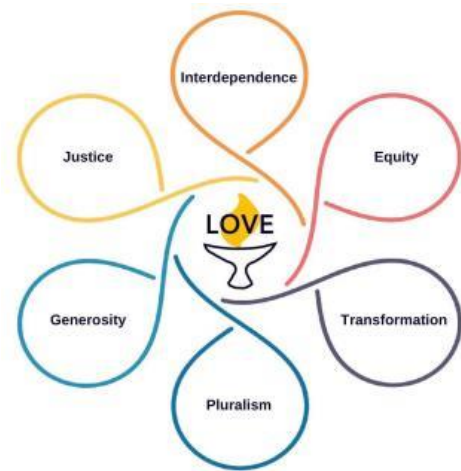




## *First Parish Unitarian Universalist of Medfield*

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

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



## May Newsletter 2024

### Ministerial Musings

As most of you know, each summer my family spends a week at the UU Retreat Center in Saco Maine, Ferry Beach, a place I have visited since I was two years old. During the past three years, many of you have also experienced Ferry Beach as well during our May retreat.

To give you a little history of the place, the wooded grove at Ferry Beach is where the Universalist preacher Dr. Quillen Shin led the 20th Annual Meeting of Universalists on August 1st, 1901. 410 people attended the meeting, making it the largest gathering of the Universalist Annual Meeting up to that point. With so many folks in attendance, they needed to find hotels down the road in Ocean Park, and further away in Kennebunk, and even Portland.

In the following years, the Universalists took steps to purchase Ferry Beach Park from the Boston & Maine Railroad, so that they could have a permanent residence along the beautiful sandy shores of Saco, Maine. In

1904, Quillen Shin and his fellow Universalists were successful in the purchase of the land.... this magical place where many of us will visit in a few weeks.

One tradition going back to well before my childhood, is to honor Quillen Shin with a raucous song, around the dinner table in the dining hall. We all sing and stomp and shout, making the tables rattle, the water cups tip over, and the silverware fly onto the floor! We sing:

“Shin oh Shin o Quillen Shin! Quillen Shin!  
To you, we raise this grateful din!”

Another one of my favorite things to do at Ferry Beach is to wake up really early, before sunrise, and go for a long walk on the seven mile long beach. There is something magical about having the waves lap at my feet, as I stroll along the shore, watch the gulls out foraging for some breakfast, at the first light of day. Perhaps some of you have experienced this as well.

Each summer, during these early morning walks I look eagerly for a sand dollar. I remember as a child, sand dollars were plentiful along these shores. But lately, they have been nearly impossible to find. Even so, I keep hunting.

Well this summer, during another long walk at low tide, I had a realization. Maybe I was looking for something that I would never find. Why was I so determined to find this elusive sand dollar? Was it simply a way to bring back a piece of my childhood, when my friends and I would come back with dozens of sand dollar souvenirs? Why do I search for what was, instead of what is?

I realized that perhaps I was living in the past, wanting the world to be the way it used to be, instead of accepting the world for the way it is. Sure, the ecology of this beach has changed over the years, but such is life. Perhaps instead of lamenting the loss of the sand dollars, I should be appreciating the abundance of all of the clam shells, periwinkles and mussels.

For indeed, if we take the time to be grateful for what *is*, rather than grieve what *was*, perhaps our hearts will be a little bit fuller, a little bit more open to the majesty of our beautiful and precious world.

See you at the beach,  
Rev. Dave

## 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 19th

Order of Service: Wednesdays by 5:00 pm.

Church Office Hours: Mondays & Thursdays from 8:00 am to 2:00 pm.

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

## Upcoming Services

**May 5** **Amplifying the Charge - Interdependence** **Rev. Dave Egan**

In anticipation of the upcoming final vote at General Assembly on the updated Article 2 bylaw (the Proposed UU Values and Covenant), today we will explore the value of "interdependence". This service will also introduce our upcoming 4-session small group ministry discussion series "Amplifying the Charge" that supports learning, reflection, and faithful conversations for individual and collective discernment.

