

Sunday October 2, 2022

10:00 AM

Gathering

Prelude *Amazing Grace* Sanghee Kim, organ
arr. by A. L. Page

Land Acknowledgement, Welcome & Announcements
Brendon Chetwynd, Board Member

Introit *Be the Change* FPC Adult Choir
Colin Britt

Opening Words *Courage Is*
Rev. Dr. David Breeden

Chalice Lighting *Out of the Flames*
Rev. Sara LaWall

* **Hymn #400** *Shalom Havayreem*

* **Covenant**
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.

* **Affirmation**
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.

Centering

Message for All Ages: "Warrior with Words: Malala Yousafzai"
by Karen Leggett Abouraya [abridged]
Marissa Evans, Acting Director of Religious Education

* *Please rise in body or in spirit.*

Going Forth with the Light

Joys and Sorrows Hector Constantzos, Lay Minister

Prayer or Meditation *Map of the Journey in Progress*
by Rev. Victoria Safford

* **Hymn #396** *I Know This Rose Will Open*

Exploring

Reading *Your Silence Will Not Protect You*
Audre Lorde

Sharing Our Gifts

This month we share our weekly offering with Out MetroWest
Checks may be made to "First Parish Church" or donate online at
<https://fpc-stow-acton.org/donate> or by text to (978) 310-3309.

Anthem *Blessed Be* FPC Adult Choir
Melanie DeMore

Sermon *Courage*
The Rev. Dr. Cynthia L. Landrum

Returning

* **Hymn** *Courage to Be Who We Are (see insert)*
Ruth Haber

* **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 *Csikos Post* Sanghee Kim, piano
H. Necke

* *Please rise in body or in spirit.*



Thank you to:
Kim Kinnear, Zoom Host,
Brendon Chetwynd, Tech Helper
Jeff Brown & Jamison House, Ushers
FPC Choir,
Coffee Hour Hosts
and to our staff and leadership

Our flowers today are given by
Mary & Steve Evans,
in memory of our Moms, Donna and Rita,
who loved a good cup of tea!



FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



Sunday, October 2, 2022

The Rev. Dr. Cynthia L. Landrum, Minister
Marissa Evans, Acting Director of Religious Education
Marie Egan, Temporary Parish Administrator
Brad Dumont, Music Director
Sanghee Kim, Organist/Pianist
Mike Silkonis, Sexton
Ben Child, Tech Assistant
Janet Beatrice, External Publicity
Sharon Brownfield, President
Jenni Edgerton, 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 to help everyone be a part of worship in the fullest way possible. Assisted Listening Devices are available when worship is in the sanctuary.

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

ONLINE SUPPLEMENT PAGE

Sunday, October 2, 2022

This page contains information specifically for folks joining us online!

Today's Online Helpers

Zoom Host: Kim Kinnear

Hymn Lyrics

Hymn #400 *Shalom Havayreem*

Shalom, havayreem!
Shalom, havayreem!
Shalom, shalom!
L'hitraot, l'hitraot, shalom, shalom.

Hymn #396 *I Know This Rose Will Open*

I know this rose will open.
I know my fear will burn away.
I know my soul will unfurl its wings.
I know this rose will open.

Hymn #8 Justice Choir Songbook

Words and music available at
<https://www.justicechoir.org/songbook/>

Courage to Be Who We Are by Ruth Huber

1. We are here in the mem'ry of those who have fallen,
Those who have fallen, those who have fallen.
We are here in the mem'ry of those who fallen,
Here for the courage to be who we are,
Courage to be who we are.
2. We are standing in the mem'ry of those who have fallen,
Those who have fallen, those who have fallen.
We are standing in the mem'ry of those who fallen,
Standing for the courage to be who we are,
Courage to be who we are.
3. We are singing in the mem'ry of those who have fallen,
Those who have fallen, those who have fallen.
We are singing in the mem'ry of those who fallen,
Singing for the courage to be who we are,
Courage to be who we are.

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

Plate Sharing This Month

OUT MetroWest



METROWEST

Out MetroWest is a non-profit organization that offers free programs for LGBTQ+ young people from pre-K through high school, including specific programs for trans and gender expansive children and youth.

