

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



**Our steeple is being  
lit this week by  
Joyce Wilbourn,  
in honor of  
David Wilbourn**



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



**Upcoming Service at 10:30 am**

**October 8th:  
"Banned"**

**Rev. Lara K-J Campbell preaching**

Book banning is not a new venture. While there has always been some level of restrictions, we have seen a significant increase lately. This service will explore the impact and harms of this trend. We are pleased to welcome Rev. Lara K-J Campbell to First Parish in Waltham to lead our worship service.



Rev. Lara K-J Campbell Lara is a fifth generation Unitarian, raised as a Unitarian Universalist in northern Minnesota. She was the called Minister at First Parish Unitarian Universalist Church of Kennebunk, Maine for 9 years.

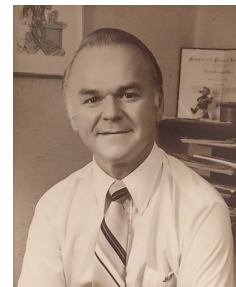
Lara serves our larger association as a responder for the UU Trauma Response Ministry and by leading Adolescent and Elementary "Our Whole Lives" trainings. Prior to becoming a minister, she served as a Director of Religious Education and a Youth Advisor. Lara lives in Kennebunk, Maine with her spouse, Jay and rescue dog, Maddy J. Beagle.

### **Celebrating the Life of David Wilbourn**

You are warmly invited to join in celebrating the life of David Wilbourn at First Parish in Waltham on Friday, October 6 at 1 PM. A reception will follow.

To view the memorial post about David, please visit the Joyce Funeral Home website:

<https://www.joycefuneralhome.com/obituaries/david-wilbourn>



To view the livestream of the funeral please visit the above website on Friday for the details.

David Wilbourn retired as a church trustee at last year's annual meeting in June, having served in this capacity for 40 years. The Finance Committee created the David Wilbourn Legacy Fund at that time to honor David's insight and loving stewardship of the congregation's assets for all those years. This fund will be part of the church's endowment funds, money given to First Parish in support of the church's future expenses. Contributions to this legacy fund should be made out to First Parish Waltham, with "David Wilbourn Legacy Fund" in the memo field.



## Minister's Musings

In worship on Sunday, we heard the story of Brother Juniper, who was 13th century Franciscan monk, often remembered for his extreme acts of humility and simplicity. According to legends and stories from the Franciscan tradition, Brother Juniper was known for giving away his possessions, including clothing, to those in need. We were treated to a lighthearted skit acted by a group of parishioners spanning generations, who eagerly stepped forward to participate, (some with a run through, and some without!) Leslie's commitment was so convincing in her portrayal of a stooping elderly man that it required a double-take for the congregation to realize it was all in good fun. When Autumn found themselves unexpectedly in the spotlight, they seized the moment with a flourish, wielding a push broom like a pro. And Deb José, with her mix of humility and enthusiasm, was the perfect embodiment of Brother Juniper, and of course this congregation's collective spirit. Together, the actors delivered the message: our church transcends the physical building, finding its true essence in the spiritually generous souls who comprise this congregation. Much like an improv theatre performance where the golden rule is to always say "yes" to the offers made, you radiate a heartwarming "say yes" spirit. This unity and willingness to support one another exemplify the heart of a healthy faith community.

I was delighted to discover the same warmth and playful camaraderie at our staff retreat on Monday. Our close-knit team of four ventured out for brunch and conversation at the Friendly Toast in Burlington, and the atmosphere was delicious in all senses of the word. We brainstormed "one thing we would love to see unfold at First Parish" and got excited when we realized that a lot of those ideas also feel possible (and some are already in the works!) The fact that we genuinely enjoy each other's company is something we treasure, recognizing that such harmony is not always a given in every workplace.