**May 12** **Circular Spirituality** **David Stephenson**

In the West, we often seem to look at life in a linear fashion, marked by the passage of time. In the East, there is more emphasis on the circular nature of life, in line with natural phenomena such as the 24-hour day, the earth's rotation, and our revolution around the sun. This sermon will examine the latter tradition, and the critical opportunity that the 24-hour day presents, so that every new day represents an opportunity, no matter what you did yesterday, to start fresh and live in the moment.

**May 19** **Worship at Ferry Beach** **Rev. Dave Egan & Rev. Bev Waring**

Join us for this shared worship service with the First Universalist Society of Franklin that will take place among the tall pines in the outdoor chapel at Ferry Beach, where we will be on retreat for the weekend. Please note that there will be no worship service at our meetinghouse in Medfield.

**May 26** **Flower Communion Sunday** **Rev. Dave Egan**

During this intergenerational worship 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.

## Sanctuary Flowers Request



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)

## Our Whole Lives 7-9 grade



One of the highlights of OWL is the guest panel workshop. This session gives our young people an opportunity to deepen their understanding of the many challenges LGBTQ+ people face. These stories sometimes become more meaningful when someone other than family members or close friends are telling them. This year we were joined by Jenn and Alex. Jenn transitioned from male to female in her 40's and shared how welcoming most of her students were when she returned to her job as a shop teacher post surgery, and how difficult it was for her young adult children to accept the transition. Alex spoke of his significant other dying of AIDS in the 80's and the relatives not knowing of their relationship. His story

sparked a mini history lesson of how HIV status has changed, and the part the Reagan administration played in the epidemic.



The speakers we use are from the group SpeakOut. They are the oldest LGBTQ+ speakers bureau in the nation, telling the stories of their lives since 1972. Each speaker is trained over two days, shadows experienced speakers, and then is able to share their story with an audience- churches, classrooms, corporate workshops - not speaking for all but speaking for themselves. Our speakers are volunteers; there is a fee and that goes to the organization to continue to train. For more information: <https://www.speakoutboston.org/>

## 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.

## **Part-Time Coordinator of Religious Exploration**

for Children (5-12 yrs old) at First Parish Unitarian Universalist (FPUU) in Medfield, MA



**This is a creative, flexible, part-time opportunity, approximately 10 hours per week including 3 to 4 Sunday mornings per month, (one Sunday off per month) from late August through mid June.**

Position Summary: The Coordinator of Religious Exploration (CRE) coordinates programming for our small classroom of 5-12 year olds, and is an essential element of the larger ministry of the congregation. A successful CRE will be able to review, plan, and deliver lesson plans selected from provided Unitarian Universalist (UU) curricula, and will have prior K-6 education, counseling, or childcare development experience. The CRE will have the creative freedom to adapt lessons and activities, and to deliver a program and experience that is committed to exploring themes of spirituality, building friendships, welcoming neurodiversity, and encouraging autonomous decision making- all in accordance with UU principles and values. The candidate will be excited to build community, develop relationships, and interact with children and their adult guardians, both in person and through regular emails.

Setting: FPUU is a congregation serving Medfield area towns, with approximately 80 adult members and 8-10 RE Classroom children.

Salary: \$10-\$12K range

---

### **To Apply:**

Please submit your resume and a cover letter to [cre@firstparishmedfield.org](mailto:cre@firstparishmedfield.org)

Applications accepted on a rolling basis, with the goal of a late August 2024 start date before September services begin.

Click on link below for full job description.

[RE Coordinator FPUU, JOB DESCRIPTION 2024](#)



# Climate Week

Our Environmental Fair on the grounds of FPUU on Sunday April 28 was a huge success!

We had the Goats of Dover, a local company that has goats and sheep for rent to maintain your lawn and grounds, without the need to mow. There was Extinction Jenga, an activity that highlighted how removing one or more species from a food web can make the whole thing come tumbling down. We had a local robotic electric lawn mower company demonstrate how these energy efficient machines work to reduce pollution and to save the homeowner from ever having to mow again. We had a fun children's art project making ornaments out of recycled paper. We even had pet chickens for the children to interact with, a wonderful way for folks to get fresh eggs from your own backyard, without creating more pollution having them transported long distances from farm, to store, and finally to your home.







