

# First Parish Unitarian Universalist Of Medfield

26 North Street, Medfield, MA

(508) 359-4594

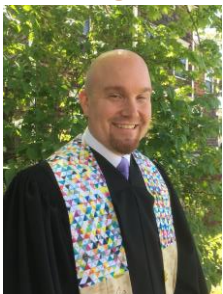
[www.firstparishmedfield.org](http://www.firstparishmedfield.org)



## October 2023 Newsletter

### Ministerial Musings

Dave Egan, Minister



“Be not afraid to entertain  
strangers;  
for thereby some have  
entertained angels unaware.”  
- Paul’s letter to the Hebrews,  
13:2

I don’t know if we have any angels walking through the door to our meetinghouse on Sunday mornings, but imagine what it would be like if every “stranger” visiting were welcomed in this way.

I sometimes wonder what visitors think when they walk into our meetinghouse with folks of all ages who are obviously delighted to see each other. Are they impressed with the energy, with the way in which the air seems to sizzle? Do they sense that this is a congregation where good things must be happening? A congregation that is healthy, filled with life and vitality? Or do they see a vestry filled with folks who all seem to know each other? Do they look a little confused, startled even at the noise level & mass of humanity spread out before them?

My hope is that each of you will consider yourselves part of our congregation's Membership Outreach Committee and keep an eye out for those who might be visiting. If you encounter someone in the parking lot you've never seen before, take a moment to introduce yourself or, at the very least, say "hi" and smile. If you notice some folks hesitate in the doorway and look around as if they don't quite know what to do next, approach them and ask if they, by any chance, are visiting. They may tell you they've been members for years and in that case all you have to do is say, "Well, I don't think we've met before. My name is \_\_\_\_." Don't be embarrassed, because the reality is that a warm welcome is never out of place.

We often have visitors, folks who want to learn more about our congregation and how they might

fit in. Talk to them. Answer questions if you can, show them around if it seems appropriate, introduce them to a friend, and be sure to have them sign the visitor's book. And after that keep your eyes open to see if they come back the next Sunday, or the Sunday after that. There's nothing like a friendly, familiar face when you walk into a room filled with folks who all seem to know each other.

We want everyone who visits to receive a warm welcome and to sense that there might be a place for them within our community—angel or not. You can help this happen.

In gratitude,

Rev. Dave

## Small Suppers this Fall



The Annual Fund Drive Committee is proposing a small suppers event this fall. Six to eight people have supper at a member's home. This is one of the more popular social activities of the church. Proposed dates are - Saturday, Nov 4, Saturday, Nov. 11 or Saturday Nov. 18.

We are looking for:

- people to host the small suppers (please indicate date preferred and also the number of the people you can accommodate)
- people who are interested in attending - please indicate date preferred

Hosts will have flexibility to hold either potluck suppers or they may fully host events at their pleasure.

We need your input by mid-October to ensure we can plan the events!

If you are interested in hosting or attending, please send your response to:

Don Rolph  
[don.rolph@gail.com](mailto:don.rolph@gail.com)

## Upcoming Services

**October 1**

**Blessing of the Animals**

**Rev. Dave Egan**

This is the Sunday when our animal/fish/bird/reptile companions come to church to receive our blessings and thanks for the role they play in our lives. Please make sure that your pets are safe in their containers or appropriately controlled on leashes. This is an intergenerational service so there will be no religious education classes today.

**October 8**

**Gentle Parent in Progress**

**Sarah Zitoli**

Having a parenting philosophy that aligns with our Unitarian Universalist values is one thing, but actually putting it into practice is another. How can we use the 5 Love Languages to improve our relationships with our children, parents, and other important people in our lives?

**October 15**

**Many Paths**

**Rev. Dave Egan**

Within a world in which religious extremism captures headlines and heart strings, we Unitarian Universalists persist in teaching that there are many paths to whatever it is that may be ultimate, that no one religion has a corner on "The Truth." At the same time there may be threads of wisdom that connect us all.

**October 22**

**Out of the Flames**

**Rev. Dave Egan**

It has been 470 years since Michael Servetus was burned at the stake by John Calvin. His crime? He had the audacity to charge that it is blasphemy to claim that humanity is totally depraved as Calvin had been proclaiming. His belief was that humanity is capable of infinite goodness and that, indeed, a Holy Spirit, a latent divinity, dwells within us. Michael Servetus was our first Unitarian martyr.

**October 29**

**All Souls Day**

**Rev. Dave Egan**

When those we love pass away, are they ever really gone? During this intergenerational service, we will honor all those who we have lost and remember all that remains. Please join us for this day of shared remembrance.

