

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



**Everyone is
Welcome!**



**50 Church St, Waltham MA 02452 | 781.893.6240
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Theme for the Month: The Path of Vulnerability

“Courageous Vulnerability”

How often do we see those two words together? Courageous often brings to mind warriors, adventurers or super heroes, while vulnerability usually connotes some sort of weakness. We come into this world in complete vulnerability and leave it much the same way. During the time in between, we tend to harden up, acquiring armor for protection.

What might our lives and world look like if we had the courage to stay open and vulnerable? Join Rev. Becky this Sunday as we explore a new way of thinking about vulnerability.

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.

A Service to Celebrate the Life of Kimberly Strafford

Saturday, March 18th at 11am First Parish Waltham

Kimberly brought joy and light to our congregation and to her world. Her death is heartbreaking for so many. But soon we will gather, to celebrate that light and to surround her family in our love.

Please mark your calendars and plan to join us. There are many ways to help, including bringing food for the reception that will follow in Whitcomb Hall, help setting up or help taking down. If you can assist in any of that, please email Martha Gallager at Meadegalla@gmail.com

Thank you!

From the Music and Choir Director

Dear Beethoven

You are, and have been for many years, been my musical hero. This is not because of the large sound and range of colors produced by your orchestral works, or that your style of composition was ahead of its time. Neither is it because your compositions were so hard to sight read, that after having people mock the music because it "sounded like a dirge" you actually had it written in contracts that there needed to be a rehearsal before concerts featuring your music. (I applaud that you helped give birth to the professional musician.)



Beethoven was open to change, and his music evolved as he was exposed to new ideas. Beethoven's compositions illustrate different phases in his life. The first highlights a composer who knows his craft, gives a hint of the genius that is to come, but generally follows the conventions of the time. The second phase illustrates someone with full command of the resources of the instruments, and the possibilities for breaking musical rules with incredible effects. Many of Beethoven's most famous pieces were composed during this phase. Then there is a final phase, where the personal stresses Beethoven has endured become evident. The pieces from this period of his life are fewer but WOW! Beethoven was deaf but this did not halt his musical imagination. His final symphony has an orchestra and a choir (which enters part of the way through the final movement.) In those days, concert halls did not have fire doors and the choir was expected to leave while singing. How dramatic!

What I love, passionately, is that amidst all the drama, the technical demands of his music, and the challenge to execute it while making it seem effortless, there are moments of incredible tenderness and vulnerability. Sunday's Prelude comes from Beethoven's early phase of composition. It moves Leslie G to tears within a few measures – something I discovered by unhappy accident. She is not alone in having a connection to this piece. Billy Joel 'borrowed' the main melody for the chorus of 'This Night'. You can hear it about 58 seconds into this link https://www.youtube.com/watch?v=wNOXu_yoDYI. Beethoven's piece is longer than average for a piece played for worship so please arrive early – getting out of bed five minutes earlier might be worth it!

SAVE THE DATE: STEWARDSHIP DINNER

March 25th, 2023
5:00 Whitcomb Hall

Care, Commit, Connect – these three C's have historically introduced our stewardship drive. Placing the last at the head of the list – let's plan to connect in a First Parish friends and member potluck on the 25th of March. It will be a time for conversation and good cheer. Additionally, this year the choral group **Revels Singers** will provide entertainment with some audience participation. And there are plans afoot for a staff performance...
So, mark your calendars and start looking through your favorite potluck recipes.



Leslie Gildersleeve will be organizing the potluck – more to come in the next week.



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 have scheduled focus groups to engage you in the process. One additional group over Zoom has just been added. **Sign up for one of the focus groups we're holding through the Google Form [HERE](#). Each session lasts an hour.**

You'll 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

News Flashes!!!

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.



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

Game Night

Friday March 10th, 6:00pm

It's a lot of fun & everyone is welcome

We'll have a casual, family-friendly potluck meal

This month we're focusing on "Green!"
This could include Guacamole, Pesto, Green pasta, Scallion
Pancakes, Spanakopita, Leek soup...Yum!

If you're feeling adventurous, wear clothes to match!

We'll gather at 6:00 & set up everything

We'd love your company even if you just want to eat & chat

Bring your favorite games or play with ones at FP

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!



