



First Parish Unitarian Universalist of Medfield

26 North Street, Medfield,
MA

(508) 359-4594

www.firstparishmedfield.org



June 2024 Newsletter

Ministerial Musings

I don't know when it was. Was it when I watched our children happily playing tag together, from the porch at Ferry Beach? Was it at the Espresso Yourself Dance Party, when I tried to keep up with the circle dance as the Larger Circle Band played faster and faster? Was it during our Flower Communion Sunday, when the altar was overflowing with dozens of flowers brought from near and far? I'm not sure exactly when it was that this overflowing sense of gratitude swept over me, but the sensation is something I will never forget. Perhaps this gratitude for all of the time we have shared is more pronounced because I remember what it felt like during those Covid years when distance and loneliness were the norm. Having survived the hard times, we are able to more deeply appreciate the times of joy and connection.

When I reflect on all we have done together as a congregation over this past church year, I am filled with appreciation for all of you and for all we have accomplished together this year. I am thankful for the steadfast commitment displayed by our Executive Board: Bill Wians, Jen Bartle, Kay Bennett, Michael Taylor, Jeanette Ruyle, Martha Castle, and Marshall Sugarman. I am grateful for the amazing leadership displayed by all of our committee chairs: Mary Corthell & Don Rolph (Annual Fund Drive), Becca Kornet (Social Justice

Incubator/Anti-Racism Team), Nate Razza (Building & Grounds), Jeanette Ruyle (Green Sanctuary Committee), Don Rolph (Kitchen Committee), Jess Razza (Membership Outreach Committee), Kirsten D'Abate & Tiane Jennings (Religious Education Committee), and Dewey Dewhirst (Worship & Music Committee). I am so appreciative for so many members who stepped up to serve on committees, host social hour, sing in the choir, play in the band, organize social events, and in countless other ways. This year I have watched in awe as so many have shared themselves and their talents with the congregation. For all of that and more, I am deeply grateful.

So as we head into summer, when things quiet down a bit here at First Parish, we can do so knowing that the congregation is in a healthy place thanks to all of our commitment and dedication demonstrated over this past year. However, please know that there will still be church services most Sundays, thanks to our newly formed SWAT Team (Summer Worship Arts Team). