

The Sunday Teaser

First Parish Unitarian Universalist in Arlington

March 22, 2026

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

Today

10:00am	Worship
11:30am	Social Hour (Vestry)
11:45am	Listening Circles (Sanctuary)
4:00pm	4 th Sunday Covenant Group (Zoom)
7:00pm	Men's Group (Zoom)

Learn more:
www.firstparish.info/events

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with your
phone



Religious Education this morning:

- Winter term continues with grade-level programming for preK-3.
- Children in grades 4-8 are invited to stay in the Sanctuary for the duration of today's Youth Service!
- Nursery care for babies / toddlers (up to age three), 10am-11:30am

Tonight:

- Coming of Age, OWL, and Youth Group meet at 7pm.

Questions? Email Rev. Stevie Carmody at mre@firstparish.info.

Upcoming Events at First Parish

Listening Circles – hosted by the Transition Team (March 22 – 31)

Multiple sessions, beginning TODAY, Sunday, March 22, 11:45am, Sanctuary. Please join us for one of these 90-minute small group sessions as we share our values, priorities and hopes for our beloved community. There are several sessions to choose from. Registration is required and space is limited.



TOMORROW! Pizza and Poster-making for No Kings event at First Parish

Monday, March 23, 6:00pm, Vestry. All are welcome to join Defending Democracy to make signs and posters for the No Kings rally on Saturday.

Visit Royall House and Slave Quarters

Friday, March 27, 11:00am 15 George Street in Medford. Join First Parish Folks for a tour of the Royall House and Slave Quarters. The cost is FREE – sponsored by Racial Justice Coordinating Committee. Carpooling will be arranged. Registration required.



Film Showing: "The Voices of Hind Rajab"

Saturday, March 28, 7:00pm, Vestry. The Voice of Hind Rajab is an Oscar nominated movie about a tragic event in Gaza in December 2023 when Red Crescent volunteers work to rescue a child named Hind Rajab. Note: The film is emotionally heavy. Co-sponsored by Arlington For Peace.

Trans Joy Café – Next Sunday!

Sunday, March 29, 2pm, Parlor. Please join us for a speaker panel and light refreshments. This will be a relaxed space for everyone to socialize and learn. Trans, non-binary, and gender expansive resources will be available.

New (or new-ish) to First Parish?

New Member Ceremony – during worship on Sunday, March 29

Sunday, March 29, during service, Sanctuary. Once a year, First Parish celebrates our new members with a ceremony during Sunday services. Have you been contemplating membership here? Wondering what it entails? If so, email the Membership Committee at Membership@firstparish.info.

Pathway to Membership Workshop with Rev. Erica Richmond

Sunday, March 29, 11:30am - 1:00pm, Damon. 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.

This Week

Mon Spirit Talk
4:00pm (Zoom)
In-person Meditation
6:00pm (Parlor)
Pizza & Posters for NK
6:45pm (Vestry)
Religious Ed. Comm.
7:00pm (Grady)
Listening Circle
7:00pm (Zoom)

Tue Lectio Divina
7:00am (Zoom)
Grief Support Group
7:30pm (Zoom)

Wed Lectio Divina
9:00am (Zoom)
Monthly Potluck
6:00pm (Vestry)
Listening Circle
7:00pm (Zoom)

Thu Lectio Divina
8:00am (Zoom)
Ageing Well
11:00am (Zoom)
First Parish Choir
6:45pm (Sanctuary)
Listening Circle
7:00pm (Zoom)
First Parish Bell Choir
8:05pm (Sanctuary)

Sat NO KINGS ARLINGTON
10 – 11:30am. Lawn
Listening Circle
1:00pm (Parlor)
Film: Hind Rajab
7:30pm (Vestry)

NO KINGS at First Parish

Saturday, March 28, 2026

10:00 – 11:30am

Join us as we join millions across the country to say loud and clear: No Thrones. No Crowns. No Kings. Co-sponsored by Indivisible.

Easter Sunday at First Parish

Sunday, April 5, 2026

10am at the Meetinghouse and online via Zoom

Help Fill Eggs for Egg Hunt!

Pick up today or next Sunday, fill, and drop back off at FP!

Honor with Tulips
Brighten First Parish on Easter - donate a potted tulip plant.



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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. Book for April 2026: *The Emperor of Gladness* by Ocean Vuong.

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