

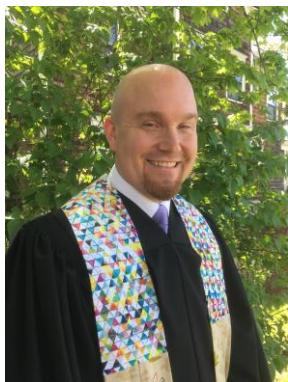
***First Parish Unitarian  
Universalist of  
Medfield***  
**26 North Street,  
Medfield, MA  
(508) 359-4594**

[www.firstparishmedfield.org](http://www.firstparishmedfield.org)



## February 2026 Newsletter

### Ministerial Musings Dave Egan, Minister



Did you know that expressions of gratitude can elevate your level of happiness? Cognitive scientists, who research happiness or what they call "subjective well-being", have discovered that one of the most potent ways to increase your happiness is to keep a daily log of things you are grateful for. Maybe that doesn't sound so surprising - maybe grateful people just tend toward happiness anyway - but what's really intriguing is that people who score on the lower end of the happiness scale before they start this practice benefit from practicing gratitude more than those who score higher initially. Studies also find that people who regularly record their sources of gratitude also exercised more per week and achieved more of their personal goals.

So, if you want to feel better, achieve more and get healthier, why not try this as a daily spiritual practice? Every night think of those things from your day for which you feel most grateful and make note of them in

some way. As you do, let yourself savor the feeling of gratitude and the sense of well-being that comes with it. Not surprisingly, this kind of exercise or something similar is recommended in several religious traditions.

Even better though, studies show that if you go beyond recording your gratitude and tell the important people in your life why you are grateful for them - that's like getting a super-duper booster shot of "subjective well-being." How often do we tell the people we care about how grateful we are that they are part of our life? We say it on birthdays and anniversaries, maybe. But what if we made a habit of doing that on a regular basis? Not only would we feel better, but the recipients would also.

I wonder what would happen if we applied this to our congregational life. What might happen if everyone at FPUU started telling other people at FPUU why they are grateful for their presence? Maybe we would all get lifted to a new level of well-being and wisdom.

In that spirit, I want to say how grateful I am for the people who contribute so much time and energy to make this congregation the religious community that it is. Nothing - absolutely nothing - happens at FPUU without volunteer effort somewhere along the way. Hardly a day goes by that I don't feel a deep sense of gratitude for the members of this congregation, but I probably don't say it out loud enough. So let me say it - okay, write it - thank you, thank you, thank you! FPUU would be nothing without you.

So, what do you say? Who at FPUU wouldn't want a booster shot of "subjective well-being"? Surely there is more than enough gratitude to go around. Everyone can get in on the act.

In faith,  
Rev. Dave

## Notes from the Church Office:



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. [February 15](#).

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](mailto:admin@firstparishmedfield.org)

Sandra Andreassi-Administrator

## Upcoming Services

**February 1**

**The Preacher of Universal Love**

**Rev. Dave Egan**

The poet Charles Olson says “These days/ Whatever you have to say, leave/ the roots on, let them dangle/ And the dirt/ Just to make clear/ Where they came from.” On this Sunday we’ll explore some of our own religious roots and hear the words of our Universalist ancestor, the Reverend Hosea Ballou.

**February 8**

**What is Your Love Language?**

**Rev. Dave Egan**

With Valentines Day fast approaching, we will explore different kinds of love. We will first talk about the importance of loving ourselves, with all of our beautiful imperfections. Using Gary Chapman’s *The Five Love Languages*, we will look at the various ways people express and accept love with one another. Finally, we will look at the universal love known as “agape”; the love that transcends time and place, but somehow feels as familiar as an old friend.

**February 15**

**Love Thyself**

**Rev. Dave Egan**

Rupi Kaur says, “How you love yourself is how you teach others to love you”. During this intergenerational service we will talk about the unconditional “agape” love that is at the center of our beings. For if we are to more fully love our partners, friends, and family, we must begin with loving ourselves.

