



**ARLINGTON STREET CHURCH, UNITARIAN UNIVERSALIST**

Boston, Massachusetts

<https://zoom.us/j/8958866876> (video)

or (929) 436-2866 (phone)

[Meeting ID: 895 886 6876]

SUNDAY, SEPTEMBER 15, 2024

**PRELUDE**

Gymnopédie No. 1 ..... *Erik Satie* (1866–1925)

Song Without Words Op. 19 No. 4 ..... *Felix Mendelssohn* (1809–1847)

Daily ..... *Kyungmin Son*

Hyunju Jung (she/her), piano

**WELCOME & GREETINGS** ..... Rev. Parisa Parsa (she/her), Senior Minister  
& Hala-Mary Hazar (she/her), Worship Coordinator

**INTROIT**

Holy and Beautiful ..... text: *R. F. Leavens*, adapted  
music: *Marguerite Shaw*

Holy and beautiful the custom which brings us together  
To face our ideals, and to be enlightened.

Holy and beautiful the custom which brings us together  
To give thanks and to be strengthened.

Through this quiet hour breathes the worship of the ages.

Through this quiet hour we hear the sacred music of history.

Three unseen guests attend: faith, hope and love.

Let all our hearts prepare a place.

**OPENING WORDS & CHALICE LIGHTING**

Red Brocade ..... *Naomi Shihab Nye* (b. 1952)

Rev. Parisa Parsa, Senior Minister

*The flaming chalice is the symbol of our free faith.*

**\*HYMNS**

Meditation on Breathing ..... *Sarah Dan Jones* (b. 1962)

Mark David Buckles (he/him), piano and vocals

*\*You are invited to stand as you are willing and able.*

Breathe in, breathe out  
Breathe in, breathe out  
When I breathe in, I'll breathe in peace  
When I breathe in, I'll breathe out love

People Get Ready ..... *Curtis Mayfield* (b. 1942)

People get ready  
There's a train a-coming  
You don't need no baggage  
You just get on board

All you need is faith  
To hear the diesels humming  
Don't need no ticket  
You just thank the Lord

#### COMMUNITY CANDLES OF SORROW & JOY

Sanctuary ..... *John W. Thompson* (b. 1950) & *Randy Scruggs* (1953–2018)  
adaptation: *Crawford Harvie/Buckles*  
arrangement: *Mark David Buckles* (b. 1980)

Open my heart to be a sanctuary  
All made holy, loved, and true  
With thanksgiving, I'll be a living  
Sanctuary for you

*To have your candle of sorrow or joy read during the service,  
please submit it in advance at [ASCBoston.org](http://ASCBoston.org).  
During the service, candles are welcome in the Zoom chat.*

#### AFFIRMATION & COVENANT

Love is the spirit  
of this congregation,  
And service is our gift.  
This is our great covenant:  
To dwell together in peace,  
To speak out truths in love,  
And to help one another.

El amor es el espíritu  
de nuestra congregación,  
Esto servicio es nuestro regalo.  
Esta es a lo que nos comprometemos:  
Convivir en paz,  
Hablar nuestras verdades con amor,  
Y ayudarnos los unos a los otros.

**\*HYMN 1008**

When Our Heart Is in a Holy Place ..... text & music: *Joyce Poley* (b. 1941)  
arrangement: *Mark David Buckles* (b. 1980)

**Chorus**

When our heart is in a holy place  
When our heart is in a holy place  
We are blessed with love  
And amazing grace  
When our heart is in a holy place

And we listen with a loving mind  
And we hear our voices in each  
other's words  
Then our heart is in a holy place

**Chorus**

When we trust the wisdom  
in each of us  
Every color, every creed and kind  
And we see our faces in each  
other's eyes  
Then our heart is in a holy place

When we share the silence of  
sacred space  
And the G\*d of our heart stirs within  
And we hear our voices in each  
other's words  
Then our heart is in a holy place

**Chorus**

When we tell our story from  
deep inside

**Chorus**

When our heart is in a holy place

**READING**

For the Traveler (excerpt) ..... *John O'Donohue* (1956–2008)

**SERMON**

The Selves We Bring Along ..... Rev. Parisa Parsa

**SILENT REFLECTION, MEDITATION, & PRAYER**

**ANTHEM**

The Guest House ..... text: *Rumi* (1207–1273)  
translation: *Coleman Barks* (b. 1937)  
& *Matthew 25:35c, 40*  
music: *Carson P. Cooman* (b. 1982)

This being human is a guest house  
Every morning a new arrival

A joy, a depression, a meanness  
Some momentary awareness comes  
As an unexpected visitor.

Be grateful for whoever comes,  
Because each has been sent  
As a guide from beyond.

