

"Minds Wide Open"

Sunday, May 18, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco

Order of Service
Sunday May 18, 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.

Prelude *Now Thank We All Our God*
 Simple Gifts
 Imagine

Johann Crüger, arr. Jan Sanborn
Traditional Shaker Melody, arr. Cindy Berry
John Lennon
Nancy Munn, soprano and pianist

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.

Greeting One Another

*Hymn 298

Wake, Now, My Senses

SLANE

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

Time for All Ages “Slowly, Slowly, Slowly,” said the Sloth by Eric Carle

*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

Gregory Stevens, Worship Associate

Offering

Rev. Vanessa Rush Southern

Today's offering goes to the **Fine Arts Museums of San Francisco (De Young and Legion of Honor) and the Equity School Partnership Project** (<https://t.ly/Partnership-Project>). The partnership is about building bridges to Bay Area classrooms, artists, and communities. [Learn more by turning to page 5.](#) 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, **05-18-25**.



Offertory Music *I Have a Dream*

Benny Andersson and Bjorn Ulvaeus

Nancy Munn, soprano and 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

Music *The Rainbow Connection*

Paul Williams and Kenneth L. Ascher

Nancy Munn, soprano and pianist

Sermon "Minds Wide Open"

Rev. Vanessa Rush Southern

*Hymn 1024

When the Spirit Says Do

African-American Spiritual

[\(CLICK HERE OR TURN TO PAGES 8 - 10 TO VIEW HYMN\)](#)

Brief Invitations

Galen Workman, Moderator, Board of Trustees

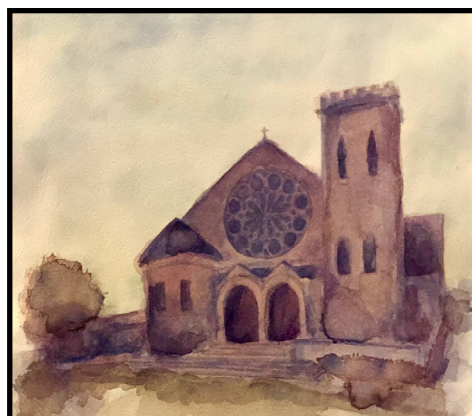
*Benediction & Extinguishing of the Chalice

Postlude *Over the Rainbow*

Harold Arlen, arr. Welder Dias

Nancy Munn, soprano and pianist

*Please rise in body or spirit.





PARTICIPANTS

Worship Leaders

Rev. Vanessa Rush Southern, Senior Minister
Gregory Stevens, Worship Associate
Galen Workman, Moderator, Board of Trustees

Sunday Support

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

Musicians

Nancy Munn, soprano and pianist

Fine Arts Museums of San Francisco (De Young and Legion of Honor) and the Equity School Partnership Project

The partnership is about building bridges to Bay Area classrooms, artists, and communities. The project done in partnership with the San Francisco Unified School District provides support for in-classroom instruction, art supplies, and transportation for students who do not typically visit the de Young or Legion of Honor, as well as for museum partnerships with community-based organizations serving students who are Black, Indigenous, or people of color. Learn more at <https://t.ly/Partnership-Project>

Offertory Update

Last week we took the offering for Planned Parenthood of Greater Texas. We raised a total of \$687.00.

Budget Vote Meeting Today!

Sunday, May 18, 12:30 pm, TSK Room/Zoom

The UUSF congregation votes each year to approve the upcoming year's budget. The proposed FY26 Budget was approved by the Board of Trustees on April 15th, read more about it at <https://t.ly/budget-uusf>.

Zoom Link: <https://t.ly/UUSFBudgetMtg25>

$\text{♩} = 108$ *Unison*

1. Wake, now, my sens-es, and hear the earth call;
 2. Wake, now, my rea-son, reach out to the new;
 3. Wake, now, com-pas-sion, give heed to the cry;

feel the deep pow-er of be-ing in all;
 join with each pil-grim who quests for the true;
 voic-es of suf-fer-ing fill the wide sky;

keep, with the web of cre-a-tion your vow,
 hon-or the beau-ty and wis-dom of time;
 take as your neigh-bor both strang-er and friend,

giv-ing, re-ceiv-ing as love shows us how.
 suf-fer thy lim-it, and praise the sub-lime.
 pray-ing and striv-ing their hard-ship to end.

⊕ Words: Thomas J. S. Mikelson, 1936-
 Music: Traditional Irish melody, harmony by Carlton R. Young, 1926- ,
 renewal © 1992 Abingdon Press

SLANE
 10.10.10.10.

4. Wake, now, my conscience,
with justice thy guide;
join with all people
whose rights are denied;
take not for granted
a privileged place;
God's love embraces
the whole human race.

5. Wake, now, my vision
of ministry clear;
brighten my pathway
with radiance here;
mingle my calling
with all who will share;
work toward a planet
transformed by our care.



1024 When the Spirit Says Do

♩ = 96

Chords: Dm Dm/C B \flat 7 Gm/A

Chords: Dm Dm/C B \flat 6 A7(b9) C/E F F \sharp o7

Chords: G7 A7 A7 Dm Dm/F Gm6 Gm6/B \flat

simile

*Note: Replace "do" with other words: sing, dance, laugh, shout, etc.
Return to "do" for last time.

Words & music: African-American spiritual, civil rights period,
© arr. Mark Freundt, 1966 -

When the Spirit Says Do - 2

A7(♯9) Dm Dm/C B♭M7 A7(♯9) Gm/A

do, — oh Lord! You got to do when the spir - it says

Dm Dm/C B♭7 A7 Dm *p* Dm/C B♭7 A7

do! Spir - it says do!

