

First Parish Unitarian Universalist of Medfield

**26 North Street, Medfield,
MA**

(508) 359-4594

www.firstparishmedfield.org



LOVE CONNECTS US

February Newsletter 2020

Ministerial Musings

Welcome to February! Here we are in the middle of winter, even if lately the weather has often felt more like spring. Though as I keep telling my daughters, perhaps a little naively, there is still time for a real, old-fashioned, New England blizzard or two. We may yet be able to go sledding and ice skating and skiing. Well at least here's hoping!

But we are also in the middle of our first church year together, and from my vantage point as your new minister, there is much to celebrate. I continue to be so impressed by how well you all build community every day. To anyone who will

listen, I find myself telling folks "Those FPUU Medfield folks sure know how *to church!*" I see the good work you all are doing every day on various committees, in creating a beautiful and welcoming space each Sunday, in offering top-notch religious education to our children. I am amazed by how much you all give back to this community that we all love.

Then I see all of the new things that our church is doing together. Last month we had a great turnout for our volunteer outing to Fair Foods at the UU Urban Ministry. We had two fabulous family-friendly events this past month: the Pizza Game Night and the Love Connects Us Brunch, both brought to you by our hard-working Annual

Fund Drive Committee. Our Online Communication Team, has been working collaboratively to promote our congregation on social media, and to film and post our worship services online. Our newly formed Committee on Ministry is working to assess the health of our various FPUU ministries, and to determine how our shared values can help direct our work in the world.

I also see all of the exciting things coming up. Starting the first Sunday of each month, Shirley Riga will be offering a mediation group before church in the U House. Our amazing music director Eva Conley Kendrick was just awarded a Mass Cultural Council Grant for a Meetinghouse

Concert Series, bringing four concerts per year to FPUU, which will be fundraisers for our church. We are also looking forward to our upcoming Small Potluck Suppers, arranged by our Annual Fund Drive Committee.

As I said, there is much to celebrate! I continue to be amazed by each and everyone of you. Amazed by your dedication, amazed by your talents, amazed by the fact that you show up and give so fully of yourselves every day. Thank you for all that you do. Thank you for bringing your energy and your passion to this community.

Thank you for knowing how *to church* so well!

In faith and service,
Rev. Dave

Upcoming Services

February 2

Our White Supremacy Culture

Rev. Dave Egan

As we enter black history month, Rev. Egan will take a look at our Unitarian Universalist history of racism and classism, and how this continues to affect us today. While we assert that we honor the intrinsic worth and dignity of everyone, our UU faith has often failed to live up to this ideal. We hope you will join us following the service in the Vestry for a congregational conversation, where all are invited to talk about this difficult topic. Come let your voice be heard!

February 9

Little Packets of Love

Rev. Dave Egan

With Valentines Day fast approaching, we will explore different kinds of love. We will first talk about the importance of loving ourselves, with all of our beautiful imperfections. Using the Gary Chapman's *The Five Love Languages*, we will look at the various ways people express and accept love with one another. Finally, we will look at the universal love known as *agape*; the love that transcends time and place, but somehow feels as familiar as an old friend.

February 16

What's Love Got to Do With It?

Worship and Music Committee

On Valentine's Day weekend, join us for a lay-led service where we will share love letters written by prominent individuals including artists, writers, musicians, actors, poets, politicians, and soldiers.

February 23

Let our Service Begin

Rev. Dave Egan

During this intergenerational worship service, we will talk about what it means to give back to this community that we love. Following the worship service we will have a pizza lunch, then the Building and Grounds Committee will lead all interested volunteers on repairing, fixing and sprucing up our beautiful historic meetinghouse and U House. We invite all to come to church dressed in comfortable work clothes, as we give our buildings some much needed love!

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



**fair
foods inc.**
a 501(c)3 non-profit organization



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 first 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, February 1** 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

New Sunday Morning Meditation Circle – Begins February 2nd



Meditation Circle in Medfield held the first Sunday of the month
9:15-10am in the U-House.

All are welcome. A safe place to practice self-care. Non-denominational. (childcare provided)

There's a saying, "In silence we can hear our soul speak." Science has shown that silence helps our overall well-being, from lowering our blood pressure to growing more brain cells linked to remembering and emotions. Studies have found that silence is even more relaxing than 'relaxing' music. Meditation lets you be present with yourself through breath.

