



# First Parish Unitarian Universalist Of Medfield

26 North Street, Medfield, MA

(508) 359-4594

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



*Welcome Back!*

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## *September Newsletter 2015*

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### From the Minister

Rev. Meg Soens

Hello FPUU friends,

I'm looking forward to seeing you all again! Busy, relaxed, or hot -- I hope you each had a good summer, a rich summer in which you gave and got. Because school is starting, evenings are cooler now and our regular Sunday services resume on **September 13**.

There a few new things about church you'll notice. Newman Brothers Contracting painted the

U-House over the summer, work they donated at the invitation of their friend Susan Stromgren. It looks *f-a-b-u-l-o-u-s*. Thank you Newman Brothers Contracting and thank you Susan for making this happen.



In addition, this month our new Religious Education Coordinator, Samantha Decker Nemeth, will be joining us. Her energy, good nature, and outgoing personality, not to mention her creativity and love of children and people, make her an exciting addition to our church. This will be a good year for all the generations.

Many committees of the church will see some changes, of course. The Pastoral Care Committee will be joined by Duncan Glover, beginning this month. Dan Henderson, Jen Bartle, and Louise Rachin will be part of the Worship and Music Committee. The Green Sanctuary team will have new leadership in Thea Iberall, as the former chair, Fritz Fleischmann, focuses his energy on leading the Executive Board this year.

Welcome back, everyone. Gathering together again in our spiritual community is a deeply

satisfying homecoming, and yet always – after a hiatus -- a new beginning. I look forward to seeing you all again very soon, and beginning again in love.

Many blessings,  
Rev. Meg

Office hours:  
Tuesdays and Thursdays 10:30-2:30  
Wednesdays by appointment  
Work cell: 781-767-7663  
Pastoral emergencies: 781-850-3307

**Brown Bag Lunch**  
On the second Tuesday of each month everyone's invited to join me for a brown bag lunch at noon in the U-House.

## From the Religious Education Coordinator

Hello everyone!

My name is Samantha and I am so excited to begin this new chapter of discovery for both the families and myself. I come from a two broad backgrounds that have drawn me to First Parish. Currently, I teach Pre-Kindergarten, but have experienced many different grade levels as well as mixed-age groups. I believe in learning never having an endpoint, both academically and religiously. For my religious background, I was raised in a conservative Jewish family and got married in a reformed ceremony. I was drawn to the Unitarian Universalist principles because I see them as guidance to living a full, spiritual life while doing good unto others.

I am looking forward to exploring the Seven Principles through Spirit Play and engaging with your families. Through stories, art, theatrical play, and open-minded conversation, I expect our learning as a group will go quite far.

Being new to the congregation, I am looking to reach out to parents and volunteers to help me in the storytelling of Spirit Play. Please contact me if you wish to join us!

# Meet our New Religious Education Coordinator



The Religious Education committee invites you to meet our new coordinator, Samantha, on **Sept. 13** after the Sunday service.

The children are invited to join the RE committee and Samantha, as we kick off our new year at First Parish with a party in a bag. **(Bring a paper bag with 4 treats (salty, sweet, crunchy, and a drink.)**

With our treats we can sit on the lawn and talk and chat and get to know one another.

**Adults are also invited to join us after coffee hour.**



## Youth Programs at First Parish

"Little Lights" child care for toddlers through the age of five is available downstairs in the Vestry every Sunday from 9:45-11:15 a.m.

**Religious Education for children K-6 and Neighboring Faiths for grades 7-8 begins on Sunday, September 20<sup>th</sup>** : Children and youth will remain with their families in the service until after the Moment for All Ages, and then meet downstairs to go over to the U House for classes. They will rejoin their families for social hour.

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Coming of Age (COA) will be offered again this year for 9th and 10th graders! This is a year-long coming of age program which generally include four parts: pairing youth with adult mentors; discussions and retreats that emphasize self-awareness and confidence-building; service to the church and community; and a culminating affirmation ceremony.

HOWL/Youth Group will be offered for grades 11-12.

Both typically meet on Sunday nights.

## Upcoming Events



- ✚ Coming of Age/HOWL group fun-ness will be Sunday evening, **October 18th** with a trip to LightsOUT at 5Wits in Foxboro. Details to follow!
- ✚ HOWL/Youth Group 2015-16 will have a feed-n-frolic meeting on Sunday, Sept. 20th to discuss plans and goals **and the summer and Medfield Day and service opportunities and generally check in for our new chapter together!** Meet at 7 in the vestry, and bring food! Sign up on the Facebook page!

