

UNITARIAN UNIVERSALIST CONGREGATION *in the Assabet Valley*



October 4, 2026

Living the Questions: Embracing Uncertainty

Our Ministers:

**The Rev. Dr.
Cynthia L. Landrum**
Minister

Yaakov Trek Reef
Intern Minister

Our Board Officers:

Brendon Chetwynd
President

Trisha Guditz
Vice President

Lee Coopridner
Treasurer

Elizabeth Michaud
Clerk

Our Program Staff:

Rayla D. Baldwin-Mattson
Director of Religious
Education

Chris Hossfeld
Music Director

Cynthia Menard
Spiritual Growth &
Community Center
Director

Our Administrative Staff:

Meg Rivers-Wright
Parish Administrator

Christine Towle
Publicity Coordinator

*Our Program
Support Staff:*

Trevor Berens
Accompanist

Justin Marble
Nursery Care
Coordinator

*Our Administrative
Support Staff:*

Mike Silkonis
Sexton

UUCAV is a UUA Welcoming Congregation. We warmly welcome gay, lesbian, bisexual, and transgender people into our community.

Small portable radios are available to use throughout our building and grounds to listen to the service on **107.7 FM**, and are also our Assisted Listening Devices.
Large print orders of service and hymnals are available from an usher.

UUCAV has a masks-optional policy throughout the church. Several back rows in the sanctuary & those with accessible seating are “mask-required.”

UUCAV is on the web at uucav.org and on Facebook, Instagram & YouTube.

October 4, 2026: 10:00 a.m.

Gathering

Prelude

“Nuage Gris”
Franz Liszt

Trevor Berens
Accompanist

Introit

“We Shall Be Known”
Karisha Longaker
Ma Muse

UUCAV Choir
Chris Hossfeld
Music Director

We shall be known by the company we keep
By the ones who circle round to tend these fires
We shall be known by the ones who sow and reap
The seeds of change, alive from deep within the earth

It is time now, it is time now that we thrive
It is time we lead ourselves into the well
It is time now, and what a time to be alive
In this Great Turning we shall learn to lead in love (2x)

Welcome & Land Acknowledgement

Lindsay LaPointe,
Religious Education Committee Chair

Opening Words

“With Love As My Guide”

& Chalice Lighting

Cindy Terlazzo

Rev. Dr. Cynthia L. Landrum

*** Hymn #1003**

“Where Do We Come From?”

Singing the Journey

Centering

*** Covenant and Affirmation**

(Spoken in unison)

TOGETHER: We unite in an
atmosphere of care and support
to foster spiritual health and growth.

TOGETHER: We focus on sharing our
ideas and histories, with warmth, hope,
loving friendship and an open mind.

TOGETHER: We nurture stability
for our daily lives and seek motivation
to reach out to the larger community.

– Brookfield (MA) UU Church

(Sung in unison)

As saffron trees now capture fire
and memories our hopes inspire;

we’ll praise imagination’s grace –
the human heart’s best resting place.

– Anonymous, #375 STLT

** Please rise in body or in spirit*

Greet Your Neighbor

Children, Parents & Teachers are invited forward for the Time for All Ages.

A Time for All Ages

Rayla D. Baldwin-Mattson
Director of Religious Education

Going Forth With the Light “Our Love Surrounds You”

Chris Hossfeld

Sing Out Love

Milestone Joys and Sorrows

Ann Wickham, Lay Minister

Joys and Sorrows is a time for the things on our hearts and minds to be heard by the gathered community. If you would like a follow-up call by a lay minister or the minister, email caring@uucav.org.

Prayer or Meditation

Rev. Dr. Cynthia L. Landrum

In Words

“Revel in the Mystery”

Ali K. C. Bell

In Silence

In Music

Trevor Berens
Accompanist

Exploring

Plate Sharing Introduction

Ann Wickham,
Supporting Asylum Seekers Task Force

Sharing Our Gifts

This month we share our offering with **Supporting Asylum Seekers**. You may donate by cash, check, online at uucav.org/donate, or text (978) 310-3309.



Anthem

“Ours Is a Living Faith”

Words & Music: David Tamulevich

Arr. C. Hossfeld

UUCAV Choir

Chris Hossfeld,

Music Director

Ours is a living faith,
Life is a short embrace,
Heaven is in this place every day!

Hope is the ground we till,
Make each day what you will,
Thankful for dreams fulfilled every day!

No room in this heart for fear,
No judgement day drawing near,
Trust that inner voice you hear every day!

Life's not a goal or race,
It's about heart and faith,
And living a life of grace every day!

Trust is an open hand,
Making an honest stand,
Rooted here in the land every day!

Live in the mystery,
Seeking the harmony,
Here between you and me every day!

