



# *First Parish Unitarian Universalist of Medfield*

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

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



## March Newsletter 2024

### Ministerial Musings

I want to sing the praises of all those who are volunteering to spend time with our children and youth. Recently a brand new family in the congregation told me how their children have been so warmly welcomed and how quickly they have been made to feel that they belong. We all know that this is not the way it is too often out in the wider world, and we also know that this may not be happening within our congregation without the wise guidance of all those adults who volunteer to spend time with our children and youth.

You may have witnessed the way in which so many of our children feel at home within the walls of our meetinghouse. They can sense, it seems, that there are people here who care about them, and the really cool thing is that as they grow into teens they mostly stick around. And when they make a point to come to church during breaks from college or when, as young adults establishing careers, they actually make time to participate in our Christmas Eve Service? Well, what could be better?!

In a recent sermon I challenged those who were listening to think about the ways in which they were helping to make a difference in this broken world of ours. Afterwards a few confessed that I made them feel a bit

guilty about not doing enough to bring about a change in the world. But there are so many ways in which to do this. It's not just lobbying our legislators, or working in a soup kitchen, or supporting marginalized communities, or becoming more conscious of how to reduce our carbon footprints. It can be as "simple" as spending time with a child or youth who is not your own.

What could be more important for the future of our world than helping to raise children in the knowledge that they are lovable and loved? What could be more important than a whole community that takes this responsibility seriously? What could be making a bigger difference in this wounded world of ours? And so I sing the praises of all of you who are volunteering to spend time with our children and youth. What a good thing you are doing.

With deepest gratitude,  
Rev. Dave

## Religious Exploration

The RE Committee would like to thank everyone who has signed up as volunteers for RE class, Moment for All Ages, and Little Lights! It has been really enjoyable for the children and the congregation to listen to new voices and ideas.



We have a few more spots to fill for the remaining services for the year, so if you are able to sign up, please do! Below are the sign up links.

RE Guide:

<https://www.signupgenius.com/go/10C094AA5AD2DAAF9C07-44321120-reguide#/>

Little Lights Guide:

<https://www.signupgenius.com/go/10C094AA5AD2DAAF9C07-44321536-little#/>

One note about FPUU's upcoming Ferry Beach retreat in May – families with children will be attending! It is a fantastic opportunity for children to have extended time to play together, explore the beautiful surroundings, and enjoy some increased independence in a safe space. If you have any questions about what the weekend is like for families with kids, please contact Tiane and Kirsten at [cre@firstparishmedfield.org](mailto:cre@firstparishmedfield.org)

## Notes from the Church Office



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. This month it's on March 24th.

Order of Service: Wednesdays by 5:00 pm.

Church Office Hours: Mondays & Thursdays from 9:00 am to 3:00 pm.

Email: [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org) Sandra Andreassi-Administrator

## Upcoming Worship Services

**March 3**

**An Ethic of Love**

**Rev. Sophia Lyons**

Just what do UU's believe? Most of us have been asked this question at one time or another, and many of us still find ourselves struggling to articulate our faith well. Our newly elected UUA president Rev. Dr. Sofia Betancourt brings with her a clear and prophetic message for our present-day faith: that our Unitarian Universalist theology unequivocally requires each of us to be bound and driven by an ethic of Love. We are also about to vote in the proposed changes to our UU principles and sources, which places Love at the center of all that we believe and bear out in the world. This Sunday we welcome Rev. Sophia Lyons from First Parish of Watertown UU who will ask us what our communities and lives might feel like if they were truly grounded in and guided by...Love.

**March 10**

**What is the Truth?**

**Rev. Dave Egan**

These days with the proliferation of artificial intelligence, Chat GPT, and other cutting edge technologies, it can be hard to know what is genuine and what is just another computer generated algorithm. With so much deception in our modern society, we long for something real, for those truths handed down through the generations.

