

UNITARIAN
UNIVERSALIST
CONGREGATION
in the Assabet Valley



September 13, 2026
Ingathering & Water Communion

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

[Open Position]
Tech Assistant

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

Large print orders of service and hymnals are available from an usher.
Assisted Listening Devices are available when worship is in the Sanctuary.

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.

September 13, 2026: 10:00 a.m.

Gathering

Prelude	"Le Onde (The Waves)" Ludovico Einaudi	Trevor Berens Accompanist
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Welcome & Land Acknowledgement	Brendon Chetwynd UUCAV Board President
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Opening Words & Chalice Lighting	Rev. Dr. Cynthia L. Landrum
"First Fire, First Water"	
Sage Phipps-Hinkle	

* Hymn	"This Boat"	<i>Sing Out Love</i>
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Centering

* Covenant and Affirmation	Rev. Dr. Cynthia L. Landrum
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(Spoken in unison)

We commit to:
Being a diverse, welcoming community
of mutual care and respect;
Supporting each other's spiritual journey
and search for truth and meaning;
Promoting justice and
serving the wider community.
We hold ourselves to this promise
with compassion and understanding.
- Covenant of the UU Church of Medford, MA

(Sung in unison)

Rejoice in love we know and share,
in love and beauty everywhere;
rejoice in truth that makes us free,
and in the good that yet shall be.
- by Charles H. Lyttle

Greet Your Neighbor

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

Blessing of the Backpacks	Rayla D. Baldwin-Mattson Director of Religious Education
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Water Ceremony & Communion

Reading	"Like the Water" Wendell Berry	Cynthia Menard SGCC Director
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** Please rise in body or in spirit*

Introduction to the Water Ceremony

Our Water Communion is a time to share our Joys and Sorrows, the things on our hearts and minds, in gathered community, in ways connected to the waters of the earth. If you would like a follow-up call by a lay minister or the minister, email caring@uucav.org.

Sharing the Waters of Peace

Hymn #100 v. 1 *I've Got Peace Like a River*

Sharing the Waters of Joy

Hymn #100 v. 2 *I've Got Joy Like a Fountain*

Sharing the Waters of Sorrow

Hymn #100 v. 5 *I've Got Tears Like the Raindrops*

Sharing the Waters of Love

Hymn #100 v. 3 *I've Got Love Like the Ocean*

Prayer or Meditation

Rev. Dr. Cynthia L. Landrum

In Words

In Silence

In Music

Improvisation

Trevor Berens
Accompanist

Water Communion

Sharing Water

The Empty Cup

*We place an empty cup in recognition of
the cost of war and climate crisis.*

Exploring

Plate Sharing Introduction

Meg Burns, Executive Director,
Multi-State Assoc. for Bilingual Ed.

This month we share our offering with **the Multi-State Association for Bilingual Education**. You may donate by cash, check, online at uucav.org/donate, or text (978) 310-3309.



Anthem

“Travelin’ Thru”
Dolly Parton
Arr. Greg Gilpin

UUCAV Choir
Chris Hossfeld,
Music Director

Solos: Caitlin & Ian McIntyre, Lisa Fagerstrom,
Emmeline Jones, Pat Sorn & Johanna Pyle

Well, I can’t tell you where I’m goin’
I’m not sure of where I’ve been
But I know I must keep travelin’
’til my road comes to an end

I’m out here on my journey,
tryin’ to make the most of it
I’m a puzzle, I must figure out
where all my pieces fit

Like a poor wayfarin’ stranger
that they speak about in song
I’m just a weary pilgrim tryin’ to find
what feels like home

Where that is, no one can tell me,
am I doomed to ever roam?
I’m just travelin’, travelin’, travelin’,
I’m just travelin’ on

Questions I have many,
answers but a few
We’re here to learn the spirit burns,
to know the greater truth

We’ve all been crucified
and they nailed Jesus to the tree
And when I’m born again,
you’re gonna see a change in me

God made me for a reason
and nothin’ is in vain
Redemption comes in many shapes
with many kinds of pain

Oh, sweet Jesus, if you’re listenin’,
keep me ever close to you
As I’m stumblin’, tumblin’, wanderin’,
as I’m travelin’ through

Oh, sometimes the road is rugged
and it’s hard to travel on
But holdin’ to each other,
we don’t have to walk alone

When everything is broken,
we can mend it if we try
We can make a world of difference,
if we want to, we can fly

Goodbye little children,
goodnight you handsome men
Farewell to all you ladies
and to all who knew me when

And I hope I see you down the road,
you meant more than I knew
As I was travelin’, travelin’, travelin’,
travelin’, travelin’ through

I’m just travelin’, travelin’, travelin’,
I’m just travelin’
Driftin’ like a floating boat
and roamin’ like the wind

Oh, give me some direction Lord,
let me lean on you
As I’m travelin’, travelin’, travelin’
travelin’ through

** Please rise in body or in spirit*

Reflections

"Watershed"

Rev. Dr. Cynthia L. Landrum

Returning

* Hymn #1064

"Blue Boat Home"

Singing the Journey

* Benediction

Rev. Dr. Cynthia L. Landrum

* Chalice Extinguishing Song

Postlude

"(There's a Light) Over at the Frankenstein Place/
I'm Going Home"
Richard O'Brien

Trevor Berens

*"(There's a Light)
Over at the Frankenstein Place"*

In the velvet darkness
of the blackest night burning bright,
There's a guiding star.
No matter what or who you are.