**February 22**

**Poetry Sunday**

**Worship & Music Committee**

## Weather ALERTS

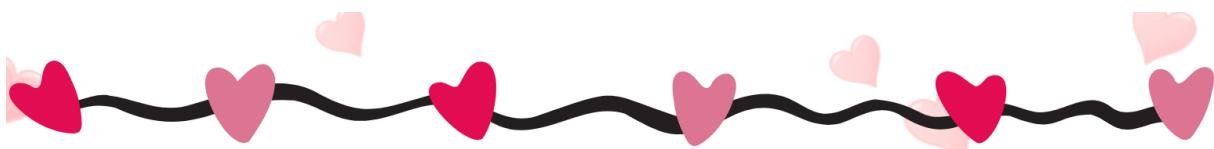
If a Sunday service is delayed or canceled, an ALERT will be posted on our website, [firstparishmedfield.org](http://firstparishmedfield.org). We will also send an email to everyone through MailChimp. The decision will be made no later than 7:00 a.m. on Sunday.

– Executive Board



## From our Coordinator of Religious Exploration

Kate Ciavanno



# February Newsletter

Happy February everyone! As the months go by and spring approaches (slowly but surely!), we are reminded that hope can bloom even in hard times. This month we will be reading books about immigration and acceptance, about loving one another and taking care of others. Valentine's Day and the month of February is a reminder to spread the love, especially to those who need it most. The world might be going a bit crazy out there, but here we can do our best to keep shining brightly and sharing the joy in our lives.



## Notes From the Music Director

Eva Kendrick Conley



I am thrilled to announce that I will be holding a musical fundraiser for FPUU Medfield this spring! The event will be the first-ever Eva Kendrick Voice Studio Generations Concert, featuring generations of my voice students performing some of their favorite songs, as well as my a cappella group Trills 'n Chills and performances of scenes from Broadway musicals. The event is a fundraiser to benefit FPUU Medfield, as a thank you for nearly 20 years of being the home base for my voice studio!

The event will be held on Saturday, June 6th and will be open to the public. More details to come soon!

In addition to the concert itself, I plan to contact all of my families past and present, to let them know about this special fundraising event. I would welcome the assistance of anyone who has past experience in fundraising, as well as those who might help with PR and/or in organizing a reception for the concert.

Please contact me at [evakendrick@comcast.net](mailto:evakendrick@comcast.net) if you would like to be a part of this exciting fundraising event!

## Hosts Needed for 2026 Small Suppers!

The Membership Outreach Committee is coordinating this year's small suppers. (potluck gatherings where 6-8 FPUU members and friends share an evening of good food and conversation). We are looking for several people who are able to host these popular get-togethers in February or March.

Please contact Michele Gravelle [MGravelle@comcast.net](mailto:MGravelle@comcast.net) and indicate what dates in February or March are best for you. Once we have hosts, we will start the sign-up for guests. Thanks for participating in this First Parish favorite!



# FPUU Votes Unanimously to Begin Capital Campaign at Semi-Annual Meeting

On Sunday, January 11, the FPUU congregation attending our semi-annual meeting voted unanimously to begin a three-year capital campaign with a mission of revitalizing the FPUU Meetinghouse and addressing deferred maintenance. Over the prior 6 months, the Capital Campaign Evaluation Committee looked at many opportunities to raise funds as part of the capital campaign and determined that a \$250,000 goal over a three-year period was feasible.

The next step in this process is convening a Capital Campaign Committee of 4 to 6 FPUU members to implement the goals of the campaign. Glen D'Abate has agreed to Chair and Bill Wians and David Stephenson have agreed to be members. We are seeking 1-3 additional members as there is a diverse array of opportunities to contribute (e.g., marketing, grant writing, outreach) and we are looking for a wide set of talents. Please reach out to Glen ([gdabate@gmail.com](mailto:gdabate@gmail.com)) if you are interested in joining us on this exciting adventure.

