



First Parish Unitarian Universalist Of Medfield

26 North Street, Medfield, MA

(508) 359-4594

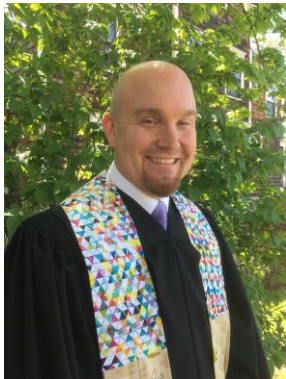
www.firstparishmedfield.org

Happy
Holidays!



December 2025 Newsletter

Ministerial Musings
Dave Egan, Minister



Ring-a-ling! Sleigh bells ring, are you listening?

The holiday season is full of bell sounds that herald the arrival of joys great and small. But I think the best bells are the ones little Zuzu Bailey speaks of in Frank Capra's classic Christmas film, "It's a Wonderful Life."

In the film, Zuzu's daddy, George Bailey, has so many problems he's thinking about ending it all... on Christmas Eve! But as George is about to jump from a bridge, someone else jumps off first, and he ends up rescuing his own guardian angel. Clarence Odbod, a wingless angel, proceeds to show George what his town would have looked like if it hadn't been for all of George's good

deeds over the years.

Clarence's job isn't simply to save George's life but to show him the goodness at his own core. And when George "gets it," a bell rings, signaling Clarence's graduation to the next level of angelhood, the level with wings!

Have YOU heard any ringing bells lately?

I heard one at the grocery store... I was standing in line at Star Market when the cashier happily rang a cowbell for the man in line in front of me. That man bought a bag of delicious groceries to be donated to the Greater Boston Food Bank for a family in need. (I donated a gallon of milk — no bell from the checker, but there was a happy little jingle in my mind as I walked to my car.)

Upon which angels will you bestow wings this season? There are at least a million charitable or arts organizations, political parties, and causes to which you might give, including some right here at FPUU, like our Medfield Food Cupboard drive, Dignity Matters drive, and our share-the-plate partner organizations. Perhaps giving to one of these would ring-ting-ting the bells of your soul?

There's more to giving than money, of course. Being a Sunday greeter, social hour host, or donating flowers for our Sunday services would be a wonderful gift to our community. Joining a committee or the choir is a gift of time and energy. We sustain our community when we help with Religious Exploration, or say "yes" to helping with the Medfield Holiday Stroll. We give to the earth when we turn down our thermostats and use less energy. There are so many ways to give this holiday season.

Ring-a-ling! Hear them ring!

Wishing you a joyful December,
Rev. Dave

Notes from the Church Office:

Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. **December 21.**

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



From the Executive Board – Save the Date

SEMI-ANNUAL MEETING

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.

Upcoming Services

December 7

What I Really Want for Christmas

Rev. Dave Egan

For Christians, Advent is the season of waiting in great anticipation for the birth of Jesus, who was called the Prince of Peace. In a world that can sometimes feel out-of-control and unkind, how might we use this time of waiting to center ourselves, so that we might radiate more peace and love out into the world?

December 14

Don't Let the Light Go Out

Rev. Dave Egan

This service will focus on the timeless story of the Maccabees reclaiming and rededicating their temple in Jerusalem with a single oil lamp that lasted way beyond its usual burning time. This is a powerful metaphor for the tenacity of the human spirit and the oftentimes miraculous power of the Universe to give us what we need.

December 21

Solstice Service

FPUU Children

This intergenerational worship service will be created and led by the children from our Religious Exploration program. The service will feature a Winter Solstice Play that relates to Solstice and it's traditions, including Dongzhi. And as a special treat we will hear from our newly formed Children's Choir!

December 24, 5:30 pm

Christmas Eve Service

Rev. Dave Egan

Join in the magic: special music, stories traditional and modern from our young adults, and singing from all with bright candles of joy and celebration. 5:30pm. And new this year, at 5:00pm the choir presents Evensong, a half hour of singalong and choir anthems for your musical pleasure! Hope renews itself again.

