

The Sunday Teaser

First Parish Unitarian Universalist in Arlington

October 12, 2025

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

Today

10:00am	Worship
11:30am	Social Hour (after service ends)
11:30pm	Coffee with Rev. Erica (<i>Parlor</i>)
4:00pm	2 nd Sunday Covenant Group (<i>Damon</i>)
7:00pm	Men's Group

Learn more online:
www.firstparish.info/events

Scan this
QR code
with your
phone
camera



Religious Education this morning:

- All-together RE Program for K-5th, mini-unit for 6th and 7th.
- Nursery care for babies / toddlers (up to age three), 10am-11:30am

Tonight:

- No OWL or Youth Group

Upcoming Events at First Parish

TODAY – Coffee with Rev. Erica in the Parlor

Sunday, October 12, 11:30am, Parlor. Please join us today after worship for casual coffee and conversation after worship with our Parish Minister, Rev. Erica Richmond.

Pizza and Poster-Making with Defending Democracy

Monday, October 13, 6:00pm, Vestry. As we prepare for No Kings Day on October 18, come make posters and signs and be in community!

New UU Classes in October

Saturdays, October 18 and 25, 9:00am – 12:00pm, Parlor. Learn about Unitarian Universalism, make new friends, and engage more deeply in our community. Questions or to register - email membership@firstparish.info.

Aging Well this month: Resolving Conflict

Thursday, October 23, 11:00am, Zoom. This month's meeting will focus on learning the wisdom of Buddhist monk, Thich Nhat Hahn on conflict and conflict resolution through readings and reflection.

"Your Fat Friend" Film and Conversation

Thursday, October 23, 7:00pm, Parlor. Join us for a community screening of the fabulous film "Your Fat Friend." The film explores the anti-fat bias many of us hold and how we might reorient toward body positivity / neutrality. After the screening, we will have a community discussion. All are welcome. RSVP via Realm, or contact Rev. Erica Richmond directly via email at erica.richmond@firstparish.info.



Alliance Program: "Left on Pearl" Film Screening and Panel Discussion

Friday, October 24, 6:45pm, Vestry. Left on Pearl is a 55-minute documentary about a highly significant event in the history of the women's liberation movement. Panel discussion featuring Rochelle Ruthchild, founding member of the Women's Center, and FP members Mary Fusoni, Joyce Thompson, and Jo Ann Preston, who took part in the 1971 action.

Memorial Service for Peter Southwick, longtime First Parish Member

Saturday, October 25, 2:00pm,
at the Meetinghouse. Rev. Erica Richmond will officiate at a memorial service and Ken Seitz will offer music. The Alliance will provide the collation. All are invited to attend as a sign of love and support for Peter, his wife Jean, and their family.

Carpools to Stand in Solidarity at I.C.E. in Burlington, MA

Scan here if you are
interested in carpooling
from FP to
I.C.E on
Wednesdays,
11am-1pm



This Week

Mon **FP OFFICE CLOSED for**
Indigen. Peoples Day
Spirit Talk
4:00pm (Zoom)
In-person Meditation
6:00pm (Parlor)
Pizza + Poster-Making
6:00pm IVestry

Tue **Lectio Divina**
7:00am (Zoom)
2nd Tuesday Covenant
Groups
7:00pm (1 in Damon,
2 in Parlor)
Membership Comm.
7:00pm (Grady)

Wed **Lectio Divina**
9:00am (Zoom)
3rd Wednesday
Covenant Groups
7:00pm (1 in Parlor,
2 in Grady/Zoom)
Evening Chapel
9:00pm (Zoom)

Thu **Lectio Divina**
8:00am (Grady)
Older Men's Lunch
12:00pm (Zoom)
First Parish Choir
7:00pm (Sanctuary)
Property Committee
7:30pm (Parlor)
First Parish Bell Choir
8:05pm (Sanctuary)

Sat **New UU Class #1**
9am-12pm (Parlor)



NEW - Engage with First Parish!

FP Engage fosters
connection and engagement
by helping congregants find
meaningful ways to participate
in our spiritual community.

**Stop by our table at social
hour starting next week to
learn more!**

Note on Joys and Concerns:

We will be holding off on any
changes to shared Joys and
Sorrows until further notice.
In the coming weeks, our
three Ministers, the Lay
Ministers, and the Worship
Associates will continue to
work together to review and
reflect on our shared worship.

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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, ex. summer, first Thursday, 7:00 pm, Zoom.

Email womensbookgroup@firstparish.info with questions or for Zoom link. October 2025 book: *Mr. Clemons and Mark Twain*, by Justin Kaplan.

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