Come join us. Free. For more information, contact Shirley Riga (413) 537-7582 or shirleyriga@gmail.com

Notes from the Church Office:



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. – **February 23rd**

Order of Service: Wednesdays by 5:00 pm.

Church Office Hours: Mondays & Thursdays from 9:00 am to 3:00 pm.

Email: admin@firstparishmedfield.org

**Please contact the office if you need to book space at
either the Sanctuary, Vestry or U-House.**

Religious Exploration

OWL Begins February 9th



Hello First Parish!

Religious Exploration has been working hard this past fall. We have explored the sources of Unitarian Universalism, learned about who we are in this expansive world, and presented our thoughts on the causes of Global Warming and its affects and how it relates to our own values.

Starting this month, we will be doing Our Whole Lives for grades 6 & 7, we will be calling this OWL Junior. Sarah Zitoli and Samantha Nemeth will be facilitating this course – we are so delighted to bring this to our beloved church. The ten-session class will address the mysteries of physical, emotional and social changes occurring at puberty. Participants will explore values, communication and decision making, as well as health and development. We will begin having our 6th and 7th grade OWL Class from 9:45-11:15 starting February 9th. We will be hosting our parent and child orientation on February 8th from 9-11:30.

The younger group, our K-5, will continue to learn about our UU sources and will be led by several of our RE parents, and if you would like to volunteer, let us know – the more hands & hearts – the better! Don't forget, in March we will be presenting our next service – the Vernal Equinox!

Please feel free to email Samantha with any questions!

Samantha Decker Nemeth
Coordinator of Religious Education



The Meeting House Lunch Club

for LGBT Seniors, Friends and Allies

Lesbian, Gay, Bi-Sexual & Transgender



**Please Join Us for Lunch and
“Love Letters Straight from Your Heart”**
We invite you to bring love letters that you would like to
share with the group.

Monday, February 3rd, 2020

11am to 1pm

First Parish Unitarian Church

26 North Street

Medfield, MA

For further information or to register
call HESSCO Nutrition Department at 781-784-4944

Or email Louise Rachin at lrachin@comcast.net

To ensure a meal please RSVP by Jan. 30th
Support for this event provided in part by the
Metro West Health Foundation

Suggested meal donation \$3.00 for seniors over 60, \$5 charge for anyone under 60

HESSCO
Care. Support. Solutions.



EW LGBT AGING
PROJECT

Small Suppers - You're Invited! To sign up go to:

<https://www.signupgenius.com/go/10c0e4aafad2da0f58-potluck>

First Parish Unitarian Universalist of Medfield
invites you to join us for our...



Potluck Small Suppers

Hosted in the Homes of First Parish Members

Saturday February 8th
and
Saturday February 22nd

Mark your Calendars!



Love Connects Us

Brought to you by your Annual Fund Drive Committee

Green Sanctuary Committee News



Our next meeting will be **Friday,
February 21, 2020**
FPUU in the vestry. 6 pm -- potluck supper
7-9 pm – business
ALL ARE WELCOME to come anytime!

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.



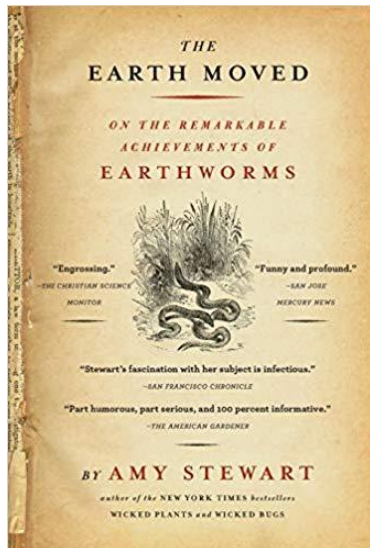
One might notice that our mission statement says nothing specifically addressing our First Parish UU buildings and their “greenness.” And yet we as a committee/group have been closely involved with and concerned about the state of our physical structures in regards to our overall carbon footprint. Our buildings, as well as our behavioral habits, have an impact on the environment, including climate chaos, and therefore affect the welfare of the interdependent web of all existence. So, the condition of the First Parish buildings is one angle from which the Green Sanctuary Committee carries out our mission, but is certainly not the only one.

As we finish constructing removeable interior storm windows for the vestry windows (the third one, pictured here, was completed at the January Game Night), we will be working in concert with the Building and Grounds Committee and other FPUU leaders on additional ways to lessen our carbon footprint. A [Mass Save](#) representative was at FPUU recently and we are awaiting their report for both buildings.

