

***Wherever you are in your spiritual journey,  
you are welcome here.***



**Everyone is  
Welcome!**



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office@walthamuu.org | www.walthamuu.org**



## **Theme for the Month: The Path of Love**

Please sign up for roles on Sunday morning - greeters, coffee makers, sound engineers, camera operators, Zoom hosts by clicking on the link [here](#).

If you would like to join virtually, see the email distribution on Thursday afternoon, or email [office@walthamuu.org](mailto:office@walthamuu.org) for login instructions.

### **Sunday Worship - February 5, 2023 10.30am**

#### **"Fear First"**

If our worship theme for February is Love, why must we start by talking about fear? Because wisdom through the ages tells us that fear is a barrier to expressing and receiving love.

Join us this Sunday as Rev. Becky explores the symptoms of fear and how we might recognize them at work in ourselves and in our society.

Let's talk about fear this week, in preparation for "A Love Fest" next week!

#### **Covid Safety at Church - Please Help Us All Fight Respiratory Infections**

Due to the rise of respiratory viruses, including Covid-19, we strongly encourage the First Parish in Waltham community to wear masks while at church, except as needed for eating or drinking, through February 5. This request follows similar requests being made to public school systems in our area following the holiday break. We will continue to offer every other row seating in the sanctuary on the left side of the sanctuary (where masks are mandatory). Worship leaders will be self-testing prior to participating in worship; we appreciate your commitment to the health of our community!

- The FP Waltham Covid Response Team and Board of Managers



## **"For This Time" - Thoughts from Deborah Weiner Transitional Ministry Associate**

### **"Can't We All Just Get Along?"**

Many of you probably remember the beating suffered by Rodney King on March 3, 1991 at the hands of members of the LA Police Department. The video of the attack he suffered went worldwide, and at the trial that followed, three of the four officers were acquitted and the jury could not reach a verdict on the fourth officer's case.

That led to six days of riots and the death of 63 people, with another 2,383 injured. The riots ended after the California National Guard were called in along with Marine Corps and Army officers.

In speaking about the violence as it unfolded, King said, "Can't we all just get along?" A good question, back then, and now as well. Today our country is reeling from the beating to death of Tyre Nichols, brutally attacked by five police officers in Memphis while other city employees were complicit in their lack of timely response to this tragedy. Almost every day, it seems like we hear accounts of mass shootings or other violence occurring in our cities, in malls, in schools. And it continues without end.

We are in a tough place, and churches are not immune to the stress and sometimes the confrontational behaviors that pit person against person. Part of the reason we are working on a relational covenant at First Parish in Waltham is because there have been too many experiences, shared by you who make up this church, around unhappy, hurtful, or angry encounters with others who are members, friends, or regular attendees. This is NOT ok and this can not be the way that 'business as usual' unfolds at church. We hold within our own hands the power to end such behaviors and to lean toward exercising care, love and acceptance. We can decide to chart another course for ourselves, one that models the kind of community, the kind of world, we want to live in. We don't have to wait for someone else to come in and do this for us; it's up to us, and we have the power.

At Sunday's transitions workshop we started work on a relational covenant for this congregation - work that will continue in the coming weeks. There's good reason to do this - read the newspaper headlines, or take a look outside your window. There are real people all around us - people who may not think the same, or look the same, as we do... but they are people who deserve our love, respect and care, for they too are our siblings. "Can we all get along?" I hope - for all our sake - that the answer is a resounding 'yes' that we will dedicate ourselves to achieving.

Faithfully,  
Deb

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## **From the Music and Choir Director**

With the Theme of the Month being about 'love', I feel there are so many choices for music that I almost didn't know where to start. There are so many different types of love - my passion for ice cream is different from my love of daffodils (though NEVER cut ones in a vase) so I have chosen to kick off the month with three contrasting pieces.



The first piece by Bach that I fell in love with was the very last Prelude in his second book of Preludes and Fugues. I had played other Preludes from both books, but was having to prepare this piece for a competition. Though in a minor key, it doesn't stay that way for long. The colors I hear as I read the music (yes, like most people read words in their head, I can hear music by reading it) are incredibly varied. The piece seemed very bland as I learnt each hand separately, as only in the last few measures are there opportunities for playing more than one note at a time. As I started to play with both hands at once a whole new world of sound opened, and I fell in love.

On Sunday I will also be playing some 'cheese'! Made famous by Richard Clayderman, the Offertory is a piece of music I remember encountering at my grandmother's house. She had tapes of his and Klaus Wunderlich which we would listen to in the evenings. There was no TV in the house, so staying with her for a week at a time was always a musical journey. I loved exploring her recordings of everything from Abba to Holst's 'Planet Suite'.

