



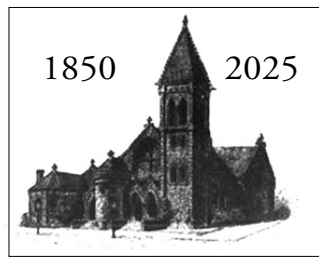
...cal bari...
...emiyorsun.
...rd, hırsla motörü
...vet sarfediyorsun...

...da arabayı, Mellors tek
...in geri geldiğini anlatmak

"Lists of Gratitude"

Sunday, November 9, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday November 9, 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/newcomersguideuusf>)

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 *Breezy Rider Rag*

Rami Bar-Niv
Rami Bar-Niv, pianist

Opening Words and Welcome

Rev. Laura Shennum, Minister of Congregational Life

Unison Chalice Lighting

Sam King, 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.

*Hymn 16

Tis A Gift to Be Simple

SIMPLE GIFTS

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

Greeting One Another

Music *BInvierno Porteño* (Winter in Buenos Aires)

Astor Piazzolla
Rami Bar-Niv, pianist

Time for All Ages “Thankful Dogs” by Rev Naomi King

Rev. Laura Shennum

*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

Sam King

Offering

Sydney Ragsdale-Cronin

This morning's offering will benefit the work of the **The Physicians Organizing Committee (POC)**. The Physicians Organizing Committee (POC) is an active, all-volunteer, non-profit organization of physicians and healthcare professionals dedicated to prioritizing medical necessity over restrictive corporate, insurance, or government policies. Established in San Francisco in 1982, the POC advocates for the ethical practice of medicine and improved patient care. Learn more at <https://physiciansorganizing.org/>. To make a donation on Vanco (bit.ly/uusfpayments), using the Donate Button on our website, or by scanning the QR code below, please select the line for Special Sunday Offerings. 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, 11-09-25.

DONATE



Offertory Music

Prelude No. 2

George Gershwin
Rami Bar-Niv, 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 to this loss.

In Music

Reading Excerpt from "Jewish Rituals" by Rabbis Kerry Olitzky and Daniel Judson

Music *Gib dich zufrieden und sei stille* (Chorale in G minor) Johann Sebastian Bach
Rami Bar-Niv, pianist

Sermon "Lists of Gratitude" Rev. Laura Shennum

*Hymn 1010 *We Give Thanks* Wendy Luella Perkins
([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 *Turkish March* Wolfgang Amadeus Mozart
Rami Bar-Niv, pianist

*Please rise in body or spirit.



Did you take home a UUSF 175th Anniversary commemorative mug?

All members who did not receive a mug or forgot to take one home after the celebration luncheon are welcome to stop by the table in the Gallery to pick up one to take home.

PARTICIPANTS

Worship Leaders

Rev. Laura Shennum, Minister of Congregational Life
Sam King, Worship Associate
Galen Workman, Moderator, Board of Trustees

Sunday Support

Eric Shackelford; Shulee Ong; Alicia Cover, Eli Boshears, Camera Operators
Jonathan Silk, Communications Director
Jose Matias Pineda; Francisco Castellanos, Sextons
Judy Payne, Flowers
Linda Messner, Head Usher

Musicians

Rami Bar-Niv, pianist
Mark Sumner, songleader
Wm. García Ganz, pianist

The Physicians Organizing Committee (POC)

The Physicians Organizing Committee (POC), established in San Francisco in 1982, is a volunteer-driven nonprofit organization of healthcare professionals focused on prioritizing medical necessity over restrictive corporate and government policies. The POC advocates for patients and physicians by providing legal advice and medical consultations to secure necessary treatments often denied by insurers. They challenge harmful policies like managed care, successfully campaign to save healthcare facilities, and offer training programs to empower physicians in advocacy. Additionally, the POC collaborates with various community groups to promote public health issues while maintaining independence from government funding. Their ongoing efforts aim to improve the healthcare system through collective action at both state and federal levels.

