

*First Parish Unitarian
Universalist of
Medfield*

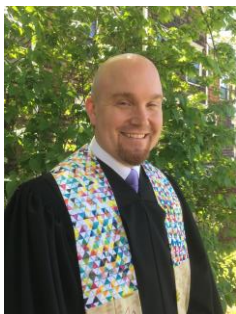
**26 North Street,
Medfield, MA
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www.firstparishmedfield.org



April Newsletter 2025

Ministerial Musings



Thank you all for the gift of my three-month sabbatical. I have missed you all! During my time away, I spent a lot of time with family and friends, went on a meditation retreat, took an oil painting class, did some professional development work, and travelled to the Bahamas and throughout New England. But what wound up taking far more time than I anticipated was a home improvement project.

As I spent several weeks scraping 100-year-old wallpaper off the walls of our hallway and stairwell, filling holes, sanding the rough surfaces, and painting over the aged horsehair plaster, I found myself immersed in more than just a physical renovation. The project was a deeply personal one, a reflection of my own journey—both through time and into the aging process. See, during my sabbatical I turned 50 years old. A reality that I am still processing.

The house has always felt like a metaphor for life. The layers of wallpaper represent the memories and experiences we accumulate over the years. As I scraped off each layer, I was reminded that, much like the walls of my home, we too collect layers that shape who we are—some worn, some damaged, some stained by time. In a way, I was breathing new life into both the house and myself.

As I worked on the house, I couldn't help but think of how different my body feels at 50 than it did at 32, the last time I scraped and painted the walls of my home. Back then, I was so energetic, eager to get things done, that after I finished that painting project, I moved on to turning our unfinished attic into a living room, an office, a laundry room, and a bathroom. That project only took me five years to complete, but I was young and hopelessly optimistic!

But now, with each scrape of wallpaper and each sanding motion, I was more aware of my aging body. My muscles ached, and my joints protested. I've come to realize that while the body changes over time, it doesn't mean the work is any less valuable; in fact, it may be even more meaningful. I have learned to embrace the discomfort, seeing it as a reminder of how much more I have lived, how much more I have seen, and how much more I still have to offer.

Turning 50 has brought its own set of reflections on my place in the world, my purpose, and my legacy. Just as the house required attention, care, and patience, I've come to understand that this stage of life requires the same. It's easy to become discouraged by the physical limitations that come with age, but there's beauty in the process of acceptance. Like the house, I have been worn down and worn in, and I'm learning how to nurture myself in new ways.

This restoration process has reminded me that growth and change happen slowly. There are moments of frustration, yes, but also moments of joy when the work pays off and you step back to see the results. The hallway and stairwell in my home now feel fresh and renewed, and so do I. Though we may not be able to turn back the clock, there's always an opportunity for restoration, for finding new purpose in the work we do, and for embracing the journey that is uniquely ours.

See you on Sunday, Rev. Dave

Notes from the Church Office

Please remember the following deadlines:



Church Newsletter: Third Sunday of the month. **April 20th this month.**

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 Sandra Andreassi-Administrator

Please note: Sandra will be out of the office from April 1 – April 9.

From the Executive Board

The Executive Board gratefully acknowledges the work of Jackson Razza in replacing the Wayside Pulpit. The Pulpit has for many years served as a witness of First Parish values and mission to the larger community, but was sorely in need of repair. Thanks to Jackson's labors, the new Pulpit will serve First Parish for many years to come. Thank you, Jackson!



From the RE Committee

Kate Ciavarra, CRE



This past Sunday we welcomed back Samantha Decker Nemeth who served FPUU from 2015-2022 as Religious Exploration Coordinator. Our current RE Coordinator Kate Ciavarra led the service alongside Samantha, where the focus was community. The children were able to participate, with readings by Tobin Castle and Beau Razza, and a sweet reflection by Noble Castle. Zenith Jennings led our play about Higgins, a water droplet with a dream, alongside the other children and members of the congregation.

We culminated with a fantastic activity where we threw yarn back and forth across the pews, making a visible web of interconnectivity and talked about why we loved First Parish. We were so excited to have Samantha back and hope she can come coordinate with us again someday!

RE & Little Lights Volunteers



By volunteering for just a few Sundays per year, your support makes a huge difference to the programs.

