



# First Parish Unitarian Universalist Of Medfield

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

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



## November Newsletter 2022

### Ministerial Musings

Dave Egan, Minister

As Thanksgiving approaches, it's a good time to turn our attention away from all that is missing in our lives and instead focus instead on abundance, on all of the unearned blessings that have come into our lives. Each of us could make our own list and include, perhaps, the place and the time into which we were born, the freedom we have to choose what we'll do and when, bodies and minds that work reasonably well, fair skies with a great blue heron patrolling the salt marsh, and a setting sun reflecting on brilliant autumn leaves. So much abundance.

Rev. Ken Read-Brown, my mentor who supervised me when I was a student minister at Old Ship Church in Hingham, would sometimes share the following poem with his congregation in the weeks leading up to Thanksgiving. I now pass it on to you, as we anticipate sharing food and conversation with our loved ones. May it be a reminder during this busy holiday season to slow down, take a few deep breaths, and enjoy those small moments.

Perhaps I should have said it just between  
the wine and grace, the wishing and the  
blessing.  
That was a time for words, when the scene  
had just begun, before we passed the  
dressing.  
Before the knife cut deep into the breast,  
I might have paused, looked up and all  
around  
into the eyes of each of them. A jest  
came easier, wit tossed into the sound  
and lost. Between the stuffing and the pie,

was yet another quiet moment when  
I could have told them all. Instead, I sighed  
and let it pass. Just once before the end  
I should have cried, Listen, before you go,  
I love you. I just wanted you to know.  
-Peter LaForge

With gratitude and love for each of you,  
Rev. Dave

## Daffodil bulb planting in Dan Bibel's memory.



**Thank you to all.**

## Upcoming Services

*All services are indoor, in person and will also be streamed over Zoom as well.*

**November 6**

**Purple Dignity**

**Rev. Dave Egan**

As we prepare ourselves to engage in the democratic process, as stated in our 5th UU Principle, we do so with a desire to make our communities and country more in alignment with our values. But with all of the conflict, anger, and judgement between red and blue, how do we learn to listen to the perspective of those with whom we disagree? Where is the common ground? As we fight for our beliefs, how do we do that while also honoring the inherent worth and dignity of the other?

**November 13**

**The Hand Trap**

**Rev. Dave Egan**

In some native cultures of Asia, there is a special technique to catch monkeys. It involves a container filled with food, with an opening just big enough for the monkey to reach in. Once the monkey grabs the food, its clenched fist is too large to pull back out of the opening. Rather than release the food, the monkey is trapped. What things in your life do you hold onto, even though you know they are keeping you stuck in place?

**November 20**

**Friendsgiving**

**Rev. Dave Egan**

Please join us for this intergenerational worship service, followed by a potluck lunch. All of our former ministers from the past 20 years have been invited to participate in the service, as well as our children who will help create this service of gratitude and abundance. If you ever thought about inviting a friend or family member to First Parish, this day of fun and food would be a good time to start!

**November 27**

**Family Promise**

**Paula Brown**

Please join us for this special worship service where we welcome Paula Brown, the volunteer and outreach coordinator for Family Promise Metrowest. This wonderful local organization serves low- and moderate-income families that are facing homelessness by mobilizing a diverse community to provide shelter, education, and comprehensive support. During this season of giving and gratitude, come learn about how you might offer some love to our neighbors.

Daylight Savings Time ends at 2:00 am on Sunday, November 6th.  
Don't forget to set your clocks back.



## Letter From Jennifer Goodman - Our New CRE



Hello Everyone!

I'm so glad to be joining your community, supporting families, and being in the classroom with the children! I'm looking forward to getting to know each of you over the coming months. I wanted to share a little about me. Before coming to First Parish, I was the Director of Family Programming at Common Street Spiritual Center, an interfaith organization in Natick. I was raised Unitarian, and I also bring a lifelong background in meditation and Eastern philosophy. I studied philosophy in college, and questions come naturally to me.

I'm also a practicing integrative family counselor, using a holistic approach to help children and their

parents, making room for deep connection and healthy growth. I've developed a model of "Soul Influences" for personal and relational transformation based in Rudolf Steiner's work. I'm trained in Waldorf-based parent coaching and child counseling, mediation and relatedness skills, Social Inclusion work with schools and children to address social isolation and bullying, therapeutic arts, and Biographical Counseling.

