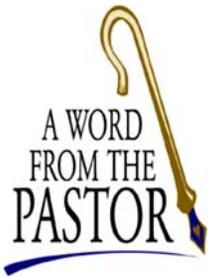


# The Messenger

A newsletter of the people of First Lutheran Church, Waltham

The First Evangelical Lutheran Church, Waltham  
The Rev. Thomas E. Maehl, Pastor  
www.firstlutheranwaltham.org

August 2018  
781-893-6563  
tmaehl@rcn.com



## Rhythm, Rest, and Gratitude

Most all people and communities have certain rhythms. There are daily rhythms (*waking and sleeping*) and weekly rhythms (*work and weekend*). In many vocations there are monthly and annual ones as well. These rhythms are tied to our health so if

some says, "I can't sleep at night," or "I didn't take a vacation last year," you know something is not well.

First Lutheran has certain rhythms too. September is the start of the new academic year, then there is budget planning in October, Advent and Christmas, Lent and Easter, fall and winter Retreats, and summer VBS. Then comes August. I like to call August our fallow time. In August we are in between interns and the staff takes certain weeks for vacation. Though a special event may still be planned, like the service trip to El Salvador, most regular programming is given a time of rest. It is from this rest, I believe, that much of our creativity arises and our energy is sustained.

When is your fallow time? What helps you stay in rhythm: daily, weekly, monthly, annually? How do you resist the forces seek to unbalance you?

One way of resisting the forces that would pull us out of rhythm is to practice gratitude. Each morning, give thanks for the day. Each meal, give thanks for the food and the blessings of life. If your thankful for someone in your life tell them. The practice of gratitude can in fact change us. Ordinary things, when viewed as blessings, can become a source of contentment. Small things, considered with gratitude can alter our perceptions so that "enough" can start looking more and more like "abundance."

I pray that you may find fallow time in your own rhythms so that your energy be renewed and your own creativity be nurtured. So too, I pray you may be blessed with enough: enough resources, relationships, health, ... and enough faith. That is, enough faith to trust that you really are beloved by God who is, and who will be, with you; your shepherd, your guide, your provider amidst all the complexities and uncertainties of life. All of this is to say, "Christ with us is abundance, thanks be to God."

- Faithfully, Pastor Maehl

## September Calendar

### Sept. 2: Welcome New Intern Worship at 9:30 am

On this Sunday we welcome Vicar Athena Bless, our new student intern who will be working with us over the next year.

### Sept. 9: Church Picnic Worship at 9:30 am

Following worship we will travel to a nearby park for a cook-out, games, and fellowship. Hamburgers and Hot dogs will be provided, please bring your own beverage and a side dish or dessert to share.

### Sept. 15: National Youth Gathering Stock Holder's Dinner

The youth will serve dinner and present pictures and stories of their experiences in Houston, Texas. Precise time TBD.

### Sept. 16: Return to Fall Schedule Worship at 8:15 & 10:30 am

We return to our regular schedule with **worship at 8:15 and 10:30 am**; (*one service at 9:30 am on the last Sunday of the month*). Also Sunday school begins this day. We offer Sunday school classes for: pre-K through kindergarten, 1st-3rd grades, and 4th-7th grades. There is also a confirmation class for youth in 8th-10th grade; and an adult forum. All are welcome.

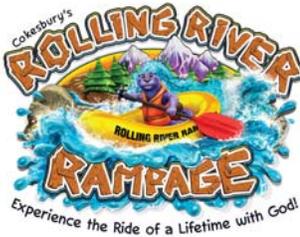
### September 23:

8:15 and 10:30 am Worship  
9:15 am Learning Hour

### Sept. 30: Last Sunday of the Month Worship at 9:30 am

## Nurturing Faith

### Vacation Bible School



We had a great week at VBS with 45 kids, 25 youth, and many, many adults.

Thank you to all who helped make this week a success. We have listed those involved with many of the roles, but

there are many more little jobs that others helped with as well. So thank you all.

