



First Parish Unitarian Universalist Of Medfield

**26 North Street, Medfield, MA
(508) 359-4594**

www.firstparishmedfield.org



December Newsletter 2021

Ministerial Musings

Over the past month, perhaps you have felt a renewed sense of optimism in the congregation. While we enjoyed our outdoor hybrid services in September and October, there was always the underlying anxiety of what would come next when the weather got cold. Well, as we all know, we pulled up our bootstraps, purchased and installed industrial HEPA filtration systems on both floors of our meetinghouse, allowing us to worship together indoors for the first time in 18 months. There was a palpable feeling of homecoming and joy when

the congregation re-entered our spiritual home, either from home or in-person, to a space that helps to ground us and sustain us. This homecoming has translated into a new spirit of excitement and hope, felt in many ways throughout the life of this congregation.

This joyous spirit continues as we enter the holiday season, breathing life and vitality into our congregation. There are many special events coming up here at First Parish in December. This

Friday, December 3rd, our new Membership Outreach Committee is organizing an FPUU offering during the Medfield Holiday Stroll. We will host outdoor, family-friendly activities on our front lawn, including eco-friendly ornament making, fair trade hot cocoa, and winter movies. There will be an RE sponsored event on December 4th, for our older children (5th grade and up) to Puzzle Break in Newton for an escape room adventure. The Pastoral Care Team is hosting a Chalice Circle, a time for quiet reflection and thoughtful conversation, following the Sunday service on December 5th.

The fun continues throughout the month. Be sure not to miss our special intergenerational worship service on December 12, where we will celebrate the 370th anniversary of the founding of First Parish. You will get to see many of our historical artifacts and a service like you might in the 17th century! The following Sunday, December 19th our children will be presenting their annual Solstice

Service that they lovingly created together. Finally our Christmas Eve service will be a bit different this year. Since our sanctuary still has a maximum capacity of 50 people, with no congregational singing allowed, the Worship and Music Committee decided that this year we will hold a 20 minute, outdoor service on the steps of the meetinghouse that will feature lots of Christmas carols, our amazing FPUU Choir, a time to tell the Christmas story, and of course our Silent Night candle lighting tradition.

There is so much to look forward to this time of year. Here at First Parish we are thankful that we are able to be back together, in whatever ways we feel most comfortable, to celebrate this joyous holiday season. For we know that being together in this community of faith, will bring warmth and light into our hearts during these darkest and coldest of days.

With joy and gratitude,
Rev. Dave

First Parish Semi-Annual Meeting, December 19, 2021



The First Parish Semi-Annual meeting will take place on December 19 following the Solstice Service. It will begin at 11:30am and end no later than 1pm. Members will vote to elect a new Nominating Committee (postponed from last June's annual meeting), to adopt the proposed 8th UU Principle, and to approve a by-law amendment authorizing the option to hold remote meetings of the Executive Board and meetings of the congregation. A quorum will be required. Other items will include reports from the minister, board, and treasurer and other business that may arise. The Semi-

Annual meeting will be conducted in hybrid format. A warrant will be sent out two weeks prior to the meeting.

Upcoming Services

Sunday, December 5

Don't Let The Light Go Out

Rev. Dave Egan

This service will focus on the timeless story of the Maccabees reclaiming and rededicating their temple in Jerusalem with a single oil lamp that lasted way beyond its usual burning time. This is a powerful metaphor for the tenacity of the human spirit and the oftentimes miraculous power of the Universe to give us what we need. *This will be an indoor, in-person worship service, that will be streamed over Zoom as well.*

Sunday, December 12

370th Anniversary Service

Rev. Dave Egan

Come join us for this special intergenerational worship service, where we will celebrate the 370th anniversary of the founding of First Parish Medfield. Many of our historical artifacts will be on display, and service participants will be in period costume. We hope you can join us for this momentous occasion!

This will be an indoor, in-person worship service, that will be streamed over Zoom as well.

Sunday, December 19

Solstice Service

FPUU Children

This intergenerational worship service will be led by the children from our Religious Exploration program. The service will focus on themes relating to Solstice, the shortest day of the year.

This will be an indoor, in-person worship service, that will be streamed over Zoom as well.

Friday, December 24

Christmas Eve Service

Rev. Dave Egan

A traditional celebration of the season, this 20-minute, intergenerational Christmas Eve service will take place on the steps of the meetinghouse, to accommodate everyone and allow for congregational singing of Christmas carols. The service will feature our FPUU Choir and our traditional Silent Night candle lighting. This service will begin at 6:00 PM.