Questions? Contact [Jeanette Ruyle](#). We welcome input and interest! Come to a meeting! We have kept up with our customary potluck dinner at meetings because it is fun and delicious, but you can show up later if you like.

Green Book Club at FPUU

The next meeting is **Tuesday February 25, 2020 at 7pm**. The book is [The Earth Moved: On the Remarkable Achievements of Earthworms](#) by Amy Stewart. There are several copies available through the Minuteman Library network (the cover may look different).



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

NOTE: There are **books for loan** from our past book features and sometimes the current book is available. **Take a look at the GSC/Social Justice table by the vestry door.**

Global Issues Group

By Blanche Teyssier

Great Decisions

(https://www.fpa.org/great_decisions/) is sponsored by the Foreign Policy Association. Each year they publish a book of articles on current events. There is a group in Westwood that meets one Thursday each month at the Westwood Public Library. The first one for this year is **February 27 (7pm)**. (The library needs to update the webpage)

The group/activity is fabulous. You simply show up and there is a 10 minute overview movie on the topic and then discussion. You can get the magazine in advance and read the article, but even if you don't, the movie helps you out, so attend even if you didn't do the reading which make take about an hour or less. There is absolutely no obligations created by attending! You can attend one or many. There is a break in the summer and it resumes in the fall.

Great Decisions: 1st Discussion Climate Change Meets the 4th Thursday of each month at Westwood Public Library
First Meeting: Thursday 2/27/20 @7 pm.
Organizer: Tina McCusker:
TMcCusker@minlib.net

Stay even more Informed with FPUU

Follow us on Facebook @ <https://www.facebook.com/FirstParishMedfield/> and Instagram @ firstparishmedfield



What is UUtheVote?

By Thea Iberall

"In moments of moral crisis, Unitarian Universalists know we are called to show up. And 2020 is one of those moments. If we are to survive—as a human species broadly and as a UU religious community specifically—we are called to speak with moral courage and act with prophetic clarity, making our lives and our actions an embodied example of the relevance and saving power of our values and our faith communities." –UUA

In 2008 in California, I knew something was wrong when same-sex marriage was more of a moral issue than climate change. So, when I moved to Massachusetts, I joined First Parish in Medfield because of its principles. As the UUA says, "Unitarian Universalist values of interdependence, democracy, and the inherent worth and dignity of all people are direct antidotes to the fear, bigotry, and inequity that define our world." For equality, equity, and justice as demonstrated by Cissy Hull and the kids in the Time for All Ages in the January 19 service.

The year 2020 is shaping up to be a critical year, and the UUA says our religious community must speak with moral courage and act with prophetic clarity and determination in the 2020 electoral cycle.

It is with that in mind that the UUA launched **Uuthevote** in January 2020. They say that if you have done any kind of social justice work, whether attending a rally to writing

