

First Parish Unitarian Universalist Of Medfield

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



October Newsletter 2019

Ministerial Musings

The other morning, as I sat on the Pinky Meader memorial bench overlooking the Meetinghouse Pond, I could feel the cool, crisp morning air fill my lungs. Across the pond, I noticed that majestic tree just beginning to turn to shades of autumn, its brilliant colors reflecting on the rippling water. A bird perched in the tree, looking for its breakfast kept careful watch on the pond, and every so often would dart down to the surface and come up with a small fish.

I was reminded of the words of Mary Oliver in her poem *Song of Autumn*:

In the deep fall
don't you imagine the leaves think how

comfortable it will be to touch
the earth instead of the
nothingness of air and the endless
freshets of wind? And don't you think
the trees themselves, especially those with
mossy, warm caves, begin to think

of the birds that will come — six, a dozen —
to sleep inside their bodies? And don't you
hear the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its
bellows. And at evening especially,
the piled firewood shifts a little,
longing to be on its way.

I sat there on that bench taking in all of the life that surrounded me, just breathing. Eventually, my eyes opened. I turned and saw our peace dove weather vane glimmering in the morning sun atop our historic meetinghouse. I was overcome with such a deep sense of gratitude. A sense that I am where I am meant to be.

Thank you for welcoming me so fully and graciously into this community. I am so blessed to be here. I look forward to walking on this journey together.

Yours in faith,
Rev. Dave

Upcoming Services

October 6 - Atonement - Yom Kippur is the holiest day of the year in Judaism, where atonement and repentance are sought for any sins committed over the previous year. When we cause injury to those we love and even to those we have never met, how do we make right that which has been broken?

October 13 - Whose Story is It? - What are the stories that we tell ourselves of the history of the United States of America? Who controls how our past is told and how will it be explained to future generations? This weekend, are we marking Columbus Day or Indigenous People's Day... or both? This Sunday we will explore how our shared cultural narrative shapes who we are as Americans and as Unitarian Universalists.

October 20 - Guest speaker, Rev Rebecca Sheble-Hall - On this Sunday, the Rev. Sheble-Hall from Chaplains on the Way will be our guest speaker. She will describe her experience of going out into the streets of Waltham to bring a ministry of spiritual care and hope to those who are experiencing homelessness, living in poverty, dealing with mental illness and/or addiction. We hope you will join us for this important service.

October 27 - All Souls Day - When those we love pass away, are they ever really gone? On this Sunday we will honor all those who we have lost and remember all that remains. Please join us for this day of shared remembrance.



Medfield Day

WE LOVED MEDFIELD DAY!

It was an amazing day! Many people from the wider community were reached by our efforts.



Jeanette Ruyle and Sarah Zitoli wish to thank all the helpers:

Set up — Faye and Arnold; Jen P

Pumpkins— Samantha, Jen P, Leanne, Jessica R

Henna tattoos— Rev. Dave, Jessica R, Julia R

Green Sanctuary tables— Fritz, Katrin, Thea, Eve, Kay

Espresso Cafe — Thea, Shirley

Steeple tours— David M, Marshall, David S

Clean up— many of the above plus Diane M

Thank you, thank you! If we missed anyone, we apologize.



NEW this year: a calm "rest and water tent" for anyone and everyone—an example of hospitality. It was popular! Thank you, Diane Maxson, for the idea.

See the church [Facebook page](#) for more photos.



Green Sanctuary Committee News



Our next meeting will be **Friday October 11**
FPUU in the vestry. 6 pm -- potluck supper
7-9 pm – business what are our goals for this year?
ALL ARE WELCOME to come anytime!

We have a banner! Eventually it will move to another place on the church, but for now it looks great out front. Thank you to David Russell for help in hanging it up. Thank you to Don Rolph and David Maxson for technical advice.



The Green Sanctuary Committee has been busy this past month with reaching out to the wider community on Medfield Day, and, taking part in the Boston Climate Strike. Both events were important—one being part of a beloved local tradition and the other being part of a global effort.



Our mission is to raise consciousness about the environment, motivate for individual and systemic change, generate

commitment to community action, and promote environmental justice, recognizing that all injustices are connected.



Questions? Contact [Jeanette Ruyle](#). We welcome input and interest! Come to a meeting!