- Morning Director: Holly Diaz
- Registrar: Anne Dugan
- Afternoon Directors: Cathy Sukow  
Kat Flinger  
Pastor Maehl
- Youth Director: Kat Flinger
- Opening/Closing: Pastor Maehl
- Crafts: Cat Niemann  
Lynne Parker
- Science: Jane Sieving  
Kathryn McCowan
- Games: Erik Diaz
- Music: Cynthia Niiler
- Storytelling: Vicar John Barton
- Turtle Leaders: Elizabeth Allen  
Neema Landy  
Emily Sjodin
- Ducklings Leaders: Isabella van der Weide  
Sarah Rauhut
- Otters Leaders: Paul Pintus  
Penny Alexander
- Swans Leader: Sammy Kalisa
- Herons Leader: Inpakala Pandian
- Snack: Susan Pintus  
Joan Clemens  
Kayali Pandian
- Lunch: Anna Maria Santiago  
Rosa Santiago  
Jomarieliz Lebron  
Victor Rojas  
Desdany Henderson
- Monday Greeter: Padre Ángel

- Roving Helpers: Helen Yarbrough  
Heather Fahey  
Lauria Pettengill
- Early Arrival Activities: LuAnn Kimker
- Morning Office Help: Marquette Alexander
- Tent Wranglers: Paul Pintus  
Nick Hoff  
Steve Hoff
- Games Fencing: Steve Hoff
- Scenery: Holly Diaz
- Set Up/Decorating: Steve Hoff  
Betsy Hoff  
Alexa Turner  
Helen Yarbrough  
Cathy Sukow  
Erika Jerram  
Eegan Pandian  
Inpakala Pandian  
Kat Flinger  
Nick Hoff  
Karen Harkins  
LuAnn Kimker  
Isabella van der Weide  
Kayali Pandian  
Meg Maehl  
Pastor Maehl
- Snack Provisions: Carol Hansen
- BBQ Provisions: Jennifer Lambert
- BBQ Set up and Grill: Mary Pratt  
Brad Nederhoff
- Afternoon Leaders: Penny Alexander  
Paul Pintus  
Kat Flinger  
Heather Fahey  
Pastor Maehl  
Marquette Alexander  
Susan Pintus  
Cathy Sukow  
Isabella van der Weide  
Vicar John Barton
- Craft Closet Organization: Mary Ellen Adams
- Lunch Donation: Peter's Greek Kitchen

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VBS 2019  
 July 8-12  
 Mark Your Calendars

## Doing Justice, Serving All

### National Youth Gathering Update

We had a wonderful experience at the ELCA National Youth Gathering in Houston, Texas. Here's a brief summary of our trip:

**Wednesday, July 27 :** We flew from Boston to Houston, rented two cars, and went to check into our hotel. When we arrived we discovered the hotel was overbooked. After some initial anxiety we were pleased to learn that although they were reducing our number of rooms from four to three, two of those three would be enormous suites on the top floor of the hotel. We ended up using the living room of the guys suite for our breakfasts, and the living room of the gals suite for our night time devotions.

**Evenings:** Each evening (Wednesday through Saturday) there was a mass gathering in the Astrodome. Each night had a theme; such as grace, hope, and love. We heard inspiring speakers and a variety of musical artists, and enjoyed singing and swaying with 30,000 other youth.

**Thursday:** This was our "Interactive learning day". We spent much of the day in the NRG Convention Center learning about a variety of ministries in our national and global church. A highlight was participating in a simulation provided by Lutheran Immigration and Refugee Services LIRS. In the simulation we were acting as a Rohingya family being expelled from Myanmar. We moved into a simulated refugee camp where we learned a bit about the hardships there. Then we moved into a simulated resettlement process to the US through LIRS. When the simulation ended, we were able to question a Rohingya man who lived through the experience and is now making a life for himself in Chicago. Some of us then joined in a letter writing campaign to our representatives urging them to increase the number of refugees being allowed into the US annually, a number that has been greatly reduced in the past two years.

