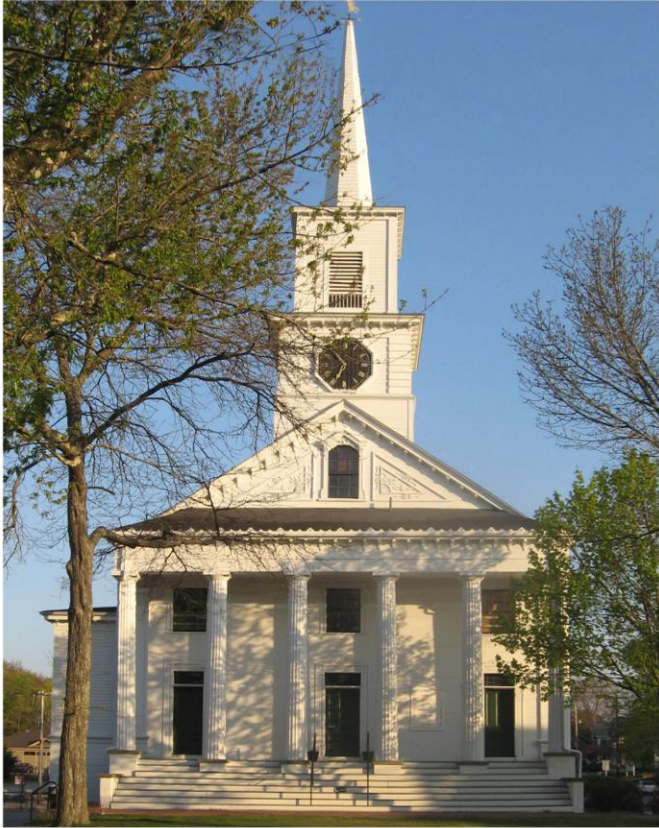


*First Parish Unitarian
Universalist of
Medfield*

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

www.firstparishmedfield.org



January Newsletter 2022

Ministerial Musings

“Happy Healing New Year”

We don't enter the New Year smiling like the baby pictures in illustrations of New Year's Eve. The world doesn't work that way. We enter the new year carrying out our past.

It's a shock to parents when their children for the first time are cut open by accident or injury, the first of many shocks. We collect in a lifetime many scars and no amount of New Year celebrating or cosmetic surgery will conceal them.

We get marked from falls out of cribs, at play, in barns and fields and kitchens, from collisions and escapades, illnesses and war. We collect scars on thumbs, fingers, around the eyes..., and vaccination scars, acne scars, appendectomy scars, a lifetime of lesions on back, belly, knees, and necks....

But if our hides testify to our vulnerability and fragility, they also tell of our durability—the transfiguring into the toughest of tissues their baklava of our skin. Scars witness to the persistent, countermanding mysteries of healing, re-knitting, recovering, miraculous as birth....

We don't enter the New Year smooth as babes, but we do enter as survivors, often enriched—tougher, wiser, readier—for the time to come. Our scars signal not only injury but renewal, not only the old year's accumulation of woe, but the new year's reality of healing, strength, and hope....

-Rev. Clarke Dewey Wells

This is true. All of us enter the new year with scars from old injuries, some deeper and more life threatening than others. And so it is with all those who have been lost and harmed by Covid, all those who have been taken from us due to gun violence, all those who have been killed by terrible natural disasters. There has been way too much wounding over the past year in our nation and in our world. Too many who are carrying scars they've never carried before. Do you suppose they would entertain the possibility that they've become tougher because of these scars? Wiser? More prepared for what will unfold in the year to come?

Perhaps this is true for some, for those who've managed to survive. For scars really do attest to the ability to heal, that it is possible for that which has been torn asunder to come back together again. It is this knowledge that brings hope as the new year begins. And for this I am grateful.

May a multitude of blessings fill each of our lives in the coming year....

With much love,
Rev. Dave



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

Upcoming Worship Services

Sunday, January 2

This Interval Called Life

Rev. Dave Egan

According to Anon (that most prolific of writers), "For years I never knew whether the twilight was the ending of the day or the beginning of the night, and then I understood that this doesn't matter at all, for time is but a circle, and so there can be no beginning and no ending, and this is how I came to know that birth, life and death are one, and it is neither the coming or the going that is of consequence. What is of consequence is the beauty and love that one gathers and shares in this interlude called life." Something to ponder as another New Year begins.

