



First Parish Unitarian Universalist Of Medfield

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



November Newsletter 2017

The Parson's Packet

David W. Chandler, Interim Minister

Dear friends,

We get used to calling ourselves "UUs," which is our in-group shorthand for "Unitarian Universalists." Most of the general public still knows us "Unitarians," if aware of us at all. What do any of these terms mean? Would it matter if we were "Universalist Unitarians"? Does a "life-long UU" really know something you don't?

Whether you are a new or long-term or just uncertain UU (that is our default position – it's okay), I will get out my blue boat home on Sunday, Nov. 12 and we will embark on the placid rivers of American religion, history and culture. The word "placid" is facetious – we New Englanders know they have churned from the beginning!

Surprise – or maybe not – Us and Us have been in there stirring the pot almost from the beginning. We'll start at 11:30 and run an hour or maybe a

little more, and I'll tour with you where and how the Universalists and the Unitarians came to be, how we fit in the large mosaic of religion in American history and culture, and what the water view of today looks like – and it is very much in flux in important ways.

No question too small or large, too simple or too complicated – although I may have to give some relatively simple answers, given the time constraints. But this is interactive history because each of us is making it right now. Those are traits that have always characterized us as religious people – we do make it up as we go, and we do talk about it a lot. What's with "religious," anyway? Good question – you get to decide!

Rest assured, there are some guardrails – to use the currently fashionable term. There are the Seven Principles. There are leaders like Hosea Ballou and William Ellery Channing (his statue is on Boston Common, although 25 Beacon St. is now a condo). There are famous sermons like "Unitarian Christianity" (Channing), and "The Divinity School Address" (Ralph Waldo Emerson). There is the notorious revolver Theodore Parker kept on his desk against slave-catchers and the Boston mob.

I call this excursion, "What Are UU – and Why?" After this overview, we can think about Part II – UU will pick.

Best wishes, Rev. David

Upcoming Services

Sunday – November 5 **"Praying Toward Home"** Rev. David W. Chandler
For many UUs, to pray represents a kind of burden. It may be a quiet we cannot find, a discipline we cannot achieve, or an interruption we cannot allow. Maybe our heritage of Universalism can help us head toward a little more forgiving. **Religious Exploration.**

Sunday – November 12 **"Rockets' Red Glare"** Rev. David W. Chandler
Serious issues about symbols – let us count the ways! What does a flag or a statue mean to us? What is history and what is not? Let's notice the tension inherent in our Fifth Principle – the right of conscience and democratic process. **Religious Exploration.**

Sunday – November 19 **Welcome to this moment: Staying Present in the age of Facebook and Snapchat**
Special Guest: Bob Linscott Worship and Music Committee
Bob Linscott, instructor of Mindfulness Based Stress Reduction will explore the challenges we all face in a world with increasing dependence on technology and social media and discuss research reinforcing the impact the practice of mindfulness has on our health and longevity.
Religious Exploration.

Sunday – November 26 **"The Ritual of Renewal"** Rev. David W. Chandler
The turn of the natural year approaches, and the calendar will click over to 2018. We have rituals that feel obligatory, of consumption and holiday activities. Before taking the plunge, we might pay attention to a less obvious ritual. **Religious Exploration.**

Daylight Savings Time ends at 2:00 am on Sunday, November 5th.
Don't forget to set your clocks back.



Sunday, November 12 – “What Are UU? – and Why”

Unitarians and Universalists have deep roots in American religion, history and culture – but today’s UUs are often uncertain what they are. Join me at 11:30 in the Vestry for an hour or so of exploring. Where did we come from? How did we get here? Where is “here” in the broader circumstance of contemporary religion? Questions very welcome. – Rev. David, for the Worship and Music Committee

From the Music Director

This year, we will be hosting the Thanksgiving Service, and we will also be performing at the Lowell Mason Fundraiser at the First Baptist Church in Medfield on December 2nd for the second year in a row as well as our usual Christmas Eve sing. We always welcome new members, no experience needed!



REHEARSALS

November 5, 12, 14*, 21 (Thanksgiving Service), 26, December 2 (Lowell Mason concert), 3, 10, 17, 19*, 24 (Christmas Eve Service)

* indicates a Tuesday night rehearsal from 7-8:30. All other rehearsals will be Sunday mornings at 9 a.m. (some rehearsal start times may be adjusted)

If you are a newer member who is interested in joining and have questions about singing in choir, please let me know!

