



Sunday Worship

First Parish

A liberal religious community, welcoming to all

First gathered 1739

## **Ingathering Sunday**

**September 8, 2024**

**Worship in the Meetinghouse Sanctuary and Online**

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The sun rose at 6:17am and will set at 7:07pm *in sh'allah*  
bringing us 12 hours, 50 minutes of sunlight,  
20 minutes less than last Sunday.

The moon is waxing toward the first quarter on Wednesday.

Today is the beginning of the program year at First Parish.

Today we return to the sanctuary and to hybrid worship  
after a summer of online worship services.

The First Parish choir resumes and  
we launch a new year of religious education programs  
for our children and youth.

## **Sounding of the Chime**

*In the sanctuary silence during the prelude is appreciated.  
Please also silence your cell phones and electronic devices.*

### **Prelude**

*Heigh-Ho*  
Frank Churchill, arr. Kenneth Seitz  
Kenneth Seitz, piano

### **Welcome and Announcements**

Rev. Marta Morris Flanagan, Lead Minister

### **Greeting Your Neighbor**

### **Call to Worship and Chalice Lighting**

Loren Gomez, Worship Associate

### **Congregational Affirmation**

We choose to be  
a liberal religious community, welcoming to all.  
We encourage each other on our spiritual journeys,  
support one another through the changes in our lives,  
and challenge the excesses and injustices of our time.  
Called to love and upheld by joy, we live our faith.

Adopted by the members of First Parish Arlington MA  
March 28, 2010

### **Hymn 358**

*Rank by Rank Again We Stand*

## **The Water Ceremony**

Rev. Marta Morris Flanagan, Lead Minister

Rev. Erica Richmond, Parish Minister

### **Melding of Waters**

#### **Interlude for the Water Ceremony**

*I Believe*

Mark Miller

First Parish Choir

During the interlude those who brought water for the water ceremony are invited to write on a card:

- 1- The place from where you gathered the water
- 2- A sentence about something you learned, discovered or found from that place. For example, you may have learned how to swim, about the importance of slowing down, about the gift of love, or the need to protect our planet.

Then you may bring your water and card to the front of the sanctuary.

If you did not bring water, you may still fill out a card and come forward and pour water from a pitcher adding it to our common waters.

### **The People's Liturgy**

When the ministers say, "May the spirit of these waters" the congregation is invited to sing:

"Be with us."

## Hymn 413

## Go Now in Peace

*Children in PreK through 7<sup>th</sup> grade may go to  
their religious education program in the Parish House.  
As children leave for religious education we sing:*

Go now in peace, go now in peace.  
May the spirit of love surround you  
everywhere, everywhere you may go.

Vayan en paz, vayan en paz  
Pueda el amor rodear los siempre  
por doquier, por doquier que vayan.

Go Now in Peace -- Vayan en paz

Trans. Rev. Lilia Cuervo

Natalie Sleeth

The musical score is written on two staves in 4/4 time. The first staff contains the first line of the hymn, and the second staff contains the second line. The lyrics are written below the notes.

Go now in peace, Go now in peace. May the spi - rit of  
Va - yan en paz, va-yan en paz, Pue - da el a - mor ro-de -

love sur - round you ev-'ry where, ev-'ry-where, you may go.  
ar - los si - em - pre por do-quier, por do-quier, que va - yan.

## Prayer and Silent Meditation

Rev. Erica Richmond

## Musical Response

*Amen, Blessed Be*  
Kenneth Seitz, piano

Words: *Amen, Blessed Be. Shalom, Salaam.*

Sung twice by the congregation

**Amen, Blessed Be, Shalom, Salaam**

Kenneth H. Seitz



## Offering

*Music of Life*  
BE Boykin  
First Parish Choir

*This Sunday half of the offering supports  
Gould Farm,  
[www.gouldfarm.org](http://www.gouldfarm.org).*

*Founded in 1913, Gould Farm in the Berkshires is  
the first residential therapeutic community  
in the US dedicated to helping  
adults with mental health challenges move toward  
recovery and independence.  
The remaining half of your offering supports the life  
and work of this Parish.*

