

FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



Sunday, November 10, 2024

**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 Guditz
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.

November 10, 2024 10:00 a.m.

Gathering

Prelude

“Blowin in the Wind”
Bob Dylan

Trevor Berens, piano

How many roads must a man walk down
Before you call him a man?

Yes, and how many times can a man
turn his head

How many seas must a white dove sail
Before she sleeps in the sand?

And pretend that he just doesn't see?

Yes, and how many times must the
cannonballs fly

The answer, my friend,
is blowin' in the wind

Before they're forever banned?

The answer is blowin' in the wind

The answer, my friend,
is blowin' in the wind
The answer is blowin' in the wind

Yes, and how many times must a
man look up

Before he can see the sky?

Yes, and how many years must a
mountain exist

And how many ears must one man have

Before he can hear people cry?

Before it is washed to the sea?

Yes, and how many deaths will it
take 'til he knows

And how many years can some
people exist

That too many people have died?

Before they're allowed to be free?

The answer, my friend,
is blowin' in the wind

The answer is blowin' in the wind.

Welcome and Announcements

June McKnight, Worship Committee
& Sabbatical Committee

Opening Words

by Peggy Clarke Rev. Dr. Cynthia L. Landrum

Chalice Lighting

*** Hymn**

“We Shall Be Known”
Karisha Longaker of MaMuse
Arranged by the Thrive East Bay Choir

** Please rise in body or in spirit*

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

Time for All Ages

Rev. Dr. Cynthia L. Landrum

Going Forth With the Light

Congregation sings

Our love surrounds you. Here joy has found you.
Let hope abound freely. Go in peace!

Joys and Sorrows

Ann Wickham, 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.

Prayer or Meditation by Rev. Egbert Ethelred Brown

* **Hymn**

“Loosen, Loosen”

Aly Halpert

Exploring

Ritual

“Five Smooth Stones”

Sharing Our Gifts

This month we share our weekly offering with **African Community Center of Lowell**. You may donate by check made out to First Parish Church, at fpc-stow-acton.org/donate, or text (978) 310-3309.

* *Please rise in body or in spirit*

Anthem

“I Choose Love”
Mark A. Miller
Lyrics: Lindy Thompson

FPC Choir & Band
Trevor Berens, piano

In the midst of pain, I choose love.
In the midst of pain, sorrow falling down like rain,
I await the sun again, I choose love.

In the midst of war, I choose peace.
In the midst of war, hate and anger keeping score,
I will seek the good once more, I choose peace.

When my world falls down, I will rise.
When my world falls down, explanations can't be found,
I will climb to holy ground, I will rise.

In the midst of pain, I choose love.
In the midst of pain, sorrow falling down like rain,
I await the sun again, I choose love.

Sermon

“What Comes Next?” Rev. Dr. Cynthia L. Landrum

Returning

*** Hymn**

“One Foot/Lead with Love”
Melanie DeMore

*** Benediction**

by Rev. Julián Jamiaca Soto

*** 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

“Incarnation II”
Somei Satoh

Trevor Berens, piano

Greet Your Neighbor

** Please rise in body or in spirit*

Thank you:

Kim Kinnear, Zoom Host
 Marion Scott, Jeff Brown, Ushers
 Russ & Kate Hart, Carolyn Zettler, Coffee Hosts ♣♥
 Our staff and leadership



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

Religious Education - After TFAA for grades K-5.

11 am Elder Care/Memory Care Support Group, Parlor
Coffee Hour, Fellowship Hall

- ▶ **State Rep. Kate Hogan & State Sen. Jamie Eldridge** have been invited to join us and share their thoughts about the election results.
- ▶ Tickets on sale for The Smack Dabs' New Revival Coffeehouse concert on Sat., Nov. 16.

7-9 pm DrUUm and Dance Circle, Fellowship Hall

Elder Care/Memory Care Support Group 11am -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*. Join us for the FPC Peer-to-Peer Support Group for anyone dealing with elder/memory care issues for a loved one. We're here to support each other on this difficult journey and share resources.

DrUUm and Dance Circle 7-9 pm, Fellowship Hall

The drum circle is returning! A collaborative venture between FPC and UCMH, **the drUUm-&-dance circle** will meet on **Second Sundays** starting today. Bring your joy and your open heart and join us for an evening of hand drumming and dancing around the "fire" circle. Facilitated by experienced drummers/dancers Jim Flavin and Nan Rogers, we'll circle up to experiment with various types of instruments and sustained rhythm sessions and see what we create together. Let's gather in sacred and healing community to lower our stress levels, plug into the energy, and raise some good vibes!



