

# THE WAYLAND UNITARIAN

OCTOBER 2023



FIRST PARISH IN WAYLAND  
UNITARIAN UNIVERSALIST

## First Parish is Off to a Great Start

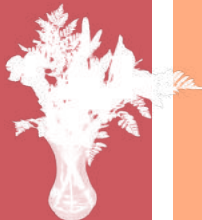
On Sunday, September 17, First Parishioners gathered after the Sunday service for a Welcome Picnic, to welcome Rev. Deborah Bennett and each other back to the regular church year. The weather was perfect, the food was abundant and delicious — thanks to many contributors — and the warmth and vitality of the congregation was palpable. Hats made a strong showing as well!



*Clockwise from top left: The sun shines on our Welcome Picnic; Parish Committee Chair Lea Anderson (right) presents some First Parish swag to Rev. Deborah Bennett, as Polly Oliver looks on from behind; l to r Malcolm Astley, Dan Lewis, and Ted Barnes (what ARE they doing?); Mimi Breed; Laurie Bent (left) and Becky Leonard*

## 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. To reserve your date, [sign up online](#), email or call Suzanne Woodruff or Rita Anderson, or sign up on the paper schedule in the Vestry. Thank you!



## Rummage Reimagined Sunday, Oct. 15, 11:30 a.m. Sunroom

Join us for a planning meeting for this year's YARD SALE! Bring a lunch or snack and we will meet in the Sunroom after service. The Yard Sale will be held on Saturday, June 1.

Covid sadly brought our beloved 76-year old Rummage Sale to a screeching halt in 2020. Our last Rummage Sale was held in 2019. By then, it had grown into our single largest parish-wide event, taking over every nook and cranny of our beloved building and requiring virtually 100 percent participation of our community. We loved the mission of the Sale and we especially loved the camaraderie within our community AND with the larger community.

But our aching backs were telling a different story. These past few years have given us the opportunity to step back and reflect about what we miss most about the Rummage Sale (and it is NOT our aching backs!).

Thanks to Barb Heffner, Linda Collins, Suzanne Tiberii, and Deb Stubeda, the Yard Sale was created in 2022. Much more relaxed and streamlined, these Yard Sales have shown us that we can do things differently.

Come with your thinking caps on as we ponder what really mattered about the Rummage Sale. Can some elements return WITHOUT strain on our buildings or our volunteer capacity? Let's start planning around our new tradition—The Yard Sale!

*Kathie Schmidt*

## 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.

### In This Issue

- 1** Off to a Great Start
- 1** Rummage Reimagined
- 2** Our Mission
- 2** How to Connect With First Parish
- 3** A Month of Sundays
- 3** Lay Minister of the Month
- 3** Sharing Our Plate
- 4** Greetings from Rev. Deborah
- 4** Article II Discussions
- 5** From the Parish Committee
- 5** Picnic Tables!
- 6** Postcarding, Gas vs. Induction
- 6** Raising Anti-Racist Kids
- 7** Native Plants, Green Initiatives
- 7** Book Club, Breakfast Club
- 7** Spooky Spaghetti, Apple Picking
- 8** Health Advisory Update
- 9** Lifespan Education and SEEK
- 10** Music Notes
- 11** UUUM Update, Monthly Question
- 12** Family Promise Update
- 12** Ongoing Events
- 13** Domestic Violence Call to Action
- 14** Jazz Concert
- 15** October Calendar



### 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

**October 1**

**Meaning Matters Sunday**  
**What's Church For Anyway?**  
Rev. Deborah Bennett  
No SEEK Class

**October 8**

**This Evolving Faith**  
Rev. Deborah Bennett  
SEEK Class

**October 15**

**Leading an Authentic Life**  
Guest Speaker: Dave Houle  
In celebration of National Coming Out Day  
SEEK Class

**October 22**

**The Landscapes of Our Lives**  
Rev. Deborah Bennett  
SEEK Class

**October 29**

**Day of Remembrance**  
Rev. Deborah Bennett  
SEEK Class

**October Theme:**

***The Gift of Heritage***

**Sharing Our Plate**  
***Domestic Violence***  
***Roundtable***

On Sunday, October 15, half of our collection plate will go to support the work of the [Domestic Violence Roundtable](#), a community-based nonprofit dedicated to promoting safe and healthy relationships.

