

THE WAYLAND UNITARIAN

MAY 2022

Rev. Kenneth Warren Sawyer 1944 - 2022



The Bible according to Ken, 2010

The Rev. Ken Sawyer, who passed away on April 24, 2022, served as the minister at First Parish for 38 years, from 1974 until his retirement in 2012. Our community was blessed by his leadership and warmth, his insights and humor, and his ability to explore almost any topic in a sermon with curiosity and joy. When Ken retired, the congregation named him our Minister Emeritus and added his name to the plaque in the Sanctuary listing "Sometime Ministers of This Church." We will celebrate Ken and his ministry at a memorial service on Sat. May 21, at 11 a.m. We extend our love and deepest sympathy to Ken's wife Carol, daughters Amy and Becca, and their families. Thank you for sharing him with First Parish.



Everyone loved Ken's children's stories, 2010



Memorial Day Parade, 2012



UUUM Work Day with Keith Sims, 2010



To everything there is a season...2016



At a First Parish talent show with Bobby Robinson, 2010

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FIRST PARISH IN WAYLAND
UNITARIAN UNIVERSALIST

Lay Minister of the Month

May's Lay Minister is Helen Green. Please contact Helen if you need a ride, a meal, a friendly, confidential visit, or a chat. We don't publish parishioner contact information in the Unitarian. Contact [the office](#) if you'd like to reach the Lay Minister, or if you need the password to the Parish Directory. The link to the Directory is available on our website [home page](#).

May Worship Theme

Nurturing Beauty

How to Attend Sunday Services

You may attend Sunday services in person, via Zoom, or by watching on Facebook Live.

Currently, in-person attendance requires masks. Social distancing is not required but is available in a designated section of the Sanctuary.

Zoom links are in the Thursday and Sunday morning eblasts. You can also find us on Facebook at First Parish in Wayland either live at 10 a.m. or watch the video of the service that is posted later.

Some weekday events are also available via Zoom. If you are not on our eblast mailing list and would like to be, call the First Parish office at 508-358-6133 or [email us](#).

A Month of Sundays

The morning worship service begins at 10 a.m.

May 1

The Bell Tolls for Thee

Rev. Dr. Stephanie May

Multigenerational Service

No SEEK Class, Youth Group 4:30 p.m.

May 8

Always Nearer, Never Still

Rev. Dr. Stephanie May

SEEK Class, No Youth Group

May 15

The Opposite of Spirituality

Rev. Dr. Stephanie May

SEEK Class, Youth Group 4:30 p.m.

May 22

A More Beautiful World

Rev. Dr. Stephanie May

SEEK Class, Youth Group 4:30 p.m.

May 29

Love as a Verb

Alyssa Lee

SEEK Class, No Youth Group

Our Mission

To Build Community by forging caring connections and supporting one another through the joys, sorrows, and mysteries of life.

To Search for Meaning by creating opportunities for all ages to explore values and principles that orient and guide us through life.

To Deepen our Spirituality by gathering to share words and music, by nurturing private moments of reflection, and by cultivating reverence.

To Make a Better World by engaging in compassionate service and promoting social justice.

“For So Many Sacred Moments, Ken was There”

I think of pulpits in our UU tradition as batons in a relay race. For a time, each minister is called to be trustee of the pulpit and, more importantly, of the gathered congregation. Receiving the baton from the Rev. Ken Sawyer has never felt like a small thing. His thirty-eight-year long ministry here impacted generations of members. Since his death on Sunday, April 24, 2022, I have heard from many congregants about the child dedications, weddings, and memorial services that Ken officiated. For so many sacred moments, Ken was there.

One moment with Ken that stands out for me is pictured here. When I was formally installed as minister at First Parish on October 26, 2014, Ken and I processed into the service shoulder to shoulder. For Ken, it was the first time back in the Sanctuary since his retirement two years earlier. For me, it was still just the very beginning of my first ministry. Ritually, that was the day he passed the baton.

And yet, as I consider stepping back into the pulpit this Sunday, May 1, I realize that it will feel like the first time I have ever been there without him. Even during the pandemic, Ken faithfully logged in to Zoom or watched the service on Facebook. To hold a service without Ken in the world will not feel the same. His absent presence among us will be felt for some time.



