



First Parish Unitarian Universalist of Medfield

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



May 2022 Newsletter

Ministerial Musings

Did you know that expressions gratitude can elevate your level of happiness? Cognitive scientists, who research happiness or what they call “subjective well-being”, have discovered that one of the most potent ways to increase your happiness is to keep a daily log of things you are grateful for. Maybe that doesn’t sound so surprising - maybe grateful people just tend toward happiness anyway - but what’s really intriguing is that people who score on the lower end of the happiness scale before they start this practice benefit from practicing gratitude more

than those who score higher initially. Studies also find that people who regularly record their sources of gratitude also exercised more per week and achieved more of their personal goals.

So, if you want to feel better, achieve more and get healthier, why not try this as a daily spiritual practice? Every night think of those things from your day for which you feel most grateful and make note of them in some way. As you do, let yourself savor the feeling of gratitude and the sense of well-being that comes with it. Not

surprisingly, this kind of exercise or something similar is recommended in several religious traditions.

Even better though, studies show that if you go beyond recording your gratitude and tell the important people in your life why you are grateful for them - that's like getting a super-duper booster shot of "subjective well-being." How often do we tell the people we care about how grateful we are that they are part of our life? We say it on birthdays and anniversaries, maybe. But what if we made a habit of doing that on a regular basis? Not only would we feel better, but the recipients would also.

I wonder what would happen if we applied this to our congregational life. What might happen if everyone at FPUU started telling other people at FPUU why they are grateful for their presence? Maybe we would all get lifted to a new level of well-being and wisdom.

In that spirit, I want to say how grateful I am for the people who contribute so much time and energy to make this congregation the religious community that it is. Nothing - absolutely nothing - happens at FPUU without volunteer effort somewhere along the way. Hardly a day goes by that I don't feel a deep sense of gratitude for the members of this congregation, but I probably don't say it out loud enough. So let me say it - okay, write it - thank you, thank you, thank you! FPUU would be nothing without you.

So what do you say? Who at FPUU wouldn't want a booster shot of "subjective well-being"? Surely there is more than enough gratitude to go around. Everyone can get in on the act.

In faith,
Rev. Dave

First Parish Annual Meeting Sunday, June 5, 2022 at 11:30 AM



SAVE THE DATE! Annual Meeting on June 5 at 11:30.

We anticipate the meeting will be held in person but with the option of remote participation. Warrant and details of format to follow. Main items will include election of new board members and the Nominations Committee, approval of the FY'23 budget, and any items of business brought forward by the congregation. The Board looks forward to your participation and vote!

Please keep in mind that a quorum will be necessary to conduct the congregation's business.

Upcoming Services

May 1

"A Devil Who Meddles?"

Rev. Dave Egan

One of the ancient questions that continues to be asked is why bad things happen to good people. Could it be that there's a malevolent force at work in the universe? Or is that just the way life is?

May 8

There are Mothers Everywhere

Rev. Emily Bruce

Today we welcome Rev. Emily Bruce to our pulpit, the minister from First Parish Unitarian Universalist in Kingston. This Mothers' Day we will contemplate all of the mothering that exists in the world, seen and unseen. From our own mothers and families, from the invisible work of caregivers and educators and service workers, and even from our own green Earth that carries us throughout our life. What happens when we pay attention to all of the mothers that continually offer to care for us each day?

May 15

Worship at Ferry Beach

Rev. Dave Egan

Please note that worship on this Sunday will take place in The Grove at Ferry Beach in Saco, Maine, where many from the congregation will be on retreat. There will be no worship service at our meetinghouse in Medfield. However for those not attending Ferry Beach, there will be a pre-recorded service available online.

May 22

Music Sunday

Worship & Music Committee

On this Sunday, our fabulous Music Director Eva Kendrick and our Worship and Music Committee will offer a worship service filled with the power of song. During this Music Sunday, we will hear from our First Parish Choir, and other singers and musicians as well. We hope you will join us as we share the gift of music together.

May 29

Aristotle's Challenge

Rev. Dave Egan

Daniel Golman, author of *Emotional Intelligence*, says that Aristotle challenges us to manage our emotional lives with intelligence, which means expressing our emotions appropriately. We try guiding our children in this direction, but what about the rest of us?

Notes from the Church Office:



Please remember the following deadlines:

Church Newsletter: Typically the third Sunday of the month. –

This month it will be **May 22**

Order of Service: Wednesdays by 5:00 pm.

Email: admin@firstparishmedfield.org

Religious Exploration

Hello RE friends & families!!

We have had an amazing start to spring painting kindness rocks and learning about what UUism means to us as religious explorers! We will be celebrating our religious education by being outside and continuing to learn more about ourselves, others, and Unitarian Universalism and what it means to US!

