



February 2009

Cures for the Winter Blues

First Parish Newsletter

North Street Coffeehouse - February 7th

The North Street Coffeehouse will host a night of live music on Saturday, February 7, 2009, at the First Parish U.U. Church, 26 North Street, Medfield. The evening will consist of both a featured performer and an open mic session. The event will be held 7 – 10 pm.

New England Weather is the featured performer of the evening. An acoustic folk band of singer-songwriters from the Boston Metro area, the group primarily features their own original material. Their repertoire also includes traditional, world music, and classics from the folk and popular genres. New England Weather is made up of Kathy Danielson, Mike Delaney, Angela Marseglia, Tom Maynard, and Ken Porter along with their sound engineer, Mike Danielson. Collectively they've produced five CDs including "A Little Sun, A Little Rain".

Janet McKetchnie is the hostess for the open mic portion of the night. Music of any genre, prose, poetry, or comedy is welcome. If you would like to perform at the open mic session, please contact Janet at imjanetm@gmail.com. Please contact her in advance as the performer list fills up quickly. Refreshments are available. Admission is \$10 at the door, \$5 for open mikers.

See for yourself why the North Street Coffeehouse held at our church is becoming known as one of the best open mics around! For more information visit the North Street Coffeehouse website at <https://sites.google.com/site/northstreetcoffeehouse/Home>.

Charity Auction

"Take Me Out to the Ball Game"

February 28 7PM - First Parish Vestry



More Auction information on Page 7

From the Minister

From the Minister

Dear Friends:

In the past six years we have done a great job of keeping in touch with the young adult members of our congregation who are away at school or who are not at school but beginning careers following high school. This connection begins at the end of every church year with our Bridging Ceremony that helps us establish a means of connecting with a graduating student during the years that immediately follow. If you recall, this ceremony includes providing the student with free subscriptions to the UU World magazine (sent to them at school) and an attempt on my part to connect the student with the Unitarian Universalist church which is closest to where they are heading. In some cases the students have to look no further than their own college campuses. It also gives us a formal way of letting these young adults know that we love them and that we will always be here for them.

The students all know how to reach me and on occasion I get a note or an e-mail from them telling me about something that is going on in their lives. They have come to expect that at Christmastime we will invite them to participate in our Christmas Eve service. It is always a joy to see them and catch up on how they are doing and they often tell me how happy they are to be taking part.

This year for the seventh time we will be

sending packages, called HUUGS (Hearty Unitarian Universalist Greetings) in early March to all those that I can identify as being away in high school, college, or beginning their careers "somewhere out there".

If you want to participate in our HUUGS program it is very easy. The idea is to let the students know that we love them and that we know how hard they are working. Last year folks contributed note cards, letters, candy, cookies and small creative items that could be placed on a student's desk or stuck to their fridge.

I will make the boxes available in the vestry on the last Sunday in February and the first Sunday in March (March 1st) and mail them beginning on the 2nd. I expect that we will be sending some 25 HUUGS this year.

If you don't feel you know these students very well, I still encourage you to send them a copy of your favorite poem or your own inspirational words.

In the past I have posted in the vestry many letters of thanks, and notes about what it felt like to receive this package from "home." Many expressed their gratitude for our desire to stay connected with them.

In Faith,
Bob McKetchnie

Social Action

Social Action Sunday – Feb. 15

On Sunday February 15 the Social Action committee is hosting "It IS Easy Being Green." Members of the Social Action committee and Fred Bunger will share what Massachusetts and Medfield are doing to make our world greener, more energy efficient, and sustainable. We will talk about ways you can take action to be "green" and save energy and what we can do together to make First Parish greener.

In preparation for the service, you might like to measure your own "carbon footprint." One of the ways to do that is to go to climatecrisis.org, choose "Take Action" on the right side of the screen and then choose "Calculate Your Personal Impact." You will need to know the dollar amount of your average monthly electricity bill (sign onto nstar.com and access your account history) and your average monthly gas bill (sign onto baystategas.com and access your account history) or call your oil company to get your payment history. You can also find information for conserving electricity and gas on these sites.

After church we will host a special coffee time where you can enjoy locally grown or made treats. As we enjoy our coffee, we will have a talk-back time so that we can all express our reactions and thoughts about the service. We will also have materials and ideas to share in the format of a "green fair."

