



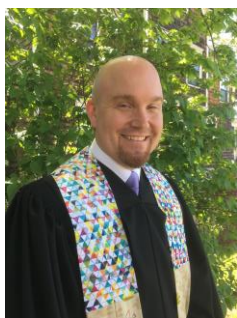
**First Parish  
Unitarian Universalist  
of Medfield**  
26 North Street, Medfield, MA  
(508) 359-4594  
[www.firstparishmedfield.org](http://www.firstparishmedfield.org)



## June Newsletter 2025

### Ministerial Musings

Rev. Dave Egan



Each June, we celebrate Pride Month here at FPUU—a time to uplift and honor the lives, identities, and contributions of our LGBTQIA+ siblings. As Unitarian Universalists, this is more than a celebration. It is a sacred commitment rooted in our deepest values: the inherent dignity of every person, justice, equity, and the goal of world community with peace, liberty, and justice for all.

Pride Month began as a commemoration of the Stonewall Inn uprising in June 1969. In response to a police raid on a gay bar in New York City, LGBTQIA+ people—led by trans women of color like Marsha P. Johnson and Sylvia Rivera—rose up against decades of harassment, discrimination, and violence. This act of resistance ignited a movement for LGBTQIA+ rights

that continues to this day. Pride is not just a time to happily wave rainbow flags, but is rooted in protest, resilience, and the demand for liberation.

It is vital to remember this history—not only to honor those who fought, but to recognize that the struggle for justice is far from over. Today, anti-LGBTQIA+ legislation, particularly targeting trans and nonbinary people, is on the rise. Pride is not just a celebration; it is a call to action.

Unitarian Universalism has long stood with the LGBTQIA+ community. In 1970, our faith began ordaining openly gay clergy. In 1984, we became the first religion to approve religious same-sex unions. We affirmed transgender inclusion in 2007 and continue to advocate for full legal and social equality. Our congregations, including this one, are called to be places of radical welcome and spiritual refuge for people of all sexualities and gender identities.

But affirmation is not enough. Pride Month invites us to deepen our solidarity. That means amplifying LGBTQIA+ voices, challenging injustice, educating ourselves and others, and creating communities where everyone can live freely and authentically. It means showing up—not only in parades and celebrations—but in the voting booth, in the streets, and in our everyday lives.

To celebrate Pride is to affirm life. To live our faith during Pride is to declare, again and again, that love is love, that trans rights are human rights, and that every person is a beloved part of the interdependent web of existence.

Let us move through this month with joy and reverence, with courage and compassion, honoring all who came before and committing ourselves to a future where everyone can thrive.

Peace and Love,  
Rev. Dave

---

## Notes from the Church Office

Please note that during the summer I will be in the office on Thursday afternoons only. I can be reached via email and will be collecting the mail and messages weekly throughout the summer.

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

Sandra Andreassi-Administrator



## Upcoming Worship Services

**June 1**

**Pride Sunday**

**Rev. Dave Egan**

As we kick off Pride Month, come join us for this service where we honor LGBTQIA+ folks. During this service, we will hear testimonials from folks showing pride in their gender identity, gender expression, and sexuality. For regardless of who love or how you identify, this is a congregation that welcomes all of who you are. Following the service will be a potluck luncheon in the vestry.

**June 8**

**The Future is Calling**

**Rev. Dave Egan**

On this the last regular service of the church year, we will thank everyone who helped us get to where we are today at FPUU and look forward to what comes next. We will show our gratitude for all of the staff, committee chairs, and executive board members who have shown such strong leadership and commitment throughout the year. We will also hold a Bridging Ceremony for our graduating seniors as they move on to the next chapter of their lives.

## From the RE Committee

Kate Ciavarra, CRE



Hello everyone!

We are winding down in Religious Exploration, and our last few lessons are upon us!

We have one last lesson about pride and loving our neighbor, and another about being proud of who you are. Taking care of your neighbor is such an important value, especially in these times where our neighbors are often different from us. But just because we are different, doesn't mean we can't take care of each other!

In fact, our differences make us stronger! Being kind to yourself is just as important as taking care of your neighbor, and it's important that we look at our differences as our strengths, and be proud of who we are!