## Church Office Reminders



Church Newsletter: Third Sunday of the month. [This month it will be on October 22nd.](#)

Order of Service: Wednesdays by 5:00 pm.

Church Office Hours: Mondays & Thursdays from 9:00 am to 2:00 pm.

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

Sandra Andreassi-Administrator

# Religious Exploration

- Little Lights childcare is back! We are thrilled that Jackson and Avery will be our alternating Lead sitters, with one adult volunteer needed each Sunday as a Little Lights Guide.
- RE will meet 2-3 times per month, with Intergenerational family services (often called 'Intergens') happening twice per month.
- For kids, 'Intergen' services will include the chance to dig through our new 'treasure chest' of fun fidget toys!
- The new curriculum for K-6 will be based on short, animated Disney/Pixar films shown in class, with a discussion and activity to follow. It is called 'CartUUuns' and should be lots of fun for all ages.
- The winter solstice service will be held on December 17th, and RE will meet for 4 consecutive Sundays before December 17th to allow time to plan and rehearse an original worship service with their Leader and Guide.
- Our Whole Lives (OWL): our trained OWL facilitators are planning for this year's OWL program, and the group is welcoming additional interested participants. For any families with youth entering 8th and 9th grades who are interested in finding out more, please contact us at [cre@firstparishmedfield.org](mailto:cre@firstparishmedfield.org).



## HOW CAN YOU HELP?

We already have some RE volunteer slots filled, but you can help by emailing Kirsten and Tiane at [cre@firstparishmedfield.org](mailto:cre@firstparishmedfield.org) and volunteering for any of the following:

- A Little Lights Guide is needed for many Sundays.
- One solstice planning Guide for November 19th and 26th, and another solstice planning Guide for December 3rd and 10th – the four weeks leading up to the December 17th winter solstice service.
- A Signup Genius link for all Little Lights and RE opportunities will be posted on the Members section of the FPUU website – but until then, just email Kirsten and Tiane at [cre@firstparishmedfield.org](mailto:cre@firstparishmedfield.org).

Many thanks to those who have already volunteered to assist with these RE and Little Lights openings, and to those who are considering it! We look forward to a wonderful year ahead with the children and youth of FPUU.





## Medfield Day – September 16



Thanks to the creative efforts of the Green Sanctuary, Social Justice, and Religious Exploration committees we had four tents full of activity at Medfield Day this year. The unifying theme or 'story' told under three of our tents was **up-cycling**. Creative *re-use of worn textiles, old billboard signs, and natural objects* was showcased. Our kid craft at the RE table was making butterflies out of fabric remnants and wooden clothespins. Upcycling, or making used and found materials into artful, useful objects and preventing materials from ending up in landfills, reflects our values for environmental justice and respect for all living things. In addition, our Social Justice table was full of relevant books and literature promoting the initiatives and goals of our Social Justice Incubator.



We are grateful to Louise Rachin, Robin Gerry-Coveney, Margaret Rolph, and Jeanette Ruyle who were the generous designers and creators of linens, clothes, jewelry, and wreaths that we displayed and sold. At Louise's request, any unsold linens were donated to a New Life Home refurbishing, to help families starting out in new homes.



The weather forecast significantly reduced attendance for the event, yet we still had steady foot traffic along our brick walk on the front lawn. We earned \$513 dollars and made many positive connections with the community.

The fantastic volunteers who helped to set up, staff, and take down tables and tents included: Gaby Harrison, Arnold Kalmbach, Alison Galley, Thea Iberall, Marshall Sugarman, Tiane Jennings, Jeanette Ruyle, and Kirsten and Glen D'Abate.

Cross-committee planning for Medfield Day 2024 will start in January, with the intention of having all planning completed, including signage and materials ordered, by June 1. Stay tuned for important brainstorming sessions happening this winter!



## American Red Cross Blood Drive – November 14<sup>th</sup>

Hello First Parish Friends,

I'm so excited to keep the tradition going as we plan for our 3<sup>rd</sup> official blood drive at FPUU this November!!

Sharing this info as a save the date, but never too early to commit - follow the instructions here and sign up to donate if you can!

More info to follow, as with previous drives, I'll be looking for volunteers to help set up and break down, as well as two greeters each hour. As those who have volunteered at past drives 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

Sara Drumm



Schedule your blood donation  
appointment today.



