



*First Parish Unitarian  
Universalist of  
Medfield*

**26 North Street, Medfield,  
MA 02052  
(508)359-4594**

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

## November Newsletter 2011

### Ministerial MUUsings...

Three hundred and ninety-one years ago men, women and children disembarked after a long journey to a new home. It is appropriate that we call these men, women and children Pilgrims because they were searchers who, with a great amount of courage set forth into unknown territory. A pilgrimage does take courage because, as our Pilgrim forbearers show us, not only were they seeking a new way of life, they were also discovering new things about themselves.

We are all, in a sense, pilgrims. We are all travelers. And in this meaning, we are, in the root definition of the word, pilgrim, "foreigners". It is the fate of humanity to live in a never-ending age of anxiety;

for humans have always been on a search for meaning, meaning about who we are, why we're here and for what purpose. And so these searches, these pilgrimages, can take many forms. They can be interior or exterior. Either way, they are both journeys of the soul. They can find us going to a place unknown and returning to familiar surroundings transformed. Or, they can, like those on the Mayflower, remain in a place and be changed forever.

A professor of mine at divinity school, Richard Niebuhr, made the distinction between the pilgrim and the tourist. The tourist, he says, is one who merely wishes to find something new to see, hear

or touch without so much as a glimmering that they themselves may be altered in some way. The pilgrim is someone who passes over a threshold not only aware of a change taking place but, most importantly, an awareness of the need for that change to take place.



Leaves are falling. Pumpkins and corn stalks abound. Fall is here and the harvest is in. It is the Thanksgiving season. There is much for which to be grateful. We have our lives, our families, good food, and good friends. There are also some things for which we might work and pray to change. In the wealth of stuff we each have, we do not always remember to show our gratitude. It is easy to take healthy food, clean water, clothing, heat and electricity and our homes for granted. We have so many other things that we enjoy. Since we have so much more than so many people in the world, it is easy to forget about those who are homeless and hungry in the world and in town. There are people who are suffering from illnesses and addictions, persons in jail, and persons who are alone without family or friends in strange places.

I hope that there will always be a holiday of Thanksgiving to remind us of the riches we enjoy and to remind us of how much we have. I hope that it will be a time that inspires us to share with others and encourages us to learn about the challenges faced by people far away and close by. Thanksgiving is a call to faithfulness and thanksgiving is the result of that faithfulness. You might say that we are called to "thanksgiving." Living in thanks is walking in the light of the good fortune that has been bestowed upon us.

The medieval theologian and mystic, Meister Eckhart said, "If the only prayer you say in your whole life is 'Thank You,' ...that would suffice."

I wish for you and your family a wonderful Thanksgiving season.

Peace,

Rich

*Rev. Richard M. Stower's Office hours are Tuesdays and Thursday from 1:00 pm to 6:00 pm and by appointment.*

## **A word from the RE Committee**

As many of you have heard, Shelley had to resign from her position of DRE due to the intense workload at Andover Newton this year. While we knew she'd only be with us until the end of this church year, we're now faced with searching for a new DRE a bit earlier than expected.

Until we can find a new DRE -- and we're working on that as you read this-- we will continue with the great program Shelley began for us, and that our children and youth are enjoying very much. We greatly appreciate those in the congregation who have offered to help out with teaching and guiding....You are awesome!

Kirsten, Joyce, John and Cissy

## Executive Board Notes for October

Andreassi or Bob Luttmann if they would like to help out.

- RE Director Resignation: It was with great regret that the Board accepted Shelley Dennis' resignation as RE Director for First Parish. Her energy and enthusiasm will be sorely missed. The RE Committee and Rev. Stower will be searching for an Interim RE Director to take over as soon as possible. The search for RE Director had already been planned to begin in the spring, so that process will be accelerated.
- Wireless Update: The Board is waiting Town ZBA ruling on T-Mobile application for wireless antenna in First Parish spire. MetroPCS is again interested in renting antenna space in the spire and contract proposals are under review. David Maxson is preparing information for Town Historical District Commission to rule on new spire and wireless equipment installation.
- Planning Retreat: A retreat for FPUU Executive Board, Committee Chairs and interested Church members is being planned for Saturday October 29 9:30 to 3 PM. The purpose of the retreat is to begin the transition process that the Church will be experiencing over the next two years. Rev. Stower will be facilitating the day. Contact Rev. Stower if you are interested.
- Farmers' Market: The Market ended its season October 13. The Town Planning Board approved First Parish to conduct a year-round market. Plans will be made to continue the Farmers' Market through the Winter & Spring, perhaps monthly rather than weekly. Any interested Church members are urged to contact Sandra



### 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.

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

Telephone: 508-359-4594

Sandra Andreassi, Administrator.

