

**FIRST PARISH
CHURCH
OF STOW & ACTON**
Unitarian Universalist



Sunday, September 29, 2024
Guest Speaker, Molly Bajgot

**The Rev. Dr. Cynthia L.
Landrum**
Minister

Meg Rivers-Wright
Administration, Membership

Rayla D. Baldwin-Mattson
Dir. of Religious Education

Chris Hossfeld
Music Director

Trevor Berens
Accompanist

Justin Marble
Nursery Care Coordinator

Mike Silkonis
Sexton

Janet Beatrice
External Publicity

Felix Freeman
Tech Assistant

Brendon Chetwynd
President

Trisha Gudit
Vice President

Bill Froberg
Treasurer

Johanna Pyle
Clerk

*First Parish is a Unitarian Universalist Association Welcoming Congregation.
We warmly welcome gay, lesbian, bisexual, and transgender people into our community.*

Large print orders of service and hymnals are available from an usher.
Assisted Listening Devices are available when worship is in the Sanctuary.

FPC currently has a masks-optional policy throughout the church.
In the Sanctuary, several back rows with accessible seating are "mask-required."

FPC is on the web at fpc-stow-acton.org and on Facebook.

September 29, 2024: 10:00

Gathering

Prelude

Welcome and Announcements

Shana Garr, Worship Committee

Introit

“Modah Ani”

Molly Bajgot

Molly Bajgot, voice & guitar; FPC Choir
Chris Hossfeld, Music Director; Trevor Berens, piano; Michael Merrill, bass;
Ian and Caitlin Leigh McIntyre, violin/viola; Peter Fiske, drums

*Modah ani l'fanecha, ruach chai v'kayam
Shechezarta bi nishmati, b'chemlah rabah emunahtecha*

I am grateful to you, Eternal One, for You have returned my soul to me with
enduring compassion; Your faithfulness is everlasting.

Opening Words

“Invocation”

Rabbi Shefa Gold

Shana Garr

Chalice Lighting

“Fire on the Altar: Aish Tamid”

Alia Meira

Shana Garr

*** Opening Song**

“Keep Me”

Molly Bajgot, voice

- | | |
|---|--|
| 1. Keep me
In the arms
Of my beloved,
Oh God | 2. Planted where I stand
Grounded by the land
Carry me back to the sea
From dust to dust again
Perfect as I am |
| 3. No matter where I go,
Always keep me close
No matter where I go,
Always keep me close | Grounded by the land
Carry me back to the sea
From dust to dust again |

* Please rise in body or in spirit

Centering

Land Acknowledgement

Shana Garr

*** Covenant and Affirmation**

Love is the spirit of this church,
and service its law.

This is our great covenant:
To dwell together in peace,
to seek the truth in love,
and to help one another.

From all that dwell below the skies
let words of love and peace arise.

Let joyful songs of praise be sung,
through every land, by every tongue.

Time for All Ages

“Oseh Shalom”
Elana Jagoda

Molly Bajgot, voice & guitar

Joys and Sorrows

Ingrid Holcomb, Lay Minister

Joys and Sorrows is a time for the things on our hearts and minds to be heard by the gathered community. If you would like a follow-up call by a lay minister or the minister, email caring@fpc-stow-acton.org.

Sung Meditation

“May I Be Empty”
Batya Levine

Molly Bajgot
FPC Choir

May I be empty
And open to receive the light
May I be empty
And open to receive

May I be full
And open to receive the light
May I be full
And open to receive

Exploring

Reading

“A World of Fire and Storm”
Rabbi Shefa Gold

Shana Garr

Sharing Our Gifts

This month we share our weekly offering with the Interfaith Partnership for Resettling Refugees. You may donate by check made out to First Parish Church, at fpc-stow-acton.org/donate, or text (978) 310-3309.

Anthem

“Gevurah (Strength)”
Molly Bajgot

Molly Bajgot, voice & guitar
FPC Choir & Band

** Please rise in body or in spirit*

You wake us up from our sleep to fight for our humanity/ community/ solidarity
'Til everyone is free

Guided by our biggest light, love is part of how we fight, *Mechai meitim*

And I pray, pray, pray, for our strength, strength, strength,
And I pray, pray, pray for our strength...

