



'70s Remix: Get Your Groove On! First Parish Auction and Party Saturday, February 4

After a year off, our dynamic auction team has regrouped for another lively auction event on Saturday, February 4. Donations have been robust, including dining events, gift baskets, vacation homes, event tickets, and other wonderful items. Keep an eye out this month for the online Auctria sign-up where you may purchase raffle tickets and bid for the items. The event will be in person with a streaming option for the live auction. Even if you are a youngster who missed the '70s, you won't want to miss this free event.



Get your '70s outfits ready, as the evening will include contests for best outfits. In person, you will enjoy our signature cocktail/mocktail and scrumptious foods. (Don't worry -- the menu will not be from the '70s, when haute cuisine included tomato aspic and Jello molds.) Some additional items will be available in person for bidding via a silent auction.

Capping off the night will be our own David O'Leary as our emcee to run our live auction and announce contest and raffle winners.

The auction team will be monitoring the virus level and will keep you posted if there is any impact to the event. Also, we will be available to assist with sign-up.

Be there or be square. We look forward to seeing you.



Start the New Year Off Right: Join a Small Group! Monday, Jan. 30, 7:00 p.m. Initial Meeting and Info Session

Have you ever wanted to deepen your connection with more people at First Parish? And perhaps get beyond Coffee Hour talk to discuss values, ethics, beliefs or even spirituality? Come explore and share in a small group setting, where attentive listening and speaking are cherished, as we explore our chosen topics. The groups are also a wonderful way for new congregants to get to know First Parish and our spiritual journey as UUs.

What do we do? We begin with a Chalice Lighting and then move to a time of confidential "check-in" while we share what is happening in our lives. Of the remaining time, half is allotted to intentional listening, as we follow a structured format intended to build relationships, trust and mutual understanding, while exploring a topic in depth. That is followed by an open discussion as time allows. The first month's topic will be *boundaries*.

This group will be led by Alyssa Lee and Susie Keyes, who will get things going with some questions and readings and then keep the group on track in terms of time and a balance of participation by all present.

When will the groups meet? **Join Alyssa on January 30 at 7:00 p.m. in the Sunroom or online for the first meeting and to discuss regular meeting times going forward.** The group will likely meet in the evenings on a set day of the week each month.

How do I sign-up? Email Alyssa Lee at alee@uuwayland.org or find her during community time.

Welcome to First Parish

We are a Unitarian Universalist congregation that affirms human dignity, community action, freedom of religious thought, and the power of love. We welcome everyone!

Our Mission

To Build Community

by forging caring connections and supporting one another through the joys, sorrows and mysteries of life.

To Search for Meaning

by creating opportunities for all ages to explore values and principles that orient and guide us through life.

To Deepen Our Spirituality

by gathering to share words and music, by nurturing private moments of reflection, and by cultivating reverence.

To Make a Better World

by engaging in compassionate service and promoting social justice.



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How to Connect With First Parish

Attend Sunday services and other events: Come in person, or when available, attend via Zoom or YouTube livestream. Zoom links to Sunday services and some other events are in the weekly eblast.

Sign up for news: [Visit our website](#) to see what's new and sign up for our newsletter and eblast.

Find us on social media: We have a public Facebook page and a private Facebook group. Contact the office to join. We are also on Twitter and Instagram.

Join our email listserv: Our congregation is a friendly and useful resource for recommendations ranging from plumbers to travel, and all sorts of other non-church-related topics. Contact the office or Chauncey Wilson, listserv moderator, to sign up.

A Month of Sundays
The morning worship service begins at 10 a.m.

- January 1**
Dust Yourself Off
 Alyssa Lee, Intern Minister
 No SEEK Class
- January 8**
RE For All
Exploring Hinduism
 Rev. Dr. Stephanie May
 RE For All
- January 15**
Release
 Rev. Dr. Stephanie May, with John Thompson
 SEEK Class
- January 22**
Again, Again, Again
 Rev. Dr. Stephanie May
 SEEK Class
- January 29**
The Many and the One
 Rev. Dr. Stephanie May
 with Song Circle Leader Peter Lavenson
 SEEK Class

Worship Themes

Yearly Theme:
Encountering Differences

January: Hinduism

Sharing Our Plate
Dignity in Asylum

On Sunday, Jan. 22, half of our collection plate will go to support [Dignity in Asylum](#), which supports asylum seekers during the lengthy, complex, and often heart-wrenching process of applying and waiting for asylum. DIAS offers free housing to asylum seekers and resources such as daily meals, transportation to lawyers' and doctors' appointments, English classes and overall direct, caring and comforting support.

January's Lay Minister

January's Lay Minister is Ted Barnes. Contact Ted if you need a ride, a meal, a friendly, confidential visit, or a chat. We don't publish parishioner contact information in the Unitarian. Contact [the office](#) if you'd like to reach the Lay Minister, or if you need the password to the Parish Directory. The link to the Directory is available on our website [members' page](#).

