

# “Reproductive Dignity = Human Dignity”

Sunday, March 8, 2026 10:50 am

First Unitarian Universalist Society San Francisco





Order of Service  
Sunday, March 8, 2026  
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/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.

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Prelude      *Though I May Speak with Bravest Fire*  
                  *Morning So Fair to See*

Emma Lou Diemer  
Alice Jordan  
Reiko Oda Lane, organist

Words of Welcome and Call to Worship

Rev. Millie Phillips, Affiliated Community Minister

Unison Chalice Lighting

Mari Magaloni Ramos, 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.

\*Please rise in body or spirit.

[\(CLICK HERE OR TURN TO PAGES 6-9 TO VIEW HYMN\)](#)

Greeting One Another

Canvass Choral Counterpoint *Fire, Fire*

Thomas Morley  
UUSF Choir, Mark Sumner, conductor

Annual Giving Reflection *Igniting the Fire of Commitment*

Chantel Boshears, Co-Chair

\*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.

Reading UUSF Commitments to SACReD

Louise Diskerud

Reflection

Christian Garcia, Planned Parenthood of Northern California

Reflection

Judy Strachan

Offering

Lori Lai

This morning's offering will benefit the work of **Planned Parenthood of Northern California (PPNorCal)**. Planned Parenthood of Northern California (PPNorCal) is a key healthcare provider that serves around 90,000 patients each year, focusing on reproductive health and advocacy. They offer a comprehensive range of medical services, including birth control, cancer screenings, and gender-affirming hormone therapy, while ensuring accessibility regardless of income or insurance status. With a mission to promote healthier communities through education and advocacy, PPNorCal operates 17 health centers and reaches over 50,000 individuals annually with sexual health education programs. To make a donation on Vanco ([bit.ly/uusfpayments](http://bit.ly/uusfpayments)) using the Donate Button on our website [www.uusf.org](http://www.uusf.org), 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, **03-08-26**.

Offertory Music      *R-E-S-P-E-C-T* (Aretha Franklin)      Otis Redding arr. Roger Emerson  
UUSF Choir; Maggie McGrann, soloist; Wm. Garcia Ganz, pianist; Jon Silk, drums

Meditation

Rev. Millie Phillips

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.*

Offertory Music      *Born this Way* (Lady Gaga)      Garibay, Germanotta, Laursen, Blair  
UUSF Choir; Maggie McGrann, soloist; Wm. Garcia Ganz, pianist; Jon Silk, drums

Reflection

Eli Boshears

Reflection

Rev. Millie Phillips

\*Hymn 1028

*Fire of Commitment*

Jason Shelton

[\(CLICK HERE OR TURN TO PAGES 10-12 TO VIEW HYMN\)](#)

Invitations

Linda Enger, Vice Moderator, Board of Trustees

Extinguishing of the Chalice

Rev. Millie Phillips

\*Benediction

\*Please rise in body or spirit.

## PARTICIPANTS

### Worship Leaders

Rev. Millie Philips, Affiliated Community Minister

Mari Magaloni Ramos, Worship Associate

Lori Lai

Judy Strachan

Louise Diskerud

Eli Boshears

Chantel Boshears, Co-Chair

Christian Garcia, Planned Parenthood of Northern California

Linda Enger, Vice Moderator, Board of Trustees

### Sunday Support

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

Jonathan Silk, Communications Director

Kelvin Jones; Jose Matias Pineda; Dairina Maradiaga, Sextons

Judy Payne, Flowers

Linda Messner, Head Usher

### Musicians

Reiko Oda Lane, organist

UUSF Choir

Mark Sumner, Director

Maggie McGrann, soloist

Jon Silk, drummer

Wm. García Ganz, pianist

## Rituals of Remembrance

Recently we joined together in a ritual of remembrance for the 8 individuals who have already lost their lives to ICE this year. Another 35 individuals lost their lives to ICE in 2025. This Sunday, on the ends of our pews, we will hang placards with pictures of these people, their names, and when and how they died. We invite you to look at these placards as you enter our sanctuary and to read about these individuals, mourn their deaths, and hold their families and friends and the stories they leave behind in your hearts. May they be an inspiration for all of us, not to despair, but to honor their memory by showing up in our communities to speak out for justice and to uphold our constitutional rights and the democratic process. May they inspire us to find resilience in all of our communities as we seek to ease the tide of human suffering, however we can.

