

First Parish Unitarian Universalist of Medfield 26 North Street, Medfield, MA (508) 359-4594

www.firstparishmedfield.org



January Newsletter 2020

Ministerial Musings

Welcome to January! As always, with the new year comes a sense of promise and hope for the future. We wonder what will come in our lives. We make resolutions and flimsy promises. We enthusiastically tell ourselves, "This is the year that I will get in shape and be my best self!" ...well, at least until Groundhog Day.

Yet as optimistic as we might be for the future, we cannot shake the memories of the year that was 2019. A year when hope often seemed in short supply. We remember raging wildfires, oceans rising, mass shootings, walls being built, children in cages, reckless tweeting, abuses of power, and impeachment. 2019 increased our collective anxiety, leaving us a nation harshly divided and angry at one another. It truly was a year many of us would like to forget.

But yet, as Unitarian Universalists, we simply are not able to turn a blind eye. We know that there is much work to be done to make our neighborhoods, our country, and our world a kinder and fairer place. For we are a faith that sees the inherent worth and dignity in *everyone*, not just with those whom we agree. We are a faith that seeks out justice and equity, in a very unequal and unjust world. We are a faith that understands that we are part of an interdependent web, and what affects one, affects us all. As U.U.s we are called to love one another in the best way we know how, even with those whom we may not even like.

These Unitarian Universalist principles are easy to say, but what would it look like if we actually lived these values? Well, that is another matter altogether; something I am sure we all struggle with every day. Our principles call us to rise to be our best selves, even when we are angry and bitter. We try to live our values, but often we fail miserably. I am reminded of the words of the playwright Samuel Beckett, "Ever tried. Ever failed. No matter. Try Again. Fail Again. Fail Better."

So as we enter into 2020, may we strive to open our hearts to the beloved stranger. May we move out of our comfort zones and challenge our preconceptions of the other. May we strive to respect our differences, and learn from those who see the world in a very different way. Some days we will make mistakes and forget our best selves, but I pray that we will have the wisdom to get back up and try again tomorrow. For if we are to heal our individual and collective wounds, this is what the times require of us.

My friends, compassion is hard to practice. But try again. Fail again. Fail better.

Many Blessings, Rev. Dave

Upcoming Worship Services

January 5

Where is God?

Based on his first year of teaching art in Roxbury, Rev. Dave will explore how the divine is present in our daily lives, and what happens when we feel abandoned by that love. Following the service, everyone is encouraged to grab a drink and a snack and join the Committee on Ministry in the Vestry, as we brainstorm the mission of FPUU, and which of our ministries are strong and which could be improved. Come let your voice be heard!

January 12

#OKBoomer Preferred pronouns? Trigger warnings? Gender fluidity? #MeToo? Cancel culture?? Wokeness?!? ...#OKBoomer. As with each new generation, our cultural norms are shifting rapidly and many struggle to make sense of how to keep up. While much of our national dialog these days seems to focus on the generational divide, the issues at play go much deeper than age. How are we as Unitarian Universalists called to respond when our world view is challenged, and we are forced to reexamine our long-held assumptions?

January 19

Dismantle and Rebuild

Rev. Dave Egan In this intergenerational service, our children will examine the history of oppression in our country. On this Martin Luther King Jr weekend, they will tell us the stories of those in our UU faith who were not willing to accept the status guo and worked to change our world for the better. While much progress has been made, there is still much in our society that is unfair. There is still much to dismantle and rebuild. There will be no Religious Exploration classes on this Sunday, since the children will be participating in the service.

Poetry Sunday Worship & Music Committee January 26 Are you stirred by the poetic rhythm and evocative imagery found within poetry? When you hear the lyrical quality of the spoken word, are you transported to another time and place? If so, then come join us this Sunday when the Worship and Music Committee will present a soulful and thought-provoking service filled with wonderful poetry and music.

Rev. Dave Egan

Rev. Dave Egan

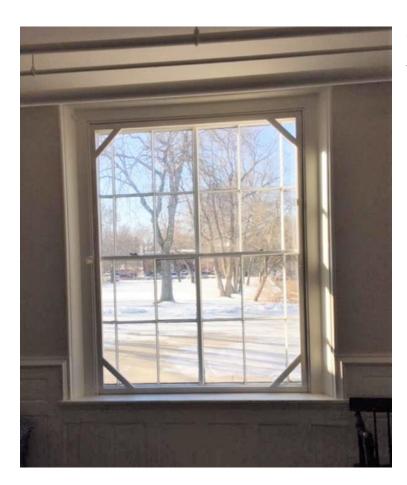
Christmas Eve Candle Light Service Donation



We are pleased to announce that a total of \$678.00 was split between The Medfield Food Cupboard and Chaplains on the Way following the Christmas Eve Candle Light Service.