This would be a fun service to invite a friend or neighbor to come along to church with you, especially if you know someone interested in local environmental issues.

Christmas Eve Collection

At the Christmas Eve service we collected a total of \$676.50 for charity. This year the amount was divided equally between five area food pantries in Medfield, Millis, Medway, Norfolk, and Walpole. In January we mailed a check for \$135.30 to each food pantry. Thank you to everyone who contributed so generously.

Food Cupboard

For February, the Medfield Food Cupboard has asked our church for canned pasta, canned peaches, and boxes of instant flavored oatmeal (not Quaker oats). Please bring your donations to church and leave them in the basket in the vestibule upstairs. The Social Action committee will deliver the food to the food cupboard, which is located at the UCC church on Main Street. The Food Cupboard is grateful for all of our efforts. They ask for specific items from each church so that people know what they really need, but, as always, any donations are greatly appreciated.

From the Social Action Committee

We meet monthly and everyone is welcome. Please call Helen Beedy at 508-359-2760 if you are interested, and to confirm the time and place of our meeting.

Membership

As I sit at my desk and think about writing this article, I'm reflecting on recent changes for which I'm very grateful. These changes are quite disparate, come from different sources, but are good signs for us in these wintry days.. Of historic note, of course, was the Inauguration of Barack Obama. Whether you supported him or not, we can only wish him well as he tries to set a new course for our country. The other heartening sign is that the days are getting longer. It is the signal that we will be coming out of winter and that spring is in the distance. And for us on the Membership Committee, we are lifted by the continuing sense of community that emanates from our loving and generous church family. The change that we implemented for Coffee Hour sign-up this year has run extremely well. We are grateful to all the members and friends who have graciously stepped up and taken their turns at hosting coffee hour thus far. We are well on our way to having all the Sundays hosted by a different family/individual this year. It's been a wonderful response. Thanks to all of you who have hosted. You've been terrific!

- Barbara Bunger

New Member Welcome—The Lloyd Family

Jeff and Renee Lloyd and their two children, Najia, 6, and Declan (soon to be 3), joined First Parish Medfield in November, 2008. They were introduced to First Parish in late fall of '07 by our members, the Kornets. What appealed to them about our community of fellowship was that it wasn't "dogma driven". It was also nice for them to know that Najia would have an R.E. experience that would be broad-based. Renee is originally from Utica, N.Y. and describes herself as a "recovering Catholic". Jeff is from the San Francisco area and had no religious background—"the outdoors was my religion". They met in San Francisco and moved to New England when they felt their careers needed an educational boost. Renee attended Boston College Law School and Jeff got his Business Degree from Boston University. When they got married they decided to stay in New England. They moved to Norfolk to be close to their friends, the Berglands. Renee is currently teaching in the OWL Program at First Parish and Jeff is in the Men's Group. The next time you see the Lloyds, please welcome them to First Parish Medfield.

MOVIE NIGHT At First Parish Featuring "FLOW" FOR LOVE OF WATER



Friday, Jan. 30 at 7pm.
The Vestry.
BYOBeverage
Popcorn provided.

Religious Education

From the D.R.E.

"Taking Action for Peace" is the name of our Peace Winterim this year and it has been a challenge to live up to that so far. Coming off the December holidays at the start and then dealing with snowstorms, frozen water pipes, and a cancellation– I feel like the momentum for action has indeed been like walking through a snow drift. Building peace can feel like that sometimes, I think. And naturally, we persevere even so.

One of the actions we are taking for peace is joining in with the program, Pennies for Peace. You may have heard about Greg Mortenson, a U.S. citizen who used to climb the highest mountains in the world until he got lost and wandered into a small village in northern Pakistan. The book, *Three Cups of Tea*, tells the remarkable story of how he became devoted to building schools for children who had none. The building of schools has helped to build peace as well as education. Pennies for Peace supports the efforts of the Central Asia Institute, an organization committed to the building of children's schools, plus women's centers and clean water facilities, in remote areas of Pakistan and Afghanistan. As described on their website:

Pennies for Peace educates children about the world beyond their experience and shows them that they can make a positive impact on a global scale, one penny at a time. Our best hope for a peaceful and prosperous world lies in the education of the world's children. Through cross-cultural understanding and a solution-oriented approach, Pennies for Peace encourages children, ultimately our future leaders, to be active participants in the creation of global peace.

