

FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



Sunday, May 18, 2025
YOUTH SUNDAY: GROWTH AND CHANGE

**The Rev. Dr. Cynthia L.
Landrum**
Minister

**Rayla D.
Baldwin-Mattson**
Director of Religious
Education

Meg Rivers-Wright
Administration, Publicity,
Membership

Chris Hossfeld
Music Director

Trevor Berens
Accompanist

Felix Freeman
Tech Assistant

Mike Silkonis
Sexton

Justin Marble
Nursery Care Coordinator

Brendon Chetwynd
President

Trisha Gudit
Vice President

Bill Froberg
Treasurer

Johanna Pyle
Clerk

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

Large print orders of service and hymnals are available from an usher.
Assisted Listening Devices are available when worship is in the Sanctuary.

FPC currently has a masks-optional policy throughout the church.
In the Sanctuary, several back rows with accessible seating are
“mask-required.”

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

May 18, 2025: 10:00 a.m.

Gathering

Prelude

“The Times They Are A-Changin’”

Bob Dylan

Trevor Berens

Accompanist

All are invited to sing along!

Come gather 'round people
Wherever you roam
And admit that the waters
Around you have grown
And accept it that soon
You'll be drenched to the bone
If your time to you is worth savin'
Then you better start swimmin'
or you'll sink like a stone
For the times they are a-changin'

Come writers and critics
Who prophesize with your pen
And keep your eyes wide
The chance won't come again
And don't speak too soon
For the wheel's still in spin
And there's no tellin' who
that it's namin'
'Cause losing now would be
later to win
For the times they are a-changin'

Come senators, congressmen
Please heed the call
Don't stand in the doorway
Don't block up the hall

For he that gets hurt
Will be he who has stalled
The battle outside ragin'
It'll soon shake your windows
and rattle your walls
For the times they are a-changin'

Come mothers and fathers
All over the land
And don't criticize
What you can't understand
Your sons and your daughters
Are beyond your command
Your old road is rapidly agin'
Please get out of the new one
if you can't lend your hand
For the times they are a-changin'

The line it is drawn
The curse it is cast
The slow one now
Will later be fast
And the present now
Will later be past
The order is rapidly fadin'
The first one now will later be last
For the times they are a-changin'

Welcome & Announcements

Sue Stewart

*** Hymn #188**

“Come, Come, Whoever You Are”

Opening Words

The Great Teachers in Life

Eve Beauvais

** Please rise in body or in spirit*

Chalice Lighting

Love Remains the Center

Grey, Lailah,
Kendra, Devin

*** Hymn #131**

“Love Will Guide Us”

Centering

*** Covenant and Affirmation**

Lailah Ruminski

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.

Land Acknowledgement

Grant Iwamoto

Joys and Sorrows

Ann Wickham, Lay Minister

Joys and Sorrows is a time for the things on our hearts and minds to be heard by the gathered community. If you would like a follow-up call by a lay minister or the minister, email caring@fpc-stow-acton.org.

Prayer or Meditation

Slowing Down

Grey Shea

Hymn #1009

“Meditation on Breathing”

Exploring

Time for All Ages

Kendra Jablonowski

Sharing Our Gifts

Devin Sugioka

This month we share our weekly offering with **Boston Area Gleaners**.

You may donate by check made out to First Parish Church,
online at fpc-stow-acton.org/donate, or text (978) 310-3309.

Anthem

“Blackbird”

Lailah Ruminski, voice

Paul McCartney

Trevor Berens, piano

Blackbird singing in the dead of night

Take these broken wings and learn to fly

All your life

You were only waiting for this moment to arise

Blackbird singing in the dead of night
Take these sunken eyes and learn to see
All your life
You were only waiting for this moment to be free

Blackbird, fly
Blackbird, fly
Into the light of the dark black night

Blackbird singing in the dead of night
Take these broken wings and learn to fly
All your life
You were only waiting for this moment to arise

Coming of Age

Introduction to Coming of Age Program

Rev. Dr. Cynthia Landrum
& Rayla D. Baldwin-Mattson

Introduction to Coming of Age Youth

Sue Stewart

Credo

Grey Shea

Credo

Yoong Heffner-Wong

Credo

Kendra Jablonowski

Credo

Devin Sugioka

Credo

Grant Iwamoto

Credo

Lailah Ruminski

Acknowledgement

Duncan Edgerton

Returning

*** Hymn #123**

“Spirit of Life”

*** Benediction #698**

Yoong Heffner-Wong

*** Closing Song**

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 'til we meet again.

** Please rise in body or in spirit*

All are invited to sing along!

