

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



**Everyone is
Welcome!**



**50 Church St, Waltham MA 02452 | 781.893.6240
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 for login instructions.



Sunday Worship - February 26, 2023 10.30am

"An Evolving Religion"

Helen Lutton Cohen is a lifelong Unitarian Universalist. She grew up in Cincinnati, Ohio, and after earning a Ph.D. in Old English Literature and teaching in college, and seven years living in Canada, she went to Harvard Divinity School to train for ministry. She served the First Parish in Lexington, Massachusetts, from 1980 to 2002. She is now Minister Emerita and a happy congregant at the Lexington church. In retirement, she is enjoying learning watercolor painting. She is married to Don Cohen, a writer and editor, and they have two daughters, Rebecca, who is also an ordained UU minister, and Sarah, who manages an animal care business. She is looking forward to meeting the Waltham UU congregation.

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

Turning Toward the Sun

By the time you receive this I'll be in Cabo Rojo, Puerto Rico, escaping winter and absorbing Vitamin D. I won't be gone long, but for me, it's a way to re-charge my emotional and physical batteries. And when I return, it will be even more like spring. It's coming, of course: the days are getting longer – I always celebrate the time when I recognize that it's light *after* 5 PM - and now, as we live into the cross-quarter of Imbolc, it really does seem that the signs of spring are becoming more evident, particularly in this winter that's been pretty unusual for New England. I've smelled the skunks outside, heard the coyotes howling as they look for mates to breed with, and yep, some of the spring bulbs are poking up a bit through the ground.



What does it mean to metaphorically turn toward the sun for a congregation? My sense is that it's marked by increased energy and engagement, by more people coming together for events and gatherings. Visitors are passing through the door every week. There is work continuing on reviewing the congregation's draft Mission and Behavioral Covenant documents - note the item, elsewhere in the newsletter, that invites you to [sign up to attend one of the focus groups](#) being held to gather feedback. Soon we'll have a fun and festive stewardship dinner to attend, and the congregation will gather to bring its energy and commitment to the fore to embody support for all that First Parish in Waltham is and can be!

So while I'm away for this brief time, I hope that you will respond to my request to you to not only engage with this congregation fully - for you are its 'owners' - but also to reflect on this "Assignment," written by the Rev. Robbie Walsh:

*While I am away, here are some things I want you to do.
I want you to take care of yourself. Button up your overcoat.
Fasten your seat belt. Eat your vegetables.
I want you to take care of someone else. Look for ways to help. Say 'I love you' (if you do). Hug a friend.
I want you to take care of your soul. Keep the different parts of yourself in touch with one another. Listen for quiet clues about the path your life should be following. Be aware of what kind of world you are helping to make each day.
Take good care.*

In faith,
Deb



Musings from the Music and Choir Director

When planning the music for this year, I found a delightful (but tricky) piece by Mendelssohn that I am going to play for the Prelude on Sunday. It's not by Felix, it's by the other Mendelssohn (who was also a phenomenal musician.) For those of you wondering, you are probably correct – the piece is by his oldest sister, Fanny.

Often known as Fanny Mendelssohn Hensel (1805-1847), she had very similar musical training to Felix. However, being a girl meant society had certain expectations and restrictions that imposed, and this extended to her musical world. Fanny's creative genius is not in doubt, but her father was not happy for her to pursue her talent for composition. However, after her marriage to Wilhelm Hensel she organized regular Sunday musicals in her home, where she would often play her own works.

Felix relied heavily on Fanny's talents to provide constructive criticism of his own works. In recognition of his big sister's genius, he went so far as to publish a number of her pieces under his name. A year before she died, Fanny did publish a few of her works – those that she considered her best. I find this amusing as she composed over 400 pieces in her 42 years. These include songs, duets, an oratorio, a string quartet, and a piano quartet. If you ever head to Berlin, you can find many of her manuscripts in the Mendelssohn Archives.