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

Sunday, January 9

Keeping the Sabbath

Rev. Dave Egan

"I'm so busy" seems to be a universal refrain. According to Wayne Muller, "we say this to one another as if our exhaustion were a trophy, our ability to withstand stress a mark of character." Perhaps it is time to reconsider the biblical injunction to "Keep the Sabbath." Isn't this something we all need? A regular time for rest and renewal?

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

Sunday, January 16

Quiet Heroes

Rev. Dave Egan

Martin Luther King Jr. spoke out against the war in Vietnam by saying that "wars are poor chisels for carving out peaceful tomorrows.... We must pursue peaceful ends through peaceful ways." In this service in honor of Martin Luther King's birthday, we will explore the quiet heroes who helped bring more peace and love into our world.

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

Sunday, January 23

Our Principles in Action

Social Justice Incubator

During this intergenerational service, the Social Justice Incubator will talk about the variety of important social justice work done by members of our congregation.

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

Sunday, January 30

Far from Morbid

Rev. Dave Egan

Sogyal Rinpoche says, "When I first came to the West, I was shocked by the contrast between the attitudes to death I had been brought up with and those I now found." He discovered that those of us in the West deny death, live in terror of it, or "for some unknown reason believe that death will work out all right for them, and that it is nothing to worry about." So on this Sunday we talk about death—not someone else's, but our own.

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

Christmas Eve Candlelight Service Donation



We are pleased to announce that a total of \$417.00 was donated to be split between FPUU and the Medfield Food Cupboard following the Christmas Eve Candle Light Service.

Thank you to all those who contributed!



(Photo above courtesy of Medfield resident, Jim Buckley.)



(Above photos submitted by Louise Rachin)

Religious Exploration

Samantha Decker Nemeth

Coordinator of Religious Education

Hello families!!

RE had a great wrap up for 2021! We hope you loved our Winter Solstice Service! Religious Education will be resuming on January 2nd! We will continue our journey exploring the principles and sources. We will especially acknowledge the change within our own congregation with the adaption of the 8th principle.

Starting in late January, we will be having Junior OWL again for grades 5-7. Facilitating OWL will be Samantha and Sarah Zitoli!

We are also planning OWL for grades 8-9 with our facilitators John Kornet and Jen Bartle!

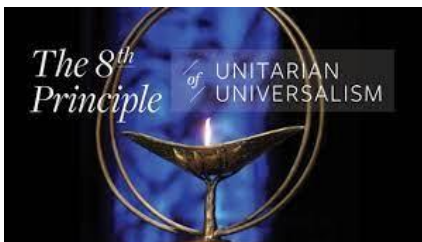


Here is a brief description of OWL, taken directly from the UUA website:

Our Whole Lives helps participants make informed and responsible decisions about their relationships, sexual health and behavior. With a holistic approach https://www.uua.org/files/documents/owl/circles_sexuality.pdf, Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity and expression, sexual orientation, sexual health, and cultural influences on sexuality. Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, we are proud to offer Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curricula.

From the Executive Board

Congregation Adopts 8th Principle, Two Bylaw Amendments



Members of First Parish UU Medfield voted in favor of adopting the proposed 8th UU Principle and two bylaw amendments at the 2021 Semi-Annual meeting on Sunday, December 19. The votes on all three motions were unanimously in favor. The 8th Principle reads as follows: "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." The two bylaw amendments authorize remote and hybrid meetings of the Executive Board and the Congregation respectively and will appear in

the bylaws as Articles 5.8.3 and 4.7. The First Parish bylaws can be found in the members section of the FPUU website (<https://www.firstparishmedfield.org/members/> <<https://www.firstparishmedfield.org/members/>>).