**October's Lay Minister**

October's Lay Minister is Debbie Levens. Contact Debbie 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](#).

**Meaning Matters Sunday**  
**October 1**

Join us in a multigenerational activity for the second half of the service as we explore our monthly theme through photography. When the children leave the service, adults may choose to stay for a homily and discussion, or go with the children to explore the monthly theme using cameras, seeking out special items and photographing them in a fun photo scavenger hunt. Please join us downstairs for the fun!





What a wonderful, energetic start to our congregational year! Isn't worship such a wonderful part of the week? From the absolutely gorgeous music from our choir and the magnificent Polly Oliver, to the wonderful stories and children's engagement organized by Kate Holland, to the heartfelt time of shared joys and sorrows, to the spoken words and thoughts we share, it really is my favorite time of the week. I hope you too are able to attend often and give yourself the deep pause it invites us into.

*Are you bringing your full, unique self when you come here? Are you welcoming of others' unique, sometimes messy, often vulnerable selves?*

And speaking of energetic starts .... you are indeed a wonderful and dedicated congregation! It has been a joy to watch a new membership team form and to see the worship team and Lay Ministers and Parish Committee work so diligently. It is awe inspiring to watch so much take place in and around the building and off in Zoom rooms. It's so wonderful to see so many people who care deeply about the congregation and its ministries.

And I'm sure we can all feel that there is also so much more awaiting! As I have been getting to know you and noticing your sincere welcome of those that come to First Parish I have also felt that we can be doing more to ensure that all feel that they belong here. I love the quote from Bene' Brown about how the opposite of belonging was fitting in and how we find belonging by bringing our true, full selves to life. As we move forward this year I will challenge you to check in with yourself: Are you bringing your full, unique self when you come here? Are you welcoming of others' unique, sometimes messy, often vulnerable selves? Does our building and the way we use it welcome diversity or just make room for those that can 'fit in' to the 'way we have always done it'? Great questions right? I truly believe that the more comfortable we become with asking ourselves questions such as these, the more we will find and live into the answers. I feel humbled and privileged to get to travel that path with you.

While continuing to hold the practice of 'welcoming,' this month we turn our attention to the idea of "The Gift of Heritage." Here we are not simply talking about the personal heritage we may be given from our relatives but will be looking at deeper levels of heritage as well. From our familial

## And Here We Go!

ancestors to the ancestors we adopt as spiritual, intellectual or inspirational guides; from the earth's landscape that our bodies call their ancestral home to the landscapes of our interior worlds that touch our hearts, our deeper heritage speaks to us through many pathways. This month we will take a special opportunity to listen to what they have to say and respond to their call. I hope you will join me.

In Peace,

Rev. Deborah

### Let's Talk About Article II: A Covenanted Discussion

Tuesdays, Oct. 17, 24, Nov. 7, 14, 7:30 p.m. on Zoom  
or  
Mondays, Oct. 30, Nov. 6, 13, 20; 7:30 p.m. in person in the Sunroom

Spend some time with your fellow parishioners considering the proposed changes to Article II of the UUA bylaws. As a member congregation of the UUA, First Parish will advise our delegates how to vote on the final draft of Article II at the 2024 General Assembly. Rev. Deborah, Kate Holland and Susie Keyes will lead these groups.

Just tuning in? Many of us are. Here are some resources to help you get up to speed:

[Article II Study Report](#)

[Article II Study Process and Timeline](#)

[Frequently Asked Questions: Article II Study and Revisions](#)

## Two Busy and Productive September Meetings

By now, we hope that most of you have had the opportunity to meet our Interim Minister, Rev. Deborah Bennett. She joins the Parish Committee (PC) meetings, offering her own perspective and representing those of the staff. You can find the full list of PC members below, and at the website under About Us/Parish Leadership.

The Parish Committee met twice in September. At our first meeting we discussed big-picture issues for the year, such as the Ministerial Search Process timeline and goals for the year. At the second, regular meeting we discussed more routine issues. Highlights of the meetings follow.

