

THE WAYLAND UNITARIAN

SEPTEMBER 2023



Greetings from Rev. Deborah Bennett

Dear First Parish in Wayland Family,

I am so delighted to be joining you this year as your interim minister! Over the last few weeks it has been a true joy to get to know the staff and a few First Parish leaders. Everyone has been very welcoming and I can feel the love that lives here. I look forward to meeting each of you and I'm confident that we have a wonderful year ahead of us.



Rev. Deborah Bennett

A brief bit about the interim period: The time after one called ministry ends and before a new called ministry begins can be full of exploration, excitement and anticipation. You may be eager to explore who you are as a congregation and who you want to be and you may be looking with great hope toward the future. At the same time, the interim period can be a time where nervousness, concern, and hesitation arise. Questions without quick answers are on the minds and hearts of many: "Who are we now?" "Will we find a new 'called minister' and will I like them?" "Will we become stagnant during this time?" "Will the interim minister push us to change too much?" "Can we do this and survive?" And many more.

In my role as your interim minister, I understand that everyone in the congregation will navigate change and these very valid concerns differently. A vital part of my work with you is to create ways for you to share your thoughts, feelings, and wisdom as you engage in this powerful time of transition.

In addition to serving as worship leader, providing pastoral support and serving as chief of staff during this time, my role as interim minister is to help guide and encourage you to reflect on your various ministries and operational structures. Together we will

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Welcome Rev. Deborah!

We are delighted to welcome you as our Interim Minister, and we look forward to the time we will spend together in community, in worship, in work, and in play. Thank you for being here!



First Parish Pantry Gardeners Spill the Beans on Their New Growing and Giving Plan

The Nor'eastern Pole Bean is an amazing producer! One pack of FEDCO beans (2 oz for \$7.00), planted on two sides of an 8' fence at our garden, has consistently yielded a basketful of beans, every week, for our two South Middlesex Opportunity Council (SMOC) shelters. They may be long and a little tough-looking, but cut into



Pantry Garden pole bean

one inch pieces, boiled in salted water just for a few minutes, plunged into ice water, then served with a bit of butter — simply delicious and tender.

During Russell's Farmers Market in August, First Parish was represented by Suzanne Woodruff and Molly Faulkner. We brought a basket full of recently harvested garlic from our garden, a table and banner from First Parish, and set out to assess the demand for good locally grown garlic. Lea Anderson and Lynn Trimby stopped by, separately, and bought our product! As did a lot of others. We will attend next week to sell the remaining garlic.



Lea Anderson buys garlic from Molly Faulkner

Why are we selling garlic at Russell's?

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Welcome to First Parish

We are a Unitarian Universalist congregation that affirms human dignity, community action, freedom of religious thought, and the power of love. We welcome everyone!

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.

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How to Connect With First Parish

Attend Sunday services and other events: Come in person, or when available, attend via Zoom or YouTube livestream. Zoom links to Sunday services and some other events are in the weekly eblast.

Sign up for news: [Visit our website](#) to see what's new and sign up for our newsletter and eblast.

Find us on social media: We have a public Facebook page and a private Facebook group. Contact the office to join. We are also on X and Instagram.

Join our email listserv: Our congregation is a friendly and useful resource for recommendations ranging from plumbers to travel, and other non-church-related topics. Contact the office or Chauncey Wilson, listserv moderator, to sign up.

A Month of Sundays
The morning worship service begins at 10

September 3
No Service, Labor Day Weekend

September 10
Gather By These Waters
**Bring a small container of water; see below*
Rev. Deborah Bennett
No SEEK Class

September 17
No "Others" Among Us
Rev. Deborah Bennett
SEEK Class
Welcoming Picnic after service (see p. 6)

September 24
Practicing Cultural Humility
Rev. Deborah Bennett
SEEK Class

**During our traditional "Water Sunday" service on September 10, we will gather together to honor memories while welcoming the new. Bring a small container of water from far or near, and join us in this beautiful Water Ritual. You will be invited to add the water you bring to our communal bowl as a symbol of your unique contribution and memory*



to this ever-changing, life-sustaining community.



September Theme:

Welcome!

