UNITARIAN UNIVERSALIST CONGREGATION *in the Assabet Valley*



November 8, 2026

Covenant: Imagining and Building

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 Cooprider
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.

November 8, 2026: 10:00 a.m.

Gathering

Prelude "Changes" Trevor Berens
David Bowie Accompanist

Welcome & Land Acknowledgement Trisha Guditz, Board Vice President

Opening Words & Chalice Lighting Rev. Dr. Cynthia L. Landrum
"Held Aloft in Covenant"
Shari Woodbury

*** Hymn #134** "Our World Is One World" *Singing the Living Tradition*

Centering

*** Covenant and Affirmation**

(Spoken in unison)
COVENANT:
Our agreement for how we will act on our values, so we can make this space as safe, welcoming and fun as possible for all:
1) Show respect for all
2) Be kind and fair
3) Participate and encourage each other
4) Share, listen and take turns
5) Include everyone
6) Settle disagreements in peaceful, caring ways
7) Take care of each other, our space, and our world
8) Challenge racism and oppression wherever we find them.

– *Covenant of the K-3 class, UU Congregation in Westport, CT*

(Sung in unison)
AFFIRMATION:
Since what we choose is what we are,
and what we love we yet shall be,
The goal may ever shine afar –
The will to win it makes us free.

– *William De Witt Hyde,*
#374 Singing the Living Tradition

Greet Your Neighbor

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

** Please rise in body or in spirit*

A Time for All Ages "The Bear Who Did Not Share"
Rayla D. Baldwin-Mattson
Director of Religious Education

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 or Meditation Rev. Dr. Cynthia L. Landrum

In Words "Prayer for Veterans' Day"
Audette Fulbright Fulson

In Silence

In Music Trevor Berens, Accompanist

Exploring

Reading Excerpt from "Bound in Covenant"
Victoria Safford

Sharing Our Gifts

This month we share our offering with the **United Native American Cultural Center**. You may donate by cash, check, online at uucav.org/donate, or text (978) 310-3309.

Anthem "We Resist" UUCAV Choir
Mark Miller Chris Hossfeld, Music Director

We resist, we refuse
to let hatred in!
We rise up, we won't back down!
We're in this 'til the end.

Pray for your enemies!
Welcome the stranger!
Show love to your neighbor!
We're in this 'til the end.

Sermon "Covenant: Imagining and Building"
share ideas at: uucav.org/novcovenant
share more at uucav.org/mycovenant & uucav.org/mycovenant2
Rev. Dr. Cynthia L. Landrum

Returning

*** Hymn #159** "This Is My Song" *Singing the Living Tradition*

*** Benediction** "The Work of Democracy" Rev. Dr. Cynthia
Rev. Mr. Barb Greve L. Landrum

*** Chalice Extinguishing Song**

Postlude "The Times They Are a Changin" Trevor Berens
Bob Dylan & Chris Hossfeld

Come gather 'round people
Wherever you roam
And admit that the waters
Around you have grown
And accept it that soon
You'll be drenched to the bone
If your time to you is worth savin'
Then you better start swimmin'
or you'll sink like a stone
For the times they are a-changin'

Come writers and critics
Who prophesize with your pen
And keep your eyes wide
The chance won't come again
And don't speak too soon
For the wheel's still in spin
And there's no tellin' who
that it's namin'
'Cause losing now would be
later to win
For the times they are a-changin'

Come senators, congressmen
Please heed the call
Don't stand in the doorway
Don't block up the hall
For he that gets hurt
Will be he who has stalled
The battle outside ragin'
It'll soon shake your windows
and rattle your walls
For the times they are a-changin'

Come mothers and fathers
All over the land
And don't criticize
What you can't understand
Your sons and your daughters
Are beyond your command
Your old road is rapidly agin'
Please get out of the new one
if you can't lend your hand
For the times they are a-changin'

