



## First Parish in Waltham Newsletter

*No matter who you are or  
where you are on life's journey,  
you are welcome here.*

**50 Church St, Waltham MA 02452 | 781.893.6240**

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

### **Upcoming Services:**

**Mar. 3 - 10:30 AM**

**"The Power of Courage"**

**Rev. Megan Lynes preaching**

True courage isn't the absence of fear, but the will to act despite it. While popular culture often portrays courage as grand, heroic deeds, it's often the quiet, everyday acts of bravery that can truly shape our world. These are the moments when we choose kindness over apathy, honesty over deceit, and empathy over indifference. We'll hear stories from our congregation among other sources of inspiration!

**Mar. 10 - 10:30 AM**

**"Rage Against the Dying of the Light"**

**Deborah Weiner preaching**

In January, UU Lynda Shannon Bluestein won her case against the state of Vermont to become the first non-resident to be allowed to seek a dignified, planned death in that state as she struggled with terminal cancer. Reflecting on Lynda's efforts and those of Deborah Weiner's own father, many years earlier as he edged toward death from ALS, we'll explore what it means to seek - and have - a good and dignified death.



### **Minister's Musings**

#### **A Message from Rev. Megan Lynes**

Lent, the 40 days leading up to Easter, began on Ash Wednesday, February 14, and will end on the Saturday before Easter, March 31st. In the Christian tradition, Lent is traditionally described as commemorating the forty days that Jesus spent praying and fasting in the desert. He stepped back from the urgency and bustle of his public ministry to reflect and gather himself for the last powerful chapter of his life. The story of the time leading up to the crucifixion of Jesus is one of the great dramas of rejection and despair. It has to come before the Easter rejoicing, because the promise of new life and great hope for humanity would mean nothing if there were not the understanding of this absence.

Some of us may observe Lent, and others, of course, do not. But all of us are invited into this time of introspection. Lent offers us a chance to reflect on our own part in mitigating the suffering of this old world.

Lent shares a focus on atonement with the Jewish tradition of Yom Kippur each fall, where fasting and prayer is accompanied by repairing relationships with

others and God. The Islamic month of Ramadan, soon to begin on the evening of March 10th, is a time to spiritually reflect, pray, and do works of charity. UU's draw from many sources, and have a Judeo-Christian heritage, and thus the invitation awaits us as well, to join in this inner and outer work of introspection and repairing the world.

One might consider two paths forward for the Unitarian Universalist through Lent. The first is to take part in a traditional "fasting" path. One could use Lent to address a bad habit such as texting while driving. Or perhaps giving up voicing negative comments that don't need to be said. Sometimes having time away from a usual habit reminds us that we are more in charge than we think, and we can remember to make better life decisions. The other path one could take is to do something that brings us into deeper connection to the world. This could be reading a poem a day, reaching out to listen to a friend in need, or picking up some trash on a walk. This Lenten season - if you so choose - you too can opt in, or opt out - you might find one of these paths the one you want to follow. You can give something up, or you can give something back.

These last days of winter, leading to the emergence of spring, remind us that if things feel hard right now, with time seasons change, emotions shift, and good things unfold. May your path lead to more awareness, repair, and joy.

With love for the journey,

Megan



### **Helping the People of Ukraine with Medical Supplies**

A Lexington resident is collecting medical supplies to be sent to the Ukrainian people. Would you like to help? Please read on. If you choose to donate, please bring your donations to church and place it in the **marked box next to the photocopier in the hallway outside the administrative office. And thank you!**

#### **Here is a list of items that we have been asked to ship:**

(Note, regarding medications: peel the name of patient and doctor from any prescriptions, but leave medication name and dosage on the bottle).

Sealed or Open (even partial dose) prescription medications up to 2 yrs expired  
Over-the-counter medications up to 2 yrs expired. Vitamins and supplements are also wanted.

Medical supplies (even if expired):

Rubber/Nitrile Gloves

Alcohol/sterilizing wipes and pads

Sterile and Non-sterile dressing

Sterile and Non-sterile Rolled gauze

Adhesive wound dressing

Adhesive bandage tape

Elastic wrap

Eyewear (glasses and contact lenses)

Crutches, Walkers, Wheelchairs and other devices for the handicapped

Orthopedic supplies such as foot braces, ankle braces, knee braces, arm slings, etc.

