

***Wherever you are on your spiritual journey,  
you are welcome here.***



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



### **Ingathering Sunday: Mingling Waters, Building Community**

**Come on home, one and all!  
September 10th**

Just as many streams meet at the ocean, so we are uniting as one community once again. Join us for a festive time of good stories, good music, good food, and best of all friends old and new. Our beloved hymn reminds us: "As tranquil streams that meet and merge and flow as one to seek the sea, our kindred hearts and minds unite to build a church that shall be free --"

Don't forget to bring a little water representing your heart's journey this summer!  
Led by the entire worship staff team.



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

Many UU congregations follow an annual Ingathering tradition on the first Sunday after Labor Day that includes a Water Communion Ritual. The ritual was begun by activists at the 1980 Women and Religion Continental convocation of Unitarian Universalists and signified that women who lived far apart were each doing local work that was connected to the work of the whole. This idea has flourished and expanded through the years, but always keeps the essential concept that we are all connected.

This summer the rains fell so often I hardly had to water my garden at all. I admit that I love a good rainy day, but of course so much rainfall is yet another sign of climate change. We were lucky in the North East, compared to so many places where wildfires burned and the temperatures skyrocketed. There, a little rain falling was like a salve on a burn. Water is the source of all life.

This Sunday for our Ingathering Service, we will rejoin into one gathered body, just as many streams meet at sea. We'll bring with us water from the ponds we swam in with our families. Water scooped from the ocean holds the molecules of melting icebergs. And someone among us will surely have saved the tears shed for an unfathomable loss.

Water is a life saving force that unites us, and we are humbled to gather to express our gratitude for the places and moments when water gave us life, hope, reassurance, or peace of mind and heart. We will unite as one beloved community again, with all the consciousness that water communion brings.

I very much look forward to being with you all in just a few days time.  
With love for the journey,  
Megan



## From Your Director of Religious Education: Yvonne Andrews

As we enter the fall the children have returned to the classroom both in school and religious education. Each student learns differently. Many students are neurodiverse in some way, research shows. We all have strengths and weaknesses.

How can we make the classroom a positive experience for all?

These techniques can also be used at home:

- 1) Allow little adjustments. Acknowledge sensitivity to sound, light or the amount of people in the room.
- 2) Break tasks into smaller chunks. Instead of giving a child a task that has three parts to it, only offer one section at a time. Instructions that are complicated may seem overwhelming causing the child to freeze
- 3) Be patient. Some may need the instructions repeated, they may need more, or for you to guide them.
- 4) Be very clear on how you communicate.
- 5) Help the child organize with to-do lists, rubrics and simply letting everyone know what will happen in the classroom today..

With a few changes the year can be successful for all.

Just a reminder:our ice cream social is this Sunday after service!

Yvonne



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

Dear Friends,

I am very much looking forward to being with you during worship and am feeling refreshed after my summer 'break'. The first day after our final service of the year in June I ordered myself some new piano books so I would have a way of keeping my fingers and mind busy. I also extended my experiences of vocal music by attending the Annual Conference for the Association of Unitarian Universalist Music Ministries. What a feast that was! Lots of singing and other related workshops that led to discussions centered around what the new UU hymnal should contain and how it should be presented.

I completed my musical feasting last weekend by heading to stay with family in DC. We went to see Gregory Porter's incredible performance for the DC Jazz Festival, and the next night we saw Sting in concert. While both performances were totally different, each was spiritually moving in its own way. While not all genres of music move me to tears, I do love to experience live music - and there is the opportunity to do so every Sunday until June!

On Sunday we are being joined by a small ensemble that perform as part of The Jamaica Plain Honk Band who will be our 'warm up act' - weather permitting they will be playing outside as you arrive for the service, so please consider arriving 10 minutes early to make the most of the opportunity. Scott Tougas will be performing a new song he has composed for the Offertory and is being joined by Michael Carmody on keys.

That leaves me the Postlude - I have chosen a piece by Paul Harvey. He is one of my music heroes - the videos his son posted on Twitter went viral for highlighting that despite battling dementia, Paul the Musician was thriving in ways that Paul the Father was not. I have chosen 'Rumba Toccata'. A rumba is often considered the dance of love, and when literally translated 'toccata' means 'touched'. I hope you find something in Sunday's upcoming service that you love, and something that touches you and makes you see something in a new light.