- **The Transitions Team**, which collaborates with Rev. Deborah throughout the interim period, worked over the summer to ensure a smooth start to the new church year. In coming months, the team will work with Rev. Deborah to discuss culture and systems in detail and make plans to address any areas for concern or experimentation. The initial team included Robert Baker, Ann Gordon, and Kathie Schmidt. The team has been expanded to include Ross Trimby, Susan Keyes, and Phil Giudice.
- **The process for the Search Committee**, responsible for securing a Settled Minister, will begin in late winter. Once the Search Committee is in place, their work is likely to include conducting "cottage meetings" and a survey, but not until about a year from now. The process for appointing the Search Committee will be explained after the Transitions Team and Parish Committee have learned the details from the Transitions Office at the UUA. The congregation ultimately selects members of the Search Committee. Stay tuned for details.
- By unanimous vote, **Nathalie Thompson** was elected Vice Chair.
- **The picnic tables**, an outgrowth of the Visioning Process, will be installed, offering a welcoming spot to anyone in the community.
- **Our concerts with Arts Wayland** will continue this year. In addition, First Parish will host two open mike coffee houses in the next few months in the Vestry. If these go

smoothly, we might host additional coffee house performances.

- A purchase order is in process for **Parish House replacement windows**. Warm thanks to Bill Kenney and Suzanne Woodruff for securing quotes. The south side windows will be installed next summer, as soon as the preschool year ends. The north side windows will be installed in summer 2025. The Buildings Committee co-chairs, Susie Keyes and John Thompson, worked to allocate funding for this project without the need for a capital campaign.
- Last year, Kate Holland asked to step down as Director of Engagement, so that she could focus on her role as Director of

*continued on p. 8*

### Picnic Tables Are an Invitation

Is it the Wizard of Oz effect? Nope. It is the Wizard of First Parish Visioning! Soon, there will be picnic tables on our grounds for everyone to enjoy. When the tables get a finish coat, they'll move to the lawn on the west side of the Meeting-house. Thanks to all who are making this happen.



*Left: Ted Barnes, Lynne Lipcon and Jim Grumbach are among many who made picnic tables a reality.*



*Right: Many hands joined in the painting party during our Welcome Picnic to bring the tables to life.*

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

## Social Action: Democracy and Voting Rights

In November, the 365-day clock will begin to tick as the national elections approach. Once again, postcard writing projects in support of voting rights will be offered to members of our community. In the past, we have primarily written to persons who are members of groups subjected to discrimination, in order to encourage them to *register* to vote and to *actually* vote, in person or by mail.



*Volunteers write get-out-the-vote postcards in February 2020.*

For those who have not participated in the past, here is some information about how this work is organized. Volunteer members of the church organize all the needed materials, address lists, and postcards into packets. The volunteers who write the postcards pay the cost of the materials and postage. These campaigns are nonpartisan.

There also will be opportunities to gather and write postcards together in order to enjoy socializing while supporting democracy.

*Jean Milburn*

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



Explore how to raise anti-racists kids in this interactive workshop offered in person and online. 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. To sign up, [click here](#). Questions? Contact Jada Williams.

## Gas vs. Induction Cooking Thurs., Oct. 19, 7 p.m. on Zoom

Join [MetroWest Climate Solutions](#) to learn why some cooks are switching from gas stoves to induction cooking. Check our website for registration details.



Recent studies have raised concerns about hazardous air pollutants from gas stoves. A peer-reviewed [study](#) reported that gas stoves are responsible for 12.7 percent of childhood asthma cases nationwide and 15.4 percent of cases in Massachusetts. And these appliances aren't doing any favors for the planet. A 2022 [study](#) reported that gas stoves generate methane equivalent to that generated by 500,000 cars per year.

Induction stoves, long popular in Europe and Asia, are more efficient than gas or standard electric stoves. Some chefs and home cooks are making the transition to induction cooking, whether motivated by a desire for cleaner air or a lower carbon footprint.