1021

# Lean on Me

♩ = 88

F B $\flat$  F

1. Some - times in our lives \_\_\_\_\_ we all have pain, —  
 2. Please swal - low your pride \_\_\_\_\_ if I have things. —  
 3. If there is a load \_\_\_\_\_ you have to bear —

C7

— we all have sor - row. —  
 — you need to bor - row, —  
 — that you can't car - ry, —

F B $\flat$  F

But if we are wise \_\_\_\_\_ we know that there's. —  
 For no one can fill \_\_\_\_\_ those of your needs. —  
 I'm right up the road, \_\_\_\_\_ I'll share your load —

Words & music: Bill Withers 1938 - © 1972 (Renewed) Interior Music (BMI) All rights reserved.

Lean on Me - 2

C F

— al - ways to - mor - row.  
— that you won't let \_\_\_\_\_ show. Lean on me  
— if you just call \_\_\_\_\_ me.

Gm Am7 Bb C F

when you're not strong - and I'll be your friend,

C

— I'll help you car - ry - on, —

Lean on Me - 3

F Gm Am7 B $\flat$  C F

For it won't be long — 'til I'm gon-na need —

C7 1, 2 F

— some-bod - y to lean — on. —

No chords Clap on the off beat simile

3 F

on. — Just call on me broth - er when

Lean on Me - 4

you need a hand. — We all — need some- bod-y to lean —

The first system of music features a vocal line and a piano accompaniment. The vocal line begins with a quarter rest, followed by a series of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. The piano accompaniment consists of a steady eighth-note pattern in the right hand and a bass line in the left hand.

— on. I just might have a prob-lem that

The second system continues the vocal line with a quarter rest, followed by eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. The piano accompaniment maintains the same rhythmic pattern.

you'd un-der-stand.. We all — need some-bod-y to lean — on. —

The third system concludes the vocal line with a quarter rest, followed by eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. The piano accompaniment continues until the end of the system.

# 1028 The Fire of Commitment

With joy and energy ♩ = 150

Chords: Eb, Bb/D, Cm7, Eb/Bb, Ab, Bb

The piano introduction consists of two staves. The right hand plays a rhythmic pattern of eighth notes with accents, while the left hand plays a bass line of quarter notes. The key signature is B-flat major (two flats).

Chords: Eb, Ab/Bb, Eb, Bb/D, Cm7, Bb

1. From the light of days re - mem - bered burns a  
 (2. From the) stor - ies of our liv - ing rings a  
 (3. From the) dreams of youth - ful vis - ion comes a

The vocal entry is on a single staff with lyrics. The piano accompaniment is on two staves. The right hand has a melodic line with accents, and the left hand has a bass line. A double bar line is present after the first measure of the vocal line.

Chords: Ab, Eb/G, Fm7, Bb, Eb, Bb/D

bea - con bright and clear Guid - ing hands and hearts and  
 song both brave and free Call - ing pil - grims still to  
 new, pro - phet - ic voice Which de - mands a deep - er

The piano accompaniment continues on two staves. The right hand plays chords with accents, and the left hand plays a bass line. The key signature remains B-flat major.

Note: The use of percussion is highly recommended.

⊕ Words: Mary Katherine Morn, 1961 – and Jason Shelton, 1972 –  
 ⊕ Music: Jason Shelton, 1972 – , © 2001 Jason Shelton  
 FIRE OF COMMITMENT, 8.7.8.7 with refrain

Cm7 E $\flat$ /B $\flat$  D $\flat$  A $\flat$  B $\flat$ <sub>sus</sub> B $\flat$  A $\flat$  B $\flat$

spir - its In - to faith set free from fear.  
 wit - ness to the life of lib - er - ty When the  
 jus - tice built by our cour - a - geous choice