For I was a stranger, and you invited me in  
Truly, I tell you, whatever you did  
For one of the least of my brothers and sisters  
For one of the least of my siblings and kindred  
You did for me.

This being human is a guest house

## OUR SHARED RESPONSIBILITY

Friends, these are extraordinary times that call for extraordinary generosity. Since 1729, the support of our community has allowed Arlington Street to thrive as a beacon of love, service, justice, and peace. This congregation is entirely self-supporting. It's up to us to finance the beloved spiritual community we want to create! Today, we invite you to be part of Arlington Street's story of devotion, innovation, and transformational generosity. Please consider making a special gift to this morning's offering.



### WAYS TO GIVE

1. Scan the QR code
2. Visit [tinyurl.com/GiveASC](https://tinyurl.com/GiveASC)
3. Search @ArlingtonStreet on Venmo (Charities)
4. Text the word "GIVE" to (617) 300-0509
5. Mail a check to Arlington Street Church

If you're ready to give regularly, you can set up automatic payments at [tinyurl.com/GiveASC](https://tinyurl.com/GiveASC) or by contacting Liz Teixeira at [Treasurer@ASCBoston.org](mailto:Treasurer@ASCBoston.org). Rev. Beth and many of our most devoted members and friends pledge 5-10% of their income each year. In addition, we encourage you to provide now for a future gift to Arlington Street by remembering the church in your will. Thank you for helping to ensure a robust future for our beloved spiritual community!

*Whatever you give is greatly appreciated. Thank you for your generosity!*

## SEPTEMBER SHARE THE PLATE: MIRA COALITION



Generosity is a spiritual practice at Arlington Street Church. Because sharing our resources transforms both ourselves and our world, we share our Sunday offering with a partner in our mission of love, service, justice, and peace.

This month's Share the Plate will go to the **Massachusetts Immigrant Refugee and Advocacy Coalition**. MIRA's mission is to promote the advancement of immigrants across the Commonwealth and beyond. MIRA Coalition places immigrant and refugee voices at the forefront to advocate for the well-being of our communities. To learn more about MIRA please visit [miracoalition.org](http://miracoalition.org).

To make your gift, please visit [tinyurl.com/GiveASC](http://tinyurl.com/GiveASC); scan the QR Code above, or text the amount you want to give and the word SHARE (ex. \$50 SHARE) to (617) 300-0509. *Thank you for your generosity!*

## OFFERTORY

Crowded Table ..... *Brandi Carlile* (b. 1981), *Natalie Hemby* (b. 1977)  
& *Lori McKenna* (b. 1968)

Sé (Shea) Brown (they/them), vocals

Mark David Buckles, (he/him), guitar and vocals

Sam LaGrego (he/him), percussion and vocals

You can hold my hand  
When you need to let go  
I can be your mountain  
When you're feeling valley-low

I can be your streetlight  
Showing you the way home  
You can hold my hand  
When you need to let go

### Chorus

I want a house with a crowded table  
And a place by the fire for everyone  
Let us take on the world  
Cause we're here and able  
And bring us back together  
When the day is done

If we want a garden  
We're gonna have to sow the seed  
Plant a little happiness  
Let the roots run deep

If it's love that we give  
Then it's love that we reap  
If we want a garden  
We're gonna have to sow the seed

### Chorus

The door is always open  
Your picture's on my wall  
Everyone's a little broken  
And everyone belongs  
Yeah, everyone belongs

### Chorus



## Arlington Street Staff Directory

### Parish Ministers

Rev. Parisa Parsa (she/her) • Senior Minister (SeniorMinister@ASCBoston.org)

Rev. Beth Robbins (she/her) • Executive Minister (BRobbins@ASCBoston.org)

### Music

Mark David Buckles (he/him) • Director of Music (MBuckles@ASCBoston.org)

Hyunju Jung (she/her) • Collaborative Pianist

Rodger Clinton Vine (he/him) • Artist in Residence

Joe Della Penna (he/him) • Jazz Artist in Residence

### Choir Section Leaders

Hannah Shanefield (she/her) • Soprano

Sé (Shea) Brown (they/them) • Mezzo Soprano

Samuel LaGrego (he/him) • Tenor

Andrew Stack (he/him) • Baritone

### Administration

Jeff Fogleman (he/him) • Congregational Administrator (Office@ASCBoston.org)

Office Hours: Monday–Friday 10:00 am–6:00 pm  
(617) 536-7050 • [www.ASCBoston.org](http://www.ASCBoston.org) • [Office@ASCBoston.org](mailto:Office@ASCBoston.org)

### Flowers on the High Pulpit

Would you like to make a gift of flowers for the entire congregation to enjoy on a Sunday morning? You can make your dedication in memory, in honor, or in celebration of someone or something you love.

