



*First Parish Unitarian
Universalist of
Medfield*

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

www.firstparishmedfield.org



March 2026 Newsletter

Dave Egan, Minister

Ministerial Musings

This time of year always has a profound sense of vulnerability. All of those bulbs waiting patiently underground begin to ponder when it might be safe to poke their tender shoots out of the soil. Birds and bugs and sleeping critters wonder when it might be safe to wake up and start foraging for food. We too, cautiously wait and hope for those first signs of spring to appear. Is it time yet? Let's check. Seriously... a blizzard in late February?? Better go back inside where it is safe and warm. Maybe we will try again next week.

This month at First Parish, we will be exploring the themes of gratitude, generosity and hope. As we gather we ask ourselves: why do we return to this community over and over again? Is it for the spiritual nourishment we feel when you worship on Sunday mornings? Is it the friendships that we develop during our small supper potlucks? Is it the peace of mind in knowing that our children are engaged in meaningful religious exploration each week? Or is it something else? Whatever it is that you love most about First Parish, we are so glad that you are part of this congregation where we can all be supportive and vulnerable together.

As you probably know, our annual pledge drive begins this month. Our Annual Fund Drive Committee will be leading the way and asking us to consider what a generous pledge might look like for each of us. Whatever amount we each determine we will pledge, the grounding for our generosity has to do with the ways in which we love our congregation. And there is much to love about this community and many ways to become more involved, such as coming to family social events, engaging in social justice and environmental activism, joining our monthly chalice circles, exploring religious exploration, singing in our choir, and connecting with our deeper selves during worship.

But whatever ways this community is most meaningful to you, we know that these things can only happen through the contributions of all of us. Therefore we will be asking all of you to make a pledge at some level and to consider increasing your pledge. For this is a vulnerable time for each of us, for First Parish, and for our world. But together we have shown time and time again great resilience through our commitment to this congregation that we love.

With gratitude,
Rev. Dave

March is the Annual Fund Drive Month

The annual fund drive will occur during the month of March. This is our opportunity as a community to provide critical financial support to ensure that we have a healthy congregation.

In these times, our values are sorely tested. The congregation is a community which helps us sustain our values in the face of an increasingly intolerant world. Our theme this year is "SUSTAINING HOPE" and our community is a critical support for sustaining hope in the face of these challenges.

During March one of our Annual Fund Drive volunteers will be contacting you to elicit your pledge for the coming church year (2026-2027). Please try to return your pledge commitment by Wednesday, March 25. We hope that you will contribute generously to help sustain our community.

Don Rolph and Mary Corthell Co-chairs, Annual Fund Drive Committee

Notes from the Church Office:



Please remember the following deadlines:

Church Newsletter: Third Sunday of the month. March 22nd this month.

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

Upcoming Services

March 1

You Can Never Hold Back Spring

Rev. Dave Egan

To help us kickoff our Annual Fund Drive, this intergenerational service will feature the music of the legendary Tom Waits, performed by guest musicians Paul Lutts on upright bass, Colin O'Day on guitar and vocals, and our very own Eva Conley Kendrick on piano. We hope you and a friend will join us for this special service of gratitude, stewardship, and hope.

March 8

Right Justify

Rev. Dave Egan

It seems that basic human civility is eroding our national public discourse with conflict, anger, and resentment boiling over between progressives and conservatives. As U.U's, how do we learn to listen to the perspectives of those with whom we disagree? Where is the common ground? As we fight for our beliefs, how do we do that while centering love? How do we move the conversation from left vs right to right vs wrong?

March 15

Watering our Tree

Rev. Dave Egan

Every year we renew our covenant with one another to take care of this community; to give of our time, our talents, and treasure, so that we can continue to have a congregation to call home. On this Sunday we will gather in deep gratitude for this marvelous congregation and hear personal testimonials about why generosity is core to who we are as Unitarian Universalists.

March 22

Transcending Faith

Rev. Dave Egan

Walk into any house of worship, whether it be a synagogue, church, temple, or mosque, and take a look around at what you see. Likely you will see people deeply engaged in a religious practice that goes back centuries, helping them grow and transcend their mundane physical existence. With all of the suffering happening in our world today, how do we work collaboratively with our faith neighbors to bring about the change we wish to see in the world?

March 29

Why I Love FPUU

Worship & Music Committee

During this lay-led service, members of the congregation will give personal testimonials about all that this congregation means to them. If you ever thought about bringing a friend to church, this would be a great time to start!