Rev. Ken Sawyer and Rev. Dr. Stephanie May at Rev. Stephanie's Installation Service, October 2014

Over last weekend, I traveled to Traverse City, Michigan to preach the homily at the Installation Service for the Rev. Alex Jensen, the first intern I supervised. Leaning into the joy of that moment while knowing that Ken faced his final hours left me trembling within. And yet, I had no doubt that Ken would want me to be where I was: preaching in support of a new minister. The event was doubly meaningful because the very last of the 18 interns Ken supervised, Kevin Tarsa, came from the Traverse City congregation. Somehow it felt as if Ken and I were again trading batons in an ever-circling dance of congregations and ministry.

When we lose someone who has been our teacher, our mentor, our minister, we inevitably pause to consider what we will carry forward from what we received. While much could be said, I will name this: from Ken I learned to love ministry. Not because it's easy. Not because people are predictable, or the path of action is clear. But to love ministry because serving a particular group of people in a certain place is a gift of witnessing the wonder of Life. When I think of Ken, I picture him leaning in, curious, asking questions, and erupting in an occasional whoop of delight. From Ken I learned to hold the baton with reverence balanced with levity.

In faith,

Rev. Stephanie

Updates

Yard Sale Update – Join Us on June 4

As reported in the February Unitarian, The Alliance Board recommended that the Alliance not hold a Rummage event in 2022 due to an absence of leadership and Covid concerns. There will be no Alliance-sponsored rummage event this year.

We are still planning an all-outdoor yard sale for June 4. We have a number of takers for an "Adopt a Table" approach, where volunteers "own" a table and bring their own odds and ends to sell for the benefit of FP. The tables would be set up under tents, so that we'd be protected from rain/sun. We have five tents so far, but could use more. We estimate that we'd have room for at least 20-25 tables. At the end of the sale, table owners would be responsible for taking home their leftovers to dispose of or donate.

Beyond these tables, we will likely collect items the week of the sale for a few easily managed categories, such as books, jewelry, and antiques. So even if you don't want to "own" a table, you could help with those areas.

Please let either of us know if you'd like to help with the Yard Sale!

Linda Collins and Barb Heffner



Throwback to the 2016 Rummage Sale with Barb Heffner (left) and Linda Collins, who are spearheading this year's not-a-rummage-sale Yard Sale!



*Carolyn Eagan embraces Mary Tragaser at the 2016 Rummage Sale. **Did you know Mary recently celebrated her 100th birthday?** Happy Birthday Mary, First Parish loves you!*

VISIONING: Where does First Parish go from here?

Starting MAY 16:

Sign up online or in person to be part of one of the task forces exploring First Parish's future.

Visit us after church May 16
in person or online.

*Look for details in
an upcoming E-blast*

- Strengthen our community
- Build intergenerational relationships
- Enhance communications
- Advance social action
- Plan activities
- Reimagine fund raising

From the Parish Committee

Our Pledges Support This Bustling Community

We are deep into spring, and with the reawakening of nature comes the reawakening of First Parish. Covid restrictions have been loosened somewhat and the Sanctuary has started to fill up on Sundays. Music Sunday was wonderful with live opera and the bell choir filling the air and people filling the pews. In fact, for the first time, more people attended the service in person than online. We also have several events planned for the coming weeks. There is an Earth Day picnic on April 22, a Uganda Project Day with food and fun on April 30, a Mayday pajama breakfast on May 1 after the service and a yard sale on June 4. Rev. Stephanie has revived Sip and Seek, so look for an announcement for the next date, rain or shine.



Sippers and seekers in April

This is also the season of Stewardship. The Parish Committee thanks all of you who have submitted your pledges thus far. Your prompt responses and generosity are greatly appreciated. For those who have yet to do so, please submit your pledges as soon as possible. The Parish Committee relies heavily upon the pledges to prepare the budget for the coming year. Without a good indication of how much money we will have to work with, we cannot plan for the next year. At present (April 15), we have about \$190,000 in pledges. Our goal is about \$350,000, which will allow us to continue to fund all of our programs and to continue to provide weekly services in person and on-line. We need everyone to step up with a pledge in an amount that reflects the importance of First Parish to them.

Our Visioning Committee has been very busy studying the responses to the survey. They have distilled these responses down to eight general categories of projects that people want to pursue. These categories will be announced on May 15. We will be seeking volunteers to work on exploration groups that will engage people to take ownership of these categories.

We have formed a Safe Congregations Committee headed by Alyssa Lee. This committee will update the safe congregations policy and will consider other policies and best practices to keep us safe and to address conflict.

Volunteers are needed to assist with handling equipment for on-line services. If anyone would like to help out, please contact Rev. Stephanie. If anyone has any questions or concerns, we encourage you to reach out to someone on the Parish Committee. We are here to serve you.

