

**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 29th:
"Confronting Marvelous Truth"
Rev. Megan Lynes preaching**

*Our UU fourth principle talks about the free and responsible search for truth and meaning.
The poet Denise Levertov writes: "Marvelous Truth, confront us
at every turn, in every guise, iron ball, egg, dark horse, shadow, cloud of breath on the
air..." Are there "ultimate truths" that transcend current day beliefs?
What "truths" are you needing to hear in your own life?
How do you lovingly tell your own truth?*



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

What a terrific Sunday we had! The Worship Committee put on a powerful service with themes of heritage and current day turmoil, and what it means to live our faith in the here and now. A big thank you to all who worked so hard on this service!

Afterwards, members of the congregation voted unanimously in favor of our congregation adopting an 8th Principle! A lot of reflection and learning went into the congregation being ready and eager to take this next step. Here are the words once again:

"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."

Moderator Bill Vanderclock says: "The vote was 53 in the Sanctuary and 7 on Zoom. There were no "No" votes." What a resounding affirmation of commitment to action!

I talked to visitors in Coffee Hour who told me that it would have said more about us as a congregation if we'd voted against the 8th Principle, than if we voted for it. Someone else wondered aloud where the new 8th Principle banner would hang in Whitcomb Hall. Already folks are proud of who we are becoming, and how we might live out our aspirations in community.

After leading the Time for All Ages in the Service with Vivian, our new Childcare provider, (aka "the kid magnet!"), I headed down with the kids to their class. They settled in to learn about water conservation. Pam Penton had printed out a visual of what percentage of the world's water is available fresh water, (less than 1%,) and then we all explored painting with watercolors. It was also fun to play "two truths and a lie" as a game together. My own son, Jesse, was thrilled to "be with the big kids" and wants to be back next week. Do you know a kid (or any aged human!) you'd like to bring to join the fun?

I loved every minute of my Sunday with all of you. I hope that you too find joy in your days, hope and commitment among dear companions, and laughter on this wild journey we call life.

With love, Megan



A message from the Music and Choir Director: Emma Campbell

I would like to extend a huge "thank you" to all who voted after the service last week, or attended one of the gatherings where you could find out more about the 8th Principle that I am so glad First Parish in Waltham agreed to adopt. Coming from an internationally diverse family of multicolored people I had decided to be true to myself, and my letter of resignation had been drafted in case the Principle was not adopted. This was not a decision made lightly, and words cannot explain how excited I was to celebrate that I did not need to submit it.

This Sunday's service, led by Rev. Megan, will look at our 4th Principle – a free and responsible search for truth and meaning. I have endeavored to select music that matches. For example, the Prelude was composed by Marianna von Auenbrugger (1759-1782.) An esteemed pianist, Haydn dedicated music to her, and Mozart considered her and her sister to be very talented. The final movement of the only piece she is known to have published will be starting the service. Why only one, you may ask? 'Ladies' didn't 'do that' in those days. She had the skill, and she used it – this work was first published with an ode to Salieri (her counterpoint teacher.)

When Scott Tougas finished his role as President, he mentioned that he was looking forward to having more time to spend on his musical activities. He will be leading the first hymn, and teaching us 'the true lyrics' behind hymn #357 – Bright Morning Stars Are Rising. Hopefully this will not leave you thinking about the lyrics of some of our other hymns, and unable to focus on the rest of the service.

The piece chosen for the Offertory is a fusion of classical music with elements of folk and popular music from Brazil. Composed by Hector Villa-Lobos, it highlights a passion for his homeland (by using the melody of a popular children's song) and combines it with the composition techniques found in European art music. As a much younger pianist, I loved that piano lessons often led to time spent with an atlas and an encyclopedia so I could find out more about where the music came from.

The Postlude is 'under-wraps'. I know what it is, and it will knock your socks off. It features singers you don't always see taking a leading role, and I confess that I have had nothing to do with the rehearsals. I have been invited to be a backing singer, and am still ruminating on this. Last time I was engaged in that role it was for Barry Manilow a truly remarkable experience, but that's a story for another time!

