



First Parish Unitarian Universalist of Medfield

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



May 2023 Newsletter

Ministerial Musings

There are some things that grow old with repetition. Spring is not one of them. If anything, with decades of springs behind me, I find myself more dazed with spring wonder each year. Poet Archibald MacLeish captures this sense of wonder as well as anyone:

Why it was wonderful; Why, all at once there were leaves,
Leaves at the end of a dry stick small, alive
Leaves out of wood. It was wonderful,
You can't imagine. They came by the wood path
And the earth loosened, the earth relaxed, there were flowers
Out of the earth! Think of it! And oak trees
Oozing new green at the tips of them and flowers
Squeezed out of clay, soft flowers, limp
Stalks flowering. Well, it was like a dream,
It happened so quickly, all of a sudden
It happened.

Yes, the miracle happens every year, as it is happening once again. The tender spring green bursts forth from the trees, bird song returns to awaken us each morning, vibrant colors dapple our gardens. No matter how cold the winter might have been, spring will win the day, as another poet, E.E. Cummings assured us:

(sing) for it's spring
--irrevocably;
and in
earth sky trees
:every
where a miracle arrives
(yes)
you and i may not
hurry it with
a thousand poems
my darling
but nobody will stop it
With All the Policemen In The world.

Yes, nobody can stop it... but neither will this particular spring last forever. Knowing this, and in spite of our deep concerns about the changing seasonal patterns caused by the climate crisis, it is good for the spirit to notice with gratitude each blooming daffodil, each budding oak and maple, each bird's song.

Peace and blessings,
Rev. Dave

From the Executive Board



SAVE THE DATE! Annual Meeting on Sunday, June 4 at 11:30 in the Sanctuary

The meeting will be held in person with the option of remote participation. Warrant to follow. Main items will include election of new board members, approval of the FY'24 budget, and any items of business brought forward by the congregation. The Board looks forward to your participation! A quorum will be necessary to conduct business.



Upcoming Services

May 7

Flower Communion Sunday

Rev. Dave Egan

On this, the 100th anniversary of the first flower communion service, we celebrate the abundance and beauty of the season by bringing flowers gathered from gardens or roadsides to share with others in the congregation. In addition, we will welcome new members to our congregation. Please bring some flowers from your garden to share with the congregation.

May 14

What Do Moms (& Dads) Really Want?

Rev. Dave Egan

As a society, we've focused on the Good Life for the individual. On this Mother's Day, as we think about the world our children and grandchildren will inherit from us, what about the Common Good? Join us for intergenerational service when we honor mothers everywhere.

May 21

Worship at Ferry Beach

Rev. Dave Egan

Join us for this worship service that will take place among the pines in the outdoor chapel at Ferry Beach in Saco, Maine, where many from the congregation will be on retreat. Please note that there will be no worship service at our meetinghouse in Medfield.

May 28

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.



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 21**

Order of Service: Wednesdays by 5:00 pm.

Email: admin@firstparishmedfield.org

Please Note: Sandra will be out of the office from Friday, Apr 12-Friday Apr 19.

Religious Exploration



Jennifer Goodman,
Coordinator of Religious Education

Thank you to everyone who brought in Easter eggs for the children to hunt! I'm warmed continually by how this community steps forward. The eggs were enjoyed by all, and we heard a Ukrainian Easter folk tale too.



For our Vulnerability theme, we made worry dolls and a little box-home for them:



Moving into spring and the end of the school year is exciting! The next two Sundays in RE, April 30th and May 7th, will be dedicated to our theme of taking a stand so that we can, "Be the change we want to see in the world." I'll be creating a retelling Greek myth of the Arachne, the

great weaver, for the children, based on Rebecca Caprara's book, *Spin*, which is a story of empowerment in the midst of oppression and coming forward boldly with the confidence of who one really is, in spite of those who would wish one quiet and demure. We'll be accompanying the story with a weaving project, where the children will be able to weave what they stand for into the fabric of a group tapestry. Jeanette Ruyle has kindly offered her weaving skills to the project. Our May theme is Creativity, so this project will bridge nicely.

