

The Sunday Teaser

First Parish Unitarian Universalist in Arlington

dedicated to encouraging you to look at our full array of activities

January 11, 2026

Today

10:00am	Worship
11:30am	Who are UU? Conversation (Damon)
11:45am	"The Dads" Film Screening (Parlor)
1:30pm	LDC Roundtable (Parlor)
6:45pm	2 nd Sunday Covenant Group (Damon)
7:00pm	Men's Group (Zoom)

Learn more:
www.firstparish.info/events

Scan this code
with your phone



Religious Education this morning:

- Winter Term continues with grade-based programs for preK-7.
- Nursery care for babies / toddlers (up to age three), 10am-11:30am

Tonight:

- No OWL or COA – COA begins in February, OWL in March.
- YAC meets at 6pm, Youth Group at 7pm.

Upcoming Events at First Parish

TODAY! "The Dads" Film Screening and Conversation

Sunday, January 11, 11:45am, Parlor. Join Rev. Erica and the LGBTQIA+ Affirming Committee immediately following worship today for a video screening and conversation. "The Dads" is a 10 minute film about a group of fathers and how they are raising trans children. All are welcome – this is sure to be a rich discussion.

TODAY! Who are UU? Guided Conversations

Sunday, January 11, 11:30am, Damon Room. Looking for connection? Need a little help getting to know others at First Parish? Want to help others know you? Join First Parish members for Who are UU? a series of guided conversations designed to ease us beyond small talk and learn more about each other. No registration required. Come to one or come to all. Aimed at newer folks, but not exclusive! 2nd Sundays, January 11 – June 14

Love at the Center Book Discussion Series

3rd Thursdays of the month, January 15 – June 18, 7:00pm, Zoom. Join folks from the Membership Committee to discuss readings from Love at the Center, a collection of meditations on love at the center by UU ministers from around the country. Come to one or all - aimed at newer folks, but not exclusive!



Town of Arlington Observance of Dr. Martin Luther King, Jr. Day

Monday, January 19, 6:30pm, Arlington Town Hall (730 Mass Ave). The doors to Arlington's Town Hall will open to welcome the public to the 38th free Martin Luther King Birthday Observance on January 19th, 2026. The formal program begins at 7:00pm and the keynote speaker will be Jackie Jenkins-Scott., first African American President of Wheelock College.

Creating Connections through Play - STAR Program



Saturday, January 24, 11:00am, Parlor. Come in from the cold and join a co-led structured play group in a safe, non-judgmental space. You will play structured games for 90 min. that get you thinking creatively while having fun and then have lunch together (provided). Scan this code to register.

Save the Date – Ferry Beach 2026

Friday, September 25 to Sunday, September 27. First Parish's Ferry Beach Retreat is an annual intergenerational gathering in Saco, ME. All are welcome! Registration will be opening soon - keep an eye out for more details in the coming weeks. For more information talk to a Ferry Beach Committee member or email FerryBeach@FirstParish.info.

This Week

Mon Spirit Talk
4:00pm (Zoom)
In-person Meditation
6:00pm (Parlor)

Tue Lectio Divina
7:00am (Zoom)
2nd Tuesday Covenant Groups
7:00pm (1 in Damon, 2 in Parlor)
Membership Committee
7:00pm (Grady)
Worship Associates
7:00pm (Shinn)
HR Committee
7:30pm (Zoom)

Wed Lectio Divina
9:00am (Zoom)
2nd Wednesday Covenant Groups
1:30pm (Zoom)
7:00pm (Parlor)
Evening Chapel
9:00pm (Zoom)

Thu Lectio Divina
8:00am (Zoom)
Music Committee
6:00pm (Parlor)
Plate Count Training
6:15pm (Sanctuary)
First Parish Choir
6:45pm (Sanctuary)
Property Committee
7:30pm (Parlor)
First Parish Bell Choir
8:05pm (Sanctuary)

From the Membership Team:

You already belong here. Let's make it official! Stop by the Membership table today to learn the easy steps to becoming a FP member.