The Semi-Annual meeting was conducted in hybrid format, with some members present in the sanctuary and others participating remotely. Other business at the meeting included the approval of the minutes from the June 2021 Annual Meeting, reports from the Executive Board, Minister Dave Egan, and Treasurer Glen D'Abate, and the election of Patty Castle and Margaret Rolph as this year's Nominating Committee. It is the responsibility of the Nominating Committee to provide a slate of candidates for the Executive Board to be voted on at the Annual meeting. This year's Annual Meeting is scheduled for June 5, 2022.

From Building & Grounds

Monthly Buildings and Grounds Workdays!

In the hope of greater member participation, the B&G Committee is instituting once-a-month workdays.

These will take place on the second Sunday of every month, from 1 pm to 4 pm in the sun, rain, or snow--we'll be indoors in bad weather. Let David Russell know in advance, or just show up! Even an hour of help would be much appreciated!

Call, text, or email David at 617.285.6197 or director@russelleducation.com



Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

Even the Dalai Lama



My late mother-in-law of my late wife used to have a habit when we took her for rides in the car. She would recite out loud every sign passed on the road no matter how inane. On and on her words recited yield, caution, deer crossing, stop, dead end, detour and so on.

I want my mind to stop for awhile and take a rest. I hear constant commentary about everything. Some days I can ignore and other days I am front row center listening to every thought. I believe it's my inner child, my teenager, my adult, watching, listening, worrying, procrastinating, planning, reacting, judging. It's a skill I'm learning to sort out what's useful and what's not. I used to believe

the goal was to shut it down but truth be told, I need my ego to work together with my heart so we function wholly. A merging of sorts honoring all of me.

The concept of managing my thoughts was a gift I received from Dr. Susan Jeffers' book, *Feel the Fear and Do It Anyway*. It is a life-long job sorting out what's useful and what is not in the ongoing cacophony. Some days I'm better than others. Other days, I am exhausted because I can't stop listening.

Sarah Wilson wrote a book entitled *First We Make the Beast Beautiful*, a new story about anxiety. Within the first few pages she writes of a conversation with the Dalai Lama. She asked him how he gets his mind to shut up. Dalai Lama says, quote -- 'There's no use,' he tells me. 'Silly! Impossible to achieve! If you can do it, great. If not, big waste of time.'

"But surely you can do it, I say."

"'Noooo. If I sit in a cave for a year on mountain, then maybe I do it. But no guarantee.' He waves his hand. 'Anyway, I don't have time.' He has better things to do, he tells me. Like teaching altruism to massive crowds around the world."

My lifelong job is to cultivate peace of mind by managing my inner chatter. I believe I get better in time and choose not to buy in to the noisy setbacks. One step forward two steps back. I am headed in the right direction. Awareness is the key.

You can read the full article on Shirley's blog by clicking the following link:

<https://www.conqueringyourfears.com/post/even-the-dalai-lama>

Green Sanctuary Committee News



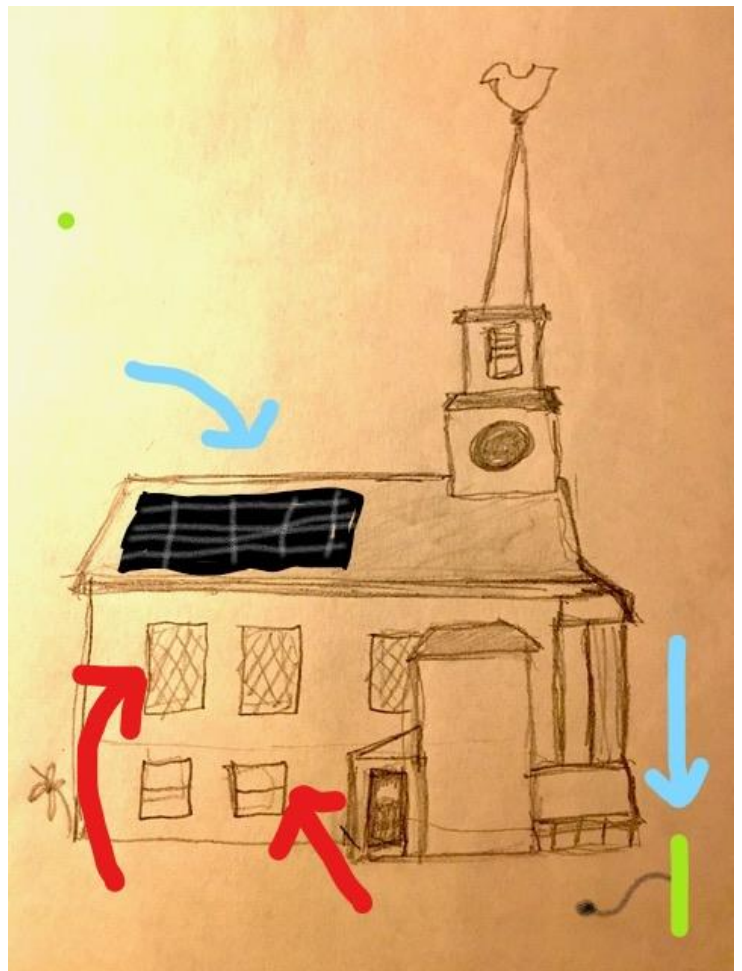
Our next meeting is Jan. 21, 2022
via Zoom, 7pm
ALL ARE WELCOME!
Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for a Zoom link.

