



# First Parish Unitarian Universalist of Medfield

26 North Street, Medfield,  
MA

(508) 359-4594

[www.firstparishmedfield.org](http://www.firstparishmedfield.org)



## June 2022 Newsletter

### Ministerial Musings

"Sheena Iyengar assumed that people with strict religious beliefs and practices must, compared to other people, be more pessimistic and feel they don't have control over their lives. But when she surveyed 600 people, ranging from fundamentalists to liberals, she found that 'members of more fundamentalist faiths experienced greater hope, were more optimistic when faced with adversity and were less likely to be depressed than their counterparts.' It turns out that **the**

**people most susceptible to pessimism and depression were the Unitarians, especially those who were atheists.** The presence of so many rules didn't debilitate people; instead, it seemed to empower them' (review of Iyengar's *The Art of Choosing* in the *New York Times Book Review*, April 18).

*Christian Century*, May 18, 2010

This would make a pretty dismal marketing tool for the UUA ("Want to descend into pessimism

and depression? Become a Unitarian Universalist!), but I think there may be whispers of truth here. When life is spiraling out of control we can't tell you for sure why this is or reassure you that it must be part of some larger plan and that everything will turn out just fine. We don't have answers to life's mysteries, but sometimes answers are what we yearn for. This is where "strict religious beliefs and practices" can kick in. It can be comforting and happy-producing to be given definitive answers for why things are the way they are.

We UU's, however, tend to be more the questioning types, not so quick to accept someone

So when some of us UU's seem pessimistic and depressed, perhaps it's because we're realists—seeing life in all its complicated fullness. This doesn't mean that we need to get stuck there because we're pretty good at dancing and singing with joy as well (like many of us did a few weeks ago at Ferry Beach!)

I will be in Portland Oregon, June 22 – 26 for General Assembly and I'll be on vacation the first and last weeks in August, but other than that I

else's answers, but wanting to find our own instead, and the thing is that sometimes in our quest, we encounter some pretty depressing stuff. Unitarian Universalism can't provide you with definitive answers to life's most vexing questions, however, we can promise to sustain the communities that will stand at your side as you search for your own. You don't have to do it alone. We can also promise that we'll keep reminding you that there are an abundance of blessings in life if only we're able to notice. Life is not only depressing at times, but joy-filled as well. It is both.

intend to stay pretty close to home. So please remember that if you have a pastoral emergency or just need to talk, you can call me. I continue to be your minister even in the summer.

I hope that for you there will be lots of dancing and reasons for great joy this summer.

In faith,  
Rev. Dave

## Upcoming Services

**June 5**

**Flower Communion Sunday**

**Rev. Dave Egan**

On this Sunday we celebrate the abundance and beauty of the season by bringing flowers gathered from gardens or roadsides to share with others in the congregation. For this worship service, we will welcome new members to our congregation, and show our gratitude for all of the staff, committee chairs, and FPUU executive board members who have shown such strong leadership and commitment throughout the year. We will be gathering outdoors by Meetinghouse Pond, so don't forget to bring a chair or blanket to sit on.... and don't forget to bring flowers!

**June 12**

**LGBTQIA+ Service**

**Rev. Dave Egan**

As we celebrate Pride Month, come join us for this service where we honor LGBTQIA+ folks. During this intergenerational service, we will hear testimonials from folks showing pride in their gender identity, gender expression, and sexuality. For regardless of who love or how you identify, this is a congregation that welcomes all of who you are. We hope you will come join us for this special outdoor service, happening on the steps of the meetinghouse. Don't forget to bring a chair or blanket to sit on.

## Religious Exploration



Happy Summer!

I wanted to send out a huge thank you to our families & volunteers for making this strange year amazing! Special thank you to our OWL Facilitators - you're all a HOOT!

Our RE Assistants & participants made this year wonderful.

See you all for our last outdoor service of the year! Dress colorfully on June 12!

Samantha Decker Nemeth  
Coordinator of Religious Education

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

**ANNUAL  
MEETING**

The First Parish Annual Meeting of members will be held on Sunday, June 5 following the conclusion of the Sunday service inside the sanctuary (masks required) and on Zoom. Please click on the link below to view the warrant.

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.

