





Thank you to:  
 Zoom Helper,  
 Rebecca & John MacNeill, Ushers  
 FPC Adult Choir, Coffee Hour Hosts  
 and to our staff and leadership

Our flowers today are given by  
 Sharon Webb & Lisa Fagerstrom  
 in gratitude for  
 the friendships found in this loving FPC community.

**Connect with First Parish Church**

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>



**October is Fire Safety Month**

Do you have a safe outside meeting point for your family if a fire alarm sounds in your house? Have you ever done a fire drill?

Do you know the FPC plan? Check the insert.

*\* Please rise in body or in spirit.*

**FIRST PARISH CHURCH  
 OF STOW & ACTON**

*Unitarian Universalist*



**Sunday, October 16, 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](https://www.fpc-stow-acton.org) and on Facebook.

## ONLINE SUPPLEMENT PAGE

This page contains information specifically for folks joining us online!

### Today's Online Helpers

**Zoom Host:** Kim Kinnear

### Hymn Lyrics

#### Hymn #158 *Praise the Source of Faith and Learning*

1. Praise the source of faith and learning  
that has sparked and stoked the mind  
with a passion for discerning  
how the world has been designed.  
Let the sense of wonder flowing  
from the wonders we survey  
keep our faith forever growing  
and renew our need to pray.
2. Source of wisdom, we acknowledge  
that our science and our art  
and the breadth of human knowledge  
only partial truth impart.  
Far beyond our calculation  
lies a depth we cannot sound  
where the purpose for creation  
and the pulse of life are found.
3. May our faith redeem the blunder  
of believing that our thought  
has displaced the grounds for wonder  
which the ancient prophets taught.  
May our learning curb the error  
which unthinking faith can breed  
lest we justify some terror  
with an antiquated creed.

4. Praise for minds to probe the heavens,  
praise for strength to breathe the air.  
Praise for all that beauty leavens,  
praise for silence, music, prayer.  
Praise for justice and compassion  
and for strangers, neighbors, friends.  
Praise for hearts and lips to fashion  
praise for love that never ends.

#### Hymn #1009 *Meditation on Breathing* FPC Choir Members

- |                        |                |
|------------------------|----------------|
| 1. When I breathe in,  | 2. Breathe in, |
| I'll breathe in peace. | Breathe out,   |
| When I breathe out,    | Breathe in,    |
| I'll breathe out love. | Breathe out,   |

#### Hymn #118 *This Little Light of Mine*

1. This little light of mine, I'm gonna let it shine.  
This little light of mine, I'm gonna let it shine.  
This little light of mine, I'm gonna let it shine.  
Let it shine, let it shine, let it shine.
2. Ev'rywhere I go, I'm gonna let it shine.  
Ev'rywhere I go, I'm gonna let it shine.  
Ev'rywhere I go, I'm gonna let it shine.  
Let it shine, let it shine, let it shine.
3. Building up a world, I'm gonna let it shine.  
Building up a world, I'm gonna let it shine.  
Building up a world, I'm gonna let it shine.  
Let it shine, let it shine, let it shine.

### 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



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](https://OUTMetrowest.org)

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### Hurricane Relief

The UUA has heard of several congregations and many UU members who were impacted by the hurricane in Florida. Our member Ben Atherton-Zeman's congregation was one of those impacted, although not the most so. One congregation has a preliminary estimate of 20K worth of damage. Some UU members entire homes have been swept away. Hurricane insurance is too expensive for some congregations and individuals, and deductibles on hurricane damage can be up to at least 10K.

If you would like to help, please consider giving to the UUA's disaster relief fund at <https://giving.uua.org/disaster-relief>

### Today at FPC: October 16, 2022

10 am Service

10 am Religious Ed Classes dismissed from Sanctuary

11 am Coffee Hour Fellowship Hall

11 am Climate Task Force Tours: Sanctuary Windows

3 pm Salon Concert Sanctuary, tickets may still be available

7 pm Art Co Play Reading Hall and online

<https://tinyurl.com/fpcplay>

### Religious Education this Sunday:

Classes start in Sanctuary and then are dismissed

**PreK-1st Grade:** Continuing our theme of Courage, we talk about social courage, or the courage we find to take action and make changes in an unjust world. Activities include a faithful footprints art project.

**2nd-5th Grade:** Continuing our theme of Courage, we talk about social courage, or the courage we find to take action and make changes in an unjust world. Activities include a courage workout and relay race.

**6th-8th Grade:** We look at how Judaism is similar and different from Unitarian Universalism, and do a ritual of forgiving mistakes (come find out how bath bombs are involved).