As we finish up this year's Religious Exploration, we harken back to the many lessons we learned over the year, and can look forward to the upcoming lessons we will learn next year, together! I can't wait to continue learning with you all!

## From Building & Grounds Building & Grounds Workday



### Buildings and Grounds Workday Sunday June 1, 11:30 am

Come help paint, repair, and beautify our campus. There will be big and small jobs, both indoors and outside. Stay for as long as you are able. All ages are welcome. We will meet at the U-House at 11:30 AM.

---

## First Parish Annual Meeting Sunday, June 8, 2025 at 11:30 am-1:00 pm



Members are asked to note the date of the upcoming Parish meeting. A quorum is required to conduct business. The Meeting will take place on Sunday, June 8 at 11:30 am in the Sanctuary and on Zoom at <https://uso2web.zoom.us/j/89028999447?pwd=NkkweWFodmtwQUpOYndBWkViclJzdzo9>

The Board looks forward to seeing you then!

---

## Warrant

### Annual Meeting First Parish Unitarian Universalist Medfield, MA Sunday, June 8, 2025 at 11:30 AM

The Executive Board hereby notifies all voting members of First Parish Unitarian Universalist Medfield of the Annual Parish Meeting, to be held **in person in the sanctuary and on the Zoom conference platform** beginning at 11:30 am on Sunday, June 8, 2025. A quorum of 25 percent of Full Members eligible to vote at the time of posting of this notice must be present to conduct the business of the Congregation. This translates to 18 members.

Please use the following Zoom link (the same as for Sunday worship) for remote participation:  
<https://us02web.zoom.us/j/89028999447?pwd=NkkweWF0dmtwQUpOYndBWkViclJzdz09>

In accordance with the Church Bylaws of First Parish Medfield (approved on June 3, 2012) in Article 4.1, the Annual Meeting is described as follows:

Article 4.1.1 Time and Place: The Annual Meeting of the Parish shall be held at some date between the first of May and the last day of June in the Church or other such place, as determined by the Executive Board.

Article 4.1.2 Purpose: The annual Parish meeting shall be held for the following purposes:

Article 4.1.2.1 Accepting reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations.

Article 4.1.2.2 Electing officers to the Executive Board to fill vacancies resulting from expired terms or from resignations.

Article 4.1.2.3 Verifying acceptance of Parish organizations.

Article 4.1.2.4 Electing a Nominating Committee for the forthcoming year.

Article 4.1.2.5 Approving the Operating and Capital Budgets for the forthcoming fiscal year.

**Agenda (NB: an asterisk (\*)=distributed separately)**

1. Call to Order
2. Establishment of a Quorum
3. Acceptance of Agenda
4. Approval of minutes from the Semi-Annual meeting, December 22, 2024 \*
5. Acceptance of reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations \*
6. Executive Board Report on the 2024-25 church year \*
7. Nominating Committee report (see next item)
8. Election of officers to the Executive Board:
  - Chair: Martha Castle
  - Vice-Chair: (to complete second year of 2-year term) Jeanette Ruyle
  - Treasurer: Michael Taylor
  - At-Large: (2-year term) Glen D'Abate
  - At-large: (2-year term) David Temple
9. Election of Nominating Committee:

Slate proposed by Executive Board: (1-year terms) Patty Castle and Bill Wians

10. FY2026 Budget:

Presentation\*

Request for a motion from the floor to approve the proposed FY2026 operating and capital budgets

11. A MOTION FROM THE EXECUTIVE BOARD to amend Article 5.2 etc. of the Bylaws regarding the size of the Executive Board. **Current and Proposed Language below**

12. The following topics will also be addressed at the Annual Meeting:

First Parish delegates to the 2025 UUA General Assembly

Addressing other business that may be put forward by those present

-----

*\* Indicates report is being distributed separately. Please have available any reports you have received prior to the meeting.*

*The meeting should last about one and a half hours. Thank you on behalf of the Executive Board.*

**A Motion to amend the Bylaws to modify the number of officers required for the Executive Board (with necessary adjustments to other articles)**