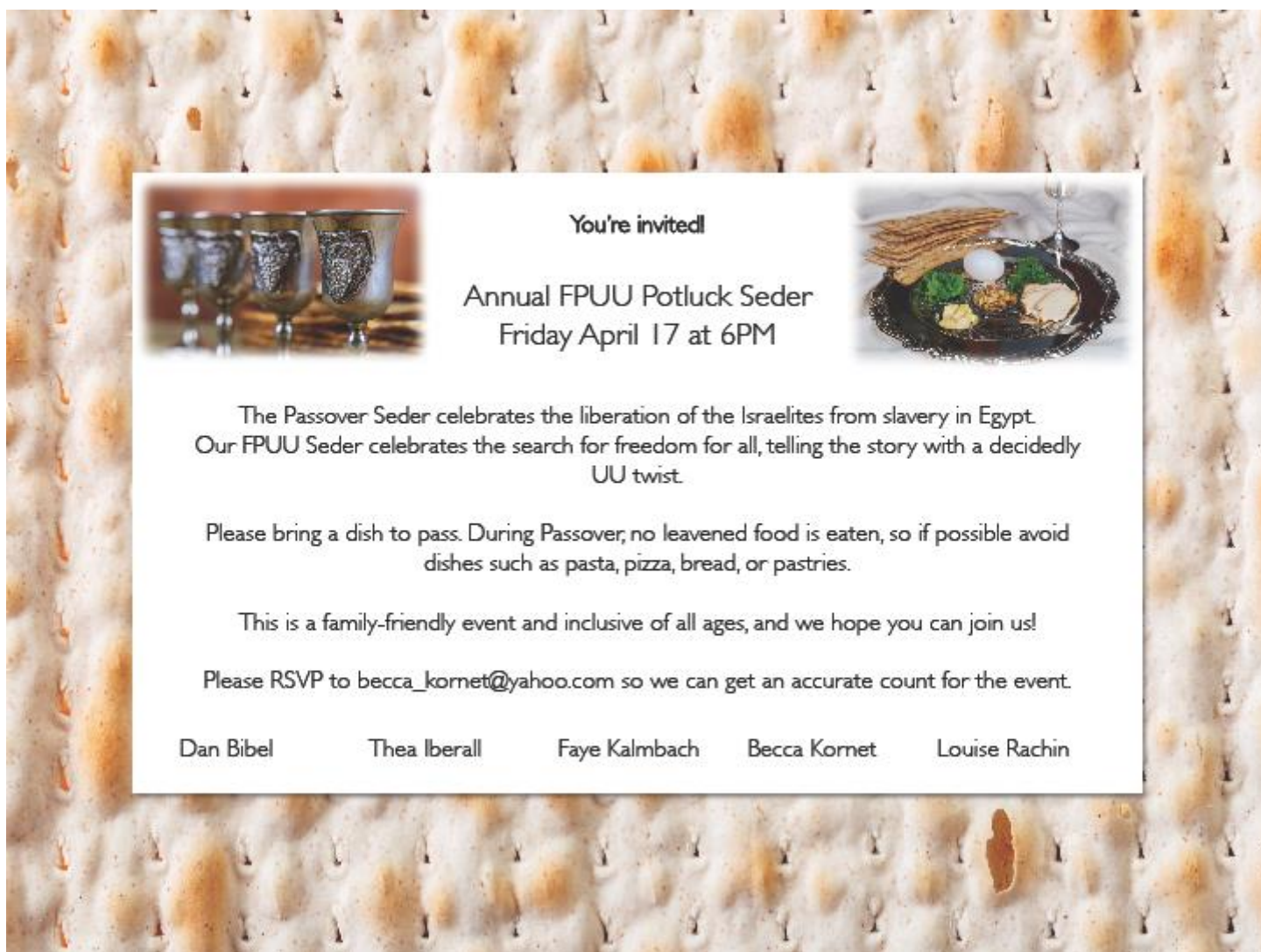
postcards and letters to elected officials, you have already been doing the work of UU the Vote. This is about UU individuals and committees working together in collaboration.

UU the Vote is not about starting from scratch. It's about continuing in our justice ministries: our Green Sanctuary work, our walks for hunger, our volunteerism, community donations, and so on. The UUA is asking us to integrate electoral engagement into our strategies for change. UU the Vote will be supporting congregations to form teams for:

- Mobilizing voters
- Challenging voter suppression
- Holding values-based conversations
- Opening the doors of our congregations to justice partners
- Providing the spiritual sustenance

Ideas they suggest include things like offering our building for launching canvassing operations, encouraging climate activists to vote, hosting candidate forums, phone banking, and fundraisers. As the year progresses towards November, the UUA is going all out to support congregations in integrating these inclusive actions.

Go to <https://www.uua.org/justice/vote2020> to learn more about uuthevote. I welcome your thoughts on how FPUU in general and you in particular will integrate electoral engagement into our strategy for change.



The Medfield Food Cupboard – Help Our Neighbors in Need



The Medfield Food Cupboard has the following requests:

Juice- Large Bottles
Bags of White Rice
Individual Snacks
(granola bars, cheese and cracker packs, etc)
Hearty Soups (low salt if possible)- Fully stocked
on Condensed soup.

Applesauce - 6 packs
Beef Stew
Jelly/Jam
Cereal
Chili

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.

Chronic Sorrow

By Shirley Riga, Pastoral Care Committee Member

During the mid-nineties, I was actively parenting my adolescent children and practicing every self-help skill I knew of to help manage my daily stress. My youngest daughter had just turned 17 years of age, having lived her young life not knowing what a healthy body was. At the age of six weeks she had been diagnosed with two liver diseases. I was swallowed up in grief, fear and dread knowing there was no cure and doing my best to accept her diseases and deny them all in the same breath. I was clinically depressed, anxiety ridden and a constant worrier. On top of that, I was bullying myself to get a grip, pull myself together and smile. Positive thinking was the way to handle all problems, right?