**9th-12th Grade:** It's the Coming-of-Age launch! We start with a blessing during worship followed by class until noon.

Highschoolers not participating in COA may stay in the service or help in a class downstairs.

### Youth Events Next Week:

**Junior Youth:** Field Trip to Congregation Beth Elohim. As part of our Crossing Paths study of Judaism, we visit a Musical Shabbat service in Acton. Friday October 21, 5:40pm-7:30pm.

**Senior Youth:** Join us for a bonfire, flashlight tag, and games and meet some Unitarian Universalist teens from other churches in the area. Friday October 21, 7pm-9:30pm.

## **This Week at FPC October 17-22, 2022**

**Monday** Sounds of Stow Rehearsal 7-9 pm Fellowship Hall

**Tuesday** Coffee and Chat, 10 am, Town Park Gazebo  
Board of Trustees Meeting 7-9:30 pm Hall  
SGM 7 pm Community Room

**Wednesday** SGM 9:30-11:30 am Community Room  
SGM 7-9: pm Youth Room  
Social Justice Council Meeting 7-9 pm online  
Ukutarians: Ukulele Meetup 7-9 pm Comm Rm  
Meditation 7:30-8:30 pm, Fellowship Hall, online

**Thursday** Peace Vigil 5-6 pm outside FPC near Great Road  
Choir Rehearsal, 7:15-9 pm Sanctuary  
SGM 7:30-9:30 pm Community Room

**Friday** Junior Youth Group Field Trip 5:40-7:30  
Senior Youth Group 7-9:30 pm outside

**Saturday**

## **Next Sunday's Service October 23, 2022**

### **Into the Woods – Rev. Dr. Cynthia L. Landrum.**

In the spring of 2020, we had a planned “Into the Woods” service that was canceled due to the rising pandemic. Now, we’re finally able to bring those plans to fruition! This service will use the music of the musical “Into the Woods” while exploring themes of coming of age, what happens after “happily ever after,” and how we handle moving from interrogating the past and casting blame into the future and building beloved community.

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

Meeting ID: 9990 7077 00266      Passcode: 01775

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

### **FPC Lost and Found**

In a bin on the lower level of the stairs behind the sanctuary and vestry. Items not reclaimed may be donated.

## **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 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.

**Ukutarians: Ukulele Meetup Wednesday October 19, 7-9 pm,**  
In person again in the Community Room  
Bring your ukulele and jam.

### **Bridge Group**

The Bridge Group is ready to restart in person meetings, every Friday 2pm in the Community Room. If you like to play bridge and are at least a moderate player, then this is the group for you. Add yourself to [bridge@fpc.groups.io](mailto:bridge@fpc.groups.io), or email Hector Constantzos [hconstantzos@gmail.com](mailto:hconstantzos@gmail.com) with any questions. Once enough people are interested to make at least 2 tables, we'll schedule the first game (probably in November).

### **Coffee and Chat Tuesdays 10 - 11 am**

Meet at the Town Park adjacent to FPC. Everyone welcome. Bring your own coffee! *Ann Sadler*

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

Everyone welcome. Contact [meditation@fpc-stow-acton.org](mailto: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. Everyone welcome. Contact Neil Saunders [neilsaund@verizon.net](mailto:neilsaund@verizon.net) for more information.

**PAMELA MEANS** PRESENTS  
**POWER OF THE PROTEST SONG:**  
**OUR SHARED HISTORY & PRESENT DAY**

**VOTE**  
 NOV 8TH

'STARK, DEFIANT SONGS..'  
 NEW YORK TIMES

All Ages  
 FREE!  
 Donations Welcome

Doors 7pm  
 Show 7:30pm

**SAT OCT 29**



This program is supported in part by a grant from Stow Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



New Revival Coffeehouse

**New Revival Coffeehouse**

First Parish Church • 353 Great Rd • Stow MA

[fpc-stow-acton.org](http://fpc-stow-acton.org)

Indoor ★ In person  
 Masks optional ★ Post-show Q&A

[www.PamelaMeans.com](http://www.PamelaMeans.com)

Photo by Julian Parker-Burns / Poster by Standard Design



**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.

**Salon Concert featuring  
 Sanghee Kim and Olga & Regie Pineda**

Sunday October 16 at 3:00pm in the Sanctuary  
 There are a few tickets left for \$20. This is an item from a previous church auction, and proceeds benefit the church. Contact Wanda Null [donn1@verizon.net](mailto:donn1@verizon.net) or (508) 573-1451

**FPC Arts Coalition: Play Reading** <https://tinyurl.com/fpcplay>  
 Sunday October 16, 7-8:30 pm Fellowship Hall and online.  
 FPC actors will read the scripts from 2 light, fun plays. Although this event will also be online, the in-person experience will be especially fun, as one of the shows relies on audience participation. The plays are 20-35 minutes long, and each will be followed by a short discussion period. We hope to have some light snacks and beverages, bring something to share - finger food only please!!