I love messing around with fresh art supplies and planting too many things in the garden. I love being out in nature, in all the seasons. I'm really into cooking when the veggies inspire me and baking when the holidays come – any holidays. I'm a passionate mom, with a 23-year-old daughter I'm sure you'll hear too much about. And I currently confess to having too many cats. ... So that's me!

I'm looking forward to this new start with all of you! Thank you for inviting me into your community.

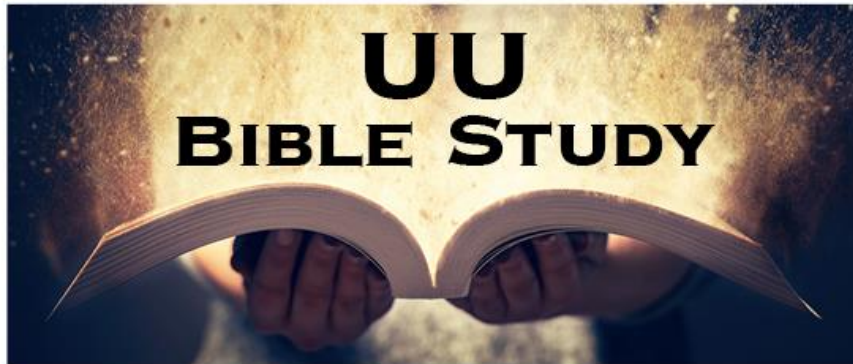
Warmly,

Jennifer Goodman  
Coordinator of Religious Education





**FIRST PARISH UU MEDFIELD  
PRESENTS:**



COME JOIN US FOR AN OPEN AND REFLECTIVE,  
UU-STYLE, BIBLE STUDY COURSE, LED BY REV. DAVE.  
ONCE A MONTH, FOLLOWING COFFEE HOUR,  
WE WILL GATHER TO READ, PROBE, DISCUSS, AND  
SHARE OUR PERSPECTIVES ON STORIES  
THAT CONTINUE TO SHAPE OUR  
WESTERN CULTURE.  
BRING ALL OF YOUR UU SKEPTICISM  
AND LEAVE WITH NEW KNOWLEDGE AND INSIGHT.

**SUNDAY, NOVEMBER 6TH  
11:30 - 12:30PM**

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## **Fundraiser for Chaplains on the Way November 9**

As you know, FPUU has had a long-standing relationship with Chaplains on the Way, a program helping people in Waltham experiencing homelessness.

Because of this connection, we wanted to let you know about an upcoming fundraiser for this wonderful organization.

For more information, feel free to contact COTW Board Member Louise Rachin at [lrachin@comcast.net](mailto:lrachin@comcast.net) or 617-429-7319.

- From the Social Justice Incubator (SJI)



**YOU'RE INVITED TO**

**A Fundraising Night  
for  
Chaplains on the Way**

**to support the homeless  
population of Waltham**

**Join us for wine, appetizers, cider,  
and desserts! Meet our staff and  
chaplains, see our space, and  
learn more about our work.**

**Scan here to RSVP!**



**November 9, 2022 5:30pm-8pm**

**At Common Good Co.**

**419 Moody Street, Waltham, MA 02453**

**RSVP by November 2, 2022**

**Contact [Heather@chaplainsontheway.org](mailto:Heather@chaplainsontheway.org)  
with any questions**



## Green Sanctuary Committee

Our next meeting is Thursday Nov. 10 at 7pm via Zoom. All are welcome! Email [Jeanette Ruyle](#) for link and more info.

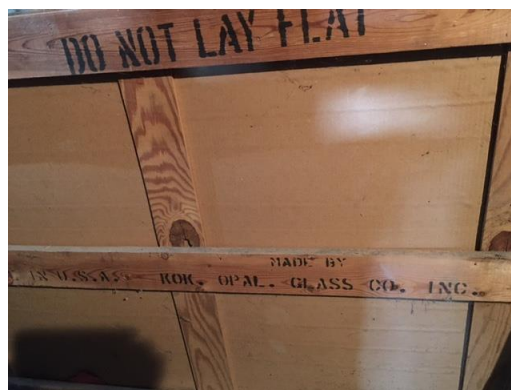


### Did you know we already have "replacement windows" in our Meetinghouse/church building? Read on...

At our most recent GSC meeting we discussed at length what is involved with making the Meetinghouse windows "tight" so as not to leak costly and valuable heat during winter. We have been addressing this issue for some time. We acted on the vestry windows when we created DIY interior window inserts a few years ago, and the original window glazing is gradually being repaired.

