



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



November Newsletter 2015

From the Minister

Hi FPUU friends,

The church year has really gotten underway.

- Our new religious education coordinator, Samantha, is off to a wonderful start with the elementary school-aged children.

- Our first all church potluck – led by the Religious Education Committee -- happened on Saturday Oct. 24, filled with all kinds of Halloween activities
- We are on the cusp of finishing up our mission and vision work with the November 1 brainstorming session to

- which *everyone* is invited
- And you are *all* of course halfway through the first All-Church Read -- Ta-Nehisi Coates' new book, Between The World and Me -- just to make sure that you have time for a second read-through before we meet to discuss it on Sunday January 31!! Well, maybe not *

And that's just church. What about all the other things that are going on in our lives? Our culture – in work, education and recreation -- pushes us to achieve our greatest possible potential, to make sure we are doing all we can to care for those we love. Many of us end up feeling like we are constantly running, constantly busy.

But the beauty of the season here in New England beckons us to something else. These days, in which bright yellow, orange and red leaves rustle in the breezes under vivid blue skies, large acorns fall with a *thunk* from the oak trees, and squirrels scurry to find places to store the best ones... the beauty of these days invites us to put aside the busyness that fills our lives, and to pause, and come back to what is right here, right now.

How many of us check work email again and again in the evening, on the weekends? How many of us have long lists of projects we carry around with us in our heads or on paper? How many of us feel guilty if we aren't getting those things done, feel like we are being *lazy* if we stop running for a few minutes? And for me, the worst part isn't that our bodies are constantly on the go, but that our *minds* are.

One of my favorite Buddhist teachers, Thich Nhat Hanh, writes that 'We are here, but we are not', because our minds are filled with thoughts and emotions about the future or the past. Regret, fear, anxiety, joy, satisfaction, all

these come and go, and go and come, and with them come and go thoughts about why we are having the feelings. As a result, most of the time we are not here, but skipping ahead into the future, or paddling around in the past.

If we can heed the season's invitation to pause now, we harvest many gifts. We get to rest deeply. We are nourished. We get to bring our bodies and our minds back together by setting aside that mental busyness that hides us from what is here now, and coming back to the present.

Finally, coming back to the present moment gives us the opportunity to find the peace or joy that each moment might contain. Somewhere in the very completely present present that each of us experiences, when we can slide beneath all the thoughts and feelings about the future and the past, there is some peace.

It's so very hard when the emotions are very strong, though.

And it's made even more challenging for us to get beneath the thoughts and emotions because as westerners we are brought up to equate who we are with those very thoughts and feelings. So getting beneath them seems rather alien.

But if the moment is right for you, I invite you to try it. You start by just saying yes to our beautiful New England fall, connecting in a focused and open way to some part of the immediate natural beauty that lives around you, letting thoughts and emotions pass through you as you focus your awareness on something in front of you.

Being in and attentive to nature was an important part of our Unitarian ancestors' efforts to become better people through "self-cultivation." For Ralph Waldo Emerson,

apprehending nature directly in an almost mystical, non-verbal way, meant connecting with *reality*, and this was important because it was our direct connection to reality that meant we could know what was right and trust that knowledge.

Like Emerson, many of us believe that human Mary Oliver says it so well.

"Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Many blessings,
Rev. Meg



Executive Board Notes

- At its October 15 meeting, the Board finalized plans for the congregational retreat on November 1 (12-2, in the vestry), which will be led by Mary Corthell.

At this retreat, we hope to finalize the mission statement (the "what") and then brainstorm about the building blocks for a strategic plan (the "how"). It is important that we get as much participation from the congregation as possible, so that we can proceed with a large consensus.

- Our congregation, through our historians Dan Bibel and David Temple, has been offered the opportunity to have some of our early church records digitized, under an existing grant, with the actual records to be cataloged and archived at the Congregational Library and Archive in Boston. The documents in question pertain to the history of our church from the late 17th to the early 19th century and include many interesting statements of faith, which for a long time were required for full membership in the (then) congregational church of First Parish. Pending final disposition of some ownership questions (some documents are in the possession of the Medfield Historical Society), the Board voted unanimously to support this project.

- Other projects discussed at our meeting included: the creation of a centralized online calendar, to facilitate planning of events and reservation of space; the possible creation of a fundraising committee; the report on fair compensation to be presented at the semi-annual meeting in December. Various other items are in the early stages of discussion – more updates to follow when there is more to report!

Greetings to all,
Fritz

Congregational Retreat

Sunday, November 1

12-2 pm in the Vestry



You are invited and encouraged to attend!

We need your input! This is your opportunity to share your thoughts and ideas about our future.

Draft Mission Statement:

We strive to live with deep respect and love for life, to embrace the challenge of human differences, to foster spiritual growth and to work

toward a just and sustainable world, beginning with our own and nearby communities.