Thank you to all those who contributed!

Storm Windows



Another interior storm window for the vestry has been completed! The elves were here. Three more to go...

Thank You

Winter Silent Retreat

in the beauty of the Berkshires Your Own Directed Silent Retreat Sunday, January 5 - Friday, January 10 Rowe Camp and Conference Center Rowe, MA



A special invitation from Shirley Riga

Start your New Year with a four-day five-night silent retreat all to yourself in the Berkshires! Start the New Year with yourself. Rowe's beautiful snowy woodlands is at your beck and call to offer you time to replenish your body and spirit.

- A chance to escape from the hectic world and its distractions
- Bask in a sauna
- Hike the trails and enjoy nature
- Daily yoga practice
- Libraries of books at your disposal
- Warm and cozy meals
- Creativity
- And blessed silence

Imagine you could also meet privately with a spiritual guide once a day to break the silence for an opportunity to check in and reflect on your soulful 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 warm and simple and the atmosphere is relaxed.

I hope you will join me at this replenishing retreat. Shirley 4

Want to Save the World?

"Not all of us can do great things. But we can do small things with great love."

-St. Teresa of Calcutta



Rev. Dave Egan would like to invite you to join us for a wonderful volunteer opportunity! Fair Foods at the UU Urban Ministry in Roxbury is a non-profit food rescue organization dedicated to providing surplus produce to those in need. Since 1988, they have rescued and delivered millions of pounds of fresh produce to low income communities throughout New England and around the world.

On the second Saturday of every month, we will be venturing into the UU Urban Ministry in Roxbury for Fair Foods. We will meet at **9:30 AM on Saturday**, **January 11** in the FPUU Vestry for coffee and bagels, before carpooling into Roxbury together. Bring the kids, for there are jobs for all ages and ability levels... from moving crates of potatoes, to sorting kale, to filling up bags with bananas. The project goes until 2:00 PM, but feel free to stay for as long or as little as you like. Dress warmly since we will be working both inside and outside. For more information, visit: www.fairfoods.org www.uuum.org Hope you can join us!



"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs are people who have come alive."

-Howard Thurman

LOVE CONNECTS US SO WHO'S IN FOR GAME NIGHT??? ALL AGES WELCOME!!!

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D-INLANT



WHEN: SATURDAY JANUARY 11th FROM 6:00 TO ? WHERE: FIRST PARISH MEDFIELD VESTRY

GAMES, PIZZA & SOFT DRINKS WILL BE PROVIDED

Suggested contribution \$5 per person, \$10 per family

BYOB (Bring your own board games, beer & brood)

RSVP To Louise Rachin at <u>Irachin@comcast.net</u> By Monday January 6th

Annual Fund Drive 2020-2021

HENDAGUS W

Green Sanctuary Committee News



Our next meeting will be Friday January 24, 2020 FPUU in the vestry. 6 pm -- potluck supper 7-9 pm – business ALL ARE WELCOME to come anytime!

For the New Year-- a poem by Joy Harjo to remind us of what to remember as we go on:

Remember

Remember the sky that you were born under, know each of the star's stories. Remember the moon, know who she is. Remember the sun's birth at dawn, that is the strongest point of time. Remember sundown and the giving away to night. Remember your birth, how your mother struggled to give you form and breath. You are evidence of her life, and her mother's, and hers. Remember your father. He is your life, also. Remember the earth whose skin you are: red earth, black earth, yellow earth, white earth brown earth, we are earth. Remember the plants, trees, animal life who all have their tribes, their families, their histories, too. Talk to them, listen to them. They are alive poems. Remember the wind. Remember her voice. She knows the origin of this universe.

Remember you are all people and all people are you.

Remember you are this universe and this universe is you.

Remember all is in motion, is growing, is you. Remember language comes from this.

Remember the dance language is, that life is. Remember.



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.

Questions? Contact <u>Jeanette Ruyle</u>. We welcome input and interest! Come to a meeting!

LET'S DO BRUNCH!!!!!