RE Volunteer 'sign-up genius' is posted on the members page of the FPUU website.

You can also use this link below:

<https://www.signupgenius.com/go/10C094AA5AD2DAAF9Co7-52929567-relittle#/>

Upcoming Worship Services

April 6

If the Cabin Loses Pressure...

Rev Dave Egan

With all of the cascading threats to marginalized communities and our democracy, it is easy to become immobilized and not know what to do. But just as we are told to put on our own oxygen mask first before assisting others, we must also tend to our own spiritual well-being in times of crisis. Only by caring for ourselves—through self-reflection, spiritual practices, and support—can we effectively support others and rise to the challenges ahead.

April 13

Renewing our Covenant

Rev. Dave Egan

Our congregation was founded in 1651, with the first meetinghouse completed in 1653, The next meetinghouse was built in 1705 and stood for eight decades, until our current meetinghouse was built in 1789. Each generation has cared for this place, with their time, talent, and treasure. We here, in 2025, are no different. Each year, at the culmination of our annual fund drive, we re-affirm our covenant to one another to care for and maintain this place, so that future generations can continue to call First Parish UU Medfield their spiritual home. Thanks to all of you!

April 20

Resurrecting Resistance

Rev. Dave Egan

The Easter story is a symbol of hope, resistance, and transformation. A story that centers on a revolutionary who challenged an oppressive empire, was crucified for it, and then somehow was resurrected as an enduring symbol of hope and renewal. As Unitarian Universalists, how does Jesus' legacy of love, resistance, and transformation, speak to us today as we find ourselves living within our own oppressive systems?

April 27

Climate Justice and the Air We Breathe

Green Sanctuary Committee

Earth Day Sunday worship 2025 is April 27, *for all ages*. "Climate Justice and the Air We Breathe"-- We have a special guest from UU Mass Action, Claire-Karl Müller who is also coordinator of the statewide climate justice coalition Mass Power Forward. We will listen, learn, and take action. Join us!



Some Photos from the Annual Fund Drive Kick-off Event (Held on March 8th)



After Sunday Worship let our service begin...

**1st
Sun.**



Bldg & Grounds Work Day

Come help paint, repair, and beautify our campus each month, led by Nate Razza. There will be big and small jobs, both indoors and outside. Stay for as long as you are able. We will meet at in the vestry at 1 1:30am.

**2nd
Sun.**



Advocacy Luncheon

Feel like current events are overwhelming? Not sure how to make your voice heard? Then come join us in the vestry at 1 1:30am for our Advocacy Luncheon, where we share a take-out meal, and write cards to our elected officials on a variety of issues that we UU's care deeply about. Please RSVP Rev. Dave by 1 0am Sunday.

**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 vestry at 1 1:30am. Led by Shirley Riga.

**4th
Sun.**



LGBTQIA+ Circle

If you are looking for a safe space to check in and share your experiences and feel a supportive community around you, then join us for the LGBTQIA+ Circle, for anyone who identifies as LGBTQIA+. We will gather in the vestry at 1 1:30. Co-leaders: Shirley Riga, Martha Castle, and John Bowman.

Mass Mobilization Rally & March - Saturday April 5

Join Rev. Dave on April 5 in Boston with others to stand up for America's , and Massachusetts' freedom.



HANDS OFF!

**MASS MOBILIZATION
SATURDAY, APRIL 5**

handsoff2025.com

HANDS OFF!

*HANDS OFF OUR DEMOCRACY
HANDS OFF BOSTON
HANDS OFF MASSACHUSETTS
HANDS OFF AMERICA*

RALLY AND MARCH

APRIL 5TH — 11:00 AM
PARKMAN BANDSTAND
BOSTON COMMON

bit.ly/HandsOffMAApril5th

Paid for by Commonwealth United, Inc.

Building & Grounds Workday, Sunday, April 6th



Come join us for some cleaning up, repairing and beautifying our campus. There will be big and small jobs both indoors and outside. If you can stay for an hour or three, we welcome any and all help! All ages are welcome.

We will meet at the U-House at 11:30 AM.



A Message from Chaplains on the Way



Now More Than Ever, We Need Your Support

Day by day the current Administration is making it more and more difficult for small non-profits like ours to carry out our missions. Living within such a hostile and unpredictable political landscape we need your support now more than ever.

