



First Parish Unitarian Universalist of Medfield

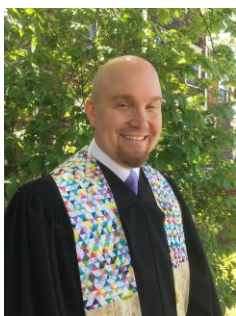
**26 North Street,
Medfield, MA
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www.firstparishmedfield.org



May Newsletter 2025

Ministerial Musings



Each spring, Unitarian Universalist congregations around the world celebrate a beloved tradition known as the Flower Communion. We will do this here at FPUU as part of our Mother's Day service on May 11th. This simple yet powerful ritual began in 1923 in Prague, when Rev. Norbert Capek sought to create a uniquely Unitarian service that honored the beauty of diversity, the power of community, and the sacredness found in everyday life.

In the Flower Communion, each person brings a flower to the service—any flower, from a garden, a field, or a store. These flowers are placed together in a central vase, forming a vibrant, communal bouquet that symbolizes the gathered community. At the end of the service, each person takes home a different flower than the one they brought, receiving a gift from someone else—an expression of interconnectedness and shared beauty.

What makes this ritual so special is its quiet power. There are no grand doctrines or rigid ceremonies—just a recognition that every person, like every flower, is unique, valuable, and necessary to the whole. It's a reminder that our differences are not divisions but sources of strength and beauty. In a world that often asks us to conform, the Flower Communion gently insists that we are each enough, exactly as we are.

Rev. Capek created this ritual in response to a turbulent world. His community had faced war, oppression, and a loss of connection. He knew people needed a way to feel seen and valued, and to remember that they were not alone. A century later, the Flower Communion continues to speak to our hearts—especially in times of hardship like we face today—offering a moment of grace and gratitude.

As we prepare for our own Flower Communion this year, we invite you to bring a flower that speaks to you—whether it's bold and bright or delicate and quiet. Each bloom will add something irreplaceable to the whole, just as each person in our community does.

Let us gather in the spirit of hope and celebration. Let us honor the diversity that strengthens us, and the unity that holds us together. In this shared moment, may we be reminded: beauty multiplies when it is shared.

Peace & Love,
Rev. Dave

Notes from the Church Office

Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. **May 18th 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



Upcoming Worship Services

May 4

Somebody Save Me from Myself

Rev Dave Egan

When we are hurting, sometimes our habits grow into unshakable addictions. Whether those addictions are alcohol, drugs, social media, sugar, video games, our phones, or a host of other destructive habits, all of us at times succumb to behaviors that seem to take over. Today we will hear personal testimonials, special music, and reflections from those who have experienced addiction. In addition, this morning we will welcome new members to our congregation.

May 11

Flowers for Mom

Rev. Dave Egan

During this intergenerational worship service, we celebrate our moms and all of our other caretakers, as we give thanks for the abundance and love in our lives. To help do this, all are invited to bring flowers gathered from gardens or roadsides to share with others in the congregation, as part of our annual Flower Communion service.

May 18

Worship at Ferry Beach

**Rev. Dave Egan
& Rev. Bev Waring**

Join us for this shared worship service with the Franklin UU congregation, where we will be on retreat at Ferry Beach, in Saco Maine. During this multi-generational, outdoor service, there will be time for personal sharing, reflecting, and of course lots of singing. For anyone who is not able to join us at Ferry Beach, this service will be live-streamed over Zoom like we do each Sunday, but there will be no in-person worship service at our meetinghouse in Medfield.

May 25

Music Sunday

Worship & Music Committee

On this Sunday, our fabulous Music Director Eva Kendrick and our Worship & Music Committee will offer a worship service filled with the power of song. During this Music Sunday, we will hear from our First Parish Choir, and other singers and musicians as well. We hope you will join us as we share the gift of music together.

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.

From the RE Committee

Kate Ciavarra, CRE



Easter Sunday was a huge hit at RE!

We started by painting our own Easter eggs using a water resist technique with white crayons and watercolors. The eggs came out great, and will be hung up on the RE bulletin board soon! Each egg was perfectly unique, just like our RE students.