**Halloween Party Saturday October 29**

5:30-8 pm Fellowship Hall

All Ages.

Mark your calendars for this classic FPC event. Put on a costume and join us for fun Halloween-themed games, pumpkin painting, dancing, crafts, a snacking area, and of course a Haunted House.

Volunteers needed for set up on Friday and clean up on Saturday night - please sign up here! <https://tinyurl.com/fpchaunted>



**Open Choir**

Sanctuary First Sundays. Childcare provided.  
 Rehearse at 9 am, Sing at 10 am Service  
 ALL ARE WELCOME! Even if you haven't sung in a choir before, we will encourage you to try at your comfort level and have you stand near people who can help support you.  
 Brad [bt Dumont@gmail.com](mailto:bt Dumont@gmail.com)

# Emergency Evacuation Plan for First Parish Church of Stow and Acton

If a fire alarm sounds, go to the nearest exit and leave the building. Move to the closest meeting place and wait for instructions.

**If exiting from the library side of upper Fellowship Hall or the Sanctuary or the back of the Connector,** move to the parking area between the church and the library.

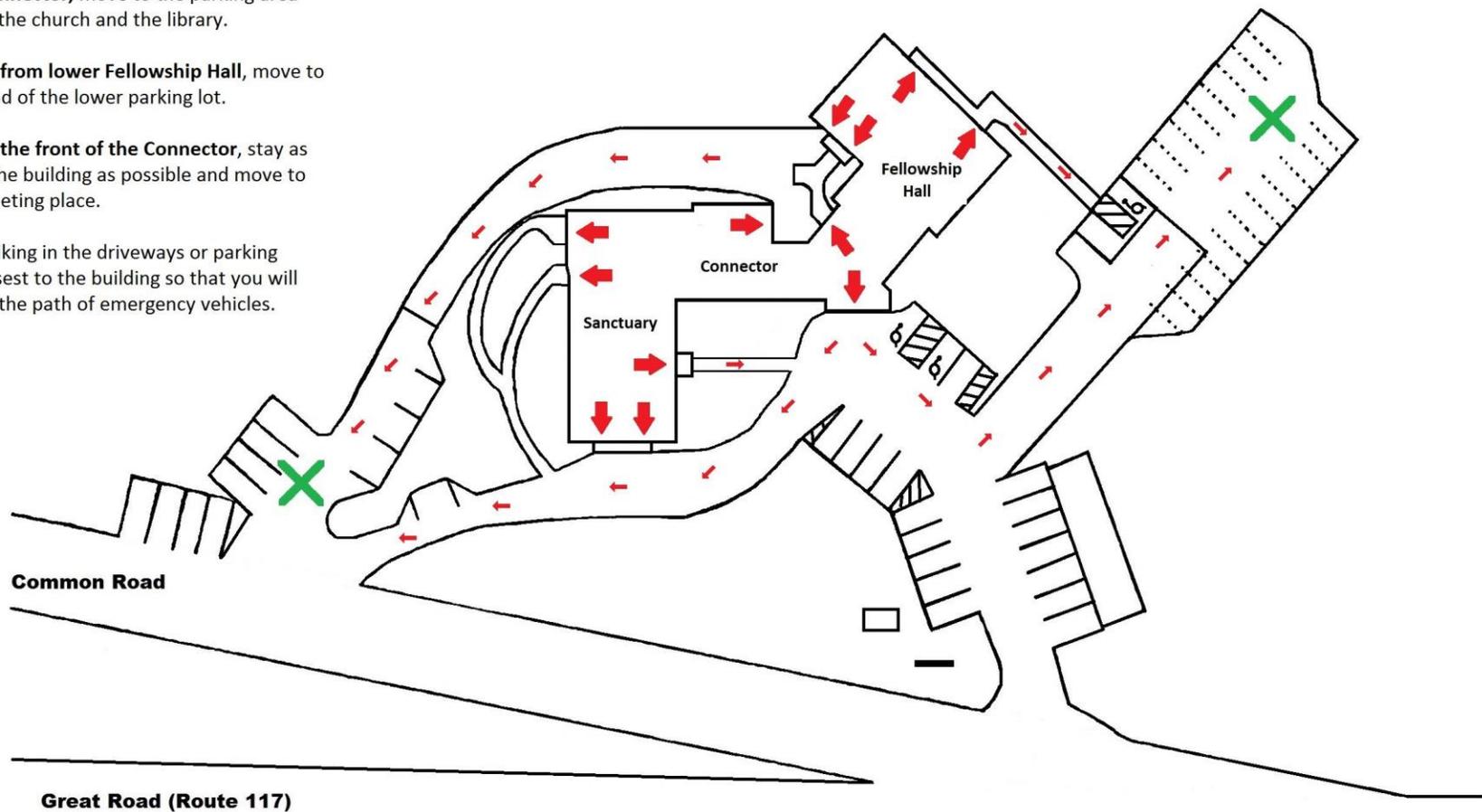
**If exiting from lower Fellowship Hall,** move to the far end of the lower parking lot.

