

Reflections from Rev. Stephanie Justice, Love, and Our Vibrant Vision



Nearly one hundred years ago, in 1926, Carter G. Woodson established Negro History week. Nine years earlier, Woodson had founded what is now known as the Association for the Study of African American Life and History (ASALH). The ASALH website explains, “The week provided a special time for us to collectively celebrate our racial pride as well as collectively assess white America’s commitment to its professed ideals of freedom.” This dual focus calls not only for celebration but also reflection on how well we are doing as a nation in truly enabling freedom and justice for all.

We will be leading a campaign during Valentine’s week to promote a message: “Justice is what love looks like in public,” a quote from African American scholar Dr. Cornel West.

As the racist graffiti painted on the Wayland town pool in December made plain, there is still work to be done locally in promoting racial equality. To this end, during Valentine’s week we will be leading a campaign sponsored by the Lydia Maria Child Fund to promote a message: “Justice is what love looks like in public,” a quote from African American scholar Dr. Cornel West.

Hopefully this message of love and justice will send a countervailing message to that of the graffiti about who belongs here. We will also be organizing a trip to the Boston Heritage Trail to learn more about local African American history.

We also will continue our engagement with different religious traditions with a focus on Buddhism. My friend, Kotatsu John Bailes, a Zen Buddhist master teacher, will be with us on Sunday, February 5. In Spring 2014, John and I worked together as chaplains in the Office of Religious and Spiritual Life at Wellesley College, where he continues to be the Buddhist chaplain. The “Read with the Rev” book this month, *Radical Dharma*, brings together Buddhist thought and practice with the work of racial justice in the U.S. Copies of the book are available to borrow in the Commons. (Please read and return for the next person.)

continued on page 14

The First Parish Pantry Garden: A Year-Round Labor of Love

Buy Some Flowers!

The First Parish Pantry Garden was again chosen as the recipient for Stop and Shop’s *Bloomin’ 4 Good Program* during the month of February 2023. The Green Sanctuary Com-



mittee receives \$1 from every *Bloomin’ 4 Good* bouquet sold during the month. Please consider buying your cut flow-

ers at Stop and Shop every month, and especially this month. On Sunday, February 5, the Sanctuary flowers will come from this program. Thank you to Stop and Shop for its continued support.

Winter Palette — Browns

No bright red tomatoes or green chard — this is our Pantry Garden in winter. In December we added shredded fall leaves to all the beds. This wonderful mulch, together with



grounds and chaff from Karma Coffee in Sudbury, will add nutrients and useful organisms to the garden soil.

Leaves store most of the nutrients that plants have and, as they break down, the nitrogen, phosphorous, potassium and trace nutrients they contain

continued on page 12

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.



In This Issue

- 1** Reflections from Rev. Stephanie
- 1** Pantry Garden Year-Round
- 2** Our Mission
- 2** How to Connect With First Parish
- 3** A Month of Sundays
- 3** A Special Guest Feb. 5
- 3** Lay Minister of the Month
- 4** From the Parish Committee
- 5** Winter Sow Workshop
- 5** Sign Up for a Visioning Project
- 6** Auction Update
- 6** Lydia Maria Child Book Discussion
- 6** Reading with the Rev
- 7** Love & Justice, Black History Walk
- 7** February Events
- 8** UUUM Watch Party, Jazz Concert
- 8** Music Notes
- 9** Rummage Reflection/Yard Sale
- 10** Education & Engagement, SEEK
- 11** From Our Intern Minister
- 12** Flowers, More February Events
- 13** UUUM News, Family Promise
- 14** Tips from the Office
- 15** February Calendar

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.

February 5
RE For All
Exploring Buddhism
Rev. Dr. Stephanie May
[Kotatsu John Bailes](#)

February 12
Let Go
Alyssa Lee
SEEK Class

February 19
When Are We?
Rev. Dr. Stephanie May
SEEK Class

February 26
Black History Happened Here
Rev. Dr. Stephanie May
SEEK Class

Sharing Our Plate
Roxbury Historical Society

On Sunday, Feb. 26, half of our collection plate will go to support the [Roxbury Historical Society](#). Organized as the Roxbury Military Historical Society in 1891, and reorganized as the Roxbury Historical Society in 1901, this organization works to celebrate and educate about the rich past of this historically important neighborhood of Boston. Read some of the Roxbury story [by clicking here](#).