A Special Service on Sunday, Jan. 15



As the legacy of the Rev. Dr. Martin Luther King, Jr. is celebrated this weekend, we remember the life and legacy of artist Winfred Rembert. Born in the Jim Crow South, Rembert endured imprisonment in multiple forms. Released in 1974, Winfred would put his story into art. First Parish member John Thompson, Rembert's friend, will share a reflection and show some of Rembert's work.



As someone who has loved to read and to learn from a very young age, I continue to be most intrigued by what I do not know. Preparing for this month's focus on Hinduism has already been a great opportunity, as there is so much I do not know about Hindu traditions. As a minister, I am deeply grateful that part of my work is to study and share with you some of what I learn. Even better is when we learn together, which is why I have instituted the "Read Along with the Rev" series this year. This month, I invite you to read the *Bhagavad Gita*, an important Hindu text that depicts an exchange about duty and purpose.

Reading about duty and purpose in life feels like a good way to start the year amidst reflections of resolutions and intentions. Of course, every new year is also a reminder of all we do not know about what is to come. Will this be the year that my kid learns to ride a bike? Will this be the year that I have to give up driving? Will this be the year I finally get a grandchild? Will this be the year that I replace my lawn with native plants or install a heat pump? Will this be the year the town reaches our affordable housing goals? What will this year bring? There is so much we do not know.

I hope each of you have your own list of what you know you can trust. Amidst the changes and unknowns, also having touchstones that ground us can help us to get through the day.

Although I do love learning, I also value being able to lean into what I do know. I know that sitting down to journal regularly helps me to stay grounded. I know that sleeping well at night makes so many other things go better. I know that walking into the Sanctuary at First Parish and having others also there still brings such joy after the awful months of being only online. I hope each of you have your own list of what you know you can trust. Amidst the changes and unknowns, also having touchstones that ground us can help us to get through the day.

2023 may not be a year of transformation or perhaps it will be, at least in some ways. As the Visioning process at First Parish moves into implementation teams, I am looking forward to watching what emerges. We may be an old congregation dating to 1640 with a building that officially turns 208 this month, but we are also a vibrant, multi-generational community that is adapting to meet the spiritual and social needs of people today. This is work we do together as a community. While we are

What We Do Not Know

linked to other congregations through the Unitarian Universalist Association, what happens on the campus of First Parish manifests because of what we choose to do or to not do.

As we look ahead to this new year, I hope we all have elements of our lives that we know we can trust and an openness to what we do not know about the days and months to come. Whatever may come, may we find in this congregation support for the journey.

In peace,
Rev. Stephanie



Visioning at First Parish

Do these New Year's resolutions resonate with you?

- > Connect with good people
- > Be a change maker
- > Join a Visioning Implementation Team

Did you know that only 16% of people follow their resolutions? Let the Visioning Team help you beat the odds! If you missed last month's Visioning Fair, no worries. There's still time to jump on board and get involved with exciting projects at First Parish. Would you like to see more intergenerational activity? What about expanding our relationship with the Urban Ministry? Maybe help a communications team spiff up our media presence?

We need your enthusiasm and willing hands to make these things and more happen. Check out the range of possibilities [here](#).

Contact the [Visioning Team](#) (Ted Barnes, Lynne Lipcon, Jay Woodruff) and start the new year off right!

Retooling, Rethinking, Renewing for the Future

As we move toward more in-person services and events, our service attendance appears to be stable, and SEEK attendance continues to grow. On a recent Sunday morning I could hear the joyful sound of a crowd of children in Stokey. You can feel the excitement and joy as people are able to interact in person. Though health concerns continue, our Health Advisory Team remains vigilant. The Parish Committee looks to them to guide us through the increased Flu and Covid months.

Our Visioning Teams are moving to an implementation stage for several of the suggestions. The teams also continue to work on long-range plans, thinking about what and who we want to be in the coming years. It is exciting to see so many people involved in this. It is not too late to get involved.

Though our visioning groups prosper, some committees lost momentum during the Covid years. Our involvement with some social justice programs is changing, such as Turning Point. Our Community Life Committee, which organized many of our yearly events as well as special activities, disbanded prior to Covid. Now that our events are returning, such as our Carol Sing, we are finding that our busy staff has jumped in to organize help. So, if we want to continue these events, we will need to develop systems of either volunteers or staff time to manage them.

Other committees seem to have increased activity during the Covid years, such as MetroWest Climate Solutions, offering many events in the past few months. We are also partnering with Arts Wayland to offer some concerts in our Meeting-house. The Parish Committee will assess this partnership over the next several months.

Our auction team continues to plan for the February event.