Warmest wishes,  
Emma

**First Parish's Waltham Clothing Exchange** thrift shop will be starting it's Sixty-Seventh year serving the community on **Tuesday, September 12th, from 10:00am until 4:30pm**. The Fall Season runs until

December 9, open only on Tuesdays from 10 to 4:30 except for a Saturday opening October 14 from 9 to 1.



Despite a reduction in sales space, there will still be plenty of good stuff - clothing for men, women, children and infants, toys, games, crafts, housewares, small appliances, giftware, linens, lamps, artwork, jewelry, shoes, handbags, accessories, holiday items and more! Every week our consignors add to our ever-changing inventory. Help yourself to a bargain while helping to save the environment.

Susan and Joel would welcome volunteer interest! You don't have to help the whole day. Drop them a line or drop in to shop and talk!

Joel & Susan Weddig, Co-Directors

[Walthamclothingexchange@gmail.com](mailto:Walthamclothingexchange@gmail.com) 339-215-9559 or 781-899-7053



### Notes from the Garden(ers):

Traditionally, we at First Parish take the summer off. Your team of gardeners, Leslie Gildersleeve, Amy Eastwood and Rose Reiser, however, do not. Since the beginning of spring they have been active, weeding, planting, spreading mulch, beating back unwanted vines and bushes, and discouraging hungry bunnies. Fortunately, this summer they were not also watering the beds and shrubs.

The team, now part of the Property Commission, meets once a week, usually on Wednesdays. Early on they were involved with spreading the leaf mulch that Barry Stearns had chopped and left to stew over the winter. Later on, necessity meant the purchasing of some pine mulch. As always, maintaining gardens means seeing which plants like where they have been placed and where they do not. Leslie has introduced natives from her own gardens in the hopes that they would flourish at First Parish as well.



One of the major activities this summer has been keeping the roses along the fence and the trumpet vine on the lower parking lot fence in check. In fact, most of the shrubs have been in overdrive this summer due to the regular rains. Our Facilities Coordinator, KJ Robertson, has also been instrumental in helping with these aspects of garden maintenance. If it rains or during the winter, the team moves inside to straighten the kitchen or sort music in the choir room or complete a task designated by Dan Taylor, Property Commissioner. There is always something to do!

The team is always looking for additional members. You do need to be able bodied; no one has said that gardening is easy. You might also consider joining us during the winter months. If you can only work on Saturdays, we can help with showing what needs to be done. And if you are thinking that you really can't do any of these tasks, we are always grateful for people picking up the trash that seems to accumulate around the church and on the triangle!

Questions or offers to volunteer? Contact Leslie at [gildersleeveleslie@gmail.com](mailto:gildersleeveleslie@gmail.com).

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## 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](mailto:office@walthamuu.org) for the link.

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



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## Upcoming Services and All-Church Programs:

### September 10th. Ingathering: Mingling Water, Building Community

Don't forget to bring a little water with you to Ingathering on Sept 10th! This water symbolizes your heart's journey while we were apart. Perhaps you got a little water from the campus where you left your teen at college, your dog's water dish, the nursing home of your beloved, or your favorite swimming hole. We aren't aiming for a travelogue exactly, but rather a sense of how you were changed by your summer days." We'll have water on hand to use if you forget. Later, we will boil and save some of these mingled waters, so that it can be used to bless our children when we dedicate them.

### September 17th. "Renewal and the Promise of the Coming Day"

Deborah Weiner preaching

It's fall, and we gather again in exploration, celebration and connection. There are things in church that are the same, and things that are different, among them a new ministry team, a focus on building community and welcome, and energy directed toward searching for a new minister for the congregation. The days grow shorter, but the energy builds. In this time of Rosh Hashanah, how do we welcome the new year, and what lies ahead? Come and join us in worship, song and exploration!

### Living Our Mission, Embracing Our Vision: A Transitions Workshop

September 17, 12-3 in Whitcomb Hall, Lunch provided

Led by Deborah Weiner and members of the Ministerial Search Committee

Welcome to this new church year! Last year in our transitions workshops we explored our history, developed a new mission statement and a relational covenant, and began work on articulating a vision for First Parish in Waltham. As this year begins we have a search committee already hard at work as they prepare to look for a new minister, and it's time for us to resume the work of embracing a vision for the present and future of the congregation. YOU are the ones who will make this happen - so plan now to come to the Transitions Workshop and join in the experience. Lunch will be served. Watch for the sign-up sheet that will tell us you're coming.

### September 27th. "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?

# From the Community

## Community Involvement Opportunity

Recent conversations around church have centered on our becoming part of larger communities based on our interests.