The line it is drawn
The curse it is cast
The slow one now
Will later be fast
And the present now
Will later be past
The order is rapidly fadin'
The first one now will later be last
For the times they are a-changin'

Announcements Rick Lent, Grounds Committee Chair
& Climate Change Task Force

** Please rise in body or in spirit*

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Thank you to:
Zoom Host
Rebecca and John MacNeill, Ushers
Kirsten Chetwynd, Coffee Host
Our staff and leadership

<u>To our visitors…Thank you for coming</u>! ♥
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

⩥ Today at FPC ⩤

Religious Education - *Time for All Ages*, followed by our One-Room Class.

After the service -

- **<u>Coffee Hour</u>** - Fellowship Hall
- **<u>Elder/Memory Care Peer Support Group</u>** - Until 12:45pm, Parlor
  Are you or your family approaching, dealing with, or recovering from an elder/memory care crisis with a loved one? It can be exhausting, draining, overwhelming, and lonely. There are all kinds of legal, financial, and caregiving or care-finding challenges. Join us as we support each other and share resources.

⩥ Announcements ⩤

<u>November Plate Share</u>: United Native American Cultural Center
The UNACC's mission is committed to supporting and promoting Native American



cultural heritage. Through educational programs, community events, and cultural workshops, we strive to foster understanding and appreciation of the diverse traditions and histories of Native American peoples. You can support us by participating in our events, volunteering, or donating to help further our mission. We offer a variety of resources including literature, workshops, and online materials to help everyone learn about our heritage. <u>www.unacc.org</u>
- UUCAV Liaison Aimeé Ledwell

⩾ This Week at UUCAV⩽

SUN 8	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
Sunday Service "Covenant: Imagining & Building" *Sanctuary/ Online* 10am **Elder/Memory Care Peer Support Group** *Parlor* 11:15am	**Buddhist Book & Meditation Group (SGCC)** *Online* 7-8:30pm **Jazz Band Rehearsal** *Sanctuary* 7-9pm	**Coffee & Chat** *Gazebo (Vestry in rain)* 10-11am **Chair Yoga (SGCC)** *Community Rm.* 1:30-2:30pm **Peace Vigil** *Outside* 4:30-5:30pm **Board of Trustees Mtg.** *Fellowship Hall* 7-9pm	**VETERAN'S DAY** **Meditation & Reading** *Hall/Online* 6:40-8:45pm **UU Journey Class** *Community Rm.* 7-8:30pm	**Writers' Group** *Parlor* 7-9pm **Choir Rehearsal** *Fellowship Hall & Sanctuary* 7:15-9:30pm	**Bridge Group** *Community Rm* 1-3:30pm . **Guest Table** *Fellowship Hall* 5:30-6:30pm **Reiki Healing Circle** *Parlor* 7-8:30pm	**Buddhist Book & Meditation Group (SGCC)** *Online* 9:30-10:30am **Soul Collage** *Community Rm.* 1-4:30pm **New Revival Coffeehouse: Gentleman's Gambit** *Fellowship Hall* 7:30pm

➤**Chair Yoga with Hannah (SGCC) Tue, 11/10, 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. Chanting and meditation will be offered at the end of class. Please register in advance so we can set up the room for the right number of participants: uucav.org/yogareg

➤**Guest Table - Fri Nov 13, 5:30-6:30pm, *Fellowship Hall***
Our free community dinner on the second Friday of each month
Doors open 5 pm ~ Dinner starts 5:30 ~ All are Welcome ~ No Charge!
Menu: TBA. Vegetarian, gluten-free, and dairy-free options available. All meals nut-free.

➤**Reiki Healing & Meditation Circle (SGCC) - Fri Nov 13, 7-8:30pm, *Parlor***
Reiki is a universal energy force that can ease the symptoms of a wide variety of emotional and physical ailments and dis-ease. The SGCC of UUCAV invites you to join us as we create a Reiki Energy Healing Circle and receive healing energy from UUCAV and community volunteers. This event is an opportunity to find stillness, release stress, and connect with yourself and your community. Snacks provided! All are welcome to join. There is no fee, but donations to UUCAV are welcome. We hope to see you there!