First Parish Unitarian Universalist of Medfield

&

The Meeting House Lunch Club For LGBT Seniors, Friends and Allies

Request the Pleasure of Your Company for our

"Love Connects Us" Brunch

Featuring The Larger Circle Band

Saturday, January 25, 2020 11 am - 2 pm

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> All are welcome to attend the first of what we hope to become an annual intergenerational celebration

> > Please RSVP to Louise Rachin at <u>Irachin@comcast.net</u> by January 20th

Suggested meal contribution \$3.00 for seniors & children \$5.00 for adults under 60

Please No Coffee in the Sanctuary (And please remember to silence your cell phone)



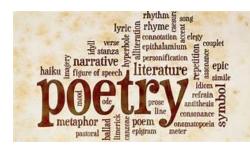
Several people have complained to me about coffee drinking in the sanctuary. For two reasons. We have coffee stains on the cushions and carpeting.

Also it really isn't appropriate for a sanctuary. Yes, I know we are a liberal church but can't we wait till coffee hour for our caffeine fix? Besides, I'm not very good at cleaning up coffee spills.



Thanks, Eve Potts, Building and Grounds member

Poetry Sunday is on January 26, 2020



Come—share a poem— Yours, or an old favorite— To light our way on.

The Worship and Music Committee is pleased to announce that our annual Poetry Sunday Service will take place on January 26, 2020. You can email Jen Bartle (jenbartle@gmail.com) by January 19 to have your name and selection appear in the Order of Service, or just show

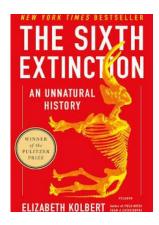
up with your poem that day! Thanks for participating in this First Parish favorite!

Green Book Club at FPUU

The **next meeting is Tuesday January 28, 2020 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!

Our book for **February** will be <u>The Earth Moved</u>: <u>On the Remarkable</u> <u>Achievements of Earthworms</u> by Amy Stewart. Meeting date is TBD.



Notes from the Church Office:



Please remember the following deadlines:

<u>Church Newsletter</u>: Third Sunday of the month. January 19th <u>Order of Service</u>: Wednesdays by 5:00 pm.

Church Office Hours: Mondays & Thursdays from 9:00 am to 3:00 pm. Email: <u>admin@firstparishmedfield.org</u> Sandra Andreassi-Administrator

Follow us on Facebook & Instagram



Facebook@ https://www.facebook.com/FirstParishMedfield/ Instagram @ firstparishmedfield



Weather ALERTS:

Yes. It's that time of year. If a Sunday service is delayed or canceled, an ALERT will be posted on our website, firstparishmedfield.org. We will also send an email to everyone

through MailChimp. The decision will be made no later than 7:00 a.m. on Sunday. — Executive Board

The Medfield Food Cupboard



The Medfield Food Cupboard thanks you for your on-going support. Your continued efforts help us to maintain a huge service that would be so difficult to maintain without your generosity. These are the current needs:

Juice- Large Bottles Applesauce-6 packs Individual Snacks (granola bars, cheese and cracker packs, etc.) Hearty Soups (low sodium if possible)- Fully stocked on Condensed Soups Chili Beef Stew Jelly/Jam Cereal

FPUU Calendar of Events

Wednesday, January 1	New Year's Day
Thursday, January 2	Pastoral Care Committee Meeting/7:00 pm/Minister's Office
Sunday, January 5	Congregational Conversation w/Committee on Ministry/11:15 am/Vestry
Monday, January 6	The Larger Circle Band/7:30 pm/Vestry
Thursday, January 9	Worship & Music Committee Meeting/7:15 pm/Vestry
Saturday, January 11	Fair Foods at UU Urban Ministry/First Parish Roxbury/9:00 am
	Game Night Pizza Party/6:oo pm/Vestry
Monday, January 13	The Larger Circle Band/7:30 pm/Vestry
Thursday, January 16	Executive Board Meeting/7:30 pm/U-House
Saturday, January 18	New Life Furniture Bank of MA/Volunteer Day
Sunday, January 19	Newsletter Deadline
Monday, January 20	MLK Day/Office Closed The Larger Circle Band/7:30 pm/Vestry
Thursday, January 23	RE Committee Meeting/7:00 pm/Vestry
Friday, January 24	Green Sanctuary Potluck Meeting/5:30 pm/Vestry
Saturday, January 25	Love Will Connect Us Brunch/11:00 am/Vestry
Monday, January 27	The Larger Circle Band/7:30 pm/Vestry
Tuesday, January 28	Green Book Club/7:00 pm/Vestry

