



First Parish Unitarian Universalist of Medfield

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

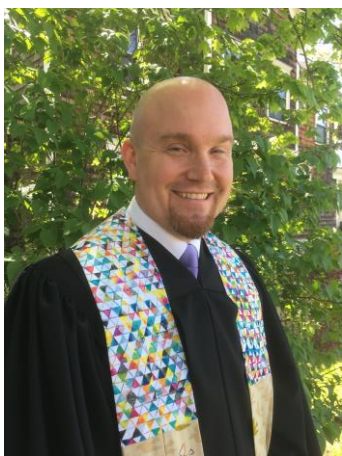


www.firstparishmedfield.org

November 2025 Newsletter

Ministerial Musings

Dave Egan, Minister



“How do I engage in thoughtful dialogue with people who think, feel, believe and act radically differently than I do?”

Does this question resonate with you? I ask because I hear it frequently from members and friends of FPUU. I hear it from family members, colleagues, neighbors. I hear it from people who come to me with some form of this question, hoping that as a minister I might have some wise insight. It's a particularly poignant question these days. As I write these words in late October, the nation is witnessing a marked uptick in violent rhetoric towards vulnerable communities. Yet, somehow we have to be able to talk to each other across the divide.

But to be honest, I don't have a lot of experience communicating compassionately with people who are radically differently from me. I know that the people who are part of our congregation, more or less, agree when it comes to politics, society and culture. This is true of my family

and friends as well, those who I engage with in the wider community, and my community of UU colleagues. Like it or not, I live in a bubble.

Even so, when I tune out the noise, I am remember that the vast majority of human beings want the same basic things in life: clean water, healthy food, reliable shelter, affordable health care, decent education, meaningful work, a living wage, freedom, safety, dignity, self-expression, acceptance, a loving family, and belonging. When I encounter anger, and vitriol, I try to remember to take a breath and remind myself that somewhere deep inside, the people who seem so far from me in their views, actually want the same things I do.

I am not sure what it will take to enter into constructive dialogue with people who think quite differently than we do, but I am sure that such dialogue is impossible without cultivating peace and love in our hearts. Somehow, we human beings have to find it in ourselves to feel compassion for those who sit across the political, religious, and cultural chasm, even if those they don't seem interested in treating us with the same respect.

I know that for some - for good reason, for reasons of safety - this is a non-starter. I know to some I must sound amazingly naïve. Well, so be it. If there is to be thoughtful listening and constructive dialogue, may it begin with us.

With deep love,
Rev. Dave

Deadline Reminders



FPUU Newsletter: Third Sunday of the month. **This month it is November 16th.**

Order of Service: Wednesdays by 5:00 pm.

Office Hours: Mondays &

Thursdays from 9:00 am to 2:00 pm.

Email: admin@firstparishmedfield.org

Sandra Andreassi-Administrator

Pledge Statements



Pledge statements will be sent out the first week in November.

Please contact the admin@firstparishmedfield.org if you have any corrections or questions.



Upcoming Services

November 2

God (they, them, we, us)

Rev. Dave Egan

This is the time of the year when many traditions believe that the veil separating us from our beloved dead grows thin. Pagans celebrate the harvest festival Samhain, children dress up in ghoulish costumes for Halloween, Catholics honor their dearly departed on All Saints Day, Protestants mourn their deceased on All Souls Day, and Latinx folks celebrate their ancestors on Dia de los Muertos. You are invited to bring a photo of your departed loved ones to place on the altar, during this service of collective remembrance.

November 9

Learning to Listen

Rev. Dave Egan

In this election season, how do we make our communities and country more in alignment with our UU values? With all of the conflict, anger, and judgement between red and blue, rich and poor, north and south, how do we listen to the perspectives of those with whom we disagree? Where is the common ground? As we push back against bullies and tyrants, let us remember our congregational covenant to honor every person as inherently worthy with the right to flourish with dignity.

November 16

**TDay & Hanukkah & XMas
& Kwanza & New Years... Oh My!**

Rev. Dave Egan

During these six weeks of family, shopping, decorating, more family, eating, more shopping, baking, drinking, letter writing, more eating, more drinking, how do we find time to pause, take a breath and care for our bodies and souls? During this service we will explore the very real mental health struggles we all face at times during this season of mounting stress and grand expectations.

