

*No matter who you are or  
where you are on life's journey,  
you are welcome here.*



50 Church St, Waltham MA 02452 | 781.893.6240  
office@walthamuu.org | www.walthamuu.org



### Upcoming Services at 10:30 am

**October 15th:**  
**"Wake Now My Senses"**  
**Rev. Megan Lynes preaching:**

*"In this pivotal moment in history, we see the profound impact of generational trauma on our neighbors and our hearts are broken open. So often our identities and actions are shaped by our understanding of "our people's people." Join us as we explore the unique gifts and challenges our heritages present, empowering us to navigate today's complexities with deeper understanding and compassion."*

**October 22nd:**  
**"Exploring the Heritage of our UU Principles and Sources"**  
**Member-Led service:**

*The heritage of our culture, our country and our Unitarian practice has been shaped by principles and practices that have evolved, sometimes as the result of radical changes. Explore with our Worship Committee in a member-led service Sunday October 22 the heritage of our past, present, and future as changes in our society affect the core Unitarian-Universalist Principles and Sources of our Living Tradition.*

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### **Minister's Musings: From Rev. Megan Lynes, Parish Minister**

Dear Ones,

This past weekend, as the news in Israel and Palestine unfolded, I found I could barely breathe. Like you, I am grieving all the lives



lost, and so very scared about what the future holds. In an email exchange with our parishioner, Joan Bone, she put it this way: "Hate is a horrible emotion that makes people do horrible things." There is simply so much generational trauma that influences every action and reaction, and no clear solution to help keep everyone safe. The actions of a few, affect us all. We are broken hearted, wanting to help, and in need of one another now more than ever.

Sometimes when we are most rattled and terrified, the best thing we can do is head towards each other. As Mr. Rogers' mother told him, "Look for the helpers." One example of that might be to attend a vigil, or donate to a peace-keeping organization, or support someone you love by listening deeply without giving advice or your own opinion. Let's remember to reach out to the members of our community (or beyond of course,) who might be most emotionally affected by all that is transpiring. A friend of mine has relatives in Israel and I sent her a text to ask how her family is. She replied that only two friends has contacted her about her family and she felt deeply alone. Reaching out just to check in might make a big difference to someone you know too.

Tonight at 7 pm there is a vigil at Temple Beth Israel in Waltham, and Deb José will be there to represent our congregation. Their congregational president, Linda Ungerleider, asked if we might offer a prayer, and so Deb José and I created one. We include it here to share with you.

*"Good evening. My name is Deb José, and I am the president of the board at the First Parish in Waltham, Unitarian Universalist. I bring greetings and love from our entire congregation to all of you. It is my honor to be here with you tonight. Our congregation is completely brokenhearted about all that has happened, and we join our hearts with yours.*

*We each may pray differently, but our hearts are united to comfort one another, show our support, and reach for the next right thing to do, together. And it is in that spirit that I offer this prayer.*

*Spirit of Life and Love,*

*In this time of shock and grief, we gather to seek solace and strength. We need one another when we are scared and uncertain, furious, heartbroken, or alone. We give thanks for this important moment, in which we may look in one another's eyes, and find comfort and companionship.*

*Tonight we pray, not for easy answers, because the complexity of our world defies simplicity. We acknowledge the temptation to surrender to hopelessness, when the world's pain is so utterly overwhelming. In the midst of horror, we are tempted to turn away. And sometimes we must, to protect ourselves.*

*Yet, here we are, side by side, praying for a way forward to peace. We will not give in to despair, nor will we stop trying to birth love in the world. Grant us the grace to return to that divinely child-like place within us, where we see all others as interconnected.*

*Spirit of Life and love, guide us in all we do, instill in us the wisdom to seek understanding, the courage to act with compassion, and the strength to persist in the face of adversity. May our actions be a testament to the enduring power of love.*

*Tonight we pray for peace, healing, and unity.*

*May it be so."*

All my love for such a time as this,

Rev. Megan Lynes



### **"For This Time" - Thoughts from Deborah Weiner Transitional Ministry Associate**

#### **Ready for Takeoff!**

By the time you receive this newsletter, I'll be in France, enjoying a vacation that was originally planned in 2020, to occur in 2021. Anything happen then? Oh yeah. The thing that threw a monkeywrench into our lives for well over eighteen months messed up

Ben's and my trip (which was going to be a 30th anniversary celebration) and just about everything else that any of us can imagine. And we're all still trying to figure our way out of the impact of that experience, sometimes with fits and starts and plans that seem great and then, get revised.