Larry Green, on behalf of the Parish Committee: Deb Stubeda and Annie Stubbs (Co-Chairs); Nan Jahnke (Clerk); Heather Felton (Treasurer); Nathalie Thompson, Ted Barnes, Barb Heffner, Lynne Lipcon, Jay Woodruff, Rev. Dr. Stephanie May (ex officio).

Sip and Seek

Thursday May 19, 7:00 p.m., Outdoors at First Parish



Please join Rev. Stephanie and others for an evening of sipping, socializing, and seeking. Discuss the monthly theme or other topics of interest to the group. Bring a beverage and a chair. We will gather in the parking lot between the Carriage Sheds and the Commons. Please park in the rear lot. The event will be canceled if it rains. Watch the weekly eblast for date. Questions? Contact [Rev. Stephanie](#).

Preparing for Spring's Emergence



Thank you to the crew of workers who spruced up the First Parish campus. Above: Bottom row, l to r: Susie Keyes, Jan Miner, Dan Lewis; Top row, l to r: Lynn Trimby, Kathleen Lang, Linda Collins, Ross Trimby, John Thompson.

Left, clockwise: Brad and Susie Keyes, Kathy Heckscher, Debbie Levens, Dan Lewis

Photos: Brad Keyes and Dan Lewis

UU Mass Action: A Day of Advocacy, A Call to Action

On April 12, 2022, UU Mass Action held its annual UU Advocacy Day, and First Parish's own Lois Doerr took part. At this annual event, UUs come together from across the state to build power for our movements. Participants meet with legislators about key areas of Immigrant Justice, Climate & Environmental Justice, Economic Justice, Indigenous Justice, and Decarceration & Ending Solitary Confinement. Lois met virtually with Representative Carmine Gentile to discuss legislation that pertains to these issues. Lois reports:



I think it may be informative to readers of the Unitarian to learn the breadth of what our legislative leaders are considering that will have significant impact on all residents of Massachusetts.

I am [attaching a link](#) to the five general topics for which specific bills for 2021-2022 are included. Each topic has a fact sheet; some include videos. First Parish folks may be interested in reading the proposed legislation for each of the topics.

With only three months until the end of this two-year legislative cycle (which ends this July), this is a critical moment to work together as UUs, grounded in our faith, to show our legislators that we need action now on critical state-wide legislation to support our communities.

Annual Meeting

Legal Notice

First Parish in Wayland Annual Meeting
Sunday, May 22, 2022

The regular ANNUAL MEETING of the First Parish in Wayland will be held on Sunday, May 22, 2022 immediately following the 10:00 a.m. service in the Meetinghouse Sanctuary and online via Zoom. The purpose of the meeting is to act upon the following items:

- I. The election of Officers, Trustees, and Nominating Committee members and the filling of Parish Committee vacancies. The Nominating Committee will present the following slate for approval. Nominations may also be made from the floor.

<u>Position</u>	<u>Nominee(s)</u>	<u>Term Expires</u>
Moderator	Elizabeth Cullen	2023
Treasurer	Heather Felton	2023
Clerk	Nan Jahnke	2023
Parish Committee	Lea Anderson	2026
	Jada Williams	2026
Trustees	Charlie Anderson	2023
	Barbara Buell	2023
	Bill Jacques	2023
	Tricia Marshall	2023
	Chris Nelson	2023
Nominating Committee	Jenny Silberman (Chair)	2023
	Jim Kitendaugh	2023
	Leah Levine	2023
	Kathie Schmidt	2023

- II. Reports from the Trustees and Committees
- III. Affirmation of Affiliate Minister, the Rev. Dr. Deborah Pope-Lance
- IV. Reports from the Minister and Ministerial Intern
- V. Treasurer's Report
- VI. Adoption of the budget for 2022–2023
- VII. Any other business that may properly come before the Annual Meeting

Please submit any proposed motions to the Clerk, Nan Jahnke, at least three days in advance of the Meeting.

All are welcome to attend the Annual Meeting. However, only members of First Parish in Wayland may vote. To be eligible to vote at the Meeting, one must have signed the membership book prior to the Meeting. A quorum of twenty-five members is needed to enact any business to come before the Meeting.

Nan Jahnke, Clerk, First Parish in Wayland

Happenings

Qigong: Gentle Movement, Life Force Energy 1:15 pm-1:45 pm on Friday, May 6 on Zoom



Looking for some extra ways to move in the middle of your day? Join Alyssa Lee and her friend Janice Martin in a short Qigong practice.