December 28

TBD

Worship and Music Committee

Coffee Hosts Needed



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/10Co84DA5A928A3FE3-56905841-coffee#/>



Religious Exploration

Kate Ciavarra, CRE

December News

As we leave November, we leave behind Fall and its New England antics. Now, we head steadily into winter, and soon Winter Solstice! We are working on our Winter Solstice Play for this year in RE and reading about the solstice and its traditions, including dōngzhì (冬至) on the 21st of December!

Thank you to everyone who helped at and came to our November 1st Halloween Party! It was so much fun. I can't wait to celebrate another event with you all, sometime in January!

Wishing you all the happiest of holidays, and a joyous new year!



Notes From the Music Director

Eva Kendrick Conley



I wanted to let you know some exciting musical activities in December.

Becca and John Kornet will be performing at the Lowell Mason Holiday Concert on Saturday, December 6th at 7 p.m., which is a lovely fundraising event to benefit the Lowell Mason House.

You will hear the children of our church raise their voices in song at the annual Solstice Service on Sun. Dec. 21st.

For the first time, the FPUU Medfield Choir will host a Carol Sing at 5 p.m., right before the Christmas Eve service! I hope families and friends of all ages will come sing-along with some of our favorite carols and hymns, and the choir will also perform some choral anthems, old and new.

After the new year, I look forward to continuing to expand the music program. I plan to host another Open Hymn Sing, incorporate more voices, instruments and guest musicians in the services, and will be hosting a fundraiser in the spring...more details to come!

I hope you all have a joyous holiday season!

December 24th at 5:00 p.m. Join us for our first-ever Carol Sing before our annual Christmas Eve Service! Led by the FPUU Medfield Choir, this service will feature sing-alongs of favorite carols, hymns and choir anthems.



Red Cross Blood Drive Thank You!

To our amazing First Parish Family,

A huge thank you for your generosity at our First Parish Blood Drive on Saturday November 8th. So many of you stepped up to volunteer and to donate your blood, and thanks to your kindness, we collected 38 units of blood, which is awesome!!

Please know what an incredible difference you have made in someone's life - the gift of blood can and does save lives every day, so however you helped out, whether helping set up or clean up, greeting and checking in our donors, donating your blood, or spreading the message, you have made an impact.

With gratitude,

Sara



(Sara & Molly)



(Sara, Karen & Jeanette)



(First Parish neighbor Sanjay who owns the North Street Market)



(Sara with 38 units)

Medfield Holiday Stroll December 5th

Hello FPUU folks,



The Medfield Holiday Stroll is coming up on Friday, December 5th. This event features local artisans selling their wares across three indoor locations, one of which is at First Parish (Bellforge will be renting the vestry), delicious offerings from food trucks, MEMO's outdoor tree lighting ceremony, and more! All events are downtown with FREE admission and parking.

FPUU Medfield will be set up in front of our meetinghouse offering hot cocoa, letter writing to Santa, crafts, and holiday movies projected onto the porch of the U House.

We are looking for folks to sign up for shifts, either from 3-5pm, 5-7pm, or 7-9pm. If you are willing to help out and help spread some holiday cheer, please sign up here:

<https://www.signupgenius.com/go/9040449ADAD2DA64-60676887-medfield#/>

Thanks in advance,
Dave Egan & Faye Kalmbach



From the Building and Grounds Committee: a peek at history



Necessary repair to the southwest (parking lot side) side of our church-meetinghouse building was completed about a month ago by our favorite painting company, Painters Pride.

As the photos show, a section of the clapboard siding plus the underlying sheathing had to be replaced. Exposing the old sheathing revealed a few fascinating things. The original sheathing is wide wooden boards, nailed in with old cut nails. A piece was saved. (Can anyone identify the kind of wood? Are the nails wrought or machine cut?) The space between the siding/sheathing layer and the inside wall is quite wide, making us wish for insulation. The exposed beams are large and have some interesting markings, presumably made by the original builders. Tyvek went between the siding and the sheathing—a concession to modern invention.