2022–2023 Parish Committee: Lea Anderson, Heather Felton (Treasurer), Larry Green, Barbara Heffner, Nan Jahnke (Clerk), Lynne Lipcon, Deb Stubeda, Nathalie Thompson, Jada Williams, Jay Woodruff

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Get your '70s outfit (hippie or disco) ready for this mostly in-person event! We are working on some online access, too. Thank you all who are donating auction items and/or your time. We look forward to having fun while raising money for First Parish. Look for the opportunity to register for the event this month.

Lastly, Finance Committee chair Susie Keyes joined the PC meeting to discuss the budget. The PC is getting an earlier start than in years past. With earlier planning and the stewardship coordinator, Larry Green, in place we hope this will put us in a better place financially. Our budget in the last few years was a deficit budget, which we were comfortable with thanks to the Federal PPP (Paycheck Protection Program) loans. Susie clearly stated that this is not a prudent way to manage our finances, and that we may need

to either develop more revenue streams or look at ways to decrease spending. Over the next several months we will be working on the 2023-24 budget.

Submitted by Deb Stubeda on behalf of the Parish Committee

Happy New Year!

*May your wishes
for this new year
come true.*



Winter Care for Our Buildings and Budget

As we enter the winter season, please be mindful of being green and our heating expense. With full understanding of the important Covid protocols that may cause windows to be opened for ventilation and other measures, we still want to be careful of resources in off hours. When departing, please ensure doors are closed including those into the Narthex, the Sanctuary, Sunroom, between the Commons and Meetinghouse or Parish House, and elsewhere. In our old buildings with some spaces kept warmer than others, open doors let precious heat escape. Please also turn off any lights you may have turned on.

If you are using the snow melt product on the steps at the Commons, please shovel or sweep first, then use the product sparingly. Excess chemicals damage the bluestone steps. Thanks all!

John Thompson, Building Committee

Come Chat With the Nominating Committee Sunday, Jan. 22, 11:00 a.m. in the Sunroom

Hello and Happy New Year! Your Nominating Committee has begun its work! If you are personally interested in learning more about leadership opportunities at First Parish, or can refer us to someone you think might be a good candidate for a particular role, we invite you to be in touch with any of us. We would be very happy to have a discussion with you about such opportunities.

The Nominating Committee of First Parish is charged with identifying candidates for positions outlined in our bylaws, including:

- Members of the Parish Committee (our governing board)
- Clerk
- Treasurer
- Moderator
- Trustees of our endowment, known as the East Sudbury Ministerial Fund

To provide an additional opportunity for exploration of leadership and volunteer opportunities at First Parish, **the Nominating Committee will host an informal drop-in session after the service on January 22, 2023 in the Sunroom.** At First Parish, we need many people to hop in and help!

The Nominating Committee: Jenny Silberman, Chair; Jim Kitendaugh, Leah Levine, and Kathie Schmidt

Grants Are Available from the Lydia Maria Child Fund

Have an idea to make a positive difference in our world? Not sure how to get started? Let us help you!



Lydia Maria Child

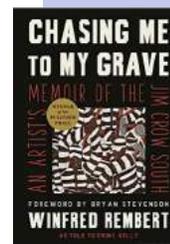
First Parish's Lydia Maria Child Fund supports engagement in activism by funding grants to social and environmental justice initiatives by First Parish members and friends — and youth, too!

Contact us at lmcf@uuwayland.org or speak to Acting Chair Jada Williams.



Winfred Rembert: An Appreciation Wed., January 18, 7:00 p.m. Weston Town Hall

Please come to appreciate the life and story of Winfred Rembert as told in his 2021 Pulitzer Prize winning memoir, *Chasing Me to My Grave*. Born in the Jim Crow South, Rembert endured imprisonment in multiple forms. Released in 1974, Winfred put his story into art.



Co-author Erin Kelly and daughter Lillian Rembert will discuss the man and his art. Winfred was a close personal and artistic friend of John Thompson. Please register through the Weston Public Library web page [by clicking here](#). His story and his artwork will also be shared in our Jan. 15 service.

Sacred Journeys Film: Hinduism

Sunday, Jan. 22, 12:30 p.m.
in the Youth Room



Learn about the sacred Hindu pilgrimage, *Kumbh Mela*, in this 55-minute film, followed by a short discussion.

Every twelve years, tens of millions of men, women and children gather on the flood plain of the Ganges and

Yamuna Rivers in Allahabad, India, for the *Kumbh Mela*, the largest gathering of humanity for religious purposes on the planet. Pilgrims come from across India and around the world to bathe in the water where the two sacred rivers meet. Such mass bathing in the Ganges has been recorded for more than 2,500 years.



