



First Parish Medfield

26 North St.

Medfield, MA 02052

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www.firstparishmedfield.org

May 2011 Newsletter

Upcoming Events:

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| May 1 | Little Red Wagon Walk for Hunger |
| May 1 | Project Bread Walk For Hunger |
| May 7 | North Street Coffee House |
| May 8 | Mother's Day |
| May 15 | Children's Dedication Service |
| May 22 | New Member Ceremony |
| May 30 | Memorial Day |

From the Minister

*“We, bearers of the dream, affirm that a new vision of hope is emerging.
We pledge to work for that community in which justice is actively present.
We affirm the struggle yet ahead.
We affirm the unity of all persons:
the brotherhood and sisterhood that allows us to touch upon each other’s humanity,
a unity that opens our eyes, ears, and hearts to see the different but common forms of suffering and pain.
Affirming that hope, publicly expressed, energizes and enables us to move forward,
As we work to make our tomorrows become our todays.”*
Loretta F. Williams from *“Been In The Storm Too Long”*

Dear Friends:

On Sunday, May 1st Project Bread will be sponsoring the 43rd Walk For Hunger. The Walk For Hunger is the oldest continual pledge walk in the United States and as its website (www.projectbread.org) points out, it is one of the few walks dedicated to a social justice issue. Elsewhere in this newsletter, Louise Rachin provides the details for joining the First Parish Team of walkers; where and when to meet, how to prepare and how to register and get sponsors.

Today, Massachusetts estimates that over 500,000 people in this state alone are struggling to put food on the table. Project Bread is dedicated to finding creative ways to take measures that reduce hunger across the state. Project Bread has developed and supports four distinct programs for identifying and responding to people at risk

First, Project Bread educates people about food stamps and the requirements for receiving them.

Second, Project Bread has set up and advertises a “Food Source Hotline” which is available in 140 languages and also accommodates those with loss of hearing. Food source hotline counselors refer callers to

sources for food in their local communities and also offer guidelines on good nutrition.

Third, Project Bread has instituted the Pediatric Hunger Prevention Project. This project trains health care providers to identify families at risk for hunger, and how to help them. In 2005, Project Bread began partnering with community health centers to show that hunger screening can be incorporated into a health care setting easily. Community centers were chosen because they are very effective at reaching out to low-income families.

Fourth, Project Bread has been involved with improving the quality and supply of meals available to children through school breakfast programs, after-school programs, and at children’s summer recreation sites. This is work that I have been involved with myself through the Tuckerman Coalition and Promise Mass. Children and I know first hand of the great influence that Project Bread’s funding has and of the great effect of the compassion they demonstrate in their work.

Whether you walk one or five or twenty of the miles of this Walk, I encourage you to participate if you can. You can of course also participate by sponsoring someone in our community who is walking. The Walk For Hunger supports Project Bread that understands that the systemic cause of hunger is poverty. They recognize that many of the hungry in Massachusetts are either children who are facing diminished health because of their lack of proper nutrition or elderly singles and couples on fixed-incomes who are in a constant struggle with whether to buy heat or buy food. No one should have to start their life with improper nutrition or end their life with a worry of how they will eat tonight.

In Faith,
Bob McKetchnie

From the Director of Religious Education

IT IS SO EASY BEING GREEN!

Hi everyone~

During the month of May the children's RE program will be focusing on Seventh Principle issues, which is a terrific coincidence, because I'd like to share with all of you some really exciting news. Recently I was chosen to be the intern for the Green Sanctuaries program at the UUA. It has been so exciting that I can't help but share my enthusiasm! I've had the pleasure of reviewing applications for Green Sanctuary Certification from around the country, and I'm inspired by what's happening out there.

For example, the UU church in Shaker Heights, Ohio has put in a 72-plot community garden. They farm 10 plots for donation to the local food bank. Of the remaining 62 plots, about half are farmed by non-churched members so they're doing great outreach to the community at the same time that they're working for a greener planet. The New Braunfels, Texas church has found new life through participating in the Green Sanctuaries program. The majority of their small, 73-member congregation is rallied around environmental issues and they are working to integrate sustainable living themes into every other element of their church life together. Not only that, but they are receiving a tremendous amount of positive press in the local newspaper as the result of their programs.

