

October 1, 2023 10:00 am

Gathering

Prelude *Improvisation* Trevor Berens, Piano
Land Acknowledgement & Welcome Chris Hossfeld, Music Director
Opening Words “Come Into this Circle of Community” Rev. Alice Anacheke-Nasemann
by Rev. Andy Pakula
Chalice Lighting Rev. Dr. Cynthia L. Landrum
& Rev. Alice Anacheke-Nasemann

* **Hymn #159** *This is My Song*

Centering

* **Unison Covenant**
Love is the doctrine of this church,
The quest for truth is its sacrament
and service is its prayer.
This is our great covenant:
To dwell together in peace,
to seek the truth in love,
and to help one another – to the end that all souls
shall grow in harmony with the divine.

...and Sung 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.

Time for All Ages Rayla D. Baldwin-Mattson,
Director of Religious Education
& Cindy Koegler, Youth Coordinator

Going Forth With the Light

Sharing Our Gifts

This month at FPC we share our weekly offering with Out MetroWest (see insert).
You may donate with a check made out to First Parish Church,
online at <https://fpc-stow-acton.org/donate>, or text to (978) 310-3309.



To donate to the Unitarian Church of Marlborough and Hudson, make checks out to UCMH and write UCMH in the memo line, too. You may also donate online using the Givelify App.

Offertory Song “Let it Breathe”
by Joe Jencks

Joys and Sorrows

Marcia Rising, Lay Minister

Meditation

Rev. Alice Anacheke-Nasemann

in Song: Spirit of Life #123

in Words: “Sometimes When We Pray” by Re. Angela Herrera

in Silence

Story

Joe Jencks

Anthem

Come with Me
by Joe Jencks

Joe Jencks & FPC Adult Choir

Exploring

Homily

Rev. Dr. Cynthia L. Landrum

Song

“Going Home”
by Joe Jencks

Joe Jencks

Returning

* **Hymn #1021**

Lean on Me

Unison Extinguishing the Chalice

We have gathered in love, worshipped in hope and lifted our hearts in peace. We go now to share these blessings with the world.

* **Benediction**

Joe Jencks

* **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

“All Will Be Well”
by Joe Jencks

Joe Jencks

Announcements

Rev. Alice Anacheke-Nasemann

Greet Your Neighbor



Joe Jencks is a 25-year veteran of the international Folk circuit, an award-winning songwriter and a celebrated vocalist based in northern Illinois. He is known for his performances of musical beauty, social consciousness and spiritual exploration. Joe delivers engaged musical narratives filled with heart, soul, groove and grit. Blending well-crafted instrumentals and vivid songwriting, Jencks serves it all up with a lyric baritone voice that has the edgy richness of a good sea-salt caramel. Jencks has penned several #1 Folksongs including the ever-relevant *Lady of The Harbor* and has become a fan favorite throughout North America and beyond. Joe has performed and preached in over 200 Unitarian Universalist congregations in the US, Canada, and Ireland, and is also a dual US-Irish citizen. Jencks also served as a Cultural Ambassador with the U.S. State Department. For more info please visit: www.joejencks.com.



Thank you to:

Rev. Cindy, Zoom Host
 Brendon Chetwynd, Tech Helper
 Marcia Rising, Carolyn Zettler, Jamison House, Ushers
 Peter Fisk, Rick Lent, & Sharon Brownfield, Coffee Hour Host
 and our staff and leadership

Today's flowers were donated by Sharon Brownfield



How to Connect with First Parish Church:

- [Sign our visitor log at tinyurl.com/visitfpc:](https://tinyurl.com/visitfpc) We'll send you information on request.



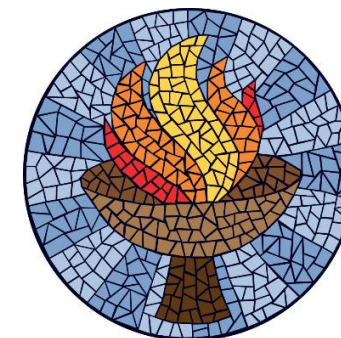
- [Come to Sunday's 10 am service and 11 am social hour](#), in person or online.

- [Subscribe to our publications...](#)
The Chronicle - monthly e-newsletter
This Week at FPC - weekly e-newsletter
FPCAnnounce & FPCForum - e-mail groups

...all at <https://www.fpc-stow-acton.org/subscribe-newsletters>.

FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



Sunday, October 1, 2023

**Guest Rev. Alice Anacheke-Nasemann &
 Musical Guest Joe Jencks**

The Rev. Dr. Cynthia L. Landrum
 Minister

Meg Rivers-Wright
 Administration and Membership

Rayla D. Baldwin-Mattson
 Director of Religious Education

Chris Hossfeld
 Music Director

Trevor Berens
 Accompanist

Cindy Koegler.....Youth Coordinator
 Mike Silkonis.....Sexton
 Janet Beatrice.....External Publicity
 Jenni EdgertonPresident
 Brendon Chetwynd.....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.