November 23

Grateful, Giving, and Generous

Rev Dave Egan

Join us for this intergenerational worship service, where the children will express their gratitude for the bounty of the harvest, time with friends and family, and our loving spiritual community. We will also distribute Guest at Your Table boxes, as a way to support the "good trouble" happening at our courageous U.U. Service Committee. Following the service, we will gather in the vestry for our annual Friendsgiving Potluck. If you would like to help set up, clean up, or bring a dish to share, sign up here: <https://www.signupgenius.com/index.cfm?go=c.PrintSignup&listid=58405956&memberid=9941264#/noOrSingleDate/28255>

November 30

TBD

Worship & Music Committee

Daylight Savings Time ends at 2:00 am on **Sunday, November 2nd.**

Don't forget to set your clocks back.



Notes from the Director of Music

Eva Kendrick Conley



Hi All,

After our wonderful Hymn Sing this month, I wanted to let you know that we will start programming hymns from the new virtual hymnal Sing Out Love in November. Here are answers to some questions you may have about the new virtual hymnal and how to access the songs:

1.) How will I find the hymns from Sing Out Love?

John Kornet has made a link on our website which we will be updating each service that we are using a hymn from Sing Out Love. You can find it at

<https://www.firstparishmedfield.org/hymns/>

2.) Do I need a password?

No, the link will take you straight to a PDF of the hymn.

3.) What device is best for viewing the hymns?

Your smart phone will work, but a larger device like a tablet might be easier.

4.) I don't want to use an electronic device during the service. Will there be any paper copies of these hymns?

I will print a modest number of the hymns which we will have at the greeting table. We are trying to stay green and minimize the amount of printing that we do.

5.) Will these be replacing the old hymnals?

No, we will still be programming our favorite hymns from Singing the Living Tradition and Singing the Journey.

Lastly, we will be hosting another Open Hymn Sing in the winter of 2026, which you will all be invited to! If you have any questions, comments or feedback about your experience with the new hymnal, please feel free to e-mail me at music@firstparishmedfield.org.

Religious Exploration

Kate Ciavarra, CRE



Our KPop Demon Hunter event went AMAZINGLY!

A special thanks to everyone who helped, and volunteered their time to make this happen! Thanks also to those who attended!

As for RE, our upcoming lesson on the 26th will be run by our own Jess Razza, reading a book called "Too Many Pumpkins" and discussing how sharing a problem can be a blessing.

As the winter begins to descend upon us, we will also start looking towards our Winter Solstice event, and studying different winter celebrations. We are so excited to share our findings with you all at the winter solstice service!

Lastly, an upcoming event on November 1st! Our Halloween Party will be 5:30-TBD on that Saturday, and we will have games, do nails, watch a movie, have candy, etc! We hope to see you there! Thanks for all your support!





HALLOWEEN PARTY!



WEAR YOUR COSTUMES ONE MORE TIME AT FIRST PARISH'S HALLOWEEN PARTY! WE WILL HAVE TRICKS AND TREATS FOR ALL AGES, SO COME ALONG, BRING YOUR COSTUME AND GET READY FOR SOME FUN!

WHERE: FIRST PARISH MEDFIELD
26 NORTH ST, MEDFIELD MA

WHEN: SATURDAY NOVEMBER 1ST
5:30-7:30PM

WHO: YOU! OUR COMMUNITY!
AND BRING YOUR FRIENDS!



WE HOPE TO SEE YOU THERE!

PLEASE EMAIL CRE@FIRSTPARISHMEDFIELD.ORG



From Building & Grounds

Building & Grounds Workday Sunday, November 2nd



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.



From the Social Justice Incubator



As you may have heard, there is a very good chance that SNAP benefits (formerly known as food stamps) will run out on November 1 due to the government shutdown.

We are encouraging the First Parish family to be as generous as you can with contributions to the basket for the Medfield Food Cupboard in the narthex.

Most needed items include boost/ensure (chocolate or vanilla), rice mixes (e.g., Rice-a-Roni), spaghetti, peanut butter, and jelly.

Veteran's Day, November 11th

Thank you to all our veterans for your service to our country!



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 engaged with our community.

We will be holding three discussion sessions in the coming weeks
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.
Childcare will be provided upon request.

