



"Spirituality and Inner Freedom"

Sunday, June 22, 2025, 10:50 am

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday June 22, 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

Allen Biggs and Tommy Kesecker, percussionists

Opening Words and Welcome

Sam King, Worship Associate

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.

*Hymn 151

I Wish I Knew How

MANDELA

Nancy Munn, songleader; Reiko Oda Lane, organist

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

Greeting One Another

*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

This morning's offering will benefit the work and ministries of the **First Unitarian Universalist Society** of San Francisco. Learn more at www.uusf.org/about. To make a donation on Vanco (bit.ly/uusfpayments), using the Donate Button on our website, or by scanning the QR code. 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, **06-22-25**.



Offertory Music *In Your Own Sweet Way*

Dave Brubeck

Allen Biggs and Tommy Kesecker, percussionists

Meditation

Rev. John Buehrens

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 "Finite Freedom" by G.K. Beach

Music *Beautiful Love*

Victor Young

Allen Biggs and Tommy Kesecker, percussionists

Sermon "Spirituality and Inner Freedom"

Rev. John Buehrens

*Hymn 16

'Tis a Gift to Be Simple

SIMPLE GIFTS

Nancy Munn, songleader; Reiko Oda Lane, organist

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

Brief Invitations

*Benediction & Extinguishing of the Chalice

Postlude *We Believe in One God* BWV 680

Johann Sebastian Bach
Reiko Oda Lane, organist

*Please rise in body or spirit.





PARTICIPANTS

Worship Leaders

Rev. John Buehrens
Sam King, 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
Athena Papadakos, Flowers
Linda Messner, Head Usher

Musicians

Reiko Oda Lane, organist
Allen Biggs and Tommy Kesecker, percussionists
Nancy Munn, songleader

About



Allen Biggs is the Principal Percussionist with the Santa Rosa Symphony and a timpanist with the Philharmonia Baroque Orchestra, frequently performing with various California symphonies. He has worked on numerous Broadway productions, including *Wicked* and *Les Misérables*, and contributed to the soundtrack of the film *Renfield*. A Grammy-winning musician, he teaches at San Francisco State University and has directed a steel pan program in Marin City. Additionally, he performs in schools across Sonoma County and runs the Moke Hill Music Festival, promoting contemporary music. Allen is also an active volunteer with the Art of Living, focusing on creating a peaceful society.



Tommy Kesecker graduated from the San Francisco Conservatory of Music and joined legendary tabla virtuoso Zakir Hussain and the Rhythm Experience. Tommy has performed on vibes, marimba, and drum set with a diverse array of highly acclaimed musicians, including pianist Larry Vuckovich's Blue Balkan Ensemble, Jim Campilongo, George Brooks, Michael Feinstein, singer/pianist Diana Krall, and actor/singer Joel Gray, along with groups Echo and the Bunnymen and Mannheim Steamroller.

I Wish I Knew How

151

$\text{♩} = 66$

1. I wish I knew how it would feel
 2. I wish I could share all the love
 3. I wish I could give all I'm long -
 4. I wish I could be like a bird

Words & music: Billy Taylor and Dick Dallas,
 ⊕ arr. by Mary Allen Walden, 1946- , © 1992 Unitarian Universalist Association

MANDELA
 11.11.11.6.6.6.6.

F R E E D O M



to be free. I wish I could break
in my heart, re - move all the bars
- ing to give. I wish I could live
in the sky. How sweet it would be

all these chains hold - ing me. I
that still keep us a - part. I
like I'm long - ing to live. I
if I found I could fly. I'd

wish I could say all the things I could say,
wish you could know what it means to be me,
wish I could do all the things I can do,
soar to the sun and look down at the sea,

Say 'em loud, say 'em clear for the whole
 then you'd see and a - gree ev - ery - one
 though I'm way o - ver - due I'd be start-
 then I'd sing 'cause I'd know how it feels

world to hear. Say 'em loud, say 'em clear
 should be free. Then you'd see, and a - gree
 ing a - new. Though I'm way o - ver - due
 to be free. Then I'd sing 'cause I'd know

for the whole world to hear.
 ev - ery - one should be free.
 I'd be start - ing a - new.
 how it feels to be free.

16 'Tis a Gift to Be Simple

$\text{♩} = 104$ *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

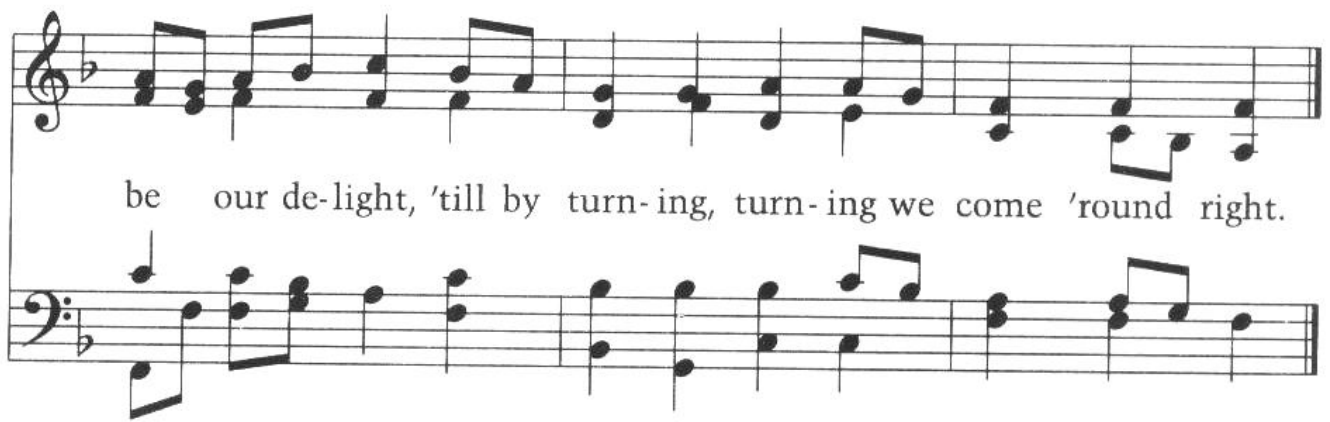
love and de - light. When true sim - plic - i - ty is gained, to

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



TODAY!