**Warrant**  
Annual Meeting First Parish Unitarian Universalist  
Medfield, MA  
Sunday, June 5, 2022 at 11:30 AM

The Executive Board hereby notifies all voting members of First Parish Unitarian Universalist Medfield of the Annual Parish Meeting, to be held **in person in the sanctuary and on the Zoom conference platform** beginning at 11:30 am on Sunday, June 5, 2022. A quorum of 25 percent of Full Members eligible to vote at the time of posting of this notice must be present to conduct the business of the Congregation. This translates to 20 members. Masks are required.

Please use the following Zoom link (the same as for Sunday worship) for remote participation:

<https://uso2web.zoom.us/j/89028999447?pwd=NkkweWFodmtwQUpOYndBWkViclJzdzo9>

In accordance with the Church Bylaws of First Parish Medfield (approved on June 3, 2012) in Article 4.1, the Annual Meeting is described as follows:

Article 4.1.1 Time and Place: The Annual Meeting of the Parish shall be held at some date between the first of May and the last day of June in the Church or other such place, as determined by the Executive Board.

Article 4.1.2 Purpose: The annual Parish meeting shall be held for the following purposes:

Article 4.1.2.1 Accepting reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations.

Article 4.1.2.2 Electing officers to the Executive Board to fill vacancies resulting from expired terms or from resignations.

Article 4.1.2.3 Verifying acceptance of Parish organizations.

Article 4.1.2.4 Electing a Nominating Committee for the forthcoming year.

Article 4.1.2.5 Approving the Operating and Capital Budgets for the forthcoming fiscal year.

Additional related Bylaw provisions:

Article 9.2 Amendment. Amendments to these articles may be made at any legal meeting of the Parish, provided that the general character of each proposed amendment shall have been fully set forth in the call for such a meeting and that two-thirds (2/3) of the members present vote to adopt the same.

**Agenda (NB: an asterisk (\*)=distributed separately)**

1. Accepting the minutes from the Semi-Annual meeting, December 19, 2021.\*
2. Accepting reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations. \*
3. Executive Board Report on the 2021-22 church year. \*

4. Nominating Committee Report. \*
5. Election of officers to the Executive Board:
  - Vice-chair: Jen Bartle (2-year term)
  - Clerk: Kay Bennett (2-year term)
  - At-Large: Martha Castle (2-year term)
6. Election of Nominating Committee:
  - Slate proposed by Executive Board: Patty Castle, Margaret Rolph (1-year terms)
7. FY2023 Budget:
  - Presentation\*
  - Discussion
  - Vote to approve FY2023 budget
8. A MOTION FROM THE EXECUTIVE BOARD asking the Congregation to approve amendments to the bylaws regarding notification of members of board and parish meetings. Texts of proposed changes are included below.
9. A MOTION FROM THE EXECUTIVE BOARD asking the Congregation to approve an amendment to the bylaws clarifying the beginning and end of terms for members of the board. Texts of proposed changes are included below.
10. A MOTION FROM THE EXECUTIVE BOARD asking the congregation to approve the display of the Progress Pride flag for the coming church year
11. A MOTION FROM THE EXECUTIVE BOARD asking the congregation to approve the continued display of the Black Lives Matter flag for the coming church year
12. The following topics will also be addressed at the Annual Meeting:
  - THE EXECUTIVE BOARD WILL SEEK GUIDANCE from the congregation regarding planning for capital needs, including costs and funding; at the conclusion of the discussion, the chair will ask for a motion from the floor directing the 2022-2023 board to take specific steps toward developing a comprehensive plan
  - Addressing other business that may be put forward by those present

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\* Indicates report is being distributed separately. Please have available any reports you have received prior to the meeting.

*The meeting should last about one and a half hours. Thank you on behalf of the Executive Board.*

## **PROPOSED BYLAW AMENDMENTS**

**Current language is not bold and is indented. Proposed language is bold.**

Article 4.4. Notice

Notice of all meetings of the Parish at which a vote is to be taken shall be posted by the Clerk in the Vestry at least fourteen (14) days prior to the meeting, and a copy sent to all Voting Members using all reasonable means. If no notice is given prior to the meeting, there cannot be a binding vote by the members present and, therefore, no quorum is necessary.