Maybe you've been feeling energized about an aspect of our community life this fall too. I really do hope that's the case. Whether it is or not, would you consider sharing your thoughts with the good folks on the Search Committee? You can still turn in your Congregational Survey for a few more days! (Contact them via [search@walthamuu.org](mailto:search@walthamuu.org) if you need a copy). It can also be enlightening to hear the thoughts of fellow parishioners over tea and biscuits in person, at a "Cottage Meeting." Look for information below about how to sign up to attend one. It is of utmost importance to the health of the ministerial search process to opt in, say your bit, dream big, and be honest about *your* view of the State of the Parish and what you're looking for in your next era of shared ministry. Deb Weiner and I collaborated to share our thoughts on Sunday, but *yours* are just as important. The *process* of finding your next settled minister is arguably just as formative and important as the end result.

Thank you for "saying yes" in all the ways you do.

With you on the journey,  
Rev. Megan



## A message from your Music and Choir Director: Emma Campbell

Have you ever wondered what it would be like if you didn't have thumbs? I can't say that it has frequently crossed my mind, except when playing music written for harpsichords, spinets, and other early keyboard instruments.

Early keyboard music was played without the thumbs – apparently it

made your fingers look more elegant, dainty and 'attractive'. It was also extremely uncomfortable – crossing your middle finger over the others was something I found really tricky when learning to play the harpsichord at college. Just as well I am not following that method on Sunday when I play the Prelude, composed by Couperin. (I didn't follow that method back in the 90s when I was learning either!)

In celebration of thumbs, the Offertory makes incredible use of the thumb on my right hand to play the melody louder than all the other the other layers. Composed by Arvīds Žilinskis, the piece reflects the love he has for countryside in, his homeland. At the end of the First World War, his family were displaced to Southern Ukraine. This is where piano lessons started, which continued on return to Latvia.

The first two pieces in Sunday's service, 'Windmills' and 'Elegy (In Autumnn)' tell a story in their own way. The Postlude I have chosen is inspired by the following words:

*The great rock in the ocean stands  
And battles with the waves for ever.*

Rather maintaining the dark, brooding, and almost menacing mood that opens the piece, the end is triumphant. It is also marked *fff* (very, very loud) and 'with emphasis'. Don't you wish that every story could have a happy ending, eventually? I look forward to finding out what stories and other books we will be discussing on Sunday – it's a mystery, that's for certain.

Yours musically,  
Emma

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## Save the Date for "Beyond Categorical Thinking"

An important part of the congregational search process is participation in the UUA program, "Beyond Categorical Thinking." This program, offered by trained facilitators, guides congregants in considering their openness and receptivity to inviting ministers who identify differently, into their pulpit and ministry. Would the congregation, for instance, be receptive to having a minister who has a physical or emotional disability? One who is a person of color? One who identifies as trans or non-binary? One who is much younger, or much older, than you might have been imagining?

**Save November 3-5 for workshops and the Sunday worship service**, which will be led by our Beyond Categorical Thinking facilitator, Rev. Amanda Schuber. Times and more information will be announced next week - plan NOW to be part of this program that supports our ministerial search process!

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## Search Committee News

By the time you read this, the search committee will have begun its analysis of the recent results of the congregational survey. A huge thank you to all who took the time to complete it. We plan to have a few highlights to share at the Cottage Meetings and a complete report ready in November or December.

The first of our cottage meetings, intended for the congregation in general, is *this coming Sunday, October 8, at 9:00 am in the Harrington Room.*

### Schedule

Sun, 10/8 at 9:00 am in the Harrington Room - open to all

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 last an hour and 15 minutes. We will focus on three separate questions, asking everyone to limit their response to one minute at a time.

1. What do you think it's important for ministers to focus on, independent from the congregation?
2. What do you think it's important for the congregation to do, independent from the minister?
3. How would you describe this congregation to a close friend who has never been here?