* **Reflection** “Rest, Reflection, and Renewal” Molly Bajgot

Returning

* **Closing Song** “Change Is Coming” Molly Bajgot, voice
Molly Bajgot

Change is coming, what do we need to imagine
Change is coming, what do we need to imagine

To be prepared, you know I'm scared
To be prepared, yes I am scared

But I know from brokenness there's whole
Yes I know, from brokenness there's whole

* **Benediction** “Threefold Blessing” Shana Garr
Ancient Jewish Prayer

* **Closing Song**
Peace be with you 'til we meet again!
As life lays its task before you,
keep love's banner floating o'er you.
Peace be with you 'till we meet again.

Postlude



Thank you:

Kim Kinnear, Zoom Host
Rick Lent, Marion Scott, Ushers
Coffee Brewer, Mark Koenig 🍷❤
Our staff and leadership

* *Please rise in body or in spirit*

Molly Bajgot (she/her) is a queer Jewish musician, educator, and activist living on Nipmuc & Pocumtuc land in Easthampton, MA. As a singer, songwriter, activist, and prayer leader, she writes songs to call us back to ourselves and original melodies to enliven Jewish liturgy.

Molly has led music and prayer for Jewish communities locally and nationally, including Nishmat Shoom, Linke Fligl, Kavod Boston, Let My People Sing. She currently leads regular musical Shabbat services for Congregation B'nai Israel in Northampton, MA. She loves to lead prayer and life cycle rituals of all kinds: in the streets, the woods, or inside a sanctuary. She is inspired by and collaborates with musicians Aly Halpert, Batya Levine, Anat Hochberg, Rena Branson, Rabbi Micah Shapiro and more. She released her first full album of original music, *Revelry*, in February 2024.

Molly holds a Master of Arts in Religious School Educational Leadership from Hebrew Union College and loves to inspire adults and young people alike in the innate magic that is Judaism. She loves gardening, creating home, and hanging art on every wall.



To our visitors, thank you for coming!

We hope you find what you're looking for and that you'll come back. Here's how to keep connecting with our people and programs:

♥ **Watch these pages** for information about fall & winter Newcomer Coffees to meet the minister and other newcomers, and UU Journey classes to learn about UU history, spirituality, mission, and traditions.

♥ **Fill out a Visitor Card in your pew** or scan the QR code to complete the same form online.

♥ **Subscribe to our e-newsletters and email groups**

♥ **Check out our website, www.fpc-stow-acton.org**

There is so much happening at FPC! Visit our homepage and the "Church Life" tab to learn about our events & programs.



Visiting & Learning
about FPC



Subscribe to
E-Newsletters

Today at FPC

- 9-9:45am Pre-Service Choir Rehearsal, Sanctuary
- 10am-1pm Apple Pie Sales, out front at the Pie Shed
- 10-11am Service, Sanctuary & online
- 11am-12pm Coffee Hour, Fellowship Hall

Religious Education News

Next Sunday, Oct. 6th

► **First Children's Chapel** for the program year.

Children will begin at 10:00 am in the Community Room before heading off to class.

► **First Coming of Age (COA) session** for the year. Open to our 9th-12th graders who have not done the COA program before. * Registration is required * because there is information needed ahead of time; these are not pop-in sessions. To register or for more information, please contact Sue Stewart or Karen Kinnear. Classes begin at 10:00 am in the Youth Room off the Vestry.

Friday, Oct 11th - Friday Friends - Kids from grades K-5th can be signed in and dropped off for a fun night with friends. We will get to know each other, learn new games and activities, have snacks, and more. All are welcomed. This is a community event.

Sunday, Oct 13th - Time for All Ages during morning worship service, followed by age-appropriate classes.

This Week at FPC

1	OCT, TUE	● All day	Apple Collecting - Apple Pie Project (off site)
		● 10 – 11am	Coffee & Chat (Gazebo)
		● 4 – 6pm	Dough Making - Apple Pie Project (Hall)
		● 7 – 8pm	Book Group (online)
2	OCT, WED	● All day	Apple Collecting - Apple Pie Project (off site)
		● 6:40 – 8:45pm	Meditation (Fellowship Hall & online)
3	OCT, THU	● 4 – 9pm	Apple Peeling/Prep - Apple Pie Project (Vestry)
		● 5 – 6pm	Peace Vigil (outside)
		● 7 – 9:30pm	Choir Rehearsal (Fellowship Hall)
4	OCT, FRI	● 6am – 12am	Baking/Bagging/Storage - Apple Pie Project (Hall)
		● 1 – 3:30pm	Bridge Group (Community Rm)
5	OCT, SAT	● 7:30 – 9am	Saturday Morning Breakfast (Hall)
		● 10am – 2pm	Holiday Gift Bag Assembly (Hall)
		● 10am – 1pm	Apple Pie Sales (Pie Shed)