Sermon “Living the Questions: Embracing Uncertainty”
Rev. Dr. Cynthia L. Landrum

Returning

* **Hymn #311** “Let It Be a Dance” *Singing the Living Tradition*

* **Benediction** Rev. Dr. Cynthia L. Landrum

* **Chalice Extinguishing Song**

Postlude “Both Sides Now” Trevor Berens
Joni Mitchell

Announcements

* * *

Thank you to:
Kim Kinnear, Zoom Host
Hector Constantzos, Tech Assistant
Carolyn Zettler, Kate Cremens Basbas, Ushers
Brendon Chetwynd, Rick Lent, Coffee Hosts
Our staff and leadership

* *Please rise in body or in spirit*

To our visitors...Thank you for coming! ♥

We hope you found what you're looking for and that you'll return. Here's how to keep connecting with our people and programs:

- Fill out a VISITOR CARD in your pew or online (QR code)
- Watch these pages for NEWCOMER EVENTS:
 - 1) Newcomer Coffees- Meet the minister and other newcomers
 - 2) UU Journey Classes - Learn about UU history, spirituality, mission, and traditions
- Check out OUR WEBSITE, www.uucav.org - There is so much happening! Both our homepage and "Church Life" tab detail our events and programs.
- Subscribe to our E-NEWSLETTERS & EMAIL GROUPS (QR code)



VISITOR CARD



SUBSCRIBE TO
NEWSLETTERS

≧ Today at UUCAV ≦

Religious Education - *Time for All Ages* followed by our K-5 class in the Vestry and Youth Group in the newly-renovated Youth Room.

After the Service -

- Coffee Hour - Fellowship Hall
- Apple Pie Sale - Pie Shed out front until pies run out or 12 noon, whichever comes first
- Songs of Schumann and Britten - Sanctuary
Today's concert benefits Supporting Asylum Seekers and Guest Table. **Chris Hossfeld, tenor**, and **Trevor Berens, piano**, will present at 4 pm. The program features two remarkable song cycles: Robert Schumann's *Dichterliebe* (*A Poet's Love*), tracing the arc of love, longing, and heartbreak, and Benjamin Britten's *Who Are These Children?*, a striking collection reflecting on childhood, memory, and the shadow of war. The program will also include several of Britten's arrangements of traditional folksongs.



SONGS OF SCHUMANN & BRITTEN



Christopher Hossfeld, tenor
Trevor Berens, piano

TODAY AT 4:00 PM

Suggested donation \$25
All Are Welcome!

MUSIC AT UUCAV

≧ Announcements ≦

October Plate Share: Supporting Asylum Seekers Task Force

UUCAV's SAS works to support asylum seekers and refugees who seek a safe home in our surrounding communities. It was founded by Steve and Mary Evans in 2018 because they recognized the expanding need of asylum seekers. To date we have supported dozens of families from such countries as Honduras, Afghanistan, Uganda, and Haiti. The work we do includes providing food, shelter, and cultural orientation, teaching resume writing and job searching skills, conducting clothing drives, visiting food pantries, working with pro bono lawyers to try and stop deportation, and so much more. SAS monetary support to our families has enabled us to cover monthly rent, purchase gift cards for gas, food and clothing, and pay for driving lessons, road tests, and car repair. Thank you for all that you have done to date and into the future as needs grow exponentially. We could not do it without you. We would also love to have you join us; speak to any of this team about how you might help, or contact asylumsupport@uucav.org. - Ann Wickham, UUCAV Liaison

Small Group Ministry groups have openings!

If you would like to get to know UUCAV folks better, SGM is a great way to form connections with some great folks. Groups of 8-11 folks meet once a month for two hours for a facilitated sharing about a topic. Current groups will meet through January. Contact karen@kinnear.com to get more information.

The UU Journey at UUCAV Wednesdays 7-8:30 pm on 10/14, 10/28, 11/11, 12/2
A Four-Session Course on UU History, Spirituality, Mission, and Traditions led by our Minister, Rev. Cindy Landrum and Intern Minister, Yaakov Trek Reef. You do not need to be new to UUCAV to participate. All are welcome!

Opportunities to...

- Share the story of your own spiritual journey
- Ask questions about FPC and Unitarian Universalism
- Get to know others in the church

Topics include Theology, Worship, & Spiritual Journeys; Unitarian, Universalist, UU, & UUCAV History; Polity, Governance, & Social Justice; UUCAV Traditions, Involvement, & Membership

If you are interested in participating, please fill out the registration form: <https://uucav.breezechms.com/form/uujourney>