But no matter whether we are worshipping these days in person (we hope you will join in person if you can!) or on zoom, we are fully back together, and there are so many signs that the congregation is literally and figuratively ready for takeoff. There are many great activities and events going on: apple picking, a potluck and games night, book group, the development of a new men's group, plus committee meetings that are gathering folks to help do the good work of First Parish in Waltham in the world. Then there's the choir, providing friendship AND great music; a wonderful new Parish Minister who exudes love and support (thank you, Rev. Megan!), and enhancements in the building and all around the church that just keep coming.

The Search Committee is working to make sure that the congregation's well represented through the search process, and the Beyond Categorical Thinking (BCT) workshops and worship service (the weekend of November 3-5 - hold those dates and read more about BCT elsewhere in the newsletter) will help everyone explore how our minds and hearts can be open to a diversity of ministries as we approach the next chapter in this historic congregation's life. First Parish in Waltham is truly ready for takeoff - and whatever you choose to engage with - I hope you know that you are welcome and that you are an important part of what makes this congregation a place, and a faith, that we all can celebrate!

In faith, with love,

Deb

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## **Beyond Categorical Thinking Workshop: 1st weekend in November.**

*"Will the new minister hear me? Will my concerns and needs be met?  
Will the minister understand what I'm living with?  
How will the community respond to our minister?"*

In answering these questions, a picture of the "ideal minister" (categorized by age, gender identity, nationality, physical or cognitive ability, race, sexual orientation, etc.) comes to mind. With this picture in place, it can be easy to unintentionally exclude ministers who fall into certain categories. At times, as we get caught up in comparing candidates to our "picture," we can even forget what it is we hoped for in a minister.

On the weekend of November 3-5, First Parish of Waltham will participate in the *Beyond Categorical Thinking* workshop offered by the Unitarian Universalist Association (UUA) for congregations involved in the search for a new minister. The First Parish Search Committee invites all congregational leaders, members, and friends to participate in this workshop.

In the workshop First Parish members will:

- Consider the hopes, expectations, and concerns they have for a new minister
- Learn more about the ministerial search process, and
- Explore how thinking categorically about people sometimes interferes with choosing the best candidate.

The *Beyond Categorical Thinking* program is designed to promote inclusive thinking and help prevent unfair discrimination in the search process for a new minister. This program includes a three-hour BCT workshop, split into two 90 minute Zoom sessions and Sunday's sermon.

**Zoom in on Friday, November 3, 7:00 -8:30 pm for Part 1 and Saturday, November 4, 10-11:30 am to participate in this UUA-sponsored workshop, led by Rev. Amanda Schuber. Rev. Schuber will also preach by Zoom on Sunday, November 5.**

Even if you can't make or stay for the entire workshop, please plan to come to what can.

The selection of a minister is important. The *Beyond Categorical Thinking* workshop is another opportunity for everyone in our congregation to be a part of that process. This experience will provide guidance for the search committee in our work.

Questions: Contact [search@walthamuu.org](mailto:search@walthamuu.org).

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## More News from the Search Committee:

Eight people attended our first cottage meeting on Sunday morning before service on 10/8. People came as eager to hear what others thought as to share their own ideas. We have several more dates and hope everyone can find one that fits into their schedule.

Thurs 10/12 at 8:00 pm on Zoom - open to all

Sat 10/21 at 7:00 pm on Zoom - those under 35 years of age are specifically invited

Mon 10/23 at 1:00 pm in the Harrington Room - seniors / non-working are invited

Tues 10/24 at 7:00 pm at Bill VanderClock's - open to all

Sat 11/11 3:00 pm on Zoom - for those with young families

Sun 11/19 12 noon in the Harrington Room - Choir members are specifically invited

Click [here](#) to sign up for a cottage meeting. Sign-ups are particularly important for Zoom sessions so that you will be emailed the Zoom link. You are welcome at sessions held at First Parish, even if you haven't signed up, but letting us know ahead helps us plan.

All sessions will follow the same format and are expected to last roughly an hour and 15 minutes. We will focus on three separate questions, asking everyone to limit their response to one minute at a time.

Meanwhile, we are continuing to analyze survey data. And please plan to attend the Beyond Categorical Thinking Zoom Workshop: Part 1 Friday November 3, from 7-8:30 and Part 2 Saturday, 10-11:30. More details are above.

Questions? Email us at [search@walthamuu.org](mailto:search@walthamuu.org)

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## Vigil invitation - Tonight Oct 11th at 7 pm

All are invited to join Temple Beth Israel as they host an inter-faith service of solidarity with the Jewish Community and Israel.