Article 4.4. Notice

**Notice of all meetings of the Parish at which a vote is to be taken shall be posted by the Clerk by email, or other established means of electronic notification, to all Voting Members at least fourteen (14) days prior to the meeting. Notice will also be posted on the church calendar and in the Vestry. If no notice is given prior to the meeting, there cannot be a binding vote by the members present and, therefore, no quorum is necessary.**

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Article 6.1.3. Notice. Notice of all monthly meetings of the Executive Board shall be posted in the Church Vestry at least seven (7) days in advance of each meeting. Any Church member may attend such meetings. The Executive Board shall make a reasonable effort to electronically notify members of any special Executive Board meetings as soon as practicable, but at least 6 hours before such meeting convenes.

**Article 6.1.3. Notice. Notice of all monthly meetings of the Executive Board shall be posted on the church calendar at least seven (7) days in advance of each meeting, and in the Vestry. Any Church member may attend such meetings without prior notice. The Executive Board shall make a reasonable effort to electronically notify members of any change in the announced date of a regular board meeting and of any special Executive Board meetings as soon as practicable, but at least six (6) hours before such meeting convenes.**

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Article 6.6.5.4. The list of nominations for all positions to be elected at the annual meeting shall be posted in the Vestry at least fourteen (14) days in advance of the meeting, and a copy sent to all Voting Members using all practicable means.

**Article 6.6.5.4. The list of nominations known at the time for all positions to be elected at the annual meeting shall be posted by the Clerk by email, or other established means of electronic notification, to all Voting Members at least fourteen (14) days in advance of the meeting. Notice will also be posted in the Vestry. Members are reminded that additional nominations may be made from the floor (cf. Article 6.6.5.2).**

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Article 5.3.1. A term of membership on the Executive Board is two (2) years.

**Article 5.3.1. A term of membership on the Executive Board is two (2) years. The member's term will begin with the start of the fiscal year immediately following the annual meeting at which the member is elected and continue to the end of the second fiscal year following the election.**

## Masks Required at First Parish Services Beginning Sunday, 5/22/22

In light of Norfolk County's return to High Risk for Covid transmission, and in keeping with a commitment to follow CDC recommendations, the First Parish Reopening Task Force **is requiring** that all congregants wear masks during indoor worship services beginning Sunday, May 22, 2022. Masks will be available upon entry to the sanctuary although we advise you wear your own approved mask.

The Task Force further asks that appropriate distancing be maintained by keeping every other pew empty. The service manager will remind attendees of these requirements as they arrive. Other conditions for worship, including continued high-quality HEPA air filtration of the sanctuary, will remain in place.

- All services will continue to be live-streamed on Zoom for those not attending in person.
- Attendees are asked to be respectful of the decisions and comfort of others, especially those who may be in a vulnerable health position.
- There will be no indoor congregational singing at this time.

**Worship services on May 29, June 5 and June 12 will be held outdoors with masks optional. In the case of inclement weather, these services will be held indoors with masks required, and on Zoom.**

Also,

- RE will meet outside when weather permits.
- Social time (formerly known as coffee hour) will follow services in the vestry. Attendees are asked to continue to wear masks while inside and to take any refreshments outside.
- Anyone with COVID-like symptoms or within the quarantine period after a positive Covid test should attend services remotely.

The CDC offers an easy quarantine calculator on its website that we suggest you utilize.

Check your county: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

COVID Quarantine Calculator: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

The Task Force will continue to monitor conditions and announce adjustments if they become necessary. We are carefully monitoring this changing situation. Please contact Bill Wians, chair, with any questions at [wwians@mac.com](mailto:wwians@mac.com)

Members of the Reopening Task Force: Martha Holt Castle, Mary Corthell, Leanne Harvey, David Maxson, Jen Polinski, Karen Wians, Bill Wians, chair, Rev. Dave Egan, Samantha Nemeth, Eva Kendrick

## Calling All First Parish Historical Artifacts



Over the years, many of First Parish's historical artifacts, items of interest and documents have been stored or kept at locations other than the church facilities. This include member's homes, the Medfield Historical Society and elsewhere.

In order to ensure that our church's historic items are cared for and preserved, the Executive Board has established a Task Force to locate and identify all church historical items and to make a recommendation to the Congregation of where and how these should be displayed or stored going forward. Rich Mastronardi, Darline Lewis and David

Temple are the members of this Historical Documents Task Force.

