



Thank you to:

Kim Kinnear, Zoom Host, Brendon Chetwynd, Tech Helper,
Nancy Cataldo & Judy Holmes, Ushers
FPC Adult Choir, FPC Open Choir, Hymn leaders,
Susie and Kevin Obrien, Coffee Hour Hosts
and to our staff and leadership

Our flowers today are given by
Aimee Ledwell, in honor of Native American Heritage Month.



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 this is just a first step in moving toward right relationship with Native peoples and healing of the Earth.

Connect with First Parish Church

Sign our visitor's log at tinyurl.com/visitfpc
Services Sunday at 10 am, in person and online



Subscribe to

The Chronicle, our monthly emailed newsletter,
This Week at FPC, our weekly Friday email,
and our email groups FPC Announce and FPC Forum, all at
<https://www.fpc-stow-acton.org/subscribe-newsletters>

FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



Sunday November 6, 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.*

To help everyone be a part of worship in the fullest way possible, the ushers can provide large print orders of service and hymnals or, for people who need to step out during the service for any reason, an assisted listening device (portable radio) which works throughout the building

On the web at [fpc-stow-acton.org](https://www.fpc-stow-acton.org) and on Facebook.

ONLINE SUPPLEMENT PAGE

This page contains information specifically for folks joining us online!

FPC now has a closed captioning option in online services. If the Closed Captioning option is not turned on, you can use the button at the bottom of your screen to request that the host turn it on.



Today's Online Helpers

Zoom Host: Kim Kinnear

Hymn Lyrics

Hymn #5 Justice Choir Songbook *Be The Change*
(music on back of this page)

Hymn #131 *Love Will Guide Us*

1. Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.
2. If you cannot sing like angels,
if you cannot speak before thousands,
you can give from deep within you.
You can change the world with your love.
3. Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night

Hymn Hymn #1017 *Building a New Way*

1. We are building a new way. We are building a new way.
We are building a new way, feeling stronger ev'ry day, We
are building a new way.
2. We are working to be free. We are working to be free.
We are working to be free, hate and greed and jealousy. We
are working to be free.
3. We can feed our every need. We can feed our ev'ry need.
We can feed our ev'ry need, Start with love, that is the
seed. We can feed our ev'ry need.
4. Peace and freedom is our cry. Peace and freedom is our
cry.
Peace and freedom is our cry, Without these this world will
die. Peace and freedom is our cry.

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

5. Be the Change

Words adapted from Gandhi (attr.)

Music by Marc Kaplan and Colin Britt
Jersey City, NJ | 2010

Steady (♩ = 88)

Melody

Harmony

C/G **G** **Cadd9** **A m7**

B7 **E m** **A m7** **C/D** **G**

Made Possible by Westminster Presbyterian Church, Minneapolis

Rhythm for hand taps on heart:



Suggested percussion groove:



Performance Suggestions:

- Start with soloist accompanied by minimal percussion (hand taps on heart, djembe, etc.).
- Repeat verse 1 with everyone in unison.
- Add harmony, SSA or SATB with bass doubling melody.
- Accompany with piano or guitar, and percussion ad lib.

Colin writes: "Marc was asked to commission a piece for an All-County Choir, and as he was thinking about being the best version of himself, Ghandi popped into his head. The melody wrote itself in 5 minutes. He called me and the rest is history!"

Always include songwriters' names when posting recordings. Link to this PDF: <http://songs.justicechoir.org/BeTheChange>

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This Week at FPC: Nov 7-12

- Monday** Supporting Asylum Seekers 7-8 pm online
Sound of Stow Rehearsal, 7-9 pm Hall
- Tuesday** Election Day 7am-8 pm
<https://www.sec.state.ma.us/WhereDoIVoteMA/WhereDoIVote>
Coffee & Chat, 10-11 am, Gazebo in town park
Potluck Reception for Rev. Petr Samojsky 6:30-8:30pm, Fellowship Hall
Racial Justice Task Force Meeting, 7-8 pm, online
Climate Task Force Meeting, 7:30-9:30 pm, online
- Wednesday** Meditation, 7:30-8:30 pm, Hall/online
- Thursday** Deadline for December *The Chronicle* submissions
Archives 9:30-11:30 am, Vestry
Peace Vigil, 5-6 pm, outside in front of FPC
Choir Rehearsal, 7:15-9 pm, Sanctuary
- Friday** Rotary Club's Lunch for Veterans, outside
11th Hour Climate Change Bell, 11 am, outside
Bridge Group, 12:30-3:30 pm, Community Room
Guest Table Community Dinner 5:30-6:30 pm, Hall
Open Mic Night, FPC Arts Showcase, 7:30-9 pm, Fellowship Hall
- Saturday** Saturday Morning Breakfast 8-9 am, Hall
Sounds of Stow Rehearsal, 12-5 pm, Hall

Next Sunday's Service

Gathering the Spirit at FPC – Rev. Dr. Cynthia L. Landrum

We'll lift up some of the wonderful things happening at FPC, highlight ways to get connected and deepen spiritual, and share some plans for the future on this joyful Sunday. This service will also begin our annual stewardship campaign

Join Worship by Video: <https://tinyurl.com/2223fpc>
Meeting ID: 9990 7077 00266 Passcode: 01775
Join Worship by Phone: (929) 205-6099 (toll call)



