

*First Parish of Sudbury
Unitarian Universalist*

May 17, 2020



Laughter is the Best Medicine

Rev. Dr. Marjorie Matty

May 17, 2020

10:00 a.m.

GATHERING TONE

PRELUDE *There Has To Be A Song*
Bob Benson, words; Andrea Ramsey, music

First Parish Choir

WELCOME & OPENING WORDS

Rev. Dr. Marjorie Matty

CHALICE LIGHTING, in unison (by Adrian Graham)

We kindle a flame of power, illuminating the Holy in each of our faces.
We recognize in the flame a passionate commitment to our shared faith.
We are held and carried from day to day, week to week, in the shining of the light.
This flame is mine, as well as yours.
We are brought together on this day, called to growth, to expansion, within its glow.
What does your heart know while beholding this holy fire?

READING – by *Pablo Neruda*

MUSICAL INTERLUDE
If You Can Walk You Can Dance

First Parish Choir-Men
Elizabeth Alexander, music

SERMON

Rev. Marjorie

OFFERING *Ching-a-Ring Chaw*
From Old American Songs

First Parish Choir
Aaron Copland, words & music

EXTINGUISHING THE CHALICE (in unison):
We extinguish this flame but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

CLOSING WORDS

POSTLUDE. *How Can I Keep From Singing*
Traditional Robert Lowry, music

CHORAL TEXTS

There Has To Be A Song **Andrea Ramsey, music**

Text by Bob Benson

There are too many dark nights
Too many troublesome days,
Too many wearisome miles,
There has to be a song.
There has to be a song,
To make our burdens bearable.
There has to be a song,
To make our hopes believable.
To transform our triumphs into praise,
There has to be a song.
Somewhere down deep in a forgotten corner of each man's heart,
To release the chains of past defeat,
There has to be a song.
Like a cool, clear drink of water,
Like the gentle warmth of sunshine,
Like the tender love of a child,
There has to be a song.

If You Can Walk You Can Dance **Elizabeth Alexander, music** **Zimbabwean proverb**

If you can walk you can dance
I you can talk you can sing.

Ching-a-Ring Chaw **Aaron Copland, words & music**

Ching-a-Ring Chaw's origin was as a blackface minstrel song. While arranging the piece for the second set of his Old American Songs, composer Aaron Copland made a point of rewriting the lyrics to efface any of the song's minstrel baggage: "I did not want to take any chance of it being construed as racist."

Ching-a-ring-a ring ching ching,
Ho a ding-a-ding kum larkee,
Ching-a-ring-a ring ching ching,
Ho a ding kum larkee.

Brothers gather round,
Listen to this story,
'Bout the promised land,

An' the promised glory.

You don't need to fear,
If you have no money,
You don't need none there,
To buy you milk and honey.

There you'll ride in style,
Coach with four white horses,
There the evenin' meal,
Has one two three four courses.
Ching-a-ring-a ring ching ching,
Ho a ding-a-ding kum larkee,
Ching-a-ring-a ring,
Ho a ding kum larkee.
Nights we all will dance

To the harp and fiddle,
Waltz and jig and prance,
"And Cast off down the middle!"

When the mornin' come,
All in grand and splendour,
Stand out in the sun,
And hear the holy thunder!

Brothers hear me out,
The promised land's a-comin'
Dance and sing and shout,
I hear them harps a strummin'.

Ching-a-ring-a ching
Ching ching, ching a ring ching
Ching-a-ring-a ching ching,
Ching-a-ring-a ching ching,
Ching-a-ring-a,
Ching-a-ring-a,
Ching-a-ring-a,
Ring, ching ching ching chaw!

How Can I Keep From Singing

Text: Traditional Music: Robert Lowrey
NYC Virtual Choir and Orchestra featuring:
Grace Chorale of Brooklyn
First Unitarian Congregational Society in Brooklyn
First Presbyterian Church of Brooklyn

My life flows on in endless song above earth's lamentation.
I hear the real, though far-off hymn that hails a new creation.

No storm can shake my inmost calm, while to that rock, I'm clinging
Since love prevails in heaven and earth, How can I keep from singing?

While though the tempest round me roars, I know the truth, it liveth.
And though the darkness round me close, songs in the night it giveth.

No storm can shake my inmost calm, while to that rock, I'm clinging
Since love prevails in heaven and earth, How can I keep from singing?

I Lift my eyes. The cloud grows thin; I see the blue above it.
And day by day, this pathway smooths, since first I learned to love it.

No storm can shake my inmost calm, while to that rock, I'm clinging
Since love prevails in heaven and earth, How can I keep from singing?

How Can I Keep from singing?
Keep Singing

*Music arranged, orchestrated, produced and mixed by Adam and Matt Podd.
Video produced and edited by Joe Gabriel
Additional audio and editing from Jonnie Dredge
All audio and video was captured by singers and musicians in their own homes.*

MILESTONES, ANNOUNCEMENTS and Q&A

Will be offered during our online coffee hour. Please click the Coffee Hour button to join us.

Thanks to Those Assisting Today:

Technical Assistance: If you need technical support please email techsupport@FPSudbury.org and a member of our team will be in touch.

Mark Trone
Chad Trexler

Worship Assistance:

Debra Morris-Bennett Terry Lockhart
Steve Gabler Ben Reiner

Text your offering

TEXT NUMBER: [833-448-6403](tel:833-448-6403)

In body of text put # amount (over \$3)

The first time you give, you'll be directed to fill in personal info/credit card info,

Submit and receive an email and text receipt!

Directions for online giving:

We thank you for your generosity!

• First-time users: First create an account (See the link in the top right corner of the screen to sign up).

You will have an opportunity to set up recurring pledges payments or gifts via credit card for First Parish.

- Select the Fund of your choice;
- Select whether the gift is one time or recurring;
- Select the amount

As FPS is charged 2.75% of each credit card transaction, we ask you to consider adding this percentage to your total gift.

Welcome

First Parish of Sudbury Unitarian Universalist is a community of seekers that recognizes the dignity and worth of every human being, affirms each person's search for truth and meaning, asserts our commitment to freedom, and espouses the democratic process. We embrace diversity and include all who share the principles and goals of our community. We are a Welcoming Congregation; we have made the commitment to be intentional about welcoming the presence and participation of gay, lesbian, transgender and bisexual persons in all aspects of our congregational life. Together we celebrate the interdependent web of existence of which we are all a part.

If you are new to the area or to First Parish, we invite you to sign our guest book. If you have questions, would like to enroll your child in our religious education program, or would like to speak to our minister, please ask an usher for assistance.

Every program at First Parish is funded by voluntary contributions. Members and friends make pledges during our annual canvass. To find out how to make a pledge at another time, please speak to the Assistant Treasurer or to a greeter.

BOARD of TRUSTEES

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Treasurer: Emarie Pope
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STAFF

Senior Minister: Rev. Dr. Marjorie Matty (revmjmatty@gmail.com)
Minister of Music: Rev. Debra Morris-Bennett (musicdir@fpsudbury.org)
Director of Religious Exploration: Jenna Kyes (dre.fpsudbury@gmail.com)
Marketing & Communications: Jody Kotkin
Administrator: Thomas Stirlen (office@fpsudbury.org)

For the most up to date information please refer to the First Parish of Sudbury Website www.fpsudbury.org and our online calendar: <https://fpsudbury.org/home/news-events/calendar/>