



Sunday Worship

First Parish

A liberal religious community, welcoming to all

First gathered 1739

January 19, 2025

Worship in the Meetinghouse Sanctuary and Online

The sun rose at 7:09am and will set at 4:41pm *in sh'allah*
bringing us 9 hours, 32 minutes of sunlight,
12 minutes more than last Sunday.

The moon is waning toward the last quarter
on Tuesday January 21.

Sounding of the Chime

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

Prelude *It Don't Mean a Thing (If It Ain't Got That Swing)*
Duke Ellington
Kenneth Seitz, piano

Welcome and Announcements

Rev. Marta Morris Flanagan, Lead Minister

Greeting Your Neighbor

Call to Worship and Chalice Lighting

Rev. Erica Federspiel Richmond, Parish Minister

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 295

Sing Out Praises for the Journey

Time for All Ages

Lori Kenschaft
First Parish Member

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



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

Mary Breen
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

The image shows two staves of musical notation in 3/4 time, key of B-flat major. The first staff begins with a treble clef, a key signature of two flats (B-flat and E-flat), and a 3/4 time signature. The melody consists of quarter and eighth notes. The lyrics 'A-men, Bles-sed Be, Sha -lom, Sa - laam..' are written below the staff. The second staff continues the melody with a double bar line at the end. The lyrics 'A -men, Bles-sed Be, Sha -lom, Sa - laam.' are written below this staff.

Offering

Kyrie
Franz Joseph Haydn
First Parish Choir

*This Sunday half of your offering supports
Women's Lunch Place of Boston, MA.
Women's Lunch Place is
a daytime shelter and advocacy center in Boston
dedicated to helping women experiencing
homelessness, hunger and poverty.
They offer healthy meals, essentials,
and one-on-one assistance*

*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.*

Hymn 108

My Life Flows On in Endless Song

Sermon

Rev. Tricia Brennan
Adjunct Minister

Hymn 168

One More Step

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.***

*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

Onward!
Kenneth Seitz
Kenneth Seitz, piano

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

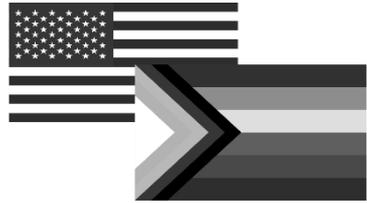
*After worship those in the sanctuary are invited to move
into the vestry for light refreshments and conversation.*

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

Flag Raising at the Meetinghouse Today

Directly following worship, Marta and Rev. Erica will walk to the meetinghouse flagpole to install two flags, the US flag and the Pride Progress flag.

This dedication comes after many months of gathering feedback from the congregation, a recommendation from Defending Democracy, and a vote from the Parish Committee. Please join us.



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

Welcome to Rev. Tricia Brennan!

Rev. Tricia Brennan will be our half time Adjunct Minister during Rev. Erica Richmond's parental leave as Parish Minister. Ordained in 2000, Tricia has served numerous congregations in greater Boston and New England specializing in interim ministry.

Prior to ministry she was a community based social worker, directing shelter programs for unhoused families. Tricia is a graduate of Holy Cross College, Columbia University School of Social Work and Andover New Theological School. Tricia lives in Jamaica Plain. Today is her first Sunday as our Adjunct Minister. Welcome to Tricia! Tricia can be reached at her First Parish email: tricia@firstparish.info.



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), 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

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.

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. Tricia Brennan, *Adjunct 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.