This was one of many environmental awareness events happening during Medfield Environment Action's week-long Climate Week, April 27th - May 5th

# Spring Dance Party at Espresso Yourself Coffeehouse



**EXPRESSO YOURSELF COFFEEHOUSE**



Open mic poetry, story, and song



**SPRING  
DANCE PARTY**  
7-9 PM  
Saturday  
May 4, 2024



Everyone welcome

International Folk Dancing with *The Larger Circle Band* and a dance caller plus:

- Complimentary desserts and coffee & tea
- Share a song, story, or poem
- Learn international folk dancing!
- Support Environmental justice
- Join in the fun!

First Parish UU of  
Medfield  
26 North Street  
Medfield, MA 02052



Tickets available through the QR code above or  
<https://expresso-yourself-dance-2024.eventbrite.com>

For more info and reservations  
[theaiberall@yahoo.com](mailto:theaiberall@yahoo.com) 413-537-7582

**\$10 in advance (\$12 at door) Children \$5**

**Part of Medfield Climate Week**

Funds raised will go to supporting GreenRoots, working for environmental justice through collective action, education, and youth leadership across communities

[www.facebook.com/EspressoYourselfCoffeehouse](http://www.facebook.com/EspressoYourselfCoffeehouse)



Our Spring Dance Party at Espresso Yourself Coffeehouse on May 4 will be both fun and part of the Medfield Climate Week. We will have international folk dancing as well as an open mic focusing on Environmental Justice. Proceeds from the ticket sales will go to support GreenRoots, an environmental justice group that empowers residents in frontline communities in terms of food justice and climate resilience. Plus volunteer bakers will be making special treats for everyone. And there might even be a special surprise.



# Call for Donations for Choco de Mayo—The 2024 First Parish Chocolate Auction



It's time to choose your recipes! The First Parish Chocolate Auction will take place on Sunday May 5, immediately following the morning service. Donations of chocolate-themed items are now being sought. Your favorite fudge cake? Magnificent mousse? A dazzling confectionary creation? And please think outside the dessert box. Maybe you can offer a subtle mole sauce to serve over chicken or chocolate-dipped veggies. Cincinnati Chili (made with semi-sweet chocolate) will certainly be there!

**Three** divisions will be featured: one for items offered by our children and young adults, the second for adult donations, and a third "Professional" division for donations from local bakeries and sweet shops.

Donations for the Young Person's Division are asked to be presented on a single dish or serving tray, to be auctioned off as a unit (12 chocolate chip cookies, one tray of brownies, etc.). The Adult Division will feature any and all creations offered by regular FPUU members and friends. The Professional Division will feature donated items and gift cards from local establishments, some to be sold by raffle, with winners announced at the end of the auction.

Not sure you can stay to the end of the auction? Bid sheets will be placed in front of most items so you can enter an initial bid. You can then confidentially submit your highest bid to Sarah or Bill, who will announce it if bidding reaches that level. You may not win, but you will benefit First Parish.

Some items will be available to take home on Auction Sunday. Others will be delivered at an agreed upon later date. Payment by cash or check is requested at the time of purchase by the successful bidder.

**Bakers and other sweet-toothed members:** contact Sarah Zitoli ([sezitoli@gmail.com](mailto:sezitoli@gmail.com)) or Bill Wians ([wwians@mac.com](mailto:wwians@mac.com)) with items you might like to prepare.



**Please Join Team First Parish Medfield  
On Sunday, May 5<sup>th</sup> at 11:30 AM**

**For a seven mile Noon Hill hike to help provide support to our neighbors facing food insecurity and hunger.**



**We'll meet in the church parking lot and leave after the Chocolate Auction.**

**The link for our team page is:**

**<https://give.projectbread.org/team/574933>**

**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.**

## UUA General Assembly



UUA GENERAL ASSEMBLY  
VIRTUAL GA • JUNE 20 - 23, 2024

This year the Unitarian Universalist General Assembly is being held online from Thurs. June 20 - Sun. June 23, 2024. I am wondering if you

might be interested in becoming a voting delegate at General Assembly (GA)? Our congregation is allowed to send two voting delegates.

