



# First Parish Unitarian Universalist of Medfield

26 North Street, Medfield, MA  
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[www.firstparishmedfield.org](http://www.firstparishmedfield.org)

## October 2025 Newsletter

### Ministerial Musings Dave Egan, Minister



*"If we want to support each other's inner lives, we must remember a simple truth: the human soul does not want to be fixed, it wants to be seen and heard." – Parker J. Palmer*

We all do it. We are in a conversation with someone and instead of listening to what the other person is saying, we are trying to figure out our reply or the question to ask and even the advice to give. By doing this, we miss the opportunity to truly listen to someone with our heart.

Physician and author Rachel Naomi Remen says, "I suspect the most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention...When people are talking, there's no need to do anything but receive them."

How would our conversations change if we allowed for a time of heartfelt listening? I imagine there would be more silence between speakers and the possibility of people really being heard. With all the constant communication going on in our world, a lone person's voice can get lost easily. This is why it is a wonderful gift to stop and really listen to another person without any agendas or judgement, only compassion. This type of listening is where souls meet.

Heartfelt listening asks us to slow down and be fully present—not just physically, but emotionally and spiritually. It requires us to let go of our urge to fix, advise, or shift the conversation toward our own experiences. When we can sit with someone in their story, without rushing to fill the space or make it more comfortable, we offer them a rare kind of presence. This presence says, *"You matter. Your words matter. I'm here with you."* In a world where so many feel unseen, this simple act of presence can be deeply healing.

Creating space for this kind of listening is a practice—one that calls for patience. It means being okay with not having the answers, and recognizing that sometimes, healing begins not with solutions, but with connection. When we listen in this way, we honor the sacred in one another. We say, without words, that the soul in front of us is worth our full attention. And in doing so, we build a deeper sense of connection—one conversation at a time.

Peace,  
Rev. Dave

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## Notes from the Director of Music

Eva Kendrick Conley



### Everyone is Invited!

**OPEN HYMN SING – Saturday, Oct. 4th 4-6 p.m.**

Bring your favorite autumnal snack or beverage and join us in the vestry for a cozy afternoon of our first Open Hymn Sing of the year, to acquaint the congregation with the new hymnal Sing Out Love!

We were a pilot congregation to test out the virtual hymnal last fall, and we have subscribed to this virtual hymnal this year, which includes many new hymns by contemporary UU composers (yours included!). We will start incorporating some of the new hymns into our services in October! You will be able to access the hymns either on your phone or tablet, but we will also have printed copies of the hymns as well. We will have a "score card" of the new hymns we sing through, where you can indicate your opinions on the new hymns!

If you are unsure of your plans, you are welcome to just drop in if you are free, but if you plan to attend, please e-mail me at [evakendrick@comcast.net](mailto:evakendrick@comcast.net) so I have a sense of how many music packets/scorecards to print. If you know what you would like to bring, you can let me know as well. Thank you, and hope to see you there!



## Upcoming Services

**October 5**

**Gaining Control**

**Rev. Dave Egan**

Are you bombarded by demands on your time, by feelings of guilt if you dare say "no" to yet another request? Are you stretched way too thin & gasping for breath? Is this really how you want to live this one wild and precious life you've been given, as the poet Mary Oliver would say? Do you dream about gaining some control over your life? Well, perhaps there is a way.

**October 12**

**The Transcendentalists**

**Rev. Dave Egan**

It was the 19<sup>th</sup> Century Transcendentalists who transformed Unitarianism from a liberal Christianity whose truth claims were dependent upon the miracles of Jesus to a religious faith centered in a direct experience of the holy. Who were these Transcendentalists?

**October 19**

**Blessing of the Animals**

**Rev. Dave Egan**

This is the Sunday when our animal/fish/bird/reptile companions come to church to receive our blessings and thanks for the role they play in our lives. Please make sure that your pets are safe in their containers or appropriately controlled on leashes. This is an intergenerational service so there will be no religious education classes today.

**October 26**

**Home is Where the Heart Is**

**Rev. Marc Fredette**

"Home is Where the Heart Is" is a comforting phrase, but what does it mean for those who have no physical place to call home? On October 26, we will explore the complex reality of homelessness through personal stories that challenge our preconceptions. We will delve into how social conditioning can lead us to see our unhoused neighbors as "other," and how Scripture calls us to break down those walls. Join us for a sermon that asks us to look into our own hearts to make room for others, discovering that true kinship is the only way we all find our way home.

## Deadline Reminders



FPUU Newsletter: Third Sunday of the month. This month it is October 19th.

Any submissions after deadline will not be accepted.

Order of Service: Wednesdays by 5:00 pm.

Office Hours: Mondays & Thursdays from 9:00 am to 2:00 pm.