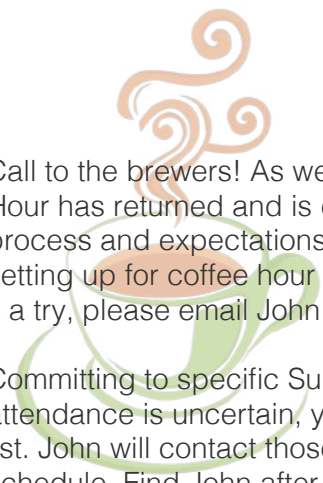
Our speakers:

[Jonathan I. Levy](#), ScD, Chair and Professor, Department of Environmental Health, Boston University. Prof. Levy's research centers on urban environmental exposure and health risk modeling. Application areas include air pollution and climate change.

[Steve Sheinkopf](#) is CEO of Yale Appliance, which has three locations in the Boston area. Steve has been featured in *The New York Times*, *The Wall Street Journal*, *The Boston Globe* and other publications based on his knowledge of the appliance industry.

## Fall Gardening: Adding Native Plants to Your Yard

First Parish member Jean Milburn is our local native plant ambassador, a public educator who assists residents who wish to learn about use of native plants to improve habitat on residential property. If you would like Jean to visit your yard and help you learn more about native plant gardening, you can reach her at [39york@gmail.com](mailto:39york@gmail.com). Her services are pro bono, but you may make a donation to First Parish to acknowledge her ministry if you wish.



## Coffee Hour Needs You!

Call to the brewers! As we emerge from Covid, beloved Coffee Hour has returned and is dependent on volunteers! The process and expectations have been greatly simplified, so setting up for coffee hour is an easy lift. If you are willing to give it a try, please email John Thompson.

Committing to specific Sundays is our preference, but if your attendance is uncertain, you can help by being on a “back-up” list. John will contact those on the list to fill in any gaps in the schedule. Find John after church on October 8 to see how simple it can be, or he can meet with you at another convenient time. Help us ensure our after-service caffeine will be available to all!

## First Parish Pursues Green Initiatives

First Parish recently took ownership of the solar panels on the Parish House from Solar First of Wayland, LLC, established in 2018 by Ross Trimby, John Beard, and Bill Morrison. The First Parish community is grateful for their willingness to invest in solar panels five years ago and ask only to recoup their costs in this transfer.

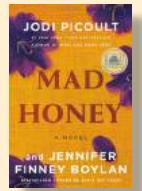
The beautiful chandelier in our Sanctuary was recently cleaned and fitted with LED bulbs, which will significantly reduce its electricity draw. They are the equivalent of the 40W bulbs that were previously lighting the room.



## Book Club

Tuesday, October 10, 7:30 p.m.  
In the Sunroom and on Zoom

Join in a discussion of *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan.



## Breakfast Club

Sunday, October 15, 8:00 a.m.

First Parish Kitchen

Children in 4th grade and up are invited to make and eat breakfast together at First Parish.

## Spooky Spaghetti Dinner and Pumpkin Carving

Friday, October 20, 6:30 p.m.

Vestry

We'll enjoy a spaghetti dinner together, carve some Halloween pumpkins, and have a glowstick dance party in our dark Sanctuary.

## Apple Picking

Sunday, October 29, 11:30 a.m.

Shelburne Farms,  
Stow

Everyone is invited after church to carpool to Shelburne Farms in Stow for a fun time apple picking, cider drinking, and donut eating!



## Health Advisory Team Update

We've all been reading the reports of an increase in Covid-19 illnesses this fall, and many of us have friends who've recently had the virus. Your Health Advisory Team continues to monitor relevant data and did so over the summer as well. As of this writing in late September, those of us in Middlesex County are still at a low risk of Covid, but the numbers are on the rise. To quickly check the risk level and to review our masking guidelines, visit <https://www.uuwayland.org/covid-information/>.

Should you want to monitor the data yourself, we check [covidactnow.org](https://covidactnow.org) each week. Simply enter "Middlesex County, MA" and you'll see the risk level (based on the CDC's Community Level framework). The page also displays the number of weekly Covid hospital admissions per 100,000, and the percentage of patients with Covid in all hospital beds. We also carefully watch the Biobot Analytics site (<https://biobot.io/data/>) for wastewater trends, which are a leading indicator of Covid prevalence. Last, for good translations of health science for laypersons, we recommend the newsletter, *Your Local Epidemiologist*. You can sign up for email alerts at <https://yourlocalepidemiologist.substack.com/>.