February's Lay Minister

February's Lay Minister is Lynne Morrison. Contact Lynne 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 Guest on Sunday, February 5



Zen Buddhist Roshi John Bailes, a friend and colleague of Rev. Stephanie's, is a College Chaplain and Buddhist Community Coordinator at Wellesley College. He trained for 13 years as a Zen Buddhist priest in the monastic and temple setting of the San Francisco Zen Center; received a degree in International Political Economy from Harvard University; participated in a sailboat race around the world; and has developed a Mindfulness Meditation program.

Worship Themes

Yearly Theme:
Encountering Differences

February: Buddhism

Taking Care of Today, Planning for Tomorrow

*"Alone we can do so little; Together we can do so much."
- Helen Keller*

We may indeed be wintering, but the cold weather hasn't slowed down momentum at First Parish. Some of the first-round visioning projects are already off and running. Our resident native plant enthusiast and educator, Jean Milburn, ran an amazing winter sowing workshop (p. 5). She packed the Youth Room with enthusiastic participants of all ages learning about native plants and leaving with scores of gallons of planted native seeds for their gardens. Organizers are beginning to plan a **multigenerational sing-along** for April 1. Other projects are starting to take shape and many still need organizers. You can sign up to help by [clicking here](#). For more information about each opportunity, visit [this page](#) or contact the Visioning Team at visioning@uuwayland.org. As for longer-term visions, it is time for a serious dive into **work on the Parish House** south side where repairs are now unavoidable. We are setting up a task force to assess immediate concerns and conditions as well as to create a to-do list, detailed estimate, and timeline. If you are interested, please contact Lea Anderson.

Due to higher COVID levels this winter, the 70's Remix auction had to be **shifted to April 29**, so let's dig out those spring paisleys. Organizers feel we have a safer chance in April for more people to feel comfortable unmasking and boogying down. Due to the time-sensitive nature of a few of the auction items, online bidding will be shared soon.

As we have not had a need for paid nursery staff this Fall, Kate has been taking names to care for any little ones on pop-up occasions and she now has a good list of volunteers. Anyone wishing to help may contact Kate to get CORled and add their name to her list. Kate Holland, Alyssa Lee, and Jocelyn Francis are excited to begin **offering the first half of a two year 4th and 5th grade OWL course** to several children from First Parish. Orientation for parents was in early January and the classes will begin Sunday mornings from 8-10 a.m. through February. In addition, Rev. Stephanie and Kate will be **offering a Coming of Age class** with three youth from First Parish.

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

Rev. Stephanie continues to work with the Worship Working Group for **alternative models of worship**. The Religious Education for All model as well as the January 15 collaborative worship with John Thompson have been quite successful with positive feedback. Rev. Stephanie will continue to balance traditional services with alternative service styles sprinkled throughout the rest of the year.

Our Safe Congregations team is attempting to schedule a **CPR and AED training** for staff, lay ministers and the Parish Committee this winter with the goal to have someone who is trained in attendance at services and events most of the time. Also, the Welcoming Congregation Committee is down to one member, Laurel Whitehouse, who is seeking others to join her with this important work.

First Parish is **involved in the Wayland community** in a number of ways this winter. With the Wayland Historical Society, we will co-sponsor a book talk by Lydia Moland on Feb. 5 about a new biography of Lydia Maria Child. We will host a town-wide drive for blankets called **Welcome Home Mass**, which will be collecting blankets, sheets, and towels for the homeless. Arts Wayland continues to hold classical and jazz music events in the Sanctuary, as well as an art class in the youth room.

The Parish Committee is in the process of **Congregational Certification** with the UUA. This requires updating the directory, congregational leadership, as well as reporting on financials, active membership, and administration of a survey on our ministry as a congregation and on how the UUA can support us. Our budget year-to-date numbers appear healthy for

continued on p. 5

Sowing Native Plant Seeds in Winter *Saving the Planet, One Yard at a Time*



Native plant ambassador Jean Milburn offered a workshop in January on “the winter sow” — a technique for starting native pollinator seeds in winter in gallon jug “greenhouses.” Participants included (clockwise from top left): Lucy Pease and Beth Raynor; Debbie Levens and Jean Milburn; Jane Williamson, Kathie Schmidt, Jada Williams and sidekick; and Laurie Bent.

