

**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 12th:

**"Chaplains on the Way & First Parish in Waltham:
We Get to Carry Each Other"**

**Led by Jill Gaulding, Chaplains on the Way Administrative Team Lead
and Rev. Megan Lynes**

Jill Gaulding, Director of Chaplaincy and Programs for Chaplains on the Way, will talk about gratitude, patience, empathy, and faith, and gratitude again, for all the ways that First Parish and Chaplains on the Way communities get to carry each other. Come hear stories, poems and gorgeous music. A service discussion and time to ask questions will follow the service, in the Harrington room with Jill Gaulding and Rev. Megan Lynes.



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

Walking down Moody Street in Waltham today I took note of many stores decorated for Diwali, which begins this Sunday Nov 12th. Often called the "Festival of Lights," Diwali is a the most significant celebration in Hinduism and many other Indian religions and cultures. It lasts for five days and symbolizes the victory of light over darkness and good over evil. Diwali marks the return of Lord Rama after defeating the demon king Ravana, with lamps and candles representing knowledge dispelling ignorance.

Diwali is a joyous and festive time with visits to temples and shared meals with family and friends. Homes and public spaces are decorated with colorful rice or sand art. Candles, oil lamps and electric lights create a

bright happy atmosphere. People exchange gifts and special sweet foods. While traditions may vary, the core theme of spreading light, and seeing the beautiful light of humanity remains constant.

It's important to note that the theme of light overcoming darkness is found in many cultures throughout the world. We know this theme can be used to create or spread racism, and that depending on the circumstance and situation we also need to lift up the beautiful attributes of darkness or the unknown. What's important is unpacking the meaning behind each cultural message or tradition.

On Sunday in our service, we too will talk about themes of light, insight, togetherness and joy, as we explore our congregation's partnership with Chaplains on the Way. The Program Director, Jill Gaulding, will deliver the sermon, exploring stories of hope, challenge and compassion among the unhoused community and those in partnership with them.

This Sunday's closing words are ones collected and created by the Leadership Group of Chaplains on the Way. They share them each week in their community and include this quote by Leonard Cohen: "forget your perfect offering, there is a crack in everything, that's how the light gets in."

What light do you hope shines in your life these days? What small act of compassion might bring your light to others?

May the radiant wisdom of every religious tradition illuminate our hearts and minds this season.

With you on the journey,

Rev. Megan



A message from the Music and Choir Director: Emma Campbell

What do this Sunday's Prelude and "Steve" have in common? What do they have to do with my mum?

Composed by Jesús Torres, a contemporary Spanish composer born in 1965, Sunday's Prelude is what some people call 'modern music'. This term is often used in a derogatory way to describe music that does not always 'behave' in predictable ways. "Aurora" has some interesting, shimmering harmonies that shift in subtle ways, as might be expected from the title.

I am heading out of town on Monday evening to go and visit my mum near London, England. While I am very excited about spending a couple of days with her and fitting in some time to see my sister too, I was incredibly disappointed to realize that last Sunday evening, aurora borealis made an appearance across most of England. There was nothing 'northern' about it – the effects were seen along the south coast. I have never seen them, and it's something that has been on my bucket list for a long time. I wish they had waited for me to be there.

"Steve" also made an appearance at the same time as aurora borealis on Sunday. Rather than being a "who", Steve is a "what". Steve (Strong Thermal Emission Velocity Enhancement) is a purple and green light ribbon that can appear in the sky and is a cousin of aurora borealis. Steve has been photographed for decades, and some evidence appears to suggest that observations of Steve have been made since 1705, yet a name didn't exist until 2016. The name references the movie "Over the Hedge" – a wonderful animation about a group of animals who learn some sharp lessons about how to be a community. They wake from hibernation to find a hedge where there hadn't been one before. The animals decide they would be less afraid of it if it had a name, and a squirrel decides it should be called "Steve".

If the idea of listening to contemporary music makes you feel uncomfortable – perhaps you imagine it will be unpleasant – you could always give it a more friendly name. Moving forward, I will give spiders names and see if that helps!

Yours musically
Emma



Who is this 'Happy Chappie'? Meet KJ!