Last, we hope you'll consider all the vaccines you are eligible for this fall, as recommended by your doctor.

*Your Health Advisory Team: Lynne Cavanaugh, Barb Heffner, Kate Holland, and Jim Kitendaugh*



*Everyone at the Welcome Picnic found a comfortable place to sit.*

*Parish Committee, continued from p. 5*

Lifespan Education. As a result, Jada Williams volunteered to form a **Membership Team**, whose primary mission is to welcome and engage newcomers. It is chaired by Steve Rogers and Pat Sims, and also includes 8 to 10 parishioners. They are working with Rev. Deborah to create some introductory classes.

- A new **social media team** has been formed, which includes Rita Anderson, Leah Levine, and Jay Woodruff.
- Ted Barnes has installed software to control **two new cameras** to support hybrid services. One camera is already mounted in the choir loft and the other will be mounted on the east wall of the Sanctuary soon. This will eliminate the wires running across the floors. The cameras can be controlled digitally, which means that they can be managed remotely. We hope this will make the part-time role of Technology Facilitator more appealing to a new hire.
- We discussed reviewing the **current rental policy** for special events and outside groups, to ensure it has kept pace with the times.

The church year is off to a lively start. Keep an eye on the Unitarian and the website Calendar to stay current with the many events and activities that are happening at First Parish. As always, feel free to email or call members of the Parish Committee with your questions or comments.

*Barb Heffner, for the Parish Committee*



# Celebrating Fall and Exploring Our Heritage



Fall is one of my favorite seasons and with a taste of it at the end of September I am looking forward to cider and sweaters in October. I am also looking forward to some interesting and fun activities in October.

Join us for four sessions to take a deeper dive while in a covenanted community before reacting to or giving feedback on the proposed Article II. Join us at 7:30 p.m. on Zoom — Tuesdays, October 17, 24 and November 7 and 14 — or in person in the Sunroom — Mondays, October 30 and November 6, 13, and 20.

*Kate Holland*  
*Director of Lifespan Education*

We will start off October with a *Meaning Matters Sunday*. What does that mean? **Meaning Matters Sundays will be similar to RE For All Sundays last year, but a bit different.** We will all start in the service together like usual and when we release the kids to their class, adults will be invited down to a multigenerational class. You will also have the option to stay in the Sanctuary to hear a homily with Rev. Deborah and a chance to do a deeper dive into the monthly theme.

Our curriculum will explore our monthly theme through photography, and this will guide our multi-age activity. Adults will be paired with a child in our congregation who will have a camera. You will get a chance to talk about the theme of welcome and how you feel welcomed at First Parish. You will get to seek out some things that are special to you to take photos of and have a fun photo scavenger hunt. I hope you will join us downstairs for the fun.

In October **we also will kick off a diaper drive** to give diapers to *A Place to Turn* food pantry. The kids will kick off the drive by making a collection box. The box will be in the Commons from October 8 through the 22. On October 15, 4th graders and up will be invited to come to First Parish at 8 a.m. and make some breakfast together and have some fun.

We also have some fun programs for adults and others that welcome everyone no matter your age. On October 10, we will have our first meeting of the **new Book Club**. We will meet at 7:30 p.m. in the Sunroom or on Zoom to talk about the book *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan. On Saturday, October 14 at 10:00 a.m. there will be a workshop on *Raising Anti-Racist Kids*. Look for the signup link in the eblast and see p. 6 of this newsletter. On October 20 we will have a **Spooky Spaghetti Night**. We will eat together, carve some pumpkins, and have a glowstick dance party in our dark Sanctuary. Also to get our Fall groove on, after the service on October 29, let's go apple picking together. We'll head to [Shelburne Farm](#) to enjoy a perfect fall day together picking apples and enjoying warm apple cider doughnuts.

Lastly, in October and November we will have two opportunities to **Explore Article II in a covenanted discussion.**

## SEEK in October

**October 1 Meaning Matters Sunday**  
Children and adults will explore our monthly theme together through photography. When the children leave the morning service, adults may choose to go with them to explore the monthly theme using cameras, seeking out special items and photographing them in a fun photo scavenger hunt.