Parish Committee, continued from p. 4

mid-year although we are still looking at a budget deficit overhaul. We are now **gearing up for the Stewardship** kick-off in March. Volunteers with ideas or offers to help please contact Larry Green. We look forward to engaging with everyone to help us help you to realize the dreams of your visioning teams!

Jada Williams on behalf of the Parish Committee

Build the Future at First Parish



WE NEED YOU!

Pick from 17 fabulous visioning projects developed recently by your fellow parishioners. Each project is designed to add to the vibrancy of our congregation. Some can be completed with relatively little effort over a period of two or three months; others may be more involved. Choose the project that excites you and fits your level of involvement.

Help build our future. Online signups are easy. Click [here](#) to sign up online or contact the [Visioning Committee](#) for additional information and/or for help with signing up. Even more details about first round projects available [here](#).



'70s Remix: First Parish Auction and Party New Date: Saturday, April 29

When we selected the Remix theme for the auction, little did we know we'd be remixing the date!

As you know by now, your ever-flexible auction team decided to move the auction to April 29 out of an abundance of caution. We hope that by April, we'll all feel more comfortable and relaxed mingling at our in-person event.

Since some of the auction items are time sensitive, with dates in the springtime, we'll be posting a first wave of items online on the Auctria platform, with an early closing date. Stay tuned for updates. We will be available to assist with sign-up.



At our April 29 in-person event, you can look forward to perusing several silent auction items, including fine dining gift certificates to area restaurants, beautiful original artwork, gift baskets, a car detailing, and many dining experiences hosted by our capable First Parish master chefs. Families might enjoy a Discovery Museum annual

membership, a picture book collection with a social justice theme, or a guided canoe trip on the Concord and Sudbury Rivers.

The live auction will feature vacation homes, a private sightseeing flight in a four-seat Cessna, and the ever-popular pair of Red Sox tickets in the Dell Technologies luxury box. Our own David O'Leary will emcee the event, host our live auction, and announce contest and raffle winners. Rest assured, there will be a streaming option for the live auction.

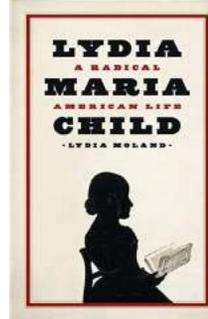
Get your '70s outfits ready, as the evening will include contests for best outfits, whether they be themed from the early years of the decade (think tie-dyed) or later in the decade (disco!)

We'll be serving delicious finger foods, desserts, and a signature cocktail, which will be available in a virgin edition.

We look forward to seeing you on the flip side!

Lydia Maria Child: A Radical American Life with author Lydia Moland

Sunday, Feb. 5, 2:30 p.m.
Sanctuary and Zoom



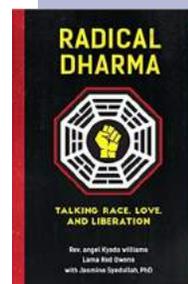
We welcome back author Lydia Moland to celebrate the publication of her new biography of Wayland author and activist Lydia Maria Child. Presented in collaboration with the Wayland Historical Society, and the Wayland Free Public Library. Contact Rev.

Stephanie with questions. Attend in person or register for the Zoom session at bit.ly/LydiaMariaChildWayland



Read Along With the Rev: Radical Dharma

Thursday, Feb. 23, 7:00 p.m.
Sunroom and online



Buddhism meets racial injustice in this volume of essays by leading African American voices in American Buddhism. Authors Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah

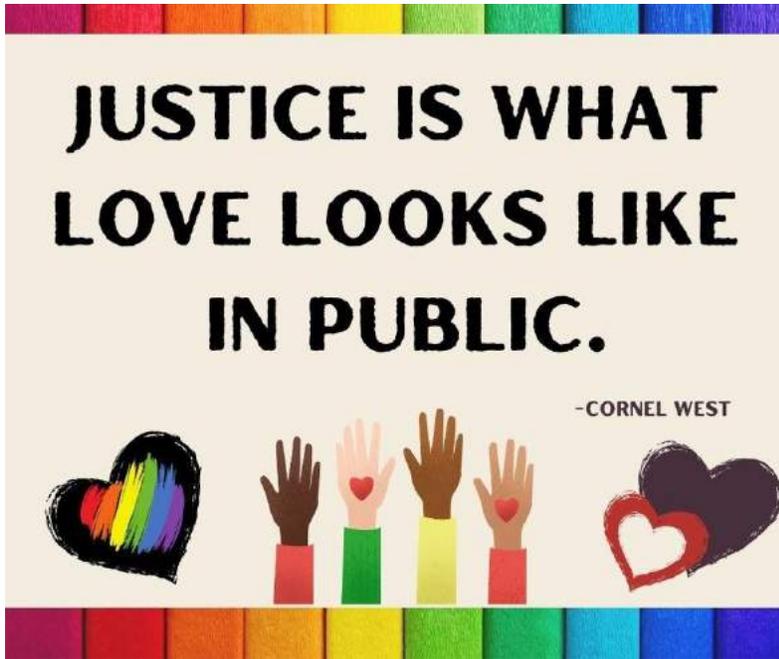
traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma.

Copies of the book are available in the Commons. Please sign one out and return. Contact [Rev. Stephanie](mailto:Rev.Stephanie) to RSVP or with questions.

Celebrate Love and Justice for Valentine's Day

Sunday, Feb. 12, 11:00 a.m., Youth Room

Help spread a message of love and justice for Valentine's Day by painting a heart to hang in front of First Parish beside a banner that proclaims, "Justice is what love looks like in public." Thanks to the Lydia Maria Child Fund for sponsoring this initiative. Contact Kate Holland or Rev. Stephanie with questions.



Boston Black History Walking Tour

Saturday, Feb. 18, time TBD

Learn more about Black History in Boston through a walking tour of the Boston Black Heritage Trail and a visit to the Boston African American National History Site.



We will plan carpools to Boston or you may simply meet downtown. \$10/person, \$8/62+ and Students, \$0/12 and under. Please RSVP to [Rev. Stephanie](#) by Thursday, Feb 16.

Spaghetti and BINGO!

Friday, Feb. 3, 6:00 p.m.
Vestry

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](#).




Poetry Night

Thursday, Feb. 16, 7:00 p.m.
Zoom

Come share your favorite poems about Love or Justice (or both!) with Ministerial Intern Alyssa Lee and other members of First Parish. It can be a poem written by someone else or something you have written yourself. It's also fine if you simply want to listen!



Sacred Journeys Film: Buddhism

Sunday, Feb. 19, 11:15 a.m.,
Youth Room

In southern Japan, trek with Buddhist pilgrims on an 800-mile, 88-temple journey as they seek personal salvation and renewal. This is a 55-minute film followed by a short discussion. Contact Laurel Whitehouse with questions.

"Community Conversations" Watch Party *Tuesday, Feb. 21, 5:45 p.m. in the Vestry and Online*

Do access and affordability level the playing field in education? Learn more in this Community Conversation with Jackie Jenkins-Scott, interim president of Roxbury Community College. Prior to this, she was president of Wheelock College and president and CEO of Dimock Health for 21 years. She has deep ties to the Roxbury community.



Jackie Jenkins-Scott

For those interested in an in-person gathering, you are invited to join Rev. Stephanie and Lea Anderson at 5:45 p.m. in the Vestry to watch this Community Conversation together. We will offer light refreshments. For those who watch from home, tune in online from 6:00 – 7:00 p.m. by clicking on this URL: <https://us02web.zoom.us/j/86882685508>. Hosted by your UU Urban Ministry delegates.

Arts Wayland Presents: An Afternoon of Jazz Standards *Sunday, Feb. 12, 3:00 p.m. in the Sanctuary, \$15 per person*

Join Arts Wayland for a jazz concert featuring vocalist Dominique Eade, with Neil Olmstead (piano) and Barry Smith (bass). Drawing from the American Songbook, this subtle trio of Berklee professors blends the music of Cole Porter, George Gershwin, Duke Ellington, Thelonious Monk and Miles Davis in a gentle jazz format of melodies and improvisations.



Dominique's unique lyricism is supported by rich harmonic piano accompaniment lying atop a deeply supportive bass. The interplay between artists is at the core of this experiential trio.

