

First Parish Unitarian Universalist Of Medfield

26 North Street, Medfield, MA
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www.firstparishmedfield.org



October Newsletter 2020

Ministerial Musings

As the weather turns cool and crisp, we long for all of those familiar fall comforts. We just want our pumpkin lattes, flannel shirts, warm soup, and freshly baked pie. We look for some sense of normalcy, in a world that is anything but. We look for safety, for shelter, for sanctuary. But during a pandemic, a sense of safety can be hard to find.

We just want things to go back to the way they once were. We want to gather together in our sanctuary, hug one another during coffee hour, cry and laugh with one another without worrying about spreading infection. We just want this stupid thing to be over!

But sadly, this era of Covid is far from over. We worry what will happen to infection rates as the weather is forcing us to move indoors, as our kids return to school, as mask fatigue sets in. We worry about our mental health as isolation and lack of physical contact force us to lose something that we our souls yearn for, to feel fully human.

Of course, while all of this is happening, the rest of our world seems to be coming undone in one way or another. Wildfires burning across the west. Hurricanes flooding the south. A lack of justice for cops who commit murder. Protests expressing the pain of institutionalized bias. A president who is undermining our election system. A climate that is

growing more unpredictable and damaging. Covid killing black and brown people at disproportionate rates, while others refuse to simply wear a mask. So many things seem to be falling apart these days.

If you are feeling anxious, if you are feeling depressed, if you are feeling angry... please know that you are not alone. These times we are living through are traumatic, plain and simple. We are collectively experiencing a level of stress and uncertainty and fear unlike any time before.

So yes, enjoy that pumpkin pie. Sip on that spiced latte. Walk through the crunch of those autumn leaves. Wrap up in that warm blanket. Netflix and chill with someone you love. Friends, do whatever you need to take care of your mental health, because these times we are living through are hard.

You deserve time to yourself, to enjoy those little things, to tune it all out for just a little while. For unfortunately, we are in this for the long haul.

But please know that all of us here at First Parish are just a phone call, an email, a text away. We will find ways to safely socially distance and see each other once in a while. We will virtually worship together on Sunday mornings, safely picnic together in our beautiful meetinghouse park, and hold one another in prayer and love.

Friends, take care of yourselves. We will get through this together.

Many Blessings,
Rev, Dave

Open Executive Board Position



The Executive Board of FPUU wishes to inform the congregation of a vacancy that has arisen on the Board. Consistent with our Bylaws, the Board will seek to appoint a qualified FPUU member to fill an at-large position for the remainder of the church year. Here is the relevant paragraph from the Bylaws, with key language in Bold:

- **Article 5.6.5. Vacancy.** If the Chair is unable to complete his/her term, the Vice Chair will be appointed Interim Chair for the remainder of the Church year. **If any other member of the Executive Board is unable to complete his/her term, the remaining Executive Board members will appoint a qualified Church member for the remainder of the Church year.** At the annual Parish meeting in May or June, the Congregation will elect a qualified Church member to fill the remainder of the office's term.

Yours in faith and service,
The Executive Board of First Parish UU Medfield



Upcoming Services

October 4

Be the Love, Be the Change

Rev. Dave Egan

During this intergenerational worship service, we will explore what our Unitarian Universalist faith calls us to do in the world. With an important election coming up in our country, we will look to our UU Principles for guidance on how we might be the change we wish to see in the world. This will be an interactive worship experience, where we will hear from people of all ages and all walks of life.

October 11

A Song Heard Round the World

Matt Meyers

When we're feeling isolated or struggling to find connection, the music we love can be an antidote. Our relationship to music though is shaped by culture and context. As we celebrate Indigenous People's Day, join us for an exploration of the intersections of song and symbol, as their reflection in the histories of colonialism and movements of liberation. Our guest worship leader, Matt Meyer, is a musician and educator who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as Director of Community Life for Sanctuary Boston.

October 18

Sanctuary from the Storm

Rev. Dave Egan

Ever since the corona virus forced us to isolate from one another, mental health issues have been on the rise. All of us, in one way or another, have been adversely affected by not being able to do all of those things that make us human: holding one another, singing together, laughing together, and crying together. This is not easy on any of us. So join us for this worship service where we might find some sanctuary from the storm, if just for a little while.