Yours Musically,
Emma

Beyond Categorical Thinking

Mark your calendars: Rev. Amanda Schuber from the UUA will be leading Beyond Categorical Thinking, a workshop helping us to think more inclusively, the weekend of 11/3-11/5 split into two sessions: Friday evening 7-8:30, and Saturday 10-11:30. Rev. Schuber will also preach Zoom sermon that Sunday. Please come for what you can.

Questions: Contact search@walthamuu.org.

News from the Search Committee:

The Search Committee has held its first few cottage meetings. Each time, the conversation has been rich. Thanks to all who attended so far. We have a Zoom session aimed at young families on Saturday Nov 11 at 3, and a live session at noon on Sunday Nov 19 targeted to the choir.

We hope everyone can find one that fits into their schedule.

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.

Questions? Email us at search@walthamuu.org

A Memorial Service for Herb Dessner, the late father of our board president Deb José, will be held on Thursday Nov 2nd at 11 am in our sanctuary, officiated by Rev. Megan Lynes.

Calling Hours will be held at Joyce Funeral Home on Wednesday Nov 1st from 4 - 7 pm.

A reception will follow the service in Whitcomb Hall, and we welcome any contributions of finger foods and desserts. We'd love help setting up or cleaning up too! (Let the office know if you can lend a hand.)

An Obituary can be viewed here:

<https://www.joycefuneralhome.com/obituaries/herbert-dessner>

We send our love and support to Deb José and her whole family through this season of loss.

First Parish Book Club
November 16, Harrington Room at 1pm
(Note new time, so that Rev. Megan can join us!)

"Animal Dreams" by Barbara Kingsolver



From Barbara Kingsolver, the acclaimed author of *Flight Behavior*, *The Lacuna*, *The Bean Trees*, and other modern classics, *Animal Dreams* is a passionate and complex novel about love, forgiveness, and one woman's struggle to find her place in the world.

At the end of her rope, Codi Noline returns to her Arizona home to face her ailing father, with whom she has a difficult, distant relationship. There she meets handsome Apache trainman Loyd Peregrina, who tells her, "If you want sweet dreams, you've got to live a sweet life."

Filled with lyrical writing, Native American legends, a tender love story, and Codi's quest for identity, *Animal Dreams* is literary fiction at its very best.



**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, great music, story-telling, lunch, treats, pumpkin painting, games, prizes, and more!

The Adult R.E. Committee is looking for volunteers to sign up for specific times:

- 9-10 set up Whitcomb Hall
- 10-11 Assist in running a game (ring toss , bean bags...)
- 11-12 Help with lunch prep
- 12-1 Assist in running games
- 1-2 Assist with clean up

For more information or to volunteer, contact Pam Penton (pjpenton@gmail.com) or Candace Holman (candace.holman@walthamuu.org).

Interested in joining a Men's Group at 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

- Election day is Tuesday, November 7 (less than two weeks).
This week you can:
- 1) Register to vote if you still need to,
 - 2) Vote early, Sat. 10/28- Mon. 10/30,
 - 3) Request a mail-in ballot (either at City Hall or online).

Go to [City of Waltham Election information page](#) for details and more information.

Elisse Ghitelman, Outreach Commissioner

THE WALTHAM PHILHARMONIC ORCHESTRA PRESENTS
FALL CONCERT
SUNDAY, NOVEMBER 5, 2023 AT 3:00 PM
Waltham Government Center • 119 School Street • Waltham
MICHAEL KORN, MUSIC DIRECTOR

**TICKETS \$20
SEATS ARE LIMITED
FOR MORE INFO
VISIT WPHIL.ORG**

Victor Cayres, Soloist

Waltham Philharmonic Orchestra logo, Waltham Cultural Council logo, and Jones Partnership Fund logo.