We are imagining (visioning) and dreaming... part 2

Remember this sketch from last month’s newsletter? Well, the red arrows have been added. Red = priority. Red arrows are pointing to all the church/meeting house windows because they need attention so that air does not leak thus reducing the energy efficiency of the building. This has been true for some time. GSC members built some interior homemade storm windows for the vestry a couple of years ago and we will be putting those up again for this winter (yes, we have been slow...)

However, the issue of the age, condition, and style of all the windows looms large when it comes to saving energy. Almost any part of our old building is capable of inducing attachment emotions and much passion-- the windows are no exception. Addressing what to do about the windows will be challenging. The GSC intends to work closely with Building & Grounds Committee and the rest of the congregation in discernment and faith.

Meanwhile, we are painfully aware the world continues to warm and many people are worse off for it. We need to continually ask, are we doing what we can?



From the Anti-Racism Team

The 8th Principle is adopted by FPUU

The Anti-Racism Team and the Board joyfully announce that during our Semi-annual Congregational Meeting on Dec. 19, the UU 8th Principle was adopted by a unanimous vote! We have joined with 142 other UU congregations across the country who have also adopted the 8th Principle.

The 8th Principle reads:

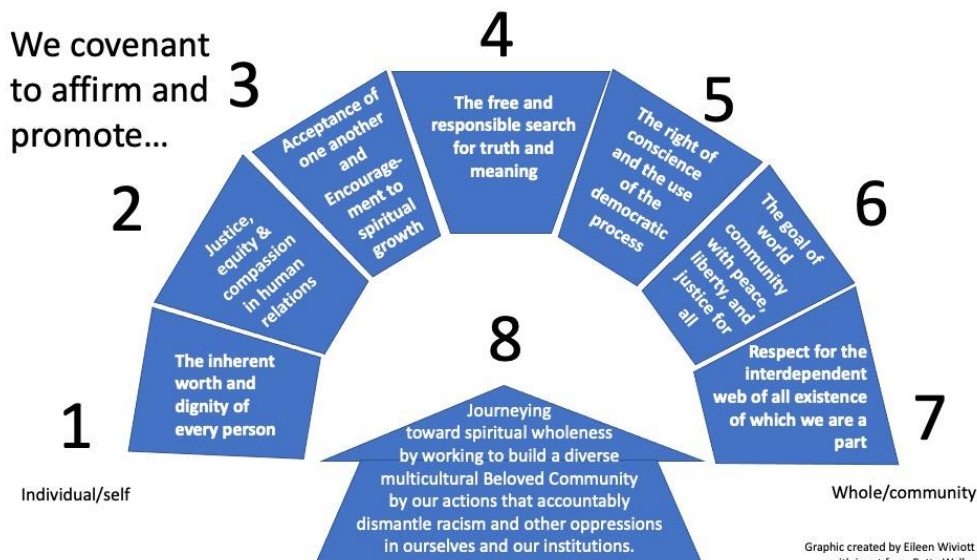
"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

Much learning and work was done to prepare for this vote. Now we must continue learning and working—in our journeying, our building, and in our actions-- all with accountability.