If you have any Church items of interest in your possession or know of someone who does, please contact Rich, Darline or David. These can be any historical, financial or any other documents or artifacts that pertain to First Parish.

Rich Mastronardi: [rmastrona@aol.com](mailto:rmastrona@aol.com)

Darline Lewis: [dlewisnew@gmail.com](mailto:dlewisnew@gmail.com)

David Temple: [davidftemple@yahoo.com](mailto:davidftemple@yahoo.com)

## Announcement of Elections at General Assembly

At this year's General Assembly in Portland, Oregon, delegates will be given the opportunity to vote on candidates to serve on the UUA Board of Trustees. We, Rebecca Mattis and Beverly Seese, petitioned to be placed on the ballot providing delegates a choice on who will serve as future UU leaders.

Please visit our personal campaign websites,

<http://rebeccamattisuu.blogspot.com/> and [BeverlySeeseUU.Blogspot.com](http://BeverlySeeseUU.Blogspot.com)

<http://beverlyseeseuu.blogspot.com/> to learn about our backgrounds and campaign platforms.

We have arranged to hold three Meet the Candidates Townhall meetings on May 25 and June 2. Details can be found on our campaign websites.

Delegate voting opens June 1. We encourage you to become informed voters and live into our Fifth Principle, the right of conscience and the use of the democratic process within our congregations and in society at large.

# Ferry Beach Weekend!

(May 13-15)





## THANK YOU PROJECT BREAD TEAM FIRST PARISH & FRIENDS!



Team First Parish: Jen, Daniel, Louise, Duncan, Nancer, Sara, Marilyn, Koji & Photobomber London  
Noon Hill Summit, May 1, 2022

**TOGETHER WE RAISED \$1,976.00 TO HELP PROVIDE SUPPORT  
FOR OUR NEIGHBORS FACING FOOD INSECURITY.**

*"I thoroughly enjoyed walking and chatting with everybody.*

*What a great day, for a good cause.*

*Count me as in for next year!"*

*- Sara Drumm*

## Green Sanctuary Committee



Our next meeting will be an in-person potluck BBQ  
sometime during August.  
**ALL ARE WELCOME!**  
Email [Jeanette Ruyle](mailto:Jeanette.Ruyle@fpuu.org) for more info.

### Did you know...

- ✚ **35 postcards** were sent to MA state senators by FPUU congregants to thank the senators for passing the Climate Bill with pertinent amendments.
- ✚ **3 FPUU committees** worked together to make the 2022 Spring Greening Fair and Yard Sale happen: Green Sanctuary Committee, Membership Outreach Committee, and Building & Grounds Committee, with the blessing of the Board.
- ✚ **4 Medfield community groups**, in addition to FPUU, collaborated on the Spring Greening Fair: Sustainable Medfield, Medfield Environment Action, Medfield Energy Committee, and New Life Furniture Bank.
- ✚ **5 "Decarbonizing Our Lives" videos** featuring a few FPUU congregants, and created by Thea Iberall, were shown during the yard sale.
- ✚ **22 FPUU congregants** helped on the Yard Sale scene and/or behind the scene, and additional folks donated items. Thanks to all!
- ✚ **The Yard Sale netted \$1500**, so far. Some special items are still up for sale! (See details elsewhere in this newsletter.)
- ✚ **Needham Bank donated \$500** for the rental of FPUU grounds for the Spring Greening Fair.
- ✚ **A partial truckload of items** was able to be donated to New Life Furniture Bank, going to newly housed people and thus being "green."
- ✚ **14 tips on why reusing is important** were up on the vestry walls during the yard sale.



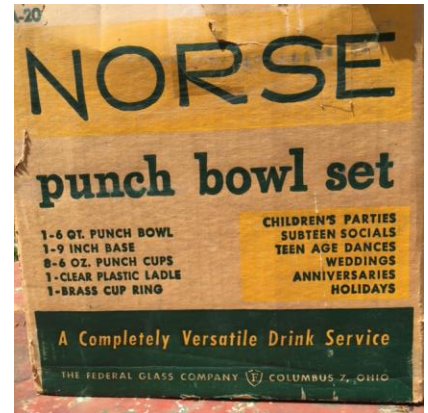
# Thank you YARD SALE volunteers!



and all who donated their  
treasures!