I look forward to making music with you!
Eva

Medfield Farmers' Market wraps up for the Season

Here are the vendors-some who only came once or twice and others who stuck it out for the whole summer:

White Barn Farm
Wagwan Jamaican Jerk Bar
Little Beehive Farm
Jordan Brothers Seafood
Pangea Paleo Cuisine
Melt in Your Mouth Cakes and Cupcakes
Schilling Farm Fresh Eggs
Starbucks Grounds for the Garden program

Holistic
Wellness
Center
Art by Nicki
Confectionary Creations
MDS Soapworks
Mini Emporium Children's Boutique
Juice Plus



Many thanks for your invaluable help, CB, Jess and Sandra. It has taken a lot of people to make this market relatively successful :-)

Not sure if Wagwan will be able to join us again, Shawn is not sure where his business is headed yet. White barn farm, Jordan Brothers seafood, melt in your mouth cakes and cupcakes, and Little Beehive Farm will definitely come back. I will be working hard over the winter to locate new vendors for the summer, going online as well as attending craft fairs to pull in new people.

I am going to host a dinner in late January for all the vendors to brainstorm about next year: What worked and what didn't, ideas for improvements, sharing contacts for possible new vendor participants, etc. The market would probably do better on a Saturday, but most of my vendors already do Saturday markets elsewhere. We have had about 100 people coming through the market each Thursday typically, and our First Parish table made \$65-\$110 each Thursday from the baked goods.

It was fun, exhausting, delightful, inspiring. I really did enjoy it. The vendors became good friends, and everyone helped out everybody else in setting up and breaking down. We were lucky enough to have good weather almost every time.

I am hoping that we will have some kind of farmers' market task force in place for next summer to help with set up and breakdown and baking. This summer was kind of catch- as -catch can, but it would be less stressful to have more help in place.

Thanks again, all. Let me know if you have any questions, otherwise there will be more news by February. And of course many, many thanks to everyone who donated baked goods.

Susan Stromgren,
Medfield Farmers' Market Manager

THANK YOU SUSAN FOR A VERY SUCCESSFUL FARMERS' MARKET. YOU DID AN AMAZING JOB!!!

Veteran's Day, November 11th

Thank you to all our veterans for your service to our country!



For our Youth:



Last date for OWL is 11/12! Field trip, party, and OWL Olympics! Meet 7-9.

Coming of Age starts on December 3rd with a hike up Noon Hill. We'll also meet 12/17.



**ANNUAL FIRST PARISH
POTLUCK**

Friendsgiving
DINNER



Hosted by the Religious Exploration Committee

Mark your calendar!

Saturday, November 18th at 5pm in the vestry.

Bring a favorite thankful food to share with our First Parish family.

Turkey will be provided.

We will be collecting items for our furry friends at Metrowest Pet Pantry

Needed is: Postage stamps, Dry Cat food, canned cat food, Cat & dog treats, Flea/Tick/Sensitive Skin shampoo, Flea collars and Cat litter. We cannot accept: Expired food, Medications or Used bedding/toys/litterboxes/grooming supplies.

Annual Medfield Community
THANKSGIVING WORSHIP SERVICE



Tuesday, November 21, 2017
At 7:00 PM

Hosted by
First Parish Unitarian Universalist of Medfield

You are invited to join local faith leaders, choirs and congregations for special worship and welcome, beginning at 7 p.m. in our Sanctuary.

Eva Kendrick will direct the music. Rev. David and our Worship and Music Committee will lead the service.

Refreshments to follow in the Vestry.





EXPRESSO YOURSELF COFFEEHOUSE

On November 25, Espresso Yourself Coffeehouse welcomes the incredible Amy Oestreicher to share her stories under a theme of "Fibers".

We hope you'll take time from your Thanksgiving Day weekend to join us for this unique event.

Amy Oestreicher is an actress, playwright, TEDx speaker, composer, dancer, artist, and general lover of life. Surviving a coma, 27 surgeries and other trauma has inspired Amy to share her story, as has been done on NBC's TODAY, CBS, Cosmopolitan, Seventeen Magazine, Washington Post, Good Housekeeping, MSNBC, among others. A keynote speaker at international conferences, Amy has won numerous awards and accolades for her one-woman show Gutless and Grateful. She is the granddaughter of a Holocaust survivor and will share stories that explore memory, history, and transgenerational trauma. Amy is coming from Connecticut to be with us. <http://www.amyoes.com/>



"She is an inspirational figure to be sure, but her creativity expands well beyond her story."

"Amy has continued to inspire through her consummate, ever-flowing creativity, incredible message of strength and resilience, her overwhelming joy and love of life against great odds and her dedication and passion to her creative work."

Espresso Yourself Coffeehouse is an opportunity for spoken word artists to share their poetry, stories, and songs. It is held the last Saturday of every month at 7pm at First Parish Unitarian

Universalist, Medfield, MA. Open mic readers have 5 minutes to share.

Original or non-original poetry, stories, performance art, music or songs welcome. Sticking to theme encouraged. Teens and adults welcome. Refreshments from Starbucks are served. Medfield TV films event and posts to YouTube.