Out MetroWest offers a safe and welcoming physical space for youth and their families to be themselves, to find friends and support.

Out MetroWest offers nearly 20 programs each month at 6 locations including their center in Framingham and satellite locations in Acton, Medway, Needham, Waltham and Westborough.

The director of Out MetroWest is FPC's former Youth Coordinator - Whitney Retallic. For more information see OUTMetrowest.org.

Coffee and Chat

Tuesday mornings from 10AM-11AM



Meet at the Town Park adjacent to FPC.

Everyone welcome. Bring your own coffee!

Thank you!

~Ann Sadler

Sunday, October 2, 2022 at FPC

Service: 10-11 am Sanctuary and On-line

Coffee Hour: 11 am Fellowship Hall

Climate Task Change Force: Our Windows: 11 am during the Coffee Hour

This Week in Religious Education

Sunday Morning Religious Education Classes— join us at 10 am in the sanctuary, then children and youth will proceed downstairs to their classes.

PreK-5th grade: Our theme this month is Courage. Today we consider the many paths of courage, from superheroes to civil rights activists.

6th-8th grade: We continue our exploration of Unitarian Universalism by exploring the things we value about our own church community - including a scavenger hunt through the building.

9-12th grade: Join us in the Youth Room for High School Discussion Group - today our topic is Superpowers.



Halloween Party

Saturday October 29

5:30-8 pm Fellowship Hall

All Ages

Volunteers needed. See link in Friday email or Chronicle to sign up.

This Week at FPC

- Monday** Sounds of Stow Rehearsal 7-9 pm Hall
- Tuesday** Collect Apples
Coffee & Chat at the Gazebo 10-11 am
Pie Crust 5pm Hall/Kitchen
Religious Ed Meeting 7 -9 pm Community Rm
- Wednesday** Collect Apples
Membership Committee 7 pm on-line
Meditation 7:30 pm Hall and on-line
- Thursday** Peel Apples 5-9 pm Vestry
Peace Vigil 5 pm in front of church
SGM Facilitators 5:45 pm Community Room
Choir Rehearsal 7:15 pm Sanctuary
- Friday** Bake, Bag, Store Pies, 6:30 am Hall/Kitchen
- Saturday** Sell Pies 10 am – 1 pm Pie Shed

Sunday October 9, 2022

“Islamic Devotional Singing and the World Muslim Choral Ensemble” Brad Dumont

For our October 9 service, we will welcome members of Boston-based ensemble VOICES 21C for a morning led by Director of Music Brad Dumont and Krystal Morin with ensemble Artistic Director André de Quadros focused on Islamic devotional singing and the experience of participating in the inaugural World Muslim Choral Ensemble in Sri Lanka in July 2022.

Join Worship by Video: <https://tinyurl.com/2223fpc>

Meeting ID: 9990 7077 00266 Passcode: 01775

Join Worship by Phone: (929) 205-6099 (toll call)

October Saturday Breakfast: Drum Circle with Dave Curry Saturday October 15, 8 am (Coffee 7:30), Fellowship Hall RSVP so we have enough food and drums

Play Reading

October 16, 7 pm, Fellowship Hall or on-line

Please join us for another night of play readings on October 16 at 7:00pm in the Fellowship Hall or on Zoom.

The first session we had earlier this year was a big hit. This time around we're going to go with light and playful. And our second play will be SO much more fun if there's an audience who can join in!

Here's a teaser about one of the plays:

The first is a play about a play, being put on by the high school drama group. The director is kind of a jerk. No; way worse than a jerk. How can the other players and the student advisor make it all work out? Obviously, this is going to need a little out-of-the-box thinking. This is a funny play, but there are some interesting issues to explore within the craziness.