This will be an indoor, in-person worship service, that will be streamed over Zoom as well.

Sunday, December 26

Since this Sunday falls the day after Christmas, there will be no service on this day-

Holiday Stroll

@ First Parish Medfield



Come join us on the
First Parish Medfield lawn
for family-friendly outdoor fun.
There will be Equal Exchange hot cocoa,
winter movies, and eco-friendly ornament making.
Hope to see you there!

Friday, December 3rd
4:00 - 7:00pm

November 14 – Leaf Raking Party

Many rakes make light work and leaves disappear.



(Photos submitted by Duncan Glover)



Building & Grounds

David Maxson and Glen D'Abate installing duct work in the church attic to provide HEPA-filtered air to the congregants.



Building & Grounds Upcoming Workday- Sunday, December 5



Building and Grounds will be holding a workday on Sunday, December 5 from 1 to 4. Please reach out to David Russell for more information.

Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

My Special Place

One of my favorite TV shows when I was younger was “I Dream of Genie” because I wanted to live inside her bottle. It was the perfect space, with color and comfort that I yearned for. The inside of the bottle was the sigh of relief I sought.

My imagination is the canvas I use to build this comforting place within. My ideas and inspirations have changed in time, and yet the essence that brings that sigh of relief is always present.

As I learn to control my thoughts and meander in imagination, more details are added. I love the mountains. I love a breathtaking view. I love the sounds of nature. I love a comfortable sit-spot. I love feeling a light breeze. I love hearing life around me. I love feeling safe. All the ingredients that make up my space no matter where I physically am and no matter what is happening around me.

Practicing silence over the last year has helped me recognize the steadier presence of my Higher Self. I open the door and breathe in comfort. I design the softness and the light and the noise and the scenery. I design the doorway, the rooftop, the surrounding vista. It’s all up to me—with my Higher Self steadily present.

I invite in only those beings that honor my highest and best good. Sometimes I light a fire and we gather around. Sometimes I feel the presence of my beloved four-legged friends nestled around my feet.

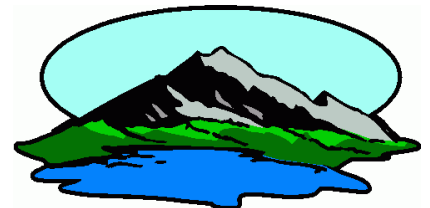
I have grown into this space by living my life, loving and laughing, crying and grieving. In challenging times, I resist my comfort if I buy into the fallacy that I don’t deserve to be comfortable or loved.

Spending time in silence allows me to enjoy and relax, all in the presence of my Higher Self. In challenging times, I often can’t hear the whispers of my Higher Self reminding me to breathe as fear takes over. Fear underlies anger and shame and all that is immobilizing.

I mull about in the cacophony of painful thoughts until I remember—wait a minute! I count here. I deserve more and I learn much easier with tenderness. I can open the door to comfort and understanding, and ease.

My anger works for me. My anger is the bulldozer that blasts the door open, removes the fears barring my way, and encourages me to regain the tender comfort I deserve. Nothing keeps me from loving and caring for myself except me.

You can read the full article on Shirley’s blog by clicking the following link:
<https://www.conqueringyourfears.com/post/my-special-place>



Worship and Music Committee

December Update

The Worship and Music Committee thank the Reopening Task Force for their hard work in providing a safe return to the sanctuary! We are pleased we can also continue to offer live Zoom coverage. We hope the hybrid model meets everyone's needs while we continue to deal with the realities of Covid.

We are pleased to announce an exciting change for our Christmas Eve service on December 24 at 5:30. In order to accommodate the expected large number of attendees, we will gather on the lawn between the U-House and church for a short (20 minute) outdoor service. Rev Dave, Eva, and the choir will lead us from the front steps of the church for carol singing and other music and readings. Masks will be required since we expect a large group.

Please join us for the Annual First Parish Annual Christmas Eve Outdoor Service



Friday, December 24th at 6:00 pm

We will gather on the lawn between the U-House and church for a short (20 minute) outdoor service. Rev Dave, Eva, and the choir will lead us from the front steps of the church for carol singing and other music and readings. Masks will be required since we expect a large group.



