

# FIRST PARISH CHURCH OF STOW & ACTON

*Unitarian Universalist*



Sunday, October 6, 2024  
*Guest Speaker, Sam Williams*

**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](http://fpc-stow-acton.org) and on Facebook.

October 6, 2024: 10:00

**Gathering**

**Prelude**

“Evensong”  
Liza Lehmann

Trevor Berens, piano

**Welcome and Announcements**

Johanna Pyle, clerk, Board of Trustees

**Introit**

“Be Like a Bird”

FPC Choir

Music: John Krumm; Words: Victor Hugo

Be like a bird,  
who, halting in her flight  
on a limb too slight,  
feels it give way beneath her,  
yet sings, sings,  
knowing she has wings,  
yet sings, sings,  
knowing she has wings.

**Opening Words**

by Esther Hurlburt

Sam Williams

**Chalice Lighting**

“A Spark of Hope”  
Melanie Davis

**\* Hymn #131**

*Love Will Guide Us*

**Centering**

**\* 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.

**Land Acknowledgement**

June McKnight, Worship Committee

*\* Please rise in body or in spirit*

## Joys and Sorrows

Ann Sadler, 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](mailto:caring@fpc-stow-acton.org).

## Prayer or Meditation

Sam Williams

### \* Hymn #123

*Spirit of Life*

### Exploring

## Reading

“Hopefulness in Bad Times”  
Howard Zinn

Katy Weeks, Co-Chair  
Racial Justice Task Force

## Plate Sharing Introduction

Katy Weeks

## Sharing Our Gifts

This month we share our weekly offering with **Concord Prison Outreach**. You may donate by check made out to First Parish Church, at [fpc-stow-acton.org/donate](http://fpc-stow-acton.org/donate), or text (978) 310-3309.

## Anthem

“Swimming to the Other Side”  
Pat Humphries

FPC Choir  
Trevor Berens, piano

### *Chorus:*

We are living 'neath the great big dipper  
We are washed by the very same rain  
We are swimming in this stream together  
Some in power and some in pain  
We can worship this ground we walk on  
Cherishing the beings that we live beside  
Loving spirits will live forever  
We're all swimming to the other side

1. I am alone, and I am searching  
Hungering for answers in my time  
I am balanced at the brink of wisdom  
I'm impatient to receive a sign  
I move forward with my senses open  
Imperfection, it be my crime  
In humility I will listen  
We're all swimming to the other side

### *Chorus*

2. On this journey through thoughts & feelings  
Binding intuition, my head, my heart  
I am gathering the tools together  
I'm preparing to do my part  
All of those who have come before me  
Band together and be my guide  
Loving lessons that I will follow  
We're all swimming to the other side

### *Chorus*

3. When we get there, we'll discover  
All of the gifts we've been given to share  
Have been with us since life's beginning  
And we never noticed they were there  
We can balance at the brink of wisdom  
Never recognizing that we've arrived  
Loving spirits will live together  
We're all swimming to the other side

### *Chorus*

**Sermon** "Restoring Love in the World" Sam Williams

**Returning**

\* **Hymn #108** "My Life Flows on in Endless Song"

\* **Benediction** Sam Williams

\* **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** "On Bended Knees" Trevor Berens, piano  
H.T. Burleigh



**Thank you:**

Kim Kinnear, **Zoom Host**

Marcia Rising, Carolyn Zettler, **Ushers**

Webb, Mark Koenig, Rick Green, Carolyn Zettler, Kirsten Chetwynd, 🍷❤  
Our staff and leadership

**Sam Williams** is Executive Director of Concord Prison Outreach. 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. Mr. Williams is a former member of the Board of Directors of (ABCD) Action for Boston Community Development, an appointed member of the Executive Office of Public Safety, Massachusetts Racial Profiling Task Force. He is also a poet, writer, and trainer.

\* *Please rise in body or in spirit*



## **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](http://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**

**Friday, Oct 11<sup>th</sup> - Friday Friends** - Kids from grades K-5<sup>th</sup> 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 13<sup>th</sup> - Time for All Ages** during morning worship service, followed by age-appropriate classes.