**Friday:** This was our "Synod day." We met with other youth groups from the New England Synod and together joined in worship, games, and conversation.

**Saturday:** This was our "Service day." We gathered early in the morning and were bussed to a neighborhood park. We teamed up with about 100 other youth from a variety of congregations. Together we cleaned up trash in the park and on nearby streets. Then we cleaned out a vacant lot that was filled with rubbish, old furniture, and other debris. A highlight was meeting a woman from the community named Jessica who was overseeing the work. She was a mother and grandmother who cared deeply about the neighborhood where she lived and raised her family

**Sunday:** On Sunday morning we returned to the Astrodome for closing worship. Presiding Bishop of the ELCA Elizabeth Eaton preached and all 30,000 of us shared communion.

**Galveston:** Following the closing worship we drove to Galveston where we rented a house for two nights. Along with time on the beach, playing games, and watching world cup soccer we had time to process our experiences together.

**Thanks:** Our thanks to Vicar John Barton and Jennifer Lambert for all their planning and leadership. So too, our thanks to our wonderful youth: Isabella van der Weide, Emily Sjodin, Kayali Pandian, Justin Sjodin, and Isaac Maehl for their engaged participation, hard work on our service day, and genuine care of one another. Finally, our thanks to all who made financial contributions toward the trip!

**Stock Holder's Dinner:** We will be holding a dinner on Saturday, September 15 for all who donated to the trip (and thus "invested" in the youth) Watch for more details in the weeks ahead.

I am so grateful to have participated as a chaperone, grateful for the work of the ELCA staff and volunteers in coordinating the event, and grateful for this congregation's strong support.

- Pastor Maehl

## Doing Justice, Serving All

### Accompanying Migrant Children

#### AMMPARO

Our Church has several opportunities for those who would like offer help with the situation in our country with asylum seekers and/or families being separated. Here are some local and regional options:

**Becoming Guardian Angels:** Offer physical, spiritual and emotional accompaniment of migrant minors in Boston's immigration court! Two volunteers, one using Spanish-speaking skills, and the other, note taking skills, will work together. It's been found that with "Guardian Angels" present, judges & officials treat the young person with more respect! Mary Campbell, Director of AMMPARO, will train us in a 3 hour session. The time & place for the training will be decided on a conference call by those who sign up to be Guardian Angels. Guardian Angels will commit to volunteer 1/2 day (mornings), two times a year. Email [doreen.rinas@gmail.com](mailto:doreen.rinas@gmail.com) as soon as possible to sign up or ask questions.

**Visiting Migrant Detainees in a Detention Center:** Visit asylum seekers & other migrants in Boston's Detention Center! Offer spiritual & emotional support through this listening ministry. The training will be on Saturday, September 22 and the evening of September 27 at Redeemer Lutheran Church, Woburn, MA. Among the topics covered will be active listening skills, prison culture, cross cultural issues, legal issues, Immigration Customs Enforcement (ICE), trauma, loss, separation. Volunteers commit to once-a month visiting. Debriefing also occurs. To sign up or ask questions, email [pastorbrittacarlson@gmail.com](mailto:pastorbrittacarlson@gmail.com).

**Participating in the "AMMPARO, Accompaniment, Advocacy Workshop"** at Gloria Dei Lutheran Church in Providence on Saturday, Oct. 13 or at Emanuel, Hartford, on Sunday, Oct. 14. Mary Campbell, AMMPARO Director, will present & lead an experiential activity on migrating from Central America north. Many workshops will be offered. Deadline for registering, September 29. (See Pastor for details)

The following is from the ELCA Website ...

