

October 22, 2023
10:00 am

Gathering

Prelude Improvisation Trevor Berens, piano

Land Acknowledgement & Welcome Jenni Edgerton,
Board President

Opening Words by Cynthia Landrum

Chalice Lighting by Gautama Buddha

* **Hymn #1032** “Daoona Nayeesh”

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.

Time for All Ages Rayla D. Baldwin-Mattson
Director of Religious Education

Going Forth with the Light

Joys and Sorrows Kate Hart, Lay Minister

Meditation/Prayer by Rev. Sofia Betancourt, Ph.D.
UUA President

Sharing Our Gifts

This month at FPC we share our weekly offering with Out MetroWest (see insert).

* *Rise in Body and Spirit*

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.

Anthem “One Voice” FPC Adult Choir
Ruth Moody of the Wailin’ Jennys Trevor Berens, piano

This is the sound of one voice
One spirit, one voice
The sound of one who makes a choice
This is the sound of one voice

This is the sound of voices two
The sound of me singing with you
Helping each other to make it through
This is the sound of voices two

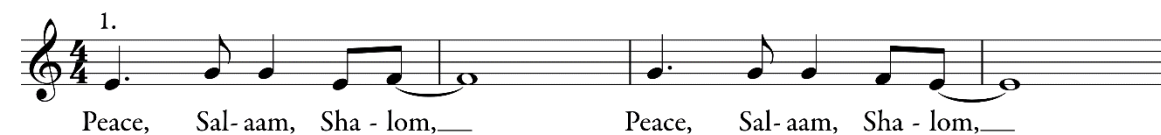
This is the sound of voices three
Singing together in harmony
Surrendering to the mystery
This is the sound of voices three

This is the sound of all of us
Singing with love and the will to trust
Leave the rest behind, it will turn to dust
This is the sound of all of us
Oooh, oooh, oooh

All sing:
This is the sound of one voice
One people, one voice
A song for every one of us
This is the sound of one voice
This is the sound of one voice

Reflections on Peace The Rev. Dr. Cynthia L. Landrum

* **Hymn** “Peace, Salaam, Shalom”



Exploring

Sermon The Rev. Dr. Cynthia L. Landrum

Returning

- * **Hymn #1008** "When Our Heart is in a Holy Place"
* **Benediction** by Cynthia Landrum
* **Sung Benediction #400** "Shalom Havareem"
Postlude Prelude Op. 28, No. 15 ("Raindrop") Trevor Berens, piano
Chopin



Thank you to:

Kim Kinnear, Zoom Host
Tech Helper
Jamison House, Lisa Rydin, Ushers
Susan and Kevin O'Brien, Coffee Hour Hosts
and our staff and leadership

Our flowers today are given by Sue Abrahamsen
in memory of Tom Abrahamsen



How to Connect with First Parish Church:

- Sign our visitor log at 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>.

** Rise in Body and Spirit*

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



Sunday, October 22, 2023

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 Edgerton
President

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.*

To help everyone be a part of worship in the fullest way possible,
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.
Several rows in the back of the Sanctuary are designated "mask-required."
They are a greater distance from unmasked speakers and include accessible seating.

FPC is on the web at [fpc-stow-acton.org](https://www.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 **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

Announcements begin on next page

** Rise in Body and Spirit*

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 Massachusetts, 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.

* *Rise in Body and Spirit*

Today at FPC

10 am.....**Service**, Sanctuary/online
11 am.....**RE gathering** to finish plans for Halloween event, Community Rm.
.....**Coffee Hour**, Fellowship Hall
.....**Memorial Garden Planting Event**, behind FPC, right after service

FPC's Memorial Garden Dedication will take place on Sunday, Nov. 5 during our All-Souls service. To ensure the garden's readiness, the Memorial Garden Committee is holding one more volunteer event. We'd love a crowd to help with these jobs!

- 1) Plant 8 big bushes, 16 perennials, and more pachysandra
- 2) Remove bittersweet from a tree
- 3) Lay river rock in our ceremonial All-Souls bed

Come dressed accordingly.
We have latex gloves & ample tools, or feel free to bring your own.
Contact sonja.furieux@gmail.com with questions.