Learn more at <https://physiciansorganizing.org/>

About

Rami Bar-Niv is a highly acclaimed Israeli pianist known for his extensive international concert career. Born in Tel Aviv and a graduate of the Rubin Academy of Music and Mannes College of Music, he has won numerous awards, including the America-Israel Cultural Foundation Competition. Bar-Niv performs globally across various continents. He made history as the first Israeli artist to perform in Egypt after the Begin/Sadat Peace Treaty and has gained popularity through his recordings, which have received critical acclaim from major publications like The New York Times and The Boston Globe.

Offertory Update

On November 2, we collected \$800 for the Interfaith Movement for Human Integrity. Additionally, last Sunday, during the coffee hour, our children and youth raised \$223.28 for UNICEF through their trick-or-treating efforts.

16 'Tis a Gift to Be Simple

♩ = 104 Unison

'Tis a gift to be sim - ple, 'tis a gift to be free, 'tis a

gift to come down where we ought to be, and

when we find our-selves in the place just right, 'twill be in the val-ley of

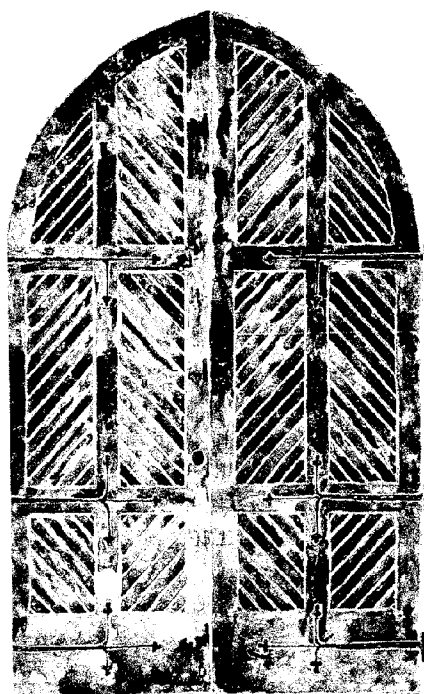
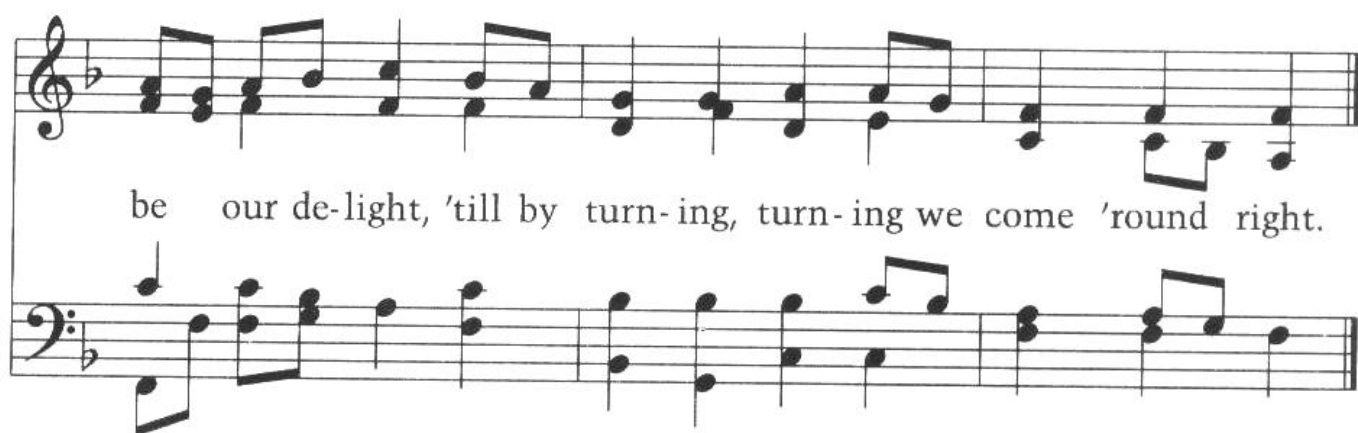
love and de-light. When true sim-plic-i-ty is gained, to