Play in the Dirt and Grow Native Pollinator Plants in the Snow: A Workshop

Sunday, Jan. 8, 11:30 a.m. at First Parish
Advance Registration Required

Join Wayland's Native Plant Ambassador Jean Milburn to learn a new technique — the winter sow — and grow local native flowering perennials from seed. At this in-person, hands-on workshop, you will plant native seeds in a used milk jug which you will convert into a mini-greenhouse. Afterwards, you will take the jugs home and place them outside in the snow and cold. They will go through several freeze-thaw cycles before they germinate, and in the spring and summer they will be flowering perennials that you can plant in the ground. Most will be pollen/nectar/host plants for our native bumblebees.

Sterile Promix soil and five packets of local native perennial seeds will be provided, thanks to the Lydia Maria Child Fund.

Participants should bring five one-gallon translucent milk jugs, gloves, sturdy scissors, a small hand trowel, and a box to carry your mini-greenhouses home.

To ensure there are enough supplies, please register for the workshop by emailing Jean Milburn at 39york@gmail.com. The exact location of the workshop at First Parish will be determined by the number of participants.



experiences installing heat pumps in their homes. There will be plenty of time for questions. You can register [here](#).

Spaghetti and BINGO!

Friday, Jan. 6, 6:00 p.m.

Join Kate Holland for a great spaghetti dinner. After dinner let's play BINGO with fun prizes for the winners! All ages, individuals, and families welcome. Questions? Contact [Kate Holland](#).



Heat Pumps: How to Cut Your Carbon Footprint

Tues., Jan. 17, 7:00 p.m. on Zoom

Join [MetroWest Climate Solutions](#) on Jan. 17 at 7 p.m. for a webinar with Steve Breit, cofounder of [HeatSmart Alliance](#). Steve will explain why heat pumps can greatly reduce your home's climate impact, which type of heat pump might be right for your home, and what it will cost you to install and operate. He'll also summarize available incentives. Following Steve, three local residents, including our own Joel Angiolillo, will talk about their

Read Along With the Rev.

Tues., Jan. 24, 7:00 p.m. on Zoom

Join with Rev. Stephanie in reading one of the most important texts in the Hindu traditions, the [Bhagavad Gita](#). Easily available online or in libraries, it can be read in an afternoon or studied for a lifetime. Reading strongly encouraged, but not required.



Our SEEK Program is Quietly but Steadily Growing

The Visioning process brought about requests to create more visibility for our SEEK program in our First Parish community and in the community of Wayland as well. So I will use this column to highlight SEEK.

The pandemic caused many churches' children's programs to shrink significantly. We were very lucky that most of our families have stayed with us throughout the different changes over the last three years.

Let me say that we have a small but mighty program. During the eight years I have been working as the Director of Lifespan Education and Engagement, we have struggled to bring new families into our community and to help them feel included. We are starting to grow this in our SEEK community with stronger roots than ever before. This year each Sunday we have had from 8 to 14 kids in our SEEK classroom, compared to 3 to 6 kids in past years. We are using a one-room schoolhouse model currently, but my hope is that we will split into two groups either this year or next. We also have had a nursery space opened this year. While we don't have paid staff for that anymore, my hope is that this too will be needed soon.

This year each Sunday we have had from 8 to 14 kids in our SEEK classroom, compared to 3 to 6 kids in past years.

This year our curriculum has matched the exploration of world faiths that Rev. Stephanie has been leading for the congregation. We have enjoyed being part of the RE For All program. I love that we are all given the opportunity once a month to learn together about the faith tradition we are exploring, and I hope it has given folks a chance to get to meet the children in the program. During our exploration we have used the game Minecraft to make a representation of each faith tradition's worship space. If you don't have young or teen kids in your life, you might not know that Minecraft is a really popular game. It is also a great platform to sneak in some of our learning about different faith traditions.

I am also excited to say that we have enough 4th to 6th grade children to offer the Our Whole Lives program — OWL — for that age group. They will take the first five sessions of the curriculum starting in January and will take the second set of five sessions next year. This Congregation has a strong history of promoting the OWL program and I am thrilled that we will be starting to teach it here again.

My biggest hope for our SEEK program, besides its continued growth, is that members of the First Parish community will get a chance to know the children in our community. They are an incredibly smart, funny, curious and kind group, and I am lucky that my job gives me time to spend with them.

Kate Holland

Director of Education and Engagement

SEEK Classes in January

January 1

No SEEK program. Children who attend the service will have pew packs.

January 8

RE For All: Hinduism

January 15

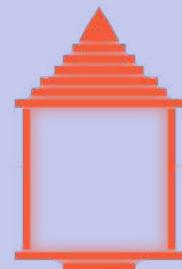
On this Martin Luther King weekend we will learn about our proposed 8th principle

January 22

We will learn about Hinduism and some of the different gods that they worship

January 29

We will work with Minecraft to make a representation of a Hindu temple.



