

"Sustaining Love in the Struggle"

Sunday, January 4, 2026 10:50 am

First Unitarian Universalist Society of San Francisco





Order of Service
Sunday January 4, 2026
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 Improv on Peace and Radiant Spirit of Lov

Christine Tulis
Christine Tulis, harpist

Opening Words and Welcome

Rev. Laura Shennum, Minister of Congregational Life

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 318

We Would Be One

FINLANDIA

[\(CLICK HERE OR TURN TO PAGES 6-8 TO VIEW HYMN\)](#)

*Unison Covenant

Rev. Laura Shennum

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.

Leadership Reflection

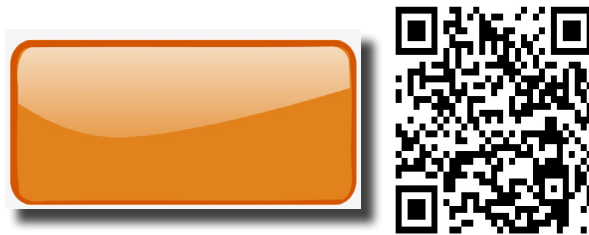
Hanna Hart

*Please rise in body or spirit.

Offering

Rev. Laura Shennum

Today's offertory will go to UURISE (Unitarian Universalist Refugee and Immigrant Services and Education). UURISE was founded in 2007. UURISE provides no-cost and low-cost legal and related services for immigrants and refugees. Our multidisciplinary team works collaboratively with our clients and partners to provide exceptional, inclusive, reliable service. For more information, visit <https://uurise.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, 01-04-26.



Offertory Music *Interior Castle* lyrics by St. Teresa of Avila, music by Christine TulisReiko
Christine Tulis, harpist

Meditation

Rev. Ranwa Hammamy

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

#123 Spirit of Life

Reading "Beyond Words" (#5) by Suheir Hammad

Rev. Laura Shennum

Music *O Pure, Deep Love*

lyrics by Rumi, music by Christine Tulis
Christine Tulis, harpist

Sermon "Sustaining Love in the Struggle"

Rev. Ranwa Hammamy

*Hymn 108

My Life Flows on in Endless Song

SINGING

[\(CLICK HERE OR TURN TO PAGES 9-10 TO VIEW HYMN\)](#)

Brief Invitations

Rev. Laura Shennum

Extinguishing of the Chalice

Benediction

Rev. Ranwa Hammamy

Postlude *The Circle*

lyrics by St. Teresa of Avila, music by Christine Tulis
Christine Tulis, harpist

*Please rise in body or spirit.

PARTICIPANTS

Worship Leaders

Rev. Ranwa Hammamy, Guest Minister

Rev. Laura Shennum, Minister of Congregational Life

Hanna Hart

Sunday Support

Eric Shackelford; Shulee Ong; Alicia Cover, Eli Boshears, Camera Operators

Jonathan Silk, Communications, Order of Service

Kelvin Jones; Jose Matias Pineda; Francisco Castellanos, Sextons

Athena Papadakos, Flowers

Linda Messner, Head Usher

Musicians

Ben Rudiak-Gould, Songleader

Wm. García Ganz, pianist

About

Rev. Ranwa Hammamy (they/them) serves as the Congregational Justice Organizer on the UUA's Side With Love Organizing Strategy Team. Based in Oakland, they also support local interfaith organizing around immigration and Palestinian liberation as part of their affiliated community ministry with the Mt. Diablo UU Church in Walnut Creek. When not organizing, Rev. Ranwa sings with the Oakland Interfaith Gospel Choir, bakes theologically punny treats for their "Shugaria Law" anti-Islamophobia baking ministry, and makes sprinkle-based potions with their spouse and the aforementioned two-year-old.

Christine Tulis is a talented harpist, singer, and award-winning composer dedicated to exploring the spiritual dimensions of music. Inspired by a profound experience with the Celtic harp in her early 20s, she invites listeners into deep stillness and connection with the Divine through her compositions. Drawing from various musical traditions and the poetry of Rumi, Christine has performed internationally, including at significant events like those at the United Nations and Chartres Cathedral. Her mission is to help others discover the love, peace, and stillness within their hearts, and more information about her work can be found at www.christinetulis.com.