Email: [admin@firstparishmedfield.org](mailto:admin@firstparishmedfield.org)

### Supporting FPUU through Amazon.com and Equal Exchange

There are many ways to support First Parish - becoming a member is one, volunteering is another.

But you can also help by buying things through Amazon.com or by getting your coffees, teas, and chocolates through Equal Exchange.

Getting the things that you would ordinarily order anyway, but using the links available on our website will let you do your part in supporting the work of this congregation, helping our social action agenda, and preserving our historic Meeting House.

Go to our website [www.firstparishmedfield.org](http://www.firstparishmedfield.org). and click on the "Support First Parish-Amazon & Equal Exchange" link on the left. It's easy!



**Bob Katz** to perform at Medfield's North Street Coffeehouse, Saturday,  
November 5<sup>th</sup>, 2011 – 7 pm – 10 pm

Join us November 5th for the final night of music at Medfield's  
North Street Coffeehouse – and bring a warm coat or sweater to  
donate to a shelter.

The North Street Coffeehouse will host its final night of live music on Saturday, November 5th, 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 performer for the evening is Bob Katz. Katz has been called “the folk punk Woody Allen.” From the harsh streets of his native Queens, Katz introduces a startling new voice. A nationally known artist, Bob's debut album, “*When Good Mangos Go Bad*”, produced by folk legend Pete Kennedy of The Kennedys, has been climbing the charts.

November 5 will also be our annual "Share the Warmth" night. Once again, area coffeehouses are partnering with WUMB radio and the Golden Key Society to collect donations for local homeless shelters. Please bring articles of warm clothing - coats, gloves, hats, scarves, sweaters, new or gently worn - to the show. Adult or children's sizes are welcome.



## Other Announcements

---

Daylight Savings Time ends at 2:00 am on Sunday, November 6th. Don't forget to set your clocks back.



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

### November 13th- Drum and Spirituality Workshop

Matt Meyer, UU Music Minister and guest in our pulpit on Sunday Nov 13th, has offered to run a "Drum & Spirituality Workshop" following the Nov 13th Worship Service. Here are the details:

**Time:** 11:30 am-1pm

**Location:** Vestry

**Cost:** \$10 per participant

**Special requirements:** Participants must be at least 13 yrs old; minimum of 15 participants needed to run the workshop.

Please respond to [evakendrick@comcast.net](mailto:evakendrick@comcast.net) to enroll.



### Medfield Interfaith Thanksgiving Service

Please join us for this year's

Interfaith Thanksgiving Service to be held on Tuesday, November 22nd, 7:00 pm at the First Baptist Church of Medfield. Representatives from all the churches in Medfield, as well as Temple Beth David in Westwood, will take part in the service.

### "Let's Laugh Today" is on Monday, November 28th

Relieve some of your holiday stress and burn off those Thanksgiving calories by attending the Let's Laugh Today monthly laughter club that meets at the First Universalist Society Meetinghouse in Franklin, 262 Chestnut Street, Franklin. We will be laughing together on Monday, November 28th from 7:15pm to 8:30pm. Come and enjoy this unique exercise of simulated laughter combined with gentle breathing that brings more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy and a feeling of real well-being. Any age and any level of physical ability can participate in this uplifting experience! \$5 suggested donation to the church, \$10 maximum per family. Please bring your water bottle because laughing is dehydrating. Led by Certified Laughter Yoga Teachers, Linda and Bill Hamaker. [www.letslaughtoday.com](http://www.letslaughtoday.com) if you have any questions, just call them at 508-660-2223 or e-mail [letslaughtoday@verizon.net](mailto:letslaughtoday@verizon.net).

Welcome!

We welcome Chris Galley to the First Parish family. Chris signed the membership book following the service this past Sunday.

## Social Action Committee - 2011 Food Pantry Christmas Wishes

Once again, First Parish UU is collaborating with the Medfield Food Pantry to provide gifts for their clients. Initiated by the Social Action Committee, the food pantry will give us "wishes" from their clients, which include people that live in surrounding towns. Deb Carbarnes will be distributing a list of those presents at the end of November, and those that would like to participate, can choose a wish to purchase.

The food pantry clients include many children that do not receive presents from other local organizations. It should also be noted that we are currently the only church that donates these clients.