Soon we'll be planting the sunflower seedlings we sprouted in March in our garden, so we will have something bold and beautiful to come back to in September, connecting this church year to the next one.

Helping opportunities for the rest of the year:

- We are looking for RE classroom assistants for the rest of the year (sign up here: <https://www.signupgenius.com/go/10c094aa5ad2daaf9c07-assistants#/> or email me at cre@firstparishmedfield.org).
- Volunteer to help with a Time for All Ages! I believe in your creativity!
Email: cre@firstparishmedfield.org.

Thank you and Happy Spring from RE!

- Jennifer Goodman



Neighboring Faiths



In April, the Neighboring Faiths class learned about Christianity in general and Quakerism more specifically. Since we weren't able to arrange a visit to a Quaker Meeting, we watched a video to give the kids a sense of what it might feel like.

In May, we will study our final faith tradition, Jainism. After learning about the religion, we will visit the Jain Center in Norwood.

Thank you to the class parents who have stepped up to take on the role of the second adult at classes and visits!

Executive Board to Hold Listening Sessions on Financial Health of First Parish

The Executive Board of First Parish will hold two Zoom sessions to inform congregation members of the serious financial challenges facing FPUU in the coming year and beyond, and to seek congregational input on dealing with them. The sessions will be held on Wednesday, May 10, and Tuesday, May 16.

Each session will begin at 7pm and end no later than 8:30pm. Each session will include a presentation detailing the recent history of FPUU finances, budget projections for the next one, three, and five years, and concrete initiatives the Board will propose to restore First Parish to financial health. As the presentations will make clear, the challenges First Parish faces are great and will require significant cuts in future budgets if better solutions are not found.

Following the presentations, Board members will lead a discussion as the Board prepares the budget to be voted on at the June 4 Annual Meeting. Please note that the May Zoom sessions will NOT be formal Parish meetings. No votes will be taken, and no quorum is needed. A Zoom link will be circulated prior to each meeting. Please direct your questions and concerns to Bill Wians, Board chair, at wwians@mac.com.

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

Medfield Community Blood Drive

Tuesday, May 2nd

11 am- 4pm

First Parish UU of Medfield

Hello First Parish Friends,

I'm excited to announce our upcoming blood drive on Tuesday, May 2nd at First Parish Medfield - help welcome spring by signing up to save a life!

It was wonderful to start this new tradition in honor of our fabulous Fritz last fall, and we look forward to continuing to hold this drive twice a year (spring and fall) to support the Red Cross and share our fabulous building and First Parish family with our community.

Please see the links below to donate and to help - looking for volunteers to help set up and break down, as well as two greeters each hour. As those who volunteered last fall will tell you, this is definitely a feel-good event and you will for sure enjoy helping out!

Thanks in advance, and please feel free to reach out with questions: bongo_8@msn.com



Help save a life.

Schedule your
blood donation
appointment today.

To schedule an appointment, please visit www.redcrossblood.org at <https://www.redcrossblood.org/give.html/find-drive>? Enter sponsor code: UUMedfield.



[Help with First Parish UU Medfeld Spring Blood Drive](#)

Please review the available slots below and click on the button to sign up.
Thank you!