Please RSVP to Rev. Dave Egan: text 617-620-1149

Sun. Nov. 2
breakfast @ the U House
8:30-9:30AM

Sun. Nov. 9
lunch @ the U House
11:30-12:30M

Sun. Nov. 16
breakfast @ the U House
8:30-9:30AM

First Parish UU Medfield 26 North St. Medfield, MA www.firstparishmedfield.org

Blood drive at First Parish Saturday November 8th

A reminder to save the date for our next blood drive Saturday, November 8th at First Parish Medfield - kick off all those warm Thanksgiving feelings by signing up to save a life!

Please see links below to donate and to volunteer - looking for help set up and break down, as well as two greeters each hour. As those who volunteered in the past will tell you, this is a feel-good event, and you will for sure enjoy helping!

Thanks in advance, and please feel free to reach out with questions: bongo_8@msn.com



Help save a life.

Schedule your
blood donation
appointment today.



Drive Details:

Site: First Parish UU of Medfield

Address: 26 North Street, Medfield, MA, 02052

Room Name: First Parish Vestry

Date: Sat Nov 8, 2025

Time: 9 am - 2 pm to donate, 7.30 am to 3 pm for volunteers

Link to donate blood:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=UUMedfield>

Link to volunteer:

<https://www.signupgenius.com/go/9040C4BADAD2EA46-58859651-help>

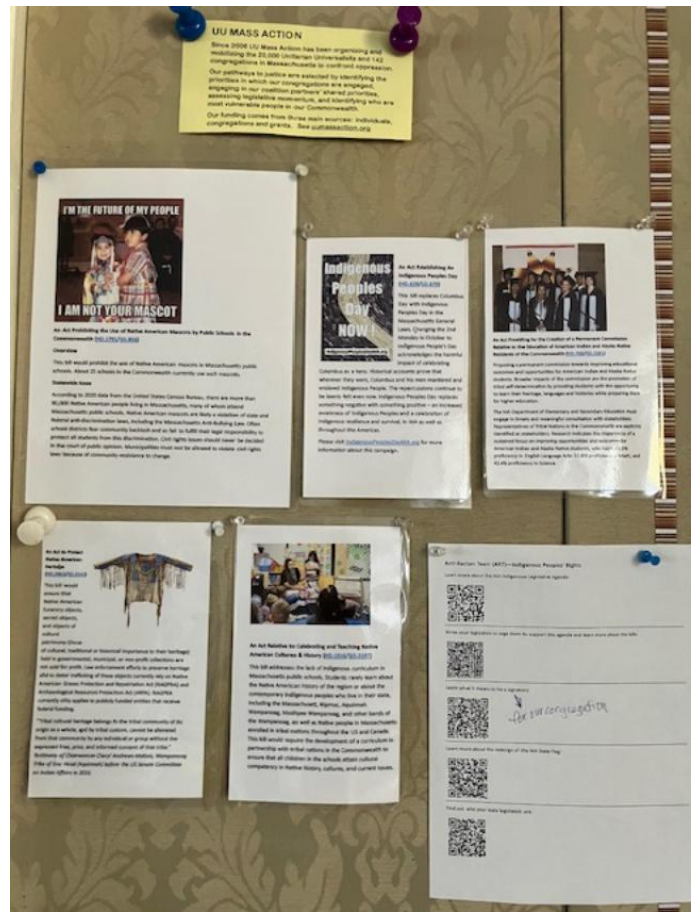
From the Anti-racism Team

Continuing-- We have a "land acknowledgement," now what?

On Indigenous Peoples' Day, Oct. 13, the ART began a plan to advocate, within our congregation, for the five MA legislative bills in the [MA Indigenous Legislative Agenda](#). The information we shared during social hours is now pinned to the bulletin board in the vestry above a couch. Take a look next time you are in the vestry.

Proposed actions:

- **Individuals** can contact their state legislators and urge them to support this agenda by clicking [here](#).
- We on the ART recommend that **FPUU as a congregation** be a [signatory](#) in support of the MA Indigenous Legislative Agenda. Many other organizations and congregations have joined. Stay tuned 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. Letting Gov. Healey and your state legislator know that you are in favor of a new design would be helpful in this process.
- If this area of justice-building interests you, [UU Mass Action](#) has an ongoing campaign for [Indigenous Justice](#), with an inspiring monthly meeting via Zoom. There are numerous resources and information on their website.



First Parish UU Medfield Friendsgiving Service



Come join us for our annual
Intergenerational Friendsgiving Service,
followed by a special potluck lunch.