Standing Up to Oppression: One Woman's Remarkable Story

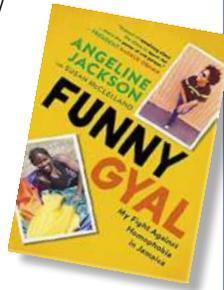
An online conversation with Angeline Jackson, Jamaican LGBTQ Activist and Candidate for UU Minister
 Thursday, January 26 at 7 p.m. on Zoom

Join us on Zoom to hear Angeline Jackson's inspiring story of standing up to Jamaica's oppression of queer youth and demanding recognition and justice. What was it like growing up in a strict Christian Jamaican society in a home with conservative values? How did she find her way to Unitarian Universalism? How will she realize her dream of bringing UUism to Jamaica, and what are the challenges?



Angeline Jackson with President Joe Biden and Dr. Jill Biden

Jackson is an LGBTQ human rights activist, an HIV/AIDS educator, and the former executive director of Quality of Citizenship Jamaica. In 2015, President Barack Obama recognized Angeline as one of Jamaica's remarkable young leaders at the Town Hall for Youth in Kingston, Jamaica. Angeline participated in a U.S. Senate briefing panel on LGBT rights in 2014 and attended the first White House Forum on Global LGBT Human Rights.



President Barack Obama said of Jackson, "Instead of remaining silent, she chose to speak out ... That's the power of one person."

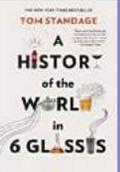
She is also the author of *Funny Gyal: My Fight Against Homophobia in Jamaica*. Reading her book beforehand is not necessary.

The conversation will be hosted by Alyssa Lee, First Parish's Intern Minister. Contact [Alyssa Lee](#) if you have questions or wish to sign up for the Zoom link.

Men's Book Club

Thursday, Jan. 5, 8 p.m. on Zoom
 Watch the eblast for Zoom log-in info

You can quench your thirst for interesting perspectives, if you join us at our next meeting to discuss *A History of the*



World in 6 Glasses, by Tom Standage. All who identify as male are welcome. Questions? Contact Keith Sims.

Minister's Lunch

Wed., Jan. 18, 11:30 a.m., Vestry

Join Rev. Stephanie and fellow parishioners for a light lunch and good company. All are welcome! RSVP requested but not required [by email](#) or 508-358-6133. If Covid guidelines dictate, the lunch will be canceled.

Mid-Day Meditation

Mondays, 12 p.m. on Zoom

Details in weekly eblast

Join together on Zoom for an hour to gather in community to meditate. All are welcome whether you meditate often or are new to the practice. Contact [Kate Holland](#) with questions.

Knit One, Laugh Two!

Most Wednesdays, 7 p.m.
 on Zoom

Do you love to knit or want to learn? The knitters are always happy to see new faces. This small group meets on most Wednesdays — now online. Come knit yourself into a new community. Email or call Heather Ryan for log-in information.



I have started a spiritual practice of pulling a tarot card each morning in order to give me a phrase or concept to focus on during my morning meditation. Recently, I pulled the "Surrender" card. The idea of surrender is not an easy one for me. I am someone who always has a plan, and if that plan does not work out, you can trust that there is another plan (or two) waiting in the wings.

However, anyone who has been alive for long knows that our best laid plans often do not account for much. We can make all the plans we want, but we know that is not always how life works, and the things we spend so much time worrying about are often an afterthought when the truly worrisome and anxiety-laden events of our life hit us on an idle Tuesday, seemingly out of nowhere. We think our children, our jobs, our own health, are something we can control, but we are often confronted with the reality that they are not and never have been.

Even with this knowledge, this concept of surrender was still a difficult one for me to focus on during my meditation. Can I surrender to this liminal time in my life when my future is so uncertain with respect to where I will work and live after my time here at First Parish in Wayland is through? Can I relinquish the control I keep trying to exert over my parenting or other relationships? Can I simply enjoy the experiences in my life, the here and now, rather than obsessing about what the future might bring? I hope so, but my resolve likely needs work.

Is there anything in your life that you are being called to surrender to? Anything you have been trying to control but need to let go? The New Year often brings about further attempts to control. How can I get more disciplined with my exercise, food choices, money management, etc.? What if, instead of trying to be in more control, we resolved to be in less control? What if we decided to surrender to the passing moments of our lives



Anyone who has been alive for long knows that our best laid plans often do not account for much. We can make all the plans we want, but we know that is not always how life works.

Resolving to Surrender

and realize the only thing we can control are our reactions?

Alyssa Lee
Intern Minister

Hindu Temple Tour Sri Lakshmi Temple, Ashland Date/Time TBD

Since their September 1986 opening, a stone temple in nearby Ashland has served as a place of devotion and puja, or worship, for many Hindus in the Boston area.

As part of our January focus on Hindu traditions, we are arranging a visit to the Temple on a Saturday or Sunday afternoon in late January.

If you are interested in attending, please contact Rev. Stephanie or Kate Holland who will pass along more details as they are available.

