

# The Sunday Teaser

First Parish Unitarian Universalist in Arlington

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

## Today

10:00am	Worship
11:30am	Who are UU? Conversation (Damon)
11:45am	Art Show Reception (Parlor)
7:00pm	Men's Group (Zoom)

February 8, 2026

Learn more:  
[www.firstparish.info/events](http://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:

- COA meets today at noon; no Youth Group tonight.

Questions? Email Rev. Emily Conger, Adjunct DRE: [mre@firstparish.info](mailto:mre@firstparish.info).

## Upcoming Events at First Parish

### TODAY - 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. A renowned photojournalist, Peter also enjoyed documenting his travels. These photos were part of an exhibit that he mounted the past summer at the Booth Bay Opera House. The opening reception for the show is today after worship in the Parlor – all are welcome! Light refreshments served.

### TODAY - Who are UU? Conversation

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!



### "How We Win" 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 applying Lakey's strategies in defense of democracy. Register online – space limited.

### Culture as Resistance – UU Urban Ministry Community Conversation

Thursday, February 19, 6:00pm, [Zoom](#) (link on First Parish website). Explore how culture functions as a form of resistance and survival. Through music, storytelling, movement, and visual art, Roxbury residents have preserved identity, nurtured belonging, and fueled movements for justice and liberation. Speakers: Akili Jamal Haynes and Dayenne Walters.

### SAVE THE DATE – Transition Team Conversations

Sunday, February 22, 11:45 - 2pm (in the Sanctuary), or Thursday, February 26, 7 - 8:30 pm (Virtual). The Transition Team, representatives from ParCom, and a UUA transition specialist will guide a conversation on what we value most about First Parish and how the decisions we make in the coming months can best nurture and sustain our beloved community.

### From Guerilla to Grandmother with Peace Activist Katherine Power

Friday, February 27, 6:30pm, Vestry. Katherine Power, author of *SURRENDER: My Journey from Guerilla to Grandmother*, will join us to share her story and talk with us about taking action to bring about change. All are welcome. Organized by the Alliance.

### Monthly Community Potluck for February

Wednesday, February 25, 6:00pm, Vestry. All are welcome. No sign-up needed. Please bring a dish to share (but if you can't, still come – there will be plenty of food for all); if possible, bring your own dishes and utensils.

## This Week

Mon **Spirit Talk**  
4:00pm (Zoom)  
**In-person Meditation**  
6:00pm (Parlor)  
**"How We Win" Book Conversation**  
7:00pm (Zoom)

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)  
**First Parish Choir**  
6:45pm (Sanctuary)  
**Property Committee**  
7:30pm (Parlor)  
**First Parish Bell Choir**  
8:05pm (Sanctuary)

### Transition Team Newsletter

Scan this code for updates on goals and next steps for the transition!



### 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](mailto:FerryBeach@FirstParish.info).

### The Exterior Lockbox Code is Changing Soon!

Need the new code? Please fill out this online request form!



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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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](mailto: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 18<sup>th</sup> century and facilitating discussions about what we plan to do about this ugly past. Email: [rjcc@firstparish.info](mailto: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](mailto: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](mailto: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](mailto: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](mailto:PeaceandJustice@firstparish.info)