**March 17**

**Renewing our Covenant**

**Rev. Dave Egan**

As our annual pledge drive formally kicks off, we will hear about why supporting First Parish is important. Every year we renew our covenant with one another to take care of this community; to give our time, our talents, and our resources, so that we can continue to have a church to call home. During this intergenerational service, we will gather in deep gratitude for this marvelous congregation.

**March 24**

**Why I Love FPUU**

**Worship & Music Committee**

During this lay-led service, members of the congregation will give personal testimonials about all that this congregation means to them. If you ever thought about bringing a friend to church, this would be a great time to start!

**March 31**

**The Dead Shall Rise Again**

**Rev. Dave Egan**

According to a favorite hymn for Easter: "When our hearts are wintry, grieving, or in pain, Love's touch can call us back to life again...." This is the miracle celebrated during the Easter season: "Love lives again, that with the dead has been...." Come join us for this intergenerational worship service, followed by an outdoor Easter Egg Hunt!



# Our Whole Lives (OWL)



An important part of OWL are the Circles of Sexuality. Originally developed by Dr. Dennis Dailey as a holistic means to approach sexuality in social work, and modified for our curriculum, the 5 circles intersect with our core Values at the center.

The Circles:

- ~Sensuality
- ~Intimacy
- ~Sexual Identity
- ~Sexual Health & Reproduction
- ~Sexualization

We refer to these circles in many sessions, asking where the feeling or behavior fits in. Some may be in more than one circle. The circles help clarify how we "Live the Values."

Sexuality is much more than sexual feelings or sexual intercourse. It is an important part of who a person is and what they will become. It includes all the feelings, thoughts and behaviors of being female or male, being attractive and being in love, as well as being in relationships that include sexual intimacy and physical sexual activity.

## 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#](https://www.signupgenius.com/go/10Co44BAEAF2AA7F94-coffee#/)

## Sanctuary Flowers Request

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

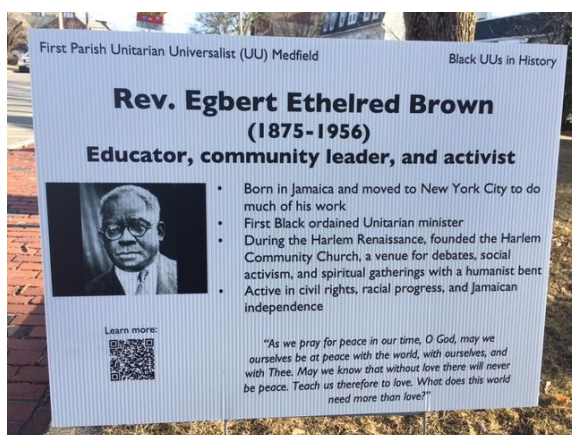
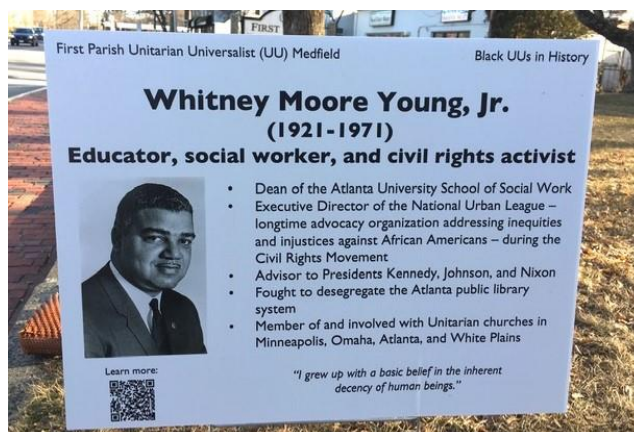
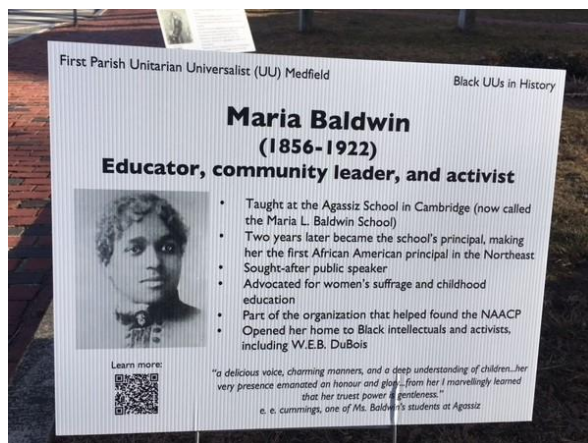
Flowers are a wonderful way to celebrate or memorialize an occasion, event, or a loved one.