As spring is continuing, I will be reaching out to the community for volunteers to help with teaching RE in the fall. Thank you to those who have already shown interest!

See what all the joy is about!

Samantha Decker Nemeth
Coordinator of Religious Education



Photos from the Annual Seder, April 20



Project Bread Walk for Hunger, May 1, 2022



**PLEASE JOIN TEAM FIRST PARISH MEDFIELD FOR A 7 MILE NOON HILL HIKE
TO HELP PROVIDE SUPPORT FOR OUR NEIGHBORS FACING FOOD INSECURITY AND HUNGER
ON SUNDAY MAY 1, 2022 AT 11:00 AM.**

The pandemic has caused food insecurity to skyrocket. But even as we begin to look toward recovery, too many families are still living with the daily worry of being able to feed themselves and their children. Project Bread estimates that 1 in 5 households with children across the Commonwealth are facing hunger right now.

We'll meet in the church parking lot and leave following the worship service.

The link for our team page is <http://support.projectbread.org/goto/firstparishmedfield>
Feel free to send this link to anyone who would like to join us and/or donate to our team.

Call or text Louise Rachin at 617-429-7319 with any questions.



Summer Services at FPUU



Would you like to lead a Sunday service at First Parish this summer? If so, please contact Becca at becca_kornet@yahoo.com for more information and to choose a date. The number of summer services will be dependent on the number of folks who sign up to lead a service.

The deadline to sign up to lead a service is May 31.
The Worship and Music Committee

From Building & Grounds



Buildings and Grounds Workday Sunday May 8th, 12-4

Our church buildings and grounds need your help to be more beautiful!

Members of B&G can only do so much to keep up with ongoing maintenance. We need help from other members to make progress on spreading loveliness.

Outdoor needs include raking and pruning in advance of spring growth. Indoor work includes painting in the UHouse and minor carpentry in both buildings.



We'll gladly buy you pizza beforehand!

Please let David Russell know if you can come so that he can have tools and materials ready. 617.285.6197 or director@russelleducation.com.

Mother's Day – May 8



Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

Awakening

In honor of [Earth Day](#), the renewal of spring and in light of the pandemic, I honor Mother Earth, all sentient beings upon her and our journeys. As adults it is our responsibility to foster love and support around us. We can't uphold that responsibility unless we honor love and support within.

In my world, so much of my past has been based on harsh discipline to get what I want and need. I was raised in a patriarchal belief system with stern guidance, critical boundaries and a "don't-be-nice-it-will-spoil-her" attitude. Competition over cooperation. The strict father model on steroids. My inner talk took the tone of critical outside voices.



As an adult, I discovered the power of reparenting. Parenting is all about providing a child with protection and care in order to ensure their healthy development into adulthood. I discovered parenting also includes honoring the inherent worth and dignity of every being as well as instilling a sense of hope.

This inherent worth and dignity is a right of every living being on this earth, including Mother Earth. My first responsibility is to reparent myself and instill these traits within. My second responsibility is to encourage worth and dignity everywhere else because we all matter.

We live our lives doing the best we can, seeking love and acceptance, finding guidance and direction. Fear divides us. Awareness helps me monitor my inner talk so I can catch myself when I forget my worth and dignity. How I treat myself is how I hold myself in the world. I choose to be encouraging, have healthy boundaries and remember kindness is the hand I extend to myself and then to others.

Awakening Rights Mark Nepo

We waste so much energy trying to cover up who we are
when beneath every attitude is the want to be loved
and beneath every anger is a wound to be healed
and beneath every sadness is the fear that there will not be enough time.
Our challenge each day is not to get dressed to face the world
but to unglove ourselves so that the doorknob feels cold
and the car handle feels wet
and the kiss goodbye feels like the lips of another being
soft and unrepeatable.

To read more, go to link below from April 16, 2021 blog post.

<https://www.conqueringyourfears.com/post/awakening>

Medfield Garden Club

Saturday, May 14th from 9-12

First Parish UU Medfield
26 North Street

Spring
**plant
SALE**



Perennials, ground covers, edibles, native plants and saplings.
The proceeds from this sale help the Garden Club maintain nearly twenty road-side gardens all around Medfield.

Green Sanctuary Committee News



Our next meeting is May 20, 2022 via Zoom, 7pm
ALL ARE WELCOME!
Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for a Zoom link.

Earth Day worship service follow-up

As many of you know, part of the Earth Day worship service was a faith-in-action undertaking of writing a postcard to our state senators. The message was one of thanks for passing S.2819, the big Climate Bill, now with [many helpful amendments](#). The Green Sanctuary Committee is happy to report that so far 21 postcards have been sent to the four senators associated with the eight towns in which FPUU congregants reside. All congregants who were not at the service have been sent a postcard for them to mail to their senator. Margaret Rolph worked hours to make this a doable and meaningful activity within the service. As she astutely puts it, "The big issue now is the reconciliation of S.2819 with the earlier, much more limited House bill H.4515. So, writing to Representatives will become important as the negotiations get going." The work continues!