**October 8** We will be collecting diapers for *A Place to Turn* food pantry.

**October 15** The theme of the month is The Gift of Heritage. This week, we explore what the word heritage means. We will use the metaphor of roots that nourish a tree, and talk about how our roots can nourish us during hard times.

**October 22** We will explore the gift of being rooted in science and reason. Science and reason lead us to – and give us the gifts of – wonder, gratitude and curiosity.

**October 29** To honor LGBTQ+ history month we will explore the roots of the LGBTQ+ community in our shared heritage.



## Dealing With the Baby Elephant in the Room

Summer, during which our formal music program takes a break, is usually a time for reflection, but this year we could not ignore the rapidly expanding “baby elephant in the room,” the music library. It has evolved over 100-plus years, expanding to the point where it could well weigh as much as a young pachyderm. It crowds both our choir loft closet and a newer music storage closet, while a small percentage of music – including some of Music Director Polly Oliver’s own organ music – has been shelved in the loft itself.

Music folders were so tightly packed into file drawers that it became difficult to extract pieces for rehearsals or to put them back after they were performed on Sundays. And so, beginning this summer, Polly put



her deep knowledge of our printed choral repertoire to the test and began to rearrange and prioritize its location. Working closely with Music Committee co-chair Kathleen Lang, Polly is trying to store music more efficiently, giving us more ready access to music she has paired with weekly sermon topics and monthly worship themes.

Polly’s detailed understanding of the collection covers a substantial mix of both established classics as well as newer works that reflect an ongoing evolution of Unitarian Universalism’s spiritual objectives along with changes in musical taste.



Kathleen, who has for years painstakingly cataloged and updated the collection on an Excel spreadsheet, is assisting in organizing the collection and re-editing our electronic record to pinpoint the current location of any one piece of music.

We store vocal scores for major and minor works on shelves, primarily, while regular-use individual pieces are in file drawers. Each of the latter is filed in a folder with enough copies to supply the choir. Rarely performed pieces are moved to boxes, as are the folio-sized music scores used by the conductor and instrumentalists for major works.

The ongoing music library reorganization by both Polly and Kathleen represents a valuable gift. It helps ensure that First Parish’s musical contribution to the worship experience is more readily accessible by those who perform now, and to the benefit of those who will fill our space with music in the future.

### Rehearsals for Music Sunday Start This Month

Music Sunday will be on December 10, and open Wednesday evening rehearsals for Music Sunday start mid-month. We encourage you to sing along! We are going Southwest with Conrad Sousa’s *Carols and Lullabies: Christmas in the Southwest*, a lovely and accessible piece we presented several years ago. Rehearsals begin on Wednesday, Oct. 18 at 7:30 p.m., and they last for the first hour of our 7:30 – 9 p.m. rehearsal.

### Hear the Gathering Music

If you have attended our first services in September, you may have noticed that things start off a little differently than in previous years. At Reverend Deborah’s suggestion, Polly now plays “Gathering Music” for the 10 minutes leading up to our 10 a.m. service.

She often improvises on the melodies contained in scheduled hymns and anthems, taking us on a brief musical journey replete with lovely chord progressions and a calming, centering cadence. Arrive a little early and give it a listen as you greet your neighbors after a long week.

## October News from the UU Urban Ministry

**Trees of John Eliot Square Tour, Saturday morning, October 7.** It's not too late to sign up! Please let us know if you want to join 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."

Carpooling is being arranged, so please let us know if you want a ride. We'll meet at church at 8:30 a.m. Following the 90-minute tour beginning at 9:30 a.m., there is an option to enjoy lunch in the neighborhood. Suggested donation of \$10-\$30 per person to the UUUM. Please contact Lea Anderson if interested or if you have any questions.



### Roxbury Youth Programs

The summer semester of Roxbury Youth Programs (RYP) ended with an art show curated by the program's students. It featured art projects, both paintings and multi-media, that expressed their thoughts about themselves, their community, and their place in it.



*Top: First Church in Roxbury  
Bottom: Roxbury Youth Programs*

Now that school has started, the Urban Ministry is excited to welcome students back for after-school homework assistance and tutoring, and then the start of the fall internship program.

**Renewal House**, the Urban Ministry's emergency shelter, recently welcomed a new family and also had another move out after staff assisted them through the process of finding permanent housing.