Look for further information on the "wish list" shortly after Thanksgiving.

**The Medfield Food Cupboard** has requested the following from our church



for the month of November: Cereal, juice, canned pasta-spaghetti's, beefaroni, etc., jelly, cookies, crackers, pasta sauce, canned chicken, cereal, 4 packs of toilet paper, and kleenex.

Thanks for your efforts. The Food Cupboard tries to be specific so that people know what they really need, but as always, any donations are greatly appreciated and can be placed in the basket in the narthex.

*Special thanks to Sam Flaherty who will be delivering all the donations from the FPUU to the Food Cupboard.*

## Metrowest Pet Pantry



FPUU now has a donation box set up for the Metrowest Pet Pantry. The pet pantry, located in Millis, provides a variety of pet food and supplies for families in need, some of whom would have to surrender their pets to shelters without the pet pantry's assistance. Donations of opened or unopened food are accepted, as well as all manner of supplies. If you are interested in volunteering or learning more about the pet pantry feel free to talk to Brianna Cusanno, who is working with the pet pantry to earn her Girl Scout Gold Award.

## 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.



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

**November 6**

**"Present Fears and Horrible Imaginings"**

**Rev. Richard M. Stower**

In the beginning of *Macbeth*, three witches tell him of events to come that will make him become king. But he is troubled by these predictions. "If these predictions are evil, he asks himself, "why has it given me a foretasted of success? If it's good, why am I thinkin ghastly thoughts that make my hair stand on end and my heart jump unnaturally? Present fears," he says, "are less than horrible imaginings." In this sermon we will look at fear at what it does to us spiritually.

**November 13**

**"Music Liturgy"**

**Matt Meyer**

A life-long Unitarian Universalist, Matt Meyer is a percussion artist and frequent worship leader. He is a graduate of Berklee College of Music and has studied in Cuba, Ghana, and Central America. A love of music and a deep respect for its ability to stir and transform audiences is at the heart of Matt's continuing devotion to understand more of the world's cultures through the vocabulary of rhythm. Matt's worships provide a dynamic and varied experience of rhythm's enduring power to teach us about ourselves and each other. When the congregation is wrapped up in the sounds of the drum, fully absorbed in the readings or moved to their feet by inspired group rhythm-making, there is a magic that happens: community is cultivated.

**November 20**

**"Thanksgiving: For All That We Have"**

**Rev. Richard M. Stower**

The harvest is in, our bounty is great. Let us give thanks for what we have.

**November 27**

**"Are We Masters of Our Fate?"**

**Rev. Richard M. Stower**

Are we masters of our fate; "captains of our soul?" In this sermon we look at what is within our control and what is left to chance.



## **FPUU Calendar of Events**

Saturday, November 5	North Street Coffee House/7:00-10:00pm/Vestry
Sunday, November 6	Choir Rehearsal/9:00 am/Sanctuary
Tuesday, November 8	Worship & Music Committee Meeting/7:30 pm/Vestry
Wednesday, November 9	Membership Committee Meeting/7:15 pm/Bunger's
Sunday, November 13	Choir Rehearsal/9:00 am/Sanctuary
Thursday, November 17	Executive Board Meeting/7:30 pm/U-House
Sunday, November 20	Choir Rehearsal/9:00 am/Sanctuary
Tuesday, November 22	Pastoral Care Committee Meeting/6:30 pm/U-House Medfield Interfaith Thanksgiving Service 7:00 pm/Baptist Ch.
Thursday, November 24	Thanksgiving – Office Closed.
Tuesday, November 29	Ticklejuice Tuesdays/7:00 pm/Sanctuary
Saturday, December 3	Medfield Garden Club Greens Sale/Vestry
Sunday, December 4	Choir Rehearsal/9:00 am/Sanctuary
Sunday, December 11	Choir Rehearsal/9:00 am/Sanctuary
Tuesday, December 13	Worship & Music Committee Meeting/7:30 pm/Vestry
Thursday, December 15	Executive Board Meeting/7:30 pm/U-House
Sunday, December 18	Choir Rehearsal/9:00 am/Sanctuary
Sunday, December 21	Choir Practice/7:00 pm/Sanctuary
Saturday, December 24	Choir Practice/4:00 pm/Sanctuary Christmas Eve Service 5:30 pm/Sanctuary
Sunday, December 25	Christmas Day/No Services Held
Tuesday, December 27	Pastoral Care Committee Meeting/6:30 pm/U-House