**American Red Cross Blood Drive  
First Parish UU of Medfield  
26 North Street  
Medfield, MA 02052**

**Tuesday, November 14th, 2023- 12.30 - 6pm**

**To schedule an appointment please visit  
[www.redcrossblood.org](https://www.redcrossblood.org/give.html/find-drive?) at  
<https://www.redcrossblood.org/give.html/find-drive?>  
and enter sponsor code:UUMedfield**

# Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee



## Thank You for My Challenges

I stand before my inner fire and bow my head in gratitude for the losses in my life.

Thank you to my parents for their blundering pain and wounded abandon as I define my safety with my healthy boundaries.

Thank you for all my heartaches, for the strands of every heartache leads to defining my heart's needs and discovering I am the lover I've most wanted.

Thank you to my late wife for choosing to exit so suddenly and tragically for her surrendering granted me a window through the veil into the other side where I touch the incredible grace of departure.

Thank you, Fibromyalgia for gifting me body knowledge so I can define my body's needs with acceptance and surrender.

Thank you, my daughter for your courage in living with a devastating disease, for you are my teacher in this classroom of life. I learned to love myself with grief and fear and most of all with courage I learned from you.

Every loss and pain and embarrassment and humiliation has taught me there's a gem in every experience. The idea of finding a silver lining seems so cliché when looking from my other side of want.

With breath, with patience, with reflection, my gifts are apparent. I am grateful.

## Staring at the Bones by [Danna Faulds](#)

Sooner or later, life in its variety  
And wisdom, chews the meat from  
The bones of my illusions. It sucks  
The marrow from inside, and throws  
The dry bones to bleach in a pile.

Expectations are treated with equal  
Disdain. Stripped of their finery, they  
Are revealed as nothing more than  
Future plans, easy ways to stay safe,  
Roadmaps drawn by a blind cartographer  
Trying to imagine distant destinations.

This is the present moment's boot camp.  
Life's lack of rules will be obeyed or I'll  
Spend my time peeling potatoes in the  
Past. I can choose to leave behind the  
Skeletons of what I thought I knew and  
Raise the flag of truth on the front porch.

I can take a single step and wait for the  
Next one to be revealed. I can only  
Know where I am in this moment.  
Anything else is a desperate attempt  
To clothe the bones and set them walking.

## Green Sanctuary Committee News



Our next meeting is Oct. 30, 2023, at 7pm via Zoom.  
All are welcome!  
Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for link and more info.



### **Good news on lowering our heating bill and reducing our carbon footprint!**

Last month, Executive Board members voted to go ahead with the purchase of removable acrylic interior window inserts for the vestry (social hall) windows. They will be custom made by Pioneer Glass of Whitinsville, MA. Final measurements are expected to be done by the time this newsletter goes out. These inserts will add an affordable additional layer to the current single-pane glass windows and save around 20% on what it costs to heat the vestry. This decision was reached through collaborative efforts of several members of the Green Sanctuary Committee, Building & Grounds Committee, and the Board.



*Figure 1 We want to stop this!*

*Stay tuned for the next energy-saving green steps that will be taken and how they can get funded.*



### **Repeated from last month but still important:**

**Be a climate activist-- Petition Gov. Healey to stop gas pipeline expansions in MA!**

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](#).

Although the state Secretary of Energy and Environmental Affairs has issued a delay, as reported [here](#), it is very likely Eversource will try to work around this.

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 and have not already signed, go to [this petition](#)**



## March to End Fossil Fuels



The March to End Fossil Fuels attracted over 75,000, making it the largest climate mobilization since the start of the pandemic. The United Nations says that "Climate Change is the defining issue of our time and we are at a defining moment." Shifting weather patterns that threaten food production, rising sea levels that increase the risk of catastrophic flooding—these impacts are

global and local, as we have seen and read about.

The March occurred when it did because of the UN's Climate Ambition Summit. U.N. Secretary-General António Guterres is calling on world leaders to make commitments to stop the expansion of fossil fuels and rapidly phase out the oil, gas, and coal production. The summit came to a close without any notable commitments from the nations most responsible for causing global warming. The United States was one of six countries left out of the talks because the Secretary-General was sending us a message: Step up your climate game or we're all in trouble.

What can you do?

- Get involved in the FPUU Green Sanctuary Committee which works on sustainability, advocacy, and networking <https://www.firstparishmedfield.org/care-act/>
- Sign petitions to amplify demands on politicians <https://actionnetwork.org/petitions/tell-president-biden-endfossilfuels-now>
- Join other organizations like 350MA <https://350mass.betterfutureproject.org/>, Sustainable Medfield <https://sustainablemedfield.org/>
- Reduce your carbon footprint (see videos on GSC webpage <https://www.firstparishmedfield.org/care-act/>)

Images of Faith-based marchers at the March from many, many faiths



## Volunteers Needed for the Annual Fund Drive Committee



The health of First Parish Medfield Unitarian Universalist depends on the health of its membership, the health of its programs, and the financial health of the church.