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

Sandra Andreassi-Administrator

## Sanctuary Flowers Request



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

Flowers are a wonderful way to celebrate or memorialize an occasion, event or loved one. If you would like to provide worship service flowers, please contact Louise Rachin at [lrachin@comcast.net](mailto:lrachin@comcast.net).

## RE Breakfast – Sunday, October 5 – Everyone’s Invited!

The RE Breakfast is fast approaching, on Sunday October 5th, the weekend after Medfield Day. This is a (Free) church wide social event for everyone, even those not involved in RE this year. Please mark your calendars now.

The breakfast will be held before church, 8:30-9:30. Enjoy an egg-bake, fruit salad, and many breakfast cereals and treats. Use the time to sign and submit your RE volunteer and family registration forms, or just to eat and socialize!

RSVP invite to follow, and childcare will be provided.



# Religious Exploration

Kate Ciavarra, CRE.

As we ease back into Religious Education, we find ourselves filled with excitement!

Our chalice-making project turned out amazingly and was great for every age. Everyone brought home a chalice and a little electric candle, so that they might have a chalice of their own at home.

Our next project is making stress balls and talking about how our feelings are valid, even (or especially!) our unhappier feelings.



**All are invited October 18<sup>th</sup> for Movie Night!**

Please also note we have an event coming up! On October 18th (5:30pm-8pm)  
We have a KPop Demon Hunters watch party, with hair, nails, and dancing!

We hope to see you all these upcoming Sundays, and on October 18th!



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## Coming of Age (CoA) Grades 9-12 Begins on Sunday, October 19<sup>th</sup>



This is a year-long program which generally includes four parts: pairing youth with adult mentors; discussions and retreats that emphasize self-awareness and confidence-building; service to the church and community; and a culminating affirmation ceremony. This program will be led by Cissy Hull-Allen and Bill Wians.

# OWL Grades 4-6

## Informational Meeting October 5th!



### Our Whole Lives: Sexuality Education for Grades 4-6, 2<sup>nd</sup> ed.

#### *Our Whole Lives* (OWL) values:

- Respect
- Relationship
- Responsibility

In 10 75-minute workshops, OWL models and teaches caring, compassion, respect, and justice.

It helps children in Grades 4-6 understand the physical and emotional changes of puberty. Participants explore values, communication and decision making, as well as physical health and development.

A Word Bank reinforces new terms and definitions related to sexuality and puberty. This program is designed for groups comprised of Grades 4-5 or 5-6, or any of these grades individually.

OWL is a secular curriculum, appropriate in a variety of settings.

*Sexuality and Our Faith* is available separately as a religious supplement for Unitarian Universalist and United Church of Christ congregations.

For more information, contact [OWL@UUA.org](mailto:OWL@UUA.org)

For more information, contact your Religious Educator or [OWL@UUA.org](mailto:OWL@UUA.org)

#### Workshops

- Our Whole Lives Informational Meeting
- Parent/Caregiver and Child Orientation
- Sexuality and Values
- Images in Popular Culture
- Body Image
- Changes in Puberty
- Gender
- Feelings and Attractions
- Reproduction and Staying Healthy
- Decisions and Actions
- Consent and Peer Pressure
- Healthy Relationships and Celebration!



This program will be led by Sarah Zitoli and Arnold Kalmbach. The informational meeting held on Sunday, October 5<sup>th</sup> at 11:30 in the U-House.

# 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 U House at 1 1:30am for our Advocacy Luncheon, where we share lunch, and write cards to our elected officials on a variety of issues that we UU's care deeply about. Led by Rev. Dave Egan.

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

## From Building & Grounds

### Building & Grounds Workday Sunday, October 5th



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.

## FPUU Study Group



David Russell is looking for others who would enjoy choosing a topic to learn about it in different ways. Books of course--fiction and nonfiction--but maybe also films, or even a field trip!

The group will work out all the details by consensus. First/Indigenous Peoples might be an interesting first topic, but anything's possible. Meetings maybe 2x/month in person at the UHouse.

If you are interested, contact David by email at [Russell--supah.dr@gmail.com](mailto:Russell--supah.dr@gmail.com).

## Save the Date!



Our next First Parish Blood Drive will be on Saturday, November 8<sup>th</sup> from 9am – 2 pm.