bow and to bend we shan't be a-shamed. To turn, turn will

Words: Joseph Bracket, 18th cent.
Music: American Shaker tune

SIMPLE GIFTS
Irregular with refrain

THE CELEBRATION OF LIFE



1010

We Give Thanks

Easy flow ♩ = 60

A9 sus4 D Em7

(Melody) Oh, we give thanks for this pre - cious

(Harmony) Oh, we give thanks for this pre - cious

D/F# Em7 D

day, For all gath - er'd here,

day, For all gath - er'd, all gath - er'd

⊕ Words & music: Wendy Luella Perkins, 1966 - , © 2004 Wendy Luella Perkins,
 ⊕ arr. Susan Peck, 1960 -

We Give Thanks - 2

F#m G D A/C#

and those far a - way; For this time we
(food)

here, far a - way; For this time we
(food)

Bm F#m/A G

share with love and care,

share with love and care,

We Give Thanks - 3

D/F# Em7 A9 sus4

Oh, we give thanks for this pre-cious

Oh, we give thanks for this pre-cious

D 1 A9 sus4 2

day. Oh, we give

day. Oh, we give

rit.

Events, Meetings & Volunteer Opportunities (www.uusf.org/news)

TODAY

Sunday Forum: Saikat Chakrabarti's Vision for Change. Join Saikat Chakrabarti on November 9 at 9:30 am **in the TSK Room or on Zoom** as he discusses his congressional insights and grassroots strategies for overcoming political challenges. Aiming to inspire new voters and promote community unity, Chakrabarti advocates for a government that prioritizes ordinary people and transformative policies. Learn more at <https://www.uusf.org/forum>

The UUSF King's Gallery will unveil the "A Year of Neckties" exhibit **today at 12:15 pm**, honoring the vibrant spirit of Ken Keep through the artistic creations of textile artist Sue Fox. This exhibit draws inspiration from Keep's impressive collection of over 2,400 neckties, with sale proceeds benefiting the Keep Kindness fund. Ken Keep was a charismatic individual whose life journey included Navy service and a strong connection to the Unitarian community, where he became a beloved figure known for his warmth and encouragement. Ken passed away in 2021. On **November 22nd**, Sue Fox will serve as the Artist in Residence, demonstrating quilting techniques from 10 am to 4 pm in the King Rooms, sharing her process of creating necktie quilts and stories about working with Ken's collection.

Plan to visit the card ministry table after **the service today** to express joy, concern, and gratitude for our beloved community.

Today at 1:30 pm in the Sanctuary the Bernal Hill Players as part of the **Starr King Way Performance Series (SKWPS)** will present "Melodies of the Americas," a chamber music concert featuring flute, clarinet, and piano works by composers such as Miguel del Águila and Astor Piazzolla. Known for their engaging performances, the ensemble will showcase contemporary chamber music infused with folk elements and discuss the pieces during the concert. Learn more at <https://www.uusf.org/skwps>

The Golden Gate Symphony Orchestra & Chorus will present "Bridging Borders" on **Sunday, November 9 at 5:00 pm** in the Sanctuary, featuring Filipino music, Argentina's Misa Criolla, and a world premiere by composer Benjamin Gribble. The concert, part of the The Golden Gate Symphony Orchestra & Chorus "Beyond Border Walls" series, aims to celebrate cultural exchange through music.

UPCOMING EVENTS

Join the UUSF Board Meeting on the **2nd Tuesday of the month from 6:30 pm to 8:00 pm**, either in person in the Fireside Room or via Zoom. Members can share their thoughts or concerns at the beginning of the meeting; for Zoom access, email the Secretary of the Board at secretary@uusf.org.

The 20s & 30s Spiritual Discussion Group is hosting sessions on **November 11 and 25 from 7:00-8:30 PM** on Zoom, focusing on the theme 'Cultivating Compassion.' Open to individuals aged 18-39, these discussions will incorporate various sources to enhance spiritual reflection and connection among participants. Register at <https://t.ly/HVeSk>

The Elder Wisdom Group meets on the second **Wednesday of each month from 12pm to 2pm**, with the next meeting scheduled for November 12, where senior citizens can discuss important topics over a light lunch.