If you think Fanny's experience is unusual, please be assured that it is not. Mozart's older sister, Maria Anna (nicknamed Nannerl) toured Europe alongside him. Many people considered her to be more talented. However, once she was of marrying age her father decided that being at home and not seen or heard was a better option for her. While continuing to compose until she did marry, she evidently was not considered of noble

enough birth to continue. It is interesting to me that making money from music was acceptable if you were of noble birth, yet if you were not, it was considered the same as prostitution. In fact, there are languages where the same word is used to describe both professions. On that thought, I hope you enjoy Sunday's 'Mélodie' as much as I have enjoyed learning it.

Emma

Welcome! A new member of staff has joined our team.

We are thrilled to announce the arrival of a new staff member, here at First Parish Waltham. Our Acting Facilities Coordinator has recently started work and his face is one many of you will recognize. KJ Robertson is a qualified and experienced mechanic with many years of experience working with many kinds of machines. He has already worked wonders with our snow blower (just in time), is starting to unravel the many mysteries of our electrical system, and is completing routine maintenance - which includes removing wax from the Sanctuary carpet! As the weather warms, you may spot him in the grounds trimming bushes, mowing the lawns and watering the plants.



While we are delighted that KJ is working with us during the week, we ask that you respect his wishes to be a congregant on Sundays. If you see something that needs mending / moving / updating, please drop an email to Emma Campbell, his line manager via office@walthamuu.org .



Participate in a Focus Group to Share Thoughts on Our Draft Mission/Behavioral Covenant Statements!

As many of you know, First Parish has been engaged for the last three months in developing a new Mission statement and a new Behavioral Covenant. We need your feedback as we review the most recent drafts of these documents! We are holding five Focus Groups to engage you in this process. **Sign up for one**

of the focus groups we're holding through the Google Form [HERE](#). Two groups will be held in person at church; three will be held on zoom.

For all groups, you'll also want to have the most recent drafts of the Mission and Behavioral Covenant statements handy - [they are here](#). All feedback from our focus groups will be reviewed and incorporated into the draft documents by our synthesis team (Brenda Asis, Elisse Ghittleman, Scott Tougas) and shared at the March 12 Transitions Workshop.

Deborah Weiner, Transitional Ministry Associate

Friendship Finders

- February 5th we started our study of "The Path of Love" with some discussion about how we love ourselves and what we love best about ourselves. We made Valentines for ourselves and listed our attributes, then the classmates added some things we thought they had forgotten. There was some discussion of being able to stand up for ones self and others. We read the book "Parker Curry looks up" by Jessica Curry
- February 12 we continued our study with our thoughts of how to forgive someone that has been mean to us with the reading of Desmond Tutu's book "Desmond and the very mean word". We also talked about our love for others that we don't know. We frosted cookies to serve at coffee hour and filled Valentine goodie bags for the COTW morning program visitors.



- February 19 we will read "The Case for Loving" by Selina Alko and have continued conversation about unfair laws and behaviors and how we can take action against them.
- February 26 we will read "Dream Street" by Tricia Elam Walker about a neighborhood in Roxbury. We will bring ideas together on a project for FPW that shows our love.



At the Social Action Team meeting **Sunday March 5th at 1pm**, Elisse Ghitelman will be leading a discussion of the Eighth Principle, both as it addresses concerns about racism and other oppressions AND as it calls on us to build a Community of Communities. All are welcome to join us, however much you know, or don't, about the Eighth Principle.

The Eighth Principle:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote journeying toward spiritual wholeness by working to build a diverse and multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

The Zoom link will be sent to the "SAT" and "Equity & Justice For All" on Friday March 3rd. If you'd like to come, but are not on either list, email me and I will send you the link separately.

plum.kennard@walthamuu.org

News Flashes!!!

Many thanks to **Daphne Blount** and **Plum Kennard** who created the Valentine's Day Pop-Up market, raising **\$483** for the benefit of First Parish. The Finance Committee is grateful!

Cat Connection are having a sale of items during Coffee Hour this week. Bring your pennies!

The **book group** will be meeting over Zoom on February 23rd to discuss **Purple Hibiscus** by Chimamanda Ngozi Adichie. The group is open to all, whether you have read the book or not! For details of how to attend, please email **Martha Gallagher** our Membership Commissioner.

