



*First Parish Unitarian  
Universalist of Medfield*  
26 North Street, Medfield, MA  
(508) 359-4594

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

January Newsletter 2012

Happy New Year!

### Ministerial MUUsings...

And so, now we enter January, the start of the new year. January, named after the Roman god, Janus, the god of beginnings and transitions, endings and time. This is the time of year when we say good-bye to the old and hello to the new with hope and great expectations. We remember the good things that happened this past year fondly and bid good riddance to the bad. This December/January transition is when I think about the passage of time and the meaning of past, present and future.

I am in the midst of reading Stephen King's new book, *11/22/63*, about a man who travels back in time to prevent Lee Harvey Oswald from assassinating President Kennedy. Time travel has always fascinated me ever since I saw the 1960 movie *The Time Machine*. In King's book the main character goes back to the late 1950s and marvels at how wonderful a soda fountain root beer tastes.

Real, nothing artificial in it. There is a nostalgia that permeates the book while the protagonist enjoys a period of time and a society that existed before he was born. Just like the root beer, it is a period more vivid, more real, and more authentic than the present.

So many of us, myself included, fall into the trap of nostalgia. Recalling a time when things were (seemingly) simpler, more real, more authentic can be nice but the problem with nostalgia, as the cultural historian Christopher Lasch once wrote, is that "Nostalgia appeals to the feeling that the past offered delights [e.g. real root beer] no longer obtainable; representations of the past evoke a time irretrievably lost and for that reason timeless and unchanging.... frozen in unchanging perfection." Another problem with nostalgia, according to Lasch, is that it condemns the present, for the present can never live up to what we remember the past to be.

Woody Allen's latest movie, *Midnight in Paris*, also touches on this theme. Many of his movies deal with a disappointment about "today" and a longing for the past. In this movie, the main character, also a time traveler is fascinated by the experience of being part of the Lost Generation in Paris in the 1920's. But the film brings with it the realization that we so romanticize the past that we don't enjoy the present and its future possibilities. Memories on the other hand, according to Lasch, do not denigrate the present; it draws upon the past to inform the present and makes of the past, present and future the continuous river of time.

So let us remember 2011 and all the years past and all that we experienced. Let the past not trap us but let it bring clarity to our present and let it guide us into the future.

Happy New Year.

Rich Stower

*Rev. Richard M. Stower's Office hours are Tuesdays and Thursday from 1:00 pm to 6:00 pm and by appointment.*

### **First Parish Unitarian Universalist Medfield Pastoral Care Team**

During the last church year, Rev. Bob McKetchnie approached several members of First Parish Medfield and asked them if they would be interested in starting a new ministry within the church. Bob had become aware that several Unitarian Universalist churches in the MassBay District and elsewhere around the country had formed pastoral care teams and wanted to do the same in Medfield. As was the best practices model, Bob asked people who had experience in mental health, palliative and hospice care, past supportive relationships within the church and those who have the gift of empathy as well. These six parishioners, Gaby Harrison, Becca Kornet, David Maxson, Louise Rachin, Rebecca Stephenson and Denise Sullivan Flaherty, fit that profile. In addition to their professional and personal experience, they have attended a district workshop on pastoral care teams. I have met with this group several times over the past few months and I am impressed with their commitment and compassion to making pastoral care a vital part of FPUU Medfield's ministry.

***The Mission of the Pastoral Care Team is to be  
a comforting, compassionate, nurturing presence  
so that no one need be alone.***

The Pastoral Care Team is to be a resource to congregants by providing a comforting, compassionate, nurturing presence in times of personal stress and need. The Pastoral Care Team will do its work as a group. If the minister or a Pastoral Care Team member becomes aware of a person or family in need of supportive care a determination will be made as to who in the group might be the best person to help the person or family. At the group meeting we will discuss the case and identify how best to support and help the primary pastoral caregiver meet the family's goals for caring.

The team will maintain strict confidentiality to ensure that the trust and respect of the congregation is maintained. Members and friends who come to the team for help can feel secure that the only people who know about what they are dealing with are the minister and members of the pastoral care ministry group. The team will first get permission from those whom they are helping before going to other church members of the church to get assistance with meals, transportation babysitting, etc. or to put announcements in the church newsletter.

