

that your loving is a miracle?
How deeply you're connected to my soul.

Exploring

Reading *What We Don't Talk About* Aubrey Gordon
When We Talk About Fat (excerpt)

Sharing Our Gifts

This month we share our weekly offering with:
Supporting Asylum Seekers

Checks may be made to "First Parish Church" and
sent to:

Pledges: attn: Pledge Secretary, PO Box 215,
Stow MA 01775

Donations: attn: Treasurer, 353 Great Rd, Stow
MA 01775

or donate online at <https://fpc-stow-acton.org/donate>

or by text to (978) 310-3309.

Anthem *Never One Thing* M. Erlewine

9:30 am: Brad Dumont, vocals;
Sanghee Kim, Piano

11:15 am: FPC Adult Choir

Sermon *Taking Up Space*

The Rev. Dr. Cynthia L. Landrum

Returning

Hymn #6 *Just As Long As I Have Breath*

1. Just as long as I have breath, I must answer,
"Yes," to life; though with pain I made my
way,
still with hope I meet each day.
If they ask what I did well, tell them I said,
"Yes," to life.
2. Just as long as my heart beats,
I must answer, "Yes," to love;
disappointment pierced me through,
still I kept on loving you.
If they ask what I did best, tell them I said,
"Yes," to love.

Benediction

Sung Benediction *Keep on Movin' Forward*

Pat Humphries Emma's Revolution

1. Gonna keep on moving forward;
Keep on moving forward; Keep on moving
forward,
Never turning back, Never turning back.

Other verses may be called out.

Postlude 11:15 am *Cuckoo Waltz* J.E. Jonasson
Sanghee Kim, piano



Thank you to:
Kim Kinnear, Zoom Host;
Mark Koenig and Troy Liston, Ushers
& Set-Up Helpers
and our worship participants, staff, and
leadership.



**FIRST PARISH CHURCH
OF STOW & ACTON**
Unitarian Universalist



Sunday, October 24, 2021

The Rev. Dr. Cynthia L. Landrum, Minister
Michelle Cote, Director of Religious Education
Deedee Perkins, Parish Administrator
Brad Dumont, Music Director
Sanghee Kim, Organist/Pianist
Joleen Trotta, Welcoming & Membership Coordinator
Mike Silkonis, Sexton
Marissa Evans, Youth Coordinator
Janet Beatrice, External Publicity
Sharon Brownfield, President
Jenni Edgerton, 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 and on Facebook.

OCTOBER PLATE SHARING SUPPORTING ASYLUM SEEKERS

We thank you for your contributions now and in the past toward Supporting Asylum Seekers! We are a small active Social Justice group at FPC, currently supporting the local asylum-seeker family of Gian Carlos and Keren and their 2 girls, who many of you met in person at our FPC summer Sunday Service.

Support takes many forms, from initial help with housing and medical issues, to employment, language, transportation, legal, school, and budgeting help. Some support requires time and care, and some additionally requires money. Beyond your generous donation, what can you do?

- Employ either adult once or occasionally, part time (contact Susie).
- Attend our Oct 13 6:30pm FPC Educational Forum, via Zoom, to learn about Aghan refugees and asylum seekers.
- Join us during a monthly meeting and other activities! (contact Susie O'Brien & Steve Evans, asylumsupport@fpc-stow-acton.org)

8TH PRINCIPLE DISCUSSIONS

No RSVP Required

- **Tuesday, October 26, 7pm -- Racial Justice Monthly Drop-In Discussion**, Zoom link to come

A proposal has been made for an 8th principle focused on anti-racism and other oppressions in Unitarian Universalism. Many congregations have endorsed the proposal, and the UUA Article II Commission is studying it for a proposal to come to the General Assembly. These sessions will be a time to discuss and to ask questions and discuss thoughts about the 8th Principle.