So, if you like choral singing and you were intrigued by the Revels Singers group that performed at the stewardship dinner, you might think of joining this non-audition group.

The group meets once a week, Wednesday nights 7-8:30 at the UU church in Watertown. The fee for the first term, ending in November is \$100.

This notice is a bit late as the first meeting is September 6th but if you act quickly you won't miss this first rehearsal.

Here is the link: <https://revels.org/get-involved/#revels-singers>

Questions and carpooling requests: contact Leslie at [gildersleeveleslie@gmail.com](mailto:gildersleeveleslie@gmail.com) or 781 899 7115.

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## Join us for the March to End Fossil Fuels

Several of us from First Parish in Waltham are making plans to go to the March to End Fossil Fuels in Manhattan on September 17th. We would be happy to have more people from FPW join us. Scott Tougas has offered to drive their minivan if we have enough people. Otherwise, **there are buses available leaving from Alewife and Park Street station**. Bus tickets need to be purchased by September 1. And if you want to help, but can't go that day, you could help with things like making signs. They are also collecting donations to offset the cost of the bus ride for people who need it.

If you are interested in supporting the effort in any way, please contact [Elisse Ghitelman](#).

[Click here for more information on the march.](#)

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## The Women's Sacred Circle at First Parish Unitarian Universalist of Cambridge

will be opening to new members on September 30, at 7:15 p.m. Meetings will take place monthly thereafter.

The Women's Circle is a women's ritual and spiritual practice group designed to be a space for self-reflection and growth. In the circle we celebrate feminine archetypes, goddesses, mythologies, folklore, and representation of femininity in the divine. Circles often include such activities as meditation, intention setting, yoga / movement, burning of sacred herbs, art-making, journaling, singing and sitting with an altar of meaningful objects. Following the circle we often share food and discussion.

To register please complete the google form at this link.

[Women's Sacred Circle Registration Form](#)

Once you register, you will receive a complete list of all the dates.

Meetings are free, but donations to First Parish Cambridge Unitarian Universalist are welcomed.

First Parish Unitarian Universalist of Cambridge is located at 3 Church Street, Cambridge, MA (Adjacent to the Harvard Square Red Line T Stop.)

This is the first time the group has opened to new participants since the beginning of the pandemic and we are greatly looking forward to welcoming new members.

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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. 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](mailto:pastoralcare@walthamuu.org) - a member of our team will respond to you in a timely manner!

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



<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:

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

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

## Ministry Staff Team

### **Transitional Ministry Associate**

Deborah Weiner  
617.513.6614  
[deb.weiner@walthamuu.org](mailto:deb.weiner@walthamuu.org)

### **Parish Minister**

Rev Megan Lynes  
617.276.7655  
[revmeganlynes@walthamuu.org](mailto:revmeganlynes@walthamuu.org)

### **Director of Religious Education**

Yvonne Andrews  
987.235.1266  
[dre@walthamuu.org](mailto:dre@walthamuu.org)

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

Emma Campbell  
781.893.6240  
[office@walthamuu.org](mailto:office@walthamuu.org)  
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  
[asst.treasurer@walthamuu.org](mailto:asst.treasurer@walthamuu.org)

### **Clerk**

Peter Duane

### **Membership**

Gary Morrison  
[membership.commissioner@walthamuu.org](mailto:membership.commissioner@walthamuu.org)

### **Music and Worship Commissioner**

Bethany Templeton Klem  
[bethany.klem@walthamuu.org](mailto:bethany.klem@walthamuu.org)

### **Property**

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

**Community Outreach Commissioner**  
Elisse Ghitelman  
[commissioner.outreach@walthamuu.org](mailto:commissioner.outreach@walthamuu.org)

**Finance**  
Donna VanderClock  
[donna.vanderclock@walthamuu.org](mailto:donna.vanderclock@walthamuu.org)

Dan Taylor  
[property@walthamuu.org](mailto:property@walthamuu.org)

**Religious Education Commissioner**  
Pam Penton  
[pam.penton@walthamuu.org](mailto:pam.penton@walthamuu.org)

**Treasurer**  
Janet Riley  
[treasurer@walthamuu.org](mailto:treasurer@walthamuu.org)

## Our Church Covenant

*Love is the spirit of this church and service its law.  
This is our great covenant:  
to dwell together in peace, to seek the truth in love, and to help  
one another.*

First Parish in Waltham | 50 Church St., Waltham, MA 02452

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