



First Parish Unitarian Universalist of Medfield

26 North Street, Medfield,
MA

(508) 359-4594

www.firstparishmedfield.org



June 2023 Newsletter

Ministerial Musings

Someone who obviously thought that I need a reminder about stress management, sent me an anecdote in which a class is asked to guess how much a glass of water weighs. When various answers are given, the teacher tells the class that the actual weight isn't what really matters. The important thing is how long you hold it. "If I hold the glass of water for a minute," she says, "that's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, you'll have to call an ambulance."

It's such a relief to have summer here so that I pack up & put away some of the stuff I've been carrying around for awhile now. This summer I will be spending a week in early July with extended family in Tennessee, as well as our usual week of camping up at Ferry Beach in early August. These times away from the hustle and bustle of my usual routine always bring me back to my center and help recharge my batteries.

I hope that you, too, will carve out some time for pure bliss this summer. To relax and renew yourself. To let go of your own heavy stuff for a

while. But I also hope that you'll find a way to stay connected to the church community. Please know that I am still available to talk over the summer, as well as our wonderful Pastoral Care Team.

August 6-12. If you have a pastoral concern during the times I'm away please contact Rev. Eric Cherry (774-810-6020) who will be covering for me during my time away in July & August.

I will be attending the UUA's General Assembly in Pittsburgh, PA June 19-25. I'll be on vacation in Tennessee July 2-9, and I'll be at Ferry Beach

Peace and blessings,
Rev. Dave

Upcoming Services

June 4

Coming of Age Sunday

Rev. Dave Egan

Come join us for this special intergenerational service. We will hear the credo statements from our youth who just completed the Coming of Age program, supported by their mentors who have guided them along the way. This is a Sunday not to be missed!

June 11

Pride Sunday

Rev. Dave Egan

As we celebrate Pride Month, come join us for this service where we honor LGBTQIA+ folks. During this 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. Following the service, bring a dish to share for our outdoor potluck lunch!

First Parish Annual Meeting Sunday, June 4, 2023 at 11:30 AM

**ANNUAL
MEETING**

The First Parish Annual Meeting will take place on Sunday, June 4 at 11:30 am in the Sanctuary and on Zoom at the Sunday worship link:

<https://us02web.zoom.us/j/89028999447?pwd=NkkweWF0dmtwQUUpOYndBWkViclJzd09>

The Board looks forward to seeing you then!

Religious Exploration

Jennifer Goodman

Coordinator of Religious Education



It's been a busy month in RE! A highlight for me - we created a lovely weaving project with the help of Jeannette Ruyle, bringing together what we stand for, like family, the earth, keeping plastic out of our oceans, government reform, women, and fostering puppies. It will be hanging in the Vestry soon if you would like to see it. Other highlights include our trip to Ferry Beach, where it rained and we played many fun indoor games, and Music Sunday, with several of our children treating us to their singing and instrument playing.





We have had a great year of coming together again after the pandemic, welcoming in new friends, and exploring our values. Thank you so much to the many volunteers. Becca Kornet once again led Neighboring Faiths with a flare so that the youth in our church could experience other traditions. David Maxson went deep with teens in Coming of Age. The RE Committee and the parents were invaluable in staffing the program and making key decisions. And Rev. Dave supported me greatly as I got my sea legs. Personally, it's been a pleasure getting to know all of you. Thank you all and Happy Summer from RE!

- Jennifer Goodman

Neighboring Faiths



On May 14, this year's Neighboring Faiths program concluded with a wonderful visit to the Jain Center of Greater Boston in Norwood. The Jain Center draws from all of Massachusetts, as well as parts of Connecticut and Rhode Island. We are lucky to have them just 10 minutes from FPUU. We learned so much about this faith tradition, primarily its core principle of nonviolence. We toured the center, spent time in the beautiful temple, and were treated to a delicious lunch afterwards. The folks there were extremely generous with their time, and even gifted us two books on Jainism for our Neighboring Faiths library.

We sensed a lot of overlap between Jainism and Unitarian Universalism in terms of the care and compassion for people, animals, and the earth. Our educator for the day, Sanjay Jain, shared the Peace Challenge. Do you think you can take this challenge and live like a Jain for a day?

The Peace Challenge

In Our Thinking

To remain mindful of how precious life is, and to try to be aware of the thoughts that arise in your mind on one given day. Can you entertain only peaceful thoughts, harboring no ill will to any person, animal or even insects? Try to be forgiving, positive, patient and kind.

In Our Speech

Can you use your words to build up community, to compliment others, and to promote life? Can you use speech only sparingly, speaking when necessary without rambling on too long? Can you try to remain a little more silent during your day, using this time to be mindful of the needs of others, and the preciousness of life?

In Our Actions

Could you act in such a way that your deeds will not injure any living creature? Can you be aware of life forms such as insects and small animals? Can you choose to eat a vegetarian diet for one day?



Warrant

Annual Meeting First Parish Unitarian Universalist, Medfield, MA

Sunday, June 4, 2023 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 4, 2023. 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.

