



26 North St.

Medfield, MA 02052

(508)359-4594

www.firstparishmedfield.org

November 2010 Newsletter

Upcoming Events:

- | | |
|---------------------------|---|
| November 6 th | North Street Coffee House
Renewal House Birthday Celebration
Religious Education Startup Workshop |
| November 11 th | Veteran's Day |
| November 21 st | First Parish Thanksgiving Service |
| November 23 rd | Medfield Interfaith Thanksgiving Service |
| November 25 th | Thanksgiving |
| December 1 st | Facilitated Bible Reading |

From the Minister

Dear Friends:

Below you will find a newsletter that I wrote in 2003. Someone recently asked if I still had a copy of this and I thought I would simply re-print it because many in our church today have never seen it and those that have may enjoy reading it again.

As we roll into November and December, we have before us several holidays from varying traditions. In past years some of you have e-mailed me to ask, "What do I do about saying grace when other family members come to my house for the holiday meal?" Others have expressed discomfort when visiting others, praying in the tradition of your religious past. Some have also expressed the need to speak with gratitude on what means most to them personally but feel a lack of words to do so.

Simple mealtime graces or quiet blessings shared with family and friends before a special meal can be quite rewarding. The clasp of hands, a few words, and a brief moment of shared silence can add to the sense that we are not isolated but connected, one to another, and to a larger energy of love that is eternally present.

I recognize that finding words that represent what each of you would want to say if you were to attempt a "thanks giving" prayer can be difficult, if not impossible. However, I will provide you with these following samples that you should feel free to adapt or use to inspire your own original prayer.

*Gracious God/Spirit of Life/Creative Spirit
"May the love we share around this table with
family and friends
renew us in spirit.*

*May the spirit of hope, joy, peace, and love
dwell within our hearts
This day and forever more. Amen."*

*"A circle of friends is a blessed thing;
Sweet is the breaking of bread with friends; For
the honor of their presence at our board*

We are deeply grateful."

*"For each new morning shining bright,
For rest and shelter of the night,
For health and food, for love and friends,
For everything good fortune sends:
We give thanks." (Ralph Waldo Emerson)*

*"May we hold hands quietly for a moment.
Feeling love flowing through us and around us
Knowing as we give love away
There is always more love to be found.
Amen."*

And finally, this reading by the pagan author, Starhawk:

*"Earth mother, star mother, you who are called by a
thousand names,
may all remember we are cells in your
body and dance together. You are the
grain and the loaf that sustains us each
day, and as you are patient with our
struggles to learn, so shall we be patient
with ourselves and each other. We are
radiant light and sacred dark – the
balance –
You are the embrace that heartens and
the freedom beyond fear.
Within you we are born, we grow, we
live, and die –
You bring us around the circle to
rebirth. Within us you dance forever.
(Blessed be.)*

If you would like, tell me later what this practice was like for you during the holiday season. I am interested to know.

In Faith,
Bob McKetchnie

From the D.R.E. Shelley Dennis

Religious Education Committee Heads for Start Up Training:

Since the team has a new DRE, it seemed prudent to attend the District-wide RE Start Up training on November 6th. Many thanks to Rev. Bob, Joyce Fetteroll, Kirsten D'Abate, Laura Wing and Fran Kingsbury for their dedication of the time and energy to attend with me, and thank you very much to the congregation for demonstrating your commitment to Religious Education by funding our training.

November Classes are as follows:

- **November 7:** Fall Festivals: Mexican Day of the Dead
- **November 14:** Children's Worship and Winter Solstice Planning
- **November 21:** Intergenerational Worship: How Are Thanks Given?
- **November 28:** Children's Worship and Winter Solstice Planning

OWL Continues!