Spiritual Conversations about Poetry, 12 noon, Parlor and online

You don't need to know anything about poetry to join us as we engage with each other through the sharing of a poem – read it, listen to it, and respond to it.

This Week in Religious Education

See our weekly e-newsletter, *This Week at FPC*, for details.

Today Explrtns for HS: Oregon Trail/Moving Out; **Gr.6-8**: Hallow party planning; **Gr.K-5**: class

Halloween is just around the corner!

We need (and ♥) volunteers of all ages for...

1) **Today**, Community Room, right after service, to help finish planning & set-up of our Halloween Event.



2) **Sun 10/29 Halloween Event, 5pm**: Haunted room, games & prizes, crafts, movies. Please bring your favorite dish for our potluck, and join us in dressing up that morning for worship as well!

Thu 11/9 & Sun 11/12
Our Whole Lives: Lifespan Sexuality Education -

Parent orientation for next OWL session in January 2024. **Please contact our DRE as soon as possible** if your youth in grades 7-9 would like to participate or if your older youth who missed out during covid would like to, too.

Sun 11/5 Children and Youth Children's Chapel.

Sun 11/12 after worship **RE Meet & Greet**



This Week at FPC: October 23–28

23	OCT, MON	● 7 – 9:30pm	Sounds of Stow (Hall)
		● 7 – 9pm	Jazz Band Rhrl (Sanctuary)
24	OCT, TUE	● 10 – 11am	Coffee & Chat (Gazebo)
		● 7 – 8pm	Racial Justice Task Force (RJTF) mtg (online)
25	OCT, WED	● 6:40 – 8:45pm	Meditation (Fellowship Hall & online)
26	OCT, THU	● 9:30 – 11:30am	Archives Committee (Community Room)
		● 5 – 6pm	Peace Vigil (outside)
		● 7:15 – 9pm	Choir Practice (Hall)
27	OCT, FRI	● 1 – 3:30pm	Bridge Group (Community Rm)
28	OCT, SAT	● 7:30 – 9am	Saturday Morning Breakfast (Hall)

10/29 Next Sunday's Service: 10am, Sanctuary/Online/Phone

"FPC and the Salem Witch Trials" Rev. Dr. Cynthia L. Landrum

What connection does FPC have to the Salem Witch Trials? Our connection is through the Rev. Samuel Parris, who served in Stow before heading to Salem. Come and learn more about Rev. Parris, the witch trials, and why they still matter today.

FPC Upcoming Events

Jazz Band Rehearsal Mon 10/23, 7-9 pm, Sanctuary

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

Reading & Meditation Every Wed 10/18-12/20 (but 11/22), Fellowship Hall
 6:40 - 7:20 pm Read & discuss *A Path with a Heart*, by Jack Kornfield
 7:20 - 7:30 pm Transition break
 7:30 - 8:45 pm Meditation



The UU Journey at FPC: Sun 11/5 and 12/10

A 2-Session Course on UU History, Spirituality, Mission, and Traditions
 Our Minister, Rev. Cindy Landrum, will lead classes.

There will be opportunities to share your own personal spiritual journey, ask questions, and get to know others in the church.

You do not need to be new to FPC to participate. All are welcome!

If you are interested in participating, please contact Meg Rivers-Wright, Parish Administrator & Membership Coordinator, at office@fpc-stow-acton.org or 617-291-3351 (text & voice).



Saturday Morning Breakfast

Saturday, Oct 28, 7:30 am Coffee, 8 am Breakfast, Fellowship Hall

\$6, RSVP Jeff Brown, jab.jeffbrown@gmail.com

Learning to Thrive with Dyslexia, Scott Cumming

There are an estimated 40 million people with dyslexia in the US, with roughly a mere 2 million having been diagnosed. This is why for someone with undiagnosed dyslexia, every day feels daunting. Scott Cumming is the founder of *Dyslexic Together*. He'll share some of his story and show you technology tools that can help someone read, write and spell. Scott's website: <https://dyslexictgether.org>