Sunday, March 8th



You Can Never Hold Back Spring

The Music of Tom Waits
at First Parish U.U. Medfield

*"The blushing rose will climb
Spring ahead or fall behind
Winter dreams the same dream every time
For you can never hold back spring"*

-Tom Waits

To kickoff our annual fund drive,
join us for this worship service
featuring the music of Tom Waits,
performed by Paul Lutts on upright bass,
Colin O'Day on guitar and vocals,
and Eva Conley Kendrick on piano.

All are invited to come celebrate
our talented children
and the music of connection,
during this family-friendly worship service
of stewardship, gratitude, and hope.

Sunday, March 1

10:00 – 11:00 am



First Parish Unitarian Universalist Medfield

30 North St. Medfield, MA 508-359-4594 www.firstparishmedfield.org

From our Coordinator of Religious Exploration

Kate Ciavanno

March in RE

Wow, I can't believe it's March already! In February, we learned a lot about why people protest and how people safely protest, etc. We talked a lot about some of the issues happening in the world right now; like animal rights, environmental issues, and immigration.

The kids have been so knowledgeable, kind, and mature regarding these discussions, and I can't wait to hear what they have to say next. We will also be talking about what makes us US by discussing genders and pronouns, etc. with books such as "My Shadow is Purple" and "I Am Jazz". These are cute, kid-friendly books about exploring what makes people different. The words we use to describe ourselves are important and exciting. I hope you'll think about those words too!

Kate Ciavarra
(Energetic, Helpful, Fun)
(She/They)

Interfaith Prayer Vigil

On Saturday February 14th at 11:00 AM, on the steps of First Parish, an interfaith vigil for hope and justice was held for our immigrant neighbors. The vigil was co-sponsored by First Parish UU Medfield and Episcopal Church of the Advent. About 45 people were in attendance.

The vigil included words of wisdom, hope, and determination from local clergy including Rev Dave Egan from First Parish, Rev Lynn Campbell from Church of the Advent, and others; an exercise where we were "knit in community" as a ball of yarn was handed from person to person so that we could all be physically connected to one another; reflections from several community members; and a sing-along to "It's Okay to Change Your Mind," the protest song that has been sung regularly in Minnesota.

We learned about several organizations working for immigration and how to get involved with them, including LUCE, BIJAN, and the MIRA Coalition. Importantly, the LUCE hotline – which we should all have with us to call if we think we see ICE – is 617.370.5023



FPUU Capital Campaign Update – February 2026

The newly formed FPUU Capital Campaign Committee (CCC) is now fully underway. As part of an intentional effort to establish the CCC as a body distinct from the FPUU Executive Board, Glen D'Abate remains as the sole continuing member from the former Capital Campaign Evaluation Committee. He is currently joined by Bill Wians, David Stephenson, and Mary Corthell. One or two additional committee positions remain open. Members of the congregation who are interested in serving are encouraged to contact Glen or Bill to learn more about the committee's work and responsibilities.

Although the CCC has been meeting for only a few weeks, significant progress has already been made. The committee has begun defining roles and responsibilities, establishing timelines, and outlining strategies to guide this important initiative.

As discussed at the semi-annual meeting, the committee set a goal of raising \$100,000 through loans from members of the congregation to meet the July 4, 2026 deadline required to qualify for a 40% IRS rebate on solar installation. We are pleased to report that we have secured verbal commitments totaling \$80,000, with tentative commitments for the remaining \$20,000. These commitments allow us to move forward with three key projects:

- 1. Meeting House Roof Replacement**

In April, Mighty Dog Roofing - the same contractor that previously repaired the UHouse roof - will replace the 35-year-old asphalt roof on the meeting house. The new installation will consist of 50-year asphalt shingles, providing a durable and secure foundation for the planned solar panel system. This contract has been signed.

- 2. Solar Panel Installation**

We are in the final stages of signing a contract with a solar vendor to install a 4 x 9 array of black solar panels on the southwest-facing section of the meeting house roof, positioned furthest from the steeple. This placement ensures adequate clearance for anticipated steeple restoration work scheduled for 2027, once broader capital campaign funds begin to be collected.

- 3. Steeple Spire Repair and Assessment**

An emergency repair of the steeple spire, along with a comprehensive evaluation of the entire steeple structure, is scheduled for late April. This work will be performed by Painters Pride, the contractor responsible for the successful restoration of the sanctuary ceiling following last year's unexpected failure.