Please stay after the concert for a reception! Tickets are \$15. Purchase in advance here: <https://artswayland.com/pages/artswayland-presents-an-afternoon-of-jazz-standards>

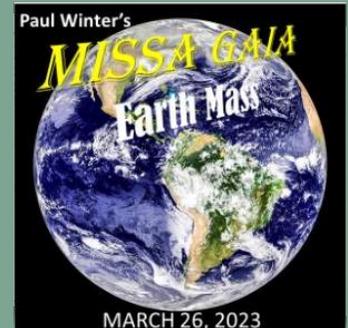
Paul Winter's Missa Gaia on Tap for Music Sunday, March 26

The popular *Missa Gaia* will be our Music Sunday event, held earlier than normal this year on Sunday, March 26. Last performed at First Parish in 2016, this is a popular, modern piece written primarily by the world music musician and seven-time Grammy Award winner Paul Winter.

Missa Gaia is an inspiring and beautiful work that really swings, featuring the calls of wolves, whales, harp seals, and loons woven alluringly through the pieces. People of all ages, including children, are mesmerized by what they hear in this accessible, beautiful piece, accompanied by a sterling lineup of area musicians.

JOIN US: Rehearsals are underway. Anyone who has sung this piece or would like to sing it should contact Music Director Polly Oliver at Pauline01742@gmail.com

This special piece benefits from having a robust choir. It's easy to learn, and even experts love to sing its soaring vocal score!



Rummage Reflection

This year First Parish will once again offer a Yard Sale to the community on June 3. I know I am not alone in missing Rummage with its camaraderie, hard work, groups working toward a common good, and the fabulous gourmet lunches that marked that time of year. The warmth and kindness seemed to blossom during this week.

Rummage of the past was huge and had many moving parts. We had multiple coordinators for volunteers, for the setup, breakdown and especially for each department on that day. Folks would come into the First Parish Meetinghouse and Parish House, and rooms were set aside for many departments. Each of those departments had a head and at least three or more who would oversee the sales. And during the sale, there were runners for the money, people who would be at the gate, and then the accountants in the backroom counting and depositing money. I would say that 95 percent or even greater of those volunteers were 65 or over and a large number were over 70, 80, 90. The last time we set up, it was a big ask for so many who had and are still having greater health issues. Still in many minds are the terrifying images of elder members hoisting tables and carrying them up and down the back stairs, navigating that hairpin turn at the landing. The exhausting task of moving furniture in setup and breakdown requires a larger, stronger team.

When Covid hit, Rummage came to a screeching halt. And now, even with a vaccine, those with health issues are still at greater risk and are very wary. Many have returned to a life unmasked and in public spaces. For others — those who take care of the vulnerable or because of health and age are vulnerable themselves — life is still a series of hurdles and obstacles to be managed. Many still are exceptionally cautious about going to a store, or anywhere indoors for any length of time.

Would First Parish want to put the vulnerable in a crowded building with visitors who may not be masked, vaccinated and symptom free? That would be a great risk.

With its many moving parts, Rummage required a coordinator with great organizational skills, stamina, and a good team. Cur-

rently, most, if not all, the Alliance board have their focus on their families, who have greater need.

And most importantly, Rummage was ministry. In gathering in such large numbers for a week, we were reminded of our connection to each other.



Penny Beer



We provided low-cost and free much-needed items to those who could ill afford more, so they could maintain their independence. We did our best to keep the unwanted items out of the landfill. And we assured that a large part of our net proceeds went to social justice projects. With stepping back, change will happen. One hopes the original mission is kept, at least in part.

Since the Alliance has historically run Rummage, such a change in leadership may result in a large group who express dismay and disappointment. Creating any kind of change is tricky, as there are always those who push for tradition. However, with so many issues in consideration, a yard sale makes a lot of sense. The Alliance Board has unanimously agreed to step back from Rummage again this year. We wish to support the First Parish yard sale efforts.

Keeping retail outside helps set healthy boundaries in departments and proportions, and many of the original missions can be met. We hope FP members join us in supporting this year's yard sale as best we can.

Respectfully submitted,

Penny Beer, Alliance board member and past Rummage Queen



Put Your Warmth to Work with Our Welcoming Team or SEEK Class

We have a good problem!! You may have noticed that we have many new faces in our pews. We have many visitors and our SEEK program is getting a good number of new faces, too. HURRAH!!! We have all worked to gain this momentum for quite a while. With the addition of the visioning report and the projects it puts forth, we have a great path to continue the work of growing our ministry here at First Parish. With this wonderful feeling of moving towards our visions comes some good problems.