Green Sanctuary Committee News



Our next meeting is Dec. 17, via Zoom, 7pm
ALL ARE WELCOME! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for a
Zoom link.

We are imagining and dreaming...

It's a very rough sketch-- that's how many dreams begin. In case they are not recognizable, there are solar panels on the new roof and an EV charger by the parking lot.

Inside, there is at least one air source heat pump.

The dream extends to everyone's home, in our congregation and beyond, homeowners and renters alike.

We are all in this together.

In faith,
Your Green Sanctuary Committee



Notes from the Church Office:



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month.

This month it will be on Sunday, December 19th

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

Blast from the Past

FPUU congregants have been caring for the environment for years. This is David Stephenson in 1990 helping to clean up Meetinghouse Pond which was not always in the good condition it is now. David was doing this as part of a home-grown "Pond Curriculum " for RE.



(Photo submitted by Jeanette Ruyle)

Collection for Chaplains on the Way



We will kick-off our Warm Clothing & Blanket Drive to support Chaplains on the Way (www.chaplainsontheway.us) this month.

At present warm socks, all sizes 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, we will send out monthly 'most needed' donation requests based on the street chaplains' feedback.

The drop-off site will be at Louise Rachin's garage, 11 King Philip Trail, Norfolk. Feel free to call or text Louise at 617-429-7319 with questions or to schedule a delivery time.

From the Anti-Racist Team

Proposed 8th Principle:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

- At the 1997 UUA General Assembly, delegates voted to require the UUA to intentionally become a multicultural and anti-racist institution.
- Starting in 2013, Paula Cole Jones and Bruce Pollack-Johnson (see brief bios below) began developing the proposed 8th Principle, working with others in their UU region to refine it.
- Bruce's congregation incorporated it into their Covenant soon after, and in May 2017 formally adopted it for themselves and recommended that the UUA do the same.
- The proposed 8th Principle is seen as a call to action to explicitly address the multicultural and anti-racist intentions voted on at GA in 1997. It is a way for UUs to renew demonstrate our commitment to this work, to hold ourselves accountable, and to fulfill the potential of our existing principles.
- At this time, over 100 UU congregations and organizations in 23 states and DC have adopted the 8th Principle
- **A vote on whether or not to adopt the 8th Principle at FPUU will be conducted at the semi-annual congregational meeting this December on December 19th**
- The UUA will vote on whether or not to formally adopt the 8th Principle at the next General Assembly in 2022

Paula Cole Jones, a long-time UU and member of All Souls Church in Washington DC, is the founder of ADORE (A Dialogue on Race & Ethnicity), a former President of DRUUM (Diverse and Revolutionary Unitarian Universalist Multicultural Ministries) and an independent consultant specializing in multicultural competencies and institutional change. She served as Interim Congregational Life Consultant for the Central East Region from 2018-2020. Bruce Pollack-Johnson is a member of the UU Church of the Restoration in Philadelphia. He is a PhD and Professor of Mathematics and Statistics at Villanova University.



The UU Urban Ministry Shopping Guide

The [UU Urban Ministry](#) has an ongoing Artist Amplification Project highlighting artists of color and their works of art.

Part of that project is this season's [Holiday Shopping Guide](#), a beautiful array of all kinds of creative work. Take a look!

FPUU Calendar of Events

Wednesday, December 1	Pastoral Care Committee Meeting/7:00 pm/Zoom
Friday, December 3	Medfield Holiday Stroll/4:00 pm/Grounds
Saturday, December 4	RE Event/12:30 pm/Puzzle Break, Newton
Sunday, December 5	Chalice Circle/11:30 am/Vestry Building & Grounds Workday/1:00 pm
Monday, December 6	Hanukkah Ends
Wednesday, December 8	Committee on Ministry Meeting/7:00 pm/Zoom
Thursday, December 9	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, December 12	370 Year Anniversary Service/Sanctuary
Thursday, December 16	Executive Board Meeting/7:30 pm/Zoom
Friday, December 17	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Saturday, December 18	RE Solstice Service Rehearsal/11:30 pm/Sanctuary
Sunday, December 19	Solstice Service Semi-Annual Meeting/11:30/Sanctuary & Zoom
Thursday, December 23	RE Committee Meeting/7:30 pm/Zoom
Friday, December 24	Christmas Eve Service/6:00 pm/Grounds
Saturday, December 25	Christmas Day
Sunday, December 26	No Worship Service