ANNOUNCEMENTS

9:30 Outdoor Worship Service

followed by “connections time”

Masks and social distancing required

10:30 Choir Rehearsal in Fellowship Hall

11:00 Choir Sings on zoom Hall

11:15 Zoom Worship Service

followed by “connections time” breakout groups

12:45 Zoom Spiritual Conversations

This Sunday in our Religious Education Program:

9:30 Children will go directly to their RE programs listed below.

Children and youth in grades PreK-5 will meet during this service. Youth in grades 6-8 will meet later in the day at Cucurbit Farm.

All children and youth will go directly to RE and will not join in the service to help with social distancing.

There will be a greeter directing everyone to their right spot.

Grades PreK-5 (meeting in the area near the lower parking lot)

This Sunday, using Halloween as our theme, we will explore the idea of acceptance and community.

Grades 6-8 WILL NOT BE MEETING AT 9:30 -SEE INFO FOR FIELD TRIP INFO BELOW.

This group will be taking part in a field trip to Cucurbit Farm! We will view all the scarecrows, do a scavenger hunt, and go through the corn maze. Please meet at the farm at 1pm to drop off your child and then return at 3 to pick up.

High School Discussion Group is meeting this Sunday at 11

The group will be discussing: **Racism and the 8th principle.**

Please contact Michelle Cote, our Director of Religious Education, at dre@fpc-stow-acton.org if you have any questions or concerns

THE WEEK OF October 25-30, 2021

Monday Sounds of Stow (Hall) 7:00-8:30pm
Social Justice Mtg 7:00pm zoom

Tuesday Coffee & Chat 10-11:00am at the Gazebo
town park
Racial Justice Drop-In Discussion Meeting
7pm zoom
TRUSTEE Meeting 7:00-9:00pm zoom

Wednesday Worship Committee 12:30 zoom
UU Journey 7:00pm zoom/hall
Meditation 7:25pm zoom

Thursday Staff Meeting 12:30-2:00pm zoom
Peace Vigil 5:00 pm in front of
FPC
Choir rehearsal 7:15-9:15pm Hall

Saturday Church & Outside occupied
3:00-9:00pm ~Marissa Evans

NEXT SUNDAY, October 31, 2021

“All Souls Day: Honoring Our Ancestors”

The Rev. Dr. Cynthia L. Landrum

Join us for our annual All Souls Day service where we build an altar, whether with physical memories or digital ones, to honor those we have lost in the last year. And as this is Halloween, feel free to dress in costumes for our services.

TRUNK-OR-TREAT AT FPC!



Between the services at 10:30 on Halloween, Sunday, October 31st, we're having a trunk-or-treat at FPC! Our first service will be a little shorter on October 31st to allow for time to trunk-or-treat. The Junior Youth are working to create an accompanying haunted outdoor space for people to visit during this time, as well. Children and Youth are all welcome to trunk-or-treat, and can even bring a friend! ***Please stay tuned for further details from the youth!***

Details: Bring a bucket of NUT-FREE candy and decorate your car if you wish. Park in the main lot. With the exception of people needing to use the accessible parking spaces, people who do not wish to be part of the trunk-or-treat park by the library or on Common Road – thank you!

Coffee and Chat

will continue on Tuesday mornings from 10-11AM

Meet at the Town Park adjacent to FPC.

Wear a mask, dress for the weather, and bring your own coffee!

~Ann Sadler

Saturday Morning Breakfasts (ZOOM)

On November 13, Paul Franceschi, Outreach Coordinator for the Boston Area Gleaners, will speak about the organization's activities. They recently bought Stonefield Farm in Acton to use as a staging area for their packaging and distributing of local crops including the ones grown on site. In July several members of FPC picked green beans that were later brought to area food banks.

~Jeff Brown

THE UU JOURNEY AT FPC (AKA NEW2UU)

A HYBRID 4-Session Course on
UU History, Spirituality, Mission, and Traditions

Wednesdays, 7-9pm:

Oct. 27: *Unitarian, Universalist, UU, & FPC History*

Nov. 3: *Polity, Governance, & Social Justice*

Nov. 10: *FPC Traditions, Involvement, & Membership*

Our Minister, Rev. Cindy Landrum will lead the classes.