*The word "amparo" in Spanish means the protection of a living creature from suffering or damage. The ELCA's strategy to Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities (AMMPARO) was envisioned after witnessing the plight of children who are forced to flee their communities because of complex and interrelated reasons, including chronic violence, poverty, environmental displacement and lack of opportunities in El Salvador, Honduras and Guatemala. Due to our connection to companion churches in the region, including companion synod relationships, and existing ministries in the U.S., the ELCA is well-positioned to help ensure that these vulnerable children are protected*

*In a holistic, whole church response that connects international and US outcomes, the ELCA has developed this strategy based on the following commitments:*

- *Uphold and guarantee basic human rights and safety of migrant children and their families;*
- *Address the root causes of migration in countries from Central America's Northern Triangle and Mexico and the treatment of migrants in transit;*
- *Work toward just and humane policies affecting migrants in and outside the U.S.; and*
- *Engage as a church body with all of its companions and partners to respond to the migration situation and its causes and to advocate for migrant children and their families.*

*As brothers and sisters in Christ, the ELCA is called to bear witness to the conditions affecting so many communities and to work to find solutions that will acknowledge the humanity in all of God's children.*

You may go to [www.elca.org/ammparo](http://www.elca.org/ammparo) for more information.

## Walking Together in God's Love



### My Summer Conference

*Living Breath of God:  
Conference on Worship, Theology,  
and the Arts  
at St. Olaf College in Northfield, MN*

This summer I returned to my favorite conference. It fed me spiritually with a chance to worship: singing hymns with a room full of musicians, hearing thoughtful preaching, sharing community in unique ways. It gave me new ideas and insights into the technical aspects of organ playing and choir directing. This year particularly, it pushed me towards an outward focus that encourages movement beyond our church walls and traditional comfort zones. Here's a little taste of my week.

#### In-Depth Seminars

- "From Prelude to Postlude: the Organ in Worship" This seminar provided me with specific new repertoire suggestions to work on, and encouragement and tools to create my own harmonizations of hymns for the purpose of enriching worship.
- "Singing with Your Whole Self: Integrating Body, Mind, and Spirit through BodySinging" Choir members beware, this seminar gave a taste of how movement comes together with voice and breath with beautiful results.

#### Spotlight Sessions

- "Exposing Vulnerability and Bearing the Truth: Exploring the Writings of James Baldwin and Martin Luther as Resources for Justice."
- "Intercultural Leadership 101: Cultivating a Culture of Worship." Can we establish a culture of worship that mends the divides of racial and cultural exclusion and tap into the reconciling spirit of God?
- "The Spirit's Working through the *Virtual* Body of Christ." Can the healing presence of the spirit be at work through digital media?

I return, looking for where the Spirit is at work and what might it be calling me to do. Thank you for funding this continuing education through our church budget.

*Cynthia Niler  
Director of Music*

### Intern Update

On Sunday, July 29 we bid farewell to Vicar John Barton who has served as our full-time intern for the past 11 months. John has headed back to his home in Arizona. John has completed his seminary studies and now will be awaiting final approvals, assignment to a synod, and a call to a congregation. John and his fiancé Sarah will be married in Arizona on September 29. We thank God for the blessing John has been to our congregation and for the ways in which we have helped prepare him for ordained ministry.

Our new intern will be Athena Bless. Athena and her wife Samantha are originally from North Carolina. Athena is a graduate of Catawba College and The School of Divinity at Wake Forest University. For the past year she has studied at The Pacific Lutheran Theological Seminary in Berkeley, CA. We will welcome Vicar Athena during worship on September 2.

Our thanks to the members of the Intern Committee: Jennifer Lambert, Erik Diaz, Eric Korpalski, Britta McNemar, Prakash Pandian, and Susan Pintus for their diligent and faithful work in supporting our interns and tending to the seminary's evaluation process for him.

### Summer Camp

On Sunday, twelve children and youth left for a week of summer camp at Camp Calumet on Lake Ossipee in New Hampshire. Our thanks to those who have contributed to the Calumet Scholarship Fund over the past year. Please note, with our attention to fund raising for two major trips this summer (*The National Youth Gathering in July and the Service trip to El Salvador in August*) we have not lifted up this fund as strongly as in prior years. With so many children attending camp, we now have a small deficit in the fund. Please consider a donation to the Calumet Fund. Thank you!