I hope to set up a group that will concentrate on the art of welcoming folks to First Parish.

We need some folks who are willing to join a team of lead greeters — friendly folks who can be at the front door to greet everyone, including those new folks, talk with them at community time, and offer them the chance to give us their information so we can follow up with them. I hope to set up a group that will concentrate on the art of welcoming folks to First Parish. If you are interested in helping, please reach out to me or a member of the engagement team.

We also need some help in our SEEK program. On most Sundays, we have about a dozen kids ranging from 4 years old to grade 5. It is a great group, but we may be ready to split the class into two age group classes and more teachers will be needed to make this possible. If you love spending time with kids or if you have grandchildren and would like to get in some practice with kids, please contact me or a member of the Lifespan Education and Engagement committee.

This is an exciting time at First Parish and by working together, we can live into our vision of what we want our community to be.

Kate Holland

Director of Education and Engagement

SEEK Classes in February

Feb. 5

RE For ALL: We will gather to talk about the Buddhist practice of mindfulness. We will do some centering activities with sound and the sensations of eating and make our own Malas (Buddhist Prayer beads).

Feb. 12

We will be studying Buddhism and talk about the story of Siddhartha Gautama.

Feb. 19

We will be on a social justice project. We will make cards to send to our legislators to ask them to work to stop climate change.

Feb. 26

We will be using the Minecraft platform to make a Buddhist temple together.



SEEK classes have been learning about other religious traditions along with the adults at First Parish. After learning about Diwali, these SEEKers made chalices to hold the light.



There is a video [clip](#) that occasionally goes viral around this time of year in which reporter Kevin Killeen with KMOX in St. Louis tells us that “February is the worst month of the year.” With great humor, Killeen recounts all the ways in which February reminds us that it is the worst time of the year. He remarks that everyone is “itchy and tired” in February and that even nature has given up, as the birds are all gone and the trees look barren and tired. Then Killeen remarks:

“To try to hide the bleakness of February, man invented Valentine’s Day and also Mardi Gras but then February answered back with Ash Wednesday. What other month would invent a holiday that reminds us we are all going to die?”

He ends the piece with, “My father used to have a saying that if you can live through February, you’ll live another year.”

What’s funny to me about this clip, other than the reporter’s dry delivery, is that February has

never been the worst month for me. I have always looked forward to it and delighted in it, and I was surprised when I first saw this video making the rounds on social media. February is the month of my birthday and also now my son’s birthday (which has now overtaken the competition for the best day of my life). My much beloved Grandpa George’s birthday was the day after mine and we always celebrated together before he passed away. When I think of February, I think of warm celebrations of life and time spent with beloved members of family.

Are there days and months that resonate with you differently than they might most other people? While I am dreading the heat of early-August, do you have a trip on the horizon or fond memories of time spent at the beach during that time? Where do you find meaning in days or events that others might not?

And, when you are in the doldrums of months like February,

When you are in the doldrums of months like February, where do you find the warmth and the celebration? How do you prove your mettle and survive February?



Looking for the Light

where do you find the warmth and the celebration? How do you prove your mettle and survive February as Mr.

Killeen’s father challenges us to?

Personally, January can always be a difficult month for me. The sun lowering at such an early

hour, and the lack of holidays to look forward to can make it hard for me to endure January. But lately I have decided to lean into it. I have tried to look for the pleasure in nights spent inside with my family playing board games or by using candlelight during those long evenings to bring an added sense of warmth. In the past few years, I have been trying to embrace the Danish concept of hygge, which is all about coziness and contentment even in the bleakest of winters.

I would love to hear how you celebrate February. What brings you warmth and comfort during these cold days? Have you embraced the concept of hygge too? How so?

Alyssa Lee
Intern Minister



Help Put Flowers in the Sanctuary

Choose a Sunday to remember someone, celebrate a birth, acknowledge an anniversary or an achievement, champion a cause or anything that gives you joy or sorrow. During February Stop&Shop will donate to our Pantry Garden whenever a “Blooming for Good” bouquet is sold (details on page 1).