There's a light over
at the Frankenstein place.
There's a light burning in the fireplace.
There's a light, light
in the darkness of everybody's life.

"I'm Going Home"

On the day I went away, (goodbye)
was all I had to say, (now I),
I want to come again and stay (oh my,
my) smile, and that will mean I may.

'Cos I've seen, I've seen blue skies
through the tears in my eyes,
In my eyes, and I realise I'm going
home. I'm going home.

Everywhere I went it's been the same
(Feeling) like I'm outside in the rain
(Wheeling) free to try to find a game
Dealing cards for sorrow, cards for pain.

'Cos I've seen, I've seen blue skies
through the tears in my eyes,
In my eyes, and I realise I'm going
home. I'm going home.

Announcements

Brendon Chetwynd
UUCAV Board President

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Thank you to:
Sharon Brownfield, Zoom Host
Carolyn Zettler, Kate Cremens-Basbas, Ushers
Jeff Brown, Rick Lent Coffee Hosts
Our staff and leadership

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 FPC ≦

Religious Education - Today's service is Intergenerational, so children will stay with their families in the Sanctuary.

After the Service -

- Coffee Hour - Fellowship Hall
 - Elder/Memory Care Peer Support Group - Parlor
- For anyone dealing with elder/memory care issues for a loved one. We support each other and share resources on this difficult journey of legal, financial, caregiving, and/or care-finding challenges. (Goes to 12:45pm.)

11:45am-1:15pm - Arts Committee Meeting, Community Room

** Please rise in body or in spirit*

≧ Announcements ≦

UUCAV Yard Sale -

Sat. 9/19 - Set-up 7:30 am; Sale 8:30 am-1 pm,
parking lot

A fun community event and a chance to declutter and share your “treasures” to a new home. If it rains, the sale will be in Fellowship Hall.



➤ TWO SELLING OPTIONS:

1. **RENT A TABLE FOR YOURSELF/GROUP** - You are responsible for set-up, sales, and clean-up. One table for \$25. Email sharonbrownfield@gmail.com to reserve.
2. **DONATE TO UUCAV'S TABLE**, whose proceeds go to the congregation. Accepting donations today, 9/13, after service (11:30-1:00), Thu 9/17, 4-6 pm, Fri 9/18, 5-7pm, Morning of Sale 9/19, 7:30-8:30am. Contact Pat with questions: psorn@mailstarusa.com or text [508-641-4369](tel:508-641-4369)

➤ **VOLUNTEERS NEEDED:** We'll have up to ten tables full of our wares, so we need many volunteers to help with set-up, sales, and clean-up. Set-up starts Friday from 5-7pm and continues 7:30 - 9:00am Saturday morning
Sign up here: <https://tinyurl.com/UUCAVyardsale>

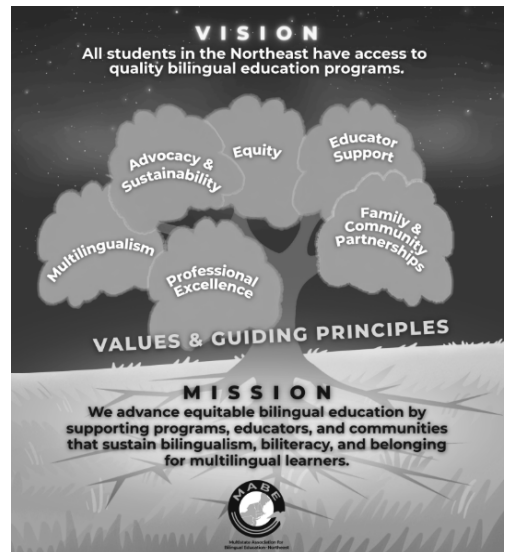
September Plate Share:

Multistate Association for Bilingual Education

- **Northeast** - An education nonprofit advancing equitable Dual Language Bilingual Education for multilingual learners.

- *Meg Burns, Executive Director and UUCAV Liaison*

You may donate by check made out to UUCAV, text to (978) 310-3309, or online at uucav.org/donate.



The Apple Pie Project Begins this Week!

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



We need your help to make the 300+ pies for our Apple Pie Fundraiser! No experience necessary...training and camaraderie will be provided! FPC's apple pies are a long-standing tradition as a fundraiser, fun group project, and culinary delight and require lots of volunteers to make it successful. You can sign up for:

Tuesday: Dough making (9/15, 9/22, 9/29, 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 (9/15-16, 9/22-23, 9/29-9/30, and 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 (9/16-17, 9/23-24, 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 (9/18, 9/25, 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 (9/18, 9/25, 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 (9/19-20, 9/26-27, 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!!**