The Pastoral Care Team will be involved in a continuing program of training and support to be ready to provide a friendly face, a listening ear, and a compassionate presence.

We will devote the worship service on January 8<sup>th</sup> to the introduction of the Pastoral Care Team, to sharing its purpose, and to allow time for questions from the congregation. We look forward to sharing our thoughts and ideas and hearing yours.

Rich Stower

## Executive Board Notes from December

Happy New Year to all from the Executive Board. In the new year, the Executive Board will continue helping prepare FPUU for the future. It will be an exciting time to understand who we are and what we want for the future of the Church as we move toward the process of selecting a settled minister in 2013.

- Wireless Update: T-Mobile is on hold until after the first of the year. Lease option extension in progress. MetroPCS is studying the cost of installing electrical service before accepting contract terms. Hopefully, there will be progress in the new year.
- Valentine Fundraiser Feb 11: Save the date: Saturday February 11 for an evening of fun, friendship and fundraising. More information to come in early January. Volunteers are needed to help plan the event.
- Annual Fund Drive Plans Announced: The Annual Fund Drive is held to provide for the needs and desires of the Church. Each area of the Church: Religious Education, Worship & Music, Social Justice, Membership, Buildings & Grounds, Care, Chancel and Archives/Web need financial support to thrive. In addition to a "status

quo" budget, each committee will prepare a "Dream" budget and a "bare bones" budget. Each Committee Chair will receive a financial planning report before the end of December and 2013 budgets are to be returned by the end of January.

A special Fund Drive Dinner is planned for March 24, the evening before Canvass Sunday.

- Community Read: Bob Luttman proposed that FPUU participate in "Medfield Reads" a community reading of "Outwitting History" sponsored by the Medfield Library. He is asking for volunteers.
- Farmers' Market: There was not enough interest to hold a Winter market this year, but FPUU will again be sponsoring a Farmers' Market as early in the Spring as the farmers have goods to sell. We are asking for volunteers again. The Medfield Cultural Council gave FPUU a \$200 Grant for music at the Market.
- Cranes for Change: The Board agreed that Amelia Steeger could use Church facilities for her Girl Scout project, "Cranes for Change". The program, which helps youth participate in improving the environment, would include RE, the Blake Middle School and the Medfield After School Program (MAP)

**Message from Membership**  
**Happy New Year!!**

**The Membership Committee plans to welcome the New Year by**

- **sponsoring a Family Potluck-Movie Night in January**
- **initiating a fundraising campaign for a new church sign.**

**These initiatives are geared to generate energy within and greater visibility outside of First Parish.**

**Family Pot Luck Supper**



**The Family Potluck Supper-Movie Night will be held on Saturday, January 21<sup>st</sup>, beginning at 6 PM.**

**We would welcome help with this event, so if you'd like to be involved, please contact a member of the Membership Committee. Thanks.**

**New Church Sign**

We will begin planning for the fundraising and design of a new church sign in January. Anyone interested in helping with this project should contact a Membership Committee member.

*Membership Committee: Barbara Bunger, Nancy Kingsbury, Margaret Rolph, Michael Donovan.*

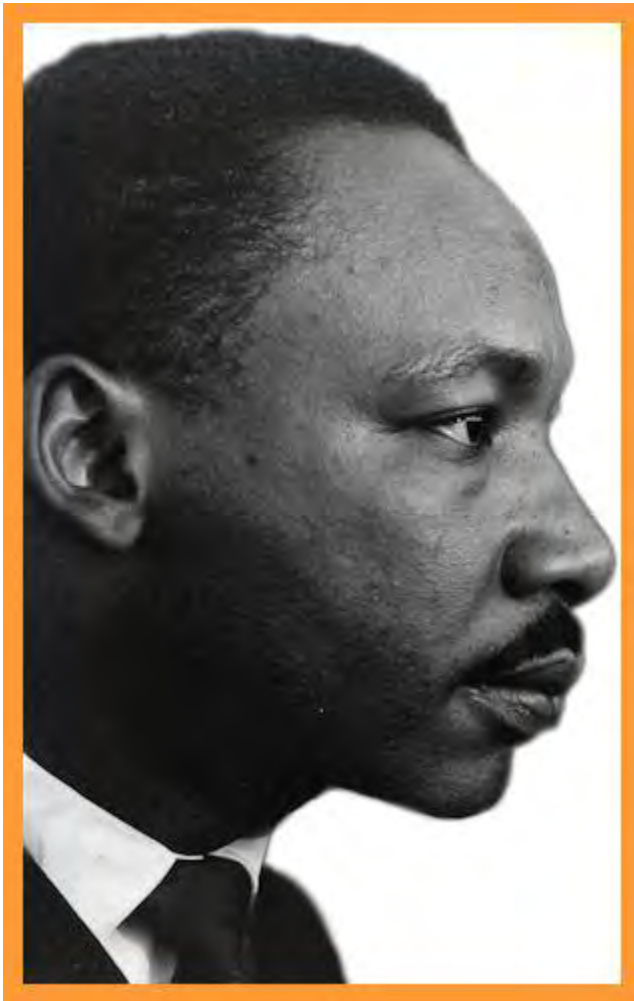
## January 15, 2012 at the UU Urban Ministry