Contact Rita Anderson or Suzanne Woodruff.

Pantry Garden, continued from page 1



are released into the soil by the action of microorganisms and fungi. These consume the leaf tissues and deposit their own rich waste into the soil. Other decomposers like earthworms and burrowing insects, attracted to the nutrient-rich soil produced by the rotting leaves, contribute not just their own waste but tunnels that aerate the soil. In addition, adding shredded leaves improves the tilth in BOTH heavy clay soil and loose sandy soils.

What Do Those in Shelters Really Want From Our Garden?

For over a decade, we’ve planted, tended, and harvested vegetables and flowers to bring to three SMOC shelters in Framingham, including Turning Point. This winter, before we buy our seeds, we’re approaching the folks at SMOC to ask what should we be planting, raising, harvesting and bringing to the shelters. Molly has reached out to Gaining Ground in Concord. While easy and satisfying to grow, and very nutritious, perhaps kale, collards and Swiss chard may not be as welcome as more lettuces, carrots and tomatoes. Narrowing our focus to a half dozen crops will make planning, planting and harvesting easier for our volunteers.

Please Join Us

We’d so appreciate your help in planting, weeding, watering and harvesting – reach out to any one of us at any time. We’ll plan on staying after church for coffee and conversation on Sunday, February 5.

Molly Faulkner, Laurel Whitehouse and Suzanne Woodruff

Men’s Book Club

Thursday, Feb. 2, 8 p.m. on Zoom
Watch the eblast for Zoom log-in info

Ready for a mystery set in the BPL? Join us as we discuss *The Woman in the Library: a Novel*, by Sulari Gentill at our next meeting. All who identify as male are welcome. Questions? Contact Keith Sims.



Minister’s Lunch

Wed., Feb. 8, 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.

UU Urban Ministry February News

The Urban Ministry offers programs this month that continue its focus on Arts and Humanities programming grounded in a social justice message.

Virtual Lunch with an Artist

Wednesday, Feb. 15, 1:00-1:45 pm on Zoom

As part of its Roxbury Artist Amplification Project, designer Ayana Mack joins UUUM's Bithyah Israel to share work samples and the inspiration behind her work. Join the discussion and interactive Q&A by [clicking here](#).

Community Conversations Watch Party

Tuesday, Feb. 21, 5:45 p.m. in the Vestry, 6:00 p.m. on Zoom

See page 8 for details.

***UUUM Mission:** We work across race and place to dismantle racism and white supremacy culture, and to advance racial, economic and social justice.*

***UUUM Vision:** We envision a Greater Boston where all people live with freedom and dignity, and have equitable access to resources and opportunity to shape the present and the future.*

The UU Urban Ministry's new mission was the inspiration for a gathering of member congregation board chairs last month organized by the UUUM Congregational Engagement Task Force. The UUUM is looking for input on deepening congregational engagement and the role of delegates.

Board chairs from 18 member congregations (Arlington, Bedford, Belmont, Chestnut Hill, Concord, Dedham, Framingham, Kingston, Lexington, Lincoln, Medfield, Norwell, Sharon, Theodore Parker, Wayland, Wellesley, Weston, and Winchester) joined Zoom meetings over three evenings where we shared our experiences in support of the Urban Ministry and contemplated new programs. We will keep you informed as new programs are developed.

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

Family Promise February Update



Our Next Family Promise Host Week is Coming Up!

On February 13 we will join First Parish in Framingham to begin our next Family Promise Host week. Sign-ups are now open. Dinner chefs and hosts are needed Monday through Thursday. Teen evening volunteers are so welcome to entertain the little ones. Please consider joining this important community work while having fun together.

Would You Rather Cook Part of a Meal Than the Whole Thing?

Is there a group of First Parish people who could work together to produce a meal? It would be less work and might be fun to work together with others. Dinner suggestions and guidelines are available to help you plan. Contact Lois Doerr if you are interested in this option.

Haven't Volunteered for Family Promise for a While... or Ever?

If you have not completed the Family Promise Orientation both 101 AND 201, you will need to complete the new Orientation v.3. This orientation is a one-hour on-line program that you can complete at your own pace. I recommend clicking each of the video links for the full experience. Once you finish the orientation, you can then register to be a volunteer. [Here is a link](#) to the Orientation v.3. This guide can also be found on the Family Promise Metrowest website under the "Volunteer" tab. This orientation has received fantastic feedback from volunteers from a user-friendly standpoint as well as feeling prepared for the Family Promise Volunteer experience.