Drummers and dancers of all abilities are welcome; please bring your own drums, and we will have a few drums and other percussion instruments available to borrow. Questions? Contact Nan at nandancing@comcast.net.

November Plate Sharing



African Community Center of Lowell

ACCL's Mission is to equip African immigrants and refugees in the Greater Lowell area with resources to be actively engaged community members through educational, social, and cultural initiatives. With your support, the ACCL

has been able to provide for the immigrant and refugee communities of the Greater Lowell area since October 29, 2016, through education, advocacy, presentations, partnerships, community events, and mentorship programs.

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

This Week at FPC

Parish Jazz Band Rehearsal Mon, 11/11, 7-9pm, Sanctuary

Please contact Michael Paladini mwpaladini@gmail.com for more information.

FPC Book Group Wed, 11/13, 7pm on Zoom

Never Leave the Dogs Behind by Brianna Madia. Email Sharon Brownfield at sharonbrownfield@gmail.com for the Zoom link.

Games Night Fri, 11/15, 7-9pm, Fellowship Hall

Led by Chip Beauvais. All are welcome. Feel free to bring a game or join in and play one of ours!

New Revival Coffee House concert Sat. 11/16, 7:30 pm, Fellowship Hall
The New Revival Coffeehouse will open its season on November 16 with good-time swing blues music of the 1930's performed by **The Smack Dabs**.

The Dabs feature the songs of Tampa Red, Big Bill Broonzy, The Harlem Hamfats, and many other artists from the swing era. This delightful and timeless genre features a rich variety of musical styles, ranging from mournful blues to joyful celebrations, setting the stage for incredible solo and group improvisations and delighting audiences and dancers alike. The rotating line-up of The Smack Dabs includes vocals, guitar, piano, upright bass, trumpet, saxophone, clarinet and washboard.



“... a rowdy yet disciplined outfit... It's the jubilant sound of surprise.”

Daniel Gewertz, artfuse.org

“... charming rootsy sounds...”

Jay N. Miller, the Patriot Ledger

Visit fpc-stow-acton.org/music/coffeehouse or thesmackdabs.com
for more information.

Tickets are \$20 in advance online or at coffee hour today, and \$25 at the door.

Doors open at 7:00 pm, concert begins at 7:30.

Next Sunday's Service 11/17, 10am, Sanctuary/Online/Phone

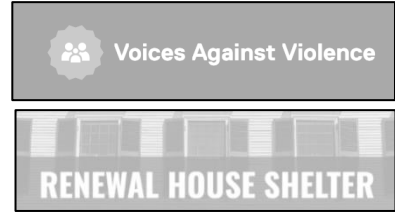
Quakerism: Spiritual Worship and a Call to Service - Neil Saunders

As part of FPC's continuing series on world religions, this service will focus on the Religious Society of Friends—Quakers—who began in the 17th century as a radical religious protest against the rigidity and formalism of the English Established Church. Neil will explore the twin tenets of the Quaker faith: worshipping in silence waiting for the “inner light” of God to speak to and through them, and a call to peace, equality, and simplicity through a series of historic testimonies. Over the years Quakers have been in the forefront of the abolition of slavery, women's suffrage, prison reform, equity for indigenous peoples, and conscientious objection to war.

Announcements

Annual Holiday Gift Drive

The Christmas Gift Giving drive begins this week! Once again, FPC will be fulfilling the holiday wishes of the guests of two domestic shelters: Renewal House and Voices Against Violence. What better way to celebrate the holidays than to make them special for someone else?



SignUpGenius

As of this past Thursday, you can access our SignUpGenius site through this QR code, the SignUpGenius website at https://www.signupgenius.com/go/10C0D49A5A82DABFEC34-52843975-2024#/ or on the FPC website homepage under the "News & Events" section. Browse through the gift requests and claim one or two (or more!) to purchase. All gifts must be claimed via SignUpGenius.

❧ IMPORTANT NOTES ON USING SIGNUPGENIUS ❧

- 1) Scroll through the entire list of gifts before making your choice, if you have time. The list of gifts is long, and the recipients at the end are always the last to get selected.
- 2) Hit SUBMIT at the bottom of the SignUpGenius list after you select your gift(s).
- 3) Print out and save the confirmation notice from SignUpGenius. It contains the name and shelter of your gift recipient(s), which you will need to attach to each gift when you turn it in.
- 4) Place any gift cards you buy in an envelope with the recipient's name and shelter before you turn them in.