One of our children asked, when this idea was presented, "Can we bring in other coins besides pennies?" The answer is "yes." The reason this program emphasizes pennies is to show how even something as small as a penny can make a difference in the life of a child in this remote area of the world. Pennies are something we hardly pay attention to here– we cannot buy anything for one penny– and yet a penny pays for a pencil in Pakistan and Afghanistan.

I highly recommend the book, *Three Cups of Tea* by Greg Mortenson and David Oliver Relin, to all adults and high school youth. A young reader's version with the same title has just been made available, and there is a new children's picture book telling the story, titled *Listen to the Wind: The Story of Dr. Greg and The Three Cups of Tea*. We now have both of these books in our RE library. Sooooo.....bring in your pennies! One, twelve, fifty-six, or more. Most likely, you will not even miss them. You don't have to roll or count them– the children in RE will be doing that in various interesting ways over the next several weeks.

Jeanette Ruyle
Director of Religious Education

Parenting Book Discussion Group Starting Feb. 24

The Blessing of a Skinned Knee: Using Jewish Teaching to Raise Self-Reliant Children by Wendy Mogel, Ph.D. will be the focus of a six-session book group for parents beginning on February 24. Through the richness of Jewish teachings, Dr. Mogel offers wisdom for parents of all faiths who are striving to encourage caring, respect, and spiritual values in their children. This book has been enthusiastically embraced by numerous parent groups. We will meet weekly on Tuesday evenings, 7 - 8:30 p.m. in the vestry. Parents of any age child or children are welcome, as are FPUU friends and friends of friends!

Our group will also be using a short companion book, *The Gift of Faith: Tending the Spiritual Lives of Children* by Jeanne Harrison Nieuwejaar, a Unitarian Universalist minister. This lesser-known, but no less valuable book addresses the role that religion and religious community plays in children's development. Both books will be available for purchase at a 20% discount a week before the group begins. For anyone making a commitment to the six weeks, there will be a further reduction in book price. Please sign up for this group by Feb. 20. Contact Jeanette Ruyle for questions and to register; e-mail dre@firstparishmedfield.org

Spring Workshop Rotations in Children's RE
February means that spring RE– the second half of our four workshop rotations– is coming up. Rotation III, with the theme of Hebrew and Christian Bible Stories, features the Story of the Good Samaritan, from the book of Luke. This story is embedded in our current culture (try googling "Samaritan"), and not only that, it is a great story! The quintessential answer to the question, "Who is our neighbor?" Children need to know this story. Unfortunately, three more workshop leaders and two more guides are needed for this rotation. Hmmm..... could it be that FPUU folks are a tad reluctant to help out with a biblically oriented RE session?! No, it can't be! Fortunately, there is still time to sign up. Then, workshop leaders, guides, and the DRE all meet together, brainstorm in a most exciting way, and come up with what to do. We need:

- Arts & Crafts Workshop Leader
- Games Workshop Leader
- World Around Us workshop Leader
- K-&1st grade Guide
- 4th & 5th grades Guide

The dates for Rotation III are March 1, 8, 15, and 22. Let your light shine! Sign up. (Note: volunteers are also needed for Rotation IV in case these dates are not good for you.) See Jeanette Ruyle. See the vestry.

Children's Worship Service

January 4th



Setting up for Children's Worship



Children's Worship chalice lighting



Drawing peace

Photos by Sarah Bibel

Charity Auction
 “Take Me Out to the Ball Game”
 February 28th 7PM
 First Parish Vestry



Auction plans are in full swing. Local merchants are being very generous in donating items. Church members have come through with game tickets, symphony seats and a variety of fascinating and unique donations. The game is on.

Now is the time for Church Members and friends to step up to the plate and encourage friends to join them at the auction. To attract new people, if you bring a friend, they will get in FREE!. (Regular admission is \$20 per person). It will be a great evening with entertainment, food, drink and both silent and live auctions.