90% of the funding for First Parish comes from the annual pledge drive. This is an opportunity for you to assist the community in showing its support for FPUU.

The Annual Fund Drive Committee is looking for additional volunteers to assist with the annual drive.

Your responsibilities would include:

- work in planning the annual fund drive
- attend monthly meetings of the AFD committee
- assist with canvassing households in the spring effort
- assist with the social activities which are traditionally part of the annual fund drive

We would love to have new people involved with the committee.

If you are interested contact:

Don Rolph  
cell: 508 613 5630  
email: [don.rolph@gmail.com](mailto:don.rolph@gmail.com)

## Coffee Hosts Needed



Coffee hour hospitality after the worship service is a very important time to welcome new members and guests and enjoy some fellowship with one another.

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/10Co44BAEAF2AA7F94-coffee#/>

## Sanctuary Flowers Request

Your help is requested to ensure that we have Sunday Worship Service Flowers.



Flowers are a wonderful way to celebrate or memorialize an occasion, event, or a loved one.

If you would like to provide worship service flowers, please contact Louise Rachin at [lrachin@comcast.net](mailto:lrachin@comcast.net) or Margaret Rolph at [margaretrolph@gmail.com](mailto:margaretrolph@gmail.com)

## From the Social Justice Incubator (SJI)

Why I volunteer at Family Promise Metrowest

I started volunteering with Family Promise Metrowest many years before COVID. Back then, their model of helping families impacted by homelessness was as follows:

- They built a large network of churches, synagogues, and mosques in the area.
- Each house of worship would generally be assigned 4 weeklong periods per year.
- During a given assigned week, the church/synagogue/mosque would house the families (up to about 14 people in total) and provide them dinner.

Since FPUU does not have the capability to house families, we partnered with the UU Area Church in Sherborn (UUAC). During assigned weeks, the families would live at UUAC and meals would be provided and served by congregants from both UUAC and FPUU. The leader of our group did a great job putting together a

varied menu and assigned us specific meals to make for our assigned nights. We cooked dinner, brought it to the UUAC, served it to the families, and ate together with them. It was a wonderful experience to be together with these families. Sometimes we had deep conversations, and other times they didn't want to talk at all. We were not there to be their saviors or give advice. We were just there to break bread together, chat, and help play with their beautiful children. We followed their lead.

Then COVID hit. Suddenly this model wasn't going to work. Family Promise shifted to housing the families in a local hotel, and there were no opportunities for volunteering.

Fast forward to June 2022, when Family Promise opened their new facility in Natick Center. Instead of being shuttled from one house of worship to another every week, up to three families live in a communal apartment in the facility. Each family has its own private room, and the families share a large, shared space with a family room, kitchen, and play area for the kids.

While the bulk of the volunteering continues to be done by congregants of the houses of worship from the old model, volunteering is now open to anyone who would like to help. A brief orientation is required to ensure that all volunteers truly understand how to treat these families with dignity and respect.

I have been lucky enough to volunteer a few times since the new center opened, and it is wonderful. I arrive around 6PM with food already prepared and serve it to the families in a dining room just outside the apartment. We all eat together, then the families retire to their apartments and the volunteers stay out in the dining area until around 8PM.

I encourage congregants to learn more at [www.familypromisemetrowest.org](http://www.familypromisemetrowest.org). And if you want to join our group of volunteers, please let me know!

Becca Kornet





## FPUU Calendar of Events

|                      |   |
|----------------------|---|
| Monday, October 1    | Staff Meeting/10:00 am/Zoom<br>Medfield Historical Society meeeting/7:30 pm/Vestry                |
| Thursday, October 5  | Pastoral Care Committee Meeting/7:00 pm/Zoom  |
| Monday, October 9    | Indigenous Peoples Day/Office Closed  |
| Thursday, October 12 | The Larger Circle Band Rehearsal/7:00 pm/Vestry<br>Worship & Music Committee Meeting/7:00 pm/Zoom |
| Thursday, October 19 | Executive Board Meeting/7:00 pm/Zoom  |
| Sunday, October 22   | Newsletter Deadline   |
| Thursday, October 26 | The Larger Circle Band Rehearsal/7:00 pm/Vestry<br>RE Committee Meeting/7:00 pm/Zoom              |
| Monday, October 30   | Green Sanctuary Committee Meeting/7:00 pm/Zoom  |

