

UNITARIAN
UNIVERSALIST
CONGREGATION
in the Assabet Valley



October 25, 2026
Now for the Question

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

Tech Assistant
Tanner Metevier

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 25, 2026: 10:00 a.m.

Gathering

Prelude

Grave
John Alcock

Trevor Berens
Accompanist

Welcome & Land Acknowledgement

Ann Wickham, Worship Committee

Opening Words

Written and shared by Rev. Susan Suchocki Brown

I have been meaning to ask
What is the me that is beyond me
And yes
The you that is beyond you
And when I begin to ask
And when I sit down with the unfinished
And when I can sit with the silence
And when I can sit and wait I know that
There is nothing that can answer my wonderings
No thing YET nothing that can answer
so I rise and meet the day and know the only answers will be when I connect
With others
With nature
With my failing, aging senses
With my deepest needs
With doing and giving where I can, when I can, as I can,
Then it becomes clearer.

Chalice Lighting

Rev. Susan Suchocki Brown

*** Hymn #389**

“Gathered Here”

Singing the Living Tradition

** Please rise in body or in spirit*

Centering

* **Covenant and Affirmation**

(Spoken in unison)

Love is the spirit and doctrine
of this church,
the quest for truth its sacrament,
and service its law and prayer.
This is our great covenant:
To dwell together in peace,
to seek the truth in love,
and to help one another,
to the end that all souls
shall grow in harmony with the divine.

(Sung in unison)

From all that dwell below the skies
Let words of love and peace arise
Let joyful songs of praise be sung,
through every land, by every tongue.

Greet Your Neighbor

During this time we invite children, parents, & teachers to come forward for
the *Time for All Ages*.

A Time for All Ages “Rivers” by Christopher Buice
from *A Bucketful of Dreams*

Going Forth With the Light “Our Love Surrounds You” *Sing Out Love*
Chris Hossfeld

Joys and Sorrows

Ann Sadler, 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/Meditation

Rev. Susan Suchocki Brown

In Music

Improvisation

Trevor Berens
Accompanist

Exploring

Reading:

“We must do something, mustn’t we?”
Rev. Sarah Drummond, Founding Dean:
Andover Newton Seminary at Yale Divinity School

Ann Wickham

Sharing Our Gifts

Ann Wickham



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

“i thank You God”

UUCAV Choir

Chris Hossfeld Chris Hossfeld, Music Director
Caitlin McIntyre, soloist

i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes
(i who have died am alive again today,
and this is the sun’s birthday; this is the birth
day of life and of love and wings: and of the gay
great happening illimitably earth)
how should tasting touching hearing seeing
breathing any – lifted from the no
of all nothing – human merely being
doubt unimaginable You?
(now the ears of my ears awake and
now the eyes of my eyes are opened)
—e. e. cummings

Sermon

“Now, for the Question”

Rev. Susan Suchocki Brown

Returning

* Hymn #354

“We Laugh, We Cry”

Singing the Living Tradition

* Benediction

Rev. Heidi Champagne,
allegedly from the Celtic Christian Tradition

You will not impact the world by faithfully going to church.
You will impact the world by faithfully Being the church
when you go out into the world.

** Please rise in body or in spirit*

*** Chalice Extinguishing Song**

Postlude

“Romance sans Paroles, Op. 17, No. 3”
Gabriel Fauré

Trevor Berens

Announcements

Ann Wickham

* * *

Thank you to:

Kim Kinnear, Zoom Host
Tech Assistant, Tanner Metevier
Marion Scott, Lisa Rydin, Ushers
Rick Lent, Kirsten Chetwynd, Coffee Hosts
Our staff and leadership

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

Here's how to keep connecting with our people and programs:

- Fill out a VISITOR CARD in your pew or online
- Check out OUR WEBSITE, www.uucav.org - There is so much happening! Our homepage and the “Church Life” tab detail our events and programs.
- Subscribe to our E-NEWSLETTERS & EMAIL GROUPS



VISITOR CARD



SUBSCRIBE TO
NEWSLETTERS

October Plate Share: UUCAV Supporting Asylum Seekers Task Force

SAS works to support asylum seekers and refugees who seek a safe home in our area. Founded in 2018, in recognition of the expanding need, we have supported dozens of families from such countries as Honduras, Afghanistan, Uganda, and Haiti. Thanks to your support, our work includes providing food, shelter, gas and transportation, clothing, cultural orientation, resume and job searching skills, other educational support, legal support, and so much more. Thank you for all that you have done and are doing, as needs grow exponentially. If you're interested in helping or joining the team, contact asylumsupport@uucav.org.

