



Sunday Worship

First Parish

A liberal religious community, welcoming to all

First gathered 1739

March 16, 2025

Worship in the Meetinghouse Sanctuary and Online

A “Music Sunday” Worship Service
Twice a year worship prominently features music.

The sun rose at 6:55 am and will set at 6:52pm *in sh'allah*
bringing us 11 hours, 56 minutes of sunlight,
20 minutes more than last Sunday.

The moon is waning toward the last quarter on Saturday

The vernal equinox
or the first day of spring in the Northern Hemisphere
is Thursday morning at 5:03 am,
as the sun crosses the celestial equator.

Near the spring and fall equinoxes,
the hours of the day and night approach equality.

Sounding of the Chime

*In the sanctuary silence during the prelude is appreciated.
Please also silence your cell phones and electronic devices.*

Prelude

Pastoral & Allemande
J.S. Bach
Mark Dirksen, organ

Welcome and Announcements

Rev. Marta Morris Flanagan, Lead Minister

Greeting Your Neighbor

Calling of the Directions and Chalice Lighting

Rev. Marta Morris Flanagan
Andy Kobayashi, drummer

We call the directions in worship on the Sunday before the equinoxes and solstices. In doing so we call our attention to the power of nature in our lives.

Hymn 6

Just as Long as I Have Breath

Time for All Ages

Jennifer Davis-Kay and
Alex Aminoff
First Parish members

As children leave for religious education we sing:

Go now in peace, go now in peace.
May the spirit of love surround you
everywhere, everywhere you may go.

Vayan en paz, vayan en paz
Pueda el amor rodear los siempre
por doquier, por doquier que vayan.

Go Now in Peace -- Vayan en paz

Trans. Rev. Lilia Cuervo

Natalie Sleeth



Go now in peace, Gonow in peace. May_ the_ spi - rit of
Va - yan en paz, va - yan en paz, Pue - da el a - mor_ ro - de -



love sur - round you ev - 'ry where, ev - 'ry - where, you may go.
ar_ los si - em - pre por do - quier, por do - quier, que va - yan.

Stewardship Testimonial

Amy Anderson
First Parish Member

Celebrations and Concerns

Jeanne Feeley
Lay Minister

If moved to do so, you may place a stone
for a joy or sorrow you are holding in your heart.
If you write a joy or sorrow on the card available
at the back of the sanctuary,
the ordained and lay ministers will hold it
in their thoughts and prayers.
If you wish to speak of your joy or sorrow,
please line up after placing your stone.
When you are motioned forward,
speak into the microphone and tell us your name.
Speak briefly and from your own experience.

Interlude for the Placing of Stones

I Choose Love
Kyle Pederson
First Parish Choir

Prayer and Silent Meditation

Mary Breen
Worship Associate

Musical Response

Amen, Blessed Be
Kenneth Seitz, piano

Words: *Amen, Blessed Be. Shalom, Salaam.*
Sung twice by the congregation
Amen, Blessed Be, Shalom, Salaam

Kenneth H. Seitz

The image shows two staves of musical notation in 3/4 time with a key signature of three flats (B-flat, E-flat, A-flat). The melody is simple and repetitive. The first staff is followed by the lyrics 'A-men, Bles-sed Be, Sha -lom, Sa - laam...' and the second staff is followed by 'A -men, Bles-sed Be, Sha -lom, Sa - laam.'.

Offering

“Esurientes” from *Magnificat*
J.S. Bach
Robin Baker & Amy Pohl, flute;
Daniel Haakenson, countertenor

*This Sunday half of the offering supports
Resilient Sisterhood Project.*

*The Cambridge-based RSP educates and empowers
women of African descent regarding common,
yet rarely discussed, diseases of the reproductive
system that disproportionately affect them.*

*RSP’s understanding of the word “women” includes
transgender women, cisgender women,
gender queer, and gender non-conforming people
who have a female reproductive system.*

*The remaining half of your offering supports the
life and work of this Parish.*

*To donate using your smartphone, you may text
“fpuu offering” to 73256.*

Poem

A Spark of Little Light

Reflection

Dr. Daniel Parsley, Music Director

Musical Reflection

Missa brevis Sancti Joannis de Deo Franz Joseph Haydn
“Little Organ Mass”

I. Kyrie

II. Gloria

III. Credo

IV. Sanctus

V. Benedictus

VI. Agnus Dei

Mark Dirksen, organ
Erin Matthews, soprano
Sabine Gross, violin
An Chi Lin, violin
Jenna Wang, cello

Hymn 36

When in Our Music

Benediction

***May faith in the Spirit of Life,
Hope for the community of Earth,
and Love of the sacred in one another
Be ours now and in all the days to come.***