➤**Soul Collage (SGCC): Sat Nov 14, 1-4:30pm,** ***Community Room***
As the branches of November's trees stand bare, what do we notice about our own bareness? Through SoulCollage®, we'll gently explore vulnerability: can we let ourselves be seen, or do we feel a need to hide? Come play and learn in community! No art experience needed! For more information visit Nadine Lucas.
Register: uucav.org/soulreg For more information about SoulCollage, please visit: https://compassionbasedhealing.com/soulcollage-workshop/

➤**New Revival Coffeehouse - Bluegrass from Gentlemen's Gambit**
Sat Nov 14, 7pm, ***Fellowship Hall***

TICKETS:
GENTLEMEN'S GAMBIT

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 and draws heavy influence and material from groups like Alison Krauss & Union Station, The Lonesome River Band, The Bluegrass Album Band, and The Punch Brothers.



Tickets are $20 in advance and $25 on the day of the concert, and advance price tickets can be purchased at uucav.org/tktgambit. Coffee, tea and sweets will be available for purchase. Doors open at 7:00. For more information about the band, visit https://tinyurl.com/GentlemensGambit

➤**Congregational Potluck Thanksgiving Thu Nov 26 at noon,** ***Vestry***
Contact Ellen Anthony with your willingness to help set up or clean up, what you'd like to bring, other details: ellenanthony@gmail.com This is not a public event.

⩾ Upcoming at UUCAV⩽

➤**Next Sunday's Service** **11/15, 10am "Covenant: Being Earthlings (and Bring-a-Friend Sunday!) "- Yaakov Trek Reef, Intern Minister & Rev. Dr. Cynthia L. Landrum** What promises do we owe the land which supports us, the water that sustains us, and the more-than-human neighbors with whom we share this planet? Together, we'll explore covenant beyond our human communities and consider what it means to live in reciprocal, sacred relationship with Earth. **Please bring a friend or neighbor with you to church and coffee hour next Sunday!** After the service, representatives from many of UUCAV's committees and task forces will gather in Fellowship Hall to greet and field questions from members, friends, and visitors about their committees. It's a great chance for both new and longtime members and friends to learn more about all the programs UUCAV offers!

Annual Holiday Gift Drive



Once again, UUCAV will be collecting holiday gifts for guests of two domestic violence shelters in our region - Voices Against Violence and Renewal House. With high costs and cuts to government programs, the needs will be great this year. Can you help make this holiday season just a bit better for those struggling to make new lives for themselves and their families? We will be supplied with lists of the wants, wishes and needs from the women, men, and children who use these shelters.

Sunday, November 8th - Lists go up on SignUpGenius with all the information you need to participate. Access the link on uucav.org for the next four weeks.
Friday, December 4th, 3-6 pm, or **Saturday, December 5th, 10:00-1:00** - All gifts need to be returned to the UUCAV Atrium.

Our community continues to fulfill the dreams of the shelter guests year after year and help create a wonderful Christmas morning for all the Shelter participants. We look forward to once again helping those less fortunate experience a wonderful holiday. Thank you for your generosity! - Your Holiday Elves gift-drive@uucav.org

Intermediate Zentangle (SGCC) - Sun Nov 15, 2-4pm, Community Room
This class is for anyone who has learned the basics of Zentangle. Now that we have those down, we're going to change it up and break the rules! Rev. Dr. Cynthia Landrum is the minister of UUCAV, but she's also a Certified Zentangle Teacher. For this workshop, she'll bring you some of the latest ideas from Zentangle learned at the "ZenAgain" conference and other places. This workshop requires registration, is limited to 12 people, and has a materials fee. Click here for a registration link!