## Walking Together in God's Love

### Prayer Concerns



**Members of our First Lutheran Community:** Marquette Alexander; Sally Ann Biter; Ernie Gaiser; Christina Danielson; Connie Danielson; Rosy Hebert; Steve Latter; Lorne MacArthur; Kathryn McCowan; Cynthia Niiler, Joan Niiler.

**Friends and Family:** Christiansen family (*friends of Jennifer Lambert*); Donna (*friend of LuAnn Kimker*); Magnus Forsman (*great-nephew of Rut Johnson*); Pelle Geholm (*twin brother of Rut Johnson*); Susan Goslin (*friend of Joan Clemens*); Norma Huisman (*aunt of Brad Nederhoff*); Terri Koopman (*aunt of Matt Jerram*); Emily Lewis and her parents (*friends of Paul and Susan Pintus*); Eudeen MacSweeney (*friend of Rut Johnson*); Stephen Manz (*nephew of Paul and Susan Pintus*); Helen Marquedant (*friend of Paul and Susan Pintus*); Ralph Platfoot (*uncle of LuAnn Kimker*); Sally Raymond (*Jen Biter's mom*); Stacey Reed (*sister of Penny Alexander*); Doug Sewich (*brother-in-law of Meg and Tom Maehl*); Di-  
anne Seymour (*friend of Jim and Pam Sperry*); Maria Silva (*aunt of Olga Jimenez*); Judy Vichniac (*friend of Susan Pintus*).

**For those who grieve:** the family and friends of:

Mimi Ham

Hildegard MacLean

Steve Connearney (*friend of First Lutheran*)

**For our partners:** For the Rev. Ángel Marrero and Santuario Luterano, the Spanish speaking Lutheran congregation in Waltham. For other organizations we actively support: the Waltham Family School, the Waltham Community Day Center, Chaplains on the Way, the Waltham Alliance to Create Housing, and ELCA World Hunger.

*If you would like to add/remove a name to/from the prayer list, please inform the church office.*

### El Salvador Service Trip

Between August 11 and 20, ten members of our community will be travelling to El Salvador to participate in a Habitat for Humanity build. The team includes: Jen and Penny Lambert, LuAnn and Alexa Kimker, Meg and Katie Maehl, Brad Nederhoff, Prakash Pandian, Ann and Emily Sjodin. Please keep them in your prayers.

*May the love of Christ shine through them. May their physical labor and their relationship with others be blessed; and may they be kept in safety. Amen.*

**First Evangelical Lutheran Church, Waltham**

**Ministers:** The people of the congregation

**Staff:** The Rev. Thomas E. Maehl, Pastor  
tmaehl@rcn.com

Ms. Cynthia Niiler,  
Director of Music and Parish Secretary  
cniilerchurch@rcn.com

Vicar John Barton, Intern  
jbarton@ses.plts.edu

**Council:** Kevin Dickert, President  
Brad Nederhoff, Vice President  
Eben Rauhut, Secretary  
Scott Niemann, Treasurer  
Erika Jerram  
Jennifer Lambert  
Angela Neal  
Janice Ostrander  
Susan Pintus  
Ann Sjodin

**Sunday Worship:**

9:30 am Summer Schedule through Sept 9  
8:15 and 10:30 am returns Sept 16

**Sunday Learning Hour:**

9:15 am (returns Sept 16)

**Visit us on the Web at:**



Find us on  
**Facebook**

[www.firstlutheranwaltham.org](http://www.firstlutheranwaltham.org)

and on Facebook at First Lutheran  
Church - Waltham, MA

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**Our Mission:** We discern that Jesus Christ is calling us to:

*Walk together in God's love: nurturing faith, doing justice, serving all.*