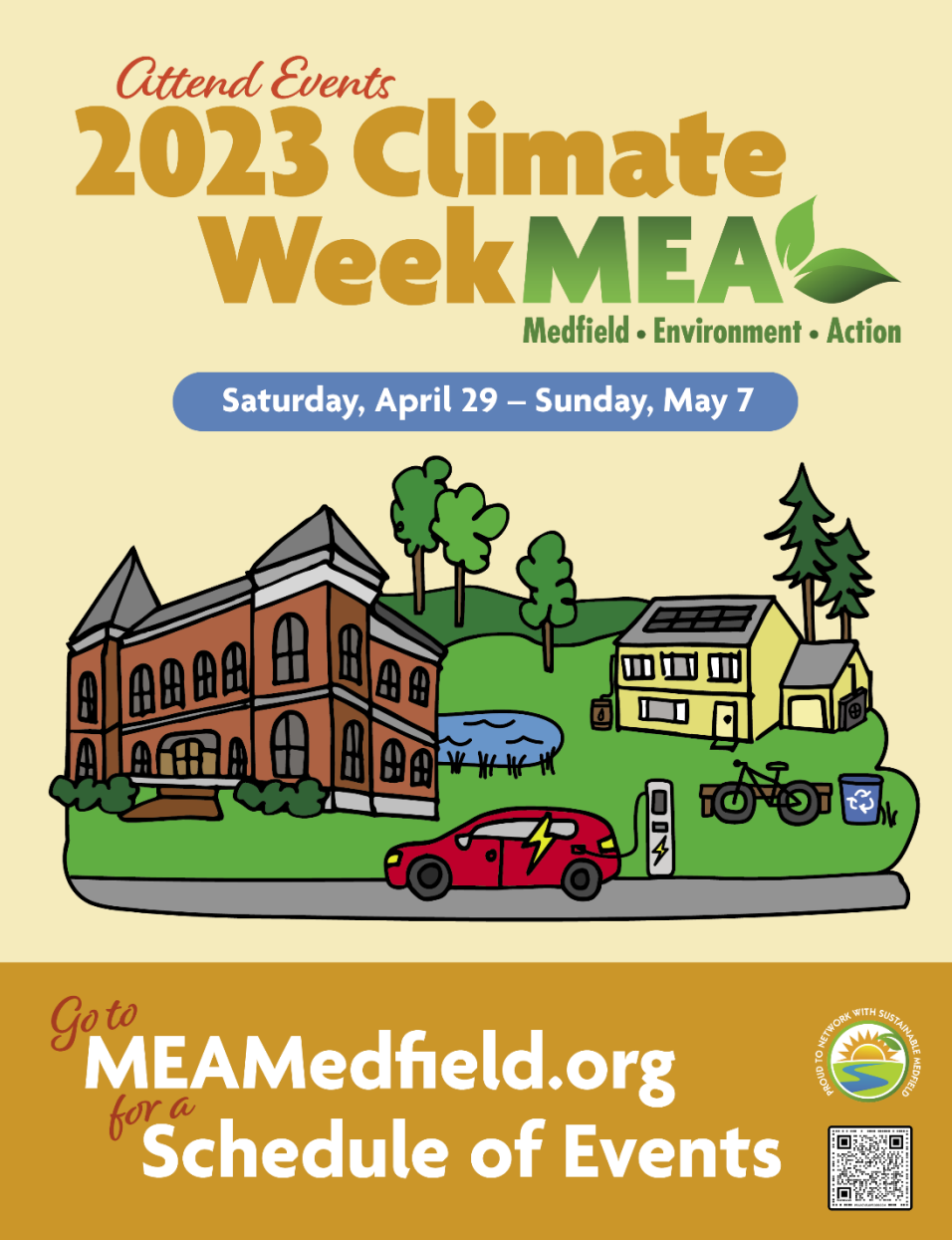
www.signupgenius.com

Medfield Climate Week on Saturday May 6

First Parish is hosting an event 11am-1pm

In our churchyard, there will be Goats of Dover, robot electric lawnmowers, and a community weaving project using upcycled material. In the vestry will be a book sale of environmental books and the sale of organic apple-flavored cotton candy. [Read a full description here](#), scroll to May 6.

The Membership Outreach Committee and the Green Sanctuary Committee are working on this. If you would like to help, contact Kirsten D'Abate or Jeanette Ruyle.



Attend Events
2023 Climate Week MEA
Medfield • Environment • Action

Saturday, April 29 – Sunday, May 7

Go to
MEAMedfield.org
for a
Schedule of Events

PRINCIPAL TO NETWORK WITH SUSTAINABLE MEDFIELD

QR code linking to MEAMedfield.org

The poster features a central illustration of a sustainable community. On the left is a large, multi-story brick building with many windows. To its right is a smaller yellow house with solar panels on the roof. In the foreground, a red electric car with a lightning bolt on its side is parked next to a charging station. A bicycle is also parked nearby. The background includes green trees and a small pond. The entire scene is set against a light yellow background.