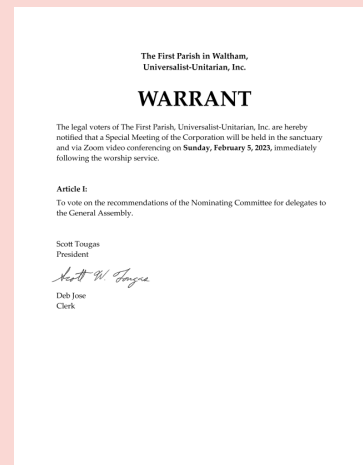
The Postlude is a quirky take on one of my other passions. Its title, 'In the Shed', feels like

a wink towards heading into the garden with a spade or similar in one hand and a cup of tea in the other. For me, gardening is relaxing – whether mowing the lawn or putting something in a new home in the ground. My garden is also a spiritual place for me, so playing a piece of music about a shed in a church on a Sunday feels totally natural!

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From the President:  
**Warrant for February 5th**

On February 5th there will be a short congregational meeting to elect our GA delegates. It will be in the sanctuary and on Zoom immediately following the service. The warrant is attached. Normally we do this in the Spring, but this year we want to give our delegates extra time to learn about proposed changes to Article II of the UUA bylaws and to receive input from our congregation about it.



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**News Flash!!**

The **First Parish fundraising auction** will be happening again in April, first online and then culminating with an in-person event, scheduled for Saturday, April 22. Mark your calendars now, and be thinking about what you can donate to help us have a fun and fruitful event to benefit our congregation!!

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**Join the LoveFest -  
February 12's Worship Service!**

What are the ways in which you think about love? Between and among humans, animals, children, nature? Through music, visual art, the spoken word? On February 12th we'll be having a LoveFest during our worship service - and you're invited to make it happen! If you have a contribution - spoken, played, sung, painted, acted...please contact **Deb Weiner** by February 5 to tell her about it! Send along your ideas and we'll work together to find a way to include them in our worship service!



SUNDAY FEBRUARY 5<sup>th</sup>  
and  
FEBRUARY 12<sup>th</sup>  
A  
VALENTINE  
POP-UP SHOP  
A FUNDRAISER FOR FIRST PARISH  
SWAG Homemade cookies and  
CRAFTS AND CARDS;  
GODIVA Chocolates; gifts  
AND MORE!  
WHITCOMB HALL  
DURING  
COFFEE HOUR



### Circle Supper Reboot continued!

The tradition of breaking bread in First Parish homes received strong support according to last Sunday's brief survey - 9 folks agreed to host and 23 said they would attend.

We have three dates to offer: **Friday February 17th** at Daphne Blount's, **Saturday 18th February** at Brenda Asis and Andy Le Compte's and **Saturday February 25th** at Scott Tougas and Justine Watt's.

Brenda and Andy's menu will explore the possibilities of Plant-based whole foods as an avenue for health, both personal and planetary, Scott is proposing music and Daphne promises discussion around The Wows in Life: notable stories, adventures and life lessons past or future. There are 8 seats open for each dinner, first come first served. Signup sheets will be available in Whitcomb Hall Sunday or you can email Leslie at [gildersleeveleslie@gmail.com](mailto:gildersleeveleslie@gmail.com).

Given the continuing prevalence of Covid and keeping in mind the safety of First Parish members and friends (yes, friends - you do not have to be a member to attend), we are asking people to self-test the day of. If you have a problem with finding a self-test, please email Leslie at the above address.

## **STOPPING ANTISEMITISM STARTS WITH UNDERSTANDING IT**

The Social Action Team meets at 1:00 pm on the first Sunday of every month & will have a different subject & a guest speaker who is passionate about it.

**Feb 5, 2023 “Fighting Antisemitism”, with our dear friend, Linda Ungerleider from Temple Beth Israel.**

**Linda suggests reading this from the ADL**

**<https://www.adl.org/resources/report/antisemitic-attitudes-america-topline-findings>**

The world needs us & that can be overwhelming; how do we choose?

Please join us on this journey.

I'll send Zoom link to the “SAT” and “Equity & Justice For All” the Friday before the meeting.

If you'd like to come, but aren't on either list, just email me & I'll send you the link separately.

[plum.kennard@walthamuu.org](mailto:plum.kennard@walthamuu.org)

Be sure to put this on your calendar too:

Mar 5, 2023 “The 8th Principle”, with our own Elisse Ghitelman

**<https://www.adl.org/resources/report/antisemitic-attitudes-america-topline-findings>**

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# Game Night

Friday February 10th, 6:00pm

Come have some fun!