# This Week at FPC

7	OCT, MON	● 5 – 6pm	Supporting Asylum Seekers (online)
		● 7 – 9pm	SGM Monday Group (Parlor)
8	OCT, TUE	● All day	Apple Collecting - Apple Pie Project (off site)
		● 10 – 11am	Coffee & Chat (Gazebo)
		● 4 – 6pm	Dough Making - Apple Pie Project (Hall)
		● 6:30 – 8:30pm	RE Committee Mtg. (Youth Rm)
		● 7:30 – 9:30pm	Climate Task Force (online)
9	OCT, WED	● All day	Apple Collecting - Apple Pie Project (off site)
		● 6:40 – 8:45pm	Meditation (Fellowship Hall & online)
		● 7 – 8pm	Book Group (online)
		● 7 – 8pm	Committee on Ministry meeting (online)
10	OCT, THU	● 9 – 11am	SGM: 2nd Thursday Group (Zoom)
		● 4 – 9pm	Apple Peeling/Prep - Apple Pie Project (Vestry)
		● 5 – 6pm	Peace Vigil (outside)
		● 7 – 9:30pm	Choir Rehearsal (Fellowship Hall)
11	OCT, FRI	● 6am – 12am	Baking/Bagging/Storage - Apple Pie Project (Hall)
		● 1 – 3:30pm	Bridge Group (Community Rm)
		● 5:30 – 6:30pm	Guest Table dinner served (Hall)
		● 6:30 – 8:30pm	Friday Friends (Hall, Vestry, Youth Rm)
12	OCT, SAT	● 9 – 11am	SGM: 2nd Saturday Group (Community Room)
		● 10am – 1pm	Apple Pie Sales (Pie Shed)

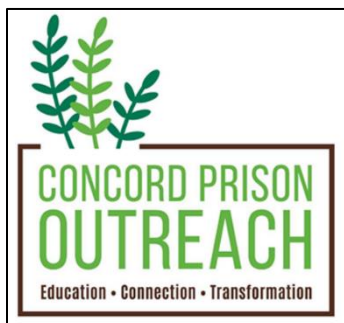
## **Next Sunday: October 13, 10am, Sanctuary/Online/Phone**

“To Question Is an Answer” – Rev. Dr. Cynthia L. Landrum

Our faith is a questioning one, not one with answers, but is still a faith!

We'll explore how something with lack of certainty can still be a religion.

## October Plate Sharing



**Concord Prison Outreach (CPO)** is a 501(c)(3) organization composed of a coalition of individuals and faith communities committed to helping people who are incarcerated build better lives for themselves and their families. ▶ Since its founding in 1968, when its first volunteers helped to support people in a local prison infirmary, CPO has developed into the largest organization of its kind in the Commonwealth of Massachusetts. ▶ CPO works cooperatively with the

Massachusetts Department of Correction (DOC), offering educational programs that focus on skill-building and personal growth, essentials to help support people in prison to achieve success while incarcerated or post-incarceration.

▶ For information about CPO programs and volunteer opportunities, please visit the website at [concordprisonoutreach.org](http://concordprisonoutreach.org).

## Upcoming Events

**Reading and Meditation** Wed, 10/9, 6:40 & 7:30pm, Hall & online

The meditation group at FPC is beginning our 2nd annual study and discussion of a book on meditation. 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 are provided. Helpful if you bring a copy of the book, but we'll provide some.

Questions: Carolyn Zettler • [Cdzettler@gmail.com](mailto:Cdzettler@gmail.com) • 978 793 0638.

6:40 - 7:20 pm Read & discuss *The Experience of Insight*, by Joseph Goldstien

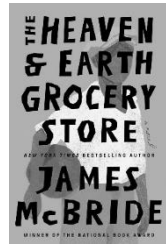
7:20 - 7:30 pm Transition break

7:30 - 8:45 pm Meditation

## Upcoming Events, cont'd.

**FPC Book Group** Wed, 10/9, 7-8 pm on Zoom  
*Heaven and Earth Grocery Store* by James McBride.  
Email [sharonbrownfield@gmail.com](mailto: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*



**REMEMBER GATHERING AROUND  
THE TABLE WITH FAMILY AND  
FRIENDS TO ENJOY A TASTY MEAL,  
GOOD COMPANY, AND GREAT  
CONVERSATION? WE DO THAT AT  
FPC EVERY 2<sup>ND</sup> FRIDAY OF THE  
MONTH IN FELLOWSHIP HALL!**

### Guest Table

Please join us *this* Friday,  
10/11, for our free  
community dinner.  
Doors open at 5:00 pm,  
dinner starts at 5:30.  
Bring your family.  
Bring your friends.  
Bring your friend's family!

