

United First Parish Church

Order of Service

PRELUDE *Reflection* (from the Motion Picture *Mulan*) Wilder and Zippel

WELCOME AND OPENING WORDS Rev. Rebecca Froom

CHALICE LIGHTING Ann Parsley

*COVENANT John Sincak

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.

*GREET YOUR NEIGHBORS

*HYMN #128 *For All That is Our Life*

BLESSING OUR ACTING DIRECTOR OF MUSIC, TONY WINTERS

MESSAGE FOR AGES Rev. Rebecca Froom

*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 #1009 *Meditation on Breathing*
When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.

*Please Stand as you are able.

"Church of the Presidents"

Sunday, October 5, 2025

READING Excerpt from *Radical Acceptance* By Tara Brach

MUSICAL INTERLUDE *Changing Colours*

SERMON *Practicing Self-Acceptance* Rev. Rebecca Froom

HYMN #1015 *I Know I Can*

OFFERING INVITATION John Sincak
Donations can be placed in the offering plates or can be made online at ufpc.org.

OFFERTORY *Inner Dialogue* Michael Angelakos

ANNOUNCEMENTS Rev. Rebecca Froom

BENEDICTION Rev. Rebecca Froom

*SUNG BENEDICTION By Patricia Yates and Harold Brown
Carry the flame of peace and love until we meet again.

POSTLUDE *Firebird* Tony Winters

We invite you to join us for social hour following the service.

SERVICE PARTICIPANTS

Acting Director of Music: Tony Winters

Greeter: Albert Vaughn

Ushers: Bill Westland, Jason Sharitt

Livestream: Karl DeBisschop

Social Hour: Nicole and Israel Smith, Leslie Simpson

Flowers arranged by Pat Artis, Claire Fitzmaurice, Katie Sharitt

Childcare is provided.

ABOUT UNITED FIRST PARISH CHURCH (UFPC)

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.

UFPC provides a home for The Prison Book Program, a social justice literacy program in residence. You can learn more about them and their meaningful work at <https://prisonbookprogram.org>.

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), Kendall Doty (Communications Coordinator).



United First Parish Church Unitarian Universalist



“Practicing Self-Compassion”

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