For those who have never attended General Assembly, it is our denomination's annual conference where thousands of UU's come together to help shape who we are as a faith. There is always an opening banner parade

featuring congregations from across the globe. There is an opportunity to attend wonderful worship services, participate in thought-provoking workshops, hear the key-note speaker at the Ware Lecture, and make your voice heard as a voting delegate during the plenary sessions. This year there will be much discussion surrounding the change to the UUA's Article 2 bylaw, regarding the newly proposed UU Values and Covenant.

If you are interested in learning more about becoming a voting delegate at GA, follow this link: <https://www.uua.org/ga> FPUU Medfield will reimburse our two voting delegates for the cost of registration. Please let me know if you are interested and reach out with any questions you might have.

Thanks,  
Dave

### UUA General Assembly

The 63rd General Assembly will take place virtually Thursday, June 20 through Sunday, June 23, 2024. [Adult registration](#) is now \$315 until May 15, after which the cost goes to the full amount of \$400. Registration includes access to General Assembly 2024 in the Whova event app, as well as on-demand programming, featured speakers, and major worships. Voting delegates who wish to participate only in General Sessions may also register with the business-only option.



## Update on the Proposed Revision of Article II

To be voted on at General Assembly 2024

At last year's General Assembly (GA), a preliminary proposed revision of Article II was passed after discussion and voting on a first set of amendments to the proposal. In October 2023, the Article II Study Commission incorporated the approved amendments and completed a [final draft](#) of its proposed revision. After that, further amendments, per UUA by-laws, could be submitted by congregational petition to the Study Commission. This has happened as of March 2024.

There are [four amendments](#) that met all the submission criteria and will be moved to the final GA agenda for voting. Two of them respectively propose adding a UU Value, and two of them

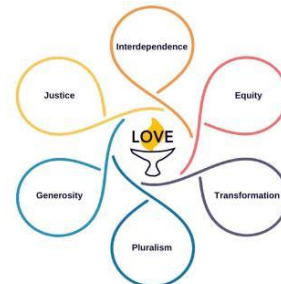
propose alternative wording to the Equity UU Value.

Tentatively, the GA schedule has two amendments being discussed on June 20, the other two being discussed on June 21, and the final discussion on June 22 and then a vote.

Final approval of the Article II proposal requires a two-thirds (2/3) vote of the 2024 General Assembly to adopt the

revision as the new Article II of the UUA bylaws. If the 2024 General Assembly votes fails, the process ends and a similar proposal cannot be considered for two years.

There are [many resources](#) for further information on [uua.org](http://uua.org) about the proposed Article II revision. And, an extensive analysis of the new proposed Article II, was written by Rev. Dr. Cynthia Landrum, ["Why Change Article II?"](#)



## Medfield Food Cupboard



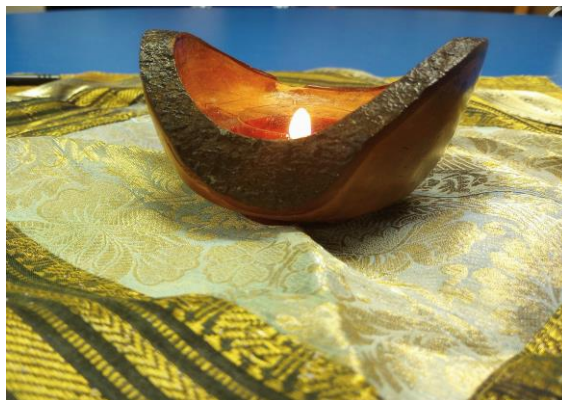
Please contribute non-perishable items to the Medfield Food Cupboard basket located in the narthex. Thanks in advance for your generosity!

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



May 12th

## Amplifying the Charge Small Group Ministry Discussion Series



### Unitarian Universalism is in a new phase of growth and transition.

In anticipation of the upcoming final vote at General Assembly on the updated Article 2 bylaw (the Proposed UU Values and Covenant), please join us for this 4-session small group ministry discussion series “Amplifying the Charge”, created by ministerial aspirant QuianaDenae Perkins, and led by Rev. Dave Egan. During these three sessions we will support learning, reflection, and faithful conversations for individual and collective discernment.

