



ARLINGTON STREET CHURCH, UNITARIAN UNIVERSALIST

Boston, Massachusetts

[tinyurl.com/ASCZoom](https://tinyurl.com/ASCZoom) (video)

or (929) 436-2866 (phone)

[Meeting ID: 895 886 6876]

SUNDAY, JULY 13, 2025

PRELUDE

Opening ..... *Philip Glass* (1937)  
Goldberg Variations, BWV 988 Var. 13 ..... *J. S. Bach* (1685-1750)  
Ziang Xu (he/him), piano

WELCOME & GREETINGS ..... Rev. Erica Rose Long (she/her)  
Harry Kelso (he/him) Worship Coordinator

INTROIT

"Sorrow" by Sleeping At Last ..... *Ryan O'Neal* (b. 1983)  
Bek Zehr (they/them), vocals

It feels like falling.  
It feels like rain.  
Like losing my balance  
Again and again.  
It once was so easy;  
Breathe in. Breathe out.  
But at the foot of this mountain,  
I only see clouds.

I feel out of focus,  
or at least indisposed  
as this strange weather pattern  
Inside me takes hold.  
Each brave step forward,  
I take three steps behind  
It's mind over matter -  
Matter over mind.

Slowly,  
Then all at once.  
A single loose thread  
and it all comes undone.

Where there is light,  
A shadow appears.  
The cause and effect  
When life interferes.  
The same rule applies  
to goodness and grief;  
For in our great sorrow,  
We learn what joy means.

I don't want to fight,  
I don't want to fight it.  
But i will learn to fight,  
I will learn fight  
'Til this pendulum finds equilibrium.

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

Slowly,  
Then all at once.  
The dark clouds depart,  
and the damage is done.

So pardon the dust  
While this all settles in.  
With a broken heart,  
Transformation begins.

## OPENING WORDS & CHALICE LIGHTING

Conversations with Audre Lorde..... *Audre Lorde*  
Rev. Erica Rose Long

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

## \*HYMN #155

Circle Round For Freedom ..... *Linda Hirschhorn*

Circle 'round for freedom, circle 'round for peace,  
for all of us imprisoned, circle for release,  
circle for the planet, circle for each soul,  
for the children of our children, keep the circle whole.

## 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 [tinyurl.com/ASCCandle](https://tinyurl.com/ASCCandle).  
During the service, candles are welcome in the Zoom chat.*

*To reach a member of the Pastoral Care team, please email [Care@ASCBoston.org](mailto:Care@ASCBoston.org).*

## 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 our truths in love, and to help one another.

MEDITATION ..... Rev. Erica Rose Long

**\*HYMN #34**

Though I May Speak With Bravest Fire..... *Hal Hopson* (b. 1933)

Though I may speak with bravest fire, and have the gift to all inspire,  
and have not love, my words are vain as sounding brass and hopeless gain.

Though I may give all I possess, and striving so my love profess,  
but not be given by love within, the profit soon turns strangely thin.

Come, Spirit, come, our hearts control, our spirits long to be made whole.  
Let inward love guide every deed; by this we worship, and are freed.

**SERMON**

What to do with Despair ..... Rev. Erica Rose Long

**SILENT REFLECTION, MEDITATION & PRAYER**

**ANTHEM**

"Hold On" from "Dear Edward".....*Lizzy McAlpine* (b. 1999)

Everything feels so heavy  
I am an acrobat for everyone  
Curtains are drawn, I'm not ready  
To face the sun

Dress it in prettier colors  
When I'm alone, it will all come undone  
You carve the space for my sadness  
To be seen for once

Hold on to me  
I'll hold on to you  
The world is moving on without me  
Please show me how to

Hold on  
Please show me how to

You take my hands, and you tell me  
We can stay here just as long as you need  
Curtains are drawn 'til you're ready  
Safe in this silence, we don't have to leave

Just hold on to me  
I'll hold on to you  
The world is moving on without me  
Please show me how to

Hold on  
Hold on  
Hold on to me  
Hold

## OUR SHARED RESPONSIBILITY

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 transformative generosity.



### 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 would like to give regularly, you can set up automatic payments at [tinyurl.com/GiveASC](https://tinyurl.com/GiveASC) or by contacting Liz Teixeira [Treasurer@ASCBoston.org](mailto:Treasurer@ASCBoston.org). 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!