Qigong — the basis of Chinese medicine — is a study of energy. It has been taught in China for thousands of years. A variety of styles are taught and practiced for a variety of purposes.

“Qi” (chee) means energy, breath, vitality or the universal force of life. “Gong” (gung) means to work, use, practice, transform, or refine. Qigong means using this vital life energy to create a healthy mind and body.

It takes 30 minutes for the Qi life force energy to circulate through the body, so we will practice the Five Elements for 30 minutes. Ms. Martin has been teaching this class twice a week over Zoom to another UU congregation for more than a year. Please contact [Alyssa Lee](#) to sign up or ask questions. You can also find the Zoom link in the weekly eblast. Hope to see you there!



WK?FP@FP

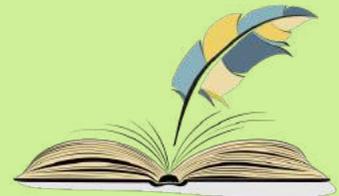
Who Knew? Fascinating People @ First Parish

Lois Doerr: Friday, May 6 at 7:30 p.m. on Zoom

This month, **Lois Doerr** has titled her two-part presentation, “My Growing Up Homes: A Personal Story” and Part 2, “A Real Home for Every Child: Good Luck.” Watch the weekly eblast for the Zoom link. Contact [Kate Holland](#) with any questions.

Virtual Poetry Evening Tuesday, May 10, 7:30 p.m. on Zoom

Join Alyssa and other members of First Parish for poetry night! We've had submissions that range from A.A. Milne to Jo Harjo, topics that run the gamut from acorns to swimming to getting older. Whatever we talk about, it is always a good time. Contact [Alyssa Lee](#) to sign up or ask questions, or watch the eblast for the Zoom link and just come.



Meet Benson, NEADS Service Dog in Training



If you've attended Sunday Services recently in person, you may have met Benson, a handsome Service Dog in Training. He is accompanied by Luke Rubin, who, along with his wife, Megan, are Benson's "Puppy Raisers."

Important: If you'd like to pet Benson's silky coat, please ask Luke first. Benson needs to be given permission to approach a stranger.

Benson is from NEADS, a nonprofit that has trained more than 1,900 Service Dog teams since its founding in 1976. NEADS is always looking for Puppy Raisers – individuals and families who open their homes to a NEADS dog in training, looking after it full time for 12 to 16 months. Under the guidance of NEADS instructors, the Raisers work with the dog on good manners, basic obedience, and critical socialization.

Although the Rubins have had dogs as pets, Benson is their first Service Dog in Training. Benson, a purpose-bred black Labrador retriever, joined the Rubin household when he was 8 weeks old, weighing 17 pounds. (Benson, now 7 months, weighs 70 lbs.) Together with Benson, the Rubins participate in an hour-long Zoom session with NEADS staffers once per week to check on progress. Every fourth week, the Rubins take Benson to a NEADS outing so that the staff can observe Benson's development and help the Rubins with any questions or concerns.

After his time with Luke and Megan, Benson will be placed with either a NEADS Trainer or with an inmate handler through the NEADS Prison Pup Program for his final, "finish" training. These working dogs learn 50 to 60 tasks and commands that they use to help an individual with a disability. A Service Dog can flip a light switch, push elevator buttons, open doors, and retrieve items like a dropped cell phone or medication from the refrigerator. A Service Dog for Hearing can alert its partner to sounds like a knock on the door, a smoke detector alarm, an alarm clock, a car horn, and their name being called. The dogs are trained to behave well in public, walking on a leash without pulling or straining. They will not bark unless asked to speak, and they will ignore distractions. They will be quiet and unobtrusive unless performing a specific work task.

Spending time at First Parish in Wayland helps Benson practice these behavioral skills, Luke noted. Benson sits quietly during the hour-long service, motivated by the occasional treat.

Luke and Megan love Benson, as they've loved all their dogs. It will be difficult to say farewell when the time comes. "Our thirty-eight years of marriage have been blessed. We believe Benson can improve another person's life and that is a gift we want to give," Luke said.

By Barb Heffner



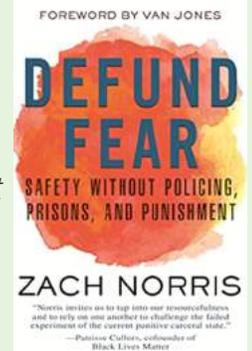
Our Values in Action

Book Discussion:

Defund Fear: Safety Without Policing, Prisons, and Punishment

Tuesday, May 24, 7 to 8 p.m. or Thursday, May 26 at 10 a.m.

