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

## May 2010 Newsletter

### Upcoming Events:

- |                             |   |
|-----------------------------|---|
| <b>May 1<sup>st</sup></b>   | <b>North Street Coffee House</b>                            |
| <b>May 2<sup>nd</sup></b>   | <b>Walk for Hunger/Little Red Wagon<br/>Walk for Hunger</b> |
| <b>May 22<sup>nd</sup></b>  | <b>Habitat for Humanity Workday</b>                         |
| <b>May 23<sup>rd</sup></b>  | <b>Coming of Age Worship Service</b>                        |
| <b>June 13<sup>th</sup></b> | <b>Annual Meeting</b>                                       |

## From the Minister

Dear Friends:

From June 23<sup>rd</sup> to June 27<sup>th</sup> we Unitarian Universalists will be holding our General Assembly (GA) in Minneapolis, MN. (GA) is the annual meeting of the Unitarian Universalist Association of Congregations. –General Assemblies shall make overall policy for carrying out the purposes of the Association and shall direct and control its affairs. Voting at each regular and special General Assembly shall be by accredited delegates from certified member congregations, certified associate member organizations, and trustees.” (from the UUA bylaws)

If you are planning to attend please let me know, as there is paperwork necessary to give you voting powers at the assembly as a delegate from First Parish. If you are not attending, that does not mean that you can't participate in all that's going on. The UUA is making some of the proceedings and events available to on-line viewers.

This year, the Opening Celebration and Banner Parade will feature singer, songwriter, and Unitarian Universalist (UU) Peter Mayer.

The Ware Lecturer this year is Minnesotan Winona LaDuke, an internationally renowned Native American activist working on issues of sustainable development, renewable energy and food systems.

Rev. Dr. Galen Guengerich will be following up last year's hugely popular UU University program track, Theology for a Secular Age, with a new, eight-part workshop series entitled The Necessity of Virtue.

This year's General Assembly will also present dozens of workshops which support congregations and individuals in their spiritual growth. Please check out the following link for a complete list:

<http://www.uua.org/events/generalassembly/programming/18214.shtml>

In addition, this year's General Assembly will offer Local Tours:

### **TOUR #1 Guided tour of three local Unitarian Universalist congregations and Sculpture Garden**

See three of the Twin Cities' oldest (founded in the 1800s) and largest (500+ members) UU congregations. Trip includes guided tours of Unity Church-Unitarian in

St. Paul, The First Unitarian Society in Minneapolis and First Universalist Church in Minneapolis. Learn about the long and storied history of Unitarian Universalism in this area; for example, the oldest church in Minneapolis was built by First Universalist, the Humanist Manifesto I was signed by First Unitarian's minister, and William Channing Gannett served at Unity.

### **TOUR #2 Narrated boat ride down the Mississippi River**

The historically narrated public sightseeing excursion departs from Harriet Island in St. Paul and runs 1 1/2 hours. Sights along the way include: the St. Paul High Bridge, Pig's Eye's Cave, Minnesota River mouth, Pike Island, Fort Snelling and the timeless splendor of the mighty Mississippi River. All sightseeing cruises offer a full bar and snacks, such as hot dogs and popcorn, at your own expense (please no outside food or beverage).

### **TOUR #3 Ethnic cook's tour of Minneapolis and St. Paul**

If you like to cook and like to eat, this is the tour for you. We will stop at as many of the following local ethnic groceries as possible for everyone to experience and buy whatever they want from each of the stops we make: Bill's Imported Foods, Coastal Seafoods, Cossetta's Italian Market and Pizzeria, El Burrito Market, Inc.; Holy Land Bakery and Grocery Deli; Ingebretsen's Scandinavian Center; Penzeys Spices, Ltd.\*; Tea Source\*; United Noodle Oriental Food, Inc. (Japanese, Chinese, Korean, etc.); and Whole Foods Market.

\* Featured on Lynne Rossetto Kasper's "Splendid Table" on National Public Radio.