Sharing Our Plate
A Place to Turn

On Sunday, September 24, half of our collection plate will go to support the work of **A Place to Turn**, a food pantry in Natick that serves the MetroWest, offering clients a friendly and dignified experience.

September's Lay Minister

September's Lay Minister is Erik Felton. Contact Erik 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 need the password to the Parish Directory. The link to the Directory is available on our website [members' page](#).

Come to our
Welcoming Picnic!

Join us after service on Sunday, September 17 for a Welcoming Picnic in the courtyard (or indoors if necessary). Let's welcome Rev. Deborah Bennett as our Interim Minister, and let's welcome each other back to the regular church year.

Please bring a dish to share, if you can. We will provide drinks. You can sign up by [clicking here](#).



Greetings, continued from page 1

assess what work needs to be done and make choices about changes that will support you in moving into your future and preparing for your new minister. To be clear, I will not make sweeping unilateral decisions or changes! This is a collaborative process.

Although the interim period does include some extra work, the good news is: We have time. The beauty of the interim period is that there is time to pause and reflect on the past, take a breath and then, when ready, dream, envision and plan for the future. I'm here to remind you that not only can you do this transition, but that you can thrive while you are doing so! You have my support all along the way.

First Things First:

Relationships are the core of ministry, so let's get to know each other! Over the first few months I will get the opportunity to meet many of you on Sunday mornings and in committee and team meetings. In addition, **I am hosting several "Meet the Minister Teas"** (see above) and will be available for one-to-one conversations so we can dive even deeper.

Simply click [HERE](#) to schedule a time for either. The link will take you to my meeting scheduling page. There are day time and evening options for both in-person and Zoom private meetings. Feel free to sign up as an individual, a couple or small group.

I look forward to getting to know you and sharing our UU work together.

In Peace,

Rev. Deborah



Drop-in 'Meet the Minister' Teas

Mondays
September 11, 18, and 25
2 to 4 p.m.

Wednesdays
September 13, 20, 27
6 to 8 p.m.

Although sign-up is encouraged it is not required, just stop by anytime within those hours and stay as long as you'd like. I'll have a pot of tea on, treats welcome. Sign up [HERE](#)

The beauty of the interim period is that there is time to pause and reflect on the past, take a breath and then, when ready, dream, envision and plan for the future.

This Year's Theme: *What Does It Mean to Be UU?*

This year we will be joining over 140 other UU congregations in using the Soul Matters network of monthly



themes. Soul Matters is a UU organization that originated out of the First Unitarian Church of Rochester New York. Each year they solicit input from UU ministers and congregational leaders and pick monthly themes for the following year. This year the themes center around the new Article II proposed values. Embracing these themes will be a good way for us to explore these ideas while we also take time to consider the proposed changes to the UUA by-laws. As you may know, Article II of the by-laws defines the purposes, values and covenants of Unitarian Universalism.

In addition to touching these themes in worship and during our First Sunday *Meaning Matters* exploration time (see Kate Holland's column on page 9 for more detail), throughout the year we will also be offering a series of discussions centered around Article II and the changes taking place in Unitarian Universalism. Stay tuned for more info on this beginning in October.

I hope you will attend worship often and bring your full heart and mind to our explorations and the question: *What does it mean to be UU?*

Rev. Deborah

Welcome to a New Year at First Parish!

The Parish Committee is excited about the upcoming year as we welcome our Interim Minister, Rev. Deborah Bennett. **Welcome Rev. Deborah!** We are looking forward to being back at regular services beginning on September 10.

At its June meeting, the Parish Committee closed out the 2022-2023 year on a bittersweet note.

- We bid farewell to Rev. Stephanie who was called as Settled Minister to First Church in Boston beginning on August 1. On Flower Sunday the congregation thanked and honored Stephanie for nine years of ministering to us with love and creativity. It was a fine sendoff with great food and heartfelt gratitude. The Parish Committee also said farewell to Alyssa Lee, Ministerial Intern, after two years of warm and competent internship.
- Many thanks to Lynne Lipcon and Deb Stubeda, outgoing PC members, as their terms expire, and Heather Felton who has been our Treasurer for three years. And **welcome to new PC members** Laurel Whitehouse and Jim Grumbach and Treasurer Chris Cullen, who were elected unanimously at Annual Meeting.
- Hooray for a **successful Stewardship campaign** that brought in about \$350,000 in pledges to support the first non-deficit budget in a while. Thanks to Larry Green and his team for their hard work and to all of you for supporting First Parish.
- Thanks to Barb Heffner and Linda Collins and their team for the **successful Yard Sale** in early June. They raised \$3,000 for the First Parish budget on a beautiful day at what is becoming a great tradition.
- The Parish Committee discussed the **Transitions Team** that will support Rev. Deborah Bennett in the next year. Ann Gordon, Kathie Schmidt, and Robert Baker are already planning events for introducing Rev. Deborah to the congregation.