Religious Exploration

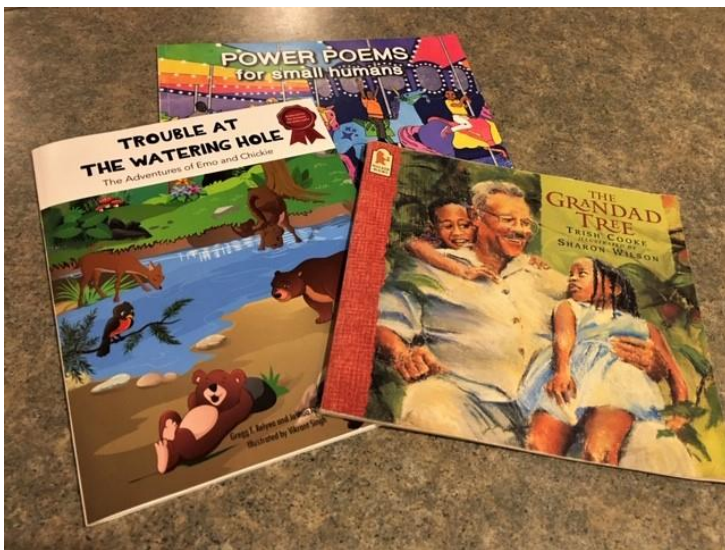
Religious Exploration Library Book Tower

Have you ever noticed in the vestry the four-sided wooden structure that holds children's books? It has been part of the Religious Exploration/Education program for years and houses most of the children's RE library. The books are selected and curated to reflect our Unitarian Universalist values and passions. Although a few of them can also be found in the local public libraries, many were purchased because they would not otherwise be easily available. The books are for children to look at while they are in the vestry. At times they serve as a resource for RE sessions and for worship.

Soon there will be a system in place for anyone to sign out a book to borrow and take home. The book categories will also be updated with new easy-to-understand signage, and the tower might be moved to a more accessible spot in the vestry.

If you are interested in helping maintain the RE library—sorting, straightening, labeling, planning etc.—please let [Samantha Nemeth](#), Coordinator of RE, or [Leanne Harvey](#), chair of RE Committee, know.

These are three recent RE library book additions:



Power Poems for Small Humans is published by Flamingo Rampant, a micro-press producing feminist, racially-diverse, LGBTQ positive children's books "in an effort to bring visibility and positivity to the reading landscape of children everywhere." *Trouble at the Watering Hole* by Greg Relyea and Josh Weiss—about conflict resolution. *The Grandad Tree* by Trish Cooke—about remembering good times with grandfather.



Building and Grounds



There was a lot of activity toward the end of the summer in anticipation of the arrival of Rev. Egan. To wit:

- Dan Bibel has taken a well-earned rest from emptying the trash and recycling bins, and we've instituted a rotation system of volunteers.
- Sandra Andreassi and Dawn Amaral cleaned out the RE Office and closet, and the office now looks presentable and functional.
- Eve Potts and Sarah Zitoli removed masses of old curriculum and other items from the closet in one of the classrooms. This material has been set aside for interested parties to look over, and what is not claimed will be recycled. Eve has been particularly active in attacking the buildup of the years that has accumulated in the dark corners of our buildings.
- Susan Stromgren and David Russell painted the minister's office with paint donated by Wills Hardware. Please patronize Wills whenever you can. If you do, mention that you are there because of their support of our congregation. Ask them to pass the message on to Ken Wills.
- Rev. Dave also has a comfortable new desk chair in which to ponder.
- Sara Drumm, Susan Stromgren, and Sara's daughter removed the crabgrass from between the bricks of our walkways.
- Susan Stromgren and Eve Potts also planted chrysanthemums in the children's garden. These can easily be moved if and when the children want to make their own plantings. Eve also planted chrysanthemums in the planters that flank the center entrance stairs and spruced up the small garden plot to the right of the North Street staircase.
- Jeannette Ruyle re-puttied and painted the black windows on the vestry entrance side.
- David Maxson and David Russell wrestled the old furnace that was in the basement onto a trailer and over to Allied Recycling in Walpole. They paid us \$50 for the scrap—all 700 pounds of it!
- David Temple and David Russell prepared and primed the church stucco, front step risers, and part of the North Street corner of the building. Wills Hardware made a donation to this project.
- Duncan Glover and Louise Rachin tidied up the sanctuary before the ingathering service.
- David Maxson purchased a new set of microphones; he also has our fire inspection in process.
- Many, many thanks to all the above. The church and U-House look significantly better. I fear I'm missing some people who pitched in this summer. If you know of such "elves," please let me know so they can receive recognition.



Volunteer Opportunities at First Parish

Here at First Parish, we appreciate all that you do to make this such a vibrant congregation. There are many volunteer opportunities here each Sunday. To make things easier, there is now one place to sign up. Volunteer opportunities include:

Welcome Statement



Read the Welcome Statement at the beginning of the service. Both adults and young people are

encouraged to participate!

Chalice Lighting



Choose a chalice lighting reading and read it during the service before you light the chalice. The UUA website is one of many resources for chalice lightings at:

<https://www.uua.org/worship/words/chalice-lighting>

Coffee Hour



Help is needed to make coffee and tea available and provide snacks for fellowship after each service.