To find out more about the UUUM, please visit [uuum.org](http://uuum.org).

*Lea Anderson*

### Question of the Month from the Office How Do I Get the Word Out About a Happening?



*Karen Plaskon*

We have lots going on and many ways to let people know!

- First step, make sure you have what you need for space (including Zoom). Check the FP calendar and contact the office to secure your date and resources. NOTE: If you will have expenses, make sure you know your FP account number for reimbursement.
- Second, get your info in the Unitarian! The deadline is the 20th of the month!
- Third, determine what publicity materials make sense for your event and note deadlines for submission (here's the short list):
  - Weekly e-blast (events in the next two weeks); Deadline: 2 p.m. Tuesdays
  - Order of Service (events this week); Deadline: 2 p.m. Wednesdays
  - Front page website blog/ events (public events or articles)
  - Social@uuwayland.org private email list. NOTE: Not everyone is on this!
  - Facebook (Public and/or Private), Instagram

## Fall Volunteering and More at Family Promise Metrowest

First Parish in Wayland is joining First Parish in Framingham for the October 2-5 shelter host week at the Family Promise Day Center in Natick. Our folks are the chefs and dinner hosts for up to three families on Oct. 3 and 5. Our next on-site shelter dates will be in 2024 during the weeks of Feb. 5, April 15, and Nov. 11.



Volunteers must complete a one-hour online training in advance of active volunteering. If you are interested, get access to the training by clicking on the link to the Volunteer Orientation Portal [here](#).

In addition to the family shelter program, Family Promise operates three other programs, providing a continuum of support to families in varying stages of housing instability, from shelter services, to transitional support, to preventing the loss of a family's home or a family's entry into shelter.

The [SAIL Program](#) (Sustaining Achievements for Independent Living) supports families transitioning from shelter into permanent housing by providing resources that assist them in establishing long-term stability and independence. The process begins while families are still in shelter. The focus is on securing employment, showing progress in their shelter goals, and establishing a projected budget for community living. Family coaches help parents develop a housing plan to determine future options that are safe and affordable. Coaches then assist families in searching for apartments and accessing community resources that help with the first month's rent and security deposits. When families are ready to move in, FPMW reaches out to other local nonprofits and the FPM network for support in collecting household goods, furniture, and supplies.

The [LIFE Program](#) and [Steps to Success](#) provide homelessness prevention and support for additional employment skills. All four programs emphasize a community approach to solving the crisis of family homelessness. Expanded community effort is needed during these times of scarce affordable housing. We are being asked to consider possible efforts within our communities and congregation.

Lois Doerr

*Gift cards to Target, Market Basket, Stop & Shop, or VISA/ MasterCard are always needed. [Click here](#) to give.*

### Men's Book Club Thursday, October 5, 8 p.m. on Zoom

Join us when we discuss *The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz*, by Erik Larson. 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.

## Working to End Relationship Violence: A Call to Action

For decades, First Parish members and friends have joined together in witness, protest, and planning to raise awareness about and take practical steps to help prevent relationship violence. Unbelievably, there are two to three murders of girls and women each day in our country due to relationship violence and far more numerous incidents of abuse of many kinds, including emotional, psychological, sexual, physical, social, financial, cultural, spiritual, and otherwise.

The problems together have many names: relationship violence, intimate partner violence, gender violence, break-up violence, coercive control. For years we have held annual vigils and marches together and collaborated with other organizations to hold talks and workshops related to the topic.

**With our ministerial transition comes a good opportunity to review our past work and consider creating a standing committee to address the underlying challenges with more consistent and organized efforts.**



*Purple lights in October mark Domestic Violence Awareness Month.*

Now is a good time to consider dedicating ourselves even more deeply to the work of supporting Effective Loving Relationships and Violence Prevention. Some sound thinking and organizing have been carried out in various church sectors such as the youth education OWL Program.

Numbers of congregants over the years have joined with the local collaborative, the Sudbury-Wayland-Lincoln Domestic Violence Roundtable, to work on the issues involved and plan helpful isolated action, but we have not taken up a sustained and organized congregational effort to help promote sound and consistent new investigatory and educational initiatives to get to the roots of the complex challenges involved, and promote thinking and learning for healthy, nurturing, mutual, power sharing and just relationships.