Join us for a small group discussion facilitated by Alyssa Lee and Laurel Whitehouse around the topics raised in the book [Defund Fear: Safety Without Policing, Prisons, and Punishment](#) by Zach Norris, the UUA 2021 Common Read. According to the UUA:



Zach Norris shifts the conversation about public safety away from fear and punishment and toward support systems for our families and communities. In Defund Fear, Norris explores what has gone wrong, and why, and who has been most harmed by repressive and racist policing systems. He offers a new blueprint for public safety that holds people accountable while still holding them in community. Norris is a lawyer and community organizer who until early 2022 served as Executive Director of the Ella Baker Center for Human Rights in Oakland, CA.

There will be two opportunities to join a discussion (offered one morning and one evening) covering how this book and the #BlackLivesMatter Movement have impacted you and your understanding of racial justice and white supremacy; where we go from here; and ending with a discussion of actionable next steps as individuals and as a community.

We are currently planning to offer these sessions online only, but if it is safe to gather in person we will poll those interested to determine if a live session is preferred instead of Zoom. To sign-up for a group or for more information, please contact Laurel Whitehouse.

Two Ways to Help Support Family Promise



First Parish in Wayland will connect with Family Promise Metrowest for two events in the next two months:

Sunday, May 15, 11:30 a.m.: First Parish Walks! Wear your walking shoes to church on Sunday, May 15. To take part in the Family Promise Walkathon, scheduled for the weekend of May 14-15, join the First Parish team after service at 11:30 a.m. to walk along the Wayland Rail Trail. See [the event website](#) to sign up or contribute. Or contact Lois Doerr to join the fun. Hoping for good spring weather!



June Firsts! The new shelter at 6 Mulligan St. in Natick will open in June. First Parish in Wayland will join First Parish in Framingham and First Baptist in Framingham in being the **FIRST** congregations to host family dinners during that first week of June. We are also scheduled to help during the weeks of August 7 and November 27.

Please let Lois know if you are interested in renewing your volunteer contact with Family Promise. There are opportunities for preparing a dinner meal, shopping for groceries, hosting the dinner and learning more about local family homelessness. If you think you may be interested in becoming a volunteer, or retraining, access [this remarkable online guide](#) that explains most of what we need to know.

What Do We Miss When We are Looking Away?



I have been thinking a lot lately about my tendencies toward inattention, and I often wonder if my need for constant stimulation, whether by watching TV or looking at the internet, distracts me from being alone with my own thoughts or looking directly at myself and my life? For me, and I am sure many others, it is almost automatic to reach for some type of distraction when attempting to achieve any type of task, whether it be standing in line or eating dinner or just brushing my teeth. I rarely have a moment when I am not listening to something or reading something, and that can lead to overstimulation and a feeling of removal from my authentic self and my thoughts.

I was recently reading *The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology* by Jack Kornfield, and his passages about delusion and its impact on our lives were eye-opening for me. Kornfield says, “When we are lost in delusion, it’s hard to see even the most obvious truths.” He states the first level of delusion is inattention, and “We live in a culture of chronic inattention fed by the frenzied pace of modern life.”

This inattention to what is happening right in front of us not only separates us from fully examining ourselves and our own lives, but can also cause us to miss the humanity of others. Kornfield tells a story of a man who was standing in line at the grocery store, he was in a hurry, and was irritated because the cashier was having a lengthy discussion with a woman holding a little boy. As he waited, he felt his anger rise and rise, but instead of reacting to the women with anger (as many of us are likely to do) he decided to practice mindfulness instead. He focused on the tightness and anger he felt rising in his body, and decided to breathe through it and relax. When he reached the cashier, he remarked upon the child the woman in front of him was holding and the cashier explained that this was her mother and her child. After her husband was killed, she had to get a job and her mother brings her child to visit her at the store. I am sure he was relieved that he had not responded in an angry manner with the cashier as his first impulse was calling him to.

Kornfield says, “When we live in delusion, we are quick to judge others. We miss their inner beauty...With inattention, we miss the meal in front of us, the parade of passersby...the openhearted connection of the world.” I have certainly noticed this tendency in myself. When I am in a rush, or not paying attention, or overstimulated, I miss the humanity of those around me. I let the stress of life get to me. However, when I slow down and make a conscious effort to put my phone or whatever else is distracting me aside, I am able to see the stories all around me that I was missing before.