## OFFERTORY

Capriccio in G minor, Op. 116 No. 3..... *Johannes Brahms* (1833–1897)  
Ziang Xu, piano

## \*HYMN #1021

Lean on Me..... *Bill Withers* (1938–2020)

Sometimes in our lives  
We all have pain,  
We all have sorrow.  
But if we are wise  
We know that there's  
Always tomorrow.

### Chorus:

Lean on me when you're not strong  
And I'll be your friend, I'll help you carry on,

For it won't be long 'til I'm gonna need  
somebody to lean on.

Please swallow your pride  
If I have things  
You need to borrow,  
For no one can fill  
Those of your needs  
That you won't let show.

**Bridge:**

Just call on me brother when you need a hand.  
We all need somebody to lean on.  
I just might have a problem that you'd understand.  
We all need somebody to lean on.

**Chorus**

**Bridge**

If there is a load  
you have to bear  
that you can't carry,  
I'm right up the road,  
I'll share your load  
if you just call me.

**BENEDICTION & EXTINGUISHING THE CHALICE**

**RECESSIONAL**

Where You Go (I Will Go) ..... *Shoshana Jedwab* (b. 1964)  
arrangement: *Mark David Buckles* (b. 1980)

Where you go I will go, beloved  
Where you go I will go  
Where you go I will go, beloved  
Where you go I will go

For your people are my people  
Your people are mine  
Your people are my people  
Your divine, my divine

**POSTLUDE**

Opus 40, No. 7..... *Nikolai Kapustin* (b. 1937)  
Ziang Xu, piano



*Out of respect for Arlington Street Church members and friends who are Jewish,  
we follow the tradition of not spelling out G-d's name.*



## Arlington Street Staff Directory

Rev. Parisa Parsa (she/her) • Senior Minister ([SeniorMinister@ASCBoston.org](mailto:SeniorMinister@ASCBoston.org))  
Rev. Beth Robbins (she/her) • Executive Minister ([BRobbins@ASCBoston.org](mailto:BRobbins@ASCBoston.org))  
Mark David Buckles (he/him) • Director of Music ([MBuckles@ASCBoston.org](mailto:MBuckles@ASCBoston.org))  
Jeff Fogleman (he/him) • Congregational Administrator ([Office@ASCBoston.org](mailto:Office@ASCBoston.org))  
kel alford (she/her) • Student Minister ([StudentMin@ASCBoston.org](mailto:StudentMin@ASCBoston.org))



## This Week at Arlington Street ~ You Are Invited!

### SUNDAY, JULY 13

11:00 am ~ Sunday Service (Sanctuary & Zoom)  
12:00 pm ~ Coffee Hour (Chapel & Zoom)

### MONDAY, JULY 14

12:00 pm ~ Monday Mettā (Zoom)  
4:00 pm ~ Poems to Go On (Zoom)

### WEDNESDAY, JULY 16

5:00 pm ~ Tea with the Ministers (Zoom)  
*Prompt: What is a story of hope that you carry in your heart? When and how was someone a source of hope for you, or when were you a source of hope for someone else?*  
6:00 pm ~ Kundalini Yoga (Zoom)

### THURSDAY, JULY 17

5:00 pm ~ Arlington Street Writes (Zoom)

### SUNDAY, JULY 20

11:00 am ~ Sunday Service (Sanctuary & Zoom)  
12:00 pm ~ Coffee Hour (Chapel & Zoom)

For details and Zoom links for these events and more,  
please visit [ASCBoston.org](http://ASCBoston.org).



## Arlington Street Prudential Committee

The Prudential Committee is Arlington Street's elected, governing board.  
"The Pru" is joined by Stephen Anable (Clerk) and Liz Teixeira (Treasurer)  
in conducting the business of the church.

Sandy Dixon, Co-Chair

Kelly Anne Weaver, Co-Chair

Dawn Bellamo

Bill Briggs

Cathy DeMatto

Hala Hazar

Art Nava

Laura Pattison

Darrell Waters

We welcome your questions  
and suggestions at [Pru\\_Chair@ASCBoston.org](mailto:Pru_Chair@ASCBoston.org)

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