Childcare and a pizza lunch will be provided.

**For our Youth:
Here's what's happening....**



COA Orientation, Sunday, November 1.

It's our Coming of Age year! We'll have orientation for parents and participants on Sunday, November 1, at 7p in the vestry.

COA for grades 9 & 10 will begin on November 15th and will be held on the first and third Sundays of the month. David and Cissy are again facilitating this year.



Youth Group for grades 11-12 will be meeting on November 8th

Generally we will be meeting on the second Sunday of the month at 7:00 pm in the Vestry.



HOWL will meet on November 22nd at 7:00 pm in the Vestry.

High school Our Whole Lives sexuality program for grades 11-12. Unless otherwise notified, all meetings will be held on the 4th Sunday of the month.

Daylight Savings Time ends at 2:00 am on Sunday, November 1st.
Don't forget to set your clocks back.



Green Sanctuary Committee News



The Green Sanctuary Committee joined over 40 other religious and environmental organizations at the **Answering the Call: An**

Interfaith Gathering for Climate Action at Temple Beth Elohim in Wellesley on October 12th. Over 500 people gathered to start an interfaith movement to act on climate change in Massachusetts. A November action is the Legislative Action Day at the State House, November 10, 10 am-12 pm.

In other news, our UU anti-idling initiative has begun to have tangible benefits: ten anti-idling signs have been erected by the Medfield Police in front of Medfield schools so that parents become aware of the law. Our next step is to get posters placed in businesses. If you notice places where people are jumping out of their cars or sitting in them letting the engine run, let us know! Contact Thea Iberall - theaiberall@yahoo.com for more information.



Among Ourselves...

Tina Behn, whose family joined our church this past year, lost her father in October, after losing her mother a year ago. Let us hold Tina in our hearts at this difficult time. Sympathy



cards can be sent to Tina at 5 **Applewood Rd., Norfolk, MA 02056.**

Alex Bair, who attended religious education classes here when he was younger, and whose family are friends of the church, has stopped treatment at Dana Farber and is now at home under hospice care. The family welcome "thinking of you" cards for Alex during this challenging time as we hold him and his family in our hearts. Fun memories of Alex would especially be welcome. Alex's address is 23 **Dover Farm Rd., Medfield MA 02052.**

Congratulations to **Dan Bibel and Jeanette Ruyle** on the renewal of their marriage vows. The happy couple just celebrated 25 years of marriage!

Welcome to our church family, Maeve!

On November 22nd, **Maeve Posner**, the daughter of Kara DeTufo and Bernard Posner, will be dedicated during our Sunday service.

Veteran's Day, November 11th - *Thank you to all our veterans for your service to our country!*

Thank you Needham Bank on Behalf of the Medfield Farmers' Market and First Parish!



Thanks to Needham Bank, we were able to hire Clover Leaf Lawn Care of Medfield to come and reseed our lawn after damage from farmers' market stalls and foot traffic.

As I said before Needham Bank has been our sponsor for the Medfield Farmers' Market. They have paid for our signs, tent etc. and also money for us to function. It would be great if any of you who bank at Needham

to tell them how much we appreciate them as our sponsor.

A huge thank you to our parish volunteers who have been coming by to water the lawn as well!

Thanks again,
Eve,
Member Building and Grounds Committee



November Coffee Hour Host Schedule

Thank you Leanne and Bill Harvey for being the Coffee Host Coordinators for November.



November 1: Leanne Harvey
November 8: Jessica Razza
November 15: Available - please contact the Harveys.
November 22: Kirsten D'Abate
November 29: Available - please contact the Harveys.

Committee on Shared Ministry



As with any community or family, sometimes issues and concerns arise at First Parish. This is normal. The important thing is how we deal with these issues. The purpose of the Committee on Shared Ministry (COSM) is to act as an impartial group, fostering a healthy and supportive environment through direct, open communication. Many, if not most, UU churches have Committees on Ministry.

FPUU members and friends are encouraged to contact any COSM member if they have ideas, positive feedback or concerns about the minister or ministries/committees in the church. The COSM member will listen non-judgmentally, make observations, and encourage direct communication with the involved parties. The COSM cannot be the messenger but will accompany anyone if additional support is required. In lieu of the ideal direct communication, active listening from a COSM member can prove helpful. Please don't let concerns fester or snowball. Contact anyone on the COSM. It's all part of being a member of our church family.

As outlined in the charter, the COSM is also responsible for assisting ministries/committees in a supportive, self-assessment process. The assessment goals are to celebrate the hard work and success of all our hardworking members and to increase quality or capacity wherever possible or applicable. The Committee on Shared Ministry will invite two ministries each year for review on a rotating basis starting this fall.