The sanctuary windows of diamond-shaped opalescent glass panes are a whole other issue. *They are not the original windows of the current building.*

We have yet to search the written church archives, but it seems these windows were installed sometime in the late 1890's or early 1900's after this type of glass manufacture was perfected. We know the glass is from [Kokomo Opalescent Glass](#) company in Indiana. Ironically (to us), the company began with the discovery of natural gas fields in Indiana. Without a local, abundant, and intense source of heat the glass could never have been manufactured.



*1 Box in U House basement with extra opalescent glass panes*



*2 First Parish at "the turn of the century"*

The original sanctuary windows are evident in a couple of old photos, but just barely. It is difficult to tell if it was clear glass but it likely was. We do not know why the windows were replaced with shimmering opalescent glass pieces. Were the original windows in disrepair, or was it a question of decorative style?

In 2022, FPUU is in the Town Center Historic District with criteria to consider when making changes to the outside of our building. We are amid climate change, soaring fossil fuel prices, and we own an ever-aging old iconic building.

Deciding what to do will not be easy. The GSC aims to assist with discerning an answer.



## From the Building & Grounds Committee



Thanks to all who pitched in to get a good start on our RE space clean up – we achieved a lot last Sunday, but we have more work to do!

Our next date to get together and get our kid's space looking great is Sunday, **November 13<sup>th</sup>** after coffee hour.

We hope to finish up our supply closet clean out as well as getting the office cleared of a lot of material.

Please bring along work gloves and masks – we had some critters living very comfortable in our closets and want to make sure everyone is protected as we clean up what they left behind!

Looking forward to joining many of you then,

Sara and your First Parish B& G crew.

## Lost and Found



Allison Galley and I have been working in the kitchen clearing out left over dishes etc. we are going to put lost and found materials on the counter to be found by you, the owner!! I hope.

We also found a stack of brand new large disposable roasting pans. We think some dear should left them for "us" to use for roasting a turkey et. Please feel free to help yourself. I don't think the church will be roasting turkeys this year.

Eve and Allison

## Coffee Hour Volunteers Needed



All that is involved in hosting coffee hour is purchasing whatever snacks you would like to provide, brewing coffee, setting out hot water for tea, getting everything set up, and cleaned up afterwards.

If you are interested in hosting a coffee hour, please sign up for a specific date using the following link: <https://www.signupgenius.com/go/10coa48a5a92da5fc1-coffee>



## Blood Drive November 15

*Give blood.*

Every 2 seconds someone  
in the U.S. needs blood.

**American Red Cross**



**In Honor of Fritz Fleishmann  
Blood Drive  
First Parish UU of Medfield**

26 North Street  
Medfield, MA 02052

**Tuesday, November 15, 2022  
1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter: UUMedfield to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](https://redcrossblood.org) | Download the Blood Donor App

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[343] - Order ID: 1421735 - Item ID: 525197 - Qty: 1 of 1 - IDA55863 - APO+ - 23515

## Notes from the Church Office:



Church Office Hours: Mondays & Thursdays from 9:00-3:00

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

**The deadline for the December Newsletter will be Sunday, November 20th**

## Save the Date! Annual Community Thanksgiving Service



Join us for the Annual Medfield Community Thanksgiving Service on Tuesday, November 22 at 7:00 pm.

Look for more information to follow.

## 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.

## Supporting FPUU through Amazon.com/Amazon Smile

**If you are using Amazon.com, you can help support First Parish – for Free!**



When you shop AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate **0.5% of your eligible purchases** to the charitable organization of your choice. To order on Amazon under First Parish, please use this link.

[https://www.amazon.com/?ie=UTF8&%2AVersion%2A=1&%2Aentries%2A=o&link\\_code=hom&tag=firtparisuucho1](https://www.amazon.com/?ie=UTF8&%2AVersion%2A=1&%2Aentries%2A=o&link_code=hom&tag=firtparisuucho1) This link can also be found on the First Parish website.

(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.)

# Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

## GAME OF DISTRACTION



There's so much chaos going on in the world, in the environment, in the political arena, in the social media arena, in my mind, in my

heart. Changes in my human body, changes in my family, changes in behavior, changes in what is real and what is fake, desensitization to violence and trauma, worry, obsessing on perfection -- change in general, my list goes on and on. I can't keep up.

The only way I deal with it all is distraction, some good and some not so good. I can't count the number of times I turn to solitaire when I am stressing about something. I pick my fingernails. I zone out on music. I isolate. Coming from a dysfunctional, alcoholic home, long ago I made the conscious choice not to use alcohol. I eat but I can't abuse food any more which has been a major adjustment.

I am distracted by life, errands, other's issues, but still when I slow down and sit, I'm crying on the inside. This time of year, is so difficult for me since my 32-year-old daughter passed from liver disease in 2014.

From the end of July to the end of October, I feel like a lost ship in the tumultuous ocean being battered by memories, emotions, triggers and body pain. When I get emotionally upset, my body hurts, often from muscle spasms.

I continue to nurture and grow my relationship with her older sister, a woman of wisdom herself, discovering, struggling and in grief like me. Sometimes we trigger each other. Sometimes she is in denial and I'm not, yet the chasm between us is there because the challenge is

so great to accept the loss. Then we have reprieves around my grandchildren, around the holidays when we look through the eyes of children and remember the good times.

It's not easy being human, feeling loss and grief. Throw into the mix aging, and I'm back to Solitaire. It feels hopeless until I remember the treetops.

I've been training all my life to be the healer I am. Oversensitive perception and awareness has plagued me all my life. My oversensitivity to foods wasn't discovered until well into my 30's though I had been ignoring symptoms for years. My inner knowing, feeling, seeing and hearing was hidden under an emotional rug, and for the last ten years I have been slowly peeling back the layers and honoring my abilities as a healing medium.

Living in a loving community gives my life purpose now. I'm learning to embrace my human side while extending tender, loving kindness to myself, allowing me to open to my skills as a healing medium with wide eyes and wonder. The energy world holds so much comfort if I get beyond my human pain.

I've built a community of people in my life year after year who honor both worlds seen and unseen. I can't get rid of my ego as much as I've tried. My ego is part of the equation to happiness. I am learning to respect my ego, understand and heal the hurt and shame, and welcome my ego back into my whole self.

My ego is there as a balancer, granting me opportunity after opportunity to find balance between itself and my heart. This is not an easy task, likened to a war within in times of distress, for the ego is in full-on control bulging its biceps and directing the show.

Silence, softness, reflection and inspiration open my heart and there I can invite in both to help me remember my balance in the journey of my life.

\*Photo by Felix Mittermeier



## FPUU Calendar of Events

Wednesday, November 2	Annual Fund Drive Committee/7:00 pm/Zoom
Thursday, November 3	Pastoral Care Committee Meeting/Zoom/7:00 pm
Sunday, November 6	Choir Practice/9:00 am/Sanctuary UU Bible Study/11:30 am/U-House
Monday, November 7	Medfield Historical Society/7:00 pm/Vestry
Wednesday, November 9	Committee on Ministry Meeting/7:00 pm/Zoom
Thursday, November 10	Staff Meeting/11:00 am Worship & Music Committee Meeting/7:00 pm/Zoom Green Sanctuary Committee Meeting/7:00 pm/Zoom
Friday, November 11	Veteran's Day/Office Closed
Sunday, November 13	Choir Practice/9:00 am/Sanctuary Chalice Circle/11:30 am/U-House B&G Clean Up Day/11:30 am
Tuesday, November 15	Red Cross Blood Drive/Vestry
Wednesday, November 16	Membership Outreach Committee/7:00 pm/ Zoom
Thursday, November 17	Executive Board Committee Meeting/7:30 pm/Zoom
Sunday, November 20	Choir Practice/9:00 am/Sanctuary Friendsgiving Potluck/11:30 am/Vestry Newsletter Deadline
Tuesday, November 22	Medfield Interfaith Thanksgiving Service/7:00 pm/TBD RE Committee Meeting/7:30 pm/Zoom
Thursday, November 24	Thanksgiving
Sunday, November 27	Choir Practice/9:00 am/Sanctuary

**Veteran's Day, November 11<sup>th</sup> - Thank you to all our veterans for your service to our country!**