The CCC will continue to meet regularly to advance these projects and to develop additional fundraising strategies to support the campaign's long-term goals. We welcome input from the congregation and encourage members to reach out to any committee member with questions, ideas, or suggestions.

Respectfully submitted,
Glen R. D'Abate
Chair, FPUU Capital Campaign Committee (CCC)

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 if you would like to be a part of this exciting fundraising event!

Seeking Coffee Hosts



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#/>



2026 Small Suppers!



Small Suppers: We have three dates for the Small Suppers! Look at your calendars and then choose a date that works for you to attend one of these delightful dinners with good food and great friends. Sign up soon, space is limited at each host location.

Let Michele Gravelle (mgravelle@comcast.net) know which dinner you'd like to attend. The third and last date is **March 21**.



Green Sanctuary Committee

Our next meeting is Mar. 9, 2026, 7pm 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.

FPUU Capital Campaign and being “green”

The GSC is keeping fully abreast of all that is happening with the FPUU Capital Campaign plans, especially since much of the planning has to do with roof solar panels and looking into heat pumps. GSC ♥s the CC! Thank you Glen D’Abate for getting this going.

From our Sustainable Medfield friends

- ♥ The “Action of the Quarter” has been anti-idling and clean air for all, and the work goes on, indeed, it must. Thank you, Fritz Fleischmann, for all your teamwork.
- ♥ When you get take-out food, how often do you find plastic utensils with your order that you really don’t need? How about saying “no thanks” to those plastics you won’t be using when you place your order? Or, maybe politely give them back. The first step is to at least think about it.



LOOKING AHEAD

Earth Day Sunday Worship Service is April 26

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 will be offering something special on May 1 for the whole community.** Stay tuned for more details and/or ask Kirsten or Jeanette for more information.

Medfield Day 2026 is Sept. 26. 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.



FERRY BEACH RETREAT

MAY 15-17



Join us in Saco, Maine for a fun, restorative, all-ages retreat at Ferry Beach.

Relax while collecting shells along the beautiful, seven-mile-long beach, play on the playgrounds, sing by the campfire in the wooded grove, or read a good book on the porch.

We will hold our Sunday worship service in the outdoor chapel among the tall pines.

Like usual, this is a shared retreat with our friends at First Universalist Society of Franklin. There are a variety of types of lodging to choose from: dorms, cottages, cabins, or campsites.

We will arrive Friday evening (no dinner served Friday night). The weekend retreat includes: lodging, breakfast, lunch, dinner on Saturday, and breakfast on Sunday.

Registration opens Mon. March 2, on a first-come-first-serve basis
Our unique registration link will be sent to you soon.

If you have any questions, please contact: Thea Iberall, Shirley Riga, David & Kathleen Kassay



Ferry Beach Retreat, Fri. May 15- Sun. May 17, 2026

First Universalist Society of Franklin & First Parish U.U. of Medfield

Registration start date is March 2

Lodging: Check out Floor Plans and other info on the website: <https://www.ferrybeach.org/lodging.html>

Dorm (Quillen, Rowland & Underwood) \$100/Room per Night (2, 3 and 4 person rooms available)
Single persons can rent out a full room on their own.
Linens Included (new this year!!)

Cross Cottage Rooms: \$130/Night (Linens included)

Metz Village Cabins- \$150/Night (Linens included)

Morris Cottage- \$350/night- (4 bedrooms, sleeps up to 8 people) - Linens included

Kelley Cottage- \$350/night- (3 bedrooms, sleeps up to 6 people)- Linens included

Clafin Cottage- \$350/night (4 bedrooms, sleeps up to 8 people)- Linens included

In the Grove: Tent Site: \$50/ Night

Small RV Site: \$55/ Night; Large RV Site: \$60/ Night

Meal Plan: Includes Saturday: Breakfast, Lunch and Dinner, Sunday: Breakfast

Adult: \$76; **Youth:** \$56 (9-17yo)

8 and under: Free (with adult meal plan purchase)

2 Meal Commuter Plan (Saturday Lunch and Dinner ONLY):

Adult: \$38; **Youth:** \$28 (9-17yo)

8 and under: Free (with adult meal plan purchase)

Ferry Beach Coordinators:

Thea Iberall & Shirley Riga: ferrybeach@firstparishmedfield.org

Kathleen & David Kassay: katkassay72@gmail.com, davidkassay711@gmail.com

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.

