



Sunday Worship

First Parish

A liberal religious community, welcoming to all

First gathered 1739

**February 2, 2025**

**Worship in the Meetinghouse Sanctuary and Online**

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The sun rose at 6:57am and will set at 4:59pm *in sh'allah*  
bringing us 10 hours, 2 minutes of sunlight,  
16 minutes more than last Sunday.

The moon is waxing to the first quarter  
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**

*Song of the Bells*  
Leroy Anderson  
Kenneth Seitz, piano

**Welcome and Announcements**

Rev. Tricia Brennan  
Adjunct Minister

**Greeting Your Neighbor**

**Call to Worship and Chalice Lighting**

Lillian Povey  
Worship Associate

**Spoken Memorials**

Rev. Marta Morris Flanagan  
Lead Minister

*On the first Sunday of the month the names of those  
in the community who died this year are read aloud.  
Those who died this month in the past are printed in  
the order of service.*

**Hymn 362**

*Rise Up, O Flame*

**Story for All Ages**

Rev. Stevie Carmody  
Minister of Religious Education

“Cecilia Fell in Love with the Universe”

*After the story, the Pre-K kids can head to their class.*

**Hymn 362 In A Round**

*Rise Up, O Flame*

## Offering

*Going to Church*  
Wilhelm Peterson-Berger  
Kenneth Seitz, piano

*This Sunday half of your offering supports the  
Arlington Youth Counseling Center (AYCC).*

*AYCC is the leading provider of  
outpatient and school-based child and adolescent  
mental health services in Arlington.*

*AYCC is committed to delivering outstanding,  
equitable and accessible mental health services to  
ensure all youth and families have access to  
culturally sensitive and high-quality care,  
regardless of their ability to pay.*

*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.*

## Celebrations and Concerns

Greg Ruccio  
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.

## Interlude for the Placing of Stones

*Candle Music*  
Kenneth Seitz, piano

## Prayer and Silent Meditation

Rev. Marta Morris Flanagan

## 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



## **Sharing Our Moments of Wonder**

*Responding to the prompt on the cut-out stars, write a sentence or two about a wonder-filled moment that sparks your connection to a deeper search for truth and meaning.*

### **Anthem**

*Credo*  
Franz Joseph Haydn  
First Parish Choir

## **Collecting Our Moments of Wonder**

### **Hymn 123**

*Spirit of Life*

### **Homily**

Rev. Stevie Carmody

### **Song 10**

*Blue Boat Home*

### **Benediction**

Rev. Tricia Brennan

***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**

*Just a Bit Curious*  
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

## **Memorials and Remembrances**

### **February 2025**

*On the first Sunday of the month, we remember  
loved ones who died that month in years past.*

Ernst Bosslet,  
father of Sibylle Bosslet, died February 28, 1997

Marie Dannenberg,  
mother of Barbara Tosti, died February 23, 2004

Joanne Carlin Bradley,  
mother of Liz Bradley, died February 26, 2006

Butch Redding,  
former First Parish Manager, died February 20, 2008

Joseph Gambino,  
father of Rosemarie Smurzynski, died February 27, 2009

Robert Anderson Jones,  
father of Scott Anderson Jones, died February 28, 2010

Richard Hunter,  
father of Elizabeth Hunter, died February 25, 2011

James Jackson,  
father of Marilyn Jackson, died February 18, 2012

Maurice Freedman,  
father of Melina Vanderpile, died February 9, 2016

Caroline Goff Prentiss,  
mother of Mara Prentiss, died February 24, 2017

Barbara Lumpkin Moore,  
mother of Susan Moore, died February 28, 2017



Sue Farmer,  
mother of Emily Farmer, died February 12, 2019

Tom Ladenburg,  
husband of Muriel Ladenburg, died February 2, 2020

Jane Junghans,  
mother of Lida Junghans, grandmother of Emma Perrow,  
died on February 12, 2020

Lydia Thayer,  
First Parish member, died February 10, 2022

Rick Massumi,  
dear friend of Lida Jughans, died February 18, 2022

Douglas Robert Stevens,  
brother of Carolyn Stevens, died February 24, 2023

Yutaka Kobayashi,  
father of Andy Kobayashi, died February 27, 2023

Joy McDonald,  
mother of David McDonald and mother-in law of  
Marie Meteer, died February 9, 2024

Lowell Swarts,  
father of Heidi Swarts, died February 19, 2024

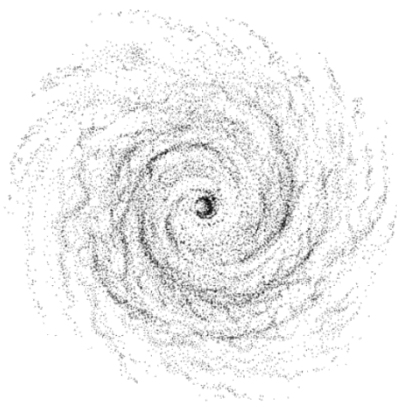
Greg Rising,  
Brother of Megan Rising, brother-in-law of Erica LeBow,  
uncle of Rose and Magnolia, died February 24, 2024

*If you would like a loved one remembered in future months,  
contact [spokenmemorials@firstparish.info](mailto:spokenmemorials@firstparish.info)*



*“Wherever we look in nature we can see spiral forms: the uncurling fern, the snail, the nautilus shell, the hurricane, the stirred cup of coffee, the water that swirls out of a washbowl. Perhaps we should not be surprised to see spirals in the great star systems whirling in space. Yet they remain a great, intriguing question...”*

*-- Cecilia Payne-Gaposchkin*





**Cecilia Helena Payne-Gaposchkin** was born in Britian in 1900. Throughout her childhood, she took a keen interest in the study of the natural world and the heavens. In college at Cambridge University, which was still an unwelcoming place for women in science, she heard a lecture on the findings of a recent eclipse. It propelled her commitment to astronomy, the study of stars. To find a place for her graduate work, she moved to Cambridge, MA, researching in at the Harvard Observatory. Writing her thesis, she discovered the chemical composition of stars, and that hydrogen and helium are by far the most abundant elements in stars. Overcoming barriers for female scientists, her work on the cosmic makeup of the universe and the nature of variable stars was foundational to modern astrophysics. She was appointed Harvard's first female Professor and female Department Chair. When she lived in the area, she attended the First Parish UU of Lexington, MA, and taught Sunday school there regularly.

## **First Parish Unitarian Universalist of Arlington**

**[www.firstparish.info](http://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
Allan Tosti	Kate Tranquada
Susan Moore	

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

Rev. Marta Morris Flanagan, *Lead Minister*

Rev. Erica Federspiel Richmond, *Parish Minister (on leave)*

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.