For more information and food for thought about the 8th Principle, please see the Fall '21 issue of [UU World](#); the [8th Principle website](#); and the "Practice Makes Possible" blog of the [New England UU District](#). For information on how the 8th Principle will be part of the 2022 UUA General Assembly, see the [Article II Study Commission's statement](#) regarding the 8th Principle. Information will be on our FP website soon.

Please do contact anyone on the FPUU Anti-racism Team if you would like to join us and/or if you have questions. Becca Kornet, Jeanette Ruyle (also Board member), Kay Bennett (also Board member), Margaret Rolph, Nicole Hall, Thea Iberall

For those of you who relate to a more visual presentation of the 8th Principle, here is a graphic from the Unitarian Church of Evanston, IL



Chaplains on the Way Most Needed Items

The Social Justice Incubator

The Social Justice Incubator (SJI) is pleased to announce that First Parish will host a collection box for Dignity Matters. The box will live on the front porch of the U House.

Dignity Matters is a wonderful organization based in Framingham. Here are their mission, vision, and beliefs:



Our Mission

Dignity Matters' mission is to assist homeless women and girls by providing underwear and feminine hygiene products when they need them most. Through our action we support women in regaining self-confidence and dignity by helping them stay healthy and clean. Redistributing gently used bras is also good for the environment by keeping these items out of landfills.

Our Vision and Beliefs

Our vision is a world where ALL women, school girls are treated with respect and they can manage their period or with dignity and without shame. In the short term, we strive to provide free tampons, sanitary napkins and underwear to those women and girls who cannot afford or readily access them. Addressing women's most basic needs is central to improving the quality of their life, which in turn improves the lives of their family and all those around them. Our long term vision is a world where basic feminine hygiene products are available in all public bathrooms, free of charge, just like toilet paper is (and, incidentally, for similar health and cleanliness reasons). Accomplishing this would bring us a big step closer to achieving true equality, which is imperative for a fair and sustainable world where everyone can thrive.

Please see the attachment to find out what types of items can be donated. To learn more, or to find out how you can get involved, contact Becca Kornet at becca_kornet@yahoo.com.

The Social Justice Incubator: Kay Bennett, Nicole Hall, Thea Iberall, Becca Kornet, Jeanette Ruyle, and Rev Dave Egan

[https://mcusercontent.com/gb4be1edc2400001e2c88514d/files/80bf2595-1491-5843-7b1f-ecf44b144641/Bin_flyer_1171 .pdf](https://mcusercontent.com/gb4be1edc2400001e2c88514d/files/80bf2595-1491-5843-7b1f-ecf44b144641/Bin_flyer_1171.pdf)

Collection for Chaplains on the Way



Thanks to the generosity of many, Chaplains on the Way's limited storage space is currently jam packed with clothing, comforters and blankets.

The COTW breakfast program is about to re-open providing hot coffee, home-cooked meals, and clean bathrooms Monday – Friday 7:30 - 10:30 am. For many folks, this is the only hot meal available. The goal is to

continue the breakfast program until Spring 2022.

Here is a current list of most needed items that will help our COTW friends continue to run the program for the next several months:

- Masks
- Paper Napkins
- Hand Sanitizer
- Caffeinated Coffee
- Woolen Socks
- Warm Gloves

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.

Notes from the Church Office



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. **January 24th**

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 Sandra Andreassi-Administrator

FPUU Calendar of Events

Saturday, January 1	New Year's Day
Tuesday, January 4	Staff Meeting/7:00 pm/Zoom
Wednesday, January 5	Pastoral Care Committee Meeting/7:00 pm/Zoom
Sunday, January 9	B&G FPUU Workday/1:00 pm Social Justice Incubator Meeting/7:00 pm/Zoom
Wednesday, January 12	Committee on Ministry Meeting/7:00 pm/Zoom
Thursday, January 13	Worship & Music Committee Meeting/7:00 pm/Zoom
Monday, January 17	Martin Luther King Day Observed
Thursday, January 20	Executive Board Meeting/7:30 pm/Zoom
Friday, January 21	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Thursday, January 27	RE Committee Meeting/7:30 pm/Zoom
Saturday, January 29	AFD Pizza & Game Night/Vestry