Hope to see some of you Sunday. You can always reach out to us at [search@walthamuu.org](mailto:search@walthamuu.org) with any questions or comments. - Your Search Committee

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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 - Led by Kris DiNardo - all welcome!**

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



President, Board of Managers

Peter K. Duane



Clerk

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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:

## Q. Why do we need the 8th Principle when we already have the 1st and 2nd Principles?

**A.** Firstly, our existing principles do imply the 8th Principle, but they do not explicitly hold us accountable for addressing oppressions directly, especially at the systemic level. In addition, the UU Principles were designed to be dynamic, never a fixed creed. We are proud that UU is the only religion that builds in flexibility to change in the presence of ongoing revealed truth - such as daily news stories that show that racism is alive and well, and uncovering past wrongs that haven't been made right in our congregations and communities. Finally, if you are a white person, we'd like to ask you whether you might question the need for an 8th Principle if you were a person of color.

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)).

## In other news.....



### **Fifth Friday Shabbat Potluck Dinner**

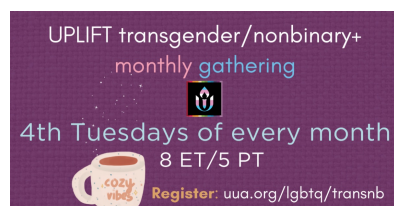
A great time was had by all at the 5th Friday Shabbat dinner! This festive event is a chance to relax and eat delicious food among friends. All are welcome!

Join us next time, Dec 29th!

*(Photo by Candace Holman.)*

### **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.



### **UPLIFT Trans/Nonbinary+ Monthly Gathering (online)**

Trans, nonbinary, and other not-entirely-or-at-all-cis UUs are invited to join UPLIFT'S monthly gathering, which they hope will feel like a cozy cup of something soothing (in virtual meeting form!).

This intentionally multi-generational gathering is open to and welcoming of trans/nonbinary elders as well as children, youth, and young adults.

**Registration** is free and required.

This gathering is intended to foster connection between trans/nonbinary+ UUs (and non-UUs who are ok with being in a UU-grounded space) to co-create support and community.

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## Living the Pledge to End Racism -- Workshop Opportunity

Barbara Deck and Chris Krebs from the First UU Society of Newton (FUUSN) are offering a chance for FPW members to attend a free workshop on ending racism. This is an opportunity to empower yourself, deepen your connections with others, and take the next step toward building a Beloved Community. Pam Penton, Nancy Lawrence, and Candace Holman took this workshop last year and give rave reviews:

- "It was inspiring to learn with a new group of people sharing a commitment for ending racism."
- "The classes offer opportunities to examine our own subconscious racism, to discuss what we have seen and heard, and build relationships in both church communities."
- "It's a wonderful, safe, confidential environment to have conversations we might not normally have."

The workshop is a small group, run virtually (Zoom), and happens on Tuesdays from 4-6 PM for 6 weeks. It runs October 17th through the end of November (with a break during Thanksgiving week). Dates may be subject to change depending on participant availability.

TO SIGN UP for the workshop, just email Chris and Barbara at: [chriswallacekrebs@gmail.com](mailto:chriswallacekrebs@gmail.com) or [badeck1@gmail.com](mailto:badeck1@gmail.com)



### One Thing You Can Do

Next Monday, Oct. 10, 2023, is considered Indigenous People's Day (rather than Columbus Day) in many towns and cities across the US, including Boston. Use this [map \(https://native-land.ca/\)](https://native-land.ca/) to find out the name of the Indigenous Peoples that live(d) where you grew up, or another important location in your life. Share that information with someone who

lived there with you.

Elisse Ghitelman, Outreach Commissioner

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And one more thing you can do! A movie called "The Busing Battleground" just came out on PBS. It is free to watch, and relevant to the 8th principle.

<https://www.pbs.org/video/the-busing-battleground-m1oher/>

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## Coffee Hour Schedule

When it is your turn to bring a snack for coffee hour, please bring a snack either in a container it can be served from, or on your own dish, which you bring home and clean yourself. Please don't bring snacks with nuts, to help those with allergies. Thanks.



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.

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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!

Plum Kennard, Andy LeCompte, Nancy Lawrence, and Bill VanderClock.

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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

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Rev Megan Lynes  
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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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