

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



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Upcoming Services at 10.30am:

**September 24th:
"Nose to the Trail"
Rev. Megan Lynes preaching**

Theologian Frederick Buechner writes "your vocation in life comes from where your greatest joy meets world's greatest needs." How do we know when we are on the right path for us as individuals or as a community of faith? What signs in your life have helped you understand your calling?

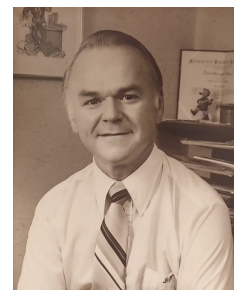
**October 1st:
"State of the Parish Address"
Rev. Megan Lynes and Deborah Weiner preaching**

This congregation, in all its iterations, has existed for almost 350 years. What a long and persevering journey! What tales from the archives, and stories from among us help guide us into health today? Where are we now and where are we going? Let's stand on the balcony and take a good look at the state of the parish, as it was, and as it is today.

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>



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

On Sunday at church I met Punchy Taylor, a striking 97 year old woman



with sparkling eyes and clearly an indomitable spirit. She shared with me the charming tale of how she got her name. It all began with a youthful rebellion during a driver's ed test. Apparently she nearly failed the test because she wanted to look extra attractive for her instructor and decided not to wear her glasses that day. She could barely see and thus her driving was so poor that the instructor jokingly asked if she was "punchy." This met with the laughter of her sorority sisters in the backseat, and in that moment her endearing nickname was born. I love hearing stories like this, knowing that the past young adult "punchy" driver, is the very same spunky woman in a wheelchair before me. We need to share these stories to remind us who we are to ourselves and to one another, through the ages, in specificity and nuance.

Within the close-knit tapestry of a church community, storytelling takes on a sacred dimension. Our elders, the keepers of wisdom and tradition, hold within them the stories of our people, the foundation of our faith community, and a source of guidance and inspiration. After the service this past week, I met Grace Curtis, and learned she's the oldest living member of the Waltham Universalist church before it merged with the Unitarian one back in 1958. Simultaneously, our children, the custodians of our future, carry within them the stories of their connections to church, and they are no less important. On Sunday, three returning elementary aged students bopped around their newly painted Sunday School room, delighting in showing their teachers their favorite toys and activities they knew from previous years in church. Our faith community's narrative through the years relies not just on written documents we store in a fire proof safes, but also in the sharing of stories aloud. When we take time to truly hear one another, it is a testament to the timeless strength of our shared beliefs and aspirations.

On October 1st, our worship service will include a "State of the Parish Address." We'll explore how are things going around here, where are we headed this year, and what essential elements of who we are continue to carry us forward. I am meeting with our church historian Amy Eastwood before then and will eagerly gobble up stories from First Parish lore. (Many of you also have sent or told me some of our history, thank you for that!) However, I would also love some help from YOU! I'm specifically looking for informal stories that may not have been shared before (or with the whole congregation,) about how a specific moment here at church shaped or changed you. Is there a person or event here that has given you life wisdom that you rely on, that you want to offer back to the congregation as part of our living history? Our faith tradition offers us guidance on how to live our lives, and it will be a joy to examine how we've done that, in specificity and nuance, through the ages. The service will center around our own narratives and stories as we live our values and aspirations, and your insight would be an honor to share.

With you on the journey, in hope and love,

Rev. Megan



From Your Director of Religious Education: Yvonne Andrews

Every interaction you have with your child is communication. This can be a simple conversation or a hug. The child will notice if you are fully engaged with this interaction or not. Everything you do with your child will teach them how to interact with others later and determine the type of communication you will have with your child as they get older.

Communicating is not just the words you say but your body language as well. What is your facial expression saying? Do you have eye contact with your child? If you do not then the child may get the impression that what they have to say is not important or others things are more important. Pay attention to hand gestures, personal space and physical touch like a hug can make a big difference. Rules to go by:

- 1) Active listening: Put down what you are doing and give your child your full attention.
- 2) Speak to your child in a way they will understand and is age appropriate. Do not use derogatory language.
- 3) Use reflective language. Do not repeat word for word what they have said but summarize in a way that invites them to tell you more.
- 4) Explain what you are feeling and encourage them to do the same.
- 5) Use descriptive statements when they do something good. Instead of "great

job" perhaps "I noticed that you....."

6) Pay attention to their body language and tell them what you are seeing.

7) Have fun together. Create new memories and things to talk about.