This is KJ Robertson Jr., the Facilities Coordinator at First Parish in Waltham. You might see him in the building on Sundays enjoying the service and a cup of coffee, but during the week he makes sure the building is ready to receive renters and other guests.

Most of the time KJ is smiling as he collects trash, tries to keep the sidewalks clear from leaves and snow, carries out repairs on everything from lawnmowers to toilets, refreshes paintwork, changes lightbulbs, assists with the routine maintenance of the grounds, and checks the stock of items such as toilet paper and hand soap.

While KJ has a passion for coffee, steak and Mountain Dew, he also likes to make sure that Whitcomb Hall and the kitchen are ready for our renters to use. Clearing away surplus chairs and tables that have been left out is not one of his favorite tasks - especially if he has other needs to address - but renters are arriving in a few hours. Equally, KJ is frustrated when people leave items in the kitchen with no label. Are they lost property, food items for an upcoming event, available to anyone who wants to help themselves?

KJ takes great pride in his work, and while he has only been with us for just under a year, the number of regular renters and returning renters has steadily increased. Meeting their needs is part of his job.

Please support KJ by ensuring that the building is left as you found it. A happy KJ is a pleasure to work with - and who wants to be responsible for removing someone's smile?

Thank you!

News from the Search Committee:

Many thanks to all who attended the Beyond Categorical Thinking Workshops last weekend. Rev. Amanda Schuber led us in questioning our assumptions, stressed the importance of maintaining boundaries, and cautioned us that ministers who preach on the same topic associated with their identity three or more times in a year can be seen as "single-issue" ministers.

We learned that silence can destroy a ministry and make us unwelcoming; that we need to hold each other accountable. If someone is saying something insensitive, we need to kindly address it - it is not the minister's responsibility! In addition, we need to consider the congregation as a larger ministry. While people want to get to know the minister, the connections that newcomers make with congregants will determine if they come back. In other words: ministry is a shared proposition, and we all play a part in ensuring its health and vitality.

During our Sunday Worship service Rev. Amanda shared the story, "[My Shadow is Purple](#)" by Scott Stewart. For those of you who want to revisit the story, we're providing the link.

Meanwhile, **we have two more cottage meetings scheduled:**

- 1) a Zoom meeting on Saturday, 11/11 at 3:00 to accommodate young families (Signups required to access the Zoom link); and
- 2) an in-person session on Sunday 11/19 at noon at FPW to accommodate choir members. You are welcome at either meeting, even you are not part of a young family or choir. Sign up at [https://www.signupgenius.com/go/30E0945ADA729AAF94-44465074-ministerial#/.](https://www.signupgenius.com/go/30E0945ADA729AAF94-44465074-ministerial#/)

Questions or comments? Email us at search@walthamuu.org

How Our Ministry Helps Those Outside Our Doors

Dear FPW community,

My name is Chloe-Rose and I am the Manager of the Community Day Center of Waltham, an organization that works with people experiencing homelessness. I am writing to thank you personally for the funds you've given to First Parish that are put into the "ministers discretionary fund" to be used for supporting those in need within the church and in the wider community.

I reached out to First Parish because I've been working with an 80-year-old man living out of his car. Recently, it broke down and he didn't have the funds to fix it. He was terrified that it would be towed, as that would take away his place to sleep at night. After contacting First Parish Waltham, and working with Rev. Megan and Deb Weiner, we figured out a plan of support. This gentleman was able have his car repaired, re-insured, and got his car a new inspection sticker. He is so relieved that his car (and home!) can stay on the road!

We are endlessly grateful for your support of this client. Because of these funds he is no longer in an emergency situation and I can now work on long-term solutions with him.

Thank you for all you do to make a difference in the lives of others!

Thank you again so much and take care,

Chloe-Rose

The First Parish in Waltham Minister's Discretionary Fund Offers financial support to those in the congregation and in the wider Waltham community in times of need. We welcome your gifts to this fund. If you wish to contribute please send your checks to First Parish in Waltham, with "Minister's Discretionary Fund" in the memo line, or drop your check in the offering plate during Sunday services. Thank you!

Keys!