**Rationale.** The current Article 5.2 of the Bylaws requires a board of seven members. This has proven to be a difficult number to achieve. Those who have served on the Nominations Committee regularly report difficulties in filling all seven positions. Depending on the overall membership of the Society, there may not be a sufficient number of qualified or willing congregation members to fill all positions. In years where special committees are formed (e.g., a ministerial search committee, a capital campaign committee), the challenge to fill seven board positions is exacerbated. Current board members with experience of boards in business and non-profits report that a flexible board size is common. With that in mind, the Executive Board asks for a positive vote on this motion, which would change the required board size from seven (7) to five to seven (5-7).

**Proposed language to amend Articles 5.2, 5.4, 6.1.4, and 6.1.5 of the Bylaws, which pertain to the size of the Executive Board, its officers, a quorum, and a voting majority.**

**CURRENT LANGUAGE:**

**Article 5.2. Size**

The Executive Board has seven (7) members.

**PROPOSED LANGUAGE:**

The Executive Board will be made up of five (5) to seven (7) members.



## CURRENT LANGUAGE:

### Article 5.4. Executive Board Officers

1. Chair
2. Vice Chair
3. Treasurer
4. Clerk
5. At-Large Members (3)
6. The Minister is a non-voting member *ex officio*.

## PROPOSED LANGUAGE:

### Article 5.4. Executive Board Officers

1. Chair
2. Vice Chair
3. Treasurer
4. Clerk
5. At-Large Members (1-3)
6. The Minister is a non-voting member *ex officio*.

The Nominating Committee will strive to maintain 3 At-Large Members on the Executive Board.

## CURRENT LANGUAGE:

**Article 6.1.4. Quorum.** At any meeting of the Executive Board, five (5) members shall constitute a quorum. When fewer members are available, those present may reschedule the meeting. No binding vote may occur without a quorum.

## PROPOSED LANGUAGE:

**Article 6.1.4. Quorum.** At any meeting of the Executive Board, the quorum for a five-member or six-member board will be four (4) members. The quorum for a seven-member board will be five (5) members. When fewer members are available, those present may reschedule the meeting. No binding vote may occur without a quorum.

## CURRENT LANGUAGE:

**Article 6.1.5. Executive Board Voting Majority.** All votes of the Executive Board require a voting majority of four (4) members present and voting.

## PROPOSED LANGUAGE:

**Article 6.1.5. Executive Board Voting Majority.** All votes of the Executive Board require a voting majority of ~~four (4)~~ members present and voting. In cases of a tie vote, the motion will not pass.

## Welcome New Members!

On Sunday May 4th, we welcomed five new members to First Parish: Mary-Ellen D'Espinosa, Anne-Marie Byrd, Michele Gravelle, and Cayenne and Bob Geis. If you see them around, give them hearty welcome!



### Pledge Payment Reminder

Our fiscal year FY24/FY25 ends on June 30. Statements went out on May 15 to all pledges that had an outstanding balance. If you have any questions about your pledge balance, please email [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org). Thank you.





# Ferry Beach Weekend

May 16-18

(Photos by Jeanette)



Ferry Beach group who hiked through the woods and by the beach. Thank you, leader Don Rolph!

## More photos

(photos by Tiane)





# Green Sanctuary Committee



Our next meeting is July 28, 2025, in person, with a meal. 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.*

## Medfield Climate Week at FPUU happened



Thank you to all who donated fashion accessories, and those who attended. A big thanks to Alison Galley, Kay Bennett, and Glen D'Abate for helping out with games and the sale!

About \$200 was raised.



**AND....Expresso Yourself Coffeehouse** had a fabulous Poetry Call and Response with some amazing and talented guest poets. Money was raised for [Speak for the Trees](#), a Boston group who promotes "tree equity"! They have a [Teen Urban Tree Corps](#) project and are seeking to expand what youth can do in studying very local air quality and temperatures in addition to planting trees in marginalized neighborhoods. \$300 was raised.



Linda Carney-Goodrich reading a poem



Jeanette adding to the 'call and response' poetry being shared



Betsy Johnson responding to a poem

Amy Alvarez sharing another poem



Audience members enjoying the 'call and response' poetry.