On Sunday evenings in the vestry you can once again find the room buzzing with lively discussions and youthful energy: Our Whole Lives has resumed for the 2010-11 year! For those of you who are unfamiliar with Our Whole Lives, it is a curriculum written by the UU and UCC churches dealing with issues of sexuality and relationships. There are actually several Our Whole Lives curricula, ranging from elementary school to adulthood; currently at FPUU we offer the curriculum written for 8th and 9th graders. The premise of the curriculum is that all beings are sexual, and that it is imperative for our young people to have access to the best information possible in order to make healthy, life-affirming, respectful, and responsible choices as they move into adulthood.

This year we have a great group of twelve young people, some from our church community and some from outside our community, taking part in the program. Cissy Hull-Allen, Jenifer Bartle, and John Kornet are bringing their time and talents to the program as its facilitators; they are excited to bring this wonderful program back to FPUU for the fourth time. Cissy has taught every time since the program began; Jenifer is joining for the third time, and John was trained in September and is the newest member of the team. Most recently we discussed values: What is a value? What are your values? Who tells you which values you should have? and how much are they worth to you? Would you defend them? We will use this discussion as the basis for the topics ahead in the coming months.

Please contact us if you have any questions about Our Whole Lives or if you would like to know more about the program. Currently, it is offered every other year, which means that it will be offered to current 6th and 7th graders in the fall of 2012. If you might be interested in being trained as a facilitator, feel free to speak with one of us or our DRE, Shelley Dennis.

*Best,
Cissy, Jenifer & John*

If you have thoughts about Solstice...now's the chance to get your two cents in!

We will begin planning an intergenerational, and I hope lively and celebratory, Winter Solstice Service on November 14th. The Religious Education Committee welcomes children of all ages to participate—even children over 18. ☺ Children and youth and the grownups who love them will put together an inter-generational Winter Solstice Worship Service that relates to the many dimensions of this time of year and reflects their interests, talents and values. Please contact me, Shelley Dennis, DRE if you would like to be involved in planning in any way. Since I'm new, I don't know which traditions must be kept and which ones can be changed, so this may be a *very* different Solstice Celebration than you're used to. So if there are elements you have been dying to see change—or elements that would wound your soul should they disappear—please join us on November 14th as we begin the planning process. You may email comments to: 4shelleydennis@gmail.com if you prefer.

Changing the format of RE: Beginning January and Continuing throughout the Spring

After a period of assessment, the RE Committee has decided to move to a hybrid model using the *Love Connects Us* curriculum from the UUA website as inspiration and adapting it to fit our congregation's unique needs and talents. The curriculum can be found at this link: [UUA: Love Connects Us](#) . If you would like to be involved in planning this curriculum and shaping not only the future of RE but our congregation and denomination, please join us for an open planning session in late November or early December, date TBA. Please email me at 4shelleydennis@gmail.com to get on the mailing list for that exciting meeting!

We are anticipating running 2-3 classes each Sunday. Each class requires one teacher and one guide who can each commit to being present FOUR Sundays in a row, and attending ONE brainstorming session prior to their teaching term. If you are interested in working with the children in any way, please contact me. If you are scared of working with children, contact me anyway—maybe now is a good time to overcome that fear! You will receive all of the training and support you need to feel confident in your role as teacher or guide. The main goal of RE is to connect to each other, ourselves, and Unitarian Universalism and thereby helping our young people form a strong UU identity.

Tentative dates for trainings and beginning dates for 4-week teaching commitments are:

<u>Training</u>	<u>Teaching Start Date</u>
January 5, 2011	January 9, 2011
February 2, 2011	February 6, 2011
March 2, 2011	March 6, 2011
March 30, 2011	April 3, 2011
April 27, 2011	May 1, 2011
May 25, 2011	May 29, 2011

FPUU Executive Board Notes

Notes from October 21 Board Meeting

- U-House roof replacement was approved by the Congregation. Work is to begin on October 25. Ex-budget cost is \$9000.
- 3rd Annual First Parish Charity Auction Fundraiser is scheduled for Saturday March 5. A prize will be offered for the best theme idea.
- The board recommended that T-Mobile be asked to proceed with design of antenna in existing spire in parallel with design in new spire. We wanted to avoid delay of project in case other wireless renters do not materialize.
- The board will be developing a plan for allocation of income from rental of wireless antenna space.
- To date, the trends for fundraising income, attendance and new visitors are below last year. More publicity and outreach are planned.

