

August 20, 2023

10:00 am

Gathering

Prelude

My Way

Frank Sinatra
Sara & Chip Beauvais
Trish Woods, piano

**Land Acknowledgement,
Welcome, & Announcements**

June McKnight

Opening Words

by Margaret A. Keip

Chalice Lighting

with thanks to Spiderman,
Green Lantern & the Human Torch

Mindful that
“With great power comes great responsibility,”
We light this chalice in the hopes that
“In brightest day, in blackest night,”
Our faith will
“Flame on!”

Song

*If You Want to
to Sing Out*

Cat Stevens
Sara & Chip Beauvais
Trish Woods, piano

*** Covenant**

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.

*** Affirmation**

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.

Centering

Time for All Ages

“A Different Kind of
Superhero – Christopher Reeve”
by Lynn Ungar
and Alice
Anacheka-Nasemann

Joys and Sorrows

Prayer or Meditation

*** Hymn #1021**

Lean On Me

Exploring

Reading

Excerpt from *Holy Superheroes* by Greg Garrett

Sharing Our Gifts

In July and August we share our weekly offering with two
organizations, **Horizons at LMS** and **Libros Para Todos**.
You may donate with a check made out to “First Parish Church,” online
at <https://fpc-stow-acton.org/donate>, or text to (978) 310-3309.

Song

Impossible Dream
from
Man of La Mancha

Sara & Chip Beauvais
Trish Woods, piano

Sermon

“Superheroes”

Rev. Dr. Cynthia L. Landrum

Returning

*** Hymn #1018**

Come and Go with Me

*** Benediction**

*** 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 ‘till we meet again.

Postlude

“Climb Every
Mountain”
from *The Sound of Music*

Sara & Chip Beauvais
Trish Woods, piano

* Please rise in body or in spirit.



Thank you to:
Sharon Brownfield, Zoom Helper
Hector Constantzos, Tech Helper
our ushers and helpers
our staff and leadership



Land Acknowledgement

We would like to acknowledge that this service is being held by a community that gathers on the stolen traditional lands of the Massachusetts, Nipmuc, Pawtucket, and Wampanoag People. We pay respect to those Indigenous Peoples who lost their lives in the colonization of this land and recognize that these Indigenous tribes are still today facing violations of sovereignty, territory, and water. We also give thanks for the Earth we walk upon, the waters, the lifegiving plants, and all the Earth's creatures, as well as the winds, sun, moon, and stars. We recognize this is just a first step in moving toward right relationship with Native peoples and healing of the Earth.

How to Connect with First Parish Church:

- Sign our visitor log at tinyurl.com/visitfpc.
We'll send you information if you request it.
- Come to Sunday service and coffee hour
10 & 11 am, in person or online.
- Subscribe to our publications
The Chronicle - monthly e-newsletter
This Week at FPC - weekly e-newsletter
FPCAnnounce & FPCForum - e-mail groups
at <https://www.fpc-stow-acton.org/subscribe-newsletters>



FIRST PARISH CHURCH OF STOW & ACTON

Unitarian Universalist



Sunday, August 20, 2023
10:00 AM

The Rev. Dr. Cynthia L. Landrum, Minister
Rayla Baldwin-Mattson, Director of Religious Education
Meg Rivers-Wright, Parish Administration & Membership
Chris Hossfeld, Music Director
Trevor Berens, Organist/Pianist
Mike Silkonis, Sexton
Janet Beatrice, External Publicity
Jenni Edgerton, President
Brendon Chetwynd, 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 to help everyone be a part of worship in the fullest way possible. Assisted Listening Devices are available when worship is in the sanctuary.

On the web at [fpc-stow-acton.org](https://www.fpc-stow-acton.org) and on Facebook.

** Please rise in body or in spirit.*

ONLINE SUPPLEMENT PAGE

This page contains information specifically for folks joining us online.

1. Closed captioning is available for FPC's online services. If you don't see captions on your screen, you can use the button at the bottom of your screen to request that the host turn them on.
2. Today's Zoom Host is **Sharon Brownfield**.
3. Hymn lyrics are below.