*Rendering of Meetinghouse with Solar Panels*

FPUU Meetinghouse revitalization projects in include:

- Temporarily repair the damaged spire to prevent water leakage and secure the weathervane
- Replacement of the current 33-year-old roof with a new asphalt roof
- Installation of solar panels on the southwest roof to generate sufficient electricity for the Meetinghouse and UHouse
- Paint and repair the steeple including spire, bell tower, clock tower, and clock tower base
- Implement a strategy for painting and maintaining the balance of the exterior of the meetinghouse
- Improve the insulation envelope of the meetinghouse
- Convert the HVAC system in the vestry from natural gas and window A/C units to heat pump mini splits
- Update the HVAC system for the sanctuary (high-efficiency natural gas or, if feasible, heat pump system)



We will continue to update the congregation on progress of the capital campaign via the monthly newsletter, announcements during our services, and at the annual meeting in June. Work on the roof replacement and new solar panels will begin this spring, in time to take advantage of significant solar credits that remain available from the federal government through June of 2026. The Capital Campaign Committee will be reaching out to each FPUU member over the coming months to discuss opportunities to participate in the campaign.

*Spire Rot & Unstable Weathervane*



## Calling All Chocolatiers!!

It's time to choose your recipes for the 2026 First Parish Chocolate Auction! Donations of chocolate-themed items are now being sought.

**Sign up here:** <https://www.signupgenius.com/go/8050B4CAAA728A4F58-61355877-2026>



**When:** Sunday, February 8, 2026 immediately following the morning service.  
Just in time for your Valentine.

**Who:** You! Members, family, friends.

**Where:** FPUU Vestry

**What:** All the chocolate.

- We are seeking chocolate creations of all kinds from adults, teens and children. Items can be homemade and available at the auction or a promise for an item to be delivered to the winner.
- You can provide tasty treats professionally made by local bakeries / sweet shops or donate a gift card. Donated gift cards from local establishments will be sold by raffle, with winners announced at the end of the auction.
- Some items will be available to take home on Auction Sunday. Others will be delivered at an agreed upon later date.
- Payment by cash, check or Venmo is requested at the time of purchase by the successful bidder.

Faye Kalmbach  
Membership Outreach Committee



# HUUG Service Project



Downstairs in the vestry there will be HUUG boxes which will be sent to Jackson and William, our recent graduates, at their college. We ask that if anyone from the community has anything they want to add to the boxes to send or wants to donate money for shipping, that would be greatly appreciated. These will be out for 3 weeks, from January 18th to February 1st"

## Seeking Coffee Hosts



[coffee#/](https://www.signupgenius.com/go/10Co84DA5A928A3FE3-56905841-coffee#/)

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#/>



## 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](mailto: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).





## Green Sanctuary Committee



Our next meeting is Feb. 9, 2026, 7pm by Zoom.  
All are welcome! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle@fpuu.org) 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.*



Coming up this spring, 2026 –

Our annual Earth Day Sunday Worship Service will be on **April 26**. Read next month's newsletter to find out who the guest speaker will be!



**Medfield Climate Week 2026 will be May 1- May 9.** It is the fourth one; sponsored by [Medfield Environment Action](#). FPUU has taken part in Climate Week since its beginning. The GSC welcomes any ideas you might have. Stay tuned for more details and/or ask Kirsten or Jeanette for more information.

For anyone who lives in Medfield, we hope you know about [Medfield Community Electricity](#) and how beneficial it is for the climate and for your pocketbook. **Medfield Community Electricity (MCE)** is the program offered by the Town with new electricity supply options that provide more renewable energy and stable prices for all Medfield residents and businesses. The program is a town-vetted alternative to Eversource's default supply and other third-party electricity suppliers. It has been operating for over a year. During MCE's first year, participants have saved money on their electric bill and over 2million pounds of carbon dioxide emissions have been avoided, according to this [presentation](#).

The Green Sanctuary Committee is seeking donations of 'like new' small accessory treasures for our planned 2nd annual Thrift Shop at Medfield Day.

