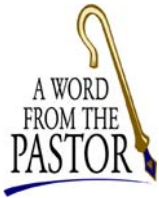


# The Messenger

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

March/April 2021  
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We are now preparing for our second Holy Week and Easter during the time of pandemic. This year, we are offering three opportunities to gather in person: on the day before Palm Sunday, Maundy Thursday, and for the Easter Vigil (*see right*). These outdoor services will be a chance to see another while engaging the central stories of our faith, and to receive Holy Communion.

A few notes about what to expect:

- We ask participants to come wearing masks, and folding chairs from home may be brought. If anyone has a sore-throat, fever, or any other symptoms we ask them to stay home!
- No cars will be parked in the parking lot. Parking will be on street or in the Panera Lot. (If anyone has mobility issues, they may contact me; we may make room for a few cars or try to reserve parking on the street close to the church).
- There will be singing (masks on please), and we ask that appropriate social distancing be maintained.

We will also offer services on Palm/Passion Sunday, Good Friday, and Easter Sunday via Facebook Live. These services will take advantage of our newly installed audio and video system and will employ multiple readers, singers, and other leaders of worship.

Though we continue to be separated, Christ is still with us. He is risen from the dead; and he who once passed through locked doors can pass through our audio and video feeds too. I pray that we may return to regular, indoor, in-person worship soon. Until then, may the love of Christ keep us united in heart and spirit.

Faithfully, Pastor Maehl

## Holy Week Schedule

Join us as we retell, reengage, and celebrate the central story of our Christian faith, the death and resurrection of Jesus Christ.

### Palm Sunday Eve, In-Person

Saturday, March 27, 4:30 pm  
Church Parking Lot  
With Palms and Holy Communion

### Palm/Passion Sunday, Facebook Live

Sunday, March 28, 10:30 am  
With St. Mark's Passion Account

### Maundy Thursday, In-Person

Thursday, April 1, 6:00 pm  
Church Parking Lot  
With Holy Communion

### Maundy Thursday Altar Stripping, FB Live

Thursday, April 1, 7:00 pm  
A brief time of reflection as the sanctuary is ceremonially prepared for Good Friday.

### Good Friday, Facebook Live

Friday, April 2, 7:00 pm  
With St. John's Passion Account

### Easter Vigil, In-Person

Saturday, April 3, 6:00 pm  
Church Parking Lot  
With stories of deliverance & Holy Communion

### Easter Sunday, Facebook Live

Sunday, April 4, 10:30 am

### Saturdays in April and May,

Worship at 4:30 pm  
Church parking Lot  
Simple services of Holy Communion

## Nurturing Faith

### “Daily Bread” Update

Over five Wednesdays in Lent we are engaging in conversation about Daily Bread. Daily Bread shared, purchased, and chosen; means of daily bread; and daily bread for all. One primary goal of our conversation is to encourage us all to think about food in a more sustainable, wholistic way. With that in mind, here are a few highlights of our conversations:

**Week 1: Daily Bread shared:** Signe Johns and Emily Citrone led us in a conversation about how we are sharing food (*40 families in Lent*) through Waltham Mutual Aid. One way to stay informed is to join the “Waltham Mutual Aid Network” facebook page: <https://www.facebook.com/groups/MutualAidWaltham>.

**Week 2: Daily Bread Purchased:** Joan Clemens and Curt Schroeder led a conversation about seeking to purchase more locally sourced food by utilizing farmer’s markets, checking labels in stores, and patronizing restaurants who are intention about their own food sources.

**Week 3: Daily Bread Chosen:** Sarah Rauhut and Emily Citrone shared their experiences in maintaining a vegetarian diet. A portion of Sarah’s reflection is included here (*see right*).

**Week 4: Means of Daily Bread:** Penny and Marquette Alexander shared their experience of starting their own on-line business. For any interested in purchasing tee-shirts, masks, tote bags and more see [www.pennyseven.com](http://www.pennyseven.com).

**Week 5: Daily Bread for All:** Join us via zoom on Wednesday, March 24, at 7:30 pm for the last night in our series. We will be talking about our partnership with organizations that are seeking to feed the hungry locally and globally.

*Our thanks to all who have shared in leading these rich conversations!*

### A Reflection on Food by Sarah Rauhut

*The following “food for thought” was shared as part of our Wednesday Lenten series on Daily Bread:*

One reason for my being vegetarian has to do with Social Justice. There are currently close to 8 billion people in the world. The world population is expected to reach close to 10 billion by 2050. Even with ongoing improvements to crop yields, global demand for food in the future will exceed the supply of food. Without changes in consumption patterns, there will not be enough food to go around. In fact, if everyone in the world right now shared the meaty diet of the average American, only 2.5 billion people would have enough food because almost HALF of the world’s plant harvest is fed to animals.