Your child is young for a short time. What you do now will make a huge difference in their life.

A little about me: I have 7 children: 4 girls and 3 boys. I have also raised many foster children. Children need to feel that they are important in your life. Whatever you were doing can wait most of the time.

Yvonne

Religious Education is underway.

Here's what we're up to in the month of September:

Sunday, September 24th: This week marks the start of our new curriculum, "Gather the Spirit" You can read about the curriculum here:

<https://www.uua.org/re/tapestry/multigenerational/gather>

Through stories and hands on activities we'll learn about stewardship of the Earth.

Sunday, October 1st: This week's topic in our curriculum is "Gather in Sympathy." Our children will experience a water meditation, and enjoy acting out the story of "The Rain God."

Without You...it's not possible!

Are you interested in volunteering to help deliver our exciting Religious Education to the youth in our congregation? Do you have a particular talent that you might like to share in a one-off session? Please click [here](#) to complete a short questionnaire.

Thank you so much.



A message from your Music and Choir Director: Emma Campbell

At home, I have a large floor-to-ceiling cabinet that is full of music, books about music, unusual instruments and the like. I cannot confess to having played or read everything I own, but I do love searching though to find inspiration for what to play for services.

When Rev. Megan informed me that she was planning a service about peoples' vocations I was very excited, and my inner nerd (who doesn't stay very hidden) sent her a long email about all the wonderful pieces of music I could use. Little did I know that I was communicating with a fellow musician. Taking all of my excited musings in her stride, Rev. Megan helped me to narrow down my choices and I hope you will approve of her selections.

'Walking Song' by Howard Blake seems oddly titled to me. It is not a song, nor does it feel like a walk to me. Instead, it feels like a gentle ramble, or roam, where the composer gets distracted by something before getting back on with their journey. The piece comes from a curated collection of pieces that the composer put together at the request of Vladimir Ashkenazy, a famous pianist who was a huge fan of Howard Blake. While both Blake and I compose music for film soundtracks, I have yet to be invited to create a book of 24 piano pieces. I don't think this is going to be my 'calling'.

In his early years, Robert Schumann was a member of a musical society known as *Davidsbündler* (League of David). The aim of the society was defend 'Modern Music' against the perceived threat coming from its detractors. The Offertory is from a group of 18 pieces that Schumann composed with this title. At the time, the chromaticism and irregular phrase lengths would have shocked listeners - it is incredible to think they are almost un-noticeable now. Perhaps the work undertaken by Schumann and some of his contemporaries was instrumental in this fact.

I am not sure who the 'Gertrude' in "Gertrude's Waltz" (the title of the Postlude) refers to,

but Beethoven certainly was not creating an easy life for himself when answering his calling to be a composer. As someone who went profoundly deaf and was unable to hear his incredible creations, I find it hard to imagine where he found the drive and enthusiasm to continue milking his creative juices. He is my ultimate musical hero and has been for decades.

Do you have a musical itch that needs scratching? If so, the choir will be resuming their rehearsals at 12 noon on Sunday. We are open to all - from people who have never sung choral music before to musical geniuses.

Yours musically,
Emma

Staff News

We are delighted to announce that Kevin Robertson Jr, better known as KJ, has been permanently hired as First Parish in Waltham's Facilities Coordinator. KJ's excellent work and care of our buildings, grounds and equipment have been lauded by many and we are so glad to have KJ as a member of our permanent staff team!

Deborah Weiner, Transitional Ministry Associate

Seeking a Church Photographer! Or your one-off pictures of church life!

Each week exciting and meaningful events happen at First Parish, and we'd love to tell and SHOW our story visually all year long! Do you like to take pictures? Would you consider snapping a picture of something great in a service, or when games night meets, or your committee is all present, or your fun coffee hour prep team laughs in the kitchen? Send it on over to Emma in the office, or Megan or Deb on text or email. We will not post without permission, but we'd LOVE to start a collection of great pictures for use on our website or to invite people to our events. As you know, a picture speaks a thousand words. Thanks for any help! - Your staff team.



The 8th Principle - and Pancakes!

"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 actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

We are continuing our conversation about adopting the Eighth Principle as a congregation, and will also talk a little about the Article II revision. You can participate while enjoying a delicious breakfast, prepared by our Adult Religious Education Team!

Come join us to ask questions, and prepare for our congregational vote on October 22nd.
Pancakes will be served at 9:15am - come and join us!

Tea, Treats, and Conversation!