Pamela Means Presents The Power of the Protest Song: Our Shared History & Present Day

Saturday October 29, 7:30-9 pm Fellowship Hall

Part-performance and part-presentation, this family-friendly public event explores the origin stories and lineages of protest songs, how their meanings and effects continue to transform through time and space, and how they have inspired--and continue to inspire--movements and cultural shifts within the realms of racial and social justice. In addition, Pamela also shares her own experiences with becoming an artist and using her voice. A curated rotating assortment of original songs and select, recognizable covers are integrated into the presentation as a powerful demonstration of how grounding, unifying, and mobilizing protest songs can be.

SAVE THE DATES

Free Guided Tour of Black Heritage Trail in Boston Sunday October 9, meet in FPC parking lot at 12:30

The National Park Service has kindly offered us a special FPC-only guided tour starting at 2:00pm in front of the State House. The tour will take us past 9 special places on Beacon Hill that are important to the history of African Americans in the Boston area before, during, and after the American Civil War, ending at the Museum of African American History. The tour is FREE.

Guest Table

Friday October 14, 5:30-6:30 pm Hall

Doors open 5 pm

All Welcome, No Charge

Get Out the Vote! Concert with Emma's Revolution Saturday, October 15, 7:30pm ET

First Parish of Concord and Livestreamed

Join us for a special pre-Election-Day concert in the First Parish Concord Sanctuary. In-person tickets are \$25, livestreamed tickets are \$20, and both are available for purchase online at tinyurl.com/Oct15Concord.

Emma's Revolution is the dynamic, award-winning activist duo of Pat Humphries & Sandy O, whose songs have been sung for the Dalai Lama, praised by Pete Seeger, and covered by Holly Near. With beautiful harmonies and genre-defying eclecticism, Emma's Revolution delivers the energy and strength of their convictions, in an uprising of truth and hope for these tumultuous times.

Event sponsored by Reclaim Our Democracy and First Parish UU the Vote. All are welcome! Masks required for in-person concert. All volunteers will be asked to wear masks in the building.

Journey to Net Zero: Sanctuary Windows

The church passed a resolution to get to Net Zero by 2030. One area to be addressed is the sanctuary windows. The windows in the sanctuary are drafty. Because of this, we are heating and cooling the outdoors thus wasting electricity and paying more than we need. The Climate Change Task force will hold meetings during the coffee hour on the following Sundays: **Oct 2, 16, 30**. Join Jeff Brown and members of the Climate Task Force as we answer questions and offer tours of the sanctuary to point out the deficiencies of the windows and plans for improvements.

First Parish Church of Stow and Acton



Climate Change News

Looking for Actors for Next Play Reading

At this time, we're looking for actors. Please reply to Katy Weeks at katy.brightleaf@gmail.com by **October 7** if you'd like to join the troupe. Please note:

- The plays will be read by actors sitting around a table in the Fellowship Hall on
- You do NOT need to be an experienced actor. We welcome enthusiastic readers!
- Once you sign up with Katy, you will receive the scripts, and you may *request* a specific role.
- The actors will be provided with the scripts and their roles at least by October 2. You do not need to memorize your part.
- You'll need to be at Fellowship Hall an hour early on Oct 16 (6:00pm) for a review and setup. We suggest you eat your Sunday meal earlier in the day!

Fall 2022 Apple Pie Project



The First Parish Church of Stow and Acton Apple Pie Project is a GO for fall 2022!

Dough making: Dough making will take place in the Fellowship Hall Kitchen, where experienced leaders will coach/supervise vaccinated volunteers in the process. Volunteers will be asked to wear masks while in the building. Days/times TDB, usually M-W.

Apple collecting: We will continue as we have the past few years, with *apples being collected on Tuesday and Wednesday from Shelburne Farm and delivered to FPC by 4 pm Wednesday.*

Apple peeling/prep: We will continue to have volunteers collect apples at church to be washed, peeled, and sliced.

- Apples can be picked up by individuals from the church on Wed. afternoons between the hours of 4-7 pm. The apples will be in bins along the first two bays of the carriage shed.
- Peelers are asked to take the apples home, wash them, peel them, core them, and cut them into pie slices. Bags for the cleaned apple slices to be stored in will be provided.
- If folks want to gather in **the vestry to do apple prep on Thursdays, it is reserved from 5:00PM-9:00pm.** Current church masking protocols will apply and folks will be asked to make sure the space is clean and returned to its normal configuration before leaving at the end of the night.
- Peelers can drop off the apple bags and bags of slices in the bins at the church before 9 pm Thursday where volunteers will collect and store the apple slices overnight. (NOTE: If you choose to peel your apples on Wednesday or early on Thursday, please refrigerate them until you are ready to deliver them.)

