

***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**

**November 5th:  
"Beyond Boxes: Recognizing the complexity of our lives"  
Rev Amanda Schuber preaching**

Rev. Amanda Shuber and the Search Committee have crafted a beautiful service, helping us to reflect on pertinent issues as we search for a settled minister. Join them on Sunday for some greater insights into your own thoughts.

### **Reminder**

The clocks change on Saturday evening - you get an extra hour of sleep.

Put your clocks back an hour or you will be early to Sunday's service!



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

Adventures in Life - and the 'Big Terrible Thing'

I'm just back (and still struggling with jet lag) after a magical trip to Amsterdam, Bruges and France that allowed us to say 'finally done' on a journey we'd planned shortly before pandemic lockdown occurred. I traveled through Amsterdam's canals, Bruges' old city square and enjoyed the *moules frites*

(Mussels and french fries) on the menu. We traveled down the Seine and into Normandy, we celebrated the joys of Paris with the Eiffel Tower twinkling at night.

Through the whole trip - which we began on the night after news of the attack on Israel became public - there were sobering reminders of the horrors of war. We had intended this to be a trip of both beauty and sobering sadness, and it was. On the one hand, visits to Auvers-sur-Oise, where Van Gogh lived the last two months of his life; and Giverny, where Monet painted his amazing "Water Lilies" canvasses. On the other hand, we walked through the Anne Frank House in Amsterdam, tears streaming down our faces at the continuing pain of the world having lost such a bright light.

We celebrated the Normandy countryside, but walked the sand where the disastrous Omaha Beach operation occurred during D-day, later seeing the cemetery where thousands of good young people lie. On our visit to Arromanches, above the Juno Beach area where Canadian soldiers fought, we passed a mural on a wall: two little girls, chalk in hand, who wrote, "Please No More War - Love."

France was on the highest state of security alert while we were there. Repeated bomb threats at the Louvre and Versailles, military guards with AR-15 rifles in the streets, and I flinched and looked every time a siren approached in tandem with others behind it. We went to the Marais, the Jewish section of Paris, to the Jewish Museum and the Shoah Memorial. On a wall were the names of the "Righteous Gentiles" who are inscribed at Yad Vashem in Israel - French and other nationalities who helped French Jews to hide, or escape, or survive during World War II. Among them, inscribed at Yad Vashem in 2005, were the names of Rev. Waitstill and Martha Sharp, Unitarians who risked their lives repeatedly to help get Jewish children out of Europe during the war. "Thy names, most holy, be forever blessed," I thought over and over.

Actor Matthew Perry, who died last week far too young, wrote a book entitled "Friends, Lovers, and the Big Terrible Thing." That 'Big Terrible Thing', for me, is war - the horrible reality that was all over Europe, and is all over our lives right now. The chance that war and our need as humans to triumph over one another with violence will probably not go away. I hold to the mural of the two little girls, and pray for an end to the 'big terrible thing' - peace. May it be so in our lifetimes.

In faith, with love,

Deb

**A message from the Music and Choir Director:**



## Emma Campbell

On Monday evenings, I'm often in a building one block away from our church, doing my best to keep up with the other string players in Waltham Philharmonic Orchestra. We have been working hard on the music for our concert on Sunday afternoon. (Details are below.) This week, we had our first rehearsal with the piano soloist for Rachmaninov's 'Piano Concerto No. 2' - it is an extraordinary piece.

Unfortunately so is the piano. It was out of tune, the sustain pedal needs some TLC so it doesn't squeak, it sounded like there was at least one broken string, the legs are a little wobbly and the hinges that attach the lid to the body of the piano are no longer connected to the body of the instrument.... And yet Victor, the soloist, gave it his all. He chose to work with the imperfections, knowing the piano was far from perfect before he agreed to play with us this season. I confess that I forgot to play in one section of the second movement. I had lost count during my resting measures because I was mesmerized by the incredibly beauty of what was coming out of an instrument that seemed so inadequate for the task at hand. I was not the only person who missed their musical entry - even the conductor was distracted at one point.