CPAP machines, masks and/or tubing

Chemical Water purifiers (packets/tablets)

Tourniquets

Chest Seals

Chemical Blood Clotting: Celox, Bleedstop, QuikClot

The emergency Compression Bandage trauma Dressing (Israel style)

Nasopharyngeal airways

IV set (or parts thereof)

IV Catheters 18G,20G, 22G

Multi Trauma Dressings

Burn Dressing Hydrogel

Burn spray, cream

Abdominal pad (ab pad)

Thermal Emergency blanket  
Multi Trauma bag/kit  
Incontinence supplies (adult diapers and underwear, bed pads, etc.)  
Diapers (all sizes and brands, packaged or loose)  
Powdered baby formula  
NON-LIQUID hand sanitizers, wipes and similar cleaning stuff

Thank you for helping!  
- Deb Weiner

---



### One Thing You Can Do

A simple non-partisan way to help democracy flourish is to encourage people to register to vote. As our first action as a Good Trouble Congregation, we will be sending letters to parents of young people in PA to get their youth registered to vote.

Consider joining us this Saturday, March 2, in Whitcomb Hall to work on this project. **Reach out to Elisse Ghitelman** for more details.

- Elisse Ghitelman, Outreach Commissioner

---

**Reggie Harris**  
**IN CONCERT**  
*Songs of Joy and Hope!*

Reggie has earned distinction as one of the foremost interpreters and song leaders of the music of the Underground Railroad and the Modern Civil Rights movement. With a passion for peace and justice, Reggie travels worldwide, using his gifts to share hope and raise awareness of human rights in the spirit of Dr. Martin Luther King's beloved community. Visit [reggieharrismusic.com](http://reggieharrismusic.com) for more about his music

**Sunday, March 3, 3:00 P.M.**  
Unitarian Universalist Society  
of Wellesley Hills  
309 Washington Street,  
Wellesley Hills, MA

Adults 21 and older: \$20  
College Students  
and Youth 16-20 \$10  
Children under  
16 Free

QR code:

Photo of Reggie Harris playing guitar and singing.

**UU Wellesley Hills** is thrilled to present Reggie Harris in concert this Sunday, March 3rd at 3pm in our Sanctuary. Reggie is an outstanding musician, storyteller, civil rights activist, and all around great human being.

---

# Game Night!

**Friday March 8th, 2024 6:00pm**

Bring your favorite games or play with ones at FP

It's a casual, family-friendly potluck meal

**All contributions are welcome!**

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

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!



---

**Join the Unitarian Universalist Church of Reading:  
to engage with anti-racism work in our communities  
Sat March 9th from 1-3pm  
All welcome!**

### **Black Lives Matter Banner Stolen from Unitarian Universalist Church**

The Unitarian Universalist Church of Reading (UUCR) has proudly displayed a Black Lives Matter banner on the corner of Summer Avenue and Woburn Street since 2020. In recent months, this banner has been stolen three times.

The banner was first stolen the weekend of Reading's Juneteenth celebration. At that time, Rev. Dr. Laura Solomon, minister at UUCR, began conversations with the Board of Trustees and sent a letter to the congregation calling all into conversation about the incident. "Our faith calls us to live our values out loud," Rev. Solomon wrote. "When actions like this occur, we are called into dialogue with one another and with our community: what does it mean that this happened here? How do we respond?"

The banner was quickly replaced, but was stolen again in January on Martin Luther King, Jr weekend. Rev. Solomon called the congregation to action after this second event, stating, "It is clear that this timing is intentional, and stealing our banner on these dates intensifies these acts of hate... As a faith community, we are called to engage our larger community in the work of love, justice, and liberation."

Over the following weeks, the congregation hung a homemade banner proclaiming "Our sign was stolen. Black Lives Matter." This banner was stolen on February 10th.

Rev. Solomon was clear that "when it comes down to it, a banner is just a

banner," and that the real work and commitment becomes apparent in "the promises we make to each other...[t]hat we might answer the call of dismantling white supremacy culture within ourselves, our organizations, and our society."

Rev. Solomon and leaders from UUCR met with Albert Pless, the Director for Equity and Social Justice in Reading, and with Aymon Langlois, who works with Mr. Pless, to discuss next steps - both for UUCR specifically and for ongoing antiracism work in Reading.