Next Sunday

October 6, 10am, Sanctuary/Online/Phone

“Restoring Love in the World” - Guest Speaker, Sam Williams

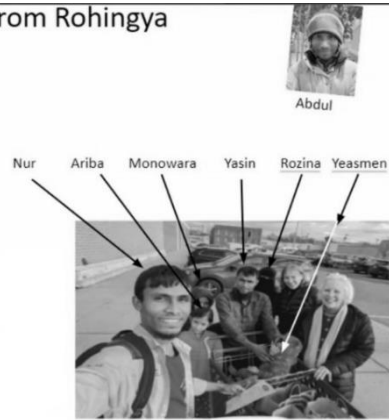
Executive Director of Concord Prison Outreach and a poet, writer, and trainer, Mr. Williams will join us for a special service on restorative justice. He has been instrumental in various initiatives across the city of Boston including prison rehabilitation and re-entry, impact of racial profiling, community economic development, urban planning, youth development and public safety. He is currently the chair of the Community Advisory Board for Northeastern University’s Institute of Race and Justice.



September Plate Sharing

September Plate Sharing - The Interfaith Partnership for Refugee Resettlement is a group of seven local area churches that work together to help resettle refugees. FPC has been in partnership with the IPRR for almost three years. At our June 30 service, several members of the Asylum Seekers Task Force described our success with two Afghan families, allowing them to gain full independence. We are now assisting a large extended family from Rohingya (formerly Burma) who had been living in exile in Bangladesh for many years before their recent move to Lowell.

from Rohingya



Upcoming Events

Saturday Morning Breakfast Sat, 10/5, 7:30-9 am

Nancy Weston, "Women Quilters are HERstorians" - Spanning Black History Month (February) and Women's History Month (March), this presentation introduces the viewer to several exhibits from around the country. Nancy Weston is a quilter and social justice advocate, chair of the social action committee of the UU Church of the Lehigh Valley, PA, and mother of Shanna Weston, FPC member.

FPC Book Group Wed, 10/9, 7-8 pm on Zoom

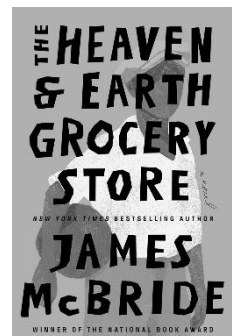
Heaven and Earth Grocery Store by James McBride.

Email sharonbrownfield@gmail.com for the link.

"A murder mystery locked inside a Great American Novel...

Charming, smart, heart-blistering, and heart-healing." –

Danez Smith, *The New York Times Book Review*



Upcoming Events, cont'd.

Reading and Meditation Wed, 10/9, 6:40 & 7:30pm, Fellowship Hall and online
The meditation group at FPC is beginning our 2nd annual study and discussion of a book on mediation. We'll start *The Experience of Insight: A Simple & Direct Guide to Buddhist Meditation* by Joseph Goldstein, which contains excellent teachings for both first time meditators and experienced meditators looking to deepen their practice. Attend the reading or meditation period or both; format is drop-in. Chairs and a few extra cushions provided. Helpful if you bring a copy of the book, but we will provide a few copies. Questions: Carolyn Zettler Cdzettler@gmail.com 978 793 0638.



6:40 - 7:20 pm Read & discuss *The Experience of Insight*, by Joseph Goldstien
7:20 - 7:30 pm Transition break
7:30 - 8:45 pm Meditation (happens every Wed. as usual)

Bring-a-Friend Sunday and Open House

On Sunday October 20th, you and your children are invited to bring a friend to the service and RE classes, and to the 11am-12:30pm Open House that follows!

Our Open House will feature tables in Fellowship Hall with information about our diverse programs including...

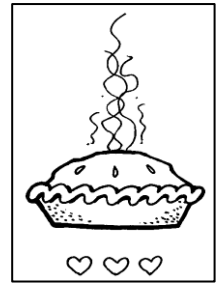
- Music
- Social Justice
- Religious Education
- Small Group Ministry

Some of our attendees will be new to FPC or just visiting for the day with an FPC friend, but this is also a great opportunity for our current friends and members to see all that FPC has to offer!

The Apple Pie Project is Up and Running!

Thanks for pitching in this week folks! We made 86 regular pies and 18 mini ones! The sellers did a great job moving pies yesterday, but we still have 27 left to sell today. Hopefully the fall temps will bring folks out to buy pies!