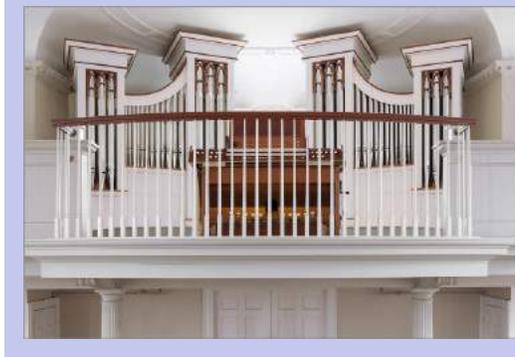


Why is the Choir Rehearsing in Stokey Library?

Finally singing live again and singing from the choir loft, the First Parish Choir has stepped out, after three years of hibernation, to meet for rehearsals each Wednesday evening in our new practice space, the Stokey Library. Just "coming down" from our first live Music Sunday, a spirited presentation of Benjamin Britten's *A Ceremony of Carols*, the choir is at this moment settling down for Christmas Eve offerings of meditative song.

And now to the reasoning behind the choir's relocation to the Stokey Library for its ongoing rehearsals.

Covid restrictions require that singing groups be masked and be seated three feet apart for rehearsals. Because our organ is a mechanical instrument with an immovable console, it has "trackers" -- long rods which run from the console under a platform to the pipes. These trackers are connected to each key of the console and open the "mouths" of each pipe when a key is depressed (hence organs "speak" rather than play). Too complicated to explain in one easy lesson!



Because of the configuration of the organ and the necessity of a foot-high platform that covers and protects the trackers, we have moved our grand piano up onto the platform from its former place on the floor of the choir loft. This effort has brought the piano up to a spot in the loft where it can most effectively be used for accompanying the choir.

But one problem solved creates another unsolved. To accommodate our 16 singers and their chairs, the group must divide into two sections, one on each side of the piano. To our exasperation at times, the altos must step up onto the platform in order to blend their voices properly in our anthems. On a Sunday morning, this is expected and acceptable, but for rehearsals. . . not so much! Thank goodness for the Stokey and its flexibility! There, we can sit comfortably spaced as we rehearse, after which we can take the fruits of our labors back up to the choir loft, ready to present on Sunday mornings.

The First Parish Choir thanks Kathie Schmidt for the generous gift of the Young Chang console piano, which graces the Stokey

Library, further making it the ideal practice space for choir rehearsals. A proper dedication of the piano is planned for the spring with musical contributions from our musical congregants.

And may I reiterate: "There is always a seat for you in First Parish Choir!" Please come and give us a try after the holidays. You will be glad you did!

Polly Oliver, Music Director

Hand Bells for Hands of All Sizes

The Aren Bell Choir was very active this past fall. As mentioned in the December *Unitarian*, our wonderful three octaves of bells were sent out last summer for refurbishment and were returned at the beginning of November, looking beautiful and beautifully in tune.

Before the return of the refurbished bells, the Bell Choir continued to hold rehearsals using the sets of children's bells that were purchased last January to enable members to practice at home and rehearse over Zoom. Using the children's bells enabled the group to play two pieces at the interfaith Thanksgiving service, *We Gather Together*, and an arrangement of *Let There Be Peace on Earth* for choir, bell choir, and instrumentalists. In December, the Bell Choir prepared an arrangement of *Still, Still, Still*, for the 7 p.m. Christmas Eve service.

The sets of children's bells have continued to be useful. Beginning on the first Sunday in December, a family bell choir was formed, with children and parents from five families. This choir used the children's bells to prepare an arrangement of *Carol of the Bells* to play at the 4 p.m. Christmas Eve service.

Family Promise January Update

First Parish members Linda Collins and Lois Doerr provided dinner as well as evening support on November 30 to the three families currently housed in the Natick shelter. We gathered with the three mothers and five children for the meal and quiet play.

Our next scheduled hostings will be during the weeks of February 12, May 14, and August 6. We will need a few volunteers during these upcoming weeks. Contact Lois Doerr if you are interested in helping either by cooking or serving as an in-person dinner host. It would be great to have a youth volunteer to spend time with the children from 5:30 until 7:30 on these evenings. Training is required.



Meanwhile, First Parish contributed the collection plate proceeds from the Christmas Eve service to Family Promise. Thanks to all who donated.

And here's a recent story shared by Family Promise's staff in their newsletter, [Starlights](#):

... about a "Family Promise moment"—when one of our families receives exactly what they need right at the moment they need it most. That's an amazing way things happen here sometimes. But more often, getting a family where they need to be takes lots of smaller steps, and a whole lot of courage and hard work.