FUN Organizes to Stop DOGE Cuts to the Federal Workforce- Forum, June 22, 9:30 am, TSK/Zoom

A light breakfast will be available beginning at 9:00 am - Zoom: <https://t.ly/20250622UUForum>

The final Forum of the 2024-2025 year will serve as the kickoff for San Francisco Labor Fest 2025, featuring a presentation by Bill Shields on the Federal Unionist Network (FUN). FUN is an informal group of Federal Unionists and allies working together to combat attacks on public services and workers, particularly those initiated by the Trump administration and Elon Musk. Professor Bill Shields, a community organizer and labor movement scholar, will lead the discussion on these critical issues.

Globale Conversations - June 22, 12:30 pm, TSK/Zoom - A light lunch will be available beginning at 12:15 pm

Students Speak Out! Immigration & Liberation American Law & Disorder Zoom: <https://t.ly/20250622GLBL>

Join us for a discussion titled "Students Speak Out! Immigration & Liberation American Law & Disorder" will take place at the University of San Francisco, featuring students and an attorney addressing U.S. government accountability regarding immigration enforcement and civil liberties. The event will cover the creation of panic by anti-immigrant forces, provide a Know Your Rights overview, and discuss legal options for supporting immigrants and freedom of speech on college campuses. Attendees will hear from legal professionals and activists, including Camila Carrera, Mirna Champ, Ani De Lira Lopez, and Jeff Wozniak, about the implications of new legal rulings on democracy.

Environmental Justice Working Group Promotes Zero Waste Initiative at Sunday Social Hour

The Environmental Justice Working Group is striving for zero waste during the Sunday after-service social hour, aligning with UU values and the 7th Principle. So far, they've replaced disposable items with stoneware cups, plates, and real utensils; introduced a sugar dispenser; and added oat milk as a dairy-free creamer option. To maintain this initiative, they are seeking volunteers to help wash and store these items weekly, as well as additional help to launder kitchen linens. Interested individuals are encouraged to sign up for one Sunday a month to assist with these efforts. For information or questions, or to join us, email Amanda at acsfca@gmail.com to join the Coffee Cup Crew.

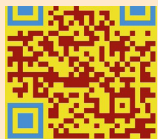
UUSF Church Cookbook Sign-Up - Signup at <https://t.ly/UUSFCookBook>

UUSF is launching its first-ever church cookbook and is seeking contributions from the congregation to strengthen community bonds through shared recipes. Interested individuals can sign up to help with various aspects of the project, including planning, design, and recipe submissions, with initial sign-ups available starting June 22nd until June 30th. A potluck event featuring recipes from the cookbook will be organized after its publication, and further details will be shared with those who sign up.



Pod and Country Episode 3 is out now! - Check it out by going to <https://podandcountry.podbean.com/>

In episode 3, we expand our focus from theological and historical foundations of Unitarian Universalism to actively engaging with our communities to support those fighting against systemic injustice. Featuring an interview with Adrian Tirtanadi, Executive Director of Open Door Legal, we learn about their successful approach to providing universal legal access, which significantly reduced homelessness in their initial community. The episode also includes a visit to Rev. Nathan Ryan in Baton Rouge, discussions on cultural context, and contributions from Francisco Herrera, along with comedy and poetry, culminating in a reflection from Rev. Vanessa Rush Southern. <https://podandcountry.podbean.com/>



Reviving Roots: Los Cenzontles to Showcase Mexican Heritage at SKWPS!

Sunday, June 29, 1:30 pm, Sanctuary

Los Cenzontles is one of our featured **Starr King Way Performance Series (SKWPS)**—scheduled for Sunday, June 29, at 1:30 pm in the Sanctuary. They began as a youth music group in 1989 by Eugene Rodriguez. Along with his student collaborators from San Pablo and Richmond, California, they have promoted Mexican cultural traditions and cross-cultural connections through their academy, band, and music and video productions. Los Cenzontles has pioneered revivals of Mexican roots music in California, cultivating traditional rhythms to connect generations.

Learn more at <https://uusf.org/skwps#2025>

UPCOMING HAPPENINGS

Minister's Book Group - Severance by Ling Ma - Wednesday, June 25, 6:30-8:00 pm (Zoom)

When the theme for the month is "Freedom," what is better than a book with a vision of apocalypse, wild and surprising? Ling Ma is a novelist and assistant professor of practice in the arts at the University of Chicago, and she takes us on a wild ride. How does her writing of labor exploitation and bodily autonomy in the workplace inspire us to fight for freedom? Info & to register: <https://uusf.org/are#mbg>

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 lshennum@uusf.org or visit the provided registration link at <https://t.ly/loveatthecenter> or scan the QR code.



You're invited to the next UUSF Board Meeting! - Tuesday, June 24 from 6:00 pm - 8:00 pm

The board meeting is open to UUSF members both in person and via Zoom. The board usually meets the 3rd Tuesday of the month from 6:00 p.m. to 8:00 p.m but this month it is on June 24, 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 at secretary@uusf.org.

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/>

<https://www.uusf.org/recent-and-upcoming-services>

"Lessons from our Fathers"
Sunday, June 15, 10:50 am, 2025



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