Book Group: March 16th at 7pm (over Zoom)

Shelter in Place by David Leavitt

It is the Saturday after the 2016 presidential election, and in a plush weekend house in Connecticut, an intimate group of friends, New Yorkers all, has gathered to recover from what they consider the greatest political catastrophe of their lives. They have just sat down to tea when their hostess, Eva Lindquist, proposes a dare. Who among them would be willing to ask Siri how to assassinate Donald Trump? Liberal and like-minded—editors, writers, a decorator, a theater producer, and one financial guy, Eva's husband, Bruce—the friends have come to the countryside in the hope of restoring the bubble in which they have grown used to living. Yet with the exception of one brash and obnoxious book editor, none is willing to accept Eva's challenge.

Shelter in Place is a novel about house and home, furniture and rooms, safety and freedom, and the invidious ways in which political upheaval can undermine even the most seemingly impregnable foundations. Eva is the novel's polestar, a woman who moves through her days accompanied by a roving, carefully curated salon. She's a generous hostess and more than a bit of a control freak, whose obsession with decorating allows Leavitt to treat us to a slyly comic look at the habitués and fetishes of the so-called shelter industry. Yet when, in her avidity to secure shelter for herself, she persuades Bruce to buy a grand if dilapidated apartment in Venice, she unwittingly sets off the chain of events that will propel him, for the first time, to venture outside the bubble and embark on a wholly unexpected love affair.

A comic portrait of the months immediately following the 2016 election, *Shelter in Place* is also a meditation on the unreliable appetites—for love, for power, for freedom—by which both our public and private lives are shaped.



Joyful Voices of Inspiration

a vibrant, diverse and spirited gospel choir under the direction of **Donnell Patterson**

join us for our winter concert

Saturday, March 4th 2023, 3pm. This is a FREE event.
First Parish in Waltham, 50 Church Street, Waltham, MA

photos: Cynthia Clayton
jvoi info: 781.894.0241



Try something new!

We have regular renters who come from many different backgrounds. One of our newer clients is inviting **YOU** to join them.

Bulgarian folk dancing and its music may not be something you've tried before but what have you got to lose?!

The leader plays viola in Waltham Philharmonic Orchestra (one of our Jones Partnership recipients). He is not Bulgarian - I asked - and neither are any other members of the band. Some of them have never even been to Bulgaria, but they fell in love with this aspect of the culture.

Be vulnerable and try something new. You too might fall in love!

**Saturday, March 11
8-11pm**

Monthly Series

Dance Party and Concert with Zdravets

(your friendly neighborhood Bulgarian band)
First Parish in Waltham
50 Church Street, Waltham MA

Participatory folk dancing
8-11 pm
Saturday, March 11, 2023

Dancing and live music from in and around Bulgaria
Plenty of easy dances, with some instruction

\$8-\$10 Admission

Please mask for this event
Join us only if you are feeling well
We recommend you be fully vaccinated

For information:
(617) 964-2003 or zdravets.com

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

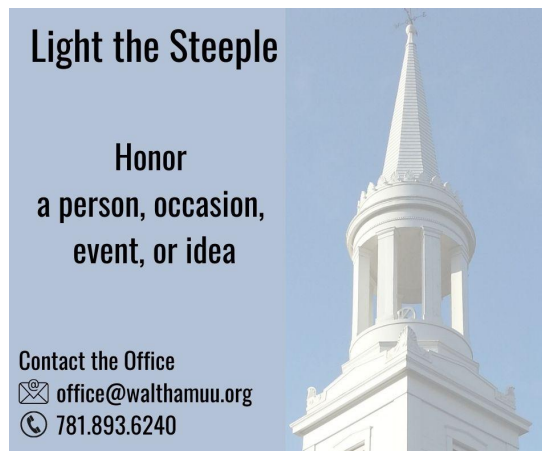
<http://tiny.cc/Donate2FPW>

When is Your Birthday?

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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:

- Dan Dehainaut 3/3
 - Nora Strafford 3/10
 - Rachel Learned 3/10
 - Alan Bone 3/11
 - Joan Bone 3/14
 - Cynthia Salamanis 3/26
 - Brenda Asis 3/28
 - Duncan Ramage-Healy 3/30
- Send a card or an email to these members!*

Ministry Staff Team

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 Music and Choir Director**
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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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