≧ This Week at UUCAV ≦

SUN 25	MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
SERVICE 10am <i>Sanctuary/ Online</i>	BUDDHIST BOOK & MEDITATION GROUP - SGCC* 7-8:30pm <i>online</i> JAZZ BAND REHEARSAL 7-9pm <i>Sanctuary</i>	COFFEE & CHAT 10-11am <i>Gazebo*</i> <i>*In inclement weather, we met in the Vestry.</i> CHAIR YOGA- SGCC 1:30-2:30pm <i>Community Rm.</i> New day! PEACE VIGIL 5-6pm <i>outside</i>	READING & MEDITATION 6:40-8:45pm <i>Hall/online</i> UU JOURNEY CLASS 7-8:30pm <i>Community Rm.</i>	WRITERS' GROUP 7-9pm <i>Parlor</i> CHOIR REHEARSAL 7:15-9:30pm <i>Fellowship Hall & Sanctuary</i>	BRIDGE GROUP 1-3:30pm <i>Community Rm.</i> SAWAIN CELEBRATION 6-9pm <i>Community Rm.</i>	BUDDHIST BOOK & MEDITATION GRP - SGCC 9:30-10:30am <i>online</i> SOUL COLLAGE - SGCC 11am-2pm <i>Community Rm.</i>

* **The Spiritual Growth and Community Center (SGCC)** was founded at the Unitarian Church of Marlboro and Hudson in 2008; it is now the “outreach program arm” of UUCAV, providing the Assabet Valley region with participatory spiritual practices to awaken curiosity, joy, and personal growth. Program descriptions at <https://uucav.org/sgcc>.



SGCC PROGRAM
DESCRIPTIONS

Yoga with a Chair - SGCC Tue, 10/27, 1:30-2:30pm - *Community Room*
(beginner-friendly) Experience all the benefits of yoga in this supported chair class, even if you struggle to get on and off the floor or are dealing with injury, pain, or illness that limits movement and range of motion. Classes include guided meditation, breathing techniques, balance, and poses suitable for every body type. The option to stand will be available during class, and we also offer hands-on Reiki at the end of each session for those looking for a little extra relaxation and energy healing.

The UU Journey at UUCAV Wed 7-8:30 pm - 10/28, 11/11, 12/2, and another date TBD - 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 UUCAV 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 using the QR code or go to <https://uucav.breezechms.com/form/uujourney>

Samhain Circle: Descent Into the Underworld Fri, 10/30, 6-9pm, *Comm. Rm.*

- Cynthia Menard, SGCC Director, and Trek Reef, UUCAV Intern Minister

Explore your inner depths as we journey into the spirit realm to discover what death and rebirth hold for us this year. Weather permitting, we'll be outside for part of the ritual, and a warm layer is recommended. A potluck feast follows in the Vestry; please bring a dish to share if you're able.

Soul Collage - SGCC Sat, 10/31, 11-2 pm - *Community Room*

Which Witch Are You? A SoulCollage® Workshop - Join us for an afternoon of wicked fun as we explore the witch archetype through image and imagination with SoulCollage®. No collage experience needed — just curiosity. Led by trained SoulCollage facilitator, Nadine Lucas. \$10 material fee. Please register in advance: uucav.breezechms.com/form/soulcollage

Next Sunday's Services 11/1

➤10am "Covenant with Our Ancestors: All Souls and Samhain" -

Sanctuary and online - Rev. Dr. Cynthia L. Landrum - Both the Christian and Pagan traditions consider this to be the time of the year when we should honor our dead. Our service of remembrance honors both of these paths as we share the names and bring mementos of those we have lost in the last year in our community and in our individual lives.

➤5pm "Vigil for Democracy" - Sanctuary - Join us for an evening service of song, prayer, and hope for our democracy as we approach Election Day.

≧ Upcoming at UUCAV ≦

5th Annual Open Mic Night Sat, 11/7, 7:00pm, Fellowship Hall

Can you sing, dance, recite poetry, tell us a story, make us laugh..? The UUCAV Arts Committee would love to cheer you on in a welcoming environment! This is an evening where we entertain each other: no competition, just folks having a good time. Families are absolutely welcome!

➤ **We need performers!** Please email Katy Weeks (katy.brightleaf@gmail.com)...

- Your name, email address, and a description of your act
- Whether you need any equipment. (Let us know if you need more than the two microphones we plan to set up with a sound system.)
- The name of your accompanist, whether it's you, a friend, or teacher.
You will need to provide your own accompaniment. If you're struggling with this, we will do our best to work with you.

➤ Acts with younger kids will go at the top of the line-up

➤ Acts should be about 5 minutes or less to accommodate all

➤ You do NOT need to perform; in fact, we can really use a supportive audience!

Feel free to invite your friends to come.

➤ If you'd like to bring a snack, dessert, or beverage, that would be lovely, but it's not necessary. We will supply beverages.

- Emcees Katy Weeks and Dave Kay for Your Arts Committee

New Revival Coffeehouse Presents Bluegrass **from Gentlemen's Gambit**

Sat, 11/14, 7:30pm, Fellowship Hall

Gentlemen's Gambit is a Boston bluegrass supergroup composed entirely of current students at the Berklee

College of Music. The group plays both original and traditional music.



TICKETS:
GENTLEMEN'S GAMBIT

Tickets are \$20 in advance and \$25 on the day of the concert, and advance price tickets can be purchased at [Eventbrite.com](https://www.eventbrite.com). Coffee, tea and sweets will be available for purchase. Doors open at 7:00.