Cm B $\flat$  A $\flat$  E $\flat$ /G Fm7 E $\flat$ /G

fire of com - mit - ment sets our mind and soul a -

A $\flat$  B $\flat$ <sub>sus</sub> B $\flat$  Cm E $\flat$ /G A $\flat$  E $\flat$

blaze When our hun - ger and our pas - sion meet to

D $\flat$  A $\flat$  B $\flat$ <sub>sus</sub> B $\flat$  B $\flat$ 7 Cm B $\flat$

call us on our way When we live with deep as -

Ab Eb/G Fm7 Eb/G Ab Bb<sub>sus</sub> Bb

sur - ance of the flame that burns with - in Then our

Cm Eb/G Ab Eb/G Fm7 Bb Bb<sub>sus</sub>

pro - mise finds ful - fill - ment and our fu - ture can be -

Eb Bb/D Cm7 Eb/Bb Ab Bb

gin.

1, 2 Eb Ab/Bb 3 Eb(add9)

2. From the  
3. From the

## TODAY'S EVENTS

Join Carol Ruth Silver for a forum on Reproductive Health Equity, focusing on the journey of RU-486 from its introduction in France in 1987 to its availability in the U.S. in 2000, amidst significant opposition. Silver, a former San Francisco Supervisor and civil rights advocate, dedicated her career to fighting for reproductive rights and has a rich history of activism, including her early involvement as a Freedom Rider. The event will take place on this morning at 9:30 am, with a light breakfast available at 9:00 am, both in person at the TSK Room and on Zoom. Go to [www.uusf.org/forum](http://www.uusf.org/forum) for Zoom links and more info.

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Join us for an LGBTQI+ gathering today at 12:15 pm in the courtyard after service. This meeting aims to gauge interest in forming an LGBTQI+ group at the church and discuss ways to support its development.

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Join us for our annual Broadway Sing-a-Long on March 14th, starting at 5:30 pm with check-in and wine, followed by a three-course meal and 90 minutes of singing. The evening will feature songs of resistance from Broadway hits, with an open mic for additional songs projected on the big screen. Tickets are \$30, and the last chance to purchase them is this Sunday after church in the Gallery; reserve your spot by emailing [carriess@sbcglobal.net](mailto:carriess@sbcglobal.net).

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Join the Craft the Theme Small Group on the **2nd Sunday after service from 12:30-2:00** in the Children's Art Room to explore the monthly "Soul Matters" theme through creative expression. No artistic skills are necessary, and participants are encouraged to bring their own art supplies, although materials will be provided. Contact Debbie Wu at [debbiestuff@icloud.com](mailto:debbiestuff@icloud.com) for any questions.

## UPCOMING EVENTS

Join the Immigration Committee for a **Weekly Peace and Justice Meditation at City Hall**, led by certified Buddhist teacher Augusta Hopkins. The meditation takes place **every Thursday at noon on the steps of City Hall**. Participants are invited to come together to promote peace and justice in the community.

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**New donation boxes for food and clothing are now available in the Gallery near the TSK Room.** These donations will be delivered to Nuevo Sol, our partner nonprofit agency in the Mission, to assist those in our city who are hesitant to leave their homes for groceries and clothing. While beans, rice, and nuts are preferred, canned goods are also welcome.

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Join Ann Rovere on **Sunday, March 15 at 9:30 am** in the TSK Room or via Zoom for a forum discussing the history of slavery and travel in West Africa, with a light breakfast available at 9:00 am. Ann will share insights from her recent trip with The Nation magazine, covering topics such as the definitions of slavery, the Euro-American Trans-Atlantic slave trade, and the cultural impacts of these historical events. As a dedicated activist and traveler, Ann aims to highlight the voices and visions of West African culture and the lasting effects of colonialism. Go to [www.uusf.org/forum](http://www.uusf.org/forum) for Zoom links and more info.

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**Jim Stevens**, a member of UUSE, has passed away at the age of 82, with a memorial service scheduled for **Friday, March 20 at 4:00 pm** in the UUSF Sanctuary. **Julia Thoron**, also a UUSF member, died on February 16, 2026, at the age of 85, and her memorial service will be held on **March 28 at 10:00 am** in the Sanctuary. Both memorials will be livestreamed on our YouTube channel at <http://www.youtube.com/c/UUSFMedia>.