Hymn #1021

Lean On Me

1. Sometimes in our lives we all have pain, we all have sorrow.
But if we are wise we know that there's always tomorrow.

Lean on me when you're not strong
And I'll be your friend, I'll help you carry on
For it won't be long 'til I'm gonna need somebody to lean on.
2. Please swallow your pride if I have things you need to borrow,
For no one can fill those of your needs that you won't let show.

You just call on me, brother, when you need a hand
We all need somebody to lean on.
I just might have a problem that you'll understand.
We all need somebody to lean on.

Lean on me when you're not strong
And I'll be your friend, I'll help you carry on
For it won't be long 'til I'm gonna need somebody to lean on.

You just call on me, brother, when you need a hand
We all need somebody to lean on.
I just might have a problem that you'll understand,
We all need somebody to lean on.
3. If there is a load you have to bear that you can't carry,
I'm right up the road, I'll share your load if you just call me.

Hymn #1018

Come and Go with Me

1. Come and go with me to that land,
Come and go with me to that land,
Come and go with me to that land
where I'm bound. (where I'm bound)
Come and go with me to that land,
Come and go with me to that land,
Come and go with me to that land
where I'm bound.
2. There'll be freedom in that land,
There'll be freedom in that land,
There'll be freedom in that land
where I'm bound. (where I'm bound)
There'll be freedom in that land,
There'll be freedom in that land,
There'll be freedom in that land
where I'm bound.
3. There'll be justice in that land...
4. There'll be singin' in that land...

Sharing Our Gifts

If you are mailing a pledge or a donation, here is the information:

Pledges:

Attn: Pledge Secretary
PO Box 215
Stow, MA 01775

Donations:

Attn: Treasurer
353 Great Rd
Stow, MA 01775

Plate Sharing This Summer

JULY/AUGUST: Horizons at LMS and Libros Para Todos



Horizons at LMS is part of a national program for under-served youth. It is a summer program, but they stay in touch with the children throughout the year and invite them to return every year. It creates community, exposes children to nature, provides food and swimming lessons, and fills gaps in their education.

Libros Para Todos offers teacher training workshops to teachers in and around San Miguel to nurture students' literacy, provides literature to students, and arranges for school visits by the authors of books featured.



Every Week at FPC

All are welcome to these weekly FPC events

Tue	Wed	Thu	Fri
Coffee & Chat 10-11 am Town Gazebo at Town Park, adjacent to FPC. Bring your own coffee!	Meditation 7:30-8:30 pm Fellowship Hall and Online. Contact: meditation@fpc-stow-acton.org	Peace Vigil 5-6 pm in front of FPC, btwn Common & Great Roads. Contact: Neil Saunders neilsaund@verizon.net	Bridge Group 1-3:30 pm Community Rm. Contact: Hector Hconstantzos@gmail.com

FPC of Stow and Acton

Upcoming 10 am Sunday Services

Visit <https://www.fpc-stow-acton.org/services> for service descriptions.

8/27	"Spiritual Conversations Through Poetry" <u>Community Room</u>
9/3	"Meditation" Joe Stadolnik, <u>Fellowship Hall</u>
9/10	"Ingathering" Rev. Dr. Cynthia L. Landrum, <u>Sanctuary & Online</u>

*** Join Worship by Video:** <https://tinyurl.com/2223fpc>

Meeting ID: 999 7077 0266; Passcode: 01775

Join Worship by Phone: (929) 205-6099 (toll call)



FPC Summer Announcements

Rev. Cindy's Summer Schedule with Lay Minister Coverage:

8/21-8/27	Study Leave - staff	Hector
8/28-9/03	Vacation	Susie

Assabet Craft Beer and Food Truck Festival

Sat. 9/2, 12-4 pm

A fundraiser in front of the church to benefit the First Parish Church of Stow & Acton



Ice Cream Social at Erikson's! Sun. 9/10, 3pm Our fall kicks off with this traditional event. Join us at Erikson's to support a local business and socialize with other FPC members and friends!

ERIKSON'S ICE CREAM

Plate Sharing This Summer

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