October 25

The Day After

Rev. Dave Egan

This has been an incredibly divisive election season, with the stakes seeming higher than ever. Today we will begin the process of preparing ourselves for whatever happens on Nov. 3rd, and imagining what our country will look like the day after, the month after, the year after the dust settles. For this open and affirming faith of ours calls us to welcome the beloved stranger, even those who don't pray, think or vote the way we do. How will we begin to heal as a nation and as a congregation from these polarizing times we find ourselves in?

Notes from the Church Office:



Church Office Hours: Mondays & Thursdays from 9:00-3:00
Email: admin@firstparishmedfield.org -Sandra Andreassi-Administrator

The deadline for the November Newsletter will be October 18th

Religious Exploration



Happy October, everyone!

I can't believe our October newsletter is already here! Religious Exploration has begun and it has been a

marvelous time so far. I also want to give a huge welcome to all the new members of our RE class: Maeve, Beau, and Noble! Let's not forget a huge welcome back to our other RE members: Avery, Finn, Tobin, Paige, and Fiona. Religious Exploration will be held during our online worship service and the children will be "sung out" to come and join our Virtual Religious Exploration class using our Zoom Info – email Samantha if you need our Zoom code and password!

Starting soon we will be having Neighboring Faiths starting soon where we will have our older youth returning: Jackson, Grace, and William. Neighboring Faiths will be led by Becca Kornet and will be held virtually on the 3rd Thursday of each month starting on October 15th.

Youth Group will be starting soon, please follow up with Samantha to help us secure our time and date! In Youth Group we will be touching upon themes from our OWL class and creating lively discussions.



UPCOMING RE EVENTS:

October 3rd: RE Bag Pick Up Day - Bags of stones, LED candles and chalice, journal, and workbooks.

These will be placed on the front steps of the FPUU U-House, one bag per family (check the bags for your family name!).

November 8th: Educator, Allison Tomasso, will be coming to speak our Sunday RE class about Different Kinds of Families.



This lesson will link to our season of thankfulness and will also touch upon our 1st, 2nd, and 3rd Principles.

Alison Tomasso, MBA is a student at Widener University in pursuit of a Masters of Education in Human Sexuality. She has developed and facilitated curricula spanning from teaching children about their bodies and different types of families through to corporate diversity and inclusivity training for small to medium sized organizations. As a board member of the YES! To Consent nonprofit organization, Alison loves to be involved in both the business and teaching sides of education.

About the Lesson

The curriculum to be facilitated is an adapted version of the 3R curriculum 'Different Kinds of Families'. The modifications of this curriculum are to present a more inclusive approach to families while minimizing the need for individuals to provide their own participation resources. These modifications make learning the material more accessible and more inclusive.

Alison Tomasso

Atomasso@grad.bryant.edu



November 15th: We have Busy Bee Yoga coming to do an online mixed age group Yoga Class with our RE kids. Brenda Bell is a certified children's yoga instructor and has years of

experience working with children. Our yoga session will be taking place during our regularly scheduled Sunday RE class and will cover the history of yoga as well as different groups that practice yoga.

Children's Yoga Instructor Brenda Bell:
My name is Brenda and last year I created Busy Bee Kids Yoga after getting my Children's Yoga Teacher Certification. I have worked in Early Childhood Education since 2005 and I began practicing yoga in 2010. I believe every child could use a little yoga in

their lives. Whether it is learning breathing techniques, learning about mindfulness, getting the heart rate up while moving their bodies, just being silly and having fun, or finding a moment to be quiet and still, yoga provides a space to find mind and body connection.

busybeekidsyoga@gmail.com

Samantha Decker Nemeth
Coordinator of Religious Education

Morning Meditation with Shirley



This incubation time in our lives is here for a reason. If we don't surrender to this incubation, life is more difficult. Silence assists us in coping with this challenge. Sitting in silence with others is uplifting. There is no right or wrong in meditation. It's the silence that is the key. Gift yourself 20 minutes of silence and draw on the benefits for the rest of the day. **Join us every morning at 8:30am.**

Click this link to join: <https://zoom.us/j/289955707> <<https://zoom.us/j/289955707>>

Notes from the Music Director

Eva Kendrick Conley

Dear FPUU Friends,

I hope you all had a wonderful summer! It is a joy to return and share another year of music, worship and community with you!