#### Goals

- Support congregations with a process of self-paced learning
- Support small group adult faith formation
- Encourage relationship-building and covenant-keeping
- Provide historical information on our faith
- Provide theological grounding in Unitarianism, Universalism, and Unitarian Universalism
- Increase understanding of the denominational governance structure
- Provide congregants with a safe space to process their faith journey, personal history, and theological understanding.

Please join us for one or preferably all of the discussion sessions on:

**May 6th, May 13th, May 20th, and June 3rd**

**7:30-9:00 pm on Zoom**

<https://us02web.zoom.us/j/87558701496?pwd=Q3o4aTl2eko1eWVRREVkL2gRMoRUdzog>



# 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.





## Restore & Release Fundraiser: Feel Good, Do Good, Bring Friends! – May 21<sup>st</sup>

Join us in our efforts to maintain the historic charm of the 1789 Meetinghouse (First Parish) while also treating yourself to a rejuvenating experience! Mark your calendars for our upcoming fundraiser and Essentrics Restore & Release classes in the vestry. Feel good knowing you're contributing to a warm and cozy sanctuary, all while feeling great in your body.

*Don't forget to bring your friends along for the fun!* Save the dates: Tuesday evening, May 21st at 6 PM and Saturday morning, June 8th at 8:00 AM. Let's restore the past and energize the present together!



Essentrics is a low impact workout that will help you release tension, rebalance your body, and ease you into movement. The method uses eccentric and concentric contractions, stretching, and techniques for relaxation and conditioning connective tissue to create and maintain a strong, lean, flexible, and resilient body. The movements are drawn from Tai Chi, Yoga, Ballet, Pilates, and Physio-therapy. For more information on Essentrics go to my website: [BodyBalanceBlanche.Me](http://BodyBalanceBlanche.Me)

This class is 45 minutes, done barefoot, and is suitable for all levels of fitness & mobility. Bring a yoga mat and water. Suggested donation is \$25.00 for the church window fund.

## Dignity Matters



FPUU supports Dignity Matters, a local non-profit that provides menstrual supplies and undergarments to 15,000 women and girls in Massachusetts living in poverty and/or experiencing homelessness. They are having a winter drive and are collecting donations of tampons, pads (including Depends type pads/underwear), new underwear, and new/gently used bras. Donations can be left in the bin located on the porch of the U House. If you prefer, shop their [Amazon Wish List](https://www.amazon.com/hz/wishlist/ls/2AoBMFSCKY4W/refnav_wishlist_lists_1?) for shipment directly to the Dignity Matters warehouse. [https://www.amazon.com/hz/wishlist/ls/2AoBMFSCKY4W/refnav\\_wishlist\\_lists\\_1?](https://www.amazon.com/hz/wishlist/ls/2AoBMFSCKY4W/refnav_wishlist_lists_1?)



## Green Sanctuary Committee



Our next meeting is May 28, 2024 at 7pm via Zoom. All are welcome! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) 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.*

1.

**Earth Day Worship Service was full of hope and optimism!** Without minimizing the challenge and hard times ahead, we hope this worship service provided energy (no pun intended) for all to take action. Whether you were present or not, here is a link to our extensive [collection of positive things happening](#) regarding climate change and/or the environment, across the world all the way to your town.



2.

**FPUU is taking part in Medfield Climate Week 2024** beginning on **April 28**, when G.O.D.\* will have been here 1-3pm, along with chickens, robotic electric mowers, and activities for children. Hope you had fun! **Saturday May 4** Espresso Yourself Coffeehouse returns for an evening of spoken word, music, and dance, with a professional caller. 7-9pm. Our Larger Circle Band is featured! This event is a fundraiser for the environmental/climate justice organization [GreenRoots](#). Not to be missed!!



\*Goats of Dover



3.