**Domestic Violence Vigil  
Wed. Oct. 18, 7 p.m.  
First Parish**

The Domestic Violence Roundtable invites you to join with others to grieve the deaths that have occurred this year, to protest, and resolve to work toward prevention.

### What are possible next steps?

**First**, join us on October 18 at 7 p.m. for the annual Domestic Violence Vigil at First Parish.

**Second**, consider getting involved in a new focus group on Effective Loving Relationships and Violence Prevention. If you are interested please contact Malcolm Astley or Rev. Deborah. If we have enough interest we will begin meeting this fall.

**And lastly**, please take 21 minutes to watch [this powerful video](#) produced by the [LaurenDunneAstleyMemorial-Fund.org](http://LaurenDunneAstleyMemorial-Fund.org).

## SEEKING Diapers

From October 8 - 22, the SEEK kids are collecting diapers to donate to *A Place to Turn* food pantry.



The kids will kick off the drive by making a collection box together. Watch for it in the Commons during most of October, and please give generously!

## Send Your News and Photos to the Unitarian



The deadline for the Unitarian is always the **20th of the month**. If you have something you want the community to know, send it to Ann Gordon and to Karen Plaskon in the office.

The Arts Wayland Jazz Series brings Berklee faculty ensembles to various venues across Metrowest for monthly performances under the direction of its artistic director, Neil Olmstead, Professor, Berklee College of Music.

Arts Wayland, in association with First Parish in Wayland, is thrilled to present

## Jason Yeager Quartet

Sunday, October 29, 2023 | 3:00 P.M.

First Parish in Wayland | 225 Boston Post Road, Wayland

\$15 | Online tickets: [artswayland.com](http://artswayland.com)



Longtime NYC collaborators Jason Yeager (piano) and Randal Despommier (alto saxophone) present a dynamic program of lyrical originals, soulful blues, and inspired arrangements of pieces by Monk, Mingus, and more, with two of Boston's finest world-class musicians, Yoron Israel (drums) and Brad Barrett (bass).

Buy your tickets here today before they sell out: [www.artswayland.com](http://www.artswayland.com).



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UNITARIAN UNIVERSALIST

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# OCTOBER

- 1**                      **Meaning Matters Sunday**  
*Sunday, Oct. 1, 10:00 a.m., p. 3*
  
- 5**                      **Men's Book Club**  
*Thurs., Oct. 5, 8:00 p.m., on Zoom, p. 13*
  
- 7**                      **Trees of John Eliot Square Tour**  
*Saturday, Oct. 7, 8:30 a.m., p. 11*
  
- 10**                     **Book Club: Mad Honey**  
*Tues., Oct. 10, 7:30 p.m., p. 7*
  
- 14**                     **Raising Anti-Racist Kids**  
*Sat. Oct. 14, 10:00 a.m., p. 6*
  
- 15**                     **Breakfast Club**  
*Sun., Oct. 15, 8:00 a.m.; p. 7*
  
- 17**                     **Article II: Covenanted Discussion**  
*Four Tuesdays starting Oct. 17, 7:30 p.m., p. 4*
  
- 18**                     **Domestic Violence Vigil**  
*Wed. Oct. 18, 7:00 p.m., p. 13*
  
- 19**                     **Metrowest Climate Solutions:  
Gas vs. Induction Cooking**  
*Thurs. Oct. 19, 7 p.m. p. 6*
  
- 20**                     **Spooky Spaghetti and Pumpkin Carving**  
*Friday, Oct. 20, 6:30 p.m., p. 7*
  
- 24**                     **Article II: Covenanted Discussion**  
*Tuesday, Oct. 24, 7:00 p.m., p. 4*
  
- 29**                     **Apple Picking in Stow**  
*Sunday, Oct. 29, after services; p. 7*
  
- 29**                     **Arts Wayland Jazz Concert**  
*Sun., Oct. 29, 3 p.m., p. 14*
  
- 30**                     **Article II: Covenanted Discussion**  
*Four Mondays starting Oct. 30, 7:30 p.m., p. 4*

*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](http://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!