Come meet Rev. Megan, and spend time with beloved Emma Campbell too, all while seeing old friends, and meeting new ones. Join us in the Harrington room on Thursday, September 21st from 1 to 2 PM. The Book Club will meet in person and online just following this meeting in the same space.



If you would have liked to attend, but are not free then, please shoot

Megan an email, (revmeganlynes@walthamuu.org) and we will arrange a time to connect, or to gather a small group at a time that works for you!

Bring nothing, come as you are, leave fulfilled. Hope to see you there!
Megan

First Parish Book Club is Back

We meet via Zoom on the third Thursday of each month. Email Martha Gallagher via the office at office@walthamuu.org for the link.

Thursday, September 21 at 2pm
Book: Tom Lake, by Ann Patchett



From the Community

Ministerial Search Committee News

Please mark your calendars. We need your input to help shape our search for a settled minister. You are welcome to come to any one of these "cottage" meetings that meets your schedule. An online sign-up sheet will be posted soon.

Date	Time	Location	Hosts	Focus
Oct 8	9am	At FPW & zoom	Marty and Daphne	All Members
Oct 12	8pm	Zoom	Katie	All Members
Oct 21	7pm	Zoom	Alex and Katie	Under 35s
Oct 23	1pm	At FPW	Marty and Daphne	Seniors and non working
Oct 24	7pm	Bill V's home	Bill	All members
Nov 11	3pm	Zoom	Alex and Daphne	Families with young children
Nov 19	noon	At FPW	Katie and Marty	Choir



One Thing You Can Do

As your new Community Outreach/Social Justice commissioner, I'm starting a weekly "column" suggesting "one thing you can do" that folks could do that week to build the world that we want to see. It can be an action that can be done individually, a community activity in the upcoming week, or a church event. Think about the groups you're involved with, the issues you care about, what you wish more people knew they could do. Let me know your "one thing you can do" and we'll put it in the newsletter.

One thing you can do This Week: [Come out and help prepare the historic and pastoral Wellington fields for use and wildlife.](#) Run by the Waltham Land Trust, Saturday, 9/23/23, 9 - 11am

Elisse Ghitelman

Guided Meditation

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

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.

Join in the Fifth Friday Shabbat Potluck Dinner

In every month that has a Fifth Friday, we meet for a Shabbat potluck dinner. We **include anyone** who wants to come; all, whatever your religious background or lack of it, are welcome.

This month's potluck supper starts at **6:30 pm in Whitcomb Hall on September 29th.**

Friday is the evening that celebrates Shabbat, the Sabbath, with great food, traditional wine and challah blessings, camaraderie of friends old and new. Please come, bring family members, friends, and something to share either food or beverage.

Let us know if you are coming and what you are able to bring by emailing Joan Bone at bonehaus207@yahoo.com. Joan keeps the list and can answer questions you might have.

Whether you've come before and are a 'regular' or it's your first time attending, you are welcome. Happy to see you!!!

Thank you,
Joan Bone

Let's Spiff this Place Up! - Your Help is Needed! Saturday, September 30th 9-1:

It takes a village to raise a Church Building and Grounds! and we need the village to come out and help us spruce up the grounds and do our best to keep the building in tip top shape for ourselves, our renters and our community. Please come and join us. Lunch will be provided (let me know if you have any dietary needs). **9am - 1pm** (you do not need to come for the entire time). Contact Dan Taylor if you have any questions: property@walthamuu.org.

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. Current members are Plum Kennard, Andy LeCompte, Nancy Lawrence, and Bill VanderClock. Please reach out to us if you believe we can help: pastoralcare@walthamuu.org - a member of our team will respond to you in a timely manner!

We have wheels for you!

We are thrilled to have a wheelchair available at the church for use by anyone who would find it helpful! Thanks to the Waltham Council on Aging for the loan of this important assistive device. 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).

When is Your Birthday?

.....
The Membership Committee is looking
to recreate the celebration of

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



<http://tiny.cc/Donate2FPW>



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

Happy Birthday this Month to:

Frank Orvitz 9/2
Manny Kamal 9/12
Pam Penton 9/15
Jade Taylor 9/15
Donna Vanderclark 9/16
Shirley Traite 9/9
Evan Taylor 9/22
Dylan Ramage-Healy 9/30
Roland Peterson 9/30


Send a card or an email to these members!

Light the Steeple

Honor a person, occasion, event, or idea

Contact the Office

 office@walthamuu.org

 781.893.6240



Ministry Staff Team

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Treasurer

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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