The COSM looks forward to deepening our relationships with all FPUU members and friends in the upcoming year. Please contact anyone on the committee with questions or ideas, or concerns.

Terry Ballantyne-Ballard (Chair): s.terry.ballantyne@comcast.net, 617-640-7647

Kay Bennett kay8941@gmail.com, 617-852-7613

Arnold Kalmbach: fkalmbach@comcast.net, 508 376 2887

David Temple: davidftemple@yahoo.com, 508-359-2915

Medfield Interfaith Thanksgiving Worship Service

Tuesday, November 24, 2015 at 7:00 PM



Hosted by
First Parish Medfield, UU, 26 North Street, Medfield
There will be a combined choir led by
Eva Kendrick

Congregations Participating: Episcopal Church of the Advent, St. Edward the Confessor Parish, First Parish of Medfield, Unitarian Universalist, United Church of Christ and Temple Beth David in Westwood.

Notes from the Music Director

Eva Kendrick



Call to Choir: Do you enjoy singing? The choir welcomes new members at any time! You are not required to sing in all services to join the choir, as we understand everyone has busy schedules. You need have no experience or training, just a desire to sing! Recorded parts are also available for each song to assist with learning. For more information, please contact Eva at evakendrick@comcast.net.

REHEARSAL SCHEDULE:

All choir rehearsals are at 9 a.m. on Sunday morning unless otherwise noted.

**Oct. 25, Nov. 8, 16*, 20*, 22, 24 (Interfaith Thanksgiving), 29
Dec. 6, 11*, 12 (Fundraiser), 24 (Christmas Eve).** *Rehearsals at 7:00 pm.



Flowers Needed

There are several dates available for those who would like to donate flowers for the Sanctuary. Can you help? Flowers donations may be given in honor or memory of a friend or loved one; in commemoration of a special event, or for any other reason you may decide to donate. Please contact Rebecca Stephenson.

Gentle Reminder



When using the Vestry for events that include food, please remember to bring the trash with you. Our cleaning service does not arrive until Friday and is only responsible for our ordinary weekly trash and recycling.

Notes from the Church Office

Sandra will be away from November 15-November 22.



Information needed: Has your address, telephone number or cell phone number changed? Please email the office at admin@firstparishmedfield.org with updated contact information so that we can keep the church database up to date.

Please remember the following deadlines:

Church Newsletter: Third Sunday of the month.

Order of Service: Wednesdays by 5:00 pm.

Sandra Andreassi-Administrator

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

amazon.com.

**Supporting FPUU through Amazon.com
and Equal Exchange**

amazon.com®

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 and click on the "Support First Parish-Amazon & Equal

Exchange" link.



The Medfield Food Cupboard:



Requests for the month of November -

Chili, Beef stew, Canned Meat, Pasta Sauce, Juice and juice boxes, Salty/Sweet Snacks, Kid-friendly cereal, Jelly/Jam, Stuffing mix, Gravy, Coffee, Tea and Hot

chocolate

Please double check your food items to ensure that they are undented, unopened, and unexpired. Thanks for your efforts. Any donations are greatly appreciated and can be placed in the basket in the narthex.

FPUU Calendar of Events



Sunday, November 1	Congregational Retreat/12:00 pm/Vestry COA/Parent Orientation/7:00 pm/Vestry
Monday, November 2	Historical Society Meeting/6:30pm/Vestry
Tuesday, November 3	Pastoral Care Meeting/7:15 pm/U-House
Sunday, November 8	Choir Rehearsal/9:00 am/Sanctuary Chalice Circle/4:00 pm/U-house Youth Group/7:00 pm/Vestry
Tuesday, November 10	Brown Bag Lunch/12:00 pm/Minister's Office
Wednesday, November 11	Veteran's Day

Thursday, November 12	Worship & Music Committee Meeting/7:15 pm/Vestry
Sunday, November 15	Anti-Racism in the Burbs/2:00 pm/Vestry COA/7:00 pm/Vestry
Monday, November 16	Choir Rehearsal/7:00 pm/Sanctuary
Tuesday, November 17	Committee on Shared Ministry/7:00 pm/Minister's Office
Thursday, November 19	Executive Board Meeting/7:30 pm/U-House
Friday, November 20	Choir Rehearsal/7:00 pm/ Sanctuary
Saturday, November 21	NewLife Home Refurnishing Volunteer Day
Sunday, November 22	Choir Rehearsal/9:00 am/Sanctuary HOWL/7:00 pm/Vestry
Tuesday, November 24	Choir Rehearsal Medfield Interfaith Thanksgiving Worship Service
Thursday, November 26	Thanksgiving/Office Closed
Sunday, November 29	Choir Rehearsal/9:00 am/Sanctuary