*To donate using your smartphone, you may text  
“fpuu offering” to 73256.  
Then follow the directions in the texts you receive.  
If you would like your entire offering  
to support your pledge,  
indicate “pledge” on your check or envelope.*

**Sermon**

Rev. Marta Morris Flanagan

**Hymn 368**

*Now Let Us Sing*

**Benediction**

***May faith in the Spirit of Life,  
Hope for the community of Earth,  
and Love of the sacred in one another  
Be ours now and in all the days to come.***

**Postlude**

*The Waves are Dancing*

Kenneth Seitz

Kenneth Seitz, piano

*Our postlude is the concluding passage of our worship.  
All are asked to remain seated during the postlude.*

*After worship you are invited to the vestry  
for light refreshments and conversation.*

*If it is 11:30 parents are asked to quietly leave to pick up  
their children from the religious education program.*

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We welcome **Michael Bradley** as guest conductor today.  
Michael is director of choruses at the Boston Arts Academy,  
where he leads the award-winning ensemble  
the Boston Arts Academy *Spirituals*.  
Thank you, Michael, for leading the choir today!

Michael is filling in for **Daniel Parsley**, Music Director,  
while he travels to Dublin to present at a music conference  
and lead conducting classes. Daniel sends his well wishes  
and regrets not being in-person this InGathering,  
though he is worshipping online with us today.  
Daniel looks forward to many more InGatherings in the  
future as well as making wonderful memories and music  
with First Parish this year!

## **You Sing My Hymn, I Sing Yours**

Welcome to worship at First Parish- whatever your story, wherever you are on your journey.

In worship we seek both affirmation and challenge, for these are necessary ingredients for spiritual growth and deepening.

We come with different theological and religious orientations, but we do not seek sameness or some common denominator. We engage in worship with open hearts and minds. Our sung and spoken words reflect a range of religious perspectives.

In worship, some elements will touch us deeply, and some will not. Whatever our personal preferences about the elements in any worship service, we say, *You sing my hymn, I sing yours*. In worship we give and receive.

The First Parish Worship Associates  
November 2015

**First Parish Unitarian Universalist of Arlington**  
**www.firstparish.info**

First Parish is a liberal religious community working toward another way to be and act in our time. As a Unitarian Universalist congregation ([www.uua.org](http://www.uua.org)), we are not bound to any statement of belief or creed but to an aspiration to act in love. We believe personal experience, conscience and reason are final authorities in religion.

A religious education program for children meets during Sunday worship. Children are given the tools with which to answer their religious questions of the world.

To learn more, visit the information table after worship. You can sign up for the weekly E-Bulletin there or by emailing [churchoffice@firstparish.info](mailto:churchoffice@firstparish.info)

First Parish is self governing and supported by members and friends who contribute their time, talent and treasure. The elected Parish Committee (“ParCom”) is the governing board. ParCom can be reached at [Parishexec@firstparish.info](mailto:Parishexec@firstparish.info).

Anne Quaadgras, Chair	John Anderson, Vice-Chair	
Joanna Pushee, Clerk	Carolyn Hodges, Treasurer	
Jeff Keffer	Steve McMullin	Susan Moore
Allan Tosti	Kate Tranquada	

Staff serve the members, leaders and mission of First Parish.

Rev. Marta Morris Flanagan, <i>Lead Minister</i>
Rev. Erica Federspiel Richmond, <i>Parish Minister</i>
Rev. Stevie Carmody, <i>Minister of Religious Education</i>
Daniel Parsley, <i>Music Director</i>
Kenneth Seitz, <i>Director of Music, Emeritus</i>
Rose Sawyer Marsh, <i>Youth Program Coordinator</i>
Ebiere Omoregie, <i>Office Manager</i>
Allison Sillers, <i>Office &amp; Communications Associate</i>
Jaqueline De Jesus, <i>Sexton</i>
Rev. Wendy Page, <i>Affiliate Minister</i>

A Unitarian Universalist Welcoming Congregation, First Parish warmly and intentionally welcomes gay, lesbian, bisexual, queer and transgender people.