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)



# Lawn Signs for Black History Month

The FPUU Anti-racism Team created lawn signs for a learning display in front of the meetinghouse for Black History Month. They feature inspirational and historic Black Unitarians and Unitarian Universalists.



# From the Annual Fund Drive Committee



The Annual Fund Drive is inviting you to the Annual Fund Drive Kickoff Dinner

When: Sat Mar 16 at 6:30 PM - 10:00 PM

Where: Church Vestry

Please hold the date.

We will be sending an all congregation email with details and instructions on how to RSVP

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The Annual fund Drive for 2024-2025 will include the following events:

- Annual Fund Drive Kickoff Dinner: 6:30 to 10:00 PM Saturday, March 16 in the Vestry
- Annual Fund Drive Kickoff Sunday Service: March 17
- Commitment Sunday Service: April 14

The theme of this year's drive is:

**"The Healing Power of a Generous Community"**

Please look forward to more communications in upcoming congregational emails. Members will be contacted by a fund drive leader during the March/April drive!

We look forward to your generous support and commitment!

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# Green Sanctuary Committee



GREEN  
SANCTUARY  
CONGREGATION

Our next meeting is March 26, 2024 at 7pm via Zoom. All are welcome! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle@gmail.com) for link and more info.



*Our mission is to raise consciousness about the environment, motivate for individual and systemic change, generate commitment to community action, and promote environmental justice, recognizing that all injustices are connected.*

**Low Impact, Sustainable Yard Care**

Presented by Medfield Environment Action


**Wed. Mar 13, 2024 at 7:30 pm via Zoom**

Register at <http://tinyurl.com/YardCareMar13>

Low impact and sustainable = environmentally friendly allowing the natural landscape to thrive with minimal effort

- Learn how some professional landscapers and homeowners are creating beautiful, sustainable yards with no pesticides or chemical fertilizers
- Hear about yard care products/equipment that are healthier for us and the environment
- Find out about preventing contaminated water and conserving fresh water

Homeowners and landscapers are encouraged to attend  
Any questions, email [meamedfield@gmail.com](mailto:meamedfield@gmail.com)



Logos for Sustainable Medfield, MEA (Medfield Environment Action), and a QR code to register.

As the logo indicates, FPUU (via the GSC) networks with Sustainable Medfield. One of us has been involved in organizing an upcoming free Sustainable Medfield/MEA webinar, "Low Impact, Sustainable Yard Care" scheduled for Wed. March 13 at 7:30pm

All are welcome—residents from any town as well as yard care contractors. There will be a panel of professionals and a homeowner. Please register here

Remember this bill from last month's newsletter? According to our sources, as of Feb. 7, the status of MA state bill S.2113/H.3187, aimed at expediting the development of clean energy while protecting environmental justice communities, is "Parts of House bill reported out, Senate has extension." At least it is not dead. For those of you who signed the petition, thank you!

The bill is a top priority of the Mass Power Forward coalition, a coalition of many of the state's most influential climate and environmental organizations, including UU Mass Action.

Medfield Climate Week 2024 is happening April 27 – May 5. It is arranged like last year's Climate Week with various events and opportunities throughout the week.



FPUU will again host Goats of Dover! Goats will be on our side yard, in a pen, Sunday April 28 afternoon, actual time TBD. They were a big hit last year. We could do other things at the same time as Goats and/or on other days of the week! If you are interested in planning or have suggestions, please contact Jeanette Ruyle (GSC), Kirsten D'Abate or Jess Razza (MOC).