Rabbi Ben Chaidell and area community partners are offering an interfaith service of prayer, reflection, and song. You are welcome to attend in person or online. Our President, Deb José, will be sharing a prayer that she and Rev. Megan wrote for the occasion. To attend using Zoom, registration is required. Please click [here](#) to sign up.

You are also invited to make a donation to the Combined Jewish Philanthropies of Boston Fund for Israel at War which offers financial relief and assistance to victims of the violence unfolding in Israel. <https://give.cjp.org/give/525536> .

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Friday October 13th, 2023 6:00pm

## Halloween/Oktoberfest theme!

Deviled Eggs, Bat Cupcakes, Hot Dog Mummies,  
Pumpkin Pie, Schnitzel, Bratwurst.  
Halloween costumes are pure joy!

It's a casual, family-friendly potluck meal  
We'd love your company even if you just want to eat & chat  
Bring your favorite games or play with ones at FP  
At the end of the evening, we clean up together

Come at any time, for any part of the evening. Need a ride?  
We may be able to help. Special diet? It's best to bring your own food.  
Need info? Contact Martha Gallagher!



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### Guided Meditation For All - Led by Kris DiNardo

You are invited to attend a one-hour guided mediation session on **Sunday, October 15th** at **9am**. It will be held in the Chapel.

There are several research-based benefits to meditation including the reduction of stress, anxiety and pain; as well as improved sleep and overall health and wellbeing.

All are welcome - whether you are a seasoned meditator or a newcomer. However, timely arrival is appreciated so as not to disturb the process for others.

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# Apple Picking

ALL WELCOME



Sunday, October 15th

## Shelburne Farm

106 West Acton Road, Stow

Meet after church at 12:30 to carpool or 1:15  
at the farm

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### Book group

Join us to discuss "The Firekeeper's Daughter," by Angeline Boulley. All welcome!

October 19, 2pm in the Harrington Room and via Zoom.



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The First Parish in Waltham,  
Universalist-Unitarian, Inc.

## WARRANT

The legal voters of The First Parish, Universalist-Unitarian, Inc. are hereby notified that a Special Meeting of the Corporation will be held in the sanctuary and via Zoom video conferencing on **October 22, 2023**, immediately following the worship service.

### Article I:

To vote on the adoption by First Parish in Waltham of the **Eighth Principle** of the UUA. The copy reads as follows:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

Deborah José

Handwritten signature of Deborah José in black ink.

President, Board of Managers

Peter K. Duane

Handwritten signature of Peter K. Duane in black ink.

Clerk

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## Don't forget to vote on whether to adopt the 8th Principle!

As we approach the October 22nd congregational vote on adopting the 8th Principle, members of the Adult R.E. and 8th Principle committees wanted to reach out to you, our friends, to answer some frequently asked questions such as this one:

We are now less than two weeks away from our October 22nd congregational vote on adopting the 8th Principle. Members of the Adult R.E. and 8th Principle committees continue with our effort to answer some frequently asked questions, such as this one:

### Q. Why does the 8th Principle focus on racism? Why not include other prejudices and forms of injustice?

A. Historically, within the UUA women, and members of the LGBTQIA+ community, have experienced increasing visibility in ministry and leadership positions, and inclusion in the formation of programming and policies. Unfortunately, the UUA hasn't supported Black UUs consistently since the Civil Rights era. For example, it starts with a betrayal of Black UU members in the late 1960's [1], a lack of continued support for the initiative to be an Anti-Racist, Anti-Oppression Multi-Cultural (ARAOMC) organization in the early 2000's [2], and a crisis based on hiring discrimination in 2017 [3]. The 8th Principle focuses on racism in response to these and other inconsistencies in the treatment of Black UUs. Many people of color have been attracted by the values and potential of UUism, but their souls have been repeatedly wounded by lack of accountability in the UUA. In addition, the 8th Principle does refer to dismantling other oppressions, but is focused on the formation of a community that becomes whole by recognizing the importance of dismantling racism.

[1] <https://www.uuworld.org/articles/empowerment-tragedy>

[2] <https://www.8thprincipleuu.org/background> - Why Now?