You can have flowers delivered or bring your own (a minimum of two dozen flowers is perfect for our huge space). Please email [office@ASCBoston.org](mailto:office@ASCBoston.org) to claim your date! *Thank you!*

### Parking at Arlington Street Church

Discount parking on Sundays is available at the Back Bay Garage at 500 Boylston Street. Please request a discount coupon from an usher. Also, metered parking is free in the city on Sundays.

## This Week (and Beyond) at Arlington Street ~ You Are Invited!

### **SUNDAY, SEPTEMBER 15**

#### **12:00 pm~ Coffee Hour (Chapel & Zoom)**

Join us right after the service for snacks, coffee, and conversation in the Chapel for coffee hour. For those participating virtually, join the conversation in the Arlington Street Zoom room!

### **MONDAY, SEPTEMBER 16**

#### **12:00 pm ~ Monday Mettā (Zoom)**

Come for a half hour of Mettā sending lovingkindness to ourselves and to the world. No meditation experience necessary. Bring your open heart!

#### **4:00 pm ~ Poems to Go On (Zoom)**

Please come whether or not you think you like poetry! Feel free just to listen or bring a favorite poem. We'll have the opportunity to read aloud and share what these poems mean to us. *All are welcome!*

### **TUESDAY, SEPTEMBER 17**

#### **6:00 pm ~ Prudential Committee Meeting (Zoom)**

Come experience how the business of the church gets done. Our Prudential Committee members are Alan Kemp - Chair, Co-chairs - Sandy Dixon and Kelly Weaver, Rachel Corey, Bob Sessions, Laura Pattison, Cathy DeMatto, Art Nava and Hala Hazar. Stephen Anable (Clerk), Liz Teixeira (Treasurer), and our ministers also attend "the Pru." Though only our elected Prudential Committee members may vote, everyone is welcome!

### **WEDNESDAY, SEPTEMBER 18**

#### **5:00 pm ~ Tea with the Ministers (Zoom)**

[please note new time!]

Make a cuppa, find a comfortable seat, and come take a civilized late afternoon break with Rev. Parisa, Rev. Beth, and one another. Our next discussion prompt is "Tell a story about a time when someone opened a door for you that made a difference in your life." *All are warmly welcome!*



**WEDNESDAY, SEPTEMBER 18 (continued)**

**6:00 pm ~ Kundalini Yoga Class (Zoom)**

Experience fun exercises and poses, breathing techniques, chanting, meditation, and deep relaxation in this unique class led by Jean Ko Stewart. Moving energy through your body brings positive change and growth. There is a \$10 charge that goes to the church. (This class is NOT in the Arlington Street Zoom room. Please email [Office@ASCBoston.org](mailto:Office@ASCBoston.org) for Zoom access.)

**THURSDAY, SEPTEMBER 19**

**2:00 pm ~ UU Urban Ministry Volunteer Training (Virtual)**

Learn more about the Urban Ministry and discover opportunities to contribute to their important work. For more information, please visit [uum.org](http://uum.org).

**5:00 pm ~ Arlington Street Writes! (Zoom)**

Trisha invites you to the spiritual practice of writing inspired by Zen meditation, based on Natalie Goldberg's *Writing Down the Bones*. No writing experience necessary – all you need is paper, pen, and willingness! All are welcome! (This meeting is NOT in the Arlington Street Zoom room. Join by video at [tinyurl.com/ASCWrites](https://tinyurl.com/ASCWrites) or participate by phone by dialing (929) 205-6099. The meeting ID is 833 4627 6104.)

**7:00 pm ~ Arlington Street Choir Rehearsal (Arlington Street Church - 2<sup>nd</sup> Floor)**

Experience the spiritual practice of communal singing! Musicians and non-musicians are welcome – we are a mix of professionals and amateurs and are always happy to welcome new members. Take a couple of hours out of your week to create something beautiful, make friends, and add more music to your life!

**SUNDAY, SEPTEMBER 29**

**11:00 am ~ Blessing of the Animals Service (Sanctuary & Zoom)**

Celebrate the Feast Day of St. Francis of Assisi at Arlington Street's annual Blessing of the Animals! Furry friends are welcome to join the service in the sanctuary and on Zoom as we honor our current companions and those who have crossed over the Rainbow Bridge. *All are welcome!*

**6:00 pm ~ Vegan Cooking with Jenny (Zoom)**

Whether or not you are a committed vegan, you are warmly invited to Zoom into Jenny's kitchen. This month, we'll learn to make Apple-Quinoa Salad with Cashew "Feta." Looking forward to cooking together – *Aprons, everyone!*

To access gatherings in the Arlington Street Zoom room, visit [tinyurl.com/ASCZoom](https://tinyurl.com/ASCZoom) or participate by phone by dialing (929) 436-2866. For either option, the meeting ID is 895 886 6876.