FPC currently has a masks-optional policy throughout the church. Several rows in the back of the Sanctuary are designated "mask-required". They are a greater distance from unmasked speakers and the choir, and include accessible seating.

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

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 is **Rev. Dr. Cynthia L. Landrum**.
3. Hymn lyrics will be in a slide presentation.



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

Next page for announcements

October Plate Sharing:

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.



☪

Land Acknowledgement

- ☪ We would like to acknowledge that this service is being held by a community that gathers on the stolen traditional lands of the Massachusett, Nipmuc, Pawtucket, and Wampanoag People.
- ☪ We pay respect to those Indigenous Peoples who lost their lives in the colonization of this land and recognize that these Indigenous tribes are still today facing violations of sovereignty, territory, and water.
- ☪ We also give thanks for the Earth we walk upon, the waters, the lifegiving plants, and all the Earth's creatures, as well as the winds, sun, moon, and stars.
- ☪ We recognize that this is just a first step in moving toward right relationship with Native peoples and healing of the Earth.

Today at FPC

10:00 am	Service, Sanctuary and online
11:00 am	Coffee Hour, Fellowship Hall
1-3:00 pm	Free seminar , "Medicare & Social Security Programs" Fellowship Hall

Please join us for this free seminar! A representative from SHINE (Serving the Health Insurance Needs of Everyone) and Minuteman Senior Services will discuss Medicare and Social Security issues in Massachusetts, including...



- ✓ the 4 parts of Medicare (A, B, C, and D)
- ✓ Medigap plan options and which ones are right for us
- ✓ how to use the Planfinder online tool for finding the best plans for our needs
- ✓ helpful information for first-time Medicare enrollment and selecting new options during subsequent annual open enrollment periods.

Upcoming:

October 8, 1-3 p.m. Senior Living Options in the MetroWest Area

October 15, 1-3 p.m. Local Services Available to Seniors

This seminar series is sponsored by the FPC Endowment Committee. Please direct questions to John Kendrick: 202-368-6790 or johnburkskendrick@gmail.com.

This Week in Religious Education

Please note that masks are optional in some Religious Education classes, but required in others, based on family needs. Nursery care is available for all services, provided by a trained nursery care staff member and a volunteer.

Children (PreK-Gr.1 & Gr.2-5)	All grade levels will continue learning about and discussing what it means as a UU <i>to covenant</i> . They will also work to create or finish their class covenant.
Junior Youth (Gr. 6-8)	
Explorations for High School	

This Week at FPC: October 2 - 7

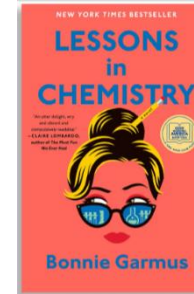
3	OCT, TUE	● 10 – 11am	COFFEE & CHAT GAZEBO
		● 7 – 8:30pm	FPC Book Club
4	OCT, WED	● 5 – 7pm	Apple Pie Project: Dough Making (Hall Kitchen)
		● 5 – 6pm	Book drop off (Fellowship Hall)
		● 7 – 9pm	SGM Facilitators Meeting (Community Room)
		● 7:30 – 8:30pm	Meditation (Fellowship Hall & online)
5	OCT, THU	● 5 – 6pm	Peace Vigil-outside
		● 6 – 9pm	Apple Pie Project: Peeling (Vestry)
		● 7:15 – 9pm	Choir Practice (Hall)
6	OCT, FRI	● 6am – 1pm	Apple Pie Project: Baking (Hall AND Hall Kitchen)
		● 1 – 3:30pm	Bridge group (Comm Rm/Vestry)
		● 3 – 8pm	Book Sale Setup (Fellowship Hall)
		● 6 – 8pm	Apple Pie Project: Bagging (Hall)
7	OCT, SAT	● 9am – 12pm	Book Sale (Fellowship Hall / Carriage Stalls)
		● 10am – 1pm	Apple Pie Project: Pie Sales (Pie Shed)
		● 12 – 3pm	Book Sale Clean-up
8	OCT, SUN	10 - 11am	Next Sunday's Service (Sanctuary)

“Fall Sermon Series on Spiritual Practice Types Part 2: Harmony” Our four-part sermon series on spiritual practice types and connecting them to personality types continues.

Join Worship by Video: <https://tinyurl.com/2223fpc>
 Meeting ID: 999 7077 0266; Passcode: 01775
Join Worship by Phone: (929) 205-6099 (toll call)



FPC Events



FPC Book Club Tues, 10/3, 7 pm online

Lessons in Chemistry by Bonnie Garmus

Meet Elizabeth Zott: "a gifted research chemist, absurdly self-assured and immune to social convention" (The Washington Post) in 1960s California whose career takes a detour when she becomes the unlikely star of a beloved TV cooking show.

