

FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



January 25, 2026
Reflections from Minneapolis

**The Rev. Dr. Cynthia L.
Landrum**
Minister

Yaakov Trek Reef
Intern Minister

**Rayla D.
Baldwin-Mattson**
Director of Religious
Education

Meg Rivers-Wright
Parish Administrator

Chris Hossfeld
Music Director

Trevor Berens
Accompanist

Bradshaw Mattson
Tech Assistant

Mike Silkonis
Sexton

Justin Marble
Nursery Care Coordinator

Brendon Chetwynd
President

Trisha Guditiz
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.

January 25, 2025: 10:00 a.m.

Gathering

Prelude "Bella Ciao" Trevor Berens
Accompanist

Welcome & Announcements Karen Kinnear, Small Group Ministry

Opening Words "Our Journey Is to Transform"
by Elizabeth Nguyen
Rev. Dr. Cynthia L. Landrum
& Yaakov Trek Reef, Intern Minister

Chalice Lighting "To Be a Unitarian Universalist"
by Erika Hewitt,
inspired by words by Elizabeth Nguyen

Hymn "One Foot/Lead With Love"
Melanie DeMore

Centering

Covenant and Affirmation Yaakov Trek Reef, Intern Minister

Land Acknowledgement Rev. Dr. Cynthia L. Landrum

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 Rev. Dr. Cynthia L. Landrum

In Words by Rev. Dr. Sofia Betancourt

In Silence

In Song #123 "Spirit of Life" *Singing the Living Tradition*

Exploring

Slide Show

Sharing Our Gifts

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

Anthem “We Give Thanks in Hard Times”

FPC Choir

Amanda Udis-Kessler

Chris Hossfeld, Music Director

In these days full of fear
when the future's so unclear,
When our best, even our best,
may not suffice,
We take a breath and start again.
We reach for hope. We face the pain
And we give thanks,
we offer thanks in these hard times.

We give thanks in hard times
for the hope that we find
In the faces of the ones who struggle on.
Every time they take a stand,
they bring healing to the land
And we give thanks,
we offer thanks in these hard times.

In these days full of rage,
full of violence uncontained,
When we feel that there's no way
to ease our minds,
We take a breath and start anew.
We reach for peace in all we do
And we give thanks,
we offer thanks in these hard times.

We give thanks in hard times
for the peace that we find
In the silence that we hold
within our hearts.
Every time we seek that guide,
there is healing deep inside,
And we give thanks,
we offer thanks in these hard times.

In these days full of hate,
when the cruelty seems too great,
When we fear all we can do
is be resigned,
We take a breath and start once more.
We live so love will be restored
And we give thanks,
we offer thanks in these hard times.

We give thanks in hard times
for the love that we find
In the daily acts of kindness all around.
Every time our caring shows,
we bring healing as we go,
And we give thanks,
we offer thanks in these hard times

Reflections

“Reflections from Minneapolis”

Rev. Dr. Cynthia L. Landrum
& Yaakov Trek Reef, Intern Minister

Returning

Hymn

“Rooted in Fertile Ground”
Amanda Udis-Kessler

Sing Out Love

Benediction

Rev. Dr. Cynthia L. Landrum
& Yaakov Trek Reef, Intern Minister

Closing Song

Postlude

"Meditation No. 4"
John Kramer

Trevor Berens

Greet Your Neighbor

* * *

Thank you to:
Kim Kinnear, Zoom Host
Our staff and leadership

To our visitors, thank you for coming! ♥

We hope you found what you're looking for and that you'll return.
Here's how to keep connecting with our people and programs:

- Fill out a Visitor Card in your pew or online (QR code)
- Watch these pages for newcomer events:
 - o **Newcomer Coffees** - Meet the minister and other newcomers
 - o **UU Journey classes** - Learn about UU history, spirituality, mission, and traditions
- Check out our website, www.fpc-stow-acton.org
There is so much happening at FPC! Our homepage and "Church Life" tab detail our events and programs.
- Subscribe to our e-newsletters & email groups (QR code)



Visitor Card



E-Newsletters

≧ After the service ≦

Coffee Hour - In breakout groups on Zoom after the service

POSTPONED: 12-2 pm OWL Gr. 4-6 Session 4

≧ Announcements ≦

SGM Registration deadline is today, Sunday January 25!