Take Lilian and her 10-year-old son. After leaving a difficult home situation to start over on their own and couch-surfing for a few weeks, Lilian's sister offered to put them up while they figured out their next steps. During this time, they were referred to us by [Framingham Public Schools Wraparound Services](#), and we quickly accepted the family into our [LIFE program](#). But before long, her sister's landlord found out they were staying in the home. Fearing for her own housing stability, Lilian's sister made them leave immediately. With no warning, the family crammed their possessions into their vehicle, and drove away. That night, they slept in the car.

The next day, Lilian called her Family Coach, Cristina, in a panic. She'd exhausted her options and, on the eve of Thanksgiving, had nowhere to go. Knowing that Lilian only needed the gift of time to figure out her next steps, we agreed to shelter them in a hotel over the holiday weekend. That evening, our staff member Barbara drove out to the hotel with a box overflowing with Thanksgiving groceries,

toiletries, and a gift card for more food. After receiving these gifts, Lilian sent the following text to Cristina:

Thanks for helping us and all your effort. Yes for now on moving forward a new start a new beginning and I just want to thank you and may god bless your home and family and that heart of yours I am privileged to have met you. Yes and you did more than that — that gave me and Angel a secure safe place to lay our heads and gave me hope that has no price.

The morning after Thanksgiving, Cristina was on the case. She spent the next two days in an intensive housing search, determined to help the family find a new home immediately. And her dedication paid off: she located a two-bedroom in their price range a few towns away, and Lilian was invited to meet with the landlord. Cristina came along to provide translation and explain our LIFE program to the landlord—sharing with him the progress that Lilian had already made and how our support would continue. The landlord, a local pastor, listened carefully. When Cristina finished, he smiled. This was "meant to be," he told them, and that he had clearly been holding onto this unit specifically for Lilian and her son.

Cristina rushed the paperwork through over the weekend and on Monday we cut a check to pay her security deposit. At the same time, Lilian was approved for the [RAFT program](#) and received a referral to the [Fresh Start Furniture Bank](#). By Tuesday, the family was moving in.

From sleeping in their car to sleeping in their own home in one week. By the way, throughout this whole ordeal, Lilian did not miss a single day of work, nor did her son miss school. Cristina was blown away by her persistence and

continued on p. 13

January News from the UU Urban Ministry

"Community Conversations" Watch Party Tuesday, January 10, 5:45 p.m. in the Vestry and Online

First Parish in Wayland held our first Watch Party in December (see the photo) and liked it so well we're offering it again! You are invited to join Alyssa Lee and Susan Crowley-Bechtel on Tuesday, January 10 at 5:45 p.m. in the Vestry to watch *Community Conversations: Resolving to do Better: Banks and Black-owned Business Capital*. Beverages and light fare provided. Or tune in online from 6:00 – 7:00 p.m. through the link provided [here](#).

The featured guest is Mark Watson, President of Potlikker Capital: a farm community charitable capital fund created to serve BIPOC (Black, Indigenous and people of color) farmers in America who operate at the intersection of racial and climate justice. Potlikker is committed to preserving and increasing the diversity of America's farmers, ranchers, and agricultural managers who work together to:

- Increase equitable access to healthy food for their communities;
- Build wealth and knowledge within their local BIPOC farming communities; and
- Farm to address climate change by adopting regenerative farming practices.

Perhaps some of our gardeners will be interested in attending!

The Ties That Bind: A Concert Honoring Dr. Martin Luther King, Jr. Monday, January 16, 3:00 – 5:00 p.m.

Opera unMet, led by founder Marshall Hughes, "brings a soul-stirring performance that is not to be missed!" The concert will be held at the UU Urban Ministry, 10 Putman St., Roxbury, and will be followed by refreshments and an optional story circle. All are welcome. A suggested donation of \$15 supports *Opera unMet*. Please let Lea Anderson know if you would like to carpool.



UUUM Watch Party in December

Shop Local – Support Black- and Brown-Owned Business

The Winter Edition of the UUUM Artist Directory was published recently. It includes the work of 20+ local Black and Brown artists. Click [here](#) for the Artist Catalogue.

The Congregational Engagement Task Force of the UU Urban Ministry

is busy planning virtual gatherings with member congregation board chairs. The UUUM is looking for input on developing new expectations for congregational membership and delegate election. Stay tuned for more information next month.

To find out more about the UUUM, please visit uuum.org.

Lea Anderson

Family Promise, continued from p. 12

courage: "She was so focused and determined to solve things," she shared. In fact, her problem-solving didn't stop there: Lilian also just secured a second, part-time job last week, working from home in the evenings to provide even more financial stability for her family. She's not going to let this happen again. She's home for good.