The church building will be inaccessible on Saturday 4th March until 7pm as we are having a deep clean of the hallways.

As we work to build a safer First Parish in Waltham, we are pleased to offer **First Aid/CPR training** to our leaders and members. This training will be presented by Jodie Dill, RN/EMT, and will be held in the First Parish Chapel on **Wednesday, March 15** and **Saturday, March 25**. Both trainings run from 9 AM to 3 PM. Registration is \$55 per person which includes the training, certification, snacks and a light lunch. Are you interested? **Please register HERE**; the deadline for registration is March 12th.

MARK YOUR CALENDAR: 2023 First Parish Retreat

We are beginning to plan our annual retreat at **Ferry Beach, June 2-4**, and need to know ASAP if you are interested! **Ferry Beach** is a UU retreat center on the coast in Saco, Maine. Relax, this is not binding—but will help us gauge interest and availability. Reply to **FPW.retreat@gmail.com** or see Sue Genser with questions. *Registration will start around March 1.*

Circle Suppers: A Good Time was had by All

AND: Save the Date for the Stewardship dinner March 25

Reports are in from last weekend's circle suppers hosted by Daphne Blount and Brenda Asis and Andy LeCompte! Here are just some of the reviews: "lovely evening" – "so wonderful to be in the same space with people I care about—to chat ... in person" – "so glad to be reconnecting with First Parish" – "what a fun group"—"good conversation and cheer." These comments don't even include the rave reviews about the food.

Did you miss out? As of last Sunday there were still a couple seats open to Scott Tougas and Justine Watt's dinner this coming Saturday (the 25th). You can try

Next on the agenda is the largest circle supper of all: March 25th is the potluck stewardship dinner in Whitcomb Hall. More information to come as we approach the date.

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

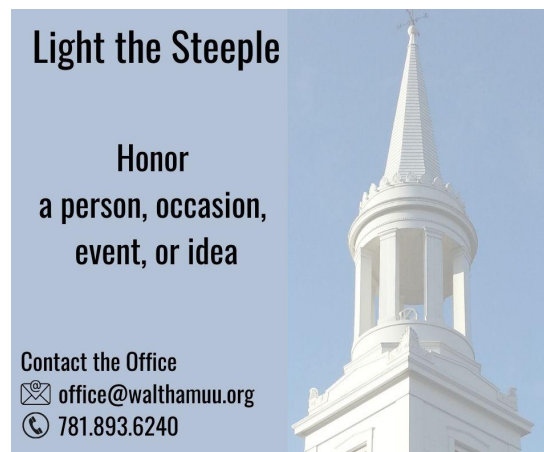
A Welcoming
Unitarian Universalist Congregation

<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



Light the Steeple

Honor
a person, occasion,
event, or idea

Contact the Office
✉ 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

**Office Manager /
Music and Choir Director**
Emma Campbell

Revbecky@walthamuu.org

Transitional Ministry Associate

Deborah Weiner
617.513.6614

deb.weiner@walthamuu.org

781.893.6240

office@walthamuu.org

or

musicdirector@walthamuu.org

Board Members

President, Board of Managers

Scott Tougas

president@walthamuu.org

Assistant Treasurer

Dan DeHainaut

asst.treasurer@walthamuu.org

Clerk

Deb Jose

clerk@walthamuu.org

Commissioner of Community

Outreach

Plum Kennard

plum.kennard@walthamuu.org

Finance

Donna Vanderclock

donna.vanderclock@walthamuu.org

Membership

Martha Gallagher

membership.commissioner@walthamuu.org

Music and Worship Commissioner

Bethany Templeton Klem

bethany.klem@walthamuu.org

Property

Dan Taylor

property@walthamuu.org

Religious Education Commissioner

Pam Penton

pam.penton@walthamuu.org

Treasurer

Janet Riley

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

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

[Update Profile](#) | [Constant Contact Data](#)

[Notice](#)

Sent by office@walthamuu.org powered by



Try email marketing for free today!