Looking for folks who share your values? Want to get to know both FPC and UCMH folks better? Try **Small Group Ministry** (SGM). We are currently forming new groups of 8-11 people who will meet for 2 hours monthly for a year, starting in February:

- Meetings start with a check-in, then have a facilitated reflection on a topic chosen to provide opportunities for Intimacy and Ultimacy, increasing awareness of ourselves and connections to other group members. No preparation required.
- You do not need to be a church member - feel free to invite a friend! We particularly welcome those new to the program as an excellent way to become part of this beloved community and have folks to talk to at coffee hour.
- We are excited to have additional facilitators, and if we get a couple more people we can offer more daytime groups in addition to evenings and weekends. Please let Karen know if you are interested, want to know more, or want to recommend someone.



Register SGM

Register by the end of today with the QR code or at <https://fpc-stow-acton.org/sgm>

Questions: contact Karen Kinnear, SGM facilitator - sgm@fpc-stow-acton.org

Plate Sharing

Bridges to Malawi is a nonprofit organization dedicated to bettering the lives of the people of Malawi through multiple service projects, including an annual Medical Mission Trip, agricultural projects, projects to deliver electricity to remote areas, projects to increase the number of livestock, and many more: "We are a small, committed group of American health care professionals and extraordinary Malawians. With your help, we are making a difference in Malawi, one of the poorest countries in the world." [bridgestomalawi.org]



FPC's liaison to Bridges to Malawi is Annadelia Ruminski, who was one of the high school students given the opportunity to travel to Malawi with founder Dr. Brian Lisse and multiple other doctors on the annual medical mission trip. Annadelia hopes to share more about BTM in a service this month and provide an opportunity for FPC members and friends to donate some of the supplies that BTM brings to Malawi in April 2026. You may donate by check made out to First Parish Church, online at fpc-stow-acton.org/donate, or text (978) 310-3309.

≥ This Week ≤

Jazz Band Rehearsal Mon, Jan 26, 7-9 pm, Sanctuary

Resilience Practices for Social Justice Organizers Thu, Jan 29, 6-7:30pm, Community Room

New Revival Coffeehouse presents: Kathleen Parks - Sat, Jan 31, Hall



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

Kathleen Parks is a fiddler, singer, and songwriter whose virtuosic fiddle blends and reimagines traditional and modern musical styles with boundless groove, and a playful improvisational spirit.

"Goosebump-inducing vocal performances from Kathleen Parks..." - Glide Magazine

Tickets are \$20 in advance on Eventbrite and \$25 on the day of the concert.



Tickets:
Kathleen Parks

HOLOCAUST

REMEMBRANCE DAY

TUESDAY, JANUARY 27TH

Memorial Ceremony 11:00 a.m.







Please join us at the American Heritage Museum on Tuesday, January 27th for a special ceremony at 11:00a.m.

commemorating the six million Jews and others deemed 'subhuman' or 'undesirable' who were murdered in the Holocaust, and the heroism of survivors and rescuers.

Comments and reflections by Rabbi Joshua Breindel from Congregation Beth El in Sudbury.



568 Main Street
Hudson, MA
www.AmericanHeritageMuseum.org
(978)562-9182

➤ Every Week at FPC ➤				
Tue. 10 AM <u>Coffee and Chat</u> Town Center Park Gazebo 	Wed. 6:40 PM <u>Meditation & Reading</u> Fellowship Hall & Online 	Thu. 5 PM <u>Peace Vigil</u> Town Common in front of FPC 	Thu. 7:15 PM <u>Choir Rehearsal</u> Fellowship Hall - Join the choir! music@fpc-stow-acton.org	Fri. 1 PM <u>Bridge Playing</u> Community Room 

➤ Upcoming ➤

Next Sunday's Service - February 1, 10 am - "Land Acknowledgement & Land Back: Native Perspectives" - Aimee Ledwell - We will listen to Native Voices and let them lead us to our next steps toward right relation with local Native groups. (UCMH joining us!)

Carnival Games - Winter Games Fest at FPC - Saturday, February 28, 12-4 pm
 An afternoon of indoor fun for the whole family!

🎉 Over three dozen carnival games, including...

- a life-size "whack-a-mole"
- pop bottle standup
- Plinko
- life size Tetris
- an "impossible" giant slidey puzzle
- stuffed animal prizes (every child goes home with at least 1 prize)
- game difficulty levels ranging from age 2 to adults young at heart
- many life size wooden games built by FPC members and youth!

🎉 Face painting

🎉 Popcorn, cookies, lemonade, and more will be available for purchase.

Admission is free and carnival game tickets are \$1 each.

1 ticket per game; 2 tickets for face painting

Parent/guardian supervision is required during the carnival games.

Email dre@fpc-stow-acton.org with any questions about the event.