MLK Jr. Event: A Day of Reflection and Celebration  
*A two-part event honoring the legacy of Dr. Martin Luther King, Jr.*

**Date:** Sunday, January 15, 2012

**Time:** 2:00 pm Film and Panel; 5:00 pm Supper; 6:00 pm Performance

**Location:** UU Urban Ministry at historic First Church in Roxbury  
10 Putnam St. Roxbury, MA 02119



You are Invited!

2pm: *Following the Dream Toward a Just Community*

Screening of the film, *The Letter*, about a controversy over newly arriving Somali refugees in a small city in Maine. The film will be followed by a panel discussion featuring Miriam Gas, Executive Director of the Refugee Immigration Center, Abdulkadir Hussein, Executive Director, ACEDONE, Ron Marlow, Assistant Secretary for Access and Opportunity in the Patrick administration, and others.

5pm: Light supper

6pm: *Hope Out Loud*

This evening performance will feature a diversity of performing groups including: Gospel by the Boston Community Choir, Spirituals by Peter Terry, Uplifting Music by the First Parish in Concord Children's Choir, Jazz by Fred Woodard, Spoken Word by poet Regie Gibson and Museum of the National Center of Afro-American Artists Director Barry Gaither, and Liturgical Dance by Spiritual Life Dancers and Erica Vigeland.

We hope to see you at this exciting free event!

Our 2012-13 Annual Fund Drive will commence the week of March 19 – 26, with the Annual Fund Drive Sunday Service on March 25. Keeping with First Parish’s tradition, the drive will kick off with a celebration combining great company and great food. However, this year the Annual Fund Drive Committee is planning a new event venue that promises to be an exciting departure from past gatherings. We will be in touch with you shortly with the details!

Our Committee is responsible for planning and conducting the annual fund drive each spring. Together with volunteer fund drive leaders, the Committee contacts every member and friend in the church to ask for a pledge. If you would like to participate, please contact any member of the Committee.

Our 2011-12 pledge total was \$115,540 - a 4.6% increase over the previous year, with pledges from 65 households. In comparison, our total 2011-12 budget is approximately \$151,000. Over the next few months, the Committee will provide more information about First Parish finances so we all know why our pledges are important and how they work for us.

First Parish Medfield continues to be blessed by generous members and friends who understand that First Parish needs our financial support every year at the annual fund drive time, in addition to the many hours of volunteer work we contribute.

Whether you value First Parish for the Sunday worship services, the religious education programs, the social events, the opportunity for social action, or because it is important to you to have a home for liberal religious thought in the Medfield area and in this country – or for all of the above reasons – your support is most important.

*The Annual Fund Drive Committee: Duncan Glover, Mark Samels, Marshall Sugarman, and Jeff Zarker*