\$5 suggested donation (\$3 students).

Thank you to all the worker bees who helped with fall clean-up!



Green Sanctuary Committee



We are beginning our first year as an official Green Sanctuary of the Unitarian Universalist Church. And this year's goal of the GSC is to actively reduce FPUU's carbon footprint. We began meeting with members of the Buildings and Grounds Committee to review the assessment by the Massachusetts Interfaith Power & Light (MIP&L). MIP&L looked at four areas: Behavior (how aware are we?), Electricity (lights, appliances), Building Envelope (heating zones, seals, windows, insulation), and Heating/Cooling/Hot Water (efficiency of boiler, hot water heater, faucets). We used 63,455 lbs. of carbon dioxide in 2016 which is a 15% reduction and \$3,000 less than 2015. Which is great news! On the flip side, however, we are emitting more carbon dioxide than in years prior to 2014. Gas usage is 56% of our utility bill (in previous years, it has been much higher). They also found that in comparing our gas use in 2016 to 2013, we used less gas in 2013 even though it was colder. Our boilers for heating the church are seen in the photos. The report said the top one is a candidate for the Historic Boiler Museum! The Massachusetts Green Communities Acts set a goal of reducing emission in the state 25% by 2020. Scientists have called for an 80% reduction in carbon emissions by 2050 in order to avoid the worst effects of climate change. Together, we can be part of the solution instead of the problem. If we all do our part – turn off lights, check the thermostats, keep the door between the vestry and the stairs closed, raise money for a new furnace – we will save money for First Parish and help keep our environment comfortable to live in.

Notes from the Church Office



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 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.

The deadline for December Newsletter will be November 19th

If you order from Amazon – please use this link!

<http://www.amazon.com/exec/obidos/redirect-home/firstparisuuch01>



Support FPUU with Amazon.com (and it's Free!!!)

It won't cost you anything and First Parish will receive 5% of your order! Clicking the link will bring you right to the Amazon website and there is no need to do anything more than place your order like you typically would. How easy is that?

(One important note - if you had items in your Amazon 'shopping basket' before using this link, First Parish won't get the benefit of your shopping. Only items placed in the shopping basket AFTER clicking the above link help)



Supporting FPUU through Equal Exchange

Equal Exchange only sells "Fair Trade" products - by dealing directly with small farmers and co-ops, they insure that the growers and producers get a fair market price for their products - and you get some of the best produce at a reasonable price. First Parish adds 15% to the Equal Exchange price, so your purchase also helps to support the work of the church. For information on ordering from Equal Exchange, click on this link:

<http://www.firstparishmedfield.org/cms/component/content/article/45-amazon/76-ee>

The Medfield Food Cupboard



Thank you all for your continued support of our local food cupboard. Your donations definitely help to sustain many of our residents and their families. The following are the Medfield Food Cupboard's current needs:

Canned Fruit
Spaghetti
Jam/Jelly (non-grape please)
Juice (large and boxes)

Canned Vegetables
(Corn, Green Beans)

Cereal
Hot Cereal (10 packs)
Beef Stew
Chili
Cookies/Crackers

Thanks to the community's generosity, we are currently fully stocked on soup.

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



Wednesday, November 1	WDIFY Practice/7:00-9:00 pm/U-House
Monday, November 6	Medfield Historical Society/Sanctuary & Vestry The Larger Circle Band/7:30 pm/U-House
Wednesday, November 8	Transition Team Meeting/7:30 pm/U-House
Thursday, November 9	Worship & Music Committee Meeting/7:15 pm/Vestry
Friday, November 10	Veteran's Day Observed
Sunday, November 12	"What Are UU – and Why?"/11:30 am/Vestry Last OWL Meeting/7:00 pm/Vestry
Monday, November 13	The Larger Circle Band Practice/7:30 pm/Vestry
Tuesday, November 14	Pastoral Care Committee Meeting/7:30 pm/Vestry
Wednesday, November 15	WDIFY Practice/7:00-9:00 pm/U-House
Thursday, November 16	Executive Board Meeting/7:30 pm/U-House
Saturday, November 18	NewLife Home Refurnishing Volunteer Day Friendsgiving Potluck/5:00 pm/Vestry
Monday, November 20	The Larger Circle Band Practice/7:30 pm/Vestry
Tuesday, November 21	Medfield Community Thanksgiving Worship Service/7:00 pm
Thursday, November 23	Thanksgiving/Office Closed
Saturday, November 25	Espresso Yourself Coffeehouse/7:00 pm/Vestry
Monday, November 27	The Larger Circle Band Practice/7:30 pm/Sanctuary
Tuesday, November 28	Membership Committee Meeting/7:30 pm/U-House
Thursday, November 30	Religious Exploration Committee Meeting/6:30 pm/Vestry