What excites me most about this program is the potential to unite the work of many committees in our church around a single theme. That type of coordination may help us all to feel like we are working in a common direction. If you happen to be on more than one committee, you can then create ways that your contributions serve both committees more effectively. The same applies if you happen to be involved in community-wide sustainability issues—you may end up using one project for both groups! It's possible that such certification could open the door to additional grant funding down the road, including grant funding to help replace the U House with a LEED certified building. Plus—there could be plenty of opportunity for good press coverage in the local newspaper which may boost the number of new visitors coming through our doors!

If you are interested in talking more about this, please email me at dre@firstparishmedfield.org to express your interest. If at least 5 people are interested, I will set up a meeting time to talk more about how we might go about this. If you're not sure, please keep reading and see if something grabs you 😊

In order to earn Green Sanctuary Certification, a church has to take small but meaningful steps toward greater environmental awareness and practice. So, although the church doesn't need to go geothermal to receive certification, a church *does* need to make some forward progress.

Here is more detailed info about the types and numbers of projects required, along with some examples of things that might be appropriate here at First Parish:

1) Worship and Celebration: Two projects

Examples of possible projects: Earth Day service; Earth Day celebration with booths educating people about environmentally sound practices, commitment to one environmentally-themed reading or hymn during service every month; holding an environmental film festival.

2) Religious Education: Two projects, one for adults and one for children

Examples of possible projects: most churches do a Northwest Earth Institute curriculum for their adult RE component. children's RE programs can use "The Story of Stuff" curriculum, have a children's garden plot, do a clean-up day with facilitated discussion about how the activity chosen relates to the Seventh Principle and why it is important.

3) Environmental Justice: Two projects, one of which involves establishing long term relationships.

Examples of possible projects: hold a film festival about ethical eating; make a cookbook of vegetarian meals; hold an organic food drive for the food bank; work with UU Urban Ministries to teach urban gardening and/or composting to the people receiving services there; donating CFL's to a homeless shelter or to people in low-income housing; work with Habitat for Humanity on a building project and provide a recycling bin for the worksite.

4) Sustainable Living: Four projects

Energy audit of our buildings; weatherization of the U House; the Farmer's Market; we can establish a compost bin; a demo permaculture plot; a demo native grasses and plants garden; a rain garden to filter the run-off from the parking lot before it reaches the pond; encourage members to make small lifestyle changes; include Green Tips for White Space (a list of tips that get inserted into each newsletter or on OOS when space is available).



From the Executive Board

FPUU Board Notes:

- ❖ **Farmers Market:** First Parish is proposing to host a Farmers Market on Church grounds beginning in the summer. Tentatively, we will run the market from 1 to 6 on Thursdays. Local farmers and vendors will be given preference. Sandra Andreassi, Administrator will handle contracts and vendor relations, but volunteers will be needed to help with market operation. On May 2, FPUU goes before the Town Planning Board to seek approval of the Site Plan for the Farmers Market. Members are urged to attend to support our application.
- ❖ **Religious Education:** Shelley Dennis discussed the possibility of a new "Youth Membership" or "Junior Membership" category for 14-to-16 year olds as they finish their Coming of Age. Shelley encourages the committees to integrate activities and urges the involvement of youth members in Committees. Shelley is also working with the UUA on a Green Sanctuary Program - she would like to approach the church members to see if any would like to get involved (See Shelley's article about Green Sanctuary in this May newsletter)
- ❖ **Rentals:** A new brochure to market the opportunities for renting Church spaces has been prepared. It will be posted on the website.
- ❖ **Spire Project:** FPUU is awaiting T-Mobile and MetroPCS to review and take action on the contract proposals. Engineer interviews are complete. No action will be taken without signed contracts with both wireless carriers. (No change from March)
- ❖ **Succession Planning:** Still seeking nominees for Treasurer and At-Large FPUU Board members. Please see Rebecca Stephenson, Nominating Committee Chair.