Meat is a very “inefficient” food source. It requires more energy, water, and land to produce meat than to grow plants. Here are some statistics:

- On average, it takes only 3.3 kcal of energy to produce 1 kcal of protein from grains.
- It takes 4 kcal of energy to produce 1 kcal of chicken protein.
- To produce the same 1 kcal of protein from turkey, it takes 13 kcal of energy;
- For pork, it takes 17 kcal of energy;
- For lamb, it takes 50 kcal of energy;
- For beef cattle, it takes 54 kcal of energy.

Meat production is also a large source of greenhouse gas emissions so plays a large role in climate change. As often happens, the people who will suffer the most from the shortage of food, and from the effects of climate change, are people with few resources. For me, this is a social justice issue and therefore a faith issue.

- Sarah Rauhut

## Walking Together in God's Love



*From the  
Vicar*

As you may know, our new audiovisual system has been installed, and we are beginning to use it to stream worship.

It has been a fun and challenging experience, as we get used to the new technology at our fingertips. This technology also brings about a measure of anxiety and stress within me. As we try to find that centered yet engaging camera angle, and that perfect balance of spoken voices, sung voices, piano, and organ. I find myself getting stressed by the mechanics of the new technology. Stepping back, I realize that at times I had lost sight of what the audio and camera do; namely, allow us to see and hear God's Word proclaimed amid our community.

As the camera pans and zooms in and moves to preset locations, I wonder how these actions might help us notice God a little more and hear the Spirit through different voices and locations? The Lord says,

*"I am about to do a new thing; now it springs forth, do you not perceive it?" (Isaiah 43:19 - NRSV).*

How does a change in perspective invite us to see God's creation of newness?

When we lose hope and sight of God's promises, God helps us adopt new perspectives and listen more deeply to how God is moving towards and speaking to us. As we continue to journey towards the cross, may we continue to open ourselves to God's presence and voice in our midst.

- Vicar Wylie

## New Sound System Update

Over the past several weeks a new audio/video system was installed in church. This has been discussed and planned over the past 3+ years., and we are so grateful that this has come to fruition! The system includes:

- a high-tech camera mounted under the balcony, capable of zooming in and panning out. The camera may be controlled by a computer, tablet, or even a cell phone.
- Two new Bose speakers mounted on structural beams, one to the right of the piano and the other to the left of the pulpit. These speakers will project throughout the sanctuary including under the balcony.

We streamed worship for the first time using the new system on Sunday, March 14. In the weeks to come we will be experimenting with different audio levels and camera angles. The tech crew welcomes your feedback either through comments on Facebook or via email.

Note that this system will be in use not only during this time of pandemic, but also after. When we determine it is safe to resume regular in-person worship (*and there is no time line for that yet*) we plan to continue live streaming worship for those unable to attend.

We are so grateful to have this new capability that will allow us, for years to come, to bring worship into the homes of those who are sick, shut-in, or far away. Our thanks in particular to:

- **Steve Hoff** for hours and hours of effort coordinating the project
- **Alan Sieving, Curt Schroeder, Erik Diaz, and Isaac Maehl** for helping to define our AV needs.
- All who have contributed to the Capital Improvement Fund making this project possible.

*Thanks be to God!*

## Doing Justice and Serving Others

### Feeding 40 Families

Thanks to all who made donations of food and/or money during Lent enabling us to fulfill our goal of delivering food to 40 families during Lent. The families have signed up with "Waltham Mutual Aid." and the delivery schedules were made by Signe Johns and Emily Citrone. Along with Signe and Emily, thanks to Heather Fahey and Meg Maehl for making deliveries.

To date, a bit over \$1,500 has been donated to the Pastor's Discretionary Fund during Lent. These funds have been (and continue to be) used for gift cards to a local market included in our "40 family" deliveries, and for other food related support given to others through Pastor Maehl.

Following the season of Lent, we will continue to welcome gifts to the Pastor's Discretionary Fund that will be used for food, diapers (see below), and other community needs.

### Diaper Distribution

We continue to contribute to the Waltham Diaper Depot. In March we purchased and donated 4500 size 5 diapers, and we plan on doing the same in May. These purchases have been funded from (pre-Lenten) gifts to the Pastor's Discretionary Fund. Thanks to Jennifer Lambert who has coordinated the purchase of the diapers over many months now.

### Blessings Box

We continue to stock the "Blessing Box" with a variety of non-perishable food. The Blessing Box is a repurposed newspaper dispenser that is on the sidewalk in front of the church. (Weston Street) If you know of anyone whom you suspect is food insecure, please let them know it is there. Stop and take a look sometime when you are driving by, and make a donation of food if you wish. We are grateful that neighbors are also donating to it and taking from it. As its name states, it is a blessing.