(photos by Thea)



# Meet our Newest Tenants!

## The Medfield Community Market!

Opening day is Sunday, June 1<sup>st</sup> and the market will run until Sunday, October 5<sup>th</sup>.

We are pleased to announce that the Medfield Community Market will be renting the green next to Meetinghouse pond. The Medfield Community Market will run every Sunday from 9:00 am – 1:00 PM behind the meetinghouse. This rental does not include building use or parking. There will be some overlapping with Sunday services and the Market taking place on the same dates. Please be advised that this may impact parking in the area.



We would also like to welcome Solarium Coffee who will be renting some kitchen space for the duration of the market.



# Monthly Meditation & Reflection

by Shirley Riga

Member of the Pastoral Care Committee

(Photo credit: Jen Theodore)

## SEEDS



Seeds carry within them the power to shape the gardens of our inner and outer lives.

First, I invite you to close your eyes for a moment and receive each of the following sentences. Feel what arises within you—not just mentally, but emotionally and even physically.

### 1. "You are not good enough. You always fail."

Just notice what stirred. Perhaps a tightening in your chest, a sinking in your stomach, or a cascade of self-critical thoughts.

### 2. "You are deeply loved. There is great strength within you."

Again, notice. Is there a softening? A feeling of warmth? Perhaps a spark of hope?

This is the power of words.

---

## The Power of Words Described

Words are **living vibrations**. They don't simply pass through the air—they enter us, imprint upon our consciousness, and ripple through our being.

- **Negative words** are like dark clouds that gather in the psyche. Repeated often enough, they harden into beliefs: "I'm unworthy," "I can't," "The world is dangerous." These beliefs mold your perception, and perception becomes your reality.
- **Positive words**, spoken with truth and care, are like light. They clear the fog of self-doubt. They remind the soul of its original brilliance. Over time, they rebuild identity and purpose.

In spiritual traditions, this is why mantras, prayers, affirmations, and sacred texts are recited aloud—not just read. The voice carries energy. **The tongue creates worlds.**

---

## Impact on One's Way of Being

Your inner dialogue becomes your outer behavior.

- A child told "you are stupid" may become a withdrawn adult, afraid to speak.
- A soul reminded, "you have wisdom," may rise to lead with compassion and courage.

Consider: The world you see is filtered through the language you use. If you constantly say, "Life is hard," your body will brace for struggle. If you learn to say, "Life is a teacher," you meet each trial with curiosity instead of fear.

Words shape your **relationship to self**, to **others**, and to the **divine**.

---

### An Invitation

Speak today as if every word plants a seed.

- To yourself: "I forgive you. I believe in you."
- To another: "You matter. I see your light."
- To life: "I trust the unfolding."

In this way, your way of being becomes a healing presence, not just for you—but for all who hear you speak.

## 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>

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.



## 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/2AoBMFSCCKYN4W/refnav_wishlist_lists_1?) for shipment directly to the Dignity Matters Warehouse. [https://www.amazon.com/hz/wishlist/ls/2AoBMFSCCKYN4W/refnav\\_wishlist\\_lists\\_1?](https://www.amazon.com/hz/wishlist/ls/2AoBMFSCCKYN4W/refnav_wishlist_lists_1?)

## FPUU Calendar of Events

Sunday, June 1	Pride Sunday Potluck 11:00 am Building & Grounds Workday/11:30 am Medfield Community market/Grounds/9:00 -1:00 pm
Thursday, June 5	Pastoral Care Committee Meeting/7:00 pm/Zoom
Friday, June 6	Staff Meeting/6:15 pm
Sunday, June 8	Annual Meeting/Sanctuary & Zoom/11:30 am Medfield Community market/Grounds/9:00 -1:00 pm
Tuesday, June 10	Executive Board Committee Meeting/7:00 pm/Zoom
Wednesday, June 11	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, June 12	Worship & Music Committee Meeting/7:30 pm/Zoom

Have a wonderful and safe summer!  
Our In-gathering Sunday service will be held on September 07, 2025