[3] <https://www.uuworld.org/articles/critics-challenge-uaa-hiring-practices>

Watch this space in the newsletter, for future questions to be answered, or find out more at <https://www.8thprincipleuu.org/>

Watch this space in the newsletter, for future questions to be answered, or find out more at <https://www.8thprincipleuu.org/>



### The First Parish Fall Fair is coming soon!! Saturday, October 28, from 10AM - 1PM in Whitcomb Hall.

The fair is free and open to the public. Please invite your family and friends! There will be a costume parade, story-telling, lunch, treats, games, prizes, and more.

The Adult R.E. Committee is looking for volunteers to help decorate in the morning, clean up in the afternoon, or donate specific food items or mini pumpkins. For more information or to volunteer, contact Pam Penton ([pjpenton@gmail.com](mailto:pjpenton@gmail.com)) or Candace Holman ([candace.holman@walthamuu.org](mailto:candace.holman@walthamuu.org)).

## Exploring a Men's Group for First Parish

Looking for a place to deeply connect with other men? Scott Tougas is exploring the idea of leading a men's "small group" to take a deeper dive into the many issues that affect men but are often not talked about. The group will be open to anyone who has identified as male at some point in their life. The invitation is to people both inside and outside the congregation. The first three meetings will be open to anyone who would like to just "check it out," and after that, the group will be limited to those who have committed to regular attendance. The time and place of meeting will be determined by those who are interested. [Please contact Scott](#) if you are interested.



### One Thing You Can Do

At this terrible time in the Middle East, we can struggle to even consider the tragedy that is unfolding. The UUA President Rev. Dr. Sofia Betancourt issued [this statement](#) on Saturday, October 7 that is helpful in sitting with the many

emotions stirred by this situation. You could read this statement and consider how you can support any folks you know who are impacted by this conflict . A quote: “Be gentle with yourselves when you need to be, but do not turn away unless you must.”

Elisse Ghitelman, Outreach Commissioner

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### **A Message from Dan Taylor, Property Commissioner:**

Thank you to all those who helped doing tasks around the building at our stewardship day last Saturday. We hung things, cleaned things, shed light on things, and the weather was just good enough that we even got a little landscaping done as well. Thanks to Leslie Gildersleeve, Kris DiNardo, Anne Ross, Scott Tougas, Barry Stearns, Dan Dehainaut, Amy Eastwood (and any others I may have missed). We then shared some nice lunch together. We'll do it again in a month or so after the leaves come tumbling down, so if you couldn't make it this time you'll have another chance.

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### **Chaplains on the Way Is a Featured Partner for Lexington’s upcoming *Voices on the Green* performance on October 20**

Chaplains on the Way has been named as the Community Partner for Lexington’s acclaimed storytelling and music series, *Voices on the Green*, presenting its fall production on the theme of “Home” on Friday, October 20, at 7:00 PM. The program is presented at First Parish in Lexington (7 Harrington Road, on the Battle Green), and [tickets for the show are now available](https://voicestheway.org/) through the VOG website (<https://voicestheway.org/>). Tickets not sold in advance will also be available at the door on the evening of the performance.

“Home” offers up stories from six individuals, sharing reflections that range from heartbreaking to hopeful to hilarious. A woman (Mercedes) from an abusive home becomes unhoused for years before turning her life around; an Indian woman’s (Tejpreet) multi-faith neighbors come through in a time of sectarian violence; a man’s (Dave) stable childhood community provides a compass that guides him through life; a city dweller (Victoria) makes the most of her new life in rural Oklahoma. An indigenous woman (Chali’naru) prevails in the face of landlords’ anti-poverty discrimination; a man (Robert), hopeless at simple carpentry, is challenged by his wife to take on daunting home improvement projects.

Mercedes, a member of the COTW community, will make her debut at the show as a storyteller; Chaplains on the Way receives a donation from proceeds for the show - so please come and join Mercedes, Jill Gaulding and others from the COTW community in celebrating the importance of “Home” on October 20!

Music complementing the theme will be provided by acclaimed singer/songwriter Kemp Harris. The show is hosted by award-winning spoken-word artist Regie O’Hare Gibson. *Voices on the Green* partners with a community organization carrying forward work that aligns with the performance theme.

*Voices on the Green* is a program of First Parish in Lexington. Those who have attended previous shows have remarked on the amazing sense of community connection engendered when diverse storytellers and musicians perform. Founded in 2017 as a community-building endeavor to develop new voices and new relationships in the community and to create connections between performers and audience, the series now attracts a wide audience from many parts of the greater Lexington community. For more information about *Voices on the Green*, visit <https://voicestheway.org/>.