Over the summer, several Parish Committee projects and working groups continued making progress.

- Ted Barnes installed **software to control new cameras in the Sanctuary** for hybrid services. The work is still ongoing as the cameras are yet to be permanently installed and

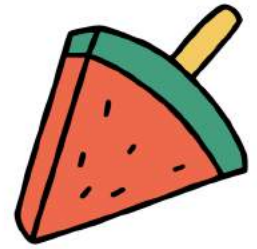
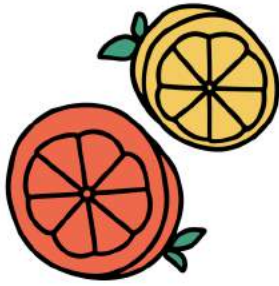
the Tech Team begins to learn how to use the new equipment. Thank you, Ted, for your patience and perseverance.

- Thanks to Bill Kenney and Suzanne Woodruff who are gathering **quotes for the replacement of Parish House windows**. And thanks to our intrepid Buildings Committee co-chairs, Susie Keyes and John Thompson, who juggle many needs and figure out how to pay for this work. The plan is to phase the project with the south side windows to be installed next summer and the north side windows the summer of 2025.
- As planned back in 2018, ownership of the **solar panels on the Parish House** is about to be transferred from Solar First of Wayland, LLC to First Parish in Wayland. Thanks to Ross Trimby, John Beard, and Bill Morrison for their willingness to invest in solar panels five years ago and ask only to recoup their costs in this transfer.
- And once again we were treated to a **stellar variety of lay-led Summer Services**. Thanks to Nathalie Thompson and Ted Barnes who organized the services and to all the presenters. (*Please see article on page 8.*)

The Parish Committee is looking forward to working with Rev. Deborah Bennett, who will serve as Interim Minister for the next two years as the congregation embarks on a search for a Settled Minister. Unlike the search for an Interim Minister which was the responsibility of the Parish Committee, the search for a Settled Minister will be the responsibility of the congregation. The process for selecting a Search Committee will begin in late winter. Stay tuned for more information as the year progresses.

Lea Anderson, for the Parish Committee

2023–2024 Parish Committee: Lea Anderson, Chris Cullen (Treasurer), Larry Green, Jim Grumbach, Barbara Heffner, Nan Jahnke (Clerk), Nathalie Thompson, Laurel Whitehouse, Jada Williams, Jay Woodruff



PLEASE COME TO OUR

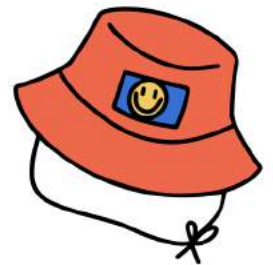
WELCOMING PICNIC!

WELCOME TO REV. DEBORAH BENNETT
AND WELCOME TO A NEW YEAR!



**SUNDAY,
SEPTEMBER 17**

**FIRST PARISH COURTYARD
AFTER SUNDAY
SERVICE**



PLEASE BRING A DISH TO SHARE
[SIGN UP HERE](#)

DRINKS WILL BE PROVIDED

**BRING YOUR CONTRIBUTION TO THE
FIRST PARISH KITCHEN
BEFORE 11 A.M.**



**QUESTIONS? CONTACT
ANN GORDON**

A Workshop on Raising Anti-Racist Kids Saturday, October 14, 10 a.m. to 12 p.m.

Join us for an engaging and interactive workshop where we will explore how to raise anti-racist kids. This in-person and online workshop is designed for caregivers who want to equip themselves with practical tools and strategies.