There will be opportunities to share your own personal spiritual journey, ask questions, as well as get to know others at FPC.

You do not need to be new to FPC to participate. All are welcome! **This HYBRID course is being offered both In-Person AND Virtually.** Please indicate your preference when you register. **Registration Required:** contact Joleen Trotta at mdc@fpc-stow-acton.org or call/text 774-276-027

FPC Stewardship Kicks Off November 7th

Please join us on for Generosity Sunday, November 7 for the kick-off of FPC's 2021-2022 Stewardship Drive. Again this year we are striving for 100% member participation in Stewardship, as we seek to strengthen the many program areas that we love, including: Social Justice, Religious Education, Music & Art, Spirituality, and Community – and as we embrace possibilities for the future.



Now is the time to begin thinking about what FPC means to you and how we all can support our programs and ministries. You will be invited to fill out a pledge card or to make your pledge securely and confidentially on line. In addition, newer FPC members are encouraged to meet with one of our Stewardship team to learn more about the goals and objectives of the campaign for the coming church year. The primary phase of our Stewardship campaign will continue through mid December. Watch for the FPC Stewardship Thermometer to track progress towards our 100% participation goal. Please join us!

~From the FPC Stewardship Team

DO YOU NEED A RIDE TO THE AIRPORT OR LOGAN EXPRESS?



For a few years FPC has had a fund raiser in which members of the congregation offer to give a ride to Logan Airport (for a donation of \$100) or to Logan Express (for a donation of \$50). Some other destinations have been selected as well. This fundraiser worked very well until the pandemic reduced the amount of travel that people did.

However, demand is up and we're back in business!

If you would like to be a driver, please let me know and I will add you to the airport@fpc.groups.io list.

If you would like a ride, send an email to airport@fpc.groups.io and if someone is available, they will respond to you.

Lee Coopriider
LeeCoopriider@gmail.com

for Further Learning on Fat Liberation

- Lindley Ashline, “Body Liberation with Lindley on Instagram,”
<https://www.instagram.com/bodyliberationwithlindley/>
- Lindo Bacon, *Health At Every Size: The Surprising Truth About Your Weight* (BenBella Books, 2010)
- Lindo Bacon & Lucy Aphramor, *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight* (BenBella Books, 2014)
- Minna Bromberg, “Fat Torah,”
<https://www.fattorah.com/>
- Ragen Chastain, “Dances With Fat;”
<https://danceswithfat.org/>
- Tiff Joshua Tj Ferentini, Miguel M. Morales, and Bruce Owens Grimm, Editors, *Fat and Queer: An Anthology of Queer and Trans Bodies and Lives* (Jessica Kingsley Publishers, 2021), <http://fatandqueer.com>
- Aubrey Gordon, *What We Don't Talk About When We Talk About Fat* (Beacon Press, 2020)
- Aubrey Gordon, “Your Fat Friend: Essays on Life as a Very Fat Person” <https://www.yourfatfriend.com/>
- Aubrey Gordon and Michael Hobbes, “Maintenance Phase” <http://maintenancephase.com/>
- Hilary Kinavey and Dana Sturtevant, “Be Nourished,”
<https://benourished.org/>
- Cat Pausé, Jackie Wykes, and Samantha Murray, Editors, *Queering Fat Embodiment* (Routledge, 2020)

- Esther Rothbaum and Sondra Solovay, Editors, *The Fat Studies Reader* (NYU Press, 2009)
- Sabrina Strings, *Fearing the Black Body: The Racial Origins of Fat Phobia* (NYU Press, 2020)
- Sonya Renee Taylor, *The Body Is Not an Apology: The Power of Radical Self-Love* (Berrett-Koehler Publishers, Second Edition: 2021) and *Your Body Is Not an Apology Workbook: Tools for Living Radical Self-Love* (Berrett-Koehler Publishers, Workbook Edition: 2021), <https://thebodyisnotanapology.com/>