**If exiting the front of the Connector,** stay as close to the building as possible and move to either meeting place.

Avoid walking in the driveways or parking areas closest to the building so that you will not be in the path of emergency vehicles.

 = Building Exit

 = Meeting Spot



## Fire Safety News

### October Is Fire Safety Month!

#### Know What To Do If a Fire Alarm Sounds At Church

If the fire alarm sounds while you are at church, please don't be "alarmed" but do be aware of our fire safety plans as follows:

1. Even if you think it may be a false alarm or a fire drill, evacuate the building. **No exceptions.**
2. The individual who has called the meeting or is conducting the service is in charge of the room or area where the meeting or service is taking place.
  - Upon the alarm sounding (or at the beginning of the drill), the person in charge should calmly direct people to the nearest exit (primary or secondary, depending on what exit is usable) and to go to the designated evacuation meeting place for that area of the campus (see attached map).
  - People evacuating from the lower level of Fellowship Hall should congregate at the far corner of the lower parking lot. This is where children from religious education classes will meet when they exit Fellowship Hall.
  - People evacuating from the Sanctuary and the Connector building (including youth using the youth room or the vestry classroom for Religious Education) should congregate at the west-side driveway between the Church and the library (not on Common Road or on the arched driveway between the Church and common road or in the church front parking lot; these need to remain clear to allow emergency vehicles access to the facilities). Parents who wish to join their children in the lower parking lot may do so, but should go around the back of Fellowship Hall to get there so they avoid crossing the path of incoming fire safety equipment and personnel.
3. Everyone should remain quiet so that they can listen for directions. Everyone should leave in an orderly fashion (e.g., no running).
  - If possible, the last person to leave a room should close the door/windows behind them (but do not lock them).
  - If there is smoke, remember to get low and go under the smoke on your way out.
  - Do not take time to gather your personal belongings unless it is safe to do so.

- Be prepared to report information about anyone who can't or won't leave the building to public safety officials.
4. If anyone has clothes or hair on fire, remind them to "Stop, Drop, and Roll". Fire blankets for smothering fire are available in all church kitchens as well as behind the pulpit.
  5. Fire extinguishers are located throughout the building. If a fire cannot be immediately contained using a fire extinguisher, evacuate the building and let the fire department fight the fire.
  6. If anyone is injured or needs assistance, the person in charge should direct someone to assist the person while they guide the rest of the group.
    - Everyone, especially those with mobility issues, should make a mental note when they enter a space regarding the best route for them to exit if an emergency should occur.
    - Remember that the elevator should not be used during a fire or fire drill. If you are on the upper floor of the connector and cannot exit via the handicap exit near the rear of the sanctuary, go to the top of the connector stairs and wait for assistance there.
    - Young children should be paired with an older helper.
  7. Go to the designated meeting area. The person in charge will ask those present if there is anyone missing. Remind everyone that they must stay outside until a public safety official or the person in charge of the drill says you may return to the building. *Under no circumstances should anyone return to the building once they have evacuated.*
  8. Please stay at the meeting space until everyone is accounted for. If you leave, someone may think you are still in the building and in need of rescue. Inform public safety officials of any missing people and let them conduct rescue operations. Call an ambulance for anyone injured.
  9. Be aware that cessation of the alarm *does not* mean it is okay to re-enter the building.
  10. In the case of a drill, when you return to the building, discuss how the drill went (good and bad points) and also discuss how everyone felt about the drill and any suggestions for how to behave if another drill or fire emergency should occur.

Comments, questions, or feedback regarding fire safety should be directed to Rebecca Stadolnik at [rstadolnik@gmail.com](mailto:rstadolnik@gmail.com).

Don't forget to replace your fire alarm and carbon monoxide detector batteries each October and to review your fire escape plans with your family at home! Be fire safe, folks!