Instructors at Initiatives for Developing Equity and Achievement for Students (IDEAS), Rebecca Smoler and Caroline Han, will share valuable insights and facilitate discussions on topics such as racial socialization, internalized bias, cycles of oppression, and how to model dismantling of these cycles for the children in your life.

Don't miss this free opportunity to learn, connect, and make a positive impact on the next generation. Together, we can create a more equitable and inclusive world for our children. Although hosted and in line with our Unitarian Universalist values, this workshop is open to all caregivers interested in this topic.

To sign up, [click here](#). Questions? Contact Jada Williams.

Question of the Month from the Office

Some Basic Reminders

Welcome to a new church year! 2023-24 promises to be full of excitement, and interesting conversations as we embark on our Interim year! Here are a few basics and reminders to start the year off:



Karen Plaskon

- Donations can be made via check (to PO Box 397, Wayland 01778), online (through the Donate button on the website), or dropped off in the black, locked mailbox outside the back Parish House door. Please always include what the donation is for so we can properly record it.
- The building is accessible via the back Parish House coded door. Contact me if you need the code.
- Weekly eblasts and monthly Unitarians will be sent via email. Be sure to [sign up online HERE](#) if you are not on the list.
- [The Members' page \(HERE\)](#) on the website has lots of useful links for members including - Member directory, flower signup, reimbursement forms and more.
- Electronic orders of service will be sent out on Sunday mornings via an eblast along with the Zoom link for the service. You can get the order of service on Friday from the front page of the website as well. Paper copies are available on Sundays in the Sanctuary.
- Folders outside of the Parish office have some useful forms. If you have anything to leave for

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Thanks to All for Diverse, Creative, Inspiring Summer Services

Summer can be a time for relaxing and recharging. Summer gatherings at First Parish offer both of those things — a way to stay connected and plenty to think about.

We are so grateful to the many generous folks who stepped forward to lead a summer service, and for all those who came to the Vestry (despite some serious summer heat) or tuned in on Zoom.

At the time of writing this, we have had seven gatherings, all lay led, and look forward to the final two, one with military veterans of First Parish reflecting on their experiences, and then we round off the summer with our Interim Minister Reverend Deborah Bennett.

We launched the summer with a thoughtful service by Laurel Whitehouse on *Possibilities*, reflecting on our transition period between ministers. The services that followed covered a wide range of topics: addiction and recovery, understanding China and Ukraine, Artificial Intelligence and its impact on social justice, meaning in mending and making, our UU faith, and earth-based spirituality.

The average attendance was close to 30, and pretty evenly split between in-person and on Zoom. We are always grateful to our team of Lay Ministers who were there to open and close the services, introduce the sharing of personal joys and sorrows and, at times, to provide



Laurel Whitehouse led the first summer service, asking participants to weave together threads of treasured things and threads of possibility for First Parish's future



Rev. Deborah Bennett led the final Summer Service, with help from Lay Minister Kathie Schmidt (top). She led participants through some simple body, mind and spirit practices (bottom).

needed technical support. Again, a big thanks to all the facilitators who gave their time and energy to developing a topic and leading a service:

- Joel Angiolillo
- Rev. Deborah Bennett
- Roger Des Forges
- Patrick Foley
- Emily Mlcak
- Suzanne Reitz
- Matt Shear
- Ross Trimby
- Laurel Whitehouse
- Claude Williamson
- Chauncey Wilson

Ted Barnes and Nathalie Thompson, Summer Gathering Coordinators

Arts Wayland & First Parish present
**Nando Michelin-Ebinho
 Cardoso Group**
 Sunday, September 10, 3 p.m.



The Jazz Series under the direction of our own Neil Olmstead features a new group of Berklee College faculty. Nando Michelin and Ebinho Cardoso will present their new repertoire of songs using poems by Manuel de Barros, with an exciting mix of Brazilian popular music and jazz. Tickets are \$15.

Sponsored by the Lauren Dunne Astley Memorial Fund.