## Executive Board Notes



Dear Friends:

Welcome to the new church year! I hope the end of summer finds you all in good health and spirits, looking forward to the joys and tasks of our New England fall.

At First Parish, we welcome Samantha Decker Nemeth as our new part-time Coordinator of Religious Education. Samantha is a 2013 graduate of Framingham State University and currently works as a kindergarten teacher in Walpole and Medfield. Many thanks to the hard-working search committee (Kirsten D'Abate, chair; Alison Baron, Cissy Hull-Allen, Jessica Razza) that found us this fine candidate! Please join me in welcoming Samantha to our community when you have a chance to meet her.

The Green Sanctuary Committee welcomes Thea Iberall as its new chair, taking over from myself as I assume a new role in the congregation. This transition happens at an opportune moment: in May, the UUA approved our application for Green Sanctuary Candidate status, and now we will be working to meet the commitments we made in the application (which will be available on our website soon). Thea joined our committee shortly after moving here from California. Her background as a scientist, her experience as a professional writer, and her enthusiasm for the subject of environmental health make her an exceptionally qualified leader in our effort to make First Parish a Green Sanctuary, a place where the Seventh Principle of our UUA community (and with it, the survival of our planet) is a vital concern.

Preparations are underway for Medfield Day on September 19, when we open our church to the larger community and undertake a variety of activities for fun and profit. The Executive Board is also preparing for its annual retreat, which is scheduled for September 20. Among other things, we will be discussing drafts for a new mission statement that were generated at various meetings during the last church year, and that will be finalized at a congregational retreat later in the fall. (More details to follow.)

A hearty welcome back also to Eva Kendrick, our fabulous music director, and Sandra Andreassi, our wonder-working administrator! And, of course, to our Rev Meg, whose accident this summer left her with a cracked skull and heavy concussion. We have been following her healing with growing relief and wish her a complete and successful recovery as she resumes her work at First Parish.

See you in church!  
Fritz Fleischmann



# Medfield Day

## Help Needed

Saturday, September 19<sup>th</sup>



Medfield Day will be held September 19th, from 9 AM to 3 PM. First Parish is in the middle of the activity and it is a great opportunity to join in the fun with both the church and the community!

- For the kids, the RE Committee and students will be sponsoring pumpkin painting, games and henna tattoos.

- For the historical-minded, the Membership and Buildings and Grounds Committees are sponsoring tours of the Historical Meeting House clock tower.



- For the hungry and thirsty, willing and creative FPUU volunteers will be making and serving baked goods and coffee.

- For people interested in knowing more about FPUU and Unitarian Universalism, brochures and information will be set out and Rev. Meg will be available all day.



PLEASE THINK ABOUT HOW YOU CAN VOLUNTEER. YOU CAN BAKE, BREW (coffee), SELL AND SUPPORT FIRST PARISH..

Thanks in advance for your help and your commitment to First Parish.

## Green Sanctuary Committee



The Green Sanctuary Committee has had an active summer. First and foremost, we are very excited that our application to become a Green Sanctuary Candidate was approved. Thank you for the dedicated work of the members of the committee, Fritz Fleischmann in particular, who gathered the needed information and outlined a plan for our current and future activities.

Our anti-idling initiative is progressing. On August 24, Eve Potts presented it to the Medfield School Committee who enthusiastically endorsed it. This extends our list of endorsements which already includes the Medfield Energy Committee, Medfield Board of Health, Medfield Board of Selectmen, and Medfield Greens.

This summer, members of the GS committee connected into nearby interfaith climate actions: Advocacy as a Spiritual Practice: A Climate Change Letter Writing Workshop (One Earth Collaborative) and Cultivating Faith and Hope in an Age of Climate Crisis (Church of the Holy Spirit). We also participated in summer lay-led services on topics such as climate justice, cultivating faith and hope, and the pope's encyclical.

On a final note, we wish to acknowledge our esteemed and hard-working chair, Fritz Fleischmann, who has decided to step down after almost 3 years. His contribution to the vision of the committee has been immense. I look forward to chairing the committee as we help do our part in reducing our human carbon footprint on the Earth.  
-Thea Iberall

*Womensphere, a Sacred Circle Gathering for  
Women through the  
New England region of The Unitarian  
Universalist Association  
invite you to join us for the Fall Retreat.*

## *Women on Fire*

*Sharing the Knowledge of other  
Women and Reclaiming our own  
Intuitive Wisdom*

*Friday Sept 25<sup>th</sup> - Sunday Sept 27<sup>th</sup>  
2015*

*Senexet House, 276 Senexet Road,  
Woodstock CT 06281*

*This weekend we will be awakening our  
intuitive wisdom in our body, mind and  
spirit as we explore our unique sense of self,  
our connection to plants and the earth and  
our life intention as we gather with  
wonderful women in community and share  
our stories.*

For details and registration go to  
[www.uuwomensphere.com](http://www.uuwomensphere.com)

## Notes from the Music Director

Eva Kendrick



I hope everyone has had a wonderful summer!