Message from the Membership Committee

Spring is in the air...but it's testing our patience after a long hard winter!! With daffodils and tulips in bloom and a sea of forsythia adorning the landscape, we remain hopeful the sun will break through and the temperatures will rise!! Have faith—we're almost there!!

This month we have a few events to celebrate.

- On Sunday, May 15th, FPUU will hold its first Children's Dedication Ceremony. We will celebrate those children who wish to be dedicated in our Unitarian Universalist congregation. If your child would like to be dedicated, please contact Shelley Dennis, or Rev. Bob McKetchnie.
- On Sunday May 22, we will have a New Member ceremony during the worship service. At this time we will recognize the New Members who have joined the church this year.

New Member Welcome

Please welcome Wayne Chatterton and Mary Proulx as new members. Wayne and Mary, well known to many within the congregation, have attended First Parish for several years. Their daughter, Kelsey, is one of our terrific babysitters in Little Lights on Sunday morning. This is very happy news!

Welcome Back to First Parish

Patricia Pratt has returned to First Parish after a few years absence. She has picked up where she left off and become active with the Social Action Committee. It's nice to have you with us, Patricia.

The Membership Committee is exploring the possibility of having a Summer Reading Book Fair in conjunction with the UUA Bookstore. If this comes to fruition, it will provide the congregation a great opportunity to browse and purchase some of the wonderful adult and children's books available through the UUA. If we can pull this together, you will hear more from us via announcements and email.

Membership Committee: Barbara Bunger, Nancy Kingsbury, Margaret Rolph, Jim Stetson.

FPUU Announcements

Your support of the Sunday, May 1, 2011



**Project Bread's 43rd Walk for Hunger
is needed more than ever...**

With poverty and unemployment rising at unprecedented rates and 660,000 people across the state struggling to put food on the table, this year's Walk for Hunger is more important than ever.

Please join Team First Parish Medfield to help alleviate hunger in Massachusetts. We will gather in front of the State House and start walking at 8:00 am. Walk guides, registration forms and pledge sheets are available on-line at www.projectbread.org. You may also mail me a donation payable to Project Bread identifying Team First Parish Medfield on the memo line of your check.

I am predicting temperatures in the mid-70, a cloudless sky and contributions exceeding last year's total of \$3,756!

See you at the State House!

Louise Rachin
Walk Coordinator
2011 Team First Parish Medfield
11 King Philip Trail
Norfolk, MA 02056
508-528-8456
lrachin@comcast.net

WISHES:

- If anyone has a surplus desk and desk chair, our Director of RE would appreciate having them. The current table and chair is not adequate.
- A working all-in-one printer, scanner, fax, color copier for the office.

WISHES GRANTED:

-A belated thank you goes out to Barbara Bunger for adorning the U-house windows with beautiful curtains! If you have not had a chance to see them, stop by sometime and see how much cozier the U-house has become.



Medfield Food Cupboard



Food Pantry
Donations Needed

The following are the Medfield Food Cupboard needs for May 2011: They really need juice!

- Juice boxes
- Jugs of juice
- Bottles of juice
- Crackers
- Jelly
- Canned pasta

Please double check your food item to ensure that it is undented, unopened, and unexpired. Thanks for your efforts. Any donations are greatly appreciated and can be placed in the basket in the narthex. All items will be delivered to the Food Cupboard by James Sugarman and Sam Flaherty.



NORTH STREET
coffeehouse

Saturday, May 7th, 2011 – 7 pm – 10 pm

The North Street Coffeehouse will host a night of live music on Saturday, May 7th, at the church. The evening will consist of both a featured performer and an open mic session. The event will be held 7 pm – 10 pm.

May's Coffeehouse will feature talented singer-songwriter **Steve Rapson**. After life in corporate America, Steve is now a recording artist, songwriter, and performing musician.