Everyone is welcome

We have a casual, family-friendly potluck meal.  
Last month's theme was "Yellow/Orange" and folks rose to the occasion: corn pudding, mac n' cheese, squashes, pizza: yum!

This time we're focusing on "Red and/or Pink":  
Red peppers, beets, strawberries, tomatoes, ham, pizza.  
If you're feeling adventurous, wear clothes to match!

We'll gather at 6:00 & set up everything.  
Folks bring their favorite all-ages games.  
We'd love your company even if you're not inclined to play  
A lot of chatting goes on!  
At the end of the evening, we clean up together.

Come at any time, for any part of the evening.  
Need a ride? We may be able to help.  
Special diet? It's best to bring your own food.  
Need info? Contact Martha Gallagher!



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## Book Club - February 23rd 7pm over Zoom

Purple Hibiscus by Chimamanda Ngozi Adichie

A 2003 O Henry Prize winner, and was shortlisted for the 2002 Caine Prize for African Writing and the 2004 Orange Prize. In *Purple Hibiscus*, she recounts the story of a young Nigerian girl searching for freedom. Although her father is greatly respected within their community, 15-year-old Kambili knows a frighteningly strict and abusive side to this man. In many ways, she and her family lead a privileged life, but Kambili and her brother, Jaja, are often punished for failing to meet their father's expectations. After visiting her aunt and cousins, Kambili dreams of being part of a loving family. But a military coup brings new tension to Nigeria and her home, and Kambili wonders if her dreams will ever be fulfilled. Adichie's striking and poetic language reveals a land and a family full of strife, but fighting to survive. A rich narration by South African native Lisette Lecat perfectly complements this inspiring tale.



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## Coffee Hour Schedule

When it is your turn to bring a snack for coffee hour, please bring a snack either in a container it can be served from, or on your own dish, which you bring home and clean yourself. Please don't bring snacks with nuts, to help those with allergies. Thanks.

Here is the Coffee Hour Schedule:

A - E first Sunday

F - L second Sunday

M - S third Sunday

T - Z fourth Sunday

Special arrangements will be made for fifth Sundays.

Make an offering plate donation before, during, or after the service!



**First Parish**  
in Waltham

A Welcoming  
Unitarian Universalist Congregation

<http://tiny.cc/Donate2FPW>




## When is Your Birthday?

.....  
The Membership Committee is looking to recreate the celebration of birthdays! Whose birthdays? Everyone's birthdays! Yours, your partner's and your children's birthdays. Help us to celebrate each important day. Let us know those important dates. We will add the dates to the newsletter so we can all honor and celebrate our community. Email the dates to Martha Gallagher.

[membership.commissioner@walthamuu.org](mailto:membership.commissioner@walthamuu.org)

**Light the Steeple**

Honor  
a person, occasion,  
event, or idea



Contact the Office  
✉ [office@walthamuu.org](mailto:office@walthamuu.org)  
☎ 781.893.6240

## Happy Birthday this Month to:

Justine Watt 2/3  
Jane True 2/4  
Kim Strafford 2/4  
Jim Ohm 2/4  
Bethany Klem 2/9  
Brian Anderson 2/11  
Maeve Strafford 2/18  
Leslie Gildersleeve 2/20  
Jim Griffith 2/20

*Send a card or an email to these members!*

## Ministry Staff Team

### **Acting Minister**

The Rev. Rebecca Sheble-Hall  
508.479.7570

[Revbecky@walthamuu.org](mailto:Revbecky@walthamuu.org)

### **Transitional Ministry Associate**

Deborah Weiner  
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[deb.weiner@walthamuu.org](mailto:deb.weiner@walthamuu.org)

### **Office Manager /**

### **Music and Choir Director**

Emma Campbell

781.893.6240

[office@walthamuu.org](mailto:office@walthamuu.org)

or

[musicdirector@walthamuu.org](mailto:musicdirector@walthamuu.org)

## Board Members

### **President, Board of Managers**

Scott Tougas

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### **Assistant Treasurer**

Dan DeHainaut

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### **Membership**

Martha Gallagher

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### **Music and Worship Commissioner**

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**Clerk**

Deb Jose

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**Commissioner of Community**

**Outreach**

Plum Kennard

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**Finance**

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**Property**

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**Religious Education Commissioner**

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**Treasurer**

Janet Riley

[treasurer@walthamuu.org](mailto:treasurer@walthamuu.org)

## Our Church Covenant

*Love is the spirit of this church and service its law.*

*This is our great covenant:*

*to dwell together in peace, to seek the truth in love, and to help  
one another.*

First Parish in Waltham | 50 Church St., Waltham, MA 02452

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