Sometime this spring, the painting and repair of the exterior of the sanctuary opalescent windows will begin. The badly needed attention will help these late 19<sup>th</sup>/early 20<sup>th</sup> century windows last a bit longer. However, repair to the glazing compound will only add a small amount to decreasing the heat loss through the windows. Single pane windows are well known to be poor insulate. Hence, another layer is needed on either the exterior or the interior to keep dollars floating out the windows and to be environmentally responsible. Stay tuned for more updates.

# **STONES OF SORROW RIPPLES OF HOPE**



## **ANTI-RACISM VIGIL**

COME JOIN US ON THE GROUNDS OF  
FIRST PARISH UNITARIAN UNIVERSALIST IN MEDFIELD.\*  
ALONG WITH LOCAL CLERGY, WE WILL MARK  
THE FOURTH ANNIVERSARY OF THE KILLING OF GEORGE FLOYD  
AND HONOR ALL OF THOSE WHO HAVE LOST THEIR LIVES  
AND CONTINUE TO BE HARMED  
DUE TO THE DEVASTATING EFFECTS OF RACISM.

**THURSDAY, MAY 30TH - 7:00PM**

FIRST PARISH UNITARIAN UNIVERSALIST - 26 NORTH STREET, MEDFIELD  
FOR MORE INFORMATION: 508-359-4594, MINISTER@FIRSTPARISHMEDFIELD.ORG

\*IN THE EVENT OF INCLEMENT WEATHER, THE VIGIL WILL BE MOVED INDOORS.



## 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#/>



## Membership Outreach Committee Social Hour

If you have joined us in the vestry after service lately, you probably have noticed there have been a few Sundays where little or no food provided has been provided. The MOC has had a difficult time filling volunteer spots for hosting. We realize hosting can seem overwhelming. It is an expense, requires planning, there are new food safety requirements and it is a multi-hour time commitment from setting up through clean up.

In order to make "hosting" easier, the MOC has come up with a few potential alternatives.

1. Please know that a host is not expected to provide a large selection of foods. We suggest a VERY simple spread, 2 or 3 items, such as cheese, crackers and fruit or bagels and cream cheese.
2. You may share hosting duties with another member. One person could provide the food items while the other could perform clean up duties.
3. You may leave the ingredients label from the packaging next to the food on the table instead of handwriting the ingredient cards.
4. Reach out to Jess as MOC chair to sponsor social hour. You could provide the cash to purchase items and someone from the MOC will gather the items and do the work on Sunday.
5. If you are comfortable with only certain aspects of hosting, please reach out to the MOC and one of us will be there to support you whether it is taking care of the children's table, making the coffee or doing the dishes.
6. Reach out to someone from MOC if you feel like you need suggestions or questions on anything (kids foods, new coffee pot, cleanup procedures, etc).

Sporadically, we hope to have some items or crafts in the vestry for "purchase" which is really a donation to fund social hour treats to lessen the financial burden on the MOC when no host is in place. Two weeks ago, we earned \$52 in handpainted rock sales which will fund food items for coffee hour! Thank you!

# Monthly Meditation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee



(Photo Credit - Paulina Martinez)

## We are a Sum of Our Parts

I once learned while undergoing psychotherapy, the idea that we are made up of many subpersonalities. Subpersonalities is the term used by a form of therapy called Psychosynthesis. According to the National Institute of Health, *"Psychosynthesis is a therapeutic approach that has its roots in psychoanalysis and as such firmly believes in the importance of the unconscious aspects of the personality. However, psychosynthesis also incorporates the spiritual dimension and focuses on developing transpersonal qualities such as love, joy and beauty."*

As a trained Psychosynthesis practitioner, I learned the importance of identifying parts of me from my past that make up my personality, such as my inner child, my rebellious teenager, my wise adult, and so forth. Sometimes my rebellious teenager comes out and takes a stand against something or someone, but usually she has expressed herself enough to be content without making too much noise.

Through inner child work, I discovered hidden values that were formed from experiences that defined my worth, and sense of safety. These values were born from traumatic experiences as a child that I never had the tools to deal with. Once my brain understood why I have felt scared all my life, it helped me see past the reaction to deal with the behavior. Educating myself on myself has helped me heal.

I was brought up in a dysfunctional household, so my values, I discovered, were skewed. As I entered adulthood, these same values continued, hidden away. Through psychotherapy and re-education, I created ways to redefine my values, not retain my values tainted by dysfunction.