What You Might Want to Know about UUA General Assembly

This year First Parish sent three delegates to General Assembly, the national gathering of Unitarian Universalist congregations. GA is the annual business meeting of our denomination, making overall policy for carrying out the purposes of the Association and directing its affairs. Congregations are represented by delegates. Free virtual attendance was offered this year and along with Susie Keyes and Matt Shear, I tuned in to the business sessions where voting occurred, and to other meetings as I chose. Over three days, we each spent about 20-25 hours listening to various presentations and debates, and reading the comments that were posted during and after the sessions. The topics under discussion were the proposed re-write of Article II of the UUA by-laws (which passed this initial vote), the proposed divestiture of the UUA's financial holdings from fossil-fuel investments combined with the undefined payment of restitution (which did not pass), the selection of three Actions of Immediate Witness, and a question-and-answer session with the nominated candidate for the presidency of the UUA. [Here is a link](#) if you want to know more.



Many of you will have seen Susie Keyes's post on UU Social regarding her experience at GA, sharing very thoughtful reflections and provocative questions for us all to consider about what it means to be a UU and what our relationship is with our national body. I encourage you to read it if you have not already (July 16, 2023). Her post sparked a discussion on UU Social that we hope will continue throughout the year.

I have attended 5 GAs in person and have always found it an invigorating yet challenging experience. The attendance at GA is more diverse than our community here at First Parish in Wayland in almost every way. There is a broad range of ages, races, cultures, geographies, and many identities and persuasions clearly evident. The discussions are interesting, lively, and sometimes heated, but a culture of mutual respect and understanding pervades the gatherings and tools are in place to remind us of that should we need them.

In our denomination we operate as an association of congregations. Each UU congregation is autonomous in establishing its mission, setting priorities, choosing a minister and hiring staff. The UUA is a valuable resource in supporting us at many levels and the most visible

representation of our denomination to the broader world. We have a newly elected President of the UUA, the Rev. Sofia Betancourt. There will undoubtedly be changes afoot for our denomination with new leadership and the many other challenges facing religious organizations today. You can read more about the new president [here](#).

As we enter a two-year interim period with Rev. Deborah Bennett and begin to think about searching for a new called minister, it is valuable to consider issues that are front and center in our denomination.

Please keep an eye out for further discussions on these issues and please do take part if you are interested.

Nathalie Thompson

Office, continued from p. 6

me or other staff, you can leave it in the wire basket outside the Parish office.

- **If you want to request meeting space (or Zoom link)** please check the calendar and send a request via the button on the website [HERE](#). This will provide all of the information I need to set you up. I'll respond.

Questions?? Call (617-358-6133) or drop me an email (office@uuwayland.org).

I can't wait to get going with this exciting year!

*Karen Plaskon
Parish Administrator*



Looking Forward to An Exciting New Beginning

We have some big changes as we come into this new programming year. I am so excited to work with Rev. Bennett. We are working with the rest of the staff to plan an engaging year.

The next big change is the change I will make in my job this year. I will be the Director of Lifespan Education this year and volunteer teams will do engagement work. With that change in my role, I will only work 30 hours a week this year; Saturdays, Mondays and Thursdays will be my days off. I will work from home on Tuesdays and three Wednesdays of each month and in the office on the one Wednesday of the month, Fridays, and Sundays. I am happy to come in and meet with folks should you need to see me.

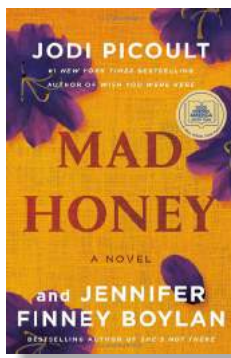
This year in our SEEK program I am excited to work with the themes of *Soul Matters*. The *Soul Matters* themes will explore some of the values put forth in the Article II proposal. We will also use photography as one of the ways we see and learn about each month's themes and how the visual can represent the ideas we are talking about. The second half of our Grade 4 to 6 OWL class will start in December.

We will be starting a "Breakfast Club" for children in Grade 4 and up. We will meet once a month at 8:00 a.m. to have breakfast together, chat about what is going on with us and the greater world, and play some games and other stuff that will be fun to do together. We will start in October, so keep your eyes on the schedule.



I am also excited to continue RE for All on the first Sunday of the month, using a new name: *Meaning Matters*. On our first Sunday in October, we will be finding meaning in the theme of Heritage.