Thea Iberall has completed her work on a series of brief videos called "Decarbonizing Our Lives" that consist of interviews of FPUU people. Links to all four videos are on the [FPUU website](#). They are worth a look!

The whole Green Sanctuary Committee worked together just like the characters in "The Giant Turnip" story. There are many versions of this folktale online.

As of this writing, the first [Spring Greening Fair](#) that FPUU is hosting on April 30 has not happened yet. Stay tuned for that news!



Earth Day Guest Speaker

Dr. Hilli Passas is the guest speaker at Earth Day worship service . With a strong background in science and a passion for the environment, Hilli is a valuable member of the Medfield Energy Committee. Last year she took the lead in making the Medfield Greenhouse Gas Inventory.

In May 2021, she presented the Medfield Climate Resolution at the Town Meeting, which supports the Commonwealth's climate goals. She is the leader of the work group that is writing Town of Medfield Climate Action Plan (TOMCAP).

One of the points she stressed with us is the importance of simply talking with others about climate change. Engage them in conversation. Talk about what you know and believe.

She urges Medfield residents to stay in touch with town officials about how important climate change is as an issue on the town level. We are extremely grateful for Hilli's being with us.



Join the FPUU Sustainable Medfield team!

Sustainable Medfield, a Medfield Foundation initiative, is an environmental action 'umbrella group' that attracts the membership of multiple organizations in Medfield. Sustainable Medfield, or SM, has created a wonderful [website](#) by the same name that serves to inform and track the decarbonizing actions of its member groups.

Anyone with a *connection* to Medfield can log onto the website, to begin learning and taking action individually or as part of a team. First Parish has already started a team, called '**Hey! Hey! U! U! Get off of that carbon!**' and we invite everyone in our FPUU community to join this team and discover out our strength together!

Go to SustainableMedfield.org, look for Action Portal, and sign up today.



Collection for Chaplains on the Way



Most Needed Items Request

The Chaplains on the Way Breakfast Program is moving outdoors to the Waltham Green this month.

In addition to white paper napkins, hand sanitizer and caffeinated coffee, new or gently used lightweight, folding chairs would be gratefully received.

The drop-off site is 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.



Dignity Matters Spring Drive is Underway



The Dignity Matters spring drive is currently underway! Currently, they are in need of tampons and pads of all kinds (except liners). Every woman deserves reliable access to monthly period protection because she can't go to school, work, or live a healthy life without it. Your support helps Dignity Matters give 10,000+ women free menstrual care each month.

Dignity Matters currently serves women and girls each month through a diverse network of 160 shelters, public schools, food pantries and clinics in Greater Boston, MetroWest, Lawrence, Lowell, Quincy, Worcester and Cape Cod. The goal for 2022 is to reach 14,000 women and girls, a 25% increase. Dignity Matters is the largest organization in the state focused solely on providing free menstrual care, and often the only reliable source of these items for the women we serve.

Thank you in advance for your support! You may leave your donations in the Dignity Matters bin located on the porch of the U House.

If you have any questions, contact becca_kornet@yahoo.com.

FPUU Calendar of Events

Sunday, May 1	OWL Jr/4:30 p.m./Vestry OWL Sr/7:00 p.m./Vestry
Tuesday, May 3	Staff Meeting/7:00 p.m./Zoom
Wednesday, May 4	Pastoral Care Committee Meeting/7:00 pm/Zoom
Sunday, May 8	Mother's Day B&G Workday/1:00 p.m./Grounds OWL Sr/7:00 p.m./Vestry
Tuesday, May 10	Membership Outreach Committee/7:00 p.m./Zoom
Wednesday, May 11	Committee on Ministry/7:00 pm/Zoom
Thursday, May 12	Worship & Music Committee Meeting/7:00 pm/Zoom
Friday, May 13	Ferry Beach Weekend
Saturday, May 14	Medfield Garden Club Spring Sale/9:00 am/Grounds
Sunday, May 15	OWL Sr/7:00 p.m./Vestry
Thursday, May 19	RE Committee Meeting/7:30 pm/Zoom Executive Board Meeting/7:30 pm/Zoom
Friday, May 20	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Saturday, May 21	No. Go, Tell Workshop/Vestry/10:00 a.m.
Sunday, May 22	June Newsletter Deadline OWL Jr/4:30 p.m./Vestry OWL Sr/7:00 p.m./Vestry
Sunday, May 29	OWL Sr/7:00 p.m./Vestry
Monday, May 30	Memorial Day/Office Closed OWL JR/4:00 p.m./Vestry