Sign up for a dish to share:

<https://www.signupgenius.com/go/9040449ADAD2DA64-58405956-ingathering>

Sunday, November 23

worship service: 10:00am lunch: 11:00am

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Green Sanctuary Committee



Our next meeting is Nov. 2025 by 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.

GSC suggests you clean your closet

Did you visit the accessories thrift shop, hosted by the green sanctuary committee on Medfield Day? It was a great success. In addition to raising funds for the work of the church, we raised awareness of our values and highlighted caring for the earth.

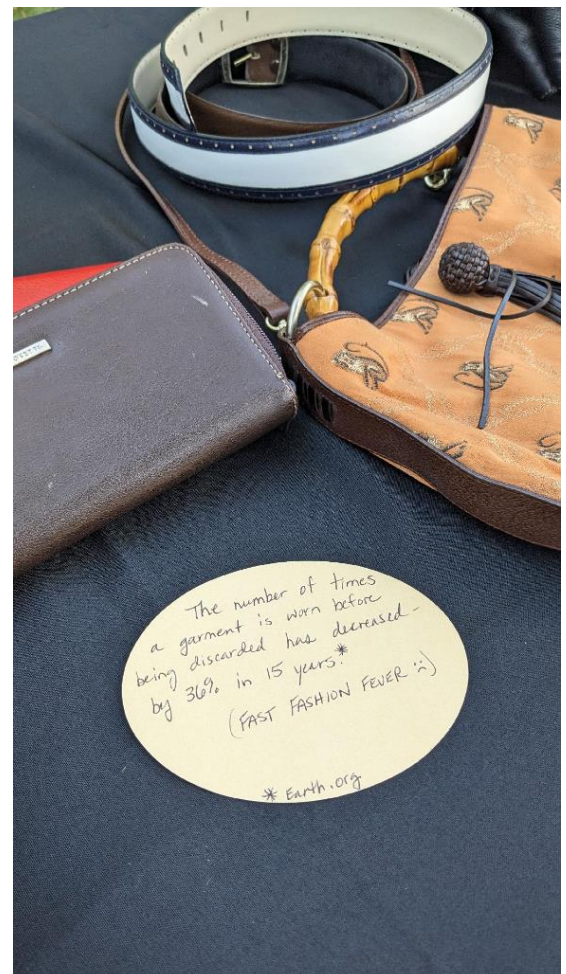
We made lots of connections, and affirmed that an appreciation for reusing and recycling is shared by our local community. Several people told us our thrift shop was totally on point, exclaiming “this is so Cool!!” and “I love this idea!” as they lingered and browsed with friends.

Given this success, we are asking the congregation now to consider donating any jewelry, watches, shoes, purses, scarves, hats, or other small attractive accessories.

Carefully curated donations will be stored throughout the year, and will make this an exciting annual event that the community will look forward to in 2026.

The combination of the Byrd family’s mini golf game, our social justice info table, and the thrift shop was fantastic. Thanks again to all who gave of their talents and (thrift-worthy) treasures.

A Certified Electric Coach is in our midst -- Our own Glen D’Abate recently completed the course offered by Rewiring America. This means he knows a lot about Heat Pump technology plus all aspects of electrifying one’s home and making it more energy efficient. Congratulations Glen!!



MA legislative update

Do you remember, back in April, when we had our Earth Day Worship Service? The theme had to do with the air we breathe. Do you remember people were encouraged to contact their legislators to support two MA bills that had to do with clean air in marginalized communities?



Legislation moves slowly—sometimes very s l o w l y.

Here is some good news: **H.2427 An Act to improve indoor air quality for highly-impacted communities has been reported out favorably by the House of Representatives.** Yay! We have yet to hear from the Senate about this bill. The other bill, H.2369/S.1548 An Act to ensure cleaner air for communities overburdened by outdoor air pollution, had a hearing on Sept. 10 but results are not known yet.

Two other relevant bills respectively having to do with protecting ratepayer funds, and establishing a Climate Change Superfund, had hearings in July and September, but have not been reported out.

Finally, H.3547/S.2290 An Act preventing gas expansion to protect climate, community health, and safety has not yet had a hearing.

The Anti-Racism Book Group



The Anti-Racism Book group has been going strong since 2020 - we are getting ready to discuss book #34 at October's meeting!

All are welcome to join this group! We don't meet on a regular schedule (e.g., the third Thursday of the month) - we poll group members after each meeting and decide when the next one will take place, based on availability. We meet roughly every 6-8 weeks. All meetings take place via Zoom and begin at 7:30.