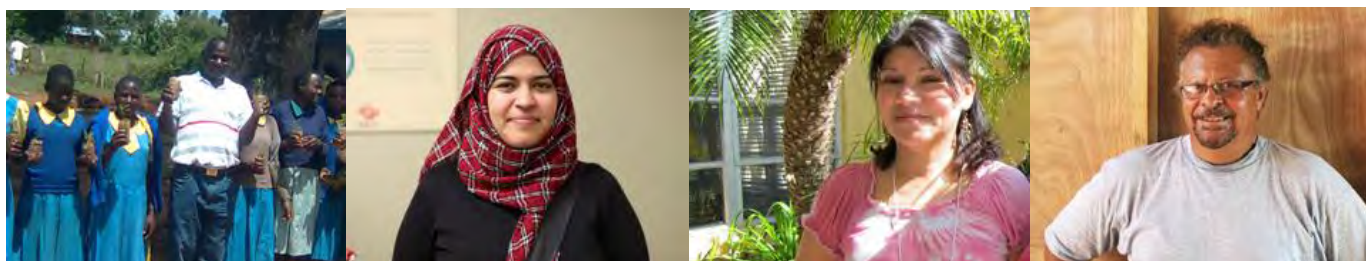
## Guest at Your Table



Time to return your Guest at Your Table gifts!

On January 8, we'll close our Guest at Your Table program. In recent weeks, UUSC Guest at Your Table boxes and Stories of Hope have taught us about real people engaged in struggles for justice in the United States and around the world. It has also taught us about our power to change the world when we share our blessings to support the Unitarian Universalist Service Committee and the many amazing people they partner with.

Before bringing back your Guest at Your Table donation, be sure to convert your cash and coins to a check made out to "UUSC" and complete the form on the box. We'll announce the results of our Guest at Your Table program as soon as possible.



On behalf of UUSC, we thank and commend every person who has chosen to share their blessings through Guest at Your Table. If you miss bringing back your Guest at Your Table box during the closing celebration, please return it to Nancy Kingsbury, our Guest at Your Table coordinator at your earliest opportunity.

Thank you!

Nancy Kingsbury

Guest At Your Table coordinator for Social Action Committee

**SAVE THE DATE- THE FPUU YARD SALE  
WILL BE HELD ON SATURDAY,  
MARCH 17TH!**

**Vestry drop-offs: Friday 3/16  
4:00 pm-8:00 pm**

**Sale: Saturday 3/17 9:00 am-1:00 pm**

**Un-needed gifts from the holidays?**

**Please start putting aside old and new items  
that you can donate.**

**Good sellers include books, games, and toys in  
good condition, kitchenware, knick knacks, and  
small appliances.**

**This year's co-chairs are  
Gaby Harrison and Karen Wians.  
For more information please contact  
[GHarrison@Partners.org](mailto:GHarrison@Partners.org),  
[ChezGaby@verizon.net](mailto:ChezGaby@verizon.net),  
Or [wianskbad@verizon.net](mailto:wianskbad@verizon.net)**



**Metrowest Pet Pantry**



FPUU now has a donation box set up for the Metrowest Pet Pantry. The pet pantry, located in Millis, provides a variety of pet food and supplies for families in need, some of whom would have to surrender their pets to shelters without the pet pantry's assistance. Donations of opened or unopened food are accepted, as well as all manner of supplies. If you are interested in volunteering or learning more about the pet pantry feel free to talk to Brianna Cusanno, who is working with the pet pantry to earn her Girl Scout Gold Award.

**FPUU and Amazon.com**

I thought folks would like an update on the First Parish - Amazon link.

As of December, you have ordered 344 items from Amazon, with a total price of \$7,423. Amazon will pay First Parish \$423 - depending on what you buy, Amazon pays First Parish between 3 and 10% of the purchase price.

Remember you need to 'get to' Amazon by first going to the web site ([www.firstparishmedfield.org](http://www.firstparishmedfield.org)) and clicking on the Amazon logo on the 'home page' -- just scroll down toward the bottom on the page to find it.

If you have any problem accessing Amazon from the FPUU web site, please let me know.

Thanks -Dan



## Let's Laugh Today on Monday, January 23rd!

Let's all make the New Year's Resolution to exercise our laughter muscles every fourth Monday evening by attending the Let's Laugh Today Laughter Club at the Meetinghouse of the First Universalist Society in Franklin, 262 Chestnut Street, Franklin, MA on Monday, January 23rd at 7:15pm. Laughter Yoga is a low cost, spirit-lifting, and absolutely powerful method of laughing your way to better health and fitness. All ages and all physical abilities can do these simple, fun exercises! If you can breathe and laugh, you can do Laughter Yoga! There is a \$5 suggested donation to the church with a \$10 maximum per family. Please bring your water bottle as laughing is dehydrating. See [www.letslaughtoday.com](http://www.letslaughtoday.com) for other opportunities to laugh or call Linda and Bill Hamaker, your local Certified Laughter Yoga Teachers at 508-660-2223.