*Mercedes, a Chaplains on the Way community member, will share her story as part of Lexington’s “Voices on the Green” performance on October 20 in Lexington.*





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## **Coffee Hour Schedule**

We all love great conversation and yummy snacks at Coffee Hour! Let's share the load! We are dividing up the weeks by last name. When it's your turn to bring a snack for coffee hour, please bring it either in a container it can be served from, or on your own dish, which you bring home and clean yourself. No nuts please, to help those with allergies. Thank you!!



### **Here is the Coffee Hour Schedule:**

A - E first Sunday

F - L second Sunday

M - S third Sunday

T - Z fourth Sunday

Special arrangements will be made for fifth Sundays.

Food is Love! Thank you!

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## **Pastoral Care in Our Congregation - We're here for you!**

Are you struggling with issues that could use the support of another member of our congregation as a listening ear or to offer support? In addition to Rev. Megan Lynes and Deb Weiner, who provide pastoral care to our community, our Lay Pastoral Care Team is available to you.

Please reach out to us if you believe we can help: [pastoralcare@walthamuu.org](mailto:pastoralcare@walthamuu.org) - and a member of our team will respond to you in a timely manner!

Our 'point person' each month is as follows:

October: Nancy Lawrence  
November: Andy LeCompte  
December: Plum Kennard  
January: Nancy Lawrence  
February: Plum Kennard

Plum Kennard (Chair,) Andy LeCompte, Nancy Lawrence, and Bill VanderClock.

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## **The Care Crew is back!**

After a pandemic hiatus, we are at last restarting the Care Crew, and this team needs a

few volunteers! The Care Crew will work closely with the Lay Pastoral Care Team and the ministers, (but would not be in charge of providing pastoral care.) The Care Crew is the "tangible support" that helps our parishioners when they need it most. The goal is to have a monthly coordinator as the point person. This is a low stress, high satisfaction rotating role. *But what would I actually do, you might ask?*

- Do you know how to generate a Sign up Genius?
- Could you field a phone call or email from someone who needs a ride or a meal dropped off?
- Are you able to help link up a person with a need with someone who can help?
- You needn't cook or drive or DO the needed task, though at times you might choose to. You would help coordinate the care.

You could be a monthly point person, or simply have your name on our list of folks who might help if asked. Might the Care Crew be a rewarding job for you?

Please contact Rev. Megan Lynes or Plum Kennard (Chair of Lay Pastoral) if you're interested.

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## We have wheels for you!

We are thrilled to have a "transport wheelchair" available at the church for use by anyone who would find it helpful! It was donated by Joyce Wilbourn, and we are so grateful. If you are coming to church and would find it helpful to use the wheelchair to get into/around the church, please contact Emma Campbell in the Office (Monday-Thursday) or a member of the Lay Pastoral Care team ([pastoralcare@walthamuu.org](mailto:pastoralcare@walthamuu.org)).

Make an offering plate donation before, during, or after the service!



**First Parish**  
in Waltham

A Welcoming  
Unitarian Universalist Congregation

<http://tiny.cc/Donate2FPW>




## When is Your Birthday?

.....  
The Membership Committee is looking to recreate the celebration of birthdays! Whose birthdays? Everyone's birthdays! Yours, your partner's and your children's birthdays. Help us to celebrate each important day. Let us know those important dates. We will add the dates to the newsletter so we can all honor and celebrate our community. Email the dates to Gary Morrison.  
[membership.commissioner@walthamuu.org](mailto:membership.commissioner@walthamuu.org)

**Light the Steeple**

Honor  
a person, occasion,  
event, or idea



Contact the Office  
✉ [office@walthamuu.org](mailto:office@walthamuu.org)  
☎ 781.893.6240

## Happy Birthday this Month to:

Dimitry Zarkh 10/2  
Marianne Cutter 10/5  
Joan Smith 10/10  
Daniel Strafford 10/17  
Susan Weddig 10/19  
Sue Adams 10/20  
Ron Adams 10/31

*Send a card or an email to these members!*

## Ministry Staff Team

**Parish Minister**  
Rev Megan Lynes

**Office Administrator /  
Music and Choir Director**

617.276.7655  
[revmeganlynnes@walthamuu.org](mailto:revmeganlynnes@walthamuu.org)

**Transitional Ministry Associate**  
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## Board Members

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**Treasurer**  
Janet Riley  
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## Our Mission Statement

The mission of First Parish in Waltham is to be a caring, inclusive, spiritual community committed to using free inquiry and the power of love to achieve peace, justice, and a sustainable world.

First Parish in Waltham | 50 Church St., Waltham, MA 02452

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