### **TOUR #4 Shopping and Dinner at the Mall of America**

Attending a GA is always exhilarating! I hope you will give this some serious consideration.

In Faith,  
Bob McKetchnie

## Around First Parish ... Around Medfield... Around the UUA

**You are invited to hear Ben Cooley  
Hall perform at the North Street  
Coffeehouse, Saturday, May 1<sup>st</sup>**



The North Street Coffeehouse will host a night of live music on **Saturday, May 1st**, at the First Parish. The evening will consist of both a featured performer and an open mic session. The event will be held 7 10 pm. Janet McKetchnie will be the host for the open mic portion of the evening. This month's featured artist will be Ben Cooley Hall, former frontman of the turn-of-the-millennium Boston trio The Mary Reillys. In 2008, Hall began recording and performing solo. His first solo LP, **Owning Up To A Life**, was released April, 2009. On listening to Hall's debut album, one reviewer stated, *A perfectly pleasant piece of sweetly harmonic music done with a spot on mix of thoughtfulness and maturity, this album makes the grade with flying colors. Ben Cooley Hall's warm, soothing voice and smartly reflective songwriting make for a formidable double whammy.* For further information on his music, and to listen to a sample of it, visit his website at <http://www.bencooleyhall.com/home.html>.

If **you** would like to perform at the open mic session, please contact Janet at [imjanetm@gmail.com](mailto:imjanetm@gmail.com). Music of any genre, prose, poetry, or comedy is welcome. 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 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>.

## Our UUPCC Student in India

We were recently notified that our UUPCC student's name is Dari-yoo-ka Pariat. Her nickname is Yori. She is 14 years old and lives in the town of Jowai in the Khasi Hills of India. She goes to school at the "Government Girls' Higher Secondary School." We (RE program of First Parish UU) are committed to sponsoring Yori's educational costs for the next three years. This amounts to \$126 per year. We raised that much this year through the BINGO night and through the sale of fair trade chocolate so Yori could continue in school.

This month, children in RE will be creating something to send to Yori about ourselves-- perhaps a picture of all of us. Ideas are welcome!

Read all about this program and other kinds of international partnerships through the Unitarian Universalist Partner Church Council's website: [www.uupcc.org](http://www.uupcc.org)

## LRWW4H

What is the 10<sup>th</sup> annual LRWW4H? An Acronym for our annual Little Red Wagon Walk For Hunger! It's an opportunity for our preschool through 6<sup>th</sup> grade kids who are not participating in the Boston Walk for Hunger to take action against hunger locally. So, bring your donations of non perishable foods to church this Sunday May 2<sup>nd</sup> and a wagon if you have one. After the moment for all ages, the RE groups will be dismissed and we'll load up our wagons and roll our food contributions down to Church of the Advent, where we'll join with their RE group, and then continue on together to Metacomet Park. At the park, representatives from the Medfield Food Cupboard will welcome us, and say a few words about how much our combined efforts as a community help those in need right here in Medfield and surrounding towns. After our donations have been loaded into the food cupboard van, we'll stroll back to the Vestry, and expect to be back by 11:30.

All kids should try to get their parents to arrive 5 minutes early on Sunday May 2nd, to allow time to sign a permission slip for this 'Faith in Action' field trip. Let's hope it's a beautiful spring day, but bring umbrellas if it's raining because, rain or shine, we will enjoy the LRWW4H!

## UU Urban Ministry Annual Meeting

The UU Urban Ministry is a shared ministry of all our member congregations. This means that you are all invited to attend the 2010 UU Urban Ministry Annual Meeting on Thursday, May 20, at our facility at First Church in Roxbury (10 Putnam Street, Roxbury, MA, 02119).

10:30 Pre-meeting worship, followed by coffee and discussion  
11:30 Registration begins  
12:00 Meeting begins

This year's meeting features former UU Urban Ministry program participants speaking about their experiences with this ministry, as well as reports from our new leadership team.