After service was over, the children were able to participate in an Easter Egg Hunt, a lovely tradition here at FPUU. The kids searched long and hard and found every egg, some filled with candy and some with toys.

Easter is such a special time because it reminds us that rebirth and spring is possible, even after a dreary season. In previous RE classes we have been discussing the web of life, and it's so easy to see it in spring where everything comes back to life. We have especially talked about our parts in the web of life, and how helping others can help us find our spots in the web.

We had an excellent Easter and can't wait to continue learning in our future RE lessons!

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#/>

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#/>



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 11:30am.

**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 11:30am 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 10am 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 11:30am. 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 11:30. Co-leaders: Shirley Riga, Martha Castle, and John Bowman.

What is

Unitarian Universalism?



Are you interested in learning more about Unitarian Universalism?

Do you have questions about the big mysteries of life?

Are you looking for more meaningful relationships in your life?

Do you yearn for deeper connection and community?

Then we hope you will join us to learn more about who we are,
where we come from, and how to become more involved.

We will be holding three sessions in the coming weeks.

We will break bread together and have an open and informal dialog
with our minister and members from our Membership Outreach Committee.

Each session will cover the same content, so pick whichever date works best for you.

Sun. Apr. 13

breakfast @ the U House
8:30-9:30AM

Sun. May. 4

breakfast @ the U House
8:30-9:30AM

Sun. May 11

breakfast @ the U House
8:30-9:30AM

Please RSVP with Rev. Dave: minister@firstparishmedfield.org

Green Sanctuary Committee



Our next meeting is May 1, 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.

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, 1-4pm 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. Vegan frozen treats will be available for a modest donation.

Anyone is welcome to help out in any way, at any time! No need to sign up—showing up is enough!

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.



TAKE PART IN MEDFIELD CLIMATE WEEK

2025

SUNDAY
MAY 3
1-4 PM



FIRST PARISH UU
26 NORTH STREET



**ON SUNDAY MAY 4TH
LACE UP...
SHOW UP...
MAKE A DIFFERENCE.**



Team Members Daisy, Marilyn, Leah, David, Louise & Avery

**JOIN TEAM FIRST PARISH MEDFIELD ON SUNDAY MAY 4th AT 11:00 AM FOR A 7 MILE
NOON HILL HIKE TO HELP ENSURE THAT EVERYONE IN MASSACHUSETTS CAN
ACCESS FOOD WITH DIGNITY.**

**Right now, the world feels upside down –
but we still have the power to make a difference. Since 1969, The Walk for Hunger
has brought people together to take action, turning concern into impact and
compassion into change. This is more than just a walk – it's a chance to stand up
for our community, come together with others who care, and be a part of
something bigger than ourselves.**

**The link for our team page is:
<https://give.projectbread.org/firstparishmedfield2025>**

**Feel free to send this link to anyone who would like to join us and/or donate to
our team. Contact Louise Rachin at 617-429-7319 with any questions.**

We will meet in the church parking lot after the worship service.

PROJECT BREAD'S WALK FOR HUNGER MAY 4TH 2025



EXPRESSO YOURSELF COFFEEHOUSE

Open mic poetry, story, and song

CLIMATE ACTION

POETRY SLAM

7-9 PM

Saturday

May 10, 2025



Everyone welcome

Get ready for some rocking performances at Espresso Yourself's Climate Action Poetry Slam:

- Complimentary desserts and coffee & tea
- Share a song, story, or poem in the open mic
- Vote for your favorite slam poet!
- Support Environmental justice
- Join in the fun!

Tickets available

<https://shorturl.at/dHdjw>

For more info and reservations

theaiberall@yahoo.com 413-537-7582

\$10 in advance (\$15 at door) Children \$5

Part of Medfield Climate Week

Funds raised will go to supporting
Environmental Justice

www.facebook.com/EspressoYourselfCoffeehouse



Bridges of Understanding:

Conversations on Race & Privilege

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 Meditation & Reflection

by Shirley Riga

Member of the Pastoral Care Committee

BIRD'S EYE VIEW

(Photo by Linda Christiansen)



Life is all about lessons. Sometimes it is about hard earned lessons from pain and suffering. Life is also about joy that emerges from wonderful experiences. The epitome of a seesaw. Back and forth, up and down.