Our settled minister - when we engage one - may not be 'perfect'. We all have our flaws, and there are things we cannot do - however hard we may try. That does not mean there cannot be beauty in what we can achieve together, and it won't be fun, exciting, or nerve-racking. Like Victor, we may have to celebrate what we do have and make the most of it, rather than longing for things that are unattainable.

Tickets for Sunday's concert are available. By then, the piano will have received some attention from the technician who looks after ours in the Sanctuary. Hopefully, the players at the front of the orchestra will no longer be distracted by a squeaking pedal that occurs out of time, or any of the other extraneous sounds it makes. Perhaps they will have become so used to them they are simply no longer noticing them. You could come and try to identify all the 'flaws' in the piano or our playing, but that does not occur to me as fun. How about coming to appreciate the joy that comes from working hard together to overcome challenges? Being in the audience is an important role. Just as a minister needs a congregation, musicians need an audience. A supportive one helps to bring out the best in us, and we would love to see you there.

Yours Musically,  
Emma

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**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.

To view the live broadcast of the service (or the recording), please click [here](#).

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! To volunteer food or assistance please click [here](#).

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.



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## Beyond Categorical Thinking

This weekend promises to be enlightening, challenging, and inspiring.

Beyond Categorical Thinking takes place this Friday, November 3 between 7-8:30pm and there is a second, different session on Saturday, November 4 between 10-11:30am.

The sessions will be led by Rev Amanda Shuber over Zoom. The link to join is:  
<https://us02web.zoom.us/j/81142715721?pwd=TIJpVVRwZVgvdjJZWkdyTOFLNEpTUT09>

A volunteer will host a zoom meeting in Whitcomb Hall at the scheduled times on Friday night and Saturday morning. If you do not have a computer, or just want some company, please come and join us.

Whether you are able to attend, or not, it would be greatly appreciated if you could ensure that you have completed the survey link that was emailed to you around 10pm on Monday night. In case you missed the email, a copy of the survey can be found here: <https://uua.wufoo.com/forms/m1x3s01l0li7b53/> .

On Sunday, Rev. Amanda Shuber will be leading the worship service.

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

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### News from the Search Committee:

If you have not yet attended a cottage meeting held by the Search Committee, you have two more opportunities to do so. There is 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.

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

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### Writer's Group

A writer's group is being formed at First Parish in Waltham with the purpose of writing about life! As one participant put it:  
*"Writing can put a little distance between you and your thoughts and sharing that can lead to even more interesting reflections."*

We have openings for two more. We plan to meet at 4pm to 5.30pm on Fridays with the frequency "to be determined." We will rotate these in-person meetings at members' homes. For more information, contact Brenda at: [Brenda.Asis@Walthamuu.org](mailto:Brenda.Asis@Walthamuu.org) .





## CHARTING YOUR CONGREGATION'S PATHWAY TO NET ZERO A Panel Discussion with Q&A

Sunday, November 5: 2 - 3:30 pm  
Winchester Unitarian Society: 478 Main Street  
Register to receive reminders and the link to the livestream



Is your congregation on board with MA's Net Zero by 2050 goal?  
Calling all members of "Green Teams" --  
or Buildings Committee -- or  
congregational leaders looking for concrete ideas for  
leading your congregation to a net zero future!

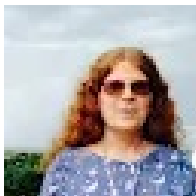
Learn from our panelists!  
Chuck Khuen, Winchester Unitarian Society  
Bruce Alexander, First Congregational Church of Winchester  
Anne Hayek, Needham Congregational Church  
David Sedlock, West Concord Union Church

*What are the different approaches to creating a net zero plan?*  
*How do you build support for this goal in the congregation?*  
*How do you identify and prioritize a range of CO2 reduction actions?*  
*What kind of technical and cost evaluation actions are needed?*

Q & A follows, moderated by Jim Nail and Bill Schroeder,  
MassIPL's expert environmental stewardship assessors.



REGISTER @ [bit.ly/NetZeroHOW](https://bit.ly/NetZeroHOW)



### One Thing You Can Do

Election day is Tuesday, November 7 (next Tuesday).