UU Journey
Registration

≧ This Week at UUCAV ≦

SUN 4	MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
9am-12pm APPLE PIE SALE <i>Pie Shed</i> 9-9:45am OPEN CHOIR REHEARSAL <i>Sanctuary</i> 4-7pm APPLE PIE DOUGH-MAKING <i>Hall & Kitchen</i> 4pm CONCERT: SONGS OF SCHUMANN AND BRITTEN <i>Sanctuary</i>	7-8:30pm BUDDHIST BOOK & MEDITATION GROUP (SGCC*) <i>online</i>	9am-4:45pm APPLE COLLECTING <i>at Shelburne Farm</i> 10-11am COFFEE & CHAT <i>Gazebo</i> 4-6pm APPLE PIE DOUGH-MAKING <i>Hall & Kitchen</i>	9am-4:45pm APPLE COLLECTING <i>at Shelburne Farm</i> 4-9pm APPLE PEELING/PIE PREP <i>Vestry or in your home</i> 6:40-8:45pm READING & MEDITATION <i>Hall/online</i>	4-9pm APPLE PEELING/PIE PREP <i>Vestry or in your home</i> 4:30-5:30pm PEACE VIGIL <i>outside</i> 7-9pm WRITERS' GROUP <i>Parlor</i> 7:15-9:30pm CHOIR REHEARSAL <i>Fellowship Hall</i> Join the choir! music@uucav.org	6:30am-12pm APPLE PIE BAKING <i>Fellowship Hall & Kitchen</i> 1-3:30pm BRIDGE GROUP <i>Community Rm.</i> 7-8:30pm REIKI HEALING CIRCLE <i>Parlor</i> 7-9pm APPLE PIE BAGGING <i>Fellowship Hall</i>	9am-12pm APPLE PIE SALE <i>Pie Shed</i> 9:30-10:30am BUDDHIST BOOK & MEDITATION GROUP (SGCC) <i>online</i> 12-3pm SOUL COLLAGE (SGCC) <i>Community Rm.</i>

* **The Spiritual Growth and Community Center (SGCC)** was founded at the Unitarian Church of Marlboro and Hudson in 2008 and has been living its mission for over seventeen years; it is the “outreach program arm” of UUCAV, providing the Assabet Valley region with participatory spiritual practices to awaken curiosity, joy, and personal growth. The SGCC moved to its new home in Stow following UCMH’s merger with FPC in 2026. Find program descriptions at <https://uucav.org/sgcc>.



Next Sunday’s Service: 10/11/26, 10 am, Sanctuary and online

“Living the Questions: Noncreedal Interfaith Community” - Rev. Dr. Cynthia L. Landrum, Minister - Continuing with our theme of “Living the Questions,” this service will explore questions of belief from the unique UU perspective of freedom: What does it mean to be an interfaith community without certain answers in the form of a creed we must adhere to, and why is that a fundamental part of our woven community?

The Apple Pie Project is in the Home Stretch!

Please sign up at <https://tinyurl.com/pie-volunteer>



Scan to
volunteer

Thanks to EVERYONE who has volunteered for the apple pie fundraiser We're in the home stretch, but there is still time to join the fun! You can sign up for:

Sunday or Tuesday: Dough making (10/4 and 10/6) usually between 4 and 6 pm but the day and time are flexible; 2-3 people are needed each week and training/coaching will be provided.

Tuesday or Wednesday: Apple collecting (10/6-7) during orchard hours; Contact Steve Evans (steve.pies@uucav.org) for information and to get official bags and directions. Please deposit your bags of apples into the bins located IN FRONT OF THE CARRIAGE SHED.

Wednesday/Thursday: Apple peeling/prep (9/30-10/1 and 10/7-8) timing flexible

- ★ When you sign up, please indicate how many bags of apples you intend to peel and **be sure to take that many bags.**
- ★ **Apples can be picked up after 4 pm on Wednesday** from the bins located IN FRONT OF THE CARRIAGE SHED.
- ★ Take the apples, wash them, peel them, core them, and cut them into pie slices. It is important to remove ALL skin, seeds, and tough bits around the seeds. Slices should be between ½ inch and 1 inch wide (i.e., if you use a device that cores and slices at the same time, you will need to divide each slice created to be small enough). Bags will be provided for storage of the cleaned apple slices.
- ★ **The Vestry has been reserved from 4 to 9 pm on Wednesdays and Thursdays** each week for folks who want to peel with other people at church. The group can divide up the tasks, so if you can wash apples but not peel, you can share the labor with the group!
- ★ Drop off bags of prepared apple slices in the refrigerators at church or on Thursday in the bins at the carriage shed before 9 pm. (NOTE: If you peel your apples on Wednesday, please refrigerate them until you deliver them on Thursday.)
- ★ We also have sign-ups for someone to set up the Vestry for peeling and for someone else to put things away at the end of the evening.

Friday Morning: Baking (10/2 and 10/9) any time after 6:30 am until 11 am or so; sign up and come as early as you are able (baking set up starts at 6:30 am and work continues until the pies are all assembled...usually around 10-11 am). If you can only come for part of the shift, that's ok...every bit helps. All TRAINING WILL BE PROVIDED.

Friday Evening: Bagging (10/2 and 10/9) 7pm or later; bagging will take place in the Fellowship Hall (or in the vestry classroom, depending on events scheduled at church) after 7 pm, when the pies are fully cooled. New folks will be trained and gloves will be provided. Contact Morgan at bagging.pies@uucav.org with questions.

Saturday/Sunday Selling (10/3-4 and 10/10-11); from 8:45 am until the pies are sold (or 12 pm, whichever comes first) at the pie shed. 3lb Pies will be \$20 and 1lb pies will be \$10.

Questions/Comments/Concerns? Please reach out to the Pie Project Coordinators, Rebecca Stadolnik and Rebecca MacNeil, at applepies@uucav.org. **THANKS FOR VOLUNTEERING!!**