Religious Exploration



Volunteers are needed to assist in the classroom.

If you would like to volunteer for any of the above, please go to:
<https://www.signupgenius.com/go/9040A4BADA62FAA8-help>

Thank you for all you do to support our time together on Sundays. For here at First Parish, we build this community together!

Medfield Garden Club Dedicates Pinky Meader Memorial Garden



On Friday September 6th the Medfield Garden Club dedicated "Pinky's Garden. The garden includes a granite inscribed bench behind First Parish and overlooks the Meetinghouse Pond and the Dwight Derby House.

Pinky Meader was an avid gardener, mentor and longtime Medfield resident who passed away leaving a deep legacy of horticultural knowledge and civic beautification.



**Autumn Silent Retreat
in the beauty of the Berkshires
Your Own Directed Silent Retreat
Sunday, October 20 - Friday, October 25
Rowe Camp and Conference Center
Rowe, MA**

A special invitation from Shirley Riga, Spiritual Guide



Imagine if you could get away for a four-day five-night silent retreat all to yourself in the Berkshires! Rowe's beautiful woodlands is at your beck and call to offer you time to replenish your body and spirit.

- A chance to escape the hectic world and its distractions
- Stroll the labyrinth
- Bask in a sauna
- Journal by the waterfall
- Hike the trails
- Daily yoga practice
- Libraries of books at your disposal
- And blessed silence

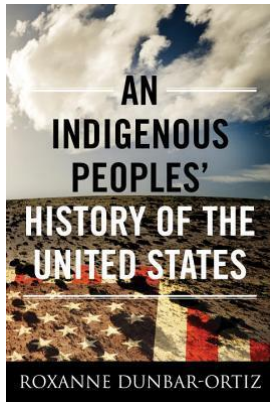
Imagine you also could meet privately with a spiritual guide once a day to break the silence for an opportunity to check in, ask questions, reflect, and get advice and direction for your journey.

Rowe offers this silent directed retreat seasonally supported by interfaith spiritual guides. Meals consist of fresh, healthy, and delicious food, mostly vegetarian. Accommodations are simple and fresh and the atmosphere is relaxed.

I hope you will join me at this replenishing retreat.

For more information please contact Shirley Riga at Shirleyriga@gmail.com

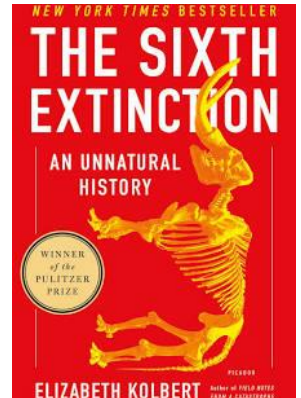
Green Book Club at FPUU



← ← The **October** meeting is Tuesday October 22 in the vestry at 7 pm. The book is *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz.

The **November** meeting is Tuesday November 19 at 7pm. The book is *The Sixth Extinction: an Unnatural History* by Elizabeth Kolbert. → →

Please join us whether you have read the book or not. The discussion is always interesting!



Supporting FPUU through Amazon.com and Equal Exchange



If you are using Amazon.com, you can help support First Parish! To order on

Amazon, please use this link: <http://www.amazon.com/exec/obidos/redirect-home/firstparisuuch01> First Parish will receive about 5% of what you order and will not cost you anything!!! (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)



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, please see Dan Bibel.

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 20th

The Medfield Food Cupboard has requested the following for the month of October:



- * Tuna (solid white in water preferred)
- * Hearty soups (low sodium, if available)
- * Spaghetti
- * Jelly/jam
- * Peanut butter
- * Rice pilaf
- * Cereal
- * Oatmeal packets (boxed, not canisters)

Thanks to the community's generosity, they 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

Monday, October 7	Medfield Historical Society Meeting/7:00 pm/Vestry The Larger Circle Band Practice/7:30/U-House
Thursday, October 10	WMC Meeting/7:00 pm/Vestry
Friday, October 11	Green Sanctuary Potluck & Meeting/6:00 pm/Vestry
Monday, October 14	Columbus Day/Office Closed The Larger Circle Band/7:30 pm/U-House
Tuesday, October 15	Meetinghouse Lunch Club/1:00 pm/Vestry
Thursday, October 17	Executive Board Committee Meeting/7:30 pm/U-House
Saturday, October 19	New Life Furniture Bank Volunteer Day/8:00 am/Walpole
Monday, October 21	The Larger Circle Band/7:30-9:30 pm/Vestry
Tuesday, October 22	Green Book Club/7:00 pm/Vestry
Thursday, October 24	RE Committee Meeting/6:00 pm/Vestry
Monday, October 28	The Larger Circle Band/7:30 pm/Vestry