If you get on our mailing list, you will be able to stay updated on what we are reading and join a discussion if you can. If interested, please contact Becca Kornet at becca_kornet@yahoo.com



Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee



The Waging of our Heart/Brain Connection

by Shirley Riga

Be patient with yourself
In your complexity
Your mind is figuring everything out
And your heart is listening to itself

And the war starts - which one is right
But there is no right or wrong
There is no good and bad
There is only tender love

The mind believes what it sees
Using the filter of its upbringing.
Fear plays a part to keep you small
Harnesses in its walls of safety.

Notice when things go well, it is like a rubber band
As the mind is standing at the edge
With the cord ready to pull you back
Into its controlling arms of safety

Then the reminders start to remember your place.
Remember who you are as the mind
Hacks down your stateliness to keep you small
And bids you good night in your crib

Satisfied in its control,
But forgetting your heart has a voice as well.
A subtle, gentle voice so patient in its presence
Never giving up on you, never abandoning.

It takes courage to stand up against your mind.
To ignore the reasons why you should be small.
As you water and care for your dreams until
They manifest into what you desire.

Your mind holds the rules of your youth
And the opinions of your elders
And the criticisms of your teachers
And the limits of your fear.

Your heart holds the truth of your core
And the desires of your creativity
And the doorway to your self-worth
And a depth of love that will carry you.

It takes courage to be yourself.
It takes courage to remember you count.
It takes courage to ignore the opinions.
It takes courage to defy your inner bully.

You are humanity rising
Up against the forces of limitation.
With a right to hold your flag high
And pursue what you love.

Keep your eyes on your own feet
Stop comparing yourself to others
It feeds fuel to the mind's fire
And keeps you small.

Benefits of [HeartMath](#) - Heart-brain coherence refers to a state of physiological and psychological balance where the heart, brain, and other bodily systems work together in harmony.

Create a coherent state in about a minute with the simple, but powerful steps of [HeartMath Quick Coherence® Technique](#).

Using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. Use Quick Coherence especially when you begin feeling a draining emotion such as frustration, irritation, anxiety or anger. Find a feeling of ease and inner harmony that's reflected in more balanced heart rhythms, facilitating brain function and more access to higher intelligence.

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable.)

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.

Save the Date - Sunday, January 11, 2026



Please mark your calendars for the Semi-Annual Meeting on Sunday, January 11, 2026 at 11:30 AM in the sanctuary and on Zoom.

Business will include a budget update and other important church business. A quorum of 25% of membership is necessary.

The warrant with more specific information will be sent by email at least two weeks prior to the meeting. Thank you.

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.

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 with any questions.

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.

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

FPUU Calendar of Events

Saturday, November 1	Halloween Event/Vestry/5:30 pm
Sunday, November 2	What is UUism Discussion Session & Breakfast/8:30 am/U-House Choir Rehearsal/9:00 am/Sanctuary Building & Grounds Clean Up Day CoA/7:00 pm/Vestry
Monday, November 3	Staff Meeting/11:00 am/U-house
Wednesday, November 5	AFD Committee Meeting/7:15 pm/Zoom
Thursday, November 6	Pastoral Care Committee Meeting/7:30 pm/Zoom
Saturday, November 8	Red Cross Blood Drive/Vestry
Sunday, November 9	Choir Rehearsal/9:00 am/Sanctuary What is UUism Discussion Session & Luncheon/11:30 am/U-House
Tuesday, November 11	Veteran's Day
Wednesday, November 12	Membership Committee Meeting/7:00 pm/Zoom
Thursday, November 13	Worship & Music Committee/7:30 pm/Zoom
Sunday, November 16	Choir Rehearsal/9:00 am/Sanctuary What is UUism Discussion Session & Breakfast/8:30 am/U-House Women's Group/11:30 am/U-House C.O.A./7:00 pm/Vestry Newsletter Deadline
Monday, November 17	Executive Board Meeting/7:00 pm/Zoom
Sunday, November 23	Choir Rehearsal/9:00 am/Sanctuary Friendsgiving 11:00 am/Vestry C.O.A./7:00 pm/Vestry
Tuesday, November 25	Community Interfaith Thanksgiving Service/TBD
Thursday, November 27	Thanksgiving
Sunday, November 30	Choir Rehearsal/9:00 am/Sanctuary