You all are rock stars because MOST of our sign-up slots for this week are full. However, **there is room for one more person to learn how to make the dough!**



If you have signed up for something, please show up and do it, and if you can't, PLEASE remove yourself from the sign up so I know where gaps need to be filled.

APPLE SLICE INFO: Some folks were confused about my instructions for cutting slices made with slicing tools in half. This is only necessary if the slices are large (ie. from a big apple) and they should be cut in half THE LONG WAY. What we are trying to avoid are cube-like chunks that don't cook at the same rate as the rest of the slices. THANKS!

We're at the halfway point folks...only 2 weeks to go!!

♥ Rebecca and the Pie Project Team



Apple Pie
Sign-up Genius

Please sign up at the link under "News & Events" on the main FPC website page, or by using this QR code.

We need your help to make the 300+ pies for our Apple Pie Fundraiser! No experience necessary...training and camaraderie will be provided! FPC's apple pies are a long-standing tradition as a fundraiser, fun group project, and culinary delight and require lots of volunteers to make it successful. You can sign up for:

Wednesday: Dough making (10/2 and 10/9) usually between 4 and 6 pm but the day and time are flexible

Contact June Mallon - june.pies@fpc-stow-acton.org – if you are interested. 2-3 people are needed each week.

Tuesday or Wednesday: Apple collecting (10/1-2 and 10/8-9) during orchard hours

Contact Steve Evans (steve.pies@fpc-stow-acton.org) for information and to get official bags and directions. Please deposit your bags of apples into the bins located IN FRONT OF THE CARRIAGE SHED.

Wednesday/Thursday: Apple peeling/prep (10/2-3 and 10/9-10) timing flexible

- When you sign up, please indicate how many bags of apples you intend to peel and **be sure to take that many bags**

- **Apples can be picked up after 4 pm on Wednesday** from the bins located IN FRONT OF THE CARRIAGE SHED.
- Take the apples home (or to the Vestry on Thursdays), wash them, peel them, core them, and cut them into pie slices. It is important to remove ALL skin, seeds, and tough bits around the seeds. Slices should be between ½ inch and 1 inch wide (i.e., if you use a device that cores and slices at the same time, you will need to cut each slice created in half lengthwise). Bags will be provided for storage of the cleaned apple slices.
- **The Vestry has been reserved from 4 to 9 pm** each week for folks who want to peel with other people at church. The group can divide up the tasks, so if you can wash apples but not peel, you can share the labor with the group!
- Drop off bags of prepared apple slices in the bins at the church before 9 pm Thursday. (NOTE: If you peel your apples on Wednesday, please refrigerate them until you deliver them on Thursday.)
- This year we have signups for someone to set up the Vestry for peeling on Thursdays and for someone else to put things away at the end of the evening.

Friday Morning: Baking (10/4 and 10/11) any time after 6:30 am until 11 am or so

Sign up and come as early as you are able (baking set up starts at 6:30 am and work continues until the pies are all assembled...usually around 10-11 am). If you can only come for part of the shift, that's ok...every bit helps. All TRAINING WILL BE PROVIDED.

Friday Evening: Bagging (10/4 and 10/11) 7pm or later

Bagging will take place in the Fellowship Hall (or in the vestry classroom, depending on events scheduled at church) after 7 pm, when the pies are fully cooled. New folks will be trained and gloves will be provided.

Saturday/Sunday Selling (10/5-6 and 10/12-13); from 9:45 am until the pies are sold (or 1 pm, whichever comes first)

We will sell from our pie shed again this year. Pies will be \$20 (but we may offer some smaller/less expensive pies as well this year...stay tuned!).

Weekend Seller Coordinator (10/5-6, and 10/12-13); from 9:45-10 am and a half hour at the end of the shift

Sign up for a weekend to assist/get the cash box to the sellers and help tally up the proceeds each day.

Questions/Comments/Concerns? Please reach out to the Pie Project Coordinator, Rebecca Stadolnik, at: applepies@fpc-stow-acton.org.



ONLINE SUPPLEMENT PAGE: Information for folks joining us online

1. Closed captioning is available for FPC's online services. If you don't see captions on your screen, you can use the button at the bottom of your screen to request that the host turn them on.
2. Today's Zoom Host: **Kim Kinnear**
3. Hymn lyrics will be in a slide presentation today.



Sharing Our Gifts

If you are mailing a pledge or a donation, here is the information:

Pledges:

Attn: Pledge Secretary
PO Box 215
Stow, MA 01775

Donations:

Attn: Treasurer
353 Great Rd
Stow, MA 01775