For questions, please contact Lois Doerr.



Question of the Month: How do I find out what's happening at FP?

There are so many ways to stay informed! Use whatever method works best for you!

- Monthly Unitarian Newsletter – [sign up online](#) to get it in your email or [read it online](#).
- Weekly eblast – [sign up online](#) to get it in your email.
- Printed Order of Service – Take it home; it has the week's happenings and upcoming events.
- Online Order of Service – [Find it on the website](#) by Friday afternoons or get it in your email on Sunday mornings. There is a calendar for the week and announcements for things coming up.
- [Online Calendar](#) – Has events and locations in a google calendar.
- Facebook – We have a [public page](#) and a [private page](#). The private page often has event pictures and details. You need to request access to the private page (you can find that link on the page). Tidbit: A feed for the public page also shows up at the footer of our website!
- Social@uuwayland.org – send a request to [the office](#) or [sign up on our members page](#) to get added to that private discussion group. Great place to find recommendations and have discussions with fellow FP'ers.
- [Instagram](#) and [Twitter](#) – Yes, we are there too! Mainly sending out the service for the week and some upcoming event info too. If you prefer one of those to Facebook, follow us there!
- [YouTube](#) – Find past sermons, events, wonderful music and more!
- Front page of [our website](#) – A good place to read some FP news or find information about upcoming public events.
- Weekly poster in the Commons and by the office. See what's happening in the coming week.

Is there another way we can get important information to you? Let me know and I'll see what I can do!

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

Karen Plaskon, Parish Administrator

Reflections from Rev. Stephanie, continued from p. 1

In conveying these opportunities this month at First Parish, I invite you into the vibrant life and work of this congregation. Seven years ago, in January 2016, we adopted new vision, mission, and covenant statements. Reflecting on all that is happening at First Parish, I smile to consider how much we are living into our vision "to be a vibrant, multigenerational community and a sanctuary for diverse beliefs and passions, joyfully offering our hearts and hands to foster a more just, compassionate, and sustainable world." How do you see First Parish living this out?

Even as we continue the process of growing our vision through the projects identified in the recent visioning process, I invite us also to celebrate the *now* of all we are already doing or have been doing in recent years. To help us celebrate, I will be creating a slideshow to debut in March as part of the stewardship season. Please send me your pictures of celebration of First Parish life. Maybe a photo of a fun event? Or a gathering with First Parish friends? Perhaps a snapshot you took of the red maple or of the steeple lit at night? Please email me your photos at smay@uuwayland.org by the end of the month.

Each month we make history in our own local way by how we live together in shared community at First Parish and in the towns where we reside. As we move together through this month, may we be mindful of both the gifts we can celebrate and of the legacies of injustice that continue to cause harm. In this way, may we be intentional in working together to create the community and the history that best expresses our values.

FEBRUARY

- 2
Men's Book Group
Thursday, Feb. 2, 8:00 p.m. on Zoom, p. 12
- 3
Spaghetti and BINGO
Friday, Feb. 3, 6:00 p.m., p. 7
- 5
Lydia Maria Child Book Discussion
Sunday, Feb. 5, 2:30 p.m., p. 6
- 8
Minister's Lunch
Wednesday, Feb. 8, 5:45 p.m., p. 12
- 12
Jazz Concert
Sunday, Feb. 12, 3:00 p.m., p. 8
- 12
Celebrate Love and Justice
Sunday, Jan. 12, 11:00 a.m., p. 7
- 16
Poetry Night
Thursday, Feb. 16, 7:00 p.m., p. 7
- 18
Black Boston Tour
Saturday, Feb. 18, p. 7
- 19
Pilgrimage Video
Sunday, Feb. 19, 11:15 a.m., p. 7
- 21
UUUM Watch Party
Tuesday, Feb. 21, 5:45 p.m., p. 8
- 23
Read Along with the Rev
Thursday, Feb. 23, 7:00 p.m., p. 6
- 28
MetroWest Climate Solutions Event
Tuesday, Feb. 28, 7:00 p.m.
Watch for details!

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!