I wanted to put out a Call to Choir as I usually do towards the beginning of the church year. We will be having occasional Tuesday night rehearsals and will be recording some songs for upcoming special services. If you are interested in joining us (virtually!) this year, please e-mail me at music@firstparishmedfield.org for more information.

Music at the Meetinghouse Series

I also wanted to announce that with my Medfield Cultural Council Grant, my new concert series, Music at the Meetinghouse, which was postponed this past spring due to COVID-19, will be sponsoring two virtual concerts this fall!

On November 7, we will have a live Zoom concert by Grammy Award winning children's performer Dan Zanes and Haitian-American music therapist / jazz vocalist Claudia Zanes, who have been making music with each other since the day they met in the fall of 2016.

Claudia and Dan bring their music to family shows, school workshops, community singalongs, and folk festivals throughout the U.S. and into Canada. In their short time together, Dan and Claudia have been commissioned by the Kennedy Center to write a theater piece for young audiences, they have a publishing deal with Quarto Group USA and Dan has published a songbook entitled Dan Zanes' House Party: A Family Roots Music Treasury. This has opened the doors to many new conversations with parents, educators, music therapists, and fellow musicians about how to work together to create a healthier, more musical (and ultimately, more festive), society. And – the icing on the cake – in the midst of it all they were married!



On December 5, Music at the Meetinghouse will be one of the sponsors for the Annual Lowell Mason Holiday Concert, a collaboration with the Lowell Mason House, FPUU Medfield and Medfield TV. This year, the event will be broadcast by Medfield TV and will feature recorded performances by the FPUU Choir, the Kornet Family, the Kramer Family, a cappella groups and a special live performance by concert pianist David McGrory.

More details on these performances, including tickets and donations, will be forthcoming very soon!

Come Join us for...

Dinner and a Movie at Meetinghouse Park



Saturday, Oct. 3rd, 5:30 PM

Come join us at First Parish, 26 North Street, Medfield MA for a socially-distanced dinner and movie outside of our meetinghouse. Bring a mask, a camping chair or blanket, your dinner, and drinks* and enjoy good food and conversation with old and new friends.

We will have outdoor games for the kiddos before the movie. Then once it gets dark, we will begin the greatest film of all time...

Star Wars!

"The truth is often what we make of it; you heard what you wanted to hear, believed what you wanted to believe. Luke, you're going to find that many of the truths we cling to depend greatly on our own point of view.

May the Force Be With You."

-Obi Wan Kenobi



*Please note that due to Covid, our church bathrooms are still off-limits. However there is a Starbucks nearby if you have the need for coffee or a restroom.

Introduction to Unitarian Universalism Sunday, October 4, 11:30-1:00 PM



If you have ever wanted to learn more about the history of Unitarian Universalism and the core principles and sources that unite us, join Rev. Dave Egan on Sunday Oct. 4th at 11:30. Whether you are a brand new member or have been with us for decades, come learn more about this wonderful faith of ours. There will be time for reflection, personal sharing and questions.

To join us, follow this link:

<https://us02web.zoom.us/j/84006116519?pwd=a3dMZngxV1hsZTNocisxUzF6Q3lyZz09>

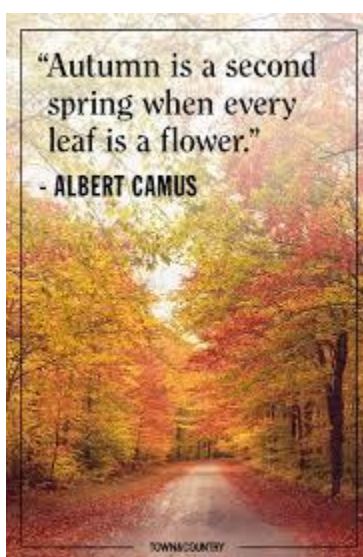
Meeting ID: 840 0611 6519

Passcode: 179588

Anti-Racism Book Discussion on October 6th



The next anti-racism book discussion will be on Tuesday October 6 at 7:30 via Zoom. We are reading "How to be an Antiracist" by Ibram X Kendi. If you are interested in joining us, please email Becca Kornet at becca_kornet@yahoo.com for more details.