*Saying these words responsively is a custom at
First Parish. You are invited to take the hand of
one beside you or place your hand on their shoulder.*

Postlude

Adagio
Franz Joseph Haydn
Kenneth Seitz, piano

*Our postlude is the concluding passage of our
common worship.
All are asked to remain seated during the postlude.*

*After worship those in the sanctuary are invited to move
into the vestry for light refreshments and conversation.
If it is 11:30 parents are asked to quietly leave to pick up
their children from the religious education program.*

Honor Roll of those Supporting First Parish

First Parish is in the midst of our annual pledge drive. A pledge is an amount each household commits to contribute to First Parish over the coming fiscal year.

We express gratitude and appreciation to the 171 households who have pledged their financial support to First Parish as of Friday morning.

Anonymous (2)
Ann Abbott
Katrina Adams
Alexander & Jenise Aminoff
John & Amy Anderson
Dorothy Anger
Amy Armstrong

Tali Avery & Mike Bright
Robin & Steve Baker
Pamela Baldwin
Emily & Matt Balkam
Jennifer & Tom Baxter
Jim Benn & Jane Becker
Steve & Melissa Berczuk
Liz Bradley
Eric & Emily Breck
Mary Breen
& Jamie Aronson

Heather Caldwell
Anna Callahan
Carolyn Carlson
Joel & Betsy Carlton-Gysan
Stevie Carmody
Katherine & Jonathan Cass
John & Carol Chamberlain
Monique Chaplin
& Mary McCartney

Ellen Cohen
Sue Costello & Jeff Keffer
Danyelle Cottrell
Patty Crotty
& David Klingsberg
Joanne Cullinane
& Russell Keim
Mary & Will Cummings

Meera Dash
& Paul Williams
Josh & Lisa Davis
Jennifer Davis-Kay
Cathie & David Desjardins
Debora Diggins
Marilyn Downs
Cheryl & Rainer Dressler
Julia Dudley-Kramer
Charlie Duffy
Julie Dunn
Judy Dyer

Richard Eastwick
Lou Eckart & Ken Spargo
Anne Ehlert
Tom Estabrook
& Sibylle Bosslet

Jess Fallon & James Brooks
Ellen Faran
Amy Fardella & Cliff Hakim
Jessica Farman
& Brian Dooley
Jeanne Feeley
Anthony Fernandez
& Christa Kelleher
Lois & Dick Fine
Gayle Flaherty
Marta Flanagan
James & Katherine Fleming
Marc Fredette
Lyn Fulton-John

Sara & John Galantowicz
Bill & Peggy Gardiner
P.J. Gardner
Kiki Giatis
Loren Gomez
Anne Goodwin
& David Langford

Peter Heller
Chris Henriksen
& Carol Lewis
Marlene & India Hobel
John & Carolyn Hodges
Ruben Hopwood &
Melanie Cohn-Hopwood
Peter Howell
Elizabeth Hunter
& Jason Merrill
Jonathan Hyde
& Betsy Allen

Andrea & Bruce Jeffrey

Michaela Kirby & Ricky
Carter
Aaron Kitzmiller
& Sarah Short
John & Ellen Kloss
Joanne Klys
Jennifer & Andrew
Kobayashi
Arleen Kulin

Kate Lenox
Andrew & Sharen Leonard
Betsy Leondar-Wright
James Leslie & Bodi Luse
Scott Lever & Jill Fekete
Lynne Levine
Rachel Lewellen
Philip & Debby Lewis
Bill & Erica Licea-Kane
Alan & Pam Linov

Allison Mahoney
Susan Marsh & Scott Jones
Helene Martel
Lissa & Mac McBurney
Bob McKersie
Steve McMullin
Katherine & Sharie McNeill
Marie Meter
& David McDonald
Tish Miller & Jack Matson
Brian Miller & Bev Morse
Peter Miller
Cheri & Avalon Minton
Steph Miserlis
Susan Moore

Jean Nagle
Sanjay & Lauren Newton
Monique Noelle

Francis O'Donovan
& Cathy Slesnick
Larry Osgood & Suzanne
Reasenberg

Wendy Page
Gail Page & Bob Rowlands
Julius & Martha Pereli
Stephen Pillemer
& Helen Rasmussen
Joanne Pohl
Stanley Pollack
& Mary Fusoni
Mara Prentiss
Jim Ptacek
& Bonnie Zimmer
Joanna Pushee
& Leon Dixon