What about you? Are there any parts of our chronic culture of inattention that you are trying to break free from? Maybe it’s not the phone for you. Is there something else that prevents you from seeing the rich parade of life currently marching in front of you?

Alyssa Lee
Intern Minister

Welcoming Congregation Update

We have almost completed the recertification process to renew First Parish in Wayland's Welcoming Congregation status. 'Welcoming' in this specific context refers to affirming, including and supporting people who identify LGBTQIAPGNGFNB (spelled out below) as one part of their personhood.



'Welcoming' is sometimes also used in a larger context, of affirming, including and supporting all those who enter a congregation – part of the journey of building beloved community together. Both uses involve a readiness to celebrate all aspects of each other, encouraging every person to bring their whole selves into our congregational spaces, and using our collective voice to ensure that everyone's justice and dignity are upheld.

The UUA Welcoming recertification process is a set of five requirements that congregations meld into their worship calendar and religious exploration offerings each year to remain current with their certification status. Recertification means more than merely completing the list of tasks involved, however. The process is designed to embed into every aspect of congregational life the themes of Welcoming and the joys and challenges of those whose sexual identity includes aspects of being Lesbian, Gay, Bisexual, Transgender, Queer, Intersexual, Agender, Questioning, Curious, Asexual, Pansexual, Gender Nonconforming, Gender-Fluid, and Non-Binary (LGBTQIAPGNGFNB).

The five steps to annual recertification include:

Become a Welcoming Congregation – First Parish in Wayland was originally certified in May, 1996

Offer Two Welcoming Worship Services – This year our two services were the Transgender Day of Remembrance service on November 20 and the Welcoming Congregation service on February 13

Recognize Six Days of Observance – Thus far we have recognized the National Black HIV/AIDS Awareness Day, the International Transgender Day of Visibility, and the Day of Silence (three more observances are planned later this spring)

Offer a Welcoming Religious Education Program – Thanks to funding from the Lydia Maria Child Fund we offered a two-part program in March led by Planned Parenthood on Gender and Sexual Identity which was attended by 30 congregants

Support a Welcoming Project – We donated \$246.70 from the February Shared Plate to Out MetroWest, a program supporting LGBTQ+ youth in Framingham

This is an impressive set of achievements, but the most important part is the attitude of Welcoming in the hearts of our congregants, and the way that they live that out in their daily interactions, their willingness to embrace change to become more affirming, and their commitment to allyship and support of the LGBQ+ community and members among us.

~ *Laurel Whitehouse for the Welcoming Congregation Committee*

Spiritual and Ethical Exploration

Spring Forward



May is one of my favorite months. We are past the fickleness of April and spring is happily entrenched in our day-to-day lives. This year at First Parish has felt like an early spring with a slow opening and some surprise snow showers along the way. The sight of people in both the Sanctuary and in SEEK classes each week has me excited and feeling like we are back to a more normal set of events. The sound of us singing together in the Sanctuary makes me happier than I can say.

I am happy because we can be together outside where many of us feel safer to unmask, and because of the return of our pajama breakfast (even though the event this year is a brunch). I am so happy that we will be together again to share a meal as a community. We also had a great Spring Festival in April and Easter brought back an Easter egg hunt with the children scrambling together for all the treats hidden around. All of these things feel like the joy of spring, like the anticipation of slowly watching the buds burst open.

Another thing that makes me stupidly happy is writing about nametags. I know it feels mundane but the fact that I have to remind folks to wear nametags on Sunday mornings means we are together and getting back to a Sunday morning routine. So here goes my pitch. We may not feel like there are new folks to welcome into our Sanctuary. It may feel like it is just the old crowd coming back through the doors but, if you look a bit closer, we have had some new faces joining us.

Have any of you noticed our new four-legged friend in the pews? Benson is a service dog in training and it has been a pleasure to get to know both him and Luke who is working with him. (Benson is a working dog so please ask for permission before greeting him. For more about Benson, see p. 9.) Having a nametag on makes people feel more welcome in our beloved space. Also, as we work for our Welcoming Congregation recertification please take the time to put your pronouns on your nametag. We have stickers for that.

May our spring emergence continue here at First Parish. I look forward to what the summer will hold.

Kate Holland

Director of Education and Engagement



Summer is Coming!

