



Sunday Worship

First Parish

A liberal religious community, welcoming to all

First gathered 1739

January 26, 2025

Worship in the Meetinghouse Sanctuary and Online

The sun rose at 7:04am and will set at 4:50pm *in sh'allah*
bringing us 9 hours, 46 minutes of sunlight,
14 minutes more than last Sunday.

The moon is waning toward a new moon on Wednesday.

Sounding of the Chime

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

Prelude

Defying Gravity

Written by Stephen Schwartz

Arranged by Deke Sharon

First Parish Bell Choir

Jennifer Kobayashi - director

James Fleming

Katherine Fleming

Carolyn Hodges

John Hodges

Andrew Kobayashi

Heather Kobayashi

Adam MacNeill

Sanjay Newton

Yanni Peri-Okonny

Welcome and Announcements

Rev. Erica Federspiel Richmond, Parish Minister

Greeting Your Neighbor

Call to Worship and Chalice Lighting

Rev. Marta Morris Flanagan, Lead Minister

Hymn 108

My Life Flows On in Endless Song

Time for All Ages

Rev. Dr. Kelly Murphy Mason

Guest Minister

featuring the book *Something, Someday*
by Amanda Gorman

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, 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.

Celebrations and Concerns

Jeanne Feeley
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

David Whitford
Worship Associate

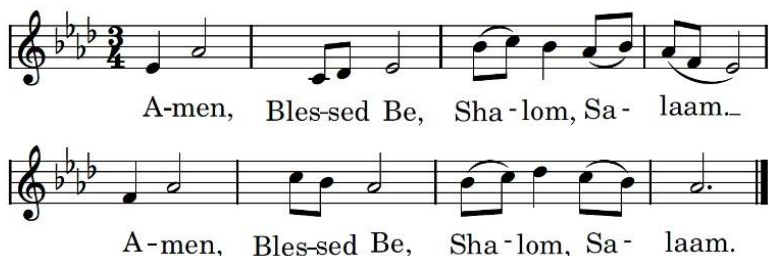
Musical Response

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



Offering

Rev. Tricia Brennan, Adjunct Minister
Gloria
Franz Joseph Haydn
First Parish Choir

*This Sunday half of your offering supports
Women's Lunch Place.
a daytime shelter and advocacy center in Boston
helping women experiencing hunger and poverty.*

*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.*

Responsive Reading

by Aryanto Nugroho
Unitarian Christian Church of Indonesia
from *Lifting Our Voices, Readings in the Living Tradition*
Unitarian Universalist Association, 2015

A Presence
summoned hearts from all ages,
whole, holy.
They answered the summons humbly, to find Light.
They saw, tasted, and lived the sparks,
and proclaimed brilliance to the shadows.

*They did not brag of prosperity,
nor tout their shining intellect,
nor use some mighty gift of power.
Simplicity of heart was their only gift.*

Now the summons sounds again.
A still small voice for singular people,
whose honest hearts opened,
filled with love for neighbors, which is love for God.

*Do we hear the still small voice?
Can we respond with our lives?
Will we join the gathering ranks
to reflect the Light of Presence into a confused world?*

Hymn 86

Blessed Spirit of My Life

Sermon

Rev. Dr. Kelly Murphy Mason

Hymn 331

Life Is the Greatest Gift of All

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

Poem
Zdeněk Fibich
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

About This Morning's Preacher

Rev. Dr. Kelly Murphy Mason

The Rev. Dr. Kelly Murphy Mason currently serves as Community Minister for Spiritual Direction at Arlington Street Church; she also teaches in the apprenticeship program at the Phoenix Center for Spiritual Direction and works as a book reviewer for *Presence*, the quarterly journal of Spiritual Directors International.

In 2022, she convened the Spirituality & Flourishing Interest Group in the Harvard Flourishing Network and today acts as its Co-Chair. For more than a decade now, she has blogged at TheReverendDr.com on the topic of “what heals us in our souls.

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.