~All are Welcome ~No Charge.

All meals are nut-free, and we offer vegetarian, gluten-free, and dairy-free options. Watch for the menu and volunteer opportunities on FPC Announce, or email [fpcguesttable@fpc-stow-acton.org](mailto:fpcguesttable@fpc-stow-acton.org).

### FPC Elder/Memory Care Peer-to-Peer Support Group

Sun, 10/13, 11 am-12:30pm, Parlor

Are you or your family approaching, dealing with, or recovering from an elder/memory care crisis? It's exhausting and draining. There are all kinds of legal, financial, and caregiving or care-finding challenges. It can be overwhelming and lonely. And that's not to mention the grief. Come join us as we establish a new FPC Peer-to-Peer Support Group for anyone dealing with elder/memory care issues for a loved one. We'll support each other on this difficult journey and share resources.



## **Bring-a-Friend Sunday and Open House** 10/20, 10 am-12:30pm

One of the best ways to find new places and faces in your life is through a friend. 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, and 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!

## **Piano Concert: 200 Years of Women Composers**

Sun, 10/20, 4-6pm, Fellowship Hall

Featuring Trevor Berens, piano. Music includes works by Amy Beach, Clara Schumann, Marti Epstein, and Florence Price. Suggested donation: \$5-\$40. Tickets available at the door and in advance at [Eventbrite](#).



Trevor Berens presents a concert of music written by women, from 1836 through 2005. The music is as varied as it is beautiful, from Clara Schumann's early suite of short works inspired by the music of Chopin ("Soirées Musicales") to Marti Epstein's minimalist pieces written at the turn of this century (selections from "American Etudes"). Trevor will also be performing, in its entirety, Florence Price's rarely heard set of four dances, "Dances in the Canebreaks", as well as music by the early twentieth-century American composer, Amy Beach.

## **The UU Journey at FPC** Sundays 10/27 & 11/3, 12-2:30 pm, lunch provided

*A Two-Session Course on UU History, Spirituality, Mission, and Traditions*

Rev. Cindy Landrum leads class. Join us for this opportunity to...

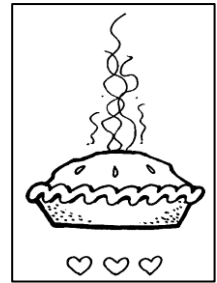
- ▶ share your own spiritual journey
- ▶ ask questions about UU and FPC
- ▶ get to know others in the church

You do not need to be new to FPC to participate; all are welcome! To sign up, please contact Meg Rivers-Wright, Parish Administrator, at [office@fpc-stow-acton.org](mailto:office@fpc-stow-acton.org) or [617-291-3351](tel:617-291-3351).



## The Apple Pie Project is Up and Running!

Thanks for pitching in this week, folks - we made 84 large pies and 16 mini pies! We would have made more, but one of the fillers got confused and put a few extra apples in a few pies...so some pies are extra-large this week. Also, one pie made with Smart Balance instead of butter got mixed in with the regular pies. By using the QR code below you can access the ingredients list in case anyone has allergy concerns that would put them at risk if they got the Smart Balance pie. Thanks for everyone who helped out!



Ingredients for  
Smart Balance

WE HAVE ONE MORE WEEK TO GO! Please sign up and help out with peeling if you can this final week and we need 2 sellers for next Sunday as well.

Folks who have reserved pies...your name is on the label.

♥ 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** (10/9) usually between 4 and 6 pm but the day and time are flexible

Contact June Mallon - [june.pies@fpc-stow-acton.org](mailto:june.pies@fpc-stow-acton.org) – if you are interested. 2-3 people are needed each week.

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

Contact Steve Evans ([steve.pies@fpc-stow-acton.org](mailto: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** (10/9-10) 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** (10/11) 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** (10/11) 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** (10/12-13); 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** (10/12-13); 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](mailto: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