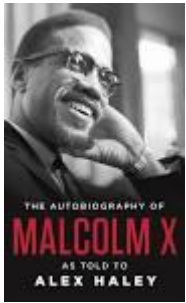
## From the Social Justice Incubator (SJI)



UU Mass Action Advocacy Day is happening Tuesday **March 26**. If you have ever wondered about actually speaking with your State Representative and/or Senator would be like but were not sure how to go about it, this is your chance. UU Mass Action has been organizing an annual Advocacy Day for years. The justice issues that UU Mass Action advocates for through legislative action are all summarized, talking points are made available, and there is training ahead of time. And, importantly, you are with other folks! It is an all-day event, so that does make it challenging for people who work during the day and week. However, it is good to at least be aware that this is happening. [Register here](#).

For questions, contact Margaret Rolph or Jeanette Ruyle

## Anti-Racist Book Discussion Group



Reminder that the anti-racist book discussion group is open to all at First Parish, and we welcome others outside the congregation as well. It doesn't matter if you haven't attended before - we would love to have you join us for our deep and thoughtful conversations.

Our next discussion will take place via Zoom on **March 28th** from 7:30-9:00. Zoom link is below.

If you can't make this discussion but would like to be added to the mailing list to learn about future book discussions, please contact Becca Kornet at [becca\\_kornet@yahoo.com](mailto:becca_kornet@yahoo.com).

Our next book will be "The Autobiography of Malcolm X" as told to Alex Haley. If you'd like to order through Frugal Bookstore, here's a link: [https://frugalbookstore.net/products/the-autobiography-of-malcolm-x?\\_pos=1&\\_sid=5f279f69e&\\_ss=r&variant=32694382919761](https://frugalbookstore.net/products/the-autobiography-of-malcolm-x?_pos=1&_sid=5f279f69e&_ss=r&variant=32694382919761)

Zoom Link:

<https://us02web.zoom.us/j/83411455406?pwd=OHJ5WDF4SEpHOTJMUKRFMo14QnlkQTog#success>

## Medfield Food Cupboard



Please contribute non-perishable items to the Medfield Food Cupboard basket located in the narthex. Thanks in advance for your generosity!

Most needed items: Boost/Ensure (chocolate or vanilla), Rice mixes (e.g., Rice-a-Roni), Spaghetti, Peanut butter, Jelly.

## Collection for Chaplains on the Way



The following items would be gratefully received by the unhoused community of Waltham: **\$5.00 Dunkin Donuts Gift Certificates, Cans of caffeinated coffee for the winter breakfast program, Men's sweatpants & hooded sweatshirts, sizes large & extra large, Winter hats & gloves, sizes medium – extra large, Warm socks, Long underwear, sizes large & extra large, Warm blankets, Sleeping bags, Masks.** 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. Feel free to contact Louise Rachin at 617-429-7319 or [lrachin@comcast.net](mailto:lrachin@comcast.net) with any questions.

## General Assembly 2024



The 63rd General Assembly will take place virtually **Thursday, June 20 through Sunday, June 23, 2024**. Adult registration is \$280, and includes access to General Assembly 2024 in the Whova event app, as well as on-demand programming, featured speakers, and major worships. Register through February 29 with a down payment of \$50 by selecting the Early Bird Payment Plan at checkout. Voting delegates who wish to participate only in General Sessions may also register with the business-only option; this option is no-cost, but a donation is suggested. Registration rates increase March 1, 2024.



# Come for Sunday Service and stay for...

**1st  
Sun.**



## **Bldg & Grounds Work Day**

Come help paint, repair, and beautify our campus each month. There will be big and small jobs, both indoors and outside. Stay for as long as you are able. All ages welcome. Meet at the U House at 11:30am where lunch will be provided.

**2nd  
Sun.**



## **Men's Group**

If you identify as male, join us monthly to reflect on things we have in common: fatherhood, marriage, retirement, etc. We will meet in the U House at 11:30am for lunch and conversation. Led by Rev. Dave.