I have been on my spiritual path since my daughter's terminal illness catapulted me into awareness. That is what catastrophes do. Catapult.

We can choose to learn from a catastrophe or we can learn to point and blame, and not glean the valuable lessons that help us move deeper into a larger meaning to our life.

As I reflect on my journey, I see my human body as a vessel that collects all my emotional experiences, some more dramatically than others. Do I hang on to them in the form of hurt and despair? Do I process them, feel the lessons learned and release them? Do I ignore them?

When I hang on to my pain and suffering without processing it with available tools, the pain and suffering takes a toll on me physically, mentally, and emotionally.

No judgment here. We all do the best we can. We make choices with every experience based on our own inner process and life experience.

- We are humans in a spiritual world.
- Our world is going through a massive shift in consciousness.
- Everything we are familiar with is changing.
- You can choose to believe this or not. It is a personal choice.

Much like nature and the seasons, we thaw and bloom in the spring, ripen in the summer, break down in the fall and die back in the winter. The dying back part of the formula is really a hibernating, a regrouping and an ingathering preparing for the upcoming spring.

One tool I learned is to move my awareness up to the treetop level or bird's eye view to see the bigger picture. This point of view helps me survive all the losses, challenges and changes I have endured in my life.

I can choose to only focus on the news so I do not miss anything that is happening.

I can ignore the telltale signs my body is giving me indicating the toll the negativity is having on my body, mind, and emotions.

I can choose to remember my needs first; the needs that help me find my center; the needs that instill calmness and helps me sleep at night. The needs that help me be centered and emotionally there for my family and friends. This calmness houses my good intentions and values.

It is a choice we can each make.

Create a remedy for yourself that doses out a more balanced intake of the news with a more balanced intake of self-care. We are in control of what we feed our minds, our hearts, and our time.

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.



FERRY BEACH RETREAT

MAY 16-18



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 playground, 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 between First Universalist Society in Franklin
 and First Parish Unitarian Universalist in Medfield.

There are a variety of dorms or campsites to choose from.
 We will arrive Friday afternoon or evening (optional Friday dinner for additional charge).
 Our Ferry Beach Retreat includes breakfast, lunch, dinner on Saturday, and breakfast on Sunday.

Registration begins on Monday, March 10th, on a first come first serve basis.



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?

Monday, May 26



FPUU Calendar of Events

Thursday, May 1	Pastoral Care Committee Meeting/7:00 pm/Zoom
Sunday, May 4	What is UU'ism Class/8:30 am/U-House Building & Grounds Workday/11:30 am Climate Week Event/1:00 pm
Monday, May 5	Staff Meeting/11:00 am
Wednesday, May 7	Climate Week Activity/7:00 pm/Vestry
Thursday, May 8	Worship & Music Committee Meeting/7:00 pm/Zoom
Saturday, May 10	Espresso Yourself Coffeehouse/7:00 pm/Vestry
Sunday, May 11	What is UU'ism Class/8:30 am/U-House Mother's Day Advocacy Luncheon/11:30 am/Vestry
Wednesday, May 14	MOC Meeting/7:00 pm/Zoom
Friday, May 16-18	Ferry Beach Retreat
Sunday, May 18	Newsletter Deadline
Wednesday, May 21	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, May 22	Executive Board Committee Meeting/7:00 pm/Zoom RE Committee Meeting/7:30 pm/Zoom
Sunday, May 25	LGBTQIA+ Circle/11:30 am/Vestry
Monday, May 26	Memorial Day/Office Closed
Wednesday, May 28	Building & Grounds Committee Meeting/7:30 pm/Zoom

Members are asked to note the dates of upcoming Parish meetings. A quorum is required to conduct business. Annual meeting: Sunday, June 8, 2025. 11:30am-1pm. Meetings will be in-person and on Zoom.