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 18, 2022.*
2. Accepting reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations. *
3. Executive Board Report on the 2022-23 church year. *
4. Nominating Committee Report. *

5. Election of officers to the Executive Board:

Chair: Bill Wians (2-year term)

Treasurer: (2-year term)

At-Large: Jeanette Ruyle (2-year term)

At-Large: (2-year term)

6. Election of Endowment Fund Committee

7. Election of Nominating Committee:

Slate proposed by Executive Board: Patty Castle, Margaret Rolph (1-year terms)

8. FY2024 Budget:

Presentation*

Discussion

Vote to approve FY2024 budget

9. A MOTION FROM THE EXECUTIVE BOARD asking the congregation to endorse the organization of four initiatives to restore financial health: growth and membership outreach, revenue research and development, capital projects timeline, and congregational self-care.

10. A MOTION FROM THE EXECUTIVE BOARD asking the congregation to approve the continued 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 sign for the coming church year +

+ According to the Policy Governing Public Statements adopted by the Board in May 2021 and presented to the congregation at the June 6, 2021 Annual Meeting, approval of such public displays must be given by the congregation every year.

12. Discussion and vote on the proposed Article 2 revision of UUA Bylaws in preparation for General Assembly vote by First Parish delegates. A positive vote at General Assembly in June would begin a year of congregational review and input, with final adoption to be voted on at the 2024 General Assembly.

13. The following topics will also be addressed at the Annual Meeting:

- Recognition of contributions of David Maxson to the care of the Meetinghouse and Religious Education at First Parish
- Addressing other business that may be put forward by those present

** 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.

May 2 Blood Drive a HUGE Success!

43 registered donors, 42 units of blood collected, according to my liaison at Red Cross, this will save up to 126 lives!



We had 9 first time donors amongst all of these generous people, and that is huge! I'm told that our "show rate" here in Medfield is exceptional (i.e. The number of people that actually turn up after signing up), and at this point, I'm pretty sure the Red Cross loves us!

A huge thank you to our First Parish community who showed up to donate and to volunteer (many of you did both!). This event could never have been as successful as it was without your help and generosity.

A few pictures attached here (I was on it early in the day and then ran out of steam, so sorry to most of you who gave your time and energy but didn't make it onto the photo roll - you know who you are!).

So proud of what we achieved together, next drive TBS in November, hope to see you and others there then for another fabulous feel-good day!

With gratitude,

Sara



Notes from the FPUU Kitchen

The FPUU kitchen has passed inspection by the Medfield Board of Health and we now have a permit to operate our kitchen and to rent the kitchen to outside groups.

A kitchen committee has been formed to monitor the kitchen status and supplies and to provide outreach and information on the processes. Many thanks to the kitchen committee members: Kay Bennet, Karen Wians, Margaret Rolph, David Stephenson, and Dunvan Glover for their strong support of the effort to ensure food safety in our kitchen.

The purpose of the rules and requirements for certification are:

- to ensure food safety in the face of the increased prevalence, and treatment resistance, of foodborne diseases
- to ensure that people eating food served from our kitchen are confident that they can make choices to ensure that they do not risk food allergic reactions

The critical requirements impacting us are:

- we must always wear gloves while handling food
- we must label each food item with the allergens present and the source of the food
- in addition to cleaning, we must also sanitize (reduce germs by about 99.999%) surfaces and implements

Thanks for your ongoing support and assistance in ensuring the safety of our kitchen!

Don Rolph
First Parish Food Safety Officer

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 11 will be donated. Thank you.

THANK YOU !!

Thanks to generous people like you, to date Walk for Hunger Team First Parish has raised \$2,100.00 to help alleviate hunger in Massachusetts.

We are most grateful for your support!

Marilyn K., Leah R., David S., Louise R., Dave E., Maisie K. & Avery R.





Green Sanctuary Committee

Our next meeting might be an in-person summer BBQ. All will be welcome, of course. Stay tuned...



Medfield CLIMATE WEEK and FPUU-- it happened



A collaborative effort between GSC and Member Outreach Committee! It was good.



Be sure to read our Annual Report for the 2023 Annual Meeting!



Earth Day Worship Service – our community connections bring hope and resilience

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

Sandra Andreassi-Administrator

Pledge Payment Reminder

Our fiscal year ends on June 30. If you have any questions about your pledge balance, please email admin@firstparishmedfield.org. Thank you.

Ferry Beach Weekend May 19-21



Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

Our Feet Hold a Message



© Can Stock Photo

Our soles carry our souls
Years ago a woman came to me for a reading
A stranger I sat with
And I'll never forget the message

About her feet
Most all of us are born with little feet
So innocent and soft
Uncalloused by the weight of life

Our feet accompany us
On our life's journey
Standing as witness to our decisions
Our loves, our losses
Our choices and our demands

We make decisions
And our feet comply
We enjoy celebrations
And our feet comply
We mourn losses
And our feet comply

Our feet keep us in the present
Our feet ground us to the earth

Maybe ten years pass
And I see the woman again
With astonishment
she remembers her soul reading
Her feet

She shares her journey
Unknown to her at the time
She walked the slave trail
With her feet

The journey changed her life
As her feet carried her
Complying with her decision
To remember the pain of her people

Bless our feet



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.

FPUU Calendar of Events for June

Thursday, June 1	Pastoral Care Committee Meeting 7:00 pm/Zoom
Saturday, June 3	Coming of Age Rehearsal Dinner/6:00 pm/Vestry
Sunday, June 5	Annual Meeting/11:30 am/Zoom
Thursday, June 15	Worship & Music Committee Meeting/7:00 pm/Offsite
Sunday, June 12	Last Sunday Service Pride Event/Potluck Lunch/11:15 am/Grounds

Have a wonderful and safe summer!

Our In-gathering Sunday service will be held on September 10, 2023