Meditation & Reflection

Shirley Riga, Spiritual Director
Member of the Pastoral Care Committee

Our Breath is our Bridge By Shirley Riga



It is astonishing how my wounded child influences my behaviors and actions that have curtailed my comfort, my sense of peace and my sense of wellbeing.

Part of my trauma-based therapy has invited me to visualize a safe environment. I build this environment with my imagination that supports me, eases me into a relaxing surrender.

With awareness, I breathe in and
I slowly breathe out
I relax into my
comforting breath.

This is a meditation about comfort.
In the silence, I bring in images of comfort.
The warm sun. The air temperature is perfect.
I am one with the air.

I can define my comfort
You can too.

Just as you like it, allow your energy
to expand in the silence.
The sound of a cat purring, the warmth of a dog
leaning against you.

You are safe. Relaxed. You belong.
Soft tinkling music lifts your soul.
Comforting sounds of nature.
You are one with nature.

You are one.
Your body breathes for you
At a relaxed pace. You are relaxed.
Any tension melts like the sun warms, and the tension releases.

Part your lips ever so slightly and let your mouth relax.
Feel a soft wind caress you.
The gentle tinkling of wind chimes.
Birds are singing off in the distance.

There's peace, peace within.
Peace around you. comfort.
You belong in this world.
You are right where you need to be.

Your body holds intelligence that
Allows your breath in and out.
Relax as you know where your next breath comes from.
You are safe.

Your breath brings you peace in silence.
Your silence brings safety.
You breathe in confidence.
You breathe out peace.

When the mind engages, breathe in peace.
Breathe out release as guidance comes to you.
You have wisdom in your soul.
Trust your soul. Speak to your soul.

Ask for guidance in your breath.
Bring your awareness into
the seconds between
your inbreath and outbreath.

Your soul is with you.
Your soul is with you.
Your soul is listening.
Your soul is communicating.

This is the time when you pray for support
Pray for help
Pray for peace
Pray for health
Pray for your loved ones
Pray for wisdom
Pray for peace.

Breathe in the wisdom.
Breathe out peace.

You are one with your soul.
You are one with your soul.

As you bring your attention back
to the present moment,
know your soul is aligned with you.
You are not alone.

Your soul has wisdom.
Your humanness has wisdom.
Your breath is the bridge between
You and your soul.

Trust your wisdom.
Lean into your soul.
Speak with your soul.
Your soul and you are one.

As I count to five, your trust in your soul deepens.
One, your awareness of your trust deepens;
Two, you become one with your soul
Three, bring your awareness to your breath,
Four, know that your soul and you are living this parallel life together.
Five, Breathe into oneness.

Dignity Matters



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.

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).



A Message from Chaplains on the Way



February 5, 2026

Dear Members of First Parish of Medfield,

We are overwhelmed by the incredible generosity you've shown over the past few months. Your recent donations of new winter coats, sturdy gloves, base layers, and socks are doing more than just providing warmth—they are providing dignity and comfort to our unhoused neighbors.

Special thanks to those who contributed the high-quality sleeping bags; these are life-saving items in this merciless cold. Your commitment to our community is a beautiful reflection of your Unitarian Universalist values in action. Thank you for making sure no one is left out in the cold.

With deep gratitude,

Rev. Marc

Marc Fredette
Director of Chaplaincy and Programs
Chaplains On the Way, Inc.

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.

FPUU Calendar of Events

Sunday, March 1	Building & Grounds Clean Up Day OWL/5:00 pm/Vestry CoA/7:00 pm/Vestry
Monday, March 2	Staff Meeting/11:00 am/U-House
Wednesday, March 4	AFD Committee Meeting/7:15 pm/Zoom
Thursday, March 5	Pastoral Care Committee Meeting/7:30 pm/Zoom
Sunday, March 8	Daylight Savings Begins OWL/5:30 pm/Vestry CoA/7:00 pm/Vestry
Monday, March 9	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, March 11	Membership Committee Meeting/7:00 pm/Zoom
Thursday, March 12	Worship & Music Committee Meeting/7:30 pm/Zoom
Sunday, March 15	Women's Group/11:30 am/U-House CoA/7:00 pm/Vestry
Sunday, March 22	Newsletter Deadline
Thursday, March 26	Executive Board Committee Meeting/7:00 pm/Zoom R.E. Committee Meeting/7:00 pm/Zoom



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.