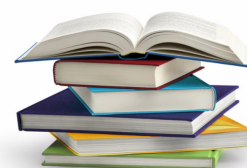
**On March 9, UUCR is hosting Black Lives Matter: A Multifaith Gathering for Commitment. UUCR is working with the Reading Clergy Association and the Office of Equity and Social Justice to plan a multifaith service of learning and commitment as we expand our vision of equity, justice, and liberation in Reading. Join us from 1 - 3PM on March 9th at the Unitarian Universalist Church of Reading, 239 Woburn St, Reading, MA 01867. This service will be followed by opportunities for fellowship, discussion, and planning further engagement with anti-racism work in Reading.**

Additional Information is in this [Reading Patch article](#).

---

**First Parish Book Club  
March 21  
1 pm in the Harrington Room and on line**

**The Frozen River  
by Ariel Lawhon**



***GMA BOOK CLUB PICK; AN NPR BOOK OF THE YEAR***

A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history.

Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

Over the course of one winter, as the trial nears, and whispers and prejudices mount, Martha doggedly pursues the truth. Her diary soon lands at the center of the scandal, implicating those she loves, and compelling Martha to decide where her own loyalties lie.

- Martha Gallagher

---

**STEWARDSHIP DINNER IS COMING SOON!  
Saturday, March 23rd, 2024  
5:30 Whitcomb Hall  
Save the Date!**



***Resilient and Ready*** is the theme of this year's stewardship drive. Our congregational energy has been strong through the challenges of the last few years, and we are ready for the next transition - welcoming a new settled minister for the 2024-25 church year. Let's plan to connect in a First Parish friends and members potluck on the 23rd of March. It will be a time for conversation and good cheer.

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 or two!

---

### **Would you like to join a short term Small Group?**

***Led by Rev. Megan Lynes***

**March 13, 20, 27, April 3**

This group is designed to meet for four consecutive Wednesdays in the Chapel from noon to 1:30 pm. The theme will be exploring what it means to live our "one wild and precious life" (Mary Oliver) all while being mortal. Attendance at all sessions is highly recommended, but not required. If you would like to attend, please **email Rev. Megan!**

---

### **A Message from Sue Genser and the Ferry Beach Retreat Committee:**



Dear Beloved Community,

Our annual and much loved retreat on the beach at Ferry Beach center in Saco, Maine is fast approaching. Registration will open next week!

This tradition of being together is longstanding but absolutely welcomes people attending for the first time. Rev. Megan Lynes and her son Jesse will attend. You can expect a relaxing time on the beach, engaging worship, delicious meals prepared for you, and a fabulous time among friends old and new.

Ferry Beach needs a good headcount from us by mid-March. There is a 10% Discount for early registration - this will end around March 19. There is also a 20% discount for first-time attendees - this is available until the retreat fills up.

To find out more about Ferry Beach, or to express your interest, please **email the retreat committee.**

---

THE WALTHAM PHILHARMONIC ORCHESTRA PRESENTS  
**MARCH CONCERT**

SUNDAY, MARCH 17, 2024 AT 3:00 PM

Waltham Government Center • 119 School Street • Waltham

MICHAEL KORN, MUSIC DIRECTOR

ARAM KHACHATURYAN *Adagio from Spartacus*

EDVARD BAGHDASARYAN *Rhapsody for Violin & Orchestra\**  
*Sargis Karapetyan, Soloist*

RUTH GIPPS *Symphony No. 2\**

*\*US East Coast Premiere*



*Sargis Karapetyan, Soloist*



**TICKETS SOLD  
ONLINE ONLY**

*Tickets are \$20  
Seats are Limited*

*Children 5-17 yrs admitted  
FREE with paying adult*

**WWW.WPHIL.ORG**



---

**Rooms Available for Rent  
Burlington, VT for April 8, 2024 Total Solar  
Eclipse**



Burlington VT is in the path of totality and viewers will enjoy about 3 minutes and 15 seconds of totality. To accommodate solar eclipse enthusiasts, the First Unitarian Universalist Society of Burlington announces a Homestay Rental Program.

Members are making available one or more spare rooms in their homes; in some cases entire apartments are available for April 6,7, and / or April 8. All proceeds support the community relief, justice and equity programs of the UU.