## Yard Sale Items Still Available for Sale

Lenox china, make an offer on any or all pieces. Retro vintage punch bowl set in original box. Make an offer.



## Join the FPUU Sustainable Medfield team!

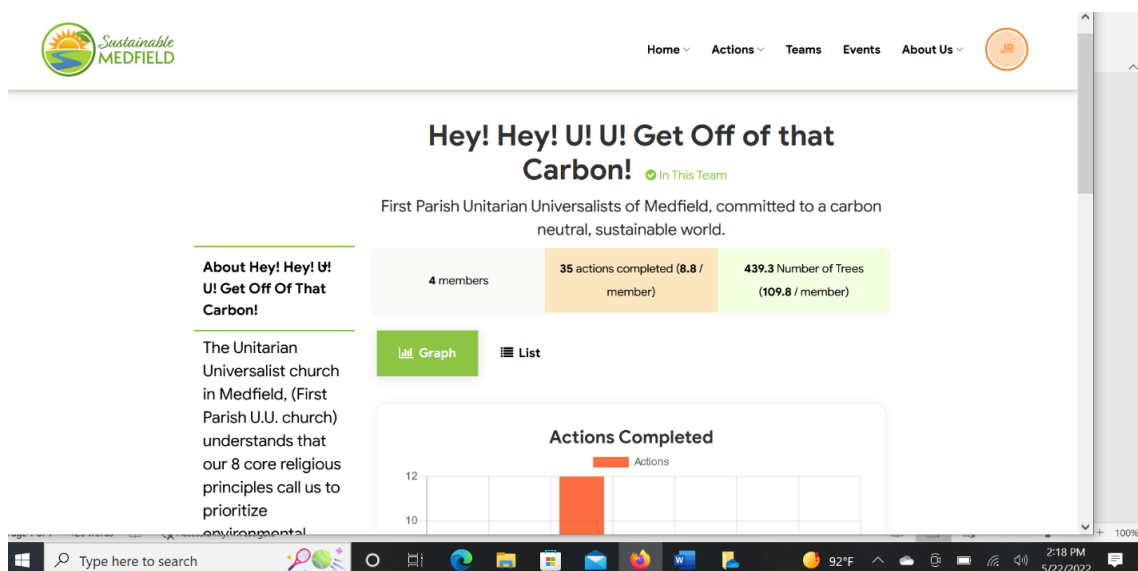


Sustainable Medfield, a Medfield Foundation initiative, is an environmental action group that attracts the membership of multiple organizations in Medfield. Sustainable Medfield, or SM, has created a wonderful [website](#) using the Mass Energize template that serves to inform and track the decarbonizing actions of its members and teams.

Anyone with a *connection* to Medfield can go to the website and take part. This means anyone at FPUU Medfield because we are all connected to Medfield!

Steps to join the FPUU team called 'Hey! Hey! U! U! Get off of that carbon!':

- Click on "[Action Portal](#)" on the home page. Click on "[TEAMS](#)" in the upper right corner. Look for our FPUU team to join.



## A Light in the Darkness Candlelight Vigil



Some photos of the candlelight anti-racist vigil on May 25th. We marked the second anniversary of the killing of George Floyd, and honored all of those who have lost their lives over the past two years to the devastating effects of racism.







(photos courtesy of Thea Iberall)



# Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

## To Let Go is Not to Deny, but to Accept



It's been about a week now I have felt the niggling of unknown emotions moving in me. As with so many other emotions, this niggling has a pattern.

A deep feeling of unrest, dis-ease, discomfort I can't name. I have learned to watch and wait, unlike past times I would find something or someone to blame my tumultuous feelings on and lash out.

When I am in process, it sometimes feels like a slow turning water wheel, filling and incrementally turning until there's movement beyond each individual chamber. The whole lumbering wheel moves forward. And there's other times a tsunami strikes my insides and emotional explosions occur.

Catharsis is the process of releasing strong or repressed emotions. Whether the process is incremental slow movement or an explosive tsunami, catharsis is good – sometimes scary and good.

The first time I had awareness of the power of catharsis was a weekend in the early 90's when I faced the fact that my parents will never love me like I need them to. It hurt. I felt the devastation and cried through a whole weekend.