**3rd  
Sun.**



## **Women's Group**

If you identify as female, join us in this spiritual space to share our experiences with relationships, societal expectations, motherhood, etc. We will meet in the U House at 11:30am for lunch and connection. Led by Shirley Riga. Group begins meeting monthly in March.

**4th  
Sun.**



## **Chalice Circle**

If you are looking for a safe space to check in and share your experiences, then join us for this monthly Chalice Circle. Open to anyone of all ages, we will gather in the U House at 11:30. Led by members of the Pastoral Care Team.



# FERRY BEACH RETREAT

## MAY 17-19



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 Monday, March 4th, on a first come first serve basis.



# First Universalist Society of Franklin & First Parish U.U. of Medfield

**Registration will open 8am, Mon. March 4, 2024**

<https://ferry-beach-retreat-conference-center.bookinglayer.com/en/product/first-parish-franklin-and-medfield-church-retreat>

Registration can also occur by calling March 4 or later to  
Ferry Beach at (207) 282-4489 x1

**Lodging:** Check out Floor Plans and other info on the website: <https://www.ferrybeach.org/lodging.html>

**Dorm (Rowland, Quillen & Underwood)** \$90/Room per Night (2, 3 and 4 person rooms available) BRING YOUR OWN BEDDING/Sleeping Bags/Pillows/Towels

**Cross Cottage:** \$130/Cottage per Night (linens and towels provided)

**Metz Cabin:** \$150/Cabin per Night (linens and towels provided)

**Kelley Cottage:** \$290/Cottage per Night (linens and towels provided)

**Morris Cottage:** \$385/Cottage per Night (linens and towels provided)

## **In the Grove:**

Tent Site: \$40/ Night

Small RV Site: \$45/ Night

Large RV Site: \$50/ Night

**Meal Plan:** Includes Saturday: Breakfast, Lunch and Dinner, Sunday: Breakfast

**Adult:** \$66

**Youth:** \$52 (9-17yo)

**8 and under:** Free (with adult meal plan purchase)

## **FUSF Coordinators:**

Kat Kassay – [katkassay72@gmail.com](mailto:katkassay72@gmail.com) (617-767-5561)

Dave Kassay- [davidkassay711@gmail.com](mailto:davidkassay711@gmail.com) (508-317-1605)

## **FPUU Medfield Coordinators:**

Thea Iberall- [theaiberall@yahoo.com](mailto:theaiberall@yahoo.com)

Shirley Riga- [shirley\\_riga@yahoo.com](mailto:shirley_riga@yahoo.com)

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# Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

## WOMEN'S CIRCLE

As a woman in this world, we face so many obstacles directed at us from the media, familial pressures, our quests to find love and acceptance, tradition, raising our children and other loved ones with our full and true hearts, fearing the worst and planning for the best, and above all grief for our losses, our dreams and hopes. There are other obstacles I cannot think of right this minute but as a woman you know what they are.



I want connection with my Higher Self, with my Source, my Creator. I want to help myself and thus help others. I want to demonstrate to those giving up that they are worth fighting for because I am worth fighting for. I have fought for and will continue to fight for me.

Like weeds wound around my body, pulling me down, while lying for weeks unable to move due to a broken leg, I saw clearly all the tendrils and murk that lies below the surface of me. I came face to face with my bitter doubt about myself, my life, my purpose, my love, my life and my losses. My face was right up against a struggle that I have never won, always being the fighter who gets out once again leaving behind the mass of strangling pain waiting for another time.

[Parker J. Palmer](#) writes about an experience in his memoir, ["Let Your Life Speak"](#):

*"Imagine that from early in my life, a friendly figure, standing a block away, was trying to get my attention by shouting my name, wanting to teach me some hard but healing truths about myself. But I – fearful of what I might hear or arrogantly trying to live without help or simply too busy with my ideas and ego and ethics to bother – ignored the shouts and walked away."*

*"So this figure, still with friendly intent, came closer and shouted more loudly, but I kept walking. Ever closer it came, close enough to tap me on the shoulder, but I walked on. Frustrated by my unresponsiveness, the figure threw stones at my back, then struck me with a stick, still wanting simply to get my attention. But despite the pain, I kept walking away."*

*"Over the years, the befriending intent of this figure never disappeared but became obscured by the frustration caused by my refusal to turn around. Since shouts and taps, stones and sticks had failed to do the trick, there was only one thing left: drop the nuclear bomb called depression on me, not with the intent to kill but as a last-ditch effort to get me to turn and ask the simple question, 'What do you want?' When I was finally able to make that turn – and start to absorb and act on the self-knowledge that then became available to me – I began to get well."*

What do I want?