Baking: Our Friday morning baking routine will be similar to last year. All volunteers will be asked to wear masks in the building.

- Given that covid rates are holding steady, we will continue with our social distancing in the kitchen, generally allowing 3 individuals to space out along the counter along the windows to roll dough and 2 individuals at the metal table in the center of the kitchen for rolling/crimping.
- Filling the dough will take place in the Hall with individuals social distancing.

Bagging: Bagging will take place in the Fellowship Hall as usual. All baggers will be asked to wear masks in the building.

Selling, Quantities, and Price: We may be returning to selling out of the pie shed this year. Sellers will be asked to wear a mask. How many pies we will be able to make depends on how many folks are willing to volunteer! We will plan to make about 80 pies per week but will adjust as needed. We plan to sell pies at \$18, in keeping with the price at local farm stands.

When to start/what to offer

- The project will run the usual 4 weeks, ending the weekend of Columbus Day/Indigenous People's Day (**our last sales weekend will be October 8-9th.**)
- **Saturday Pie Sales 10:00 am-1:00pm**
- **Sunday Pie Sales 10:45am-1:00pm**



Sign ups: *Signing up in advance for roles in the pie project is important and appreciated.*

The sign up form is up and ready to be filled! Here is the link: <https://tinyurl.com/fpc22pies>

If you have questions, comments, or concerns regarding the apple pie project this year, please contact **Pie Project Coordinator, Rebecca Stadolnik**, at applepies@fpc-stow-acton.org.

8. Courage to Be Who We Are – pg. 2

Proof 03/09/21

G A m/D G

2. stand - ing } in the mem - ry of those _____ who have fall - en,
 3. sing - ing }
 4. (hum)

2. stand - ing } in their mem - ry,
 3. sing - ing }
 4. (hum)

A m A m/D G

2. stand - ing } for the cour - age to be who we are, _____
 3. sing - ing }
 4. (hum)

2. stand - ing } for the cour - age to be who we are, _____
 3. sing - ing }
 4. (hum)

A m A m/D G A m A m/D G

Slightly slower

cour - age to be who we are. _____
 (hum)

Cour - age to be who we are. _____

cour - age to be who we are. _____
 (hum)

Cour - age to be who we are. _____

Performance Suggestions:

- for SATB: tenors sing lowest treble line.
- for SSA: omit bass line.
- Try it in a celebratory mood/tempo.

Ruth writes: "Courage to Be Who We Are" was written to commemorate the life of Gwen Amber Rose Ataylo and to celebrate the lives of beautiful and courageous trans people everywhere."

Always include songwriter's name when sharing. PDF: Songs.JusticeChoir.org/Courage
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JUSTICE CHOIR.ORG

8. Courage to Be Who We Are

in memory of Gwen Araujo

Words & Music by Ruth Huber
San Jose, CA | 2004

Reverently (♩ = c. 76)

1. We are here in the mem - 'ry of those — who have fall - en, those — who have fall - en, those — who have fall - en. We are here in the mem - 'ry of those — who have fall - en, — who have fall - en. We are here in the mem - 'ry of those — who have fall - en.

here for the cour - age to be who we are, — cour - age to be who we are. —

2. We are stand - ing } in the mem - 'ry of those — who have fall - en, those (hum)

3. We are sing - ing } in their mem - 'ry, those (hum)

4. (hum) —

who have fall - en, those — who have fall - en. We are (hum)

who have fall - en, those — who have fall - en. We are (hum)

Made Possible by Westminster Presbyterian Church, Minneapolis

* for SSA version: omit low D. Allos sing small note G.

Always include songwriter's name when sharing. PDF: songs.justicechoir.org/Courage
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