If you are interested in joining the choir for the first time this year, please e-mail me at [music@firstparishmedfield.org](mailto:music@firstparishmedfield.org), and I will add you to my choir rehearsal list. I will post rehearsals for the fall very shortly.

I also wanted to report on my summer at the UUMN Conference—conveniently held in Boston this year—which was graciously supported by Professional Development funds allocated by First Parish Medfield. I am entering my third and final year of the UUA Music Leadership Certification Project (MLCP), and I began coursework for the program at the conference. Our courses this year included Multicultural Competence and Leading Congregational Singing. There is also a third-year community service project each candidate must complete, which is currently in the works. I look forward to being able to tell you more about this very soon!

I participated in the Conference Choir this year under the direction of Torontonion Conductor Dr.

Brainerd Blyden-Taylor and performed in one of the conference recitals. It was an amazing week, and I was very happy to have been able to attend.

In other musical news, two of my pieces are currently Semi-Finalists in the national competition The American Prize in the Opera/Theater and Chamber Music Divisions. One of the pieces is *The Break-Up*, which received its premiere at First Parish Medfield last January, when San Francisco Bass-Baritone William O'Neill performed in a fundraising concert for First Parish Medfield. *The Break-Up* will also receive its Midwestern premiere next spring in St. Louis by the Gateway Opera Company. It has been a very active summer and yet restful at the same time.

I am looking to making music for and with you all very soon!

Best wishes,  
Eva Kendrick

## Farmers' Market Continues!



The Medfield Farmer's Market has been a smashing success and will continue to run until Thursday, September 24th! Special thanks to Alison Galley who has worked very hard as Market Manager this season.



## Among Ourselves:

Our church family has grown! Kara DeTufo and Bernard Posner had a little girl! Welcome Maeve Margaret!

Jeannette Ruyle had surgery on her knee and is doing well. She appreciated everyone's cards.

Rev. Meg has recovered from her head injury and greatly appreciated the many cards and emails which encouraged her along.

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## An invitation from

Dan Bibel and Jeanette Ruyle



*We want to share our joy and gratitude with our family, friends, and faith community.*

*There will be a brief ceremony in the FPUU sanctuary when we renew our vows. This will be followed by a party and refreshments downstairs.*

*Your gift will be your presence-- nothing else is needed or desired.*

*We know a number of you live some distance away and we understand if you cannot make it. Just drop us a note or give a call and we will wish each other well!*

**Please RVSP to Dan at [dbibel@verizon.net](mailto:dbibel@verizon.net).**



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# Opportunities to Serve

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## Chancel Table Flowers Needed

First Parish is currently in need of flowers for the sanctuary on Sundays. Flowers can be an arrangement from a florist or even a bouquet from your own yard. You can also take the flowers home with you after the service.



Please join me in keeping our chancel table abundant with expressions of our love, joy and celebration.

For more information please contact Rebecca Stephenson at [rgspt1@gmail.com](mailto:rgspt1@gmail.com).

## Monthly Coffee Hour Host Coordinators Needed



I write to enlist coffee hour coordinators who will be responsible for one month of the year to find volunteers to provide coffee hour for the Sundays in that month.

Kirsten D'Abate will find volunteers for the month of September, and coordinators for the rest of the months are up for grabs! Please let Ann Cunningham know if you would like to coordinate a month. ~~(add email)~~

Coffee hour is an important part of First Parish life. Thank you for your help in advance for church year 2015-2016, and for all your help in the past.



## A bit of First Parish History...

### The Peace Pole

By Jeanette Ruyle

First there was the prayer: "May Peace Prevail on Earth." Masahisa Goi of Japan, in a moment of deep inspiration, composed this universal message and prayer for world peace in 1955. He had witnessed the horror and aftermath of WWII. People began to gather in small groups to listen to his philosophy and vision for world peace—that a unifying message of love and harmony can radiate from the personal to global consciousness. This was the beginning of the World Peace Prayer Society.



The idea of a "peace pole" came about in 1976 as a creative way to carry the message to more people. For many centuries, humans all over the world have placed various messages on upright vertical objects—poles, obelisks, markers, and so on—for the sake of generations to learn. A peace pole carries on in this human tradition. Usually, "May Peace Prevail on Earth" is written in the language of the place where the pole is placed, on one facet of the pole, along with the prayer in 3-7 other languages on the other sides.