Rose of Recognition: Diane Shriver (Taraz)



The Parish Committee extends a Rose of Recognition to Diane Shriver for her extraordinary service at the mic and behind the scenes. In addition to blessing us with gorgeous music, most recently at the Embrace the Darkness & Solstice services, Diane also serves as scribe for First Parish in her long-standing role as *Spire* editor.

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Weekly & Monthly Events at First Parish

These events are open to everyone. Please reach out by email as indicated below or visit the First Parish website to learn more.

Lectio Divina

Meets Tues. 7am-8am, Weds. 9am-10am, Thurs. 8am-9pm.

Lectio Divina is a method of reading and listening, lingering with, and sharing personal responses to selected biblical texts.

Email lectio@firstparish.info for more information.

Meditation at First Parish

Meets Sun. 9am-9:30am, Mon. 6pm-6:50pm.

Looking for support for your meditation? Beginners and experienced meditators welcome. No ongoing commitment required. To receive information and Zoom Link, please email meditation@firstparish.info.

Spirit Talk

Meets every Monday via Zoom at 4pm.

Weekly Spirit Talk discussions provide an opportunity for a small group to reflect together on a spiritual theme inspired by a different quote each week. Email spirittalk@firstparish.info for the Zoom link.

Wednesday Chapel

Meets Wednesdays via Zoom at 9pm, from October through February.

This is a 25-minute gathering of sharing, silence, poetry, and song. You can come to one or all of them. No need to sign up- just show up. See the FP website for the Zoom link, firstparish.info/events.

Men's Group

Meets every other Sunday, 7:00 pm, Zoom.

Men of all ages and backgrounds connect with and support each other on our spiritual journeys. Email mensgroup@firstparish.info for information.

Older Men Lunch Meeting

Meets every other Thursday, 12 noon, via Zoom.

First Parish's Older Men's group continues to meet, using Zoom. Email oldermen@firstparish.info for more information.

Community Potluck

Monthly, last Wednesday, 6:00pm, Vestry.

A community potluck dinner sponsored by the STAR committee, will be held indoors, in the Vestry, on the last Wednesday of the month.

Email star@firstparish.info.

Grief Support Group

Monthly, fourth Tuesday, 7:30pm, Zoom.

Monthly Lay Ministry led support for individuals who have lost loved ones. Zoom link available on firstparish.info/events.

Women Aging Well

Monthly, fourth Thursday, 11:00 am.

Join our vibrant community of women over 50 as we explore the joys and challenges of aging together. Email: agingwell@firstparish.info.

Women's Alliance: The Alliance is the women's organization in our church, with a mission to support the women in our congregation, and through that support to advance the interests and efforts of our entire church. We meet about once a month, generally on Fridays.

Women's Book Group

Monthly, except summer, first Thursdays, 7:00 pm, Zoom.

Email womensbookgroup@firstparish.info with questions or for Zoom link. February 2026: *Love in the Time of Cholera* by Gabriel Garcia Marquez.

Racial and Social Justice Groups

Racial Justice Coordinating Committee

RJCC continues to further our mission of being welcoming to all and challenging the excesses and injustices of our time. Our working group, Reckoning & Repair, is dedicated to educating ourselves about First Parish's entanglement with slavery in the 18th century and facilitating discussions about what we plan to do about this ugly past. Email: rjcc@firstparish.info

Indigenous Justice Working Group

The mission of the Indigenous Justice Working Group (IJWG) is to explore First Parish's relationship to the grave injustices experienced by the Indigenous people of MA, beginning centuries ago and continuing today. Email: ijwg@firstparish.info

Diversity Book Club

All are welcome, please join us, generally on the third Tuesday every other month on Zoom. Email: diversitybookclub@firstparish.info, for Zoom link.

Defending Democracy Working Group

Our mission is to address issues of living in a democracy consistent with UU values and principles. We are action and education oriented, non-partisan and advocate for policies that strengthen democracy and oppose those that threaten it. We are called to live our faith through action. Email: DefendingDemocracy@firstparish.info

Peace and Justice in Israel-Palestine Working Group

We organize programs, guest speakers, and films for people to reflect on events in Israel-Palestine within a framework of Unitarian Universalist values. Email: PeaceandJustice@firstparish.info