Save the date: Sunday, December 5th following the service there will be a brief semi-annual meeting to report on and discuss the finances of the church and plans for the 2nd half of the church year.

Notes from the church office...Please remember the following deadlines: **Church Newsletter:** Third Sunday of the month. **Order of Service:** Wednesdays by 5:00 pm. If you miss this deadline but have an announcement to be made at the church service, please submit a typed announcement to the service manager for that given Sunday and send a copy to the office to be included in Tuesday's emailed announcements.

Church Office Hours: Monday, Tuesday and Thursday from 10:00 am to 2:00 pm.

Telephone: 508-359-4594

Email: admin@firstparishmedfield.org.

Daylight Savings Time ends at 2:00 am on Sunday, November 7th. Don't forget to set your clocks back.



FPUU Calendar

Saturday, November 6	Coffee House 7:00-10:00 pm
Sunday, November 7	Choir Rehearsal 9:00 am OWL Meeting 7:00-9:00 pm
Tuesday, November 9	Worship & Music Committee Meeting 7:30 pm
Sunday, November 14	Choir Rehearsal 9:00 am OWL Meeting 7:00-9:00 pm
Wednesday, November 17	Choir Rehearsal 7:00 pm
Thursday, November 18	Executiive Board Meeting 7:30 pm U-House
Sunday, November 21	Choir Rehearsal 9:00 am OWL Meeting 7:00-9:00 pm
Sunday, November 28	Choir Rehearsal 9:00 am
Wednesday, December 1	Facilitated Bible Meeting 7:00-9:00 pm
Sunday, December 5	Choir Rehearsal 9:00 am OWL Meeting 7:00-9:00 pm
Tuesday, December 14	Worship & Music Committee Meeting 7:30 pm
Wednesday, December 15	Optional Choir Rehearsal 7:00 pm
Thursday, December 16	Executive Board Meeting 7:30 pm U-House.
Sunday, December 19	Choir Rehearsal 9:00 am.
Wednesday, December 22	Choir Rehearsal 7:00 pm.
Thursday, December 24	Choir Rehearsal 4:00 pm Christmas Eve Service 5:30 pm

For complete listing of events, please visit <http://my.calendars.net/fpuu>. If you need to book church space for an event or meeting, please check availability and then contact admin@firstparishmedfield.org

Message from Membership

3rd Annual Pancake Breakfast was a Bountiful Affair

I have to pinch myself to realize that November is upon us. The autumnal colors linger on the trees, not wanting to relinquish their beauty. And the warmth in the air still draws us outside. Where have September and October gone? Soon we will be putting on extra layers to keep us warm against the chill. We will be drawing closer together—it is a time to reflect and be thankful.



Breakfast-goers were served by Louise Rachin, Alison Galley, Margaret Rolph, Marcia Trahan, Pat Clark and Barbara Bunger. Sara Drumm greeted the attendees.



Proceeds from the breakfast, approx. \$ 470, will be donated to sponsor a birthday celebration to honor the founding of the Renewal House at the U.U. Urban Ministry's Renewal House domestic shelter on Nov. 6.

Last Sunday, the 24th, the Membership and Social Action Committees held their 3rd Annual Pancake Breakfast. It was a bountiful affair!! We had the usual offerings, along with spectacular blueberry pancakes cooked by our chefs, Frank Cusanno, Jim Stetson and Fred Bunger. Approximately 45 members attended.

Membership committee, Barbara Bunger, chair, Nancy Kingsbury, Sara Drumm, Jim Stetson. Next Membership Committee Meeting, Nov. 10, 2010, 7:15, @ the Bungers, 3 Maple St., Medfield.