As it says in my title, I will be focusing on Lifespan Education and doing some great programs for folks of all ages. This year, I hope to have a book club that will meet each month to read books of fiction, sci fi, mystery, and fantasy with characters or authors with marginalized identities. We will chat about the books in general and how marginalized identities are represented in the books. We will start off in October and read the book *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan. It is a great read or listen if you are an audio book person. Meetings will be multiplatform. Look for



the date and time for our first meeting in the October Unitarian and in the eblast.

I can't wait to see everyone in September. I am looking forward to a great year!

Kate Holland
Director, Lifespan Education



SEEK in September

September 10: No SEEK class. Multigenerational service, with pew packs available for kids.

September 17: SEEK Class: We will be making our classroom covenants. We will talk about why covenants are important and why our consent to them is also important.

September 24: SEEK Class: We will be talking about Yom Kippur and atonement: What is it, and why is it important?

Welcome to a Musical New Year

Welcome back to Sanctuary worship services and a new musical season at First Parish. Music Director Polly Oliver and our new minister Rev. Deborah Bennett have met and are collaborating to integrate music into our worship experience this year. They will focus on representing 10 beloved UU values and their potential to shape us, leading with the theme of “Welcome” in September and “Heritage” in October.

Join the Team!

Core members of our choir are mostly returning to the fold as summer turns into fall, but we also hope to gain new members with a goal of creating an optimum blend of voices across all parts. We welcome all singers. Experience is certainly not a prerequisite. Choir rehearsals are open. Try us out! They run Wednesday evenings from 7:30 to 9 p.m., putting us on a musical “field” as a team in order to make great music. Be assured that Polly is a great coach. Bring whatever interest you have in making music to an upcoming rehearsal. You’ll find choir member veterans to be warm and welcoming.



Music Director Polly Oliver

Highlights of the New Year

This year we will explore some of our “greatest hits” and look into new music that reflects directions being taken by UU music programs across the country.

We also herald the return of the Areen Bell Choir. Conducted by the talented Linda Murdock, the choir plays several times each year on our recently refurbished three-octave collection of Schulmerich Bells.

In October we begin practicing our December Music Sunday presentation: Conrad Sousa’s *Carols and Lullabies: Christmas in the Southwest*.

This contemporary piece features some of the most beautiful traditional Christmas-related melodies found in the Spanish-speaking world. The choir is accompanied by guitar, harp, and marimba. It’s an experience that delights singers, players, and listeners alike. Are you a singer who perhaps cannot commit to a full year of choir singing? Why not join us

for the two months or so we’ll spend preparing this piece?

We’re “editing” nearly 100 years of music collected by First Parish. Polly has also been spending time in the choir loft over the summer, lightly culling a part of our large music inventory that is no longer likely to be played or sung, or sometimes is no longer appropriate to perform. A future Music Notes submission will feature this project, offering insights on the process used to manage a substantial music collection collected over a span of many decades.

Jay Woodruff, on behalf of the Music Committee and Music Director Polly Oliver

Recognize Someone with Sunday Flowers

Honor someone or something special with a flower donation on a Sunday this year. Your flowers will grace



the Sanctuary during the Sunday service, and your donation will be noted in the Order of Service.

This year you can sign up three ways:

1. Sign up online.
2. Email or call Suzanne Woodruff or Rita Anderson.
3. Sign up on the paper schedule in the Vestry.

Sign up online here: [Sign-Up Genius](#); the link can also be found on the members page on the First Parish website.

September News from the UU Urban Ministry

Staff and volunteers at the UU Urban Ministry (UUUM) in Roxbury have been busy planning events for the Fall. Your UUUM delegates this year are Susan Crowley-Bechtel and Lea Anderson. We will do our best to let you know about the many opportunities to engage with the Urban Ministry throughout the year.

Makanda Project: Jazz on the Green Concert Series. You are invited to attend the last concert of the season on Saturday, September 9 from 1:00 – 4:00 p.m. on the beautiful greenspace at First Church in Roxbury. The concert is free of charge. Bring a lawn chair or blanket. [Details here.](#)



Trees of John Eliot Square Tour: Saturday morning, October 7, at 9:30 a.m. Mark your calendars for a walking tour around the First Church in Roxbury neighborhood led by UUUM board member and dedicated history enthusiast, Thomas Plant. “Mr. Plant’s passion for history and deep connection to Roxbury come alive as he shares stories that have shaped his community.” Following the 90-minute tour there is an option to enjoy lunch in the neighborhood. Carpooling will be arranged. Suggested donation of \$10-\$30 per person to the UUUM. Please contact Lea Anderson if interested or with any questions.