# UPCOMING EVENTS

The Starr King Performance Series will feature singer-songwriter Naomi Westwater on Sunday, March 22, at 1:30 pm in the Sanctuary. A Black, queer singer-songwriter from Massachusetts, Westwater blends folk-rock music, poetry, and spirituality in their work. Their hope is that through ritual and storytelling they can aid nature in the end of capitalism and the return to community, creativity, and collective joy. <https://www.uusf.org/skwps>

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Join fellow Unitarian Universalists for a Cross-Bay Vesper Service on March 25 from 5:30 pm to 6:30 pm via Zoom. This service aims to provide grounding, meditation, and music during these challenging times, fostering connections and a sense of purpose. It will be led by area ministerial interns Aiden McMahon, Liesl Dees, Mark Caswell. Register at <https://t.ly/uuvesper>.

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Join fellow young adults for a free karaoke night at the Knockout on Monday, March 30, starting at 9 PM. This 21+ event invites participants to bring their favorite songs and enjoy a fun evening of singing and socializing. Be sure to register in advance and contact Emma Wakeling at [ewakeling@uusf.org](mailto:ewakeling@uusf.org) with any questions.

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Join Rev. Shennum for a six-part online series, "Living Our UU Values Out Loud," running through May 13, aimed at building skills to actively express Unitarian Universalist values in the world. Participants will explore key resources to foster meaningful engagement and are welcome to attend any individual session. More info: [www.uusf.org/are](http://www.uusf.org/are)

## 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](http://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.

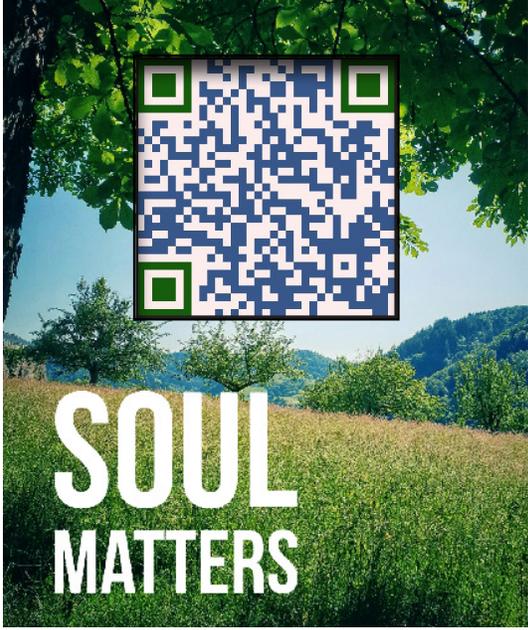
**CANDLES:** In Unitarian Universalism we light candles to recognize sacred time, honor loved ones, mark important life events, and more. If you have something on your mind for which you'd like to light a candle, you are invited to come forward and light one silently during service.

**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>.

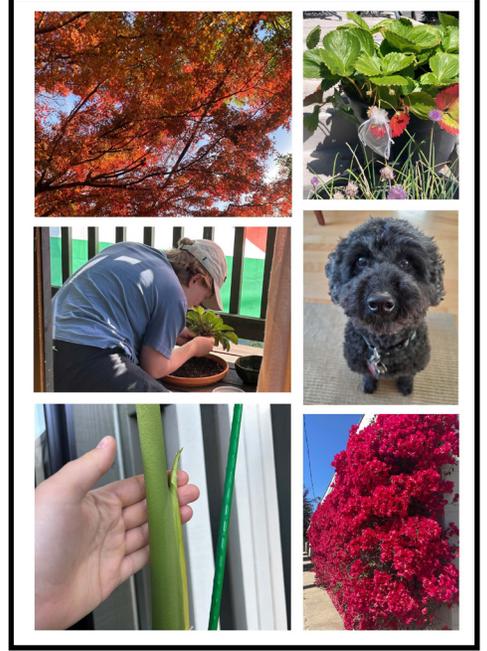
**A GUIDE FOR NEWCOMERS:** What to Expect During Worship (read at <https://bit.ly/newcomersguideuusf>)





