



# First Parish of Sudbury

*Ignite your spirit  
Nurture your values  
Join our community*

A Welcoming Unitarian Universalist Congregation

## Building a New Way



Laura Wagner, MSW

January 31, 2021

## GATHERING TONE

PRELUDE

*Gathering*  
By Sydney Stevens

Rev. Debra Morris-Bennett, piano

WELCOME &amp; INTRODUCTION

Michael Tyo

OPENING WORDS

“With Love As My Guide”  
By Cindy Terlazzo

Laura Wagner

CHALICE LIGHTING

Laura Wagner

For the gift of this day and for our community of spiritual nurture and compassion, we give thanks.

We light this chalice as a symbol of our faith.

May our many sparks meet and merge in communion of heart and soul.

- “A Communion of Heart and Soul,” by Bruce Southworth

HYMN #131

*Love Will Guide Us*

Love will guide us, peace has tried us,  
hope inside us will lead the way  
on the road from greed to giving.  
Love will guide us through the hard night.

If you cannot sing like angels,  
if you cannot speak before thousands,  
you can give from deep within you.  
You can change the world with your love.

Love will guide us, peace has tried us,  
hope inside us will lead the way  
on the road from greed to giving.  
Love will guide us through the hard night.

READING

*Racist or Antiracist*  
Ibram X. Kendi

Laura Wagner

## MUSICAL INTERLUDE

*Moving Right Along*

Written & performed by Peg Espinola, December 2020

1. The voices of division, too long have they held sway,  
It's time we came together as we greet a brand new day!  
When Asian and Indigenous, Latinx, Black and White,  
Feel heard and safe in every space, it's then we'll find our might,  
It's then we'll find our might.
2. We'll let no child go hungry, good schools for everyone,  
We'll proffer healthcare as a right, and tend to-the broiling sun,  
Spread jobs throughout the countryside, yet keep our waters pure,  
And work with nations everywhere, our planet to ensure...our planet to ensure.

*Bridge:*

A place where one can name one's gender and that choice will be respected,  
And gender needn't matter when a partner is selected,  
And babies all are wanted, 'cause women have their say,  
And those who've lost elections, go quietly away...go quietly away.

3. We're in it for the long haul, won't happen overnight,  
But we just took a mighty step, to set our course a-right.  
Now let us pull together as we sail on churning sea,  
Toward justice, health and freedom, and full equality... and full equality.

## SERMON

“Building a New Way”

Laura Wagner

## SILENT MEDITATION

## OFFERING

*There Has to Be a Song*

FPS Choir

Bob Benson, words  
Andrea Ramsey, music

## CHALICE EXTINGUISHING

Laura Wagner

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

“Be True, Be Well, Be Loving”

Laura Wagner

By Rev. Dr. Cynthia Landrum

## POSTLUDE

*How I Got Over*

FPS Choir, with The Vocal Section  
Sally Sweitzer, soloist

Today's service can be accessed via [this link](#). If you are prompted for a password, enter 12345.

This morning, we are sharing our offering plate with UU Mass Action.

**Milestones, announcements, and Q&A** will be offered during our online social hour. Please remain in the Zoom meeting after the postlude ends to join us.

**Thank you to those assisting today!**

*Music:* Rev. Debra Morris-Bennett and Michael Tyo

### **Remote Offering**

We offer two options for giving remotely.

*Online:* [Click here](#) to be taken to our online payments portal. If this is your first time using the portal, you will need to create an account using the link in the top-right corner of your screen. Then, select the fund you would like to donate to, whether the gift is one-time or recurring, and put in the amount you would like to give.

*By text message:* Simply text 833-448-6403 with the amount you would like to give in the body of your text (over \$3). The first time you give this way, you will be directed to fill in your personal and credit card info. Submit, and receive a receipt by email and text!

We thank you for your generosity!

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

## Notes on Today's Music

Our musical interlude this morning was written and performed by long-time First Parish of Sudbury member, Peg Espinola. In Peg's words, "I wrote this song as part of Musicians for the Greater Good, after the Biden-Harris win in November. Participants in a celebratory post-election concert were asked to write a new song incorporating "hopes and dreams" going forward. The concert raised money for the Georgia Democratic Senatorial campaigns of Warnock and Ossoff."

### **There Has To Be A Song**

*Bob Benson, words*

*Andrea Ramsey, music*

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.

### **Postlude:** How I Got Over

*There are many versions of this song, often with different lyrics for different verses. But all have the same refrain. Probably the most famous version is by Clara Ward. This one is based on the version sung by the Blind Boys of Alabama on Down in New Orleans.*

How I got over, How I got over,  
You know my soul looked back and wondered

How I got over.  
How I got over, How I got over,  
You know my soul looked back and wondered  
How I got over.

One of these mornings, and it won't be long (oh yes)  
You'll look for me, I'll be gone  
You know my soul looked back and wondered  
How I got over.

How I got over, How I got over,  
You know my soul looked back and wondered  
How I got over.

ONE LICENSE #A-736559

## 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 apart.

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

Valerie Tratnyek, Chair

Dave Andrews, Deborah Kruskal, Steve Smith, Mark Trone

### Officers

Co-Treasurers: Tom & Deborah Kruskal

Moderator: Sherri Cline

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### Staff

Senior Minister: Rev. Dr. Marjorie Matty (revmjmatty@gmail.com)

Minister of Music: Rev. Debra Morris-Bennett (musicdir@fpsudbury.org)

Parish Administrator: Thomas Stirlen (office@fpsudbury.org)

For up-to-date information, please refer to our website, [fpsudbury.org](http://fpsudbury.org), and our online calendar, available at [fpsudbury.org/calendar](http://fpsudbury.org/calendar).