

# January 2023 Worship Services

## January Worship Theme: Change

### January 1: Gong Meditation and Relaxation Service

We are excited to welcome back Zach Field, who will again lead the annual gong meditation and relaxation service to help us bring in the new year with peace and calm. The soothing sounds of pitched gongs distract the mind as Zach leads us in meditation. Zach is the director and proprietor of the music studio, Zach Field Drums & Music, located at the Tannery in Newburyport and at The Trades Mill in Amesbury. Currently, he employs 30 professional music instructors and offers a variety of lessons and classes.

### January 8: Ring in the New Year!

Reverend Rebecca will be preaching on reclaiming New Year resolutions as a life-affirming and spiritual practice. "Taking the time to reflect on our lives, what matters to us, and where we are headed, can open the door for beautiful changes, small and large."

### January 15: Martin Luther King Service

Local historian Ghlee Woodworth will share stories of African Americans who lived in Newburyport, drawing from her newest book, *Newburyport Clipper Heritage Trail, Volume II*. Reverend Rebecca will preach on the role of stories and truth telling as a pathway to peace.

### January 22: Anti-Racism Service

Join the Anti-Racism Initiative Core Team as we offer personal reflections on our own anti-racism journeys and how we understand this work as leading to spiritual growth.

### January 29: Thomas Wentworth Higginson, Abolitionist and FRS Minister

Reverend Rebecca and Dr. Sandy Petrulionis share the pulpit on this special Sunday. Dr. Petrulionis will speak about Thomas Wentworth Higginson, a critical person in the abolitionist movement and minister of FRS from 1847-1849. She will share what led Higginson to be a radical part of abolitionism, especially concerning the women who led much of what was then referred to as "extremism." The service is sure to be a special commemoration and time of reflection as we look forward to the 300th anniversary of the church. Q&A with Dr. Petrulionis immediately follows worship.