### Waltham Family School Fiesta Thursday, April 15

The annual Fiesta fundraiser for the Waltham Family School (WFS) is a **virtual** event this year, being held on Thursday April 15 from 6:30- 7:30 pm. The event will include music, stories from WFS students, an online auction, and even a sangria making demonstration given by a Solea Restaurant bar tender. The standard registration fee is \$100 per individual and this includes a \$50 Solea gift card (*the WFS has been cultivating a relationship with Solea over several years and this event helps Solea too*). If you wish to register as an individual you may go to: <https://walthamfamilyschool.org/events/>

As the WFS is one of our key partner organizations, like in past years, several of us in the congregation are planning on pooling our resources and registering First Lutheran as a major sponsor (at the \$2,500 level). If you would like to join the First Lutheran group here is how it works:

- Choose an amount to give, anything you choose is fine. Note, our general range is from \$50 to \$250 per person.
- Make a contribution to First Lutheran marked "Fiesta." If donating online, choose "Pastor's Discretionary Fund".
- Please email or call Pastor Maehl in indicate that you are part of the team. Pastor Maehl will then register the team and include email addresses of all participants.
- If we reach the \$2500 sponsorship level, we will receive 8 Solea gift cards. Our plan is simply to put the names of all on our team in a hat and pick 8 winners.

Please contact Pastor Maehl with any questions. All are welcome to join in this virtual event.

## Walking Together in God's Love

### Prayer Concerns



**Members of our First Lutheran Community:** Marquette Alexander; Penny Alexander; Sarah Allen; Jen Biter; Connie Danielson; Ardeith Froeberg; Rosy Hebert; June Jahrling; Erika Jerram; Steve Latter; Lorne MacArthur; Kathryn McCowan; Cynthia Niiler, Joan and Jüri Niiler, Pam Sperry.

**Friends and Family:** Adekemi (*friend of Sarah Rauhut*); Greta Carlson (*friend of Connie Danielson*); Cleo Carsten (*relative of the Biters*); Christiansen family (*friends of Jennifer Lambert*); Emily Clemens (*niece of Joan Clemens*); Lavara Clemens (*mother of Joan Clemens*); Leslie Crowe (*friend of Connie and Jeanette Fagone*); Donna (*friend of LuAnn Kimker*); Marlin Emschweiler and his family (*cousin of Joyce Anderson and Bud Crouse*); Chuck Flinner (*father of Kat Flinner*); Norma Huisman (*aunt of Brad Nederhoff*); Ellen Katterheinrich (*LuAnn Kimker's mother*); Sheila Landsman (*knitting group friend*); Sylvia and Chris Lee-Thompson (*friend of Susan Pintus*); Myles Martins and parents (*infant nephew of Cat Niemann*); Mary Ann (*friend of Carol Hansen*); Tom Maxwell (*brother-in-law of Meg and Tom Maehl*); Peter Melanson (*brother-in-law of Matt and Erika Jerram*); Jason Mihalko (*friend of Matt Jerram*); Sally Raymond (*Jen Biter's mom*); Stacey Reed (*sister of Penny Alexander*); Margarita Rivera (*friend of Rachel Nederhoff*); Margie and Roger Schroeder (*Curt Schroeder's mom*); Ann Sewich (*sister of Meg Maehl*); Doug Sewich (*brother-in-law of Meg and Tom Maehl*); Maria Silva (*aunt of Olga Jimenez*); Sophy (*roommate of Alexa Turner*); Matthew Stanhope (*partner of Jane Danielson*); Wayne & Carol Sukow (*parents of Cathy Sukow*); Jim Wroe (*cousin of Carol Hansen*).

**For our partners:** Santuario Luterano, the Spanish speaking Lutheran congregation in Waltham, and for their interim leaders: Pastor Cassandra Chavez and Vicar Hector Lugo Cuadrado. 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, Camp Calumet, and ELCA World Hunger.

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

**First Evangelical Lutheran Church, Waltham**

**Ministers:** The people of the congregation

**Staff:** The Rev. Thomas E. Maehl, Pastor  
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Vicar Wylie Cook, Intern  
wcook@ses.plts.edu

**Council:** President: Ann Sjodin  
Vice-President: LuAnn Kimker  
Secretary: Julie Weeden  
Treasurer: Susan Pintus

Holly Diaz  
Sammy Kalisa  
Jennifer Lambert  
Beth Mellilo  
Curt Schroeder

**Worship:**

Sundays: 10:30 am

Wednesdays: 7:00 pm Evening Prayer  
*both via Facebook Live*

**Visit us on the Web at:**

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



Find us on  
**Facebook**

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.*