Anne Quaadgras
& David Dreyfus

Emily Randall
Eric Reuss & Anne Cross
Erica Richmond
Michael Rie
Roberta Rinearson
& Bob Fowkes
Megan Rising
& Erica LeBow
Luchy Roa & Tim Keefe
Jeff Roberts
Ellen Robertson
Lynn Rosenbaum

Jean Rosenberg
& Peter Southwick
Tara Rosenberger Shankar
Andee Rubin
Greg Ruccio

Caryn Sandrew
& Alan Schweitzer
Annette Sawyer
Dianne Schaefer
Robin Schoenthaler
Tina & Neil Schultz
Eric Segal & Anne Wright
Kenneth & Carol Seitz
Megan Shand
Sue Sheffler
Diane & John Shriver
Tina & Jerry Silberman
Jitendra Singh
Sid Slobodkin
Randy Smith
& Lori Kenschaft
Russell Smith
& Val DePalma
Tom & Rosemarie
Smurzynski
Amy & Phil Speare
Rachael Stark
Mary & Caroline Steuart
Cindy Stinson
John Stutz & Zoe Stewart
Heidi Swarts

Dawn Terkla
Dick & Patience Terry
Barbara & Al Tosti
Kate Tranquada
Sarah Trilling
& Lou Fiscarelli
Natalie Tyler

Celia Wcislo
Carolyn White
David & Sara Whitford
Joann & Allan Winkler
Lenore & Howard Winkler
Andrea & Richard Winslow
Carol Wintle

Maryglenn Vincens
Jane Voytek

*Nearly two-thirds of our annual budget
comes from pledges.
To make your pledge for next year
(July 1, 2025 – June 30, 2026),
go to www.firstparish.info/give by March 31.*

*Our sincere apologies for any omissions or errors.
If your pledge is not on the list, you have any changes,
or you would like to remain anonymous,
please email the Stewardship Committee at
stewardship@firstparish.info.*

You Sing My Hymn, I Sing Yours

Welcome to worship at First Parish- whatever your story, wherever you are on your journey.

In worship we seek both affirmation and challenge, for these are necessary ingredients for spiritual growth and deepening.

We come with different theological and religious orientations, but we do not seek sameness or some common denominator. We engage in worship with open hearts and minds. Our sung and spoken words reflect a range of religious perspectives.

In worship, some elements will touch us deeply, and some will not. Whatever our personal preferences about the elements in any worship service, we say, *You sing my hymn, I sing yours*. In worship we give and receive.

The First Parish Worship Associates

First Parish's Mission

First Parish is committed to inward spiritual growth, side by side companionship of one another, and turning outward in our work in the world.

We choose to be a liberal religious community,
welcoming to all.

We encourage each other on our spiritual journeys,
Support one another through the changes in our lives,
And challenge the excesses and injustices of our time.
Called to love and upheld by joy, we live our faith.

Adopted by the members of First Parish Arlington MA
March 28, 2010

First Parish Unitarian Universalist of Arlington

www.firstparish.info

First Parish is a liberal religious community working toward another way to be and act in our time. As a Unitarian Universalist congregation (www.uua.org), we are not bound to any statement of belief or creed but to an aspiration to act in love. We believe personal experience, conscience and reason are final authorities in religion.

A religious education program for children meets during Sunday worship. Children are given the tools with which to answer their religious questions of the world.

To learn more, visit the information table after worship. You can sign up for the weekly E-Bulletin there or by emailing churchoffice@firstparish.info

First Parish is self governing and supported by members and friends who contribute their time, talent and treasure. The elected Parish Committee (“ParCom”) is the governing board. ParCom can be reached at Parishexec@firstparish.info.

Anne Quaadgras, Chair	John Anderson, Vice-Chair	
Joanna Pushee, Clerk	Carolyn Hodges, Treasurer	
Jeff Keffer	Steve McMullin	Susan Moore
Allan Tosti	Kate Tranquada	

Staff serve the members, leaders and mission of First Parish.

Rev. Marta Morris Flanagan, *Lead Minister*

Rev. Erica Federspiel Richmond, *Parish Minister (on leave)*

Rev. Tricia Brennan, *Adjunct Minister*

Rev. Stevie Carmody, *Minister of Religious Education*

Daniel Parsley, *Music Director*

Kenneth Seitz, *Director of Music, Emeritus*

Rose Sawyer Marsh, *Youth Program Coordinator*

Bella Jaffe, *Religious Education Assistant*

Ebiere Omoregie, *Office Manager*

Allison Sillers, *Office & Communications Associate*

Jaqueline De Jesus, *Sexton*

Rev. Wendy Page, *Affiliate Minister*

A Unitarian Universalist Welcoming Congregation, First Parish warmly and intentionally welcomes gay, lesbian, bisexual, queer and transgender people.