A Message from the Social Justice Incubator

Project Bread Walk for Hunger, May 7, 2023



**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 7, 2023 AT 11:00 AM.**

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/site/TR/Walk/WalkforHunger?team_id=82754&pg=team&fr_id=1490

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.



Anti-Racist Book Group



All are invited to join the anti-racist book group! Open to FPUU congregants as well as those outside our church community.

Our meetings happen via Zoom from 7:30-9:00 PM. Specific dates vary from book to book, but we generally meet every ~4-6 weeks.

Here are just a few of the books we have read so far:

- "So You Want to Talk About Race" by Ijeoma Olua
- "How to be an Antiracist" by Ibram X Kendi
- "The New Jim Crow" by Michelle Alexander
- "Caste" by Isabel Wilkerson
- "Between the World and Me" By Ta-Nahisi Coates
- "Just Mercy" by Bryan Stevenson
- "The Sum of Us" by Heather McGhee
- "White Fragility" by Robin DiAngelo
- "The Hate U Give" by Angie Thomas

Our next book will be "Waking up White" by Debby Irving.

We would love to have you join us! To get on the mailing list and hear about future books and meeting dates, email becca_kornet@yahoo.com.

Chaplains on the Way Donations



Spring/Summer

Chaplains on the Way Most Needed Items Request

The following items would be gratefully received by the unhoused community of Waltham:

\$5.00 Dunkin Donuts gift certificates, cans of caffeinated coffee, men's & women's short sleeve cotton t-shirts, sweatpants, hooded sweatshirts in sizes medium, large and extra-large, cotton socks, blankets and sleeping bags.

If you would like to donate items, they can be placed in the donation box in the Vestry. Your generous, ongoing support for Chaplains on the Way is greatly appreciated. Contact Louise Rachin at 617-429-7319 or lrachin@comcast.net with any questions.

Green Sanctuary Committee



GREEN
SANCTUARY
CONGREGATION

Our next meeting is May TBD, 2023 at 7pm via Zoom. All are welcome! Email [Jeanette Ruyle](#) for link and more info.



Medfield CLIMATE WEEK and FPUU

Medfield Environment Action (MEA) is organizing Medfield's first ever 'Climate Week' from **Saturday, April 29 through Sunday, May 7**. FPUU is hosting a Climate Week event on **Saturday May 6**. See elsewhere in this newsletter for more information.

A simple way to be a climate activist: Petition Gov. Healey to stop gas pipeline expansions!

Eversource has been wanting to build an additional pipeline through Springfield to Longmeadow. Residents of these communities have been fighting it, as reported in [this article](#).

The [UU Mass Action](#) Climate & Environmental Justice Team is joining in with [Mass Power Forward](#) to send Gov. Maura Healey a message to keep her promise about climate goals and "Put Gas in the Past."

If you agree, email [this petition](#)

If you are interested in more information about the Climate & Environmental Justice Team of UU Mass Action, [check it out](#). They meet monthly for one hour get stuff done!

Are you wondering why GSC has not had any more information about the status of making the FPUU meetinghouse/church more energy efficient?

It is because we as a congregation are currently stuck in a money crunch. See elsewhere in this newsletter about special discussion regarding the FPUU financial situation. We are all in this together.



Monthly Meditation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

Fresh Air Break



A quote from [Kenneth Soares](#) meditation on [Golden Violet Light Energy Cleanse](#).

"Imagine your feet starting to giggle a bit. You know the feeling holding back laughter when it really wants to just burst out. If there's someone else there doing the same thing like holding their laughter back, it's nearly impossible to not laugh."

That giggling feet feeling happens when I breathe in spring morning air. The fresh air triggers a body response evoking images of new growth, feelings of survival, new opportunities, and a lighter feeling of life. It's in the air.

This good feeling is more than just a feeling. It's healing energy bumping up against my nostrils and inviting me to steer this energy towards my heart, saturate my attitude and bless my wellbeing. I breathe in spring air and feel it loosen the crusty places I've formed living with pain and heartache. I will not get distracted. That would derail me from this opportunity.