A BEST BOOK OF THE YEAR: The NY Times, Washington Post, NPR, Oprah Daily, Entertainment Weekly, Newsweek (amazon.com)

FPC Book Sale Sat, 10/7, 9am - 1pm, Fellowship Hall (a couple tables outside, too)

Time to box up all the books you've been storing in your attic and basement and bring them to FPC for the **FPC Book Sale!**

We will be selling hardbacks, paperbacks, CDs and DVDs.

As a special treat, Rebecca will be selling her jewelry.

There should be something for everyone.

BOOK DROP-OFF:

You can bring your books and audio items to the church at the following times:

Wed, Oct 4, 4-7pm

Thu, Oct 5, 4-7pm

Fri, Oct 6, 4-7pm

Please put your books and audio items on the right-hand side of Fellowship Hall (northeast side). You will see signs.

Please do not leave books outside the church or in the shed. Our weather has been variable, and we do not want books to get wet or damaged.



Many hands make light work.

We need book sorters for Friday afternoon and sellers on Saturday. Please think about signing up. A special treat - those who sort books get a first look at potential books.

Sign-up here:

<https://www.signupgenius.com/go/30E084CA8A82FA7FB6-44593827-book>

Anthem

“Come with Me” by Joe Jencks

Copyright 2007, Joe Jencks, Turtle Bear Music, ASCAP

I feel the current raging around me
Try to summon up my strength once more
I am weary on this journey
Afraid I will not reach that distant shore

I cry for help feel like I'm sinking
There is no one near me I can see
But there you are in the water with me
You take my hand and guide me graciously

Chorus

Will you come with me on this journey
With every breath we take keep reaching for the dawn
I know alone that I will falter
But with a good friend near me I will carry on

There is a kindness in your smile
And gentleness within your speech
You reassure me your love surrounds me
And I know safety is at last within my reach

It's an illusion we carry with us
As we wade on through the waters of our lives
That we must be strong and hold our own here
But a helping hand will save us by and by

I know alone that I will falter
But with a good friend near me I will carry on
With a good friend near me I will carry on

“Going Home” by Joe Jencks

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A song for the sailor lost out to sea
A song for the mother who always will grieve
A song for the soldier who lays down his life
A song for the woman who once was his wife

A song for a traveler down on his luck
A circus man plying his trade for a buck
A song for a child who's lost in the night
Though she's never seen stars she still clings to their light

Going Home

Going Home

A song for the mistress who dares to believe
Wiping the tears from her eyes with her sleeve
A song for the poet who runs out of time
Before she can finish her famous last...

A song for the miner who digs out the coal
And dreams of a life somewhere far from this hole
A song for the rebel who gave up the fight
Haunted by guilt cause he still knows he's right

Going Home

Going Home

A song for the lovers who never will meet
Star-crossed and stumbling out on the street
A song for the preacher down on his knees
Praying for answers he never quite sees

A song for the ones who run into the fire
To put out the flames of this world on it's pyre
A song for the driver who runs out of road
With nobody there to help shoulder the load

Going Home

Going Home

A song for the drinker who puts down the glass
A song for the jumper who takes a step back
A song for the wonderer home now at last
A song for redemption from sins of the past
A song for forgiveness that opens a door
A song for the good friends who gather once more
A song for the prisoner finally free
A song for the veil that is lifted, lifted, lifted...

Going Home

Going Home

Going Home

A song for the singer a song for the dance

A song for the mystic who yearns for the trance

Going Home

A song for the beggar a song for the thief

A song for the hunger that finds no relief

Going Home

A song the baby who sleeps until dawn
And a song for the birds that will sing on and on
Going Home

A song for the sunrise a song for the day
A song for the veil that is lifted

Postlude

“All Will Be Well” by Joe Jencks

Copyright 2019 Joe Jencks – Turtle Bear Music, ASCAP

Inspired by a quote from Julian of Norwich.

All will be well

All will be well

All manner of things will be well

Wherever life may call you

Wherever you may dwell

All will be well

All will be well

We gather here

To witness and affirm

The harmony of spirit

And of heart

Manifest with in you

Brought forth from deepest hope

To be a force of healing in this world

You find your purpose

In service to a light

That emanates from each and every

Being that is life

We see the gifts

That blossom in your care

And the people who are nourished by your love

May you go forth

To mend what has been broken

To feed those who are hungry

To quench the ones who thirst

For a world of compassion

For mercy that abounds

And a place to dwell in sacred gentleness

Song Lyrics

Offertory Song

“Let it Breathe” by Joe Jencks

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Lay down your weapons

Love has you surrounded

There is no easy way out

Lay down your shield, and

Let your heart break, just a little

Let Love remove all doubt

You go through the world

Everybody’s sweetheart

Keeping up a front that wears you down

But in a quiet moment

The truth comes out, Somedays you

Feel like you’re about to drown

There is no reason

To play this charade, because

You can be loved for who you are

And for every troubled thought

That crosses your mind, please hold that

You are someone else’s shining star

What do you need?

By what measure would you know, that

You are more than what you achieve

When you look in the mirror

Is it possible to see

That you are enough, so let it breathe