

United First Parish Church

Order of Service

PRELUDE

A New World (from *Songs for a New World*)

Jason Robert Brown

WELCOME AND ANNOUNCEMENTS

Rev. Rebecca Froom

CHALICE LIGHTING *For the New Year*

By Lisa Doege

*COVENANT

As a free fellowship of this historic church,
We unite to lift our hearts and open our minds to a larger reality;
To accept, support, and encourage one another;
To seek the wisdom in all religions;
To cherish and sustain the web of life;
And to strive for justice, compassion, and peace.

Ann Parsley

*GREET YOUR NEIGHBORS

Ann Parsley

*HYMN *Bright Morning Stars Are Rising* Traditional/Matt Meyers

1. Bright Morning Stars are rising (x3) Day is a-breaking in my soul.
2. Rise up and hear your calling...
3. We'll sing out loud for justice...
4. We'll raise a mighty chorus...
5. We'll change and grow together...

MESSAGE FOR ALL AGES

Rev. Rebecca Froom

Little Tree by Loren Long, adapted

*CHILDREN'S RECESSIONAL *As You Go*

By John Ruben Piirainen

As you go, may joy surround you,
As you go, go in peace.
Know our love is with you always,
as you go, as you go.

(Children are invited to leave for their Spirit Circle programs)

JOYS AND SORROWS

MEDITATION AND PRAYER

Rev. Rebecca Froom

HYMN #1 *May Nothing Evil Cross This Door*

*Please Stand as you are able.

"Church of the Presidents"

Sunday, January 4, 2026

REFLECTION *Letting Go of Resistance*

Ann Parsley

MUSICAL REFLECTION *Djembe Improv*

Tony Winters

What is an unhealthy habit of resistance that you want to let go of this year.

REFLECTION *Embracing Resistance*

Rev. Rebecca Froom

MUSICAL REFLECTION *Resistance*

Matt Bellamy

What is a healthy practice of resistance that you want to embrace this year.

*HYMN #1017 *Building a New Way*

OFFERING INVITATION

Ann Parsley

Donations can be placed in the offering plates or can be made online at ufpc.org. Your reflections on letting go can be placing in baskets during the Offeratory.

OFFERTORY *This is the New Year*

A Great Big World

CLOSING WORDS

Rev. Rebecca Froom

*SUNG BENEDICTION

By Patricia Yates and Harold Brown

Carry the flame of peace and love until we meet again.

*RECESSIONAL MUSIC

FIRE CEREMONY

During social hour we will gather in the parlor around our fireplace for a ritual of release; burning the reflections we wrote describing what we will let go from the past year.

*SONG *Loosen, Loosen*

By 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.

BENEDICTION

Rev. Rebecca Froom

Acting Music Director: Tony Winters

Greeter: Paul Valencius

Childcare is provided.

Usher: Marilyn Valencius
Livestream: Ryan Ruel, Josiah Shevlin
Social Hour: Marie-Louise Jackson-Miller, Leslie Simpson
Flowers: Pat Artis, Claire Fitzmaurice, Katie Sharitt, Allegra Taylor

We are a Unitarian Universalist congregation where thoughtful and caring people from many faith backgrounds gather for spiritual growth and learning, to build community, and to live our values of love and compassion in the wider world. Here you will find companions for the journey. Bring your questions, your hopes, and your ideals.

Sunday worship is at 10:30 am in-person and over zoom, followed by an in-person social hour for continued conversation. Children participate in worship and in our Spirit Circle religious education program where they learn about mindfulness, the arts, and caring for the earth.

United First Parish Church has roots in two congregations who merged in 1958: First Parish Church founded in 1639 and Wollaston Unitarian Society founded in 1888. This magnificent building was designed by Alexander Parris; it is the fourth meeting house of the Church and was completed in 1828. John Adams and John Quincy Adams, the second and sixth Presidents of the United States, were life-long members of the Church and are entombed along with their wives First Ladies Abigail Adams and Louisa Catherine Adams in the Church's crypt. The church operates a History and Visitors Program from mid-April to mid-November, giving tours of the Presidential Crypt and our historic sanctuary.

Elected Leaders: Marie-Louise Jackson-Miller (President), Jacqueline Rodriguez (Vice-President), Clyde Cortright (Treasurer), Erwin Schaareman (Assistant Treasurer), Ryan Ruel (Clerk), Karl DeBisschop and Peter Kovach (Stewardship), David Downs (Social Justice Action), Patricia Desmond (Communications), Nicole and Israel Smith (Congregational Life), Andrew Carleen (Religious Education), G. Frederick Shepard (Worship), David Fallon (Committee on Ministry), Sarah Belfort (Nominating Committee).

Staff: Rev. Rebecca Froom (Lead Minister), Rev. Dr. Sheldon Bennett (Minister Emeritus), Ann Parsley (Ministerial Intern), Nan Moore (Affiliate Lay Community Minister), Elizabeth Foster (Director of Religious Education and Family Ministry), David Bousquin (Office and Property Manager), Tony Winters (Acting Director of Music), Kendall Doty (Communications Coordinator).



United First Parish Church

Unitarian Universalist



“Release and Resistance”

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