(Photos by Giovanni of Painters Pride, Sandy Andreassi, and Jeanette Ruyle)





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.



Medfield Food Cupboard



Please contribute non-perishable items to the Medfield Food Cupboard basket located in the narthex. Requested items are: **Ensure/Boost** (chocolate or vanilla), **Rice mixes** (e.g., Rice-a-Roni), **Spaghetti**, **Peanut butter** (preferably Jif or Skippy, creamy), **Jelly** (preferably grape).

From the Anti-racism Team

Continuing, still -- We have a “land acknowledgement,” now what?

As stated in last month’s newsletter, we recommend that FPUU as a congregation be a [signatory](#) in support of the MA Indigenous Legislative Agenda. **This will be presented as a motion during the Semi-annual Meeting on Jan. 11, 2026.**

The [MA Indigenous Legislative Agenda](#) includes 5 priorities: Remove Racist Mascots, Honor Indigenous People’s Day, Celebrate and Teach Native American Cultures & History, Protect Native American Heritage, and Support the Education and Futures of Native Youth.

Many other organizations and congregations have joined, including other UU congregations.

If you have questions or would like to discuss, please contact any member of the ART—Becca Kornet, Arnold Kalmbach, Thea Iberall, Margaret Rolph, and Jeanette Ruyle.



Green Sanctuary Committee



Our next meeting is in December 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.

Guest at Your Table Boxes

GAYT boxes are a project of the Unitarian Universalist Service Committee (UUSC)— a worldwide UU human rights organization. *What does that have to do with our Green Sanctuary Committee?*

An important part of GSC's mission is to promote environmental justice. The UUSC also has environmental justice as part of their mission. The annual Guest at Your Table program highlights four "Stories of Hope." One of the stories this year is about courageous water protectors in Honduras who are fighting to keep a life-sustaining river free of pollution from mining companies. Despite their leader, Juan Lopez, being killed for his efforts, this group persists and has partnered with UUSC for support. This UUSC [video](#) explains the history and actions. [Read more](#) about the other Stories of Hope and more about the Guest at Your Table boxes.

Boxes will have been distributed during the Friendsgiving Worship Service on Nov. 23rd. It is a many-years-long tradition at FPUU. The GSC hopes our congregation continues their generosity towards the UU Service Committee.



Hymn Sing, December 24th at 5:00 p.m.



Join us for our first-ever Carol Sing before our annual Christmas Eve Service! Led by the FPUU Medfield Choir, this service will feature sing-alongs of favorite carols, hymns and choir anthems.

Please join us for the First Parish Annual Christmas Eve Candlelight Service



Wednesday, December 24th at 5:30 pm

Bring your family and friends to join in the magic. We will have special music, including our Choir. We will have stories traditional and modern from our young adults. We will have singing from all and bright candles of joy and celebration and hope renewing itself.



Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

(Photo credit: Patrick Pahlke)

CHATTERBOX



This month's reflection is all about holiday stress. It is a repeat of my reflection given at church on November 16, 2025. I have received so many requests for a copy of what I wrote, I thought I would share it in our Newsletter.

Everyone has an inner chatterbox that lives inside their head. It is a constant voice that comments on your actions, environment, and choices. It reminds us of everything we have ever done wrong, makes negative assumptions about what everyone else thinks of us, and tells us that we simply do not measure up. It is sneaky and quiet, but powerful.

I found a book entitled "Feel the Fear and Do It Anyway" by Dr. Susan Jeffers, published well over 30 years old. I learned from this book about my Chatterbox and that it never stops talking.

Jeffers' book helped me capture my Chatterbox and tame it to work for me, not against me, using exercises and awareness.

