



Sunday Worship

First Parish

A liberal religious community, welcoming to all

First gathered 1739

**October 13, 2024**

**Worship in the Meetinghouse Sanctuary and Online**

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The sun rose at 6:55am and will set at 6:06pm *in sh'allah*  
bringing us 11 hours, 11 minutes of sunlight,  
20 minutes less than last Sunday.

The moon is waxing to its fullness on Thursday

**Sounding of the Chime**

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

**Prelude**

*Wa-Wan Chorale*  
(from Wa-Wan Ceremony of the Omahas)  
Harmonized by Arthur Farwell  
Kenneth Seitz, piano

**Welcome and Announcements**

Rev. Erica Federspiel Richmond  
Parish Minister

**Greeting Your Neighbor**

## Call to Worship and Chalice Lighting

Rev. Stevie Carmody  
Minister of Religious Education

### Hymn 44

*We Sing of Golden Mornings*

### Time for All Ages

Rev. Stevie Carmody

*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 notation 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, Gonow 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.

## Celebrations and Concerns

Robbie Rinearson  
Lay Minister

If moved to do so, you may place a stone  
for a joy or sorrow you are holding in your heart.  
If you write a joy or sorrow on the card available  
at the back of the sanctuary,  
the ordained and lay ministers will hold it  
in their thoughts and prayers.  
If you wish to speak of your joy or sorrow,  
please line up after placing your stone.  
When you are motioned forward,  
speak into the microphone and tell us your name.  
Speak briefly and from your own experience.

## Interlude for the Placing of Stones

*Candle Music*  
Kenneth Seitz, piano

## Prayer and Silent Meditation

Loren Gomez  
Worship Associate

## 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

A-men, Bles-sed Be, Sha-lom, Sa-laam.

A-men, Bles-sed Be, Sha-lom, Sa-laam.

## Offering

Oye  
Jim Papoulis  
First Parish Choir

*This Sunday half of the offering supports  
The Native Land Conservancy of Mashpee, MA, an  
Indigenous-led land conservation nonprofit.  
Their board members come from a variety of  
Native American tribal communities. Their  
relationship with the earth is one that is familial and  
seeks to preserve land for future generations.*

*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.*

### **English translation of the lyrics of Oye:**

All alone, in the darkness  
They are crying out for your help  
They are hoping, they are dreaming  
They are asking, for a change to be heard.

Are you listening, can you hear their cries?

They are watching, they are listening  
They are searching to find their way  
Can you see them, can you hear them calling  
What their voices are trying to say.

**Hymn 53**

*I Walk the Unfrequented Road*

**Sermon**

Rev. Erica Federspiel Richmond

**Song 10**

*Blue Boat Home*

**Benediction**

Rev. Erica Federspiel Richmond

***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.***

*Saying these words responsively is a custom at  
First Parish. You are invited to take the hand of  
one beside you or place your hand on their shoulder.*

**Postlude**

*Prairie Dance*  
Kenneth Seitz  
Kenneth Seitz, piano

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

*After worship those in the sanctuary are invited to move  
into 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.*

## **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's Mission**

First Parish is committed to inward spiritual growth, side by side companionship of one another, and turning outward in our work in the world.

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

## **Indigenous Peoples' Day at First Parish**

Join Reverends Erica and Stevie after worship today at 12:30pm at Arlington Town Hall for the Town of Arlington's Indigenous Peoples Day Celebration, co-sponsored by First Parish. This free event is suitable for all ages and will feature a fun and educational performance by the Mashpee Wampanoag Red Hawk Singers and Dancers. Through song, dance, and teachings, the Red Hawk Singers and Dancers promote traditional Wampanoag values such as humility and respect to create true connections between diverse cultures and communities. Sponsored by the Cyrus Dallin Art Museum, Old Schwamb Mill, Robbins Library, the Arlington Human Rights Commission, and First Parish.

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At the Annual Meeting of the members at First Parish on Sunday, May 19, 2024, the congregation voted to adopt the following land acknowledgment:

### **Land Acknowledgment**

The First Parish meetinghouse is located on the ancestral lands of the Massachusetts people, whose name was appropriated by this Commonwealth. The European colonists who took land from its inhabitants through coercion and violence also subjected Indigenous people to forced labor, relocation, and genocide. Our faith calls us to acknowledge the truth of our history, to name the ongoing harms of settler colonialism, and to work toward repair. We resolve to be in right relationship with the Massachusetts and other Indigenous peoples, particularly the federally recognized Wampanoag nations of Mashpee and Aquinnah. We commit to finding meaningful ways to offer our support as we work in solidarity to build a more sustainable future for us all.

Adopted by the members of First Parish Arlington MA  
May 19, 2024

## **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, *Lead Minister*

Rev. Erica Federspiel Richmond, *Parish Minister*

Rev. Stevie Carmody, *Minister of Religious Education*

Daniel Parsley, *Music Director*

Kenneth Seitz, *Director of Music, Emeritus*

Rose Sawyer Marsh, *Youth Program Coordinator*

Bella Jaffe, *Religious Education Assistant*

Ebiere Omoregie, *Office Manager*

Allison Sillers, *Office & Communications Associate*

Jaqueline De Jesus, *Sexton*

Rev. Wendy Page, *Affiliate Minister*

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