To support more families in their goal to avoid shelter entry and find new homes quickly, [please consider](#)

Arts Wayland, in association with First Parish in Wayland, presents:

Music for a Sunday Afternoon

with Tutti Bassi, featuring Cello music of the 18th Century



First Parish in Wayland, 225 Boston Post Rd, Wayland, MA
 Sunday, January 29, 3PM \$15 p.p.
 tix@artswayland.com or at the door

artsWayland



Tutti Bassi Classical Cello Concert Sunday, Jan. 29, 3:00 p.m. \$15 per person

Through our new arrangement with Arts Wayland, First Parish is pleased to host concerts and other events. Come enjoy some beautiful *Music for a Sunday Afternoon*.

Tutti Bassi is the duo of Sarah Freiberg and Colleen McGary-Smith, two classically trained cellists who also perform with Boston's Handel and Hayden Society, Pro Arte' Chamber Orchestra, Boston Lyric Opera, and more. Formed in 2012. *Tutti Bassi* "goes for Baroque," exploring the rich repertoire of baroque cello sonatas and European compositions from the 16th - 18th centuries. They have performed throughout New England, and feel confident that First Parish in Wayland will be a perfect venue for their intimate, informative performance. Visit www.tuttibassimusic.com for more information.

Quick Notes from the Office



Karen Plaskon,
 Administrator

Happy 2023! Just a couple of quick notes from the office.

First, a big THANK YOU to all of the office volunteers who have stepped up this year to help make the office run smoothly (and alleviate some Parish Admin stress!). Website blog and social media posts, Order of Service folding, posting the Unitarian in the vestry, putting the weekly sermon title on the outside sign and responding to other help calls. You may find these to be small tasks, but they really mean the world to me!

Second, please note that our building has been in demand a lot recently (yay!). From our own meetings and events to outside small group usage to larger concerts and events. When you are in the building, please let me know if something doesn't seem right or if we are running low on some kitchen or bathroom item, or if having access to something would make things run more smoothly. I'll do my best to get it addressed.

Contact me at 508-358-6133 or office@uuwayland.org if you have any questions.

Eight UUs Dancing.....

What's better than singing *The Twelve Days of Christmas*? Why, acting out each verse, of course! On Sunday, Dec. 18, Leah Levine led the congregation in Christmas calisthenics to this seasonal favorite.



JANUARY

- 5** **Men's Book Group**
Thursday, Jan. 5, 8:00 p.m. on Zoom, p. 9
- 6** **Spaghetti and BINGO**
Friday, Jan. 6, 6:00 p.m., p. 7
- 8** **Growing Native Plants Workshop**
Sunday, Jan. 8, 11:30 a.m., p. 7
- 10** **UUUM Watch Party**
Tuesday, Jan. 10, 5:45 p.m., p. 13
- 17** **Climate Solutions: Heat Pumps**
Tuesday, Jan. 17, 7:00 p.m., p. 7
- 18** **Minister's Lunch**
Wednesday, Jan. 18, 11:30 a.m., p. 9
- 22** **Chat with the Nominating Committee**
Sunday, Jan. 22, 11:00 p.m., p. 6
- 22** **Sacred Journeys Film: Hinduism**
Sunday, Jan. 22, 12:30 p.m., p. 7
- 24** **Read Along With the Rev.**
Tuesday, Jan. 24, 7:00 p.m., p. 7
- 26** **Conversation with Angeline Jackson**
Thursday, Jan. 26, 7:00 p.m. on Zoom, p. 9
- 30** **Small Group Gathering**
Monday, Jan. 30, 7:00 p.m., p. 1
- TBD** **Tour of Hindu Temple in Ashland**
Contact Kate or Stephanie to receive details as available, p. 10

The Wayland Unitarian is the monthly newsletter of the First Parish in Wayland, a Unitarian Universalist congregation. A full calendar of events is posted on our website, www.uuwayland.org. A directory of community members is also available; contact the office for the password.

Parish Office Hours

M, T, W, F: 9 a.m. — 3 p.m.
Th: 11 a.m. — 3 p.m.
In person W & F; 508-358-6133

Worship Service and SEEK (Spiritual and Ethical Exploration for Kids): **See Sunday Schedule, P. 3**

Our Ministers

The Rev. Dr. [Stephanie May](#), Minister
The Rev. Dr. [Deborah Pope-Lance](#), Affiliate Minister
[Alyssa Lee](#), Intern Minister

Our Staff

[Kate Holland](#), Director of Education and Engagement
[Polly Oliver](#), Music Director and Organist
[Karen Plaskon](#), Parish Administrator
[Leo Monzon](#), Bookkeeper
Emma Silberman, Childcare Provider

Unitarian Newsletter Team

Ann Gordon, Barb Heffner, Nathalie Thompson, Chauncey Wilson

First Parish is located at 225 Boston Post Road in Wayland, at the corner of Routes 20, 126 and 27. See our website for parking information.

Our mailing address is:
First Parish in Wayland
PO Box 397, Wayland, MA 01778



What's Happening?

Find all First Parish activities on [our website calendar](#).
Check it out!