The following items would be gratefully received by our growing unhoused Waltham population:

- Cans of regular grind caffeinated coffee
- Assorted cold cereals, i.e., Corn Flakes, Raisin Bran, Cheerios, Special K, etc.
- Granola and fruit & nut bars
- Men's and women's new or gently used lightweight outerwear, sizes medium – extra large
- Men's and women's new T-shirts and underwear sizes medium – extra large
- Sleeping bags
- Umbrellas
- Waterproof, lightweight ponchos
- McDonalds \$5 or \$10 gift cards
- A donation in any amount to help us keep our doors open: <https://www.chaplainsontheway.us/donate>

Through the end of May, items can be placed in the donation box in Vestry. From June through August contact Louise Rachin at 617-429-7319 or at lrachin@comcast.net to schedule a drop off. Thank you for your ongoing generosity and support.

Opportunities to Serve

Coffee Hosts

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 this link:

<https://www.signupgenius.com/go/10Co44BAEAF2AA7F94-51244848-social#/>



Sanctuary Flowers



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.

Green Sanctuary Committee



Our next meeting is April 8, 2025 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.

As you know, Earth Day Sunday worship 2025 is April 27, for all ages. We will have a special guest from UU Mass Action, Claire-Karl Müller who is also coordinator of the statewide climate justice coalition Mass Power Forward. Join us!

Medfield Climate Week is May 3 -10.

FPPU by way of the GSC is taking part in several ways:

Saturday May 3, 2-3pm the short documentary "Idle Threat" will be shown in the Medfield Public Library with discussion afterwards led by Fritz. The film a lively look at a Wall Street banker's spirited struggle to improve public health by raising awareness about the impact of unnecessary idling, starting in New York City. Featuring Click and Clack from NPR's Car Talk, and Mayor Michael Bloomberg, "Idle Threat" profiles one man's quest to make his city and the world a healthier place.

Sunday May 4 after social hour we are hosting several Climate Carnival Games on the front lawn, or in the vestry if inclement weather. Inside will be a resale of varied and beautiful accessories—jewelry, scarves, neckties, handbags and more. Tiny cones of vegan "ice cream" will be available for a modest \$ donation.

Wednesday May 7, 4:30-5:30pm Jeanette will listen to anyone who drops in for a friendly, non-proessional sharing about climate worry/climate anxiety. Stay for 2 minutes or as long as you like, sitting on comfy couches in the vestry.

Saturday May 10, 7pm Espresso Yourself Coffeehouse returns once again, this time with a Climate Action Poetry Slam. We will be raising funds for a youth environmental justice group.

WAY TO GO FPUU AND GSC!!



Save the Date!

You are Invited to the Annual FPUU Potluck Passover Seder!

Tuesday, April 15th in Vestry, starting at 6:00 PM
All are invited to this family gathering.



Passover is the celebration of the liberation of the Israelites from their slavery in the time of the Pharaohs, but for us it is much more than that. We celebrate it also as a celebration of the search for liberation for all people at all times. Our Seder is a telling of that story – you know, the one from the Bible, the one from movies – but with a UU flavor. We will all take turns reading parts, and then we will eat.

If you would like to come, please email Becca Kornet at becca_kornet@yahoo.com and tell us what you will bring (so we don't get five salads and no main courses).

Note: there are some traditional foods which fit into a Passover meal. Leavened products including certain grain-based foods like bread and pasta do not. If in doubt, ask us or do a search online.

We hope you can join us!

Thea Iberall
Faye Kalmbach
Becca Kornet
Louise Rachin

Climate Week Event Sunday, May 4th!

Gently used, in good condition accessories are sought for the sale on May 4th. Jewelry, scarves, neckties, belts, hats, handbags. A collection day will be announced. Contact Jeanette with questions.

TAKE PART IN
MEDFIELD CLIMATE WEEK 2025
**SUNDAY
MAY 3
1-4 PM**

CLIMATE CARNIVAL
FREE

ACCESSORY SALE

FIRST PARISH UU
26 NORTH STREET

VEGAN MINI ICE CREAM CONES
\$1

Bridges of Understanding:

Bridges of Understanding offers us an opportunity to explore our racial biases, their impact, and what we can do to promote equity for all.