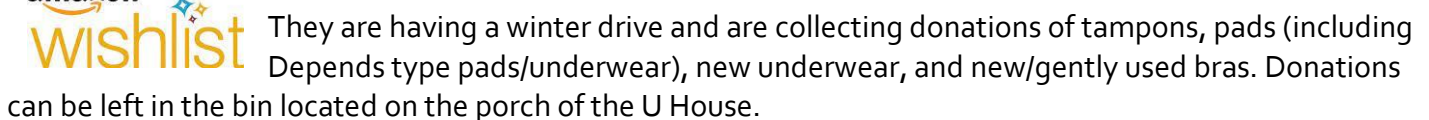
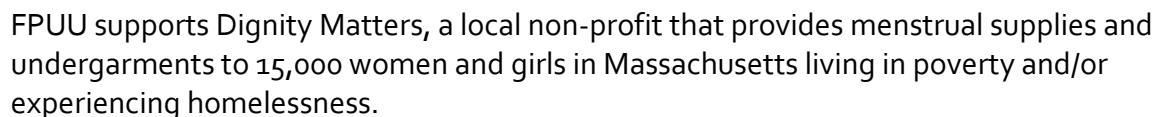
My accident makes me pay attention.

Parker goes on to identify what he believes was his "true self" who was speaking to him. "This is not the ego self that wants to inflate us"... "nor the intellectual self that wants to hover above the mess of life in clear but ungrounded ideas, not the ethical self that wants to live by some abstract moral code. True self is true friend."

Second, I clearly see my plans, direction and purpose swept clean off the platform of my life, leaving me with what appears to be nothing, an empty, blank space that was my life.

As a woman in this world, we face so many obstacles directed at us from public media, familial pressures, our quests to find love and acceptance, tradition, raising our children and other loved ones with our full and true hearts, fearing the worst and planning for the best, and above all grief for our losses, our dreams and hopes. There are other obstacles I cannot think of right this minute but as a woman you know what they are.

# Dignity Matters



14

## FPUU Calendar of Events

Sunday, March 3	B&G Workday/11:30 am OWL/7:00 pm/Vestry
Monday, March 4	Staff Meeting/10:30 am/Zoom Medfield Historical Society Meeting/7:00 pm/Vestry
Thursday, March 7	Pastoral Care Committee Meeting/7:00 pm/Zoom The Larger Circle Band Practice/7:00 pm/Vestry
Sunday, March 10	Men's Group Lunch/11:30 am/U-House OWL/7:00 pm/Vestry
Wednesday, March 13	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, March 14	Worship & Music Committee Meeting/7:00 pm/Zoom
Saturday, March 16	Annual Fund Drive Kickoff Dinner/6:30 pm/Vestry
Sunday, March 17	Women's Group/11:30 am/U-House OWL/7:00 pm/Vestry
Wednesday, March 20	BCD Cluster Minister's Meeting/9:00 am/U-House Right Relations Team Meeting/7:00 pm/Zoom Annual Fund Drive Committee Meeting/7:15 pm/Zoom
Thursday, March 21	Executive Board Meeting/7:00 pm/Zoom The Larger Circle Band Practice/7:00 pm/Vestry
Sunday, March 24	Newsletter Deadline Chalice Circle/11:30 am/U-House OWL/7:00 pm/Vestry
Tuesday, March 26	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Thursday, March 28	RE Committee Meeting/7:30 pm/Zoom Anti-Racism Book Club/7:30 pm/Zoom
Sunday, March 31	Easter Sunday