We Would Be One

$\text{♩} = 69$

1. We would be one as now we join in sing-ing
2. We would be one in build-ing for to - mor - row

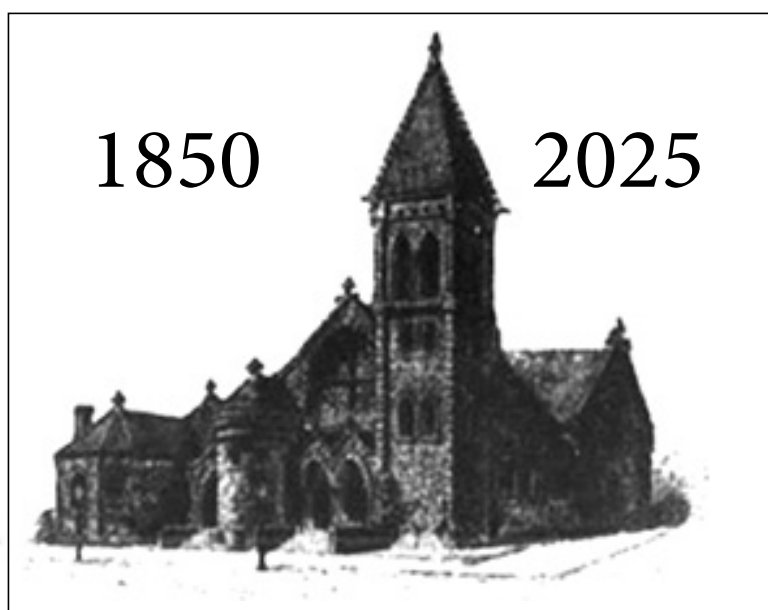
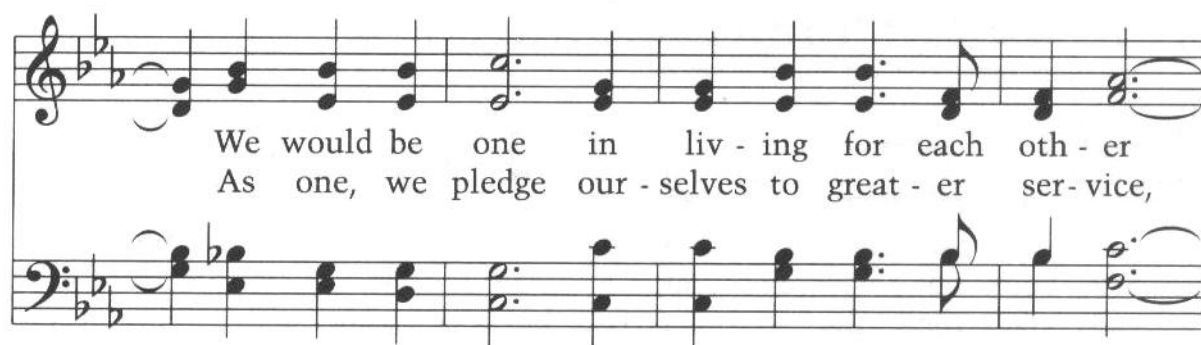
our hymn of love, to pledge our - selves a - new
a no - bler world than we have known to - day.

to that high cause of great - er un - der - stand-ing
We would be one in search-ing for that mean-ing

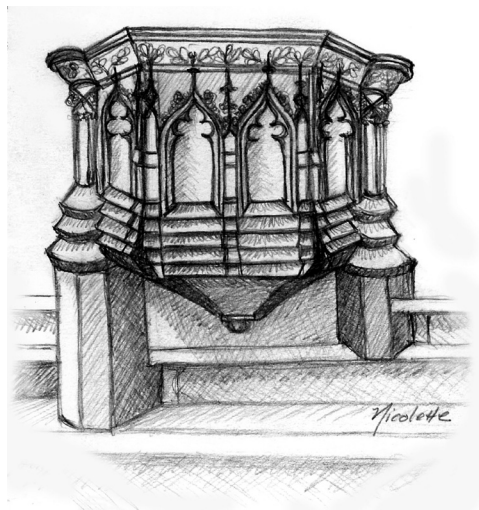
of who we are, and what in us is true.
which binds our hearts and points us on our way.

⊕ Words: Samuel Anthony Wright, 1919-
Music: Jean Sibelius, 1865-1957, arr. from *The Hymnal*, 1933,
© 1933, renewed 1961 Presbyterian Board of Christian Education

FINLANDIA
11.10.11.10.11.10.



We would be one in liv - ing for each oth - er
As one, we pledge our - selves to great - er ser - vice,
to show to all a new com - mu - ni - ty.
with love and jus - tice, strive to make us free.