Potluck Reception for Rev. Petr Samojský

Tue, Nov 8, 6:30 pm Fellowship Hall. If you have memories of Rev. Don to share, please come to our potluck, but also consider signing up for an individual interview time with Rev. Petr. The sign up form is here: <https://tinyurl.com/mpbw87mn>

11th Hour Climate Change Bells

Fri, Nov 11. On the 11th day of each month at 11AM, churches and communities across the Commonwealth are ringing bells for 11 minutes to signify the climate crisis we face. Meet us in front of FPC to ring the bell & hold signs explaining the urgency of action. Sharon Brownfield sharonbrownfield@gmail.com

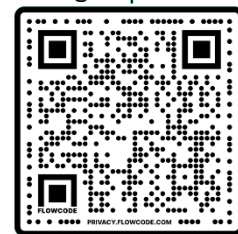
Guest Table Community Dinner

Fri, Nov 11. 5:30 -6:30 pm. Doors open at 5. Fellowship Hall. All are Welcome ~ No Charge

Open Mic Night, FPC Arts Showcase

Fri, Nov 11. 7:30-9 pm, Fellowship Hall. You do **NOT** need to perform; in fact we can really use a supportive audience! And feel free to invite your friends to come. Signup link in QR code. Questions to Brad Dumont btdumont@gmail.com or Katy Weeks katy.brightleaf@gmail.com.

Feeling prepared?
Sign up now!



Feeling spontaneous?
Sign up that night!

Saturday Breakfast

Sat, Nov 12. Hall. Coffee 7:30 am. Breakfast 8 am. \$6. RSVP to Jeff Brown, jab.jeffbrown@gmail.com. Paul Sellow of Little Leaf Farms will talk about his business. He grows lettuce hydroponically in Devens, Ma. This talk was originally scheduled for June 2020.

Parent Discussion Group.

Sun, Nov 13, 11:15 am – noon. Join fellow parents for connection and support. Childcare provided.

20th Anniversary Peace Vigil: Special Candlelight

Thu, Nov 17, 5- 6pm. Our goal is to have enough people attending to spread out along the entire length of Stow Common on Great Road so that we can literally illuminate a path towards peace.

Plate Sharing This Month: Supporting Asylum Seekers



The Supporting Asylum Seekers group is an active part of the Social Justice work of FPC. We work to support asylum seekers and refugees who seek a safe home in our surrounding communities. We greatly appreciate the Congregation's ongoing support and

plate sharing!

This past year we have extensively helped a local family of 4 from Honduras. We raised money to hire a lawyer, who has filed and will represent them in their Asylum case. We have given funds for rent, and provided transportation, English language lessons, caring, advice, and friendship.

We also coordinate with UU Mass Action, the UU Service Committee, and UUSJ (UUs for Social Justice - UU Advocacy in the Nation's Capital) to work for political change toward our UU values, in our state and nation.

We have also expanded to help local Afghan evacuees/refugees and partnered with other area churches to sponsor and support these families.

We meet by Zoom on the 1st Mondays of each month, and all are invited to join us for a meeting or for any of our actions. Contacts: Susie O'Brien or Steve Evans at asylumsupport@fpc-stow-acton.org

All are welcome to the following FPC weekly events

Coffee and Chat Tuesdays 10 - 11 am

Meet at the Town Park adjacent to FPC. Bring your own coffee!

Meditation Wednesdays 7:30-8:30 pm Hall and online

Contact meditation@fpc-stow-acton.org for more information

Peace Vigil Thursdays 5 – 6 pm

Meet between Common Road and Great Road in front of FPC.

Contact Neil Saunders neilsaund@verizon.net for more info.

Bridge Group Fridays 12:30-3:30 pm Community Room.

Contact Hector Constantzos Hconstantzos@gmail.com for more information.

FPC Announcements: Sunday, November 6, 2022

Today at FPC

9 am Rehearsal for Once-A-Month Open Choir, Sanctuary.

10 am Service

10:15 Religious ed students dismissed from service to classes

11 am Coffee Hour. Representatives of FPC community connection groups will be there. Lost and Found winter coats and water bottles displayed for claiming before donation.

This Week in Religious Education

PreK-Junior Youth start in Sanctuary and then are dismissed to class.

PreK-1st & 2nd-5th grade: This month our topic is Change. This week we explore how we are always changing, how our bodies feel in times of change, and how we can stay centered.

Junior Youth: We'll wrap up our study of Judaism, including reflecting on our visit to Congregation Beth Elohim.

Coming of Age: Meet in the Youth Room at 10am (skip going to worship). Topics include belonging with friends, faith, and talking with elders in the congregation.

Pursuing Social Justice email list

To keep up to date with FPC's Social Justice task forces, subscribe by sending an email to psj+subscribe@fpc.groups.io or visit <https://fpc.groups.io/g/psj> (Clickable links in *This Week at FPC*)

Holiday Gift Drive for Residents of Domestic Violence Shelters

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? Lists available on FPC website today Nov 6; unwrapped gifts due Dec 2nd or 3rd. There will not be a table at coffee hour. If you have any questions, contact Diane Miller at 978-897-5470 or our team of elves at gift-drive@fpc-stow-acton.org.