Victor Cayres, Guest Soloist
Antonin Dvorak: Symphony No.7



UU Plant-Based Eating Club
POTLUCK
Sunday, November 19, 2023
6PM to 8PM

First Parish in Waltham, Unitarian Universalist
50 Church Street, Waltham, MA

Join our group as we learn about eating more delicious and nutritious plant-based whole foods!

You don't need to eat vegan or vegetarian regularly to join us. If you are interested in reducing animal products in your diet and are supportive of others who are pursuing plant-based eating, please join us.
For more information: <https://bit.ly/3s2Y2pA>

Please bring a plant-based, meatless and dairy-free dish to share.

For ideas about an easy dish to make, email: Brenda.Asis@WalthamUU.org

TO SIGN UP: scan the QR code below or go to this URL: <http://bit.ly/3Fs6x0r>



Coffee Hour Schedule

**A BIG THANKS TO ALL WHO KEEP BRINGING YUMMY FOOD!
OUR COLLECTIVE EFFORTS ARE WORKING!**

We all love great conversation and special 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! - Hospitality Committee

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 - 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.

The Care Crew is back!

(Well, actually we are seeking a few folks to help it run!) 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 "boots on the ground" support to help our parishioners when they need it most. This is a low stress, high satisfaction rotating role.

But what would I actually do, you might ask?

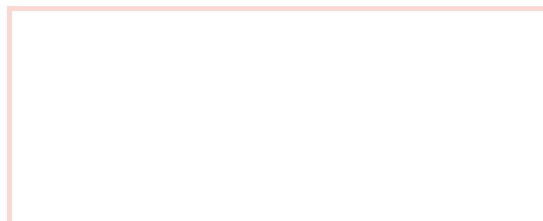
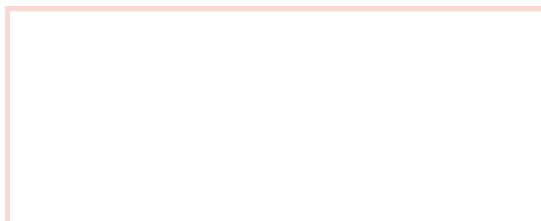
- Be a point person and help coordinate care. If you were a point person for a shift, you wouldn't cook or drive or DO the needed task, though at times you might choose to. You would field a request and identify a helper.
- Be on a list of potential "helpers," on an as needed basis. (You can always say no when a specific request comes in, no questions 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.

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).





On Sunday we introduced Vivian Siegfried to our congregation!

Vivian is our new Childcare person for Sunday mornings. She's a Freshman at Brandeis University majoring in Education and minoring in Studio Art. She loves young people, eagerly jumped into joining the Sunday School class, and will be taking on leadership in lots of ways with our children this fall. (We are still in search of a Director of Religious Education.) We are so excited she's joining us, and welcome her with open arms to our multigenerational community! Be sure to introduce yourself if you see her around!

(We would also love to offer her rides home after church if you are headed near Brandeis. Please let Vivian or the office know if that might ever be possible. Thanks!)



Great fun was had by all on the annual Apple Picking trip!

The Adult RE Committee plans wonderful events each month, geared to be fun for all ages, and open to everyone! On October 15th, a small group of us ventured out to Shelburne Farms in Stow to pick apples! The sun on our backs was just right, the light shimmered through the leaves, and there was even a truck selling friend pickles! We wandered around searching for the perfect fruit, and munching to our hearts' delight.

A week later, after the Lay Led service on Oct 22nd, many of us enjoyed apple crisp made with some of the perfectly sweet Jonagold apples we had picked ourselves.

Here's a photo of some of us, taken by an obliging four year old, who then wasn't in the picture, but who had a great time!

-Rev. Megan



Light the Steeple

Honor
a person, occasion,
event, or idea

Contact the Office

✉ office@walthamuu.org

☎ 781.893.6240



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

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



<http://tiny.cc/Donate2FPW>



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

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Rev Megan Lynes
617.276.7655

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Transitional Ministry Associate

Deborah Weiner
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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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