Yesterday, I surrendered. I cried most of the day. it was a windy day and when I sat outside in the sunshine, I closed my eyes and saw sands blowing in the wind. The sands are me and the high winds are blowing away what I no longer need to hang on to.

I am at a threshold of change. I feel it deeply within. The inner niggling is the untethering of past regrets, if only, and most importantly, my relationship with fear. Three facets I identify with that are no longer useful for me. They hold me back and keep me small in their controlled chambers.

I have had a relationship with fear my whole life. Pre-verbal to my present self, fear has defined me. As I step over the threshold, I realize both emotionally and physically, fear no longer takes a front row seat. I have befriended fear by training my mind to go beyond my fear. I let fear go.

I'm a spiritual being in a human body and I will feel fear again. The cathartic change is in my relationship to fear, for it no longer drives my car. I am at the wheel.

I decided over two months ago I needed a ritual to mark the threshold I am standing before. I have enlisted my intentions to define my needs. Words are powerful and my entire being is listening. I continue to clear and ready myself for what I've been waiting for, preparing for, all guided by my Higher Self, my light within.

Thank you for bearing witness to my journey. No doubt a journey you will have, have had or continue to have. I acknowledge each of you for the hard work you do feeling your way through your journey. To let go is not to deny, but to accept.

### **Letting go by Nelson Mandela**

To let go doesn't mean to stop caring: it means I can't do it for someone else.

To let go is not to cut myself off; it is the realization that I can't control another.

To let go is not to enable, but to allow learning from natural consequences. To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another;  
I can only change myself.

To let go is not to care for, but to care about. To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging outcomes, but to allow others to effect their own outcomes. To let go is not to be protective; it is to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold, or argue, but to search out my own shortcomings and to correct them

To let go is not to adjust everything to my desires, but to take each day as it comes and to cherish the moment.

To let go is not to criticize and regulate anyone, but to try to become what I dream I can be. To let go is not to regret the past, but to grow and live for the future.

To let go is to fear less and love more.

## **Lost & Found**



Please check the "Lost and Found" as well as the coat rack, in the vestry for any forgotten items.

Many items have been left for over a year.

Any items not claimed by June 12 will be donated. Thank you.

## Notes from the Church Office:



Please note that during the summer I will be in the office on Thursday afternoons only. I can be reached via email and will be collecting the mail and messages weekly throughout the summer.

Email: [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org)

Sandra Andreassi-Administrator

I will be away from June 7-June 16th.

Have a fantastic summer!



### Pledge Payment Reminder

Our fiscal year ends on June 30. Any outstanding pledge statements were sent out on May 16<sup>th</sup>. If you have any questions about your pledge balance, please email [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org). Thank you.

## Collection for Chaplains on the Way



Most Needed Items Request

***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



Dignity Matters is a non-profit organization that collects, purchases and supplies feminine hygiene products, bras and underwear to women and girls who are homeless or disadvantaged, in order to help them stay healthy, regain self-confidence, and live with basic dignity.

If you would like to donate items, they can be placed in the collection box on the front porch of the U-House. Contact Becca Kornet with any questions.

## Summer Lay-Led Services



FPUU will have five lay-led services during the summer. At the moment, we are planning on having these held in-person only (no Zoom), and outdoors for COVID safety. This may change based on COVID precautions that are recommended at the time.

Services will be held on the following Sundays:- June 19- June 26- July 10- July 17- July 24 There will be no service on July 3, and no services in August.

## FPUU Calendar of Events for June

Wednesday, June 1	Pastoral Care Committee Meeting 7:00 pm/Zoom
Sunday, June 5	Annual Meeting/11:30 am/Zoom OWL Jr/4:30 p.m./Vestry OWL Sr/7:00 p.m./Vestry
Wednesday, June 8	Committee on Ministry/7:00 pm/Zoom
Thursday, June 10	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, June 12	Last Sunday Service OWL Jr/4:30 p.m./Vestry OWL Sr/7:00 p.m./Vestry B&G Workday/1:00 p.m./Grounds
Tuesday, June 14	Membership Outreach Meeting/7:00 p.m./Zoom
Thursday, June 16	Executive Board Meeting/7:30 pm/Zoom RE Committee Meeting/ 7:30 pm/Zoom

Have a wonderful and safe summer!

Our In-gathering Sunday service will be held on September 11, 2022