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

Esther Kingsbury and Eric Stewart Have Wed!



Esther Kingsbury and Eric Stewart were married at First Parish Church on August 14. Rev. Bob officiated, and Eva played the new organ, its debut performance!

Esther is the daughter of Nancy and Ned Kingsbury and attended First Parish's Religious Ed program from its earliest grades through the Coming of Age program. Eric is the son of Laurie and Mark Stewart of Lino Lakes, Minnesota.

Esther and Eric met as geology students at Idaho State University. They are currently living in Houston where Esther is employed and where Eric is pursuing a doctorate in geology.

We are very appreciative of those First Parishioners who helped to ready the church: David Stephenson, David Maxon and Eve Potts. We extend thanks to all at First Parish for your tireless work to achieve the vision of an accessible sanctuary, the installation of an elevator, which made it possible for Esther's aunt and uncle, former First Parish members Ellen and Gordon DeWolf, to attend.

Nancy and Ned Kingsbury"

November 2010 PRESS RELEASE

The Usual Suspects to perform at Medfield's North Street Coffeehouse,

The North Street Coffeehouse will host a night of live music on **November 6th**, 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. Janet McKetchnie will be the host for the open mic portion of the evening.

The featured artist for the evening will be **The Usual Suspects**. This four-member band creates a relaxing atmosphere as they bring back classic hits of the 60's and 70's. Band members include Bill Moore of Mansfield on lead vocals and hand percussion, Mike Clark of Norton on acoustic guitar and vocals, Bill Krylowicz on guitar and vocals, and Rudy Barajas of Walpole on fretless and acoustic bass guitars. The band is known for its vocal harmonies, great instrumental arrangements and interesting stories about the era and the music we all love. For more information on the band, visit their website

<https://sites.google.com/site/northstreetcoffeehouse/performer-spotlights/the-usual-suspects>.

If **you** would like to perform at the open mic session, please contact Janet at 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>.



This night of music will also be our '**Warm Clothes, Warm Hearts**' night. Just bring any gently used jackets, coats, gloves, mittens, and hats to our show and they will be distributed to those in need at area homeless shelters.



Renewal House Birthday Celebration to be held on November 6th

Beyond Shelter, Circle of Hope with the Renewal House at the U U Urban Ministry event. 4 to 8 PM

Renewal House is a domestic violence shelter for individuals in crisis and their children. Since 1980, Renewal House has provided temporary emergency shelter and advocacy services to more than 1,000 individuals and families escaping domestic violence.

This event is the 30-year birthday celebration of the founding of Renewal House. Our church is providing decorations, a cake, and birthday party favors for the children. Volunteers are needed to decorate before the event, which actually starts at 5 PM. We are not providing dinner. We will be collecting small donations to go toward the favors, decorations, and cake.

Veteran's Day, November 11th *Thank you to all our veterans for your service to our country!*

It's time to welcome a Guest at Your Table!

Once again, The First Parish Church of Medfield will be participating in the Guest at Your Table program with an intergenerational worship celebration on **November 21st**.

When we bring home our Guest at Your Table boxes and place them prominently where we regularly gather, our families and friends have the chance to delve into several real struggles for justice and how UUSC advances human rights in the United States and around the world.

With each box comes a copy of *Stories of Hope*, which helps children, youth, and adults learn more about how UUSC works to change our world for the better. The stories introduce human-rights champions like Carolina Lara, a youth leader of a movement in Ecuador that successfully lobbied to have the human right to water included in the country's new constitution.

Consider making it part of a mealtime ritual to read through one of the stories and discuss its meaning and how we can help. When we share our blessings with our "guests," we ensure that the UUSC and people like Carolina can continue their important work.

Medfield Interfaith Thanksgiving Service

This year the Interfaith Thanksgiving Service will be held on Tuesday, **November 23rd** at 7:00 pm at the Episcopal Church of the Advent on Pleasant Street.