Green Sanctuary Committee News



GREEN
SANCTUARY
CONGREGATION

Our next meeting is October 23 at via Zoom, 7pm
ALL ARE WELCOME!
Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for a Zoom link.

FPUU Green Sanctuary Committee Mission Statement

Our mission is to raise

consciousness about the environment, motivate for change, generate commitment to community action, and promote environmental justice, recognizing that all injustices are connected.

On Sept. 12, we, along with [Medfield Environment Action](#), held a "Climate Shoe-In" on the front lawn of First Parish to bring more attention to the urgency of climate change and need for climate justice. There are some wonderful photographs in the [local newspaper](#), on social media, and on the [FP website](#).

Someone brought the graphic shown here to the Shoe-In, giving a colorful answer to the question, "What can we do?"

The looming big step is, of course, to **vote**. Vote and encourage others to vote!

And there is more...

MEA will be hosting another virtual webinar on Sunday, Oct 18th at 4 p.m. focusing on ways that you can take action. The presenter is David Green of Dover, MA and he will speak about how he accomplished a Zero Carbon Home in his own home and saved money at the same time! He will provide practical advice and information on insulation, heat pumps, windows and solar panels. MEA is planning a follow up webinar in November with a panel of our own Medfield Decarbonizes, Medfield residents who have decreased their carbon footprint with sustainable, environmentally friendly purchases. Click on this link to register.

<https://tinyurl.com/meamedfield-Oct18>



Announcing Our Third Annual Warm Clothing & Blanket Drive to Support



hope is found in hearts connected

Thank You Dear Ones!

During the past two holiday seasons, thanks in large part to the generosity of our First Parish Family, Chaplains on the Way gratefully received several bags overflowing with warm socks, gloves, hats and new & gently used men's and women's outerwear for distribution to Waltham's unhoused community.

Homelessness in the Time of Covid-19...

The challenges that the unhoused community face on a daily basis have multiplied exponentially with Covid-19. Life for folks sleeping outside and in the shelters has changed dramatically. The library is closed. The Day Center is closed. The soup kitchen offers folks a bagged lunch, but no place to sit down and eat. People sleeping in the shelters are not allowed to stay there between 7:45am and 4pm. There are no public indoor spaces available in Waltham, so the unhoused community is forced to stay outside most of the day.

Third Annual Warm Clothing & Blanket Drive Kick-Off

With the Executive Board's enthusiastic support and approval, we will kick-off our Warm Clothing & Blanket Drive this month and keep it going indefinitely. Since the church building will be closed for the foreseeable future, my garage at 11 King Philip Trail, Norfolk will be the drop-off site.

At present warm socks, long underwear, hats & gloves, new & gently used women's & men's outerwear, blankets, comforters and quilts, are in demand along with cans of ground caffeinated coffee. Since essential items may change from time to time, I will send out monthly 'most needed' donation requests based on the street chaplains' feedback.

Feel free to call or text me at 617-429-7319 with questions or to notify me of an estimated delivery time.

With Gratitude,

Louise Rachin



FPUU Calendar of Events

Thursday, October 1	Pastoral Care Committee Meeting/7:00 pm/Zoom
Friday, October 3	Dinner & Movie on the Green/5:30 pm/Grounds
Sunday, October 4	Introduction to Universalist Unitarianism/11:30 am/ Decentering Whiteness Workshop/6:30 pm/Zoom
Thursday, October 8	Worship & Music Committee Meeting/7:00 pm/Zoom Yom Kipper
Friday, October 9	Membership Committee Meeting/12:00 pm/Zoom
Sunday, October 11	Decentering Whiteness Workshop/6:30 pm/Zoom
Monday, October 12	Columbus Day/Office Closed
Thursday, October 15	Executive Board Committee Meeting/7:30 pm/Zoom Neighboring Faiths Begins
Sunday, October 18	Decentering Whiteness Workshop/6:30 pm/Zoom
Friday, October 23	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Sunday, October 25	Decentering Whiteness Workshop/6:30 pm/Zoom
Tuesday, October 27	Staff Meeting/5:00 pm/Zoom