The auction proceeds will be to help continue the work of the church, to maintain our historic building and support local charities. Twenty percent of auction earnings will be given to the Food Pantries in Medfield, Millis, Medway, Norfolk and Walpole. Your participating in the Auction will help support these great programs.

Tickets will be available February 7, so put your order in now. E-mail Tracy Buckley in the Church office (admin@firstparishmedfield.org).

If you have an item, a service, time or a talent to donate, please let Fred Bunger or Tracy Buckley know. An auction letter and donation forms have been sent out to everyone on the Church mailing list. If you did not receive a letter, please let Fred or Tracy know. (Fred 508-359-4058) Tracy (Church Office 508-359-4594).

Join the crowd, take your friends out to the Ball Game February 28. See you there!

Canvass 2009

Celebrate Good Times! Come On!

Let's Celebrate!!

The Girls Invite You to This Year's Canvass Events

Canvass 2009 will kick off on Saturday March 28 with our evening Canvass Dinner, followed by the Canvass Sunday Service on March 29. We will continue to celebrate with last year's theme (from the hymn with the music of Jean Sibelius' Finlandia and words by Samuel Wright): We Would Be One.

The Canvass Committee again seeks to borrow photos from the Congregation so as to augment the slide show presented last year.

If you have a photo or two capturing the 'oneness' of First Parish members' & friends' celebrations and life journeys that you have not already contributed and would like to share, please contact Duncan Glover at 508-528-8456 or duncanglover@comcast.net. Here are just a few ideas for photos we are looking for:

- Weddings
- Infant Dedications
- Children's and Adults' Walk for Hunger
- Aids Walk
- Pastor Ordination
- Pastor Preaching
- Coming of Age Service
- Music Service
- Ski Trip
- North Street Coffee House
- Medfield Day
- RE Events
- Emperor Onion



The Canvass Committee is responsible for planning and conducting the annual canvass each spring. This year's Canvass Committee is made up of Jeanne Capachin, Marshall Sugarman, Louise Rachin, and Duncan Glover, chair. Bob Luttmann is the Canvass Committee's liaison on the Executive

Board. Together with volunteer canvassers, the Canvass Committee contacts every member and friend in the church to ask for a pledge. If you would like to canvass with us, please contact any member of the Canvass Committee.

We are fortunate that First Parish members and friends are generous people

and understand that First Parish needs our financial generosity every year at canvass time, in addition to the many hours of volunteer work we contribute. Whether you value First Parish for the Sunday worship services, the religious education programs, the social events, the opportunity for social action, or because it is important to you to have a home for liberal religious thought in the Medfield area and in this country – or for all of the above reasons – your financial support is very important.

The Canvass Committee:

Jeanne Capachin
Marshall Sugarman
Louise Rachin
Duncan Glover, Chair

Worship Services

All Services at 10:30AM, unless otherwise noted

February 1 “The Separation of Church and State”

The question “Is the United States destined to be a Christian Commonwealth or an Empire of Liberty?” has been a focus of debate since our country’s founding. Today, we review the debates history and contemporary implications.

February 8 “Happy 200th Birthday, Charles Darwin”

This seems to be the year to turn 200. Edgar Allen Poe turned 200 in January and both Abraham Lincoln and Charles Darwin turn 200 in February on the 12th. Today’s sermon examines the controversial Darwin and the importance of his life.

February 15 “It’s Easy Being Green”

Members of the Social Action committee and Fred Bunger will share what Massachusetts and Medfield are doing to make our world greener, more energy efficient, and sustainable. We will talk about ways you can take action to be “green” and save energy and what we can do together to make First Parish greener.

February 22 “Our Religious Landscape”

Today’s sermon will examine the results of the Pew Forum on Religion and Public Life which concluded that Americans are embracing a “non-dogmatic approach to faith.” It will address such questions as: What relevance does this have to us as individuals, as Americans, as Unitarian Universalists?

March 1 “Where Hate Flourishes....”

Today we will look at an important leader of the civil rights movement, Unitarian, Whitney Young, Jr. Though he lived only 50 years, his contributions were significant as he pursued socioeconomic equality for the disenfranchised.

Special Events

February 7 7:00 PM, Vestry North Street Coffee House

February 28 7:00 PM, Vestry Charity Auction