Then I came across the term “chronic sorrow”. Discovering what chronic sorrow was helped me find compassion for myself and ease the self-bullying. Chronic sorrow is a theory written originally by a neonatal intensive care unit nurse as she observed parents and caregivers experience recurring intense feelings of grief. I remember feeling like someone finally understands me. It was a puzzle piece to my never-ending sadness. More often than not, when another diagnosis was introduced, I would fall back

into a loop of sadness, like it was the first day it happened. It was a cyclical experience.

Looking back on these tumultuous years and having recovered from the deep loss of my daughter (if one ever really can), I am realizing how helpful it was for me to understand chronic sorrow. Since my discovery of this article more has been written about this theory that gives some comfort to those experiencing recurring feelings of grief and sorrow. When there’s a chronic illness present in anyone’s life, there is a recurring sense of loss that becomes a companion. There often is no closure for years. As a spiritual director, caregiver advocate and coach to those seeking help in chronic states of loss, I am also witnessing chronic sorrow with regard to the state of the environment, the ongoing saga of our government and the preposterous positions social media has put us all in. I’m seeing chronic sorrow in many arenas.

It is my hope as we step fully into 2020, those seeking peace of mind and understanding their life’s purpose and self-care skills will include a sense of compassion for their own chronic sorrow. 2020 rings in new lessons on changing the paradigms so that we can become our own self-advocates, giving ourselves the comfort and care so many are seeking from others. It is truly the answer to many of our discomforts.



Lowell Mason Holiday Concert Thank You

Eve Kendrick, Director of Music

Dear First Parish Friends,

I wanted to put out a huge thank you to everyone who helped with the Lowell Mason Holiday Concert last December, which was held for the first year at our church, where Lowell Mason was once director of music. The event was a big success, and we raised more than \$1,000 for the Lowell Mason House. Thank you to Rev. David, Becca, Louise, Susan, John, Guthrie, Margaret, Kay, Duncan, the choir and the rest of the Worship & Music Committee for their support and help!

I also wanted to let you know that we have received a Medfield Massachusetts Cultural Council Grant to help fund a new concert series at FPUU Medfield. The Meetinghouse Concert Series will feature four performances a year. Our first concerts will be an A Cappella Concert on April 4th and a Cabaret Concert on June 6th. In the fall, we will also host a classical concert and the Lowell Mason Holiday Concert. The grant funds will go towards promoting the events and paying performers, and the proceeds from the events, other than the Lowell Mason Holiday Concert, will benefit the church. I will share more details soon about these upcoming events!

Warmly,
Eva Conley Kendrick

Supporting FPUU through Amazon.com & Equal Exchange

If you are using Amazon.com, you can help support First Parish and it will not cost you anything!

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 contact Dan Bibel.

FPUU Calendar of Events

Saturday, February 1	Fair Foods at UUUM/Meet Medfield 9:00 am
Sunday, February 2	Meditation Circle/9:15 am/U-House
Monday, February 3	The Meetinghouse Lunch Club/11:00 am/Vestry Medfield Historical Society/7:00 pm/Vestry The Larger Circle Band/7:30 pm/U-House
Thursday, February 6	Pastoral Care Committee Meeting/7:00 pm/Minister's Office
Saturday, February 8	OWL Parent/Child Orientation/9:00 am/TBD Small Suppers
Sunday, February 9	Our Whole Lives RE Program Begins/9:15 am/U-House
Monday, February 10	The Larger Circle Band/7:30 pm/Vestry
Thursday, February 13	Worship & Music Committee Meeting/7:00 pm/Vestry
Saturday, February 15	New Life Furniture Bank Volunteer Day/Walpole
Sunday, February 16	Committee on Ministry/11:30 am/U-House
Monday, February 17	The Larger Circle Band/7:30 pm/Vestry
Thursday, February 20	Executive Board Meeting/7:30 pm/U-House
Friday, February 21	Green Sanctuary Committee Meeting & Potluck/6:00 pm/Vestry
Saturday, February 22	Small Suppers
Sunday, February 23	Newsletter Deadline
Monday, February 24	The Larger Circle Band/7:30 pm/Vestry
Thursday, February 27	RE Committee Meeting/7:00 pm/Vestry