How many roads must a man walk down
Before you call him a man?
Yes, 'n' how many seas must a white dove sail
Before she sleeps in the sand?
Yes, 'n' how many times must the cannonballs fly
Before they're forever banned?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

How many years can a mountain exist
Before it's washed to the sea?
Yes, 'n' how many years can some people exist
Before they're allowed to be free?
Yes, 'n' how many times can a man turn his head
Pretending he just doesn't see?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

How many times must a man look up
Before he can see the sky?
Yes, 'n' how many ears must one man have
Before he can hear people cry?
Yes, 'n' how many deaths will it take till he knows
That too many people have died?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Greet Your Neighbor

* * *

Thank you to:

Kim Kinnear, Zoom Host
Rebecca and John MacNeill, Ushers
Brendon Chetwynd, Coffee Host
Our staff and leadership

To our visitors, thank you for coming! ♥

We hope you found what you're looking for and that you'll return. Here's how to keep connecting with our people and programs:

- Fill out a Visitor Card in your pew or online (QR code)
- Watch these pages for newcomer events:
 - **Newcomer Coffees** - Meet the minister and other newcomers
 - **UU Journey classes** - Learn about UU history, spirituality, mission, and traditions
- Check out our website, www.fpc-stow-acton.org
There is so much happening at FPC! Our homepage and "Church Life" tab detail our events and programs.
- Subscribe to our e-newsletters & email groups (QR code)



Visitor Card



E-Newsletters

Today at FPC

Religious Education - Today's service is multigenerational: our Coming of Age Youth share their Credo statements with the congregation. Please come support these youth who have been working hard all year.

...And **next Sunday, May 25** - There will be a *Time for All Ages* followed by preparation in the Community Room for the following Sunday's Flower Communion.

Today at FPC

Coffee Hour:



Volunteer Drive for the Assabet Craft Beer & Food Truck Festival

Our much beloved Craft Beer & Food Truck Festival is returning this fall, and you can start helping today by signing up to volunteer for this popular event that takes place on Saturday, August 30, 2025, 12–4 pm (rain or shine).

Lots of volunteers are needed to help with what will be another really fun family event for both FPC and our wider community. After each Sunday service in May and June at coffee hour, you can sign up and get a complimentary bottle of Unitarian Special Bitter (USB) that has been brewed for us by Amory's Tomb in Maynard!

You can also register directly on SignupGenius by scanning the QR code or following the link:



<https://www.signupgenius.com/go/10C084DA8AD29AAFBCF8-56337100-craftbeer>

Spiritual Conversations through Poetry 12:00pm, Zoom

You don't need to know anything about poetry to join Elizabeth Cobblah and Hector Constantzos online for Spiritual Conversations Through Poetry. Come and engage with others through the sharing of a poem. Hear it - Read it - Discuss your response to it. Such conversations were inspired by, amongst others, our beloved Ilene Rudman. They have been going on at FPC for over a decade. We sincerely hope you will join us in this deeply satisfying time of connection. Contact one of us to attend: ecobblah@fenn.org or Hconstantzos@gmail.com.

Announcements

Plate Sharing for May: Boston Area Gleaners (BAG) is a nonprofit regional food systems organization working at the intersection of farming, food waste, and food access in order to support a more equitable, just, and sustainable food system. We focus on meeting the immediate needs of families who lack access to affordable, healthy food while addressing the systemic causes of food



insecurity. We fulfill our mission by building innovative partnerships with local organizations and businesses in order to bridge food distribution gaps, improve healthy food access, prevent on-farm food waste, and create new markets for locally grown produce. Visit www.bostonareagleaners.org to learn more. Your support is deeply appreciated.



This Week

Ukulele Meet-up Wed 5/21, 7-9pm, Community Room

FPC hosts monthly ukulele gatherings for ukulele players wanting to practice with other players. All levels are invited to come and play! Beginners are welcome! We have extra ukes for anyone who'd like to try them out. Contact Pat Sorn for more information: psorn@mailstarusa.com.

"200th Anniversary of the AUA" Next Sun, 5/25, 10am, Sanctuary/online - Join us as our lay leaders share a special service celebrating the two hundredth anniversary of the founding of the American Unitarian Association, one of the two denominations that came together to become the Unitarian Universalist Association!

Every Week at FPC

Tues. 10AM

Coffee and Chat at the Town Center Park Gazebo



Wed. 6:40PM

Meditation in Fellowship Hall & Online



Thurs. 5PM

Peace Vigil on the Town Common in front of FPC



Thurs. 7:15 PM

Choir Rehearsal in the Community Room - Join the choir! music@fpc-stow-acton.org

Fri. 1PM

Bridge Playing in the Community Room