**The Medfield Food Cupboard** has requested the following from our church for the month of January:



Food Pantry  
Donations Needed

- Cookies
- Kleenex
- 4 packs of toilet paper
- Pasta sauce
- Juice-boxes and bottles
- Canned chicken
- Raisins-both big and little sizes
- Applesauce-little cups

Please double check your food items to ensure that it is undented, unopened, and unexpired. Thanks for your efforts. The Food Cupboard tries to be specific so that people know what they really need, but as always, any donations are greatly appreciated and can be placed in the basket in the narthex.

Special thanks to Sam Flaherty who will be delivering all the donations from the FPUU to the Food Cupboard.

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.

Email: [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org)

## Upcoming Services (All Services Begin at 10:00 AM)

**January 1, 2012**

**Open Book Discussion**

**Worship & Music Committee**

The first Worship Service of 2012 will occur on Sunday 1/1/12. As in the past, the Worship & Music Committee will facilitate an open book discussion: classics or current releases, fiction or non-fiction -- come prepared to share a favorite book and learn about others.

**January 8, 2012**

**"Compassion and Caring"**

**Rev. Richard M. Stower**

Joseph Campbell, the mythologist and writer, defined compassion as "the natural opening of the human heart to another human being." First Parish Medfield is introducing a new approach to pastoral care within the congregation. The service will present the idea behind the effort and the members of the group who are offering you their active listening and caring heart.

**January 15, 2012**

**"The Legacy of Martin Luther King, Jr."**

**Rev. Richard M. Stower**

This day marks the 83<sup>rd</sup> anniversary of the birth of Dr. Martin Luther King, Jr. For many of us he lived in our lifetime, so we know most of the facts of his life. He is not legend to us. He is real. There are no apocryphal stories about cutting cherry trees down or splitting rails. His life is factual and the events of his life are the events of our lives as well. Our nation has changed much because of his efforts; most notably in the fact that we have an African-American as President of the United States.

**January 22, 2012**

**"Anger's Sudden Fire"**

**Rev. Richard M. Stower**

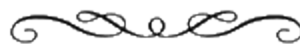
Thirty-five years ago the movie, "Network" brought the phrase "I'm mad as hell and I won't take it anymore" into American culture and society. Since then it seems everybody has found a window from which to yell their rage at the world. Politicians yell at each other; reality TV features family members, friends and strangers blowing their tops at one another. Letters to the editor and internet comments are filled with bitter denunciations. Radio talk shows allow ordinary citizens to vent their hatred of the way the world is.

**January 29, 2012**

**"Swimming in a Thunderstorm in Bali"**

**Rev. Richard M. Stower**

This service's sermon will talk about the spiritual quality of travelling in unfamiliar places.



## FPUU Calendar of Events

Sunday, January 1	New Year's Day
Monday, January 2	Office Closed
Sunday, January 8	Coming of Age/7-9:00 pm/Vestry
Tuesday, January 10	Worship & Music Committee Meeting/7:30- 9:00pm/Vestry
Wednesday, January 11	Membership Committee Meeting/7:15pm/Bunger's
Monday, January 16	Martin Luther King Holiday/Office Closed
Thursday, January 19	Executive Board Meeting/7:30 pm/U-House
Saturday, January 21	Potluck Dinner & Movie Night/6:00 pm/Vestry
Sunday, January 22	Coming of Age/7-9:00 pm/Vestry
Tuesday, January 24	Pastoral Care Committee Meeting/6:30 pm/U-House
Sunday, February 5	Coming of Age/Field Trip
Wednesday, February 8	Membership Committee Meeting/7:15pm/Bunger's
Saturday, February 11	FPUU Fundraiser
Tuesday, February 14	Worship & Music Committee Meeting/7:30 pm/Vestry
Thursday, February 16	Executive Board Meeting/7:30 pm/U-House
Monday, February 20	President's Day- Office Closed
Sunday, February 26	Coming of Age/7:00 pm/Vestry
Tuesday, February 28	Pastoral Care Committee Meeting/6:30 pm/U-House