Remind your friends and family to exercise their right to vote.  
Polls are open from 7 AM - 8 PM on Election Day. Go to the [Election Information page](#) to check your voting location.

If you have a mail-in ballot that you have not yet mailed, at this point you should hand-deliver it to City Hall. Either drop it in the secure ballot box behind City Hall, or drop it off at the City Clerk's Office in City Hall.

You can go to the [Election Information page](#) to get a list of candidates.

Go to the [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



Victor Cayres, Soloist

TICKETS \$20  
SEATS ARE LIMITED  
FOR MORE INFO  
VISIT [WPHIL.ORG](http://WPHIL.ORG)



Victor Cayres, Guest Soloist  
Antonin Dvorak: Symphony No.7  
Sergei Rachmaninoff: Piano Concerto No.2

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## Guided Meditation

All are welcome to a "Minding the Body" guided meditation on Thursday, November 9 at 1pm in the chapel.

Long-time, and first time meditators can benefit from this session.

The session will be led by Kris DiNardo, and she would like to know how many people to expect. Please contact the Office Administrator if you would like to attend, or if you have any questions, via (781) 893-6240 or email [office@walthamuu.org](mailto:office@walthamuu.org) .

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**Friday November 10th, 2023 6:00pm**

## **TACO NIGHT!**

Keepin' things pre-holiday simple & yummy  
Just bring the fixings & assemble your own  
GF tortillas most welcome! Cheese, guacamole, beans,  
limes, sour cream, cooked meat, salsa, Tabasco. Mmmm.

**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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## **Cat Food Drive**

Sunday Nov. 12 in Whitcomb Hall

The Cat Connection (TCC) is holding a cat food drive at First Parish during coffee hour. TCC, a Jones Fund grant recipient, is dedicated to helping stray, abandoned, and surrendered cats by providing shelter, food, veterinary care, and adoption services. We need food! Canned and dry food, even open bags, will be gratefully accepted. No expired food, though, please. Cash donations also gratefully accepted.



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## **Another Opportunity to Help around the Building**

Sunday November 12th, 1pm

Yes, you have another chance to join us for stewardship day. There are leaves that need to be raked and plenty of other tasks that need to be done in and out of our beautiful building. Turn out was a little low at our last stewardship day, so please make an effort to come and join us. Taking care of a building really does take a village and we need your help. We'll be doing it after church on Sunday, November 12th starting at 1pm. Lunch will be provided to those who are staying to help. Contact Dan Taylor if you have any questions.

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## **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.

**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](mailto: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

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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!**

(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.

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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

## Light the Steeple

Honor  
a person, occasion,  
event, or idea

Contact the Office

 [office@walthamuu.org](mailto:office@walthamuu.org)

 781.893.6240



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



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)

### ***Happy Birthday this Month to:***

Michael Carmody 11/4  
Andy Lowe 11/16  
Carla Hillyard 11/16  
Kris DiNardo 11/18  
Mary Ahrens 11/23  
Plum Kennard 11/27  
Ashley Kamal 11/30

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

## Ministry Staff Team

### **Parish Minister**

Rev Megan Lynes  
617.276.7655

[revmeganlynes@walthamuu.org](mailto:revmeganlynes@walthamuu.org)

### **Transitional Ministry Associate**

Deborah Weiner  
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[deb.weiner@walthamuu.org](mailto:deb.weiner@walthamuu.org)

### **Office Administrator / Music and Choir Director**

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or

[musicdirector@walthamuu.org](mailto:musicdirector@walthamuu.org)

## Board Members

### **President, Board of Managers**

Deb Jose

[president@walthamuu.org](mailto:president@walthamuu.org)

### **Assistant Treasurer**

Dan DeHainaut

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### **Clerk**

Peter Duane

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### **Community Outreach Commissioner**

Elisse Ghitelman

### **Membership**

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### **Music and Worship Commissioner**

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### **Property**

Dan Taylor

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### **Religious Education Commissioner**

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[outreach.commissioner@walthamuu.org](mailto:outreach.commissioner@walthamuu.org)

**Finance**

Donna VanderClock

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**Treasurer**

Janet Riley

[treasurer@walthamuu.org](mailto:treasurer@walthamuu.org)

## 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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