



The CommUUnicator

Newsletter of the Unitarian Universalist Fellowship of Waynesboro

Remembering Those We Lost in 2024

Along with the joy of being with family and friends, the holiday season is a time to recall the loved ones we miss. The UUFW lost three of its treasured members this year.



Remembering Bea Berry by Lorain Harouff

Bertha Rowe Berry lived to the age of 97. Everybody just called her "Bea." She has left a warm place in our midst that will stay with us. Bea was a lover of all people, a lover of the color pink, a lover of

giving and a hopeless romantic. She liked to host the December Brown Bagger's lunch, which became a festive party that we looked forward to every year. Her laughter and generous spirit were infectious. Bea gave a final gift when she donated her body to the Virginia State Anatomical Program in Richmond. How very "Bea!"



Remembering Dixie McClenahan by Sue Peason

You're lucky if you grow old, it's been said, but even luckier if you never grow up. Dixie never grew up—in the most joyful, irreverent, splendiferous fashion. And every moment in her company became a

delightful occasion, filled with laughter and a little harmless mischievousness. Like many who

knew her, I found it easy to recognize that friendship with Dixie was something special, even without the wisdom of hindsight. I appreciated our times together then, and I cherish them now. For us moons in her orbit, we had no doubt she was a sun.



Remembering Walter Lazenby by Florence Ferguson

When Walter Lazenby passed away at age 94, he had been an invalid for much of the time since joining the Fellowship in 2015. That's when we called

his partner, Rev. Paul, to be our minister. Unfortunately, many of our members never got to know him. I first met Walter when he accompanied Rev. Paul on his visits during the search process. Walter was a very charming person and interesting to talk to. We connected over having both spent formative years in the Memphis area and also by his connection to Denton, Texas, where my mother grew up and where he was a professor at North Texas State, her alma mater. Walter had an extraordinary life and career as detailed in his [obituary](#). I regret that we did not know him when he was in his prime.

Mindfulness Meditation Workshops

By Annie Foerster, Adult EE Team Leader
Adult Education and Enrichment is pleased to announce that not only will we be offering meditation practice this coming year, but we'll

start with three workshops teaching us *how* to begin a meditation practice.

On Saturday, January 11, 18 and 25, from 11 am to 12:30 pm, in the Fellowship Hall, Barbara Martin will be leading the class. Barbara has a Master’s degree in Holistic Healing Arts and has been practicing meditation for more than twenty years. She has taught meditation at the Center at Belvedere in Charlottesville, Lifelong Learning Institute at JMU and the Staunton Augusta YMCA.



Barbara, formerly active in the Fellowship, is returning to UUFW to offer her skills and enthusiasm for this practice. She asks, “Have you ever wanted to try meditation or

tried it and became frustrated with it? This mindfulness-based meditation class will offer simple meditation and relaxation techniques.”

The benefits to meditation are many. A regular mind-body practice eases stress and boosts mental health. It is a healthy way to relax, promoting a positive frame of mind and helping to gain insights on life’s challenges. Research reveals that it may actually change your brain for



the better, reduce blood pressure and protect against memory loss.

To register, contact AEE at

adultee@uufw.org. At least six people are required for the class. The final date for registration is January 9. Both those new to meditation and those who already have a meditation practice are welcome to attend the class.

After the three introductory sessions are over, you will be encouraged to start your own daily practice. In addition, Barbara will lead two practices a month at the Fellowship on the second and fourth Saturdays of each month, beginning February 8, from 11 am to noon.

For more information on meditation in general and about Barbara herself, go to her website, barbaramartinholistichealing.com or to her Facebook page.

Caroling at Summit Square

As part of the RE Program's Community Connections initiative, a merry group of kids, teens, and adults sang Christmas songs with residents of Summit Square's Memory Care and Assisted Living units on Sunday the 22nd. Many residents joined in with gusto while we sang and the kids shook jingle bells to favorite tunes. Charlotte Shnaider accompanied on piano, with Chuck Guest chiming in on guitar for a few numbers. Erin Milnes led the festive group, which plans to make this an annual activity.



Welcoming 2025

A year of upsets and fear
Are in the rear-view mirror.
Now comes the year ahead,
Let hope dispel our dread.

Joe Good