I practiced listening for it and catching it in action. I learned to reframe its negative message into a positive message. I also discovered I was a bully to myself even though I do not support bullying.

I was shocked to hear how much I judged myself and my behavior. How critical I was with how I looked, and how disrespectful I was to me. I would never speak to others the way I spoke to myself.

At first, my chatterbox was hard to capture because I ignored it so well. It was still talking away and ruining my life because even though my words were occurring silently inside my brain, my brain stealthily sent these messages through to my subconscious mind. It happens to everyone. It is a worldwide problem.

Through my discoveries, I uncovered my inner critic. I uncovered some deep core beliefs. I started sorting out my worst enemy – myself.

Some of my core beliefs were:

- I had to please others before I took care of myself
- I had to be perfect to be accepted.
- If I was accepted, I would be safe.

- If I did everything right, I would save my daughter

I became an expert on reframing my negative thoughts into positive affirmations which I still practice to this day. Using affirmations really does help re-write the negative messages. You have to practice.

Now let us talk about the holidays, and all they have to offer.

Here are some things I learned:

- Being aware of my inner Chatterbox helps me isolate the pressure I put on myself to make the holidays perfect.
- I examined my expectations and learned there is a difference between expectancy vs expectations. Holding expectations ladens me with images and outcomes I have already figured out. Whereas expectancy holds the space where I discover the gifts from all my efforts can bloom before me and allow me to experience more without my thinking brain interfering.
- Remember healthy boundaries. No is a complete sentence.
- Define what you need and ask for help. Make a wish list ready for visitors.
- Learn some stress-relieving techniques and advocate for yourself if you feel stressed. A quick stress-relieving buster involves passing a coin from one hand to the other, creates bilateral movement in the brain, helps regulate breathing and is instantly calming.
- Remember to be aware of your self-talk. Use words that are more positive and less about judgment and lack.
- Remember -- do not compare your insides to someone else's outsides. As soon as you pull out your measuring sticks and measure yourself and your situation against someone else's, you **cannot win**.

You can spend a lifetime chasing after acceptance and self-love. But you will never find acceptance and self-love until you first make the decision to give it to yourself. You are worth the time and effort.



A Message from Chaplains on the Way



Chaplains on the Way:

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.



Donations can be left in the box outside the U-House. Alternatively, they have an Amazon Wish List where you can order items to be shipped directly to DM. Most needed items include sanitary pads (packages of 20, 24, 40, and 48), adult sports bras (all sizes but particularly XL), and new adult underwear in all sizes and styles. If you have questions or would like to have the link to the Amazon Wish List emailed to you, please contact Becca Kornet.

FPUU Calendar of Events

Monday, December 1	Staff Meeting/11:00 am/Zoom
Wednesday, December 3	AFD Committee Meeting/7:15 pm/Zoom
Thursday, December 4	Pastoral Care Committee Meeting/7:00 pm/Zoom
Friday, December 5	Medfield Holiday Stroll
Sunday, December 7	Hanukkah Begins Choir Practice/9:00 am/Sanctuary Building & Grounds Clean Up Day/11:30 am/U-House CoA/7:00 pm/Vestry
Wednesday, December 10	Membership Committee Meeting/7:00pm/Zoom
Thursday, December 11	Worship & Music Committee Meeting/7:30 pm/Zoom
Sunday, December 14	Choir Practice/9:00 am/Sanctuary Advocacy Luncheon/11:30 pm/U-House CoA/7:00 pm/Vestry
Monday, December 15	Executive Board Meeting/7:00 pm/Zoom
Sunday, December 21	Newsletter Deadline Choir Practice/9:00 am/Sanctuary Women's Group/11:30 am/U-House
Wednesday, December 24	Choir Rehearsal/4:00 pm/Sanctuary Evensong/5:00 pm/Sanctuary Christmas Eve Service/5:30 pm/Sanctuary
Thursday, December 25	Christmas Day

