

The Sunday Teaser

First Parish Unitarian Universalist in Arlington

January 25, 2026

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

Today

10:00am	Worship
11:30am	Social Hour (Vestry) – all welcome!
4:00pm	4 th Sun. Covenant Group (Zoom)
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 for grades preK through 7th
- Nursery care for babies / toddlers (up to age three), 10am-11:30am

Tonight:

- Youth Group meets at 7pm

Questions? Email Rev. Emily Conger, Adjunct DRE: mre@firstparish.info.

Upcoming Events at First Parish

Monthly Community Potluck for January

Wednesday, January 28, 6:00pm, Vestry. All are welcome. No sign-up needed. Please bring a dish to share (but if you can't, still come!).

Multigenerational Dance Party!

Friday, January 30, 6:00pm, Vestry. Join us for a dance party for all ages, co-hosted by the Youth Group and RE Committee. Questions or dietary restrictions? Email K Milano at k.milano@firstparish.info.

First Parish Talent Show

Sunday, February 1, 11:45am, Sanctuary. This fundraiser for the Music Program's piano fund begins with a light lunch and features the FP Choir, Bell Ringers, instrumental/vocal soloists and ensembles of all ages. Questions or want to volunteer? Email music@firstparish.info or talk to Daniel Parsley.

Ever Wonder About the "I" in LGBTQIA+? Film Screening and Discussion

Wednesday, February 4, 6:00pm, Vestry. Come see "Every Body," a documentary that follows the lives of three intersex people. The movie will be followed by a discussion. Pizza and salad will be served! This movie night is sponsored by the LGBTQIA+ Affirming Committee.

Art Show Opening: "Where I've Been, What I've Seen"

Sunday, February 8, 11:45am, Parlor. All are welcome to an exhibit of photographs by Peter Southwick, longtime member of First Parish. Opening reception on Sunday, February 8 after worship. Light refreshments served.

"How We Win" Book Discussion Series with Betsy Leondar-Wright

Mondays (Feb. 9, Mar. 2 and 16), 7:00pm, Zoom. Over three Zoom sessions, we will discuss George Lakey's short, punchy book, "How We Win: A Guide to Nonviolent Direct Action Campaigning." Betsy will lead us in conversation on how to apply Lakey's strategies in defense of democracy.

New (or new-ish) to First Parish?

Pathway to Membership Workshop with Rev. Erica Richmond

Sunday, February 1 (or March 29), 11:30am - 1:00pm, Parlor. New to First Parish or just want to learn more? Join Rev. Erica and folks from the Membership Committee to learn more about FP and Unitarian Universalism. Attending one of these workshops is required for those considering joining our congregation. For more information email Membership@firstparish.info.

Who are UU? Discussions – next session coming up on February 8

Sunday, February 8, 11:30am, Damon Room. Looking for connection? 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!

This Week

Mon	FP OFFICE CLOSING IF TOWN OF ARL. CLOSING Spirit Talk 4:00pm (Zoom) In-person Meditation 6:00pm (Parlor) RE Committee 7:00pm (Grady)
Tue	Lectio Divina 7:00am (Zoom) Grief Support Group 7:30pm (Zoom)
Wed	Lectio Divina 9:00am (Zoom) Monthly Potluck 6:00pm (Vestry) Evening Chapel 9:00pm (Zoom)
Thu	Lectio Divina 8:00am (Zoom) First Parish Choir 6:45pm (Sanctuary) First Parish Bell Choir 8:05pm (Sanctuary)
Fri	Multigenerational Dance Party! 6:00pm (Sanctuary)
Sat	Youth Group Lock-in All day ParCom Retreat 10am – 3pm (Parlor) Talent Show Rehearsal Afternoon (Sanctuary)

Save Date – Ferry Beach '26!

Friday, Sept. 25 to Sunday, Sept. 27, in Saco, ME. All are welcome! Registration opens soon! Questions? Email FerryBeach@FirstParish.info.

Roses of Recognition: Tech Team + Donor

With profound appreciation, the Parish Committee recognizes the First Parish Volunteer Tech Team, who organized practically overnight six years ago, with a bouquet of Roses. We are also deeply grateful to an anonymous donor who funded the first year of paid AV technicians, allowing the volunteer Tech Team to relax on Sundays, enjoying services along with the rest of us, in person or online.



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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