To register, go to: www.uuum.org

Unitarian Universalist Urban Ministry

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Monthly Mediation & Reflection

by Shirley Riga

Member of the Pastoral Care Committee

Milestones



Milestones are significant events or achievements that mark important stages in development or history and serve as checkpoints or turning points. As adults we have milestones that help define our experience, our purpose, and our identity.

My granddaughter just crossed a significant milestone in her 12-year life, and entered puberty. The event was celebrated in her family, so unlike a similar milestone I experienced 60 something years ago. Milestones occur throughout our lifespan.

Witnessing my granddaughter's milestone gave me the opportunity to revisit significant milestones in my life. I have a spiritual practice of using silence every day that affords me time to listen within. It takes a level of courage to revisit past experiences and feel the emotions attached to them that are dwelling in our bodies. It is so much easier using distraction to not feel.

I experienced a cascade of memories and emotions which highlighted negative beliefs I still hold in my body that happened decades ago. According to [Quanta Magazine](#) "It has been proven that the human nervous system cannot tell the difference between an 'actual' experience and an experience imagined vividly and in detail."

We learn to judge our experiences based on a "[reality threshold](#)," and if one is raised in a dysfunctional family, each member of the family is conditioned to behave and expect unhealthy behaviors to maintain the family's homeostasis. A short synopsis of my childhood.

So milestones are important. Yet what I am writing about is not specifically about milestones. I am writing about milestones and old wounds we have stored in our bodies and hearts.

I attended a short workshop last week about mindfulness and was reminded how we can remedy our inner angst by identifying negative messages we have received in the past and remedying them with [affirmations](#) using positive emotions like joy or just the word joy. Using affirmations helps rewrite core beliefs and heal old wounds.

Some say affirmations do not work and I have had good and bad results. What ignites an affirmation is the emotion we feel or say when we are offering ourselves an affirmation.

For example, a long-time affirmation for me is "I AM SAFE." Said alone, it is a statement I can choose to believe or not. If I change the affirmation to "I AM SAFE AND I FEEL JOY IN MY SAFETY," it is a more

complete statement, and I can imagine joy because it is an active emotion that brings up a picture in my mind. Affirmations are powerful when coupled with a positive emotion.

Think about it. When we are angry or hurt, we are feeling emotional. Add to that emotion a negative affirmation like "I AM AN IDIOT," it is a powerful affirmation, albeit a negative one. The same can be done for a positive affirmation.

This gives us the opportunity to rewrite or reframe a struggle into a supportive tool for more peace and ease in life.

We can change our landscape by discovering the negative message, creating an affirmation, adding a positive emotion that allows us to imagine, visualize, and reframe the message to set the new belief into place. Repeat as necessary. This is a life formula I use again and again. It can become a favorite recipe. It may feel like work, but you are worth it!

Medfield Food Cupboard



Please contribute non-perishable items to the Medfield Food Cupboard basket located in the narthex. **Most needed items: Boost/Ensure (chocolate or vanilla), Rice mixes (e.g., Rice-a-Roni), Spaghetti, Peanut butter, Jelly.** Thanks in advance for your generosity!

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 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/2AoBMF5CKYN4W/refnav_wishlist_lists_1?) for shipment directly to the Dignity Matters Warehouse.

https://www.amazon.com/hz/wishlist/ls/2AoBMF5CKYN4W/refnav_wishlist_lists_1?

FPUU Calendar of Events

Thursday, April 3	Pastoral Care Committee Meeting/7:00 pm/Zoom
Sunday, April 6	Building & Grounds Workday/11:30 am
Tuesday, April 8	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, April 9	MOC Meeting/7:00 pm/Zoom
Thursday, April 10	Worship & Music Committee Meeting/7:00 pm/Zoom
Saturday, April 12	Passover begins at Sundown
Sunday, April 13	Advocacy Luncheon/11:30 am/Vestry
Tuesday, April 15	Passover Seder/5:00 pm/Vestry
Wednesday, April 16	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, April 17	Executive Board Meeting/7:00 pm/Zoom
Sunday, April 20	Easter Sunday Newsletter Deadline
Monday, April 21	Patriot's Day
Wednesday, April 23	Building & Grounds Committee Meeting/7:30 pm/Zoom
Thursday, April 24	RE Committee Meeting/7:30 pm/Zoom
Sunday, April 27	LGBTQIA+ Circle/11:30 am/Vestry