Introducing the UUUM Book Club. The UUUM is starting a [new project!](#) “Every month we will read and discuss books written by local BIPOC authors on social justice. The purpose of the UUUM Book Club is to create a safe and inclusive space where members can come together to read, discuss, and reflect on books that shed light on critical social issues, promote empathy, and inspire positive change in the world.”



From top: Jazz on the Green concert; tour of trees in John Eliot Square; tour guide and history enthusiast Thomas Plant, a UUUM board member.

To find out more about the UUUM, please visit uuum.org.

Lea Anderson

Pantry Garden, continued from p. 1

Molly and other garden volunteers are beginning to find it hard to carry on a full planting schedule as before. We’ve decided to try a new model to get good food to the two SMOC family shelters in Framingham. Instead of growing a lot of different crops (peas, beans, tomatoes, peppers, eggplant, lettuce, kale, collards, carrots, cucumbers, garlic, and flowers) for delivery directly to the shelters, we will instead grow much more garlic and flowers to sell at Russell’s Farmer’s Market.

With this income, together with that generated from Stop and Shop’s *Bloomin’ for Good* program, we can buy 1 -2 CSA (Community Supported Agriculture) shares from a local farm. Garden volunteers will pick up this weekly share and deliver it to the shelters.

Peg Mallett, manager of the farmer’s markets at Russell’s, is very supportive, and won’t charge a vendor’s fee. Shop at Russell’s Farmers Market Wednesdays noon to 4 p.m.

We are also grateful for another fundraising month at Stop and Shop, through their *Bloomin’ for Good* bouquet program. The First Parish Pantry Garden earned \$1 for each bouquet sold during August 2023.



Bee Team Update: Honey!

The First Parish Bee Team has some sweet news to share: We will be selling honey from the First Parish hives this fall. We plan to sell only to the First Parish community, and will set up a table during coffee hours or other parish events. We will also continue donating honey to area shelters and food pantries.

In late July the Bee Team harvested and bottled more than 20 pounds of honey from one of the parish's four hives. Working in the First Parish kitchen, team members spent half a day processing honey from seven hive frames, bottling it in 1-lb, 8-ounce, and 3-ounce jars.



Bee Team members Phil Giudice, Amanda Ciaccio and Nan Jahnke operate the honey extractor

The team used a honey extractor — a large, stainless steel, cylindrical piece of equipment that uses centrifugal force to extract honey from honeycomb — to harvest the honey. Bees place honey in the small cells of wax honeycomb they build, and cover each cell with a wax seal or cap. Harvesting honey involves carefully removing the wax cappings with a knife, and placing the frames of exposed honey into slots in the extractor.

The extractor then spins the frames – either electrically or by way of a human-powered hand crank – and the honey flies out of the cells onto the inside walls of the extractor. It drips to the bottom and flows out a “gated” hole, through a double sieve (to filter out wax) and into a waiting bucket. The Bee Team is grateful to Kaat Vander Straeten for loaning us her extractor.

The label on First Parish honey says “Lydia’s Bees,” because the Lydia Maria Child Fund has supported the First Parish hives as an environmental action project since 2018. The Bee Project is working to become self-sustaining. The revenue from honey sales will help to cover the costs of keeping hives, including equipment, tools and protective gear, treatments for parasites and pests, education for beekeepers, and teaching supplies.



Ann Gordon, for the Bee Team: David Bechtel, Amanda Ciaccio, Phil Giudice, Jill Grenon, and Nan Jahnke

Save the Date: Sustainability Officer Roundtable

Thursday, Sept. 28, 7 p.m.