And so are summer services....We love the summer tradition of offering less formal services, often led by parishioners, on a fascinating range of topics. Stay tuned to learn about this summer's offerings. And if you have an idea for a service you'd like to lead, contact Ted Barnes or Nathalie Thompson.

Your Landscape Matters: Changing the Conservation Paradigm

Webinar, May 5, 7 p.m.

[Claudia Thompson](#), founder of Grow Native Mass., will illustrate how she created a home landscape that supports wildlife, birds, and pollinators. Register [here](#). Jean Milburn, Wayland's Native Plant Ambassador with the [MCA Native Pollinator Task Force](#), will consult if you'd like to add native plants to your yard. Sincere thanks to the Lydia Maria Child Fund for sponsoring this event through [MetroWest Climate Solutions](#).



Our Values in Action: Turning Point

Turning Point Marches On

You may have noticed that the Easter plate was not shared with the Turning Point Committee this year, as it has been the past few years. Our Turning Point Outreach is still going strong. In fact, the congregation has been so generous to Turning Point over the past couple of years that the balance in our reserve was over \$2500.00! Our Committee unanimously decided to pass on this plate in favor of a group still more needy, and enthusiastically applauds the choice of the UU Service Committee's Ukrainian relief efforts.

Of course, we are continuing to deliver a meal on the second Monday of each month, a gift which is greatly appreciated at the Shelter. This month, Marty McCullough and Pat Sims made the chili, and experimented with increasing the amount of chili powder as Deborah Levens had recommended the previous month. The consensus seems to be that about four tablespoons of chili powder, as opposed to the two-and-a-half formerly included in the recipe, is gentle enough for all stomachs, but not bland. Traditions, and change...Thanks to all our chili chefs for their input!



Barbara Buell brought a couple of cases of bottled water, which will become even more important as the weather warms up and Lea Anderson provided the coveted bread and butter. Kathy Heckscher gave the men four family-size packages of Oreos and since you can't beat Oreos in the cookie department, I kicked in a few bags of apples. Melinda Morgan drove it all down to Turning Point and, as always, it was enthusiastically and gratefully received. Thank you all!

The last time I spoke to Renee Hicks, the charismatic yet eminently practical Director of the shelter, I reminded her that First Parish had not yet given its annual Special Gift to Turning Point, something tangible and practical the residents needed, and asked if anything was needed now. A few sheet sets? An extra cot? She opted for sheet sets, since the shelter still has capacity limits, and jumped at the idea of extra pillowcases. The Turning Point Committee approved the gift, and I am pricing them on Amazon and at Walmart as I write this. We aren't collecting used sheets right now because the Uganda Committee is, and they are considerably more flexible about colors and patterns than the Turning Point Shelter, with its sometimes fractious all-male guest population, can afford to be.

We'll be delivering chili meals to Turning Point on May 9th and June 13th before switching to purchased picnic meals for the summer. After delivering all through the months of snow and ice, Melinda Morgan is taking a well-earned summer off, so you will be seeing other members of the Turning Point Committee on our driver schedule. Thank you, Melinda, for seeing us through! Marty McCullough has signed up again for May's chili and Lynne Lipcon will do one of the desserts in May (thank you both!!), but we'll still need another chili chef, four loaves of bread-and-butter, two or three cases of bottled water, and a second person to supply the fruit or dessert of their choosing. In the dessert category, surprises are good, and it is virtually impossible to go wrong. If you'd like to express your commitment to Social Justice in this concrete yet meaningful way and contribute to a tradition of Turning Point meals going back more than a generation, please let me know. Our next drop-off day is Saturday, May 7th in Stokey. If you have any questions, please get in touch with any member of the Turning Point Committee – Lois Doerr, Peggy Holland, Marty McCullough, Melinda Morgan, Suzanne Reitz, Pat Sims, Annie Stubbs, Chauncey Wilson, and me.

Respectfully submitted, Penny Wilson for the Turning Point Committee

Unitarian Universalist Urban Ministry

The UU Urban Ministry Needs You: Consider Getting Involved

Are you interested in.....

- **Learning more** about the social justice challenges facing communities of color in the Roxbury area?
- **Doing more** by connecting to the dynamic and effective programs of the UU Urban Ministry which deal with finding solutions to these problems?
- **Strengthening** the connections between First Parish in Wayland and the UUUM by sharing the news of their programs, events and initiatives and by helping our parishioners become involved?
- **Enjoying** the fun and satisfaction of being involved with our Roxbury neighbors, the Rev. Mary Margaret Earl and the fabulous staff of the UUUM?

