



Ann Abbott, 2018

Ann's love of helping led her in a career in nursing, then midwifery and now, in retirement, to work as a doula. Ann has two daughters and twin grandchildren, with whom she has kept in regular contact through frequent drives from Boston to Portsmouth, NH.

A long-time, valued member of the Alliance, Ann has served as hospitality and program co-chair; Alliance potlucks give us all a chance to sample Ann's wonderful, creative cooking. Ann is a convener of a covenant group and a regular participant in Lectio Divina. Younger parish members and their families remember her fondly as a mentor to youth within the Religious Education program; she has also served as mentor on several Arlington High School "Facing History" trips.

Love of music leads Ann to singing with Grace Notes, a small chorus visiting nursing facilities, and with Sharing a New Song, with whom she recently traveled in South Africa. Ann has been a volunteer with the First Parish Urban Ministry working group, volunteers at the Arlington Food Pantry, and is an active volunteer with "Mothers Out Front." Her frequent question: "How can I help?" brings our heartfelt response: "You help so much."