Dm Dm/C B♭7 A7 Dm *mp* Dm/C B♭7 A7(♭9)

Spir - it says do! Spir - it says do! —

When the Spirit Says Do - 3

Dm Dm/C B \flat 7 A7(b9) Dm *mf* Dm/C B \flat 9 A7(#9)

Spir - it says do! — Spir - it says do! —

mf

Dm *f* Dm/C B \flat 9

Spir - it says do! You got to

f

Verses
A7(b9)

Last time
A7(b9)

do! Spir - it says do!

Dm6

TODAY!

No Children/Youth Classes or Childcare

Due to Bay to Breakers and the All Church Retreat, there will be no children/youth religious education classes or childcare for PreK/Nursery on Sundays May 18, and May 25. Children and Youth are welcome to join their parents/guardians in the 11:00 am worship service on those days.

The Path to True Empowerment with Mwangi Mukami - Forum, May 18, 9:30 am, TSK/Zoom

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

Mwangi Mukami will present "Nothing About Us Without Us: The Path to True Empowerment" on Sunday, May 18, at 9:30 am, with a light breakfast available at 9:00 am. He advocates for the genuine involvement of marginalized communities in social change, emphasizing that true empowerment comes from trusting their leadership. As the founder of the MLIFE Foundation, Mwangi focuses on empowering these communities through education and leadership development.

Young Adults Lunch - Sunday, May 18, 12:30 pm, Chapel

Join us for the Young Adults Lunch on Sunday, May 18, at 12:30 pm in the Chapel, where we will order food for delivery to accommodate our growing group. This month, lunch is complimentary from UUSF as a thank you for our community's growth. No registration is needed; just drop in and enjoy!

UPCOMING HAPPENINGS

Sign up for the All Church Retreat in the Redwoods - May 24 to 26

The All Church Retreat will take place from May 24-26 at the CYO Retreat Center in Sonoma County, featuring activities such as campfire songs, workshops, and games, along with comfortable accommodations and recreational facilities. Registration is closed but contact Alicia Cover at acover@uusf.org if you have any questions.

Join the 20s & 30s Spiritual Discussion Group- Sunday, May 27, 7:00 pm to 8:00 pm, Zoom

Join the 20s & 30s Spiritual Discussion Group on Zoom for a session focused on 'The Practice of Imagination' on Tuesday, May 27, from 7:00-8:30 pm. Open to all aged 18-39, these discussions encourage spiritual reflection and connection through various artistic and literary sources. Register to receive a reminder at <https://t.ly/May-Discussion> and Zoom link, and contact Emma Wakeling at ewakeling@uusf.org for any questions.

New to this community? New to Unitarian Universalism? - Sunday, June 1, 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.

UUSF Environmental Justice - Sunday, June 15, 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. Everyone is welcome to share ideas and volunteer for projects, and don't forget to check out the new bulletin board in the gallery.

Episode 2 of Pod and Country is Now Available!

Check it out by going to <https://podandcountry.podbean.com/>

In this episode of Pod and Country, an audio magazine focused on spiritual themes, hosts Rev. Vanessa Rush Southern and Rev. John Buehrens continue their discussion on the Unitarian response to tyranny and oppression, delving into its historical context and contemporary implications. The episode also features comedic sketches, a song by singer/songwriter Baxter Robertson, and an interview with Rev. Laura Shennum, the UUSF Minister of Congregational Life and former Minister of the Cascade Unitarian Universalist Fellowship in Wenatchee, WA.



SOUL MATTERS - Imagination (uusf.org/soulmatters)

Practicing imagination involves actively engaging our creative thoughts to envision possibilities beyond our current reality. We often use our imaginations unconsciously, contemplating our daily lives, others' perceptions, or future experiences. In today's world, harnessing our collective imagination is crucial for fostering love and combating hate. Adrienne Rich emphasizes that a radical imagination is essential for transcending mere survival and recognizing our true potential. Walter Brueggemann highlights the importance of prophetic ministry in nurturing alternative perceptions to challenge dominant cultural narratives, as totalitarian regimes fear the power of imagination. This month, we invite you to embrace the practice of imagination and explore our role in reimagining a better world. Learn more by going to uusf.org/soulmatters

May Minister's Book Group

Authentic Selves: Celebrating Trans and Nonbinary People and Their Families by Peggy Gillespie

Wednesday, May 21, 6:30-8:00 pm (Zoom) - Led by Rev. Vanessa Rush Southern

The UUA Common Read for 2025 is "Authentic Selves," which focuses on the joyful and rich lives of trans and nonbinary individuals and their families, rather than solely on their struggles for legal rights. This compilation includes life stories, photos, and reflections that highlight the power and beauty of living authentically. UU communities across the country will read this book together, fostering connection and understanding. More info and to register: <https://uusf.org/are#mbg>



ADULT SPIRITUAL GROWTH - (uusf.org/are)

Dive into Love: Join Our 'Love At The Center' Discussion Series! - July 9 to August 6

Join Rev. Laura Shennum for "Love At The Center," a discussion series running Wednesdays from July 9 to August 6, from 6:15 pm to 8:15 pm at the UUSF Courtyard. Participants will explore Unitarian Universalist theology through the book "Love At The Center," reading five essays each week. You can email Alicia Cover at acover@uusf.org to have the essays emailed to you. A casual gathering begins at 6:15 pm for dinner, with discussions starting at 6:30 pm; the course is currently in-person only, but an online option may be available based on interest. For questions or to register, contact Rev. Laura Shennum at lsennum@uusf.org or visit the provided registration link at <https://t.ly/loveatthecenter> or scan the QR code.



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)

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>)

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>

"Holding Open Possibilities for Each Other"
Sunday, May 11, 10:50 am, 2025



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