Sunday Forum with Tim Redmond: Where Does San Francisco Stand? - Join us on **Sunday, November 16 at 9:30 am** for a discussion with Tim Redmond on the impact of recent election results on San Francisco's housing crisis and law enforcement. Gain insights from Redmond's extensive experience in local journalism and learn how citizens can contribute to shaping the future of our city.

Join us on **December 7th** for the Festivals of Lights at UUSF's Holiday Faire, celebrating various cultural and religious traditions that honor light during the darkening of the year. For those interested in volunteering or vending, please visit our table after the service or contact [Cheryl at cdd.mft@gmail.com](mailto:Cheryl@cdd.mft@gmail.com) and attend our Committee Meeting on **Sunday, November 16**. Additionally, support the Up On Top cookie sale at the event, which funds gifts and a party for children. Donations of reusable plastic takeout containers can be made at the card ministry table. Contact Luanne Schulte at Luanne215@yahoo.com if you want to bake or package cookies.

UPCOMING EVENTS

Join us on **Sunday, November 16 from 12:30-2:00 pm** in the TSK Room for a reading and celebration of Kathleen McClung's new poetry collection, "Climbing the Fire Escape, Flipping the Raft," featuring a dialogue with Rev. Vanessa Rush Southern. The event will include book sales and signing, with copies available for purchase in advance.

Join the UUSF young adults for a potluck lunch on **Sunday, November 16, at 12:30 pm in the Chapel**. Bring a dish to share, and if it needs refrigeration, ask for assistance to store it in the kitchen fridge.

Join a book discussion on "Social Change Now: A Guide for Reflection and Connection" by Deepa Iyer, facilitated by Mark Caswell, on **Sunday, November 16 and 23 at 12:30 pm**. Participants will delve into Iyer's Ecosystem model and its relevance to Unitarian Universalist values and social change efforts within the community. Register at <https://t.ly/flUtI>

The November Minister's Book Group led by Rev. Southern will discuss "Better Living Through Birding: Notes from a Black Man in the Natural World" by Christian Cooper on **Wednesday, November 19 from 6:30-8 PM via Zoom**. In his memoir, Cooper shares his experiences as a Black man in the natural world, detailing his passion for birding and how it has positively influenced his life. Learn more at <https://www.uusf.org/are>

Volunteer with the UUSF Food Pantry on **Saturday, November 22, from 8:15 am to 11:15 am** at Old First Presbyterian Church to support families in need. Parking vouchers are available, and families with children aged 5 and older are encouraged to join; sign up at <https://www.uusf.org/foodpantry>.

The New UU class, "Welcome Home," will be held on **Sunday, November 23, at 1 PM in the Fireside Room**, providing an interactive introduction to Unitarian Universalism and the UUSF community. Led by Rev. Vanessa Rush Southern and Emma Wakeling, the class is open to everyone, regardless of interest in membership. Register at <https://uusf.org/membership#newuu>

Join Lavender Phoenix on **November 30** for a Sunday Forum (www.uusf.org/forum) discussing the urgent need for San Francisco to prioritize funding for essential services over policing, as the city faces a significant budget deficit. The event will highlight the impact of proposed budget cuts on vital community resources and advocate for redirecting funds to support healing and care initiatives.

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.

CHILDREN/YOUTH: All ages are welcome in the Sanctuary for service. Children/youth and their parents/guardians are invited to sit together in the first few rows of pews. Most Sundays, we also offer a variety of age-specific programming; turn to the back of the Order of Service for today's offerings.

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. To read our new dog policy (as of July 2025), visit <https://bit.ly/uudogpolicy>.

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!