Choir members are invited to this family service: The interfaith choir will be led by Eric Bouwman-Wozencraft, Minister of Music. He invites all that would wish to sing.

Rehearsals will be held at the Church of the Advent on Sunday, November 14 and November 21, from 4 pm to 4:45 pm and possibly on Tuesday, November 23 at 6:00 pm.

Please contact Eric for more information or any questions, comments or suggestions by email tmbouwman@mindspring.com; or by phone at (508) 533-7052.

Medfield Food Cupboard



**Food Pantry
Donations Needed**

The Medfield Food Cupboard has requested the following from our church for the month of November: **Pasta sauce, macaroni and chesse, juice boxes, small boxes of raisins, cookies and crackers.** Please double check your food items to ensure that it is undented, uopened, and unexpired. Donations can be placed in the basket in the narthex and will be delivered to the Food Cupboard by James Sugarman and Sam Flaherty. Thank you.

Call to Choir from the Director of Music

Dear FPUU members,

I wanted to extend my annual Call to Choir to all of you! I have the schedule laid out through the end of the year so you can plan ahead. I am planning to have choir anthems performed on the Thanksgiving Service (November 21), the Solstice Service (December 19) and for Christmas Eve (December 24). The selections for the choir will include original compositions by myself. I have been inspired to write my choral series "Hymns for People," and I hope very much that you will participate.

(the schedule is at the bottom of this e-mail) The Christmas Eve anthem this year has music by Eva Kendrick set to a poem by our own John Kornet.

Last year we had the greatest consistent choir attendance since I began as Music Director in 2006, and I am hoping to keep the momentum going. I think part of the reason for the high attendance was this eloquent plea from our own Rev. Bob McKetchnie last year at the beginning of the church year. It is very inspirational, and I am including it for you to read or re-read.

Dear Friends,

Please consider joining our choir this Sunday at 9:00 a.m. Before you quickly say "no I do not have time" or "I cannot sing" please consider what I have to ask below:

What is the place of music in your life?

What music moves you? (do not censor your answer) This is not about dividing music between "religious" and "non-religious".

Why this particular music? What does it do for you?

Is music a solitary experience for you? A communal experience?

What are some of your earliest musical memories?

What are some of your earliest memories of singing as a form of prayer or as being a part of a spiritual community?

Sometimes people think of singing in a Sunday choir as a public performance of sorts. I ask you to consider that maybe it is no such thing. Maybe, it is something we do as a spiritual practice for ourselves and to invite others into a place of meditation. When we sing together as a choir we commit fully in each moment to being present. People in our church ask me all the time about spiritual practice. "Practice" is often misconstrued to mean "rehearsal". But, "practice" can also be a call to the cultivation of mindfulness. In the singing of music there is just this moment. This one moment when

we invite ourselves to embody as best we can an orientation of calmness, mindfulness, and equanimity right here, right now.

I invite you to please consider beginning to sing in the First Parish choir this Sunday for your own sake. We have a talented Music Director in Eva who is willing to guide us and lead us. Come and try out the experience of singing in a choir as a spiritual practice. We begin at 9:00 a.m. Sunday morning.

Thanks for reading, Bob

UPCOMING CHOIR REHEARSALS

Sunday, November 7 @ 9 a.m.

Sunday, November 14 @ 9 a.m.

Wednesday, November 17 @ 7 p.m.

Sunday, November 21 @ 9 a.m. WITH CHOIR SING (THANKSGIVING SERVICE)

Sunday, November 28 @ 9 a.m.

Sunday, December 5 @ 9 a.m.

Sunday, December 12 @ 9 a.m.

**** Optional Choir Rehearsal, Wednesday, December 15 @ 7 p.m.**

Sunday, December 19 @ 9 a.m. WITH CHOIR SING (SOLSTICE SERVICE)

**** Wednesday, December 22 @ 7 p.m.**

Friday, December 24 @ 4 p.m. WITH CHOIR SING (XMAS EVE SERVICE)

Thank you very much for your time. I hope you will consider joining our choir!