On Sept. 28 at 7 p.m. [MetroWest Climate Solutions](#) will host a moderated roundtable

discussion with three sustainability professionals from local towns:

[Julie Gagen](#), Sustainability Coordinator, Weston
[Jillian Wilson Martin](#), Director of Sustainability, Natick
[Abigail Shute](#), Sustainability Manager, Wayland

The session will be offered at First Parish Church in Weston (349 Boston Post Rd, Weston) and via Zoom. Stay tuned for registration details.

In recent years, many local towns have created roles for sustainability specialists. These professionals lead and coordinate their town’s sustainability initiatives and help to raise awareness about environmental issues.

They develop and implement sustainability plans, monitor progress, and report on results. The sustainability officer works closely with relevant town committees and community members to promote practices such as waste reduction, energy efficiency, and sustainable transportation. Creating sustainable policies can help towns save money by securing funding via local, state, or private sources.

Photo by Alan Rodriguez on Unsplash

FPW and FPMW: What's the Connection?

This month First Parish in Wayland begins our 14th year supporting Family Promise Metrowest (originally called Interfaith Hospitality Network).

Since the start of our relationship in 2010, FPW has undergone significant change, and so has FPMW. Many First Parish members participated as volunteers during FPMW's early years when we hosted families overnight, first in our Parish House and later in other Wayland faith congregations.



With the opening of the Natick shelter last year, a core group of First Parish members began a new phase of direct connection with the families on site. We also offered the proceeds of the Christmas Eve plate to FPMW, we contributed to the annual fundraisers, and we participated in Spring Walkathons.

First Parish continues our membership in the support network by volunteering as dinner cooks and hosts and by contributing financially.

FPMW continues its stated mission: to transform the lives of families with children who are facing homelessness by mobilizing a diverse community to provide shelter, education, and comprehensive support. And we continue our unique membership in the support network by volunteering as dinner cooks and hosts and by contributing financially to the annual spring and fall fundraiser events. We also receive and respond to occasional additional requests.

In planning for this year's level of our involvement, consider this note as an invitation for anyone who is interested in efforts to reduce area family homelessness to join our congregation's Family Promise team.

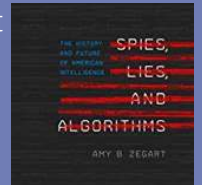
Details of a September coffee meeting will be posted in an upcoming e-blast and on the UU Social platform. In the meantime you can read more on the website <https://www.familypromisemetrowest.org/>. Or contact me to learn how you and your family might be part of our team.

Lois Doerr

Men's Book Club

Thursday, September 7,
8 p.m. on Zoom

This book title says it all: *Spies, Lies and Algorithms: The History and Future of American Intelligence*. Join us when we discuss this at our next meeting. All who identify as male are welcome. Questions? Contact Keith Sims.



Mid-Day Meditation

*Mondays, 12 p.m. on Zoom
Details in weekly eblast*

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.

Knit One, Laugh Two!

*Most Wednesdays, 7 p.m.
on Zoom*

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.

SEPTEMBER

- 7** **Men's Book Club**
Thurs., Sept. 7, 8:00 p.m., on Zoom, p. 14
- 9** **Jazz on the Green, UUUM**
Sat., Sept. 9, 1 - 4:00 p.m., p. 12
- 10** **Water Sunday**
Sun., Sept. 10, 10:00 a.m., p. 3
- 10** **Arts Wayland Jazz Concert**
Sun., Sept. 10, 3 p.m., p. 8
- 17** **Welcoming Picnic**
Sunday, June 17, 11:00 a.m., p. 6
- 28** **MetroWest Climate Event: Sustainability Roundtable**
Thursday, Sept. 28, 7:00 p.m., p. 13

Welcome to Fall at
First Parish!

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. 3**

Our Ministers

[The Rev. Deborah Bennett](#), Interim Minister
 The Rev. Dr. [Deborah Pope-Lance](#), Affiliate Minister

Our Staff

[Kate Holland](#), Director of Lifespan Education
[Polly Oliver](#), Music Director and Organist
[Karen Plaskon](#), Parish Administrator
[Leo Monzon](#), Bookkeeper
 Emma Silberman, Childcare Provider

Unitarian Newsletter Team

Ann Gordon, Barb Heffner, Nathalie Thompson, Chauncey Wilson

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



What's Happening?

Find all First Parish activities on [our website calendar](#).
 Check it out!

