

The Sunday Teaser

First Parish Unitarian Universalist in Arlington

May 17, 2026

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

Today

10:00am	Worship
11:30am	Coffee Hour (Vestry)
11:30am	Covenant Workshop (Parlor)
11:30am	"Finding Your Walden" (Grady)
11:30am	Intergen Orchestra Rehearsal (Sanctuary)
7:00pm	2 nd Sunday Covenant Group (Damon)
7:00pm	Men's Group (Zoom)

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

Scan this code with
phone camera



Religious Education this morning:

- Spring term continues with grade-level programming for preK-6.
- Nursery care for babies / toddlers (up to age three), 10am-11:30am

Tonight:

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

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

Upcoming Events at First Parish

Beginning the Work of Covenant - Covenant Task Force Offering

Sunday, May 17, 11:30am, Parlor. The Covenant Task Force (CTF) invites you to join them in the Parlor to review examples of covenants created by other congregations of our size, gathered by our Transition Team. Members of the CTF will be on hand to listen to your thoughts, offer ways for you to make suggestions about the creation of ours, and gather feedback.

Adult RE Opportunity: "Finding Your Walden"



Sundays May 17 (TODAY) 7 and June 7, 11:30am (in-person), and Thursdays May 21 and June 4, 6:00pm (Zoom). Inspired by the book of the same name by Jen Tota McGivney, we will explore the ways Thoreau's wisdom may apply to and inspire our 21st century lives. For more information and links to register, check our website (scan this code with your smartphone camera).

Tea with Rev. Carolyn

Monday, May 18, 1:00pm, Grady. As First Parish's Adjunct Minister this spring and then again in the fall (October - November), this time is simply for getting to know the congregation more. This gathering will be informal. The kettle will be on and the table set. Come for conversation and company.

Staffing at First Parish: Where Do We Go from Here?

Monday, May 18, 7:30pm, Zoom. Did you miss yesterday's session? It's not too late to catch up - join the Transition Team for the Zoom version of this offering to discuss what we've learned from peer congregations and how we can creatively navigate our budget to support the ministries we love. Questions or feedback? Email transitionteam@firstparish.info.

Lay Minister and Worship Associate Applications Due Today!

Questions? Reach out to Cathy Modica (Shared Ministry Chair):
sharedministry@firstparish.info.



LM Application



WA Application

Covenant Groups are now forming for Fall 2027!

Covenant Groups are a great way to make deeper connections with others at First Parish. Each group meets monthly (in-person or Zoom) for 2 hrs.

Want to learn more? Attend a 1- hour **demo session on Sunday, June 7** after services. For more info, or to sign up: covenantgroups@firstparish.info.

This Week

Mon **Tea with Rev. Carolyn**
1:00pm (Grady)
Spirit Talk
4:00pm (Zoom)
In-person Meditation
6:00pm (Parlor)
Staffing at First Parish
7:30pm (Zoom)

Tue **Lectio Divina**
7:00am (Zoom)
3rd Tues. Cov. Group
7:00pm (Grady)
Lay Ministry Meeting
7:00pm (Parlor)
Parish Committee Mtg
7:00pm (Zoom)

Wed **Lectio Divina**
9:00am (Zoom)
Transit. to Retirement
7:00pm (Zoom)
3rd Wed. Cov. Groups
7:00pm (1 in Parlor,
2 in Grady)

Thu **Lectio Divina**
8:00am (Zoom)
Music Committee
6:00pm (Parlor)
"Finding Your Walden"
(Adult RE Offering)
6:00pm (Zoom)
"Love at the Center"
Discussion Series
7:00pm (Zoom)
First Parish Choir
7:00pm (Sanctuary)
First Parish Bell Choir
8:05pm (Sanctuary)

Share Your Time and Talent

The energy at our Annual Meeting was incredible and is exactly what we need as we move through this transition. We hope you'll stay engaged!

We need your help in four key areas:

- Communications
- Bylaws Review / Update
- Stewardship Committee
- Office Support

Interested? Questions? Email volunteer@firstparish.info,

Also, be sure to enter your skills and interests into our Engage database!



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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.

IN-PERSON IN JUNE! Book for June: *Nothing to See Here* by Kevin Wilson.

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