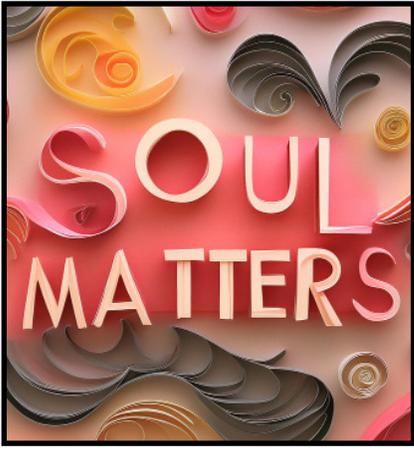
## Awareness Matters: Engaging with Life More Deeply

It's not enough to be in your life, in nature, or in relationships if you sleepwalk through them. The name "Buddha" means "The Awakened One," but awakesness meant a kind of focused awareness and attention. It is the kind that brings you more deeply into relationship with your own life and the depth dimension of life. As writer Mark Nepo writes, "Still yourself and listen, and soon, in time, the Mystery will begin to speak to you, through its thousand disguises as life on Earth." This month we see what happens when you pay attention... to the practice of paying attention.



Join us for a calming Visio Divina video experience! Start by selecting an image that resonates with you or the one we have provided in the video at <https://t.ly/202602VisioDivina>, then create a distraction-free space with a notebook ready for your thoughts. Get comfortable, take deep breaths, and focus on the image, observing it closely. Reflect on your feelings and insights, jotting down any thoughts or questions that arise. Conclude your practice with gratitude and a few more deep breaths. Dive into this mindful journey and discover the beauty within!

Photo: Paying attention to our surroundings.



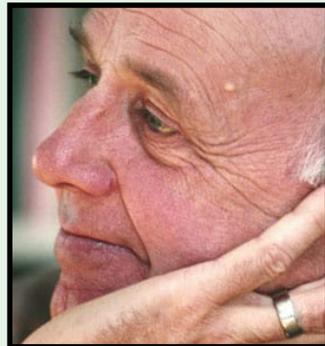
## Soul Matters Programing ([www.uusf.org/soulmatters](http://www.uusf.org/soulmatters))

Join us for engaging small group experiences this February! Co-led by Debbie Wu and Louise Diskerud, the Craft Theme Small Group invites you to explore the "Soul Matters" theme through creative expression, with materials provided. No artistic skills required—just a willingness to explore! Meanwhile, Rev. Laura Shennum facilitates the Soul Matters Spiritual Practices Small Group, where you'll engage in monthly spiritual practices both individually and collectively. Additionally, Join the 20s & 30s Spiritual Discussion Group on Zoom for two sessions in March, focusing on the theme 'Paying Attention' through literature, music, and art. Engage in spiritual reflection and connection with peers on March 10 and March 23 from 7:00-8:30 PM.

Once there was a man who filmed his vacation. He went flying down the river in his boat with his video camera to his eye, making a moving picture of the moving river upon which his sleek boat moved swiftly toward the end of his vacation. He showed his vacation to his camera, which pictured it, preserving it forever: the river, the trees, the sky, the light, the bow of his rushing boat behind which he stood with his camera preserving his vacation even as he was having it so that after he had had it he would still have it. It would be there. With a flick of a switch, there it would be. But he would not be in it. He would never be in it.

### Poem of the Month

**"The Vacation"**  
By Wendell Berry



### Question of the Month

What does it mean to truly awaken to your life and relationships?

# The Spring Unsprung

AN EXHIBITION OF PAINTINGS



**JUDY GITTELSON**

AT THE UNITARIAN  
UNIVERSALIST  
CENTER, S.F.

1187 FRANKLIN STREET

IN THE  
**KINGS GALLERIES**

MARCH 12- APRIL 26

RECEPTION FOR ARTISTS

MARCH 22 12 - 3



**MARC ALAN BROWN**



**WENDOVER BROWN**

# 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 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

**This Sunday (March 8):**

- 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.