Fast forward 40-50 years and I am okay. Now I am aware when an old memory is triggered, usually by an emotion that makes me feel like a child again, disempowered, and unsafe. I have learned to allow and observe what I am feeling, and inquire why this memory popped up. Then I move to self-care and gently allow letting go of an old scenario. The gentler I am with myself, the smoother the transition back to my adult.

Living in this transitioning world, my journey is taxed by all the threats around us. The climate crisis, the economical crisis, the media storms, the health crisis globally and personally to name a few. We are in crisis and yet, the sun shines and spring is bringing in color and fresh blooming plants, all working like life is normal but not.

The deeper I have cultivated a relationship with my inner Self, my heart, my Soul, the steadier I am to the crises abounding. Daily life is challenging, yet it goes on day after day.

As I have aged, my daily routine has slowed down and yet time seems to speed by. I am not caught up in the news by choice; I am not speeding down the highway as the working folk race to work every day. I am caught up in observing the climate crisis as it flips from one extreme to the other, polarized by the unsteadiness of the environment.

I take responsibility for my actions as so many UU's choose to do. I manage my inner world with silence, time to feel, think, and observe my insides. The more I spend time with myself, the more patience I have with myself. Sometimes it takes just five minutes of silence to connect in.

I had an old habit of abandoning myself at times of crisis, jumping directly into the panic and chaos without remembering I have a voice; I have a strong tenacity to problem solve, and I have a community surrounding me.

So, as we move forward into Summer, remember your voice to speak up for your needs, define your desires and build a house of self-care. You have a strong mind with years of experience problem solving issues that arise. And you are surrounded by a living, breathing community at FPUU Medfield. We are a living presence existing by the very fact that we are a part of it, and it is our choice how much we turn towards and share ourselves, and join in to enjoy this valuable community. I am always surprised by the strength, wisdom, and steadiness this community is when I turn to it in a time of need.

*Shirley Riga is a member of the Pastoral Care Committee, a Psychosynthesis Practitioner, a Spiritual Director, Master Reiki Practitioner, a Holistic Professional Practitioner, and a Healing Medium.*

## Collection for Chaplains on the Way

### Spring/Summer Most Needed Items Request



The following items would be gratefully received by the unhoused community of Waltham: **\$5.00 Dunkin Donuts and \$5.00 McDonald's 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](mailto:lrachin@comcast.net) with any questions.



## FPUU Calendar of Events

Thursday, May 2	Pastoral Care Committee Meeting/7:00 pm/Vestry The Larger Circle Band/7:00pm/Vestry
Saturday, May 4	Espresso Yourself Coffee House Dance Party/7:00 pm/Vestry
Sunday, May 5	Building & Grounds Work Day/11:30 am OWL/7:00 pm/Vestry
Monday, May 6	Staff Meeting/10:30 am/Zoom Amplifying the Charge Discussion Group/7:30 pm/Zoom
Wednesday, May 8	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, May 9	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, May 12	OWL/7:00 pm/Vestry Mother's Day
Monday, May 13	Amplifying the Charge Discussion Group/7:30 pm/Zoom
Wednesday, May 15	Right Relations Team Meeting/7:00 pm/Zoom
Thursday, May 16	Executive Board Meeting/7:00 pm/Zoom Larger Circle Band Practice/7:00 pm/Vestry
Friday, May 17	Ferry Beach Retreat Weekend Begins
Sunday, May 19	Newsletter Deadline Women's Group/11:30 am/U-House OWL/7:00 pm/Vestry
Monday, May 20	Amplifying the Charge Discussion Group/7:30 pm/Zoom
Thursday, May 23	RE Committee Meeting/7:30 pm/Zoom
Sunday, May 26	Men's Group Lunch/11:30 am/U-House OWL/7:00 pm/Grounds
Monday, May 27	Memorial Day Observed
Tuesday, May 28	Green Sanctuary Committee/7:00 pm
Thursday, May 30	Anti-Racism Vigil/7:00 pm/Grounds Larger Circle Band/7:00 pm/Vestry