An online purchasing platform, Auctria, can be viewed to see photos and descriptions of all available accommodations at FUUSB Eclipse Homestay [here](#). With over 100 restaurants, cafes, clubs and local shops, Burlington is a dynamic, arts-oriented city on the shore of Lake Champlain and will be a popular destination for 2024 eclipse viewers.

Questions can be referred to: [eclipse@uusociety.org](mailto:eclipse@uusociety.org) .

---

**Pastoral Care in Our Congregation - We're here for you!**

Sometimes the listening ear or kind and confidential support of a fellow parishioner can make all the difference. In addition to Rev. Megan Lynes and Deb Weiner, who provide pastoral care to our community, our Lay Pastoral Care Team

is available to you.

Please reach out to us if you are in need of support: [pastoralcare@walthamuu.org](mailto:pastoralcare@walthamuu.org)  
- and we will respond to you in a timely manner!

Our 'point person' for February is Plum Kennard.

Plum Kennard (Chair,) Andy LeCompte, Nancy Lawrence, and Bill VanderClock

---



### Waltham UU Facebook Page



### Waltham UU Webpage

Holding your phone's camera over the QR codes above will take you to either the First Parish in Waltham webpage or our Facebook page where we hope that you will "like" and follow us! These are great ways to stay connected!

---



### Inclement Weather Procedures for Sundays

In case of dangerous weather conditions which occurs on or leading up to Sunday, we will follow these procedures:

1. A determination on canceling Sunday worship services will be made by the worship leader (or, in the case of a pulpit guest, the staff worship coordinator) in consultation with the congregation president, by 7:30 AM on Sunday.
  2. Upon consultation with other worship staff, the service may be moved to zoom-only (originating from the homes of worship leaders).
  3. If worship is canceled or if it will be held on zoom, a message will be sent to all on the church mailing list, no later than 8:30 AM.
  4. If worship is canceled or will be held on zoom, an update to the church's website, giving information and (if relevant) a zoom link, will be made by 9 AM.
  5. In the case of a cancelation of in person worship, all afternoon and evening activities at the church that are sponsored by the church, will also be canceled (and may be rescheduled).
- 

### When's Your Birthday?

.....

The Membership Committee is helping us celebrate birthdays as a congregation! Let us know your birthday so we can all honor you!

Please email the dates to Gary



## Light the Steeple

Honor  
a person, occasion,  
event, or idea

Contact the Office

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

☎ 781.893.6240



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

Dan Dehainaut 3/3  
Rev. Megan Lynes 3/6  
Rachel Learned 3/10  
Alan Bone 3/11  
Joan Bone 3/14  
Cynthia Salamanis 3/26  
Brenda Asis 3/28

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



A Welcoming  
Unitarian Universalist Congregation

<http://tiny.cc/Donate2FPW>



## Ministry Staff Team

### **Parish Minister**

Rev. Megan Lynes  
617.276.7655

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

### **Transitional Ministry Associate**

Deborah Weiner  
617.513.6614

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

### **Office Administrator / 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**

Deb Jose

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

### **Assistant Treasurer**

Dan DeHainaut

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

### **Clerk**

Peter Duane

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

### **Community Outreach Commissioner**

Elisse Ghitelman

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

### **Finance**

Donna VanderClock

[donna.vanderclock@walthamuu.org](mailto:donna.vanderclock@walthamuu.org)

### **Membership**

Gary Morrison

[gary.morrison@walthamuu.org](mailto:gary.morrison@walthamuu.org)

Brenda Asis

[brenda.asis@walthamuu.org](mailto:brenda.asis@walthamuu.org)

### **Music and Worship Commissioner**

Bethany Templeton Klem

[bethany.klem@walthamuu.org](mailto:bethany.klem@walthamuu.org)

### **Property**

Dan Taylor

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

### **Religious Education Commissioner**

Pam Penton

[pam.penton@walthamuu.org](mailto:pam.penton@walthamuu.org)

### **Treasurer**

Janet Riley

**The Mission of First Parish in Waltham**

is to be a caring, inclusive, spiritual community committed to using free inquiry and the power of love to achieve peace, justice, and a sustainable world.

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](mailto:office@walthamuu.org) powered by



Try email marketing for free today!