Let's celebrate the holiday season by bringing a smile to the face of a struggling child, or a woman or man who has fled a dangerous situation and is facing an unknown future. The guests of these shelters have left home with nothing. We can give them some holiday joy to brighten their lives. If you have any questions, contact Carolyn Zettler at (978) 793-0638, Marcia Rising at (978) 273-1637, or our team of elves at gift-drive@fpc-stow-acton.org. And thank you for your generosity!

♥ Your Holiday Elves

Every Week at FPC

TUESDAYS Coffee and Chat 10-11 am

Meet at the Town Park adjacent to FPC.

Everyone is welcome.

Bring your own coffee and dress warmly!

~Ann Sadler

WEDNESDAYS Reading and Meditation 6:40-8:45 pm,

Fellowship Hall/online

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

7:20-7:30 pm Transition break

7:30-8:45 pm Meditation

THURSDAYS

► **Peace Vigil** 5-6 pm,

in front of FPC on the Stow Common

Everyone welcome. For more information contact

Neil Saunders neilsaund@verizon.net

► **Choir Practice** 7-9:30 pm in Fellowship Hall

Join the choir!

music@fpc-stow-acton.org

FRIDAYS Bridge Group 1-3:30 pm, Community Room

If you like to play bridge, are at least a moderate player, and prefer to do it in person, then this is the group for you. Join bridge@fpc.groups.io for updates.

Email Hector Constantzos at Hconstantzos@gmail.com with any questions or for help joining the email group.

UUA Community Resilience Hub

<https://www.uua.org/safe/community-resilience>

Community resilience is a collective effort. We know many of you are already doing your part to build strong, connected, and resilient communities. This hub is designed to offer ongoing support, including the latest updates, resources, and events, to help guide you through the challenges we face. Together, we can harness our collective power to meet this moment, because democracy isn't just something we do – it's who we are, and who we strive to be.

In moments of instability and fear, we must respond with clarity and courage. It is our responsibility to leverage our resources, relationships, and collective power to defend democracy, ensure safety, and build a future where everyone can thrive. Through this hub, we offer guidance and resources on how to take action now, support each other, and build a resilient community that stands firm in the face of uncertainty.

A Checklist for Community Resilience

- The first and most important thing to do is to be in communication with one another. Check in with your people and keep the lines of communication open.
- Draw on lessons from the pandemic to make sure you have effective communications structures and a nimble strategy for how to make decisions together.
- Pay attention to who is coming in and out of the building when your community is gathered and be alert to suspicious packages or phone calls.
- Remember the importance of de-escalation as you take your own measures to support the safety of all the people.
- Make sure you are connected with your regional staff, other local congregations, and experienced organizers in your own neighborhood.
- Have conversations now about whose leadership and analysis you will look to for guidance. The people who will be most equipped to lead in the event of post-election chaos and conflict are those who have lived experiences of the state not being the primary source of their community's safety.

Events

- **Forward Together: Anchoring in Community Post-Election (11/19)**
A three-session series from the UUA and UU State Action Networks for spiritual sustenance, political action, and regional breakouts in response to what will happen after Election Day. Session Three on 11/19.
Register at <https://tinyurl.com/uua-forward>
- **Tools for Tending: Post-Election Spiritual Care (11/21) at 7- 9pm ET**
Join Side With Love, BLUU, and DRUUMM for this 2-hour special event. Open to all, this event will help tend our spirits through somatic practices, spiritual grounding, and small group connection. Combining structured elements, reflection time, music, facilitated caucus spaces, and visioning exercises, we hope you will feel grounded, strengthened, and held for the work ahead. Register at <https://tinyurl.com/uua-care>

Additional Resources

- **Threats from Without, Care from Within: Congregational Safety in Troubled Times** By Sunshine Jeremiah Wolfe
From LeaderLab: <https://www.uua.org/leadership/library/safety-care>
This robust training helps you anticipate and plan responses to violent threats, vandalism, doxxing, and other forms of intimidation and harassment.
- **Congregational Responses to Growing Fascism**
From LeaderLab: <https://www.uua.org/leaderlab/authoritarian>
The rising power of illiberal religious and political movements is threatening both religious freedom and democracy. These resources are a starting point to understanding the threat and what our theological response can be.
- **Building Resilience with Spiritual Grounding and Soul Care**
From LeaderLab: <https://www.uua.org/leaderlab/resilience-soul-care>
During troubled times, we are called to be prophetic, but we need to ground ourselves to keep our balance and foster resilience.
- **Leadership and Readiness in Troubled Times**
From LeaderLab: <https://www.uua.org/leaderlab/lead-troubled-times>
A changing, troubled world calls for prepared leaders. With advance preparation, you can meet moments of crisis with more confidence and less anxiety.