Please consider joining Rev. Stephanie and Lois Doerr as a First Parish in Wayland Delegate to the UU Urban Ministry. I have truly enjoyed many years of working as one of our delegates to the UUUM. In fact I feel that I have always received far more than I contributed whenever I've led or participated in any number of events in Roxbury. You can read more about the role of "Delegate" to the UUUM by going to: www.uuum.org under "Who We Are." I'm also happy to talk with you about this great opportunity.

~ Susan Crowley-Bechtel



Join in The Peace Garden Ribbon Cutting on May 14, 11 a.m.

Everyone is welcome to attend the official ribbon cutting ceremony for the Peace Garden. To prepare, we need volunteers to help with planting perennials and small shrubs on **Saturday, May 7**. Our parishioners may also help out on May 9, 10, or 11, and we are working toward finalizing one of those three days with the garden planners from the UUUM. Please let Susan Crowley-Bechtel or Rev. Stephanie know if you are interested in planting on one of these days OR watch for more details soon.

Tips From Karen

Some "How-To's" From our Administrator



Now That I've Made my Pledge, How Do I Pay It?

- Send a check (yes, they still work!) to First Parish, PO Box 397, Wayland MA 01778.
- Drop a check in the donation basket on Sunday or in the black, locked mailbox outside the east, rear Parish house door. Note that the check is for a pledge payment, and for which year
- Pay online or set up an ongoing payment through our website. (<https://www.uuwayland.org/donate/>)
- Set up automatic payments through your bank or investment organization.

OTHER REMINDERS:

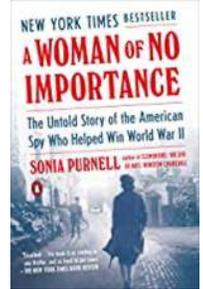
- Now is a good time to log in through our online directory on the website, update your contact information and check to see where you stand on 2021-2022 pledge payments. The fiscal year concludes at the end of June. Make sure your address, phone number and email are correct.
- If you set up automatic, recurring payments through your own bank or through our online payment system (accessible at www.uuwayland.org/Donate) remember to update your regular payments to reflect your new pledge amount and begin donations to the 2022-23 pledge account. Previous fiscal year (2021-22) ends June 30; New one starts July 1.

Ongoing Programs

Men's Book Club

Want to read about a true American heroine? Join us as we discuss *A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II*. All who identify as male are welcome. Questions? Contact Keith Sims.

Thursday, May 5, 8 p.m. on Zoom
Watch the eblast for Zoom log-in info



Knit One, Laugh Two!

Do you love to knit or want to learn? The knitters are always happy to see new faces. This small group meets on most Wednesdays — now online. Come knit yourself into a new community. Email or call Heather Ryan for log-in information.



Most Wednesdays, 7 p.m., on Zoom

Mid-Day Meditation

Join together on Zoom for an hour to gather in community to meditate. All are welcome whether you meditate often or are new to the practice. Contact [Kate Holland](#) with questions.



Mondays at noon on Zoom
See weekly eblast for details

The Wayland Unitarian is the monthly newsletter of the First Parish in Wayland, a Unitarian Universalist congregation. A full calendar of events is posted on our website, www.uuwayland.org. A directory of community members is also available; contact the office for the password.

Parish Office Hours

M, T, W, F: 9 a.m. — 3 p.m.; Th: 11 a.m. — 3 p.m.
In person W & F; 508-358-6133

Worship Service and SEEK (Spiritual and Ethical Exploration for Kids): **See Sunday Schedule, P. 2**

First Parish is located at 225 Boston Post Road in Wayland, at the corner of Routes 20, 126 and 27. See our website for parking information.

Our mailing address is:
First Parish in Wayland
PO Box 397, Wayland, MA 01778

Our Ministers

The Rev. Dr. [Stephanie May](#), Minister
The Rev. Ken Sawyer, Minister Emeritus
The Rev. Dr. [Deborah Pope-Lance](#), Affiliate Minister
[Alyssa Lee](#), Intern Minister

Our Staff

[Kate Holland](#), Director of Education and Engagement
[Polly Oliver](#), Music Director and Organist
[Karen Plaskon](#), Parish Administrator
[Leo Monzon](#), Bookkeeper
[Matt Freije](#), Technology Facilitator
Christine Bracken, Emma Silberman, Childcare Providers



FIRST PARISH IN WAYLAND
UNITARIAN UNIVERSALIST