Best wishes,

Eva Kendrick, Music Director, FPUU

evakendrick@comcast.net

84 Jenkins St. #1

Providence, RI 02906

774-526-5093



Services

(All Services Begin at 10:00AM)

November 7th “Practical Wisdom”

Things are always changing and change is hard. Today’s sermon will look at the spiritual aspects of flexibility and adaptability that enable the development of a practical wisdom to guide our lives.

November 14th “The History of FPUU”

Today we welcome Medfield historian, Richard De Sorgher to our pulpit to speak about the history of our beloved church.

November 21st “Gratefulness is Heaven Itself”

This Sunday we celebrate Thanksgiving together in an Intergenerational Service. Come, bring your friends and let us fill the sanctuary with joy!

November 23rd Town of Medfield Interfaith Thanksgiving Service

On this Tuesday before Thanksgiving the Church of the Advent will be hosting the annual interfaith service. This is a family friendly service with a wonderful combined choir. It starts at 7:00 p.m. I hope to see you all there.

November 28th “Empathy: What’s In It for You?”

Empathy is a means at our disposal for bringing relief and contentment to another person, but what is in it for you? Today’s sermon will attempt to answer that question as it explores the many facets of empathy.

December 5th “Living What You Are Born To Do”

There are many external forces at work that influence what decisions we make, what choices we consider for our life’s work. This sermon encourages reflection on what you are “hearing” from the inside; what passion remains untapped or untested and asks: “What might I finally have the courage to explore in my life?”



Thanksgiving Facts & Trivia

1. Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.
2. Thanksgiving Day is celebrated on the second Monday in October in Canada.
3. The Plymouth Pilgrims were the first to celebrate the Thanksgiving.
4. The pilgrims arrived in North America in December 1620.
5. The Pilgrims sailed across the Atlantic Ocean to reach North America.
6. The pilgrims sailed on the ship, which was known by the name of 'Mayflower'.
7. They celebrated the first Thanksgiving Day in the fall of 1621.
8. They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.
9. The drink that the Puritans brought with them in the Mayflower was the beer.
10. The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.
11. The Pilgrim leader, Governor William Bradford, had organized the first Thanksgiving feast in the year 1621 and invited the neighboring Wampanoag Indians also to the feast.
12. The first Thanksgiving feast was held in the presence of around ninety Wampanoag Indians and the Wampanoag chief, Massasoit, was also invited there.
13. The first Thanksgiving celebration lasted three days.
14. President George Washington issued the first national Thanksgiving Day Proclamation in the year 1789 and again in 1795.
15. The state of New York officially made Thanksgiving Day an annual custom in 1817.
16. Sarah Josepha Hale, an editor with a magazine, started a Thanksgiving campaign in 1827 and it was result of her efforts that in 1863 Thanksgiving was observed as a day for national thanksgiving and prayer.
17. Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving. Whereas earlier the presidents used to make an annual proclamation to specify the day when Thanksgiving was to be held.
18. President Franklin D. Roosevelt restored Thursday before last of November as Thanksgiving Day in the year 1939. He did so to make the Christmas shopping season longer and thus stimulate the economy of the state.
19. Congress passed an official proclamation in 1941 and declared that now onwards Thanksgiving will be observed as a legal holiday on the fourth Thursday of November every year.
20. Benjamin Franklin wanted the turkey to be the national bird of the United States. But it was Thomas Jefferson who opposed him. It is believed that Franklin then named the male turkey as 'tom' to spite Jefferson.
21. The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
22. Californians are the largest consumers of turkey in the United States.
23. When the Pilgrims arrived in North America, the clothing of the Native Americans was made of animal skins (mainly deer skin).
24. On December 11, 1620 the first Pilgrims (or Puritans, as they were initially known) landed at Plymouth Rock.
25. By the fall of 1621 only half of the pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to be alive, decided to give a thanksgiving feast.