My Life Flows On in Endless Song

$\text{♩} = 80$

1. My life flows on in end - less song a -
 2. What though the tem - pest 'round me roars, I
 3. When ty - rants trem - ble as they hear the

bove earth's la - men - ta - tion. I hear the real though
 know the truth, it liv - eth. What though the dark - ness
 bells of free - dom ring - ing, when friends re - joice both

far - off hymn that hails a new cre - a - tion. Through
 'round me close, songs in the night it giv - eth. No
 far and near, how can I keep from sing - ing! To

all the tu - mult and the strife I hear the mu - sic
 storm can shake my in - most calm while to that rock I'm
 pris - on cell and dun - geon vile our thoughts to them are

Words: Early Quaker song
 Music: American gospel tune

SINGING
 8.7.8.7.D. Iambic

COMMITMENT AND ACTION

ring - ing. It sounds an ech - o
 cling - ing. Since love pre - vails in
 wing - ing; when friends by shame are

in my soul. How can I keep from sing - ing!
 heav'n and earth, how can I keep from sing - ing!
 un - de - filed, how can I keep from sing - ing!

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

New to this community? New to Unitarian Universalism? - **Sunday, January 4, 12:30 pm in 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!

Join Betsy Darr for the "Simply Pray" class, running Tuesdays from **January 6-27, 7-8:30 pm in the Kincaid room.** This four-session course will explore the meanings of prayer for Unitarian Universalists and introduce various prayer practices to enhance your spiritual life. Participants will engage with questions about the purpose and audience of prayer, allowing for personal theological interpretations. The class is inspired by Eric Walker Wikstrom's book, "Simply Pray," with some copies available for borrowing. Space is limited to 10 participants, so please commit to attending all sessions. Register at <https://t.ly/Simply-Pray>.

Join us on **Sunday, January 11 at 9:30 am** in the TSK Room or on Zoom for a forum featuring District 2 Supervisor Stephen Sherrill. Enjoy a light breakfast starting at 9:00 am as Stephen discusses his initiatives to enhance public safety, support small businesses, and improve neighborhoods in San Francisco. This event will also include a Q&A session, providing an opportunity to engage directly with our district supervisor.

Join Rev. Laura Shennum on **Sunday, January 11, 2026, at 10:50 am** for a thought-provoking service titled "The Parable of the Rainbow: Resisting Change." This discussion will delve into our relationship with change, particularly within multi-generational communities. We will explore the parable of the rainbow and the metaphors it provides to look at change differently.

Join the Craft the Theme Small Group held on the **2nd Sunday of each month after service** in the Children's Art Room. Engage creatively with the monthly "Soul Matters" theme using various craft materials—no artistic skills required! This group offers flexibility with no full-year commitment needed, but please RSVP to help with planning. Feel free to bring your own supplies, as some will be provided. For questions, reach out to Debbie Wu at debbiestuff@icloud.com.

Join the Elder Wisdom Group on the **second Wednesday of each month from 12 pm to 2 pm**, facilitated by Rev. Laura Shennum. This gathering invites senior citizens to discuss topics that matter to them while enjoying a light lunch. No registration is required, making it easy to participate. For more details, reach out to Rev. Laura at lushennum@uusf.org

Join the 20s & 30s Spiritual Discussion Group on **January 13 and 27 from 7:00-8:30 PM on Zoom** for a time of spiritual reflection and connection. This month's theme is "Practicing Resistance," where participants will engage with various sources like literature, music, and art to enrich discussions, concluding with a short meditation. Register at <https://t.ly/tSBoy> to receive a reminder and Zoom link, and reach out to Emma Wakeling for any questions.

UPCOMING EVENTS

Join Connie Chan on **Sunday Forum, January 18 at 9:30 am in the TSK Room or on Zoom** for a discussion on making a difference in our community. As District 1 Supervisor since 2020, Connie has championed affordable housing, small business protections, and workers' rights, and aims to continue this advocacy in Congress. With a focus on healthcare, fair wages, and education, Connie is dedicated to ensuring that San Francisco remains a livable city for all, especially for immigrants and working families. <https://www.uusf.org/forum>

Join the UUSF Men's Breakfast Group **every Saturday at 9:00 AM** for meaningful discussions and sharing. The group alternates between in-person and online meetings via Zoom, fostering a supportive environment for deeper connections. Check-ins kick off each session, allowing members to express their feelings and insights. New members are always welcome to join this enriching experience. For more details and to participate, visit: <https://www.uusf.org/breakfast>.

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.

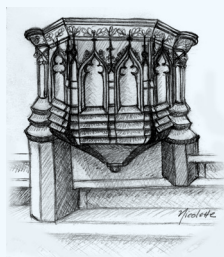
PETS: If you came with your pet, there is a pet-friendly section on the furthest section on the left toward the front of the sanctuary. To read our new dog policy (as of July 2025), visit <https://bit.ly/uudogpolicy>.

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>.



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 (January 4):

- There will be no classes or childcare on December 28 or January 4, to give teachers a holiday break. Children and youth are always welcome in the Sunday service.