Please consider donating if you are able, and/or signing up to help set up/greet and break down on the day,

Questions ? Email Sara Drumm at: [bongo\\_8@msn.com](mailto:bongo_8@msn.com)  
Ready to sign up? Use the link below or call the red Cross:  
[1-800-RED CROSS \(1-800-733-2767\)](tel:1-800-RED-CROSS)

# Green Sanctuary Committee



Our next meeting is October 22, 2025 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.*

## FPUU Anti-Idling Initiative Revived as Town-Wide Campaign

Ten years ago, the Green Sanctuary Committee started a campaign to educate Medfield residents about the Massachusetts anti-idling law and to encourage them to stop unnecessary idling of their cars. This campaign was co-sponsored by other churches and civic organizations and supported by the Medfield Police Department, the School Committee, as well as the Board of Health, and it was endorsed by the Select Board, who authorized the installation of anti-idling signs in front of public buildings.

Today, while the Commonwealth experiences an increase in childhood asthma and the climate crisis has worsened, there is ample evidence that most citizens are still unaware of the statute and the many reasons for it. However, environmental consciousness has also increased: the network of Sustainable Medfield currently includes over two dozen affiliated organizations and groups. In this context, a new informational campaign has been launched. Its goal is not to penalize but to educate the public.

With the beginning of the new school year, Medfield public schools will work with parents, students, teachers, and staff to reduce unnecessary idling of cars outside school buildings.

Collaborating with Sustainable Medfield and supported by the Police Department and the Board of Health, schools will draw attention to Massachusetts General Law Chapter 90, Section 16 A, and the Department of Environmental Protection's idling reduction regulation. MGL Chapter 90, Section 16B further restricts unnecessary idling in school zones.

Experience in other towns shows that young people can have significant influence over their parents – persuading them to stop idling, for instance, while waiting in line to pick them up. This anti-idling initiative can also provide learning opportunities for students, generate project ideas, and strengthen community.

Sustainable Medfield has selected our anti-idling initiative as its Action of the Quarter for the fall, but we are also building a town-wide coalition to rally residents around this issue, which is not only a health problem, but also a climate problem and a resource problem. The attached flyer is being distributed across town and will be available on Medfield Day, at the Sustainable Medfield and at the Board of Public Health booths, as well as at our own Green Sanctuary table.

~ Fritz Fleischmann

# Thank you for not idling

## It's the law

### WHAT IS THE ANTI-IDLING LAW?

Massachusetts General Law Chapter 90, Section 16A and the MA Department of Environmental Protection idling reduction regulation (310 CMR 7.11(1)(b)) both prohibit unnecessary vehicle idling by stating that the engine must be shut down if the vehicle will be stopped for more than five minutes. To provide additional protections for children, MGL Chapter 90, Section 16B further restricts unnecessary idling in school zones.



#### What can I do?

Make sure you are not a violator. If you are going to be stopped for more than 60 seconds, turn your engine off (except in traffic). And tell town officials you support enforcing the anti-idling law through your emails and attending meetings.

#### Why is there an anti-idling law?

It's basic common sense: there is already too much pollution in the air. Massachusetts consistently has days when air pollution exceeds ozone standards.

#### What are a few examples of unnecessary idling?

- Sitting in your car in a parking lot with the engine on during mild or cool weather is unnecessary. The interior of your car will stay warm for 5 to 10 minutes on all but the coldest days.
- Leaving the vehicle running while unattended to let the heater warm it or the air conditioner cool it for extended periods of time is unnecessary idling (it is also in violation of motor vehicle law).
- Operating devices not related to transporting passengers or goods. Letting the engine run for an hour or more to play a movie or to charge a cell phone causes unnecessary pollution is a nuisance for others nearby and puts excessive wear and tear on the engine.

**One minute of idling produces more carbon monoxide than 3 packs of cigarettes**

# News from Anti-Racism Team (ART)

## We have a “land acknowledgement,” now what? More on Indigenous Peoples’ Rights

With Indigenous Peoples’ Day coming up on Oct. 13, the ART plans to advocate for the five MA legislative bills in the [MA Indigenous Legislative Agenda](#). Briefly, the five state bills are about:

- Removing racist mascots
  - Replacing Columbus Day with Indigenous Peoples Day
  - Ensure Mass schoolchildren learn about Native American history, culture, and current issues
  - Protecting Native American cultural and religious artifacts
  - Improving education and opportunities for Native American students
- **Individuals** can write their state legislators to urge them to support this agenda by clicking [here](#). There is also more information about the bills.
  - We on the ART are going to recommend that **FPUU as a congregation** be a [signatory](#) – Many other organizations and congregations have joined. Watch for more information.
  - There is also work going on by the [Massachusetts Seal, Flag, and Motto Advisory Commission](#) to [redesign the MA State Flag](#), with several proposed designs. Nothing has been decided yet about which design.



# Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

## Our Sacred Story



My daily meditation practice is a journey for me. Though my daily meditation has

continued for over five years, it ebbs and flows with life. Am I perfect at it? Absolutely not. Am I committed to it? Absolutely yes. The key is to remember to come back to the silence, to inner reflection and honoring my inner light.