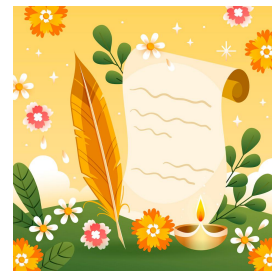
Our front door has been converted to an electronic locking system. If you have a key to the front door it will no longer be working when you read this newsletter. Dan Taylor is responsible for ensuring that people who had keys have been issued with a 4-digit code so that they can enter the building. If you have not received yours, or it is not working, please contact Dan via property@walthamuu.org or drop by the church office during office hours.



Writer's Group

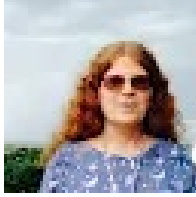
A writer's group is being formed at First Parish in Waltham with the purpose of writing about life! As one participant put it: "Writing can put a little distance between you and your thoughts and sharing that can lead to even more interesting reflections."

We have openings for two more. We plan to meet at 4pm to 5:30 pm 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 .



One Thing You Can Do

As the weather cools off, I have noticed myself adding more layers of clothes, and wearing hats and gloves outdoors. What if I didn't have more clothes to keep myself warm?



Please consider helping our friends and neighbors who don't have houses and closets filled with winter clothes to also be able to stay warm. I reached out to Pat Murphy, who does a lot of work with the Community Day Center to make sure folks have the clothes they need. She suggested the following items. Please feel free to bring these to church any Sunday or let me know how I could pick these up from you:

- Men's Boxer Briefs, all sizes
- Women's underwear, all sizes
- Socks, regular and boot/thermal
- Gloves
- Hand and foot warmers
- Dunkin' & McDonalds \$5 gift cards

- Elisse Ghitelman, Outreach Commissioner

Guided Meditation

All are welcome to a "Minding the Body" guided meditation on Thursday, November 9 at 1:00 pm 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 .

Men's Group

The debut meeting of the First Parish Men's Small Group will be this Friday, November 10, from 4:00-5:30pm in the Harrington Room. We will get to know each other a little deeper, and share our ideas on what we would like from this group. Future meetings may happen at a different time. Please contact [Scott Tougas](#) if you would like to know more or join us this Friday.



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!



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, please. Cash donations also gratefully accepted.



Another Opportunity to Help Around the Church

Sunday November 12th, 1:00 pm

Yes, you have another chance to join us for building 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. 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 begin after church on Sunday, November 12th starting at 1:00 pm. Lunch will be provided to those who are staying to help. Contact Dan Taylor if you have any questions.

Unity Farm: Sanctuary Tour

Friends and Families - November Event
ALL WELCOME



Sunday, November 12th

17 Unity Lane, Sherborn

**Meet after church at 12:00 to carpool,
or 1:00 at the farm.**

**Buy your \$10 Sanctuary ticket on their
website before you come.**

First Parish Book Club

November 16, Harrington Room at 1:00 pm

(Note the 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

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



What are you doing for Thanksgiving, on November 23rd?

Come and join old friends and new in Whitcomb Hall, as Chaplains on the Way serves breakfast to our housed and un-housed neighbors. Extra helping hands are always welcome, anytime between 8am-noon on 11/23. To volunteer your time or food donations, please contact Jill (jill@chaplainsontheway.org).

Holiday Marketplace Returns!

Would you like an easy way to shop for holiday gift items, decorations for your home, or baked goods or other food items for your holiday meals? The First Parish Holiday Marketplace is returning soon. This year we'll be operating on a pop-up basis; you'll be able to shop in person after church on the first 3 Sundays in December.

Will you support First Parish and share your cooking, sewing, crafting or other talents by donating items to be sold? Perhaps you make a really good pie or cake, cookies, cranberry relish, soup or something else that's delicious. We welcome all contributions!

Please email gildersleeveleslie@gmail.com or donnavanderclock@gmail.com if you'd like to donate something to sell. All proceeds will benefit First Parish.

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).

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:

Deb Weiner 11/9
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

Please feel free to send a card or an email to these good people!

Ministry Staff Team

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Transitional Ministry Associate

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Deb Jose

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Treasurer

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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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