It is not too soon to be thinking about donating items. Adults and children alike are encouraged to set aside pre-loved items now, and we will collect and store them. Your early participation will help us to make next Fall's thrift shop an even greater success! Ask friends if they have items to contribute, and tell them all proceeds will benefit the maintenance of our Historic Meeting House.

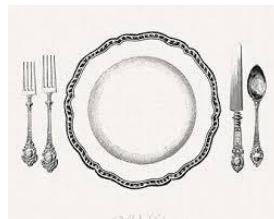
We are seeking gently worn or rarely used accessory items, such as the following: purses, small wallets, backpacks, jewelry, watches, hair clips, hats, baseball caps, scarves, shoes, belts, and even perfumes.

All donations should be clean and in good condition. Contact Kirsten or Jeanette with any questions.

# Annual Fund Drive Committee Dinner Feb 28

First Parish will be kicking off its annual fund drive with the annual fund drive dinner on:

Sat Feb 28  
6:30 PM  
in the vestry  
Bring Your Own Bottle



This will be an intergenerational event, so please plan on bringing children.

Duncan Glover has arranged for contra dancing after the dinner.

Please join us for a night of community celebration as we begin our annual fund drive!

Please RSVP by Feb 21 to:

Duncan Glover <[duncanglover@comcast.net](mailto:duncanglover@comcast.net)>

We hope you will join us!

The theme for this year's drive is:

**"Sustaining Hope"**



## From the Anti-racism Team

### We have a “land acknowledgement,” and...

An action has been taken-- the first of more, we hope. On January 11, 2026, the FPUU congregation voted unanimously to be a [signatory](#) in support of the MA Indigenous Legislative Agenda.

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 *what more we can do*, please contact any member of the ART—Becca Kornet, Arnold Kalmbach, Thea Iberall, Margaret Rolph, and Jeanette Ruyle.



### Some UU-related resource groups for putting your faith into action, especially for these times-- we are not alone

- ❖ Across the state—[UU Mass Action](#), whose mission is “to organize and mobilize UUs in Massachusetts to confront oppression.”
- ❖ Across the nation—[Side With Love](#), the “Organizing Strategy Team of the Unitarian Universalist Association (UUA),” including the current [30 Days of Love 2026](#) that just started-- support for individuals and families, no fee.
- ❖ Across the world—the [Unitarian Universalist Service Committee](#) (UUSC), “Advancing human rights and social justice worldwide,” initiator of the Guest at Your Table Box.

## 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.

## A Message from 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](mailto:president@chaplainsontheway.org) with any questions.



**Members are asked to note the dates of upcoming Parish meetings. A quorum is required to conduct business.**

The Annual Meeting will take place on Sunday, June 7, 2026 from 11:30 am - 1 pm in the sanctuary and on Zoom.



## FPUU Calendar of Events

Sunday, February 1	Building & Grounds Clean Up Day OWL/5:30 pm/Vestry CoA/7:00 pm/Vestry
Monday, February 2	Staff Meeting/11:00 am/U-House
Wednesday, February 4	AFD Committee Meeting/7:15 pm/Zoom
Thursday, February 5	Pastoral Care Committee Meeting/7:30 pm/Zoom
Sunday, February 8	Advocacy Luncheon/11:30 am/U-House OWL/5:30 pm/Vestry CoA/7:00 pm/Vestry
Monday, February 9	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, February 11	Membership Committee Meeting/7:00 pm/Zoom
Thursday, February 12	Worship & Music Committee Meeting/7:30 pm/Zoom
Sunday, February 15	Newsletter Deadline Women's Group/11:30 am/U-House
Monday, February 16	President's Day/Office Closed
Sunday, February 22	OWL/5:30 pm/Vestry
Thursday, February 26	Executive Board Committee Meeting/7:00 pm/Zoom R.E. Committee Meeting/7:00 pm/Zoom
Saturday, February 28	AFD Kick-Off Event/6:00 pm/Vestry