The Autumnal Equinox is a marker of sorts for the onset of ingathering and recognition that this day is a balance between the dark and the light. We are tipping into the period of "struggle between darkness and light, death, and life. It occurs when the night and day will be equal, and the journey of the Sun to get there also signifies the journey of the Universe."

We are all searching for ease in life, ease in our minds and souls. The purpose of the dark night of the soul is to purge that which no longer serves and discover what does serve our highest and best good. We are working towards the Spring Equinox

which will bring in more light and illumine new beginnings, new growth, and renewal.

There is so much strife in the world, so much pain and struggle. More often than not nowadays, this struggle gives me a headache. Usually this headache represents stuck energy, blocked by my refusal to feel what I am feeling, express disappointed expectations and uncover inner judgment. I am in the audience again!

Being in the audience means I am judgmentally watching myself from an outside point of view and not liking what I see. Life is hard enough without me adding to it this way.

Life is changing as we live our lives. Humanity is deepening its relationship to sacred story. Each of us has a sacred story that represents who we are. Each of us at some point learns to define our sacred story through our broken hearts as we strive to discover our inner truth. As we discover our truth, we grow and redefine our values and deepen our relationship with a higher power.

Taking time to define our sacred story is written page by page as we live our lives, learn, reflect and grow.



# Chaplains on the Way Most Needed Items



*Hope is found in hearts connected*

**The following items would be gratefully received by the unhoused community of Waltham**

- 3 lb. cans of caffeinated coffee
- 12 oz. hot cups w/lids
- 40-pack case of Bramble or HotHands hand warmers, available on Amazon.com
- Yoga mats - 1/2" thick
- Men's and Women's new or gently used winter coats and jackets, sizes medium – extra large (preferably made from synthetic fabrics)
- Men's sweatpants & hooded sweatshirts, sizes large & extra large
- Women's sweatpants & hooded sweatshirts, sizes medium & large
- Women's and men's winter gloves, sizes medium – extra large
- Winter socks, long underwear, sizes medium – extra large
- Warm blankets & sleeping bags, (preferably made from synthetic fabrics)
- Travel-size sewing kits
- First aid supplies (adult size band aids, antiseptic wipes, sterile gauze pads, medium & large, first aid tape)

Kindly place your donations in the box located in the vestry. Contact Louise Rachin at 617-429-7319 or at [president@chaplainsontheway.org](mailto:president@chaplainsontheway.org) with any questions.

## Dignity Matters



Dignity Matters is a non-profit organization that collects, purchases and supplies feminine hygiene products, bras and underwear to women and girls who are homeless or disadvantaged, in order to help them stay healthy, regain self-confidence, and live with basic dignity. If you would like to donate items, they can be placed in the collection box on the front porch of the U-House. Please contact Becca Kornet with any questions.

**Underwear Drive:** Dignity Matters supplies thousands of pairs of underwear each month and they are currently running low. Donations of new underwear from size XS-6X would be greatly appreciated. You can leave donations in the box outside the U-House or use this link to their Amazon wish list at [https://www.amazon.com/hz/wishlist/ls/3V8W96F9oM2L6?ref=abls\\_nvfly\\_yl](https://www.amazon.com/hz/wishlist/ls/3V8W96F9oM2L6?ref=abls_nvfly_yl)

# FPUU Calendar of Events

Tuesday, October 2	Yom Kippur Pastoral Care Committee Meeting/7:30 pm/Zoom
Saturday, October 4	Open Hymn Sing/4:00 pm/Vestry
Sunday, October 5	Medfield Community Market/8:00 am/Grounds R.E. Breakfast/8:30 am/Vestry Committee Fair/11:00 am/Vestry OWL Informational Meeting/11:00 am/U-House Building & Grounds Clean Up Day/11:30 am
Thursday, October 9	Worship & Music Committee/7:30 pm/Zoom
Sunday, October 12	Choir Rehearsal/9:00 am/Sanctuary Advocacy Luncheon/11:30 am/U-House
Monday, October 13	Indigenous Peoples' Day/Office Closed
Wednesday, October 15	Medfield Historical Society Meeting/7:00 pm/Vestry
Saturday, October 18	R.E. Movie Night/5:00 pm/Vestry
Sunday, October 19	Choir Rehearsal/9:00 am/Sanctuary Women's Group/11:30 am/U-House C.O.A./7:00 pm/Vestry Newsletter Deadline
Monday, October 22	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Thursday, October 23	Executive Board Meeting/7:00 pm/Zoom R.E. Committee Meeting/7:00 pm/Zoom
Sunday, October 26	Choir Rehearsal/9:00 am/Sanctuary C.O.A./7:00 pm/Vestry