The World Peace Prayer Society estimates that over 100,000 peace poles in 190 different countries have been planted. You can find more information at [http://www.worldpeace.org/about\\_history.html](http://www.worldpeace.org/about_history.html).

Our peace pole at FPUU was planted at the side of the U House in spring 2007. It is home made. Children in RE helped paint it white. Congregants helped vote on the two languages besides English and Spanish-- Chinese, and Arabic. Jeanette Ruyle did the lettering and Steve Rose filled in the letters with dark blue paint. Sometime in the middle of 2015 the pole came down due to decay at the base. For the time being it stands on the porch of the U House until it can be planted again.

## Supporting FPUU through Amazon.com and Equal Exchange



There are many ways to support First Parish - becoming a member is one, volunteering is another. But you can also help by buying things through Amazon.com or by getting your coffees, teas, and chocolates through Equal Exchange. Getting the things that you would ordinarily order anyway, but using the links available on our website will let you do your part in supporting the work of this congregation, helping our social action agenda, and preserving our historic Meeting House.



Go to our website [www.firstparishmedfield.org](http://www.firstparishmedfield.org) and click on the "Support First Parish-Amazon & Equal Exchange" link on the left. It's easy!

# **SAVE THE DATE**



**Regie Gibson and friends for an evening of  
Slam Poetry and Performance  
Saturday evening, October 17**

**Join the former National Poetry Slam winner at a fundraising event for  
the church.  
(Details to follow.)**

**Save the Date, Spread the Word!**

## A Few Words about the Medfield Food Cupboard



As in the past, First Parish will be collecting food items for the Medfield Food Cupboard. The Food Cupboard exists to provide assistance to residents of Medfield who are in need of supplemental or emergency food. The Medfield Food Cupboard is generously supported by the residents of Medfield, the town's churches, and various community organizations.

To meet the needs of their clients, food distributions are held approximately every 2 weeks at the Food Cupboard home: the United Church of Christ, 496 Main Street, Medfield. If you need the services of the Food Cupboard, please call us at 508-359-4958 and leave a message.

Donations of non-perishable, unopened, unexpired food items may be dropped off in the narthex. Donations of canned tuna and chicken, canned pasta, canned fruits and vegetables, cereal, peanut butter, jelly, applesauce, juice, pasta sauces, paper products (paper towels, Kleenex, and toilet paper), cleaning products, and health and beauty aids such as shampoo, toothpaste, and shaving razors or refills, are always welcome. Financial donations may be mailed to the Medfield Food Cupboard at PO Box 172, Medfield, MA 02052. Financial donations are used to supplement food contributions by purchasing meats, cheese, frozen items, and any item in short supply.

**The Medfield Food Cupboard has requested the following from our church for the month of September: Juice boxes, kid friendly cereal, macaroni and cheese, canned pears and fruit cocktail, single packs of raisins, canned peas and canned carrots, jelly, pasta sauce and snacks for kids.**

Evan Springer will be our coordinator for the Food Pantry again this year.

## A note from the Church Office:



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month.

Order of Service: Wednesdays by 5:00 pm.

Church Office Hours: Mondays & Thursdays from 8:00 am to 2:00 pm.

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

Sandra Andreassi-Administrator

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## *FPUU Calendar of Events*

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Tuesday, September 1	Pastoral Care Meeting/7:15/U-House
Thursday, September 4	Medfield Farmers' Market/2:00-6:30 pm/Grounds Executive Board Meeting/7:30 pm/U-House
Monday, September 7	Labor Day/Office closed
Tuesday, September 8	Brown Bag Lunch/12:00 pm/U-house
Thursday, September 10	Worship & Music Meeting/7:15 pm/Vestry
Sunday, September 13	First Service-In-Gathering/10:00 am Chalice Circle/4:00 pm/U-house
Tuesday, September 15	COSM meeting/7:00 pm/Minister's office
Thursday, September 17	Medfield Farmers' Market/2:00-6:30 pm/Grounds Executive Board Meeting/7:30 pm/U-house
Saturday, September 19	Medfield Day/Grounds & Sanctuary
Sunday, September 20	RE begins Religious Education Meeting/12:00 pm/Vestry HOWL/Youth Group Feed & Frolic/7:00 pm/Vestry
Thursday, September 24	Last Medfield Farmers' Market/Grounds

For bookings of events or meetings in the Sanctuary, Vestry or U-House, please check availability and then contact the church office at [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org)