I breathe in slowly and re-engage with the spring air. Using my mind, I imagine standing taller breathing in this healing energy. My face relaxes and I smile with my eyes. I lift my chin and feel sunlight warming my face. I immerse myself in a sun bath.

I know my worries are there and I invite them to loosen their grip. My worries will wait like dust on the floor. Now is time for me to bath in spring air energy.

I imagine my old dog doing what she loved to do, leaving the walls of winter and plopping herself down on a warm sunbaked sidewalk rubbing her back, kicking her feet into the air to massage her whole body. Her eyes are shut. She has that dog smile on her face and she's bathing in goodness. She shakes herself to reset and off she goes with a lighter step.

I am steering my thoughts. I imagine my inside space and there's a bench to my left where I put my personal belongings. A box to hold my worries. A box to hold my heartache. Another box for my busy ego. I assure them I'll be right back. This is my time. I'm steering this ship.

Breathe. Spring air wafts in through the cracks in the windows. I still have the hand-sketched picture my mother made years ago. As she looked up at the sky, unfocused her eyes she was able to see air molecules floating downward. She captured the image on paper and gave it to me documenting the miracle of spring air.

This invisible world holds wonders we can't fathom. It's so easy to be swallowed up by heartache, worries and the constant commentary of our egos while at the same time molecules float downward, plants soak life into their roots, birds magically flit around through this energy. Wind moves air into the cracks and crevices of life. I wonder if they put worries on benches?

I breathe in fresh air and create good thoughts and good intentions. I am the author of this short, fresh air pause. My body recognizes the smells of spring. My thoughts welcome and enhance good feeling. My worries, heartaches wait patiently until I'm ready to continue forward with a lighter step.



FERRY BEACH RETREAT

MAY 19-21



Join us In Saco Maine for a fun, restorative, all-ages retreat at Ferry Beach!
 Relax while collecting shells along the beautiful, seven-mile-long, sandy beach,
 play on the playgrounds, sing by the campfire in the wooded grove, or read a good book on the porch.
 We will hold our Sunday worship service in the outdoor chapel among the tall pines.
 Like last year, this will be a shared retreat with the First Universalist Society of Franklin.

There are a variety of types of lodging to choose from: dorms, cottages, cabins, or campsites.
 We will arrive Friday afternoon or evening (no dinner served Friday night).
 Our Ferry Beach Retreat includes breakfast, lunch, dinner on Saturday, and breakfast on Sunday.
 Ferry Beach Retreat & Conference Center will follow current Maine COVID guidelines.

Registration begins on Wednesday, March 1st, on a first come first serve basis.
 To register, follow this link: <http://fbch.me/franklinmedfield>



Medfield Garden Club

Saturday, May 20th from 9-12

First Parish UU Medfield

26 North Street



Perennials, ground covers, edibles, native plants and saplings.



Proceeds from the Plant Sale help to support the Medfield Garden Club's year-round seasonal beautification at numerous public buildings, intersections and entry points in the town. The club maintains twenty-three planters and garden sites and decorates town buildings with holiday greens and wreaths.

FPUU Calendar of Events

Tuesday, May 1	Red Cross Blood Drive/Vestry
Thursday, May 4	Pastoral Care Committee Meeting/7:00 pm/Zoom
Saturday, May 6	Climate Week Events/Vestry & Grounds/9:00 – 1:00 pm
Sunday, May 7	UU Bible Study 11:30 am/U-House Coming of Age/7:30 pm/Vestry
Wednesday, May 10	Committee on Ministry Meeting/7:00 pm/Zoom
Thursday, May 11	Staff Meeting/11:00 am/Zoom Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, May 14	Mother's Day Coming of Age/7:30 pm/Vestry
Tuesday, May 16	RE Committee Meeting/7:30 pm/Zoom
Wednesday, May 17	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, May 18	Executive Board Committee Meeting/7:30 pm/Zoom
Friday, May 19	Ferry Beach Weekend
Saturday, May 20	Medfield Garden Club Spring Sale/Grounds/9:00 am
Sunday, May 21	Newsletter Deadline
Wednesday, May 24	Anti-Racism Vigil/Grounds
Monday, May 29	Memorial Day/Office Closed

