



First Parish of
Sudbury

*Ignite your spirit
Nurture your values
Join our community*

A Welcoming Unitarian Universalist Congregation

THE CHALLENGE & PROMISE OF CHANGE



SUNDAY, MAY 31, 2026, 10 AM

Lisa Fagerstrom

Many Different Beliefs.
One Welcoming Community.

WELCOME & ANNOUNCEMENTS

Fran Sharp

CENTERING TONE

PRELUDE

Rev. Debra Morris-Bennett

CALL TO WORSHIP

CHALICE LIGHTING

All

HYMN # 188

Come, Come, Whoever You Are

Words: Adapt. from Rumi, Music: Lynn Adair Ungar

Come, come, whoever you are,
wanderer, worshiper, lover of leaving.
Ours is no caravan of despair.
Come, yet again come.

MILESTONES

Fran Sharp

MEDITATION AND SILENCE

INTERLUDE

Loosen

First Parish Choir

Words & music: Aly Halpert

Part 1: 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.

Part 2: Holy breath and holy name:
Will you ease, will you ease this pain?

SERMON

The Challenge and Promise of Change

Lisa Fagerstrom

OFFERTORY

A Path to Each Other

First Parish Choir

Words: Julia Klatt Singer, Music: Jocelyn Hagan & Timothy Takach

Each word a stone
We can build a wall
Or a path to each other.

HYMN # 162

Down By The Riverside

Words & music: African American spiritual, arr. by Mary Allen Walden

Gonna lay down my sword and shield,
down by the riverside,
down by the riverside,
down by the riverside.

Gonna lay down my sword and shield,
down by the riverside,
gonna study war no more.

(Chorus)

I ain't gonna study war no more,
I ain't gonna study war no more,
ain't gonna study war no more. (2x)

Gonna lay down my burden
down by the riverside ...

(Chorus)

Gonna shake hands around the world,
ev'rywhere I roam ...

(Chorus)

EXTINGUISHING THE CHALICE

All

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.

POSTLUDE

Rev. Debra

CLOSING WORDS

MUSIC FOR GOING FORTH

*Today's flowers are from the Flower Fund,
endowed by Paul and Carolina Rhoades.*

Please join us for coffee and conversation in the Parish Hall.

Welcome!

We are a welcoming congregation and have committed to welcoming the presence and participation of all persons who share our values, regardless of sexual orientation, gender identity, skin color, immigration status, economic situation, education, political or religious ideology. We hope you'll join our non-creedal beloved community!

If you are new to the area or to First Parish, we invite you to fill out a newcomer card to get our newsletter. If you have questions, want to enroll your child in our religious exploration program, or would like to speak to our minister, please feel free to contact our office for assistance.

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Treasurer: Colin Warwick; **Moderator:** Fred Pryor; **Clerk:** Alex Andrews

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Minister: Rev. Kathleen Hepler (revkhepler@fpsudbury.org)

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

Director of Religious Exploration: Michelle Cote (redirector@fpsudbury.org)

Office Administrator: Randal Divinski (office@fpsudbury.org)

Pastoral Associates: Kristy Gish, Emarie Pope, Fred Pryor, Fran Sharp, Steve Smith

Thanks to Today's Helpers

Milestones: Fran Sharp

Usher/Greeters: Lizza Smith, Leslie Lowe

Social Hour: Martha Goodsill, Tom Yelton

Flowers: from The Flower Fund, endowed by Paul and Carolina Rhoades.

RE/Nursery assistants: Nathan Marble, Martina Harutunian

***Offering**

By text message: Simply text 833-448-6403 with the amount you would like to give in the body of your text (over \$3). We thank you for your generosity!