His debut CD, *Christmas Guitar*, is sold around the world. He has five more cds to date: *Romantic Guitar*, *Half Irish Guitar*, *Patriotic Guitar*, *Original Guitar*, and *My Favorite Guitar Solos*, each with a companion book of transcriptions. He collaborated with Deborah Rocha to create *Breeze*, a CD of classic and samba and jazz. His websites: www.soloperformer.com and www.sologuitar.com are valued resources for performers and writers.

Further information on Steve's music and upcoming shows can be found at <http://www.reverbNation.com/steverapson>

If **you** would like to perform at the open mic session, please contact Janet at imjanetm@gmail.com. Music of any genre, prose, poetry, or comedy is welcome. Please contact her in advance as the performer list fills up quickly. Refreshments are available. Admission is \$10 at the door, \$5 for open mikers.

For more information visit the North Street Coffeehouse website at <https://sites.google.com/site/northstreetcoffeehouse/Home>



Services (All Services Begin at 10:00 AM)

May 1st “Forward Through the Ages” Rev. Bob McKetchnie

Ten years ago this month I was called as your minister. Today’s sermon will reflect on what we have accomplished together in this time and look forward to what is next.

May 8th Poetry and Prose Sunday Led by Bill Wians

Today all are invited to participate in sharing the poetry and prose that informs their life or enlivens their spirit.

May 15th Children’s Dedication Sunday Rev. Bob McKetchnie

When children are born into our church we name and dedicate them in a Child’s Dedication ceremony. Many children however, come to FPUU long after they have been named and are never “dedicated” by the congregation where they spend many years growing and learning. Today’s service invites the children of our church to be recognized and celebrated!

May 22nd “On Being Patient” Rev. Bob McKetchnie

Finding just the right rhythm in life is a delicate undertaking. When we are subject to another’s impatience or when we ourselves are impatient we become unhappy and stressed. Today’s sermon invites us to reflect on the virtue of patience and the benefit to our spiritual self of getting back into a peaceful rhythm. Today’s service will include the welcoming of new members to FPUU.

May 29th “A Memorial Day Reflection” Rev. Bob Mcketchnie

Today’s service will call on us to remember those we have loved. Today, I invite you to bring a picture or symbol of someone in your life who has died to place upon our altar as we mark this Memorial Day in their honor.

Please remember the following deadlines: **Church Newsletter:** Third Sunday of the month. **Order of Service:** Wednesdays by 5:00 pm. If you miss this deadline but have an announcement to be made at the church service, please submit a typed announcement to the service manager for that given Sunday and send a copy to the office.

Church Office Hours: Monday, Tuesday and Thursday from 10:00 am to 2:00 pm.

Telephone: 508-359-4594

Sandra Andreassi, Administrator.

FPUU Calendar

Sunday, May 1	IF Justice Committee Meeting 11:30-12:15/Sanctuary Little Red Wagon Walk For Hunger Project Bread Walk For Hunger
Saturday, May 7	North Street Coffee House 7:00-10:00 pm/Vestry
Sunday, May 8	Mother's Day
Sunday, May 15	Children's Dedication Service
Tuesday, May 10	Worship & Music Committee Meeting 7:30-9:00 pm/Vestry
Sunday, May 15	IF Justice Committee Meeting 11:30-12:15/Sanctuary
Sunday, May 22	New Member Ceremony
Thursday, May 19	First Parish Board Meeting 7:30 pm/U-House
Sunday, May 29	IF Justice Committee Meeting 11:30-12:15/Sanctuary
Monday, May 30	Memorial Day
Sunday, June 12	Annual Meeting/Sanctuary
Tuesday, June 14	Worship & Music Committee Meeting 7:30-9:00 pm/Vestry
Thursday, June 16	First Parish Board Meeting 7:30 pm/U-House

For a complete listing of events, please visit our website at www.firstparishmedfield.org. If you would like to book the Sanctuary, Vestry or U-House for an event or meeting, please check availability and then contact the church office at admin@firstparishmedfield.org