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/newcomersguideuusf>)

A Gratitude List

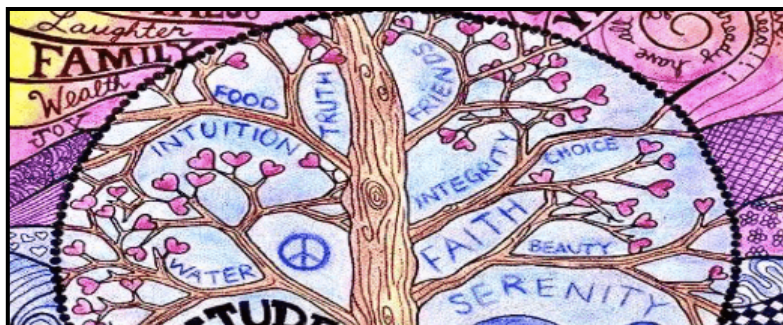
Gratitude At The Present Moment

Gratitude From The Past

Gratitude For The Future

November: Nurturing Gratitude uusf.org/soulmatters

Grateful living involves recognizing the abundance and extraordinary aspects of our lives that can uplift us through challenges, as highlighted by Kristi Nelson in her book “Wake Up Grateful.” As we enter Autumn and the month of November, the theme of Nurturing Gratitude encourages us to shift our perspective amidst personal and global concerns. Practicing gratitude allows us to appreciate the beauty, resilience, and blessings in our lives, providing a grounding force that reminds us of what we cherish and that we are not alone in our struggles. This month, take time to notice new aspects of your surroundings, express gratitude to those who have supported you, and reflect on your journey. As Meister Eckhart wisely stated, a simple “thank you” can be a profound prayer, guiding us through this season.



Visio Divina: To engage in ancient practice of meditating on an image as a spiritual practice.

November's image is “The Gratitude Tree” by Matt Ross, who reflects on gratitude's importance and encourages others to appreciate their journeys.

Written instructions for Visio Divina can be found at <https://t.ly/visio-instructions>.

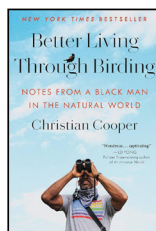
Watch this video recording and have us guide you through the process, go to <https://t.ly/202511VisioDivina>

Minister's Book Group

“Better Living Through Birding: Notes from a Black Man in the Natural World” by Christian Cooper

Wednesday, November 19, 6:30-8 PM (Zoom)

Led by Rev. Vanessa Rush Southern



Christian Cooper describes himself as a “Blerd” (Black nerd). He is also a creator of comic books professionally and an expert bird walker who discovered birding as a youth in Long Island and could be found most weekends and even early mornings during migration season in New York's Central Park engaged in his favorite hobby. His memoir talks about his growing up, how he came to bird, why he loves it, and how it has shaped his life in ways that are (mostly) delightful.

Register at <https://t.ly/202511MBG>

Poem of the Month

“Gratitude Walking” by Dr. David Breeden

I used to walk across
a wooden bridge arched
over a creek. The wide
planks were rotted, yet
still, it carried me. This
is what life does, I thought:
what words do,
what love does.
Even half-broken
the bridge was enough.
Even falling apart,
it gave itself. And so
I said thanks
to the bridge,
to the creek,
to the sky,
to my calloused feet
that keep moving.
Thank you, I said,
over and again
as the air trembled
its deep, ordinary music.

Soul Matters Spiritual Practices Small Group

Facilitated by Rev. Laura Shennum

Each month we will engage in a new spiritual practice related to the theme of the month. You will have an opportunity to engage in a spiritual practice on your own and then with the group.

This will be an in-person class and you will need to register to receive the spiritual practice packet. To view the themes and spiritual practices for each month go to <https://t.ly/w6r4A> To Register go to <https://t.ly/1TOB>

Website:

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

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.

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 Previous and Upcoming Services:

<https://bit.ly/UUSFServices>



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

Today's Sunday School Plans

<https://bit.ly/UUSFServices>

This Sunday (November 9):

- Preschool/Nursery will be in Classroom A from 10:45am to 12:15pm.
- Grades K-5 will start in the Sanctuary at 11am, exit during the Doxology, and then have class in Kincaid until 12:15pm.
- Grades 6-12 will not have class, and are instead encouraged to volunteer in the congregation or attend worship.donations in special boxes.