Rev. Catherine Senghas will report on the organization's exciting activities during her first year as Senior Minister and Executive Director, and Rev. Bill Sinkford will provide a retrospective as he finishes his one-year engagement with the organization as Senior Minister and Advisor.

The UU Urban Ministry is grateful for your participation and we look forward to seeing you on May 20! Please register online at [www.uuum.org/annualmeetingreg](http://www.uuum.org/annualmeetingreg).

## Let's Laugh Today



*Let's Laugh Today* will meet on Monday, May 24th from 7:15pm to 8:30pm at the First Universalist Society in Franklin Meetinghouse, 262 Chestnut Street in Franklin. They meet on every fourth Monday of the month, but there is no need to attend regularly. Please plan to stay afterwards this month for a short video about laughter yoga. The many health benefits of this unique exercise of simulated laughter combined with gentle breathing techniques known as laughter yoga were just talked about on the *Dr. Oz Show* and *The Today Show*. Anybody can do laughter yoga. There are no

contortions or fancy movements. You do not need to be in shape.

There is a \$5 donation per person with \$10 maximum per family. Ages 10 to 110 are welcome! Please bring your water bottle because laughing is dehydrating.

Linda and Bill Hamaker are Certified Laughter Yoga Leaders. See [www.letslaughtoday.com](http://www.letslaughtoday.com) or call 508-660-2223 for more information and more opportunities to laugh!

## **Building Justice: A UUSC JustWorks Camp in Minneapolis, Minnesota, June 12-19, 2010 And 2010 UUSC's Freedom Summer: A Civil Rights Journey, July 10-17, 2010**



You can put on your tool belt and help renovate a home for a family in Minneapolis the week before General Assembly during the Building Justice: A UUSC JustWorks Camp in Minneapolis, Minnesota. Or you can walk in the footsteps of civil-rights leaders on a journey through Alabama and Georgia on our 2010 UUSC's Freedom Summer: A Civil Rights Journey.

The cost of each trip is \$800 per person, which includes lodging, local transportation and meals. Both of these experiential learning trips are intergenerational. Please see the flyers posted in the vestry. For more information about UUSC's experiential learning programs please go to [www.uusc.org/learn\\_by\\_doing](http://www.uusc.org/learn_by_doing).

**30TH ANNIVERSARY CELEBRATION**

*The Islamic Center of Boston*

126 BOSTON POST ROAD, WAYLAND, MA 01778

**INVITES YOU TO**

AN

**OPEN HOUSE**

ON

**SATURDAY, MAY 15TH, 2010**

**11:00 AM - 4:00 PM**

**"Everything You Wanted To Know About Islam  
But Were Afraid to Ask"**

**PRESENTATIONS**

**FOUR 1-HOUR SESSIONS BETWEEN 11:30 AM & 2:45 PM**

**TOURS**

**DISCUSSIONS**

**REFRESHMENTS**

**EDUCATIONAL MATERIAL**

FOR MORE INFORMATION OR TO SCHEDULE GROUP VISITS,  
CONTACT US AT [OPENHOUSE@ICBWAYLAND.ORG](mailto:OPENHOUSE@ICBWAYLAND.ORG)

FOR INFORMATION ABOUT THE CENTER PLEASE VISIT  
[HTTP://WWW.ICBWAYLAND.ORG](http://WWW.ICBWAYLAND.ORG)

LOCATED ON RT 20  
APPROX. 4 MILES WEST OF RT 128, AND ABOUT 1 MILE EAST OF RT 27/126

## From the D.R.E.

Scheduling for the religious education program for children usually seems a bit scattered during the Sundays of April and early May because of Easter, school vacations, and the Walk For Hunger. This year, we have an unusually long time period between the two workshop Sundays of our final Rotation IV—April 11 and May 9—although we did offer a relevant all-ages activity on April 18 (see photos). One thing holding us together during this time has been a common thread reflected in these events:

- Rotation IV has been about exploring “the interdependent web of all existence” through the geological phenomenon of sand.
- 7<sup>th</sup> and 8<sup>th</sup> graders learned about the Judaism religion. Although they may not have discussed this directly, Judaism and the other Abrahamic religions have traditions involving honoring earth as God’s creation. Other world religions view earth and all it contains as being divine in some way.
- 9<sup>th</sup> and 10<sup>th</sup> graders in Coming of Age have been reviewing core beliefs of their own and that of Unitarian Universalism. Contemplating their relationship to this planet and all of existence is part of that.
- As a congregation, we honored the 40<sup>th</sup> anniversary of Earth Day with a multi-generational worship service on April 25.
- We began a 40-day commitment to actions for the sake of the Earth, our environment, the inter-dependent web.

Look for more about Earth Day on the **Earth Day Connections** page in this newsletter.

Deep peace of the running wave to you.  
Deep peace of the flowing air to you.  
Deep peace of the quiet earth to you.  
Deep peace of the shining stars to you.  
Deep peace of the infinite peace to you.  
(From Gaelic runes)

Jeanette Ruyle  
*Director of Religious Education*



*Making Zen sand gardens*

\*\*\*\*\*  
**Updated Children’s Religious Education-related dates for the rest of the church year:**

- May 2 -- Little Red Wagon Walk for Hunger after the Moment for All Ages (walk to nearby Metacomet Park)—a Faith In Action Sunday to benefit the Medfield Food Cupboard.
- May 9 – For 1<sup>st</sup> – 6<sup>th</sup> graders, after the Moment for All Ages of sharing poems from children, Rotation IV Workshops in the U House. 7<sup>th</sup> & 8<sup>th</sup> graders are invited to stay for the Poetry and Prose Sunday worship service and share a world religions-related poem.
- May 16 – For all ages, an RE Field Day outside, weather permitting. All high school students are invited to help out.
- May 23 – Coming of Age Worship Service, multi-generational; a unique experience from 9<sup>th</sup> and 10<sup>th</sup> grader participants as they share their belief explorations.
- May 30 – For all ages, our annual Memorial Day Sunday field trip to nearby Vine Lake Cemetery.
- June 6 – TBA
- June 13 – Bridging Sunday and Last Sunday Worship Service, multi-generational; honoring high school seniors.

## Earth Day Connections

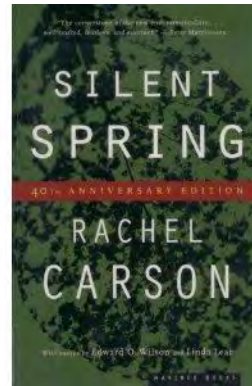


About the “40-40-40” Earth Day Sunday worship service-- **everyone at First Parish** is welcome to join in on this idea. The idea is to choose to commit to some kind of action, of any size, that will in some way benefit our environment. There are many, many possibilities. Your action could be as simple as turning off the water while you brush your teeth. It could be as life-changing as giving up your car. It can be about conservation of water/land/wild life, reducing pollution, contacting your elected officials about your concerns, reducing energy consumption, being mindful about what you eat, recycling, picking up litter, and so on. No one is judging your action; it is for you to contemplate and experience what it is like to make a commitment of this type for this length of time. Our 40 days start from April 18, but you can begin this process at any point. Forty days is also about the length of time a conscious behavior has a chance of becoming a habit. In the vestry is a literal thread connecting all of the written commitments people made on April 25. Take a look! There are cards, pencils, and yarn for you to add your action if you would like.

*Rachel Carson, Scientist*



Forty days brings us to **May 27**. This happens to be the birthday of Rachel Carson, the scientist whose work prompted the beginning of what we know as the environmental movement. I think it would be very cool to get together on May 27 and share some food and stories about what our commitment has been like. If anyone would like to help me plan this event, let me know.



Our congregation, right here in Medfield, MA, is registered on the UU Ministry for Earth website as one of the *many* (I didn't count them, there are so many) UU congregations across North America who did some kind of activity for Earth Day. <http://uumfe.org/files/Earthday-2010-events.pdf>

Every Sunday between now and May 27, there will be an EARTH DAY IDEA and QUOTE for you to think about listed in the order of service announcements and the weekly email announcements, in addition to what is in this newsletter. Look for it!  
Yours truly,  
Jeanette Ruyle



## 40 DAYS OF EARTH DAY - IDEA:

### CHECK YOUR ELECTRICAL USE-- FIND THE "ZOMBIE" ELECTRICITY HOGS IN YOUR HOME.

A "Kill-a-Watt" electrical meter is available to borrow. Use it for knowing how much electricity your appliances, entertainment systems, and computers are using. It is simple to use. Plug the KaW in the wall, plug your appliance into the KaW then read electrical use. Find those hidden, "zombie" electrical users that suck up power but don't provide any use. Find out how much power is wasted by the VCR, the instant-on TV in the basement, the empty refrigerator in the garage. See if your appliances measure up to today's standards.

Contact **Fred Bunger** to borrow the Kill-a-Watt meter OR, check one out from the **Medfield Public Library**.

## 40 DAYS OF EARTH DAY – QUOTE

–We need to develop a sense of gratitude so deep that we are willing to consider our every action – large or small – every day – and make critical positive decisions for the health of our planet. We need to understand our direct dependence on Earth.”

Judy Moores, UU Church of Davis, California



## UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

[http://www.uuministryforearth.org/about\\_uumfe](http://www.uuministryforearth.org/about_uumfe) Lots of interesting information here.

Look on our own website for reading recommendations related to Earth Day, the environment, ecology, being green....  
[www.firstparishmedfield.org](http://www.firstparishmedfield.org). Remember, ordering from Amazon through our website benefits FPUU.

### RAINSTORM

We created and experienced a "rainstorm meditation" during Earth Day Sunday. Click on this link to view and hear a "rainstorm" created by a large choral group who was fortunate to have risers to jump upon and add "thunder" to their storm. Very cool.

<http://www.youtube.com/watch?v=05ip-N0H1Ig>



## 2010 First Parish Calendar and Events outside of Sunday morning

### May

- 1 Coffee House
- 2 Walk for Hunger/ Little Red Wagon Walk for Hunger
- 9 *Poetry and Prose Sunday worship*
- 22 Habitat for Humanity Workday, Medway
- 23 *Coming of Age Worship Service* – inter-generational

### June

- 13 Closing Service: *Bridging Ceremony and Flower Communion* – inter-generational
- 13 Annual Meeting – following the service – ***SAVE THE DATE***

## Services (All Services Begin at 10:00AM)

May 2<sup>nd</sup>                    –Letting the Tears Flow”

It often happens that people weep –for no reason” and they apologize to others for it. Sometimes a hymn, a poem, a thought, or something we can’t explain moves us to tears. This sermon will address that phenomena and encourage that you invite such moments into your lives.

May 9<sup>th</sup>                    Poetry and Prose Sunday led by Bill Wians

Today all are invited to participate in sharing the poetry and prose that informs their life or enlivens their spirit.

May 16<sup>th</sup>                   –In the Far Away Hills...”    Bob McKetchnie

Starting this year we at First Parish are partnering in a small way with a community in the Khasi Hills of India by sponsoring a young woman’s studies. This community is populated by more than 10,000 Unitarians. Today we will learn more about them. We will also welcome new members today.

May 23<sup>rd</sup>                   –Coming Of Age”

Today is a day of great celebration! In this service our ninth and tenth graders will present expressions of their personal religious beliefs. This is an Intergenerational service.

May 30<sup>th</sup>                   –Arizona and Immigration”

This sermon will look at the issues of immigration in Arizona as well as the recent legislation passed to deal with them. One of the proposed UUA Study Action issues for 2010-2014 being discussed next month at General Assembly is: –Immigration As a Moral Issue.” We’ll examine that proposal as well.