brown emphasizes the importance of trust in building connections and fostering community. She encourages us to trust those who feel like home, allow us to rest, and inspire us with their capabilities. Trust deepens through shared experiences, even in the face of breaches, and is essential for personal growth and emotional expression. This month, the theme "The Practice of Trust" invites us to engage in various activities that explore trust, including discussions, worship services, and creative expression. By leaning into trust, we can overcome fear and anxiety, enriching our lives and relationships. Participants are encouraged to reflect on their own experiences with trust and find ways to engage with the theme both individually and collectively.

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

## Something Constant Drawing Near by Robert Lavett Smith

March is a mentor we must learn to trust—  
The greening threshold of the ancient year  
When soil revives and skies abruptly clear,  
Seeds struggle into sunlight, as they must.  
We feel within ourselves that upward thrust,  
That sense of something constant drawing near,  
Something whose steadiness allays our fear,  
Its gifts ubiquitous but not discussed.  
How confidently spring makes promises  
The Steller's jays seem certain it will keep;  
This season means exactly what it says.  
Our eyes turn skyward yet our roots go deep;  
What lies ahead is anybody's guess,  
But, for the moment, we are done with sleep.

## The Serviceberry: Abundance and Reciprocity in the Natural World by Robin Wall Kimmerer

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

In this month when we kick off our annual giving pledge drive and talk and think more about generosity, wealth, and how the world of resources comes to us and what it does to and for us, how it is a blessing and an invitation, and how we even pervert our understanding of resources, wealth, and our own well-being, we have Robin Wall Kimmerer and the noble serviceberry to reground us. Her newest book is small; the themes are familiar to those who have read Braiding Sweetgrass, and it is medicine for the soul. **More info and to register:** <https://uusf.org/are#mbg>

## 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>



**"Leaning In"**

**Sunday, March 9, 10:50 am, 2025**



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