

FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist

Sunday, July 5, 2020

Gathering

Prelude *Elevation in F Major op. 30 no. 1* A. Guilmant
Sanghee Kim, organ

Welcome & Announcements Ingrid Holcomb, Lay Minister

Call to Worship The Rev. Dr. Cynthia L. Landrum

Chalice Lighting

Sharing

Covenant and Affirmation Ingrid Holcomb

Love is the spirit of this church,
and service its law.
This is our great covenant:
To dwell together in peace,
to seek the truth in love,
and to help one another.

From all that dwell below the skies
let words of love and peace arise.
Let joyful songs of praise be sung,
through every land, by every tongue.

Reading *Zen Bowling* by Meg Barnhouse

Reflections *Loosen, Loosen* The Rev. Dr. Cynthia L. Landrum

Joys and Sorrows Katy Weeks, Board President

Prayer or Meditation *Silence in the Prayer Circle* Karen Louis Foley

Hymn *Filled with Loving Kindness* Buddhist Metta Prayer
Mark David Buckles, voice and piano
Unitarian Universalist Association

May I be filled with loving kindness. May I be whole.
May I be peaceful and at ease. And may I be happy.

Exploring

Reading *You Are Not Wrong* by Theresa Ines Soto

Reflections *The Weight of the World* The Rev. Dr. Cynthia L. Landrum

Sharing Our Gifts *That'll Do* P. Gabriel
Mike Pfitzer, voice Paul Rodriguez, voice and guitar

This month we share our weekly offering with Bridges to Malawi,
Degede Village Project, and Sheroes Hangout

We also invite you to donate online at <https://fpc-stow-acton.org/donate>
by text to (978) 310-3309; or by check.

Checks may be made to "First Parish Church" mailed to:
Pledges: attn: Pledge Secretary, PO Box 215, Stow MA 01775
Donations: attn: Treasurer, 353 Great Rd, Stow MA 01775

Reading *Thanks to Marie Kondo* by Sean Parker Dennison

Reflections *Let Go, Let Go, Let Go* The Rev. Dr. Cynthia L. Landrum

Returning

Hymn *Loosen, Loosen* Aly Halpert

Loosen, loosen, baby. You don't have to carry
the weight of the world in your muscles and bones. Let go; let go; let go.
Holy breath, and holy name, will you ease, will you ease this pain?

Benediction

Sung Benediction

Peace be with you 'til we meet again!
As life lays its task before you,
keep love's banner floating o'er you.
Peace be with you 'till we meet again.

Postlude *Sault d'Amour* E. Elgar
Sanghee Kim, piano



Those who are on Zoom may remain
for a virtual "coffee hour" following the postlude.
If you're in the "drive-in church", honk and wave to each other!

Thank you to Katy Weeks and Peter Fiske and Dave Kay
and today's participants for help with today's service.



*First Parish is a Unitarian
Universalist Association Welcoming
Congregation. We warmly welcome
gay, lesbian, bisexual, and transgender
people into our community.*

The Rev. Dr. Cynthia L. Landrum, Minister
Michelle Cote, Director of Religious Education
Deedee Perkins, Parish Administrator
Dr. Mike Pfitzer, Director of Music
Sanghee Kim, Organist/Pianist
Joleen Trotta, Welcoming & Membership Coordinator
Janet Beatrice, External Publicity

Katy Weeks, President
Sharon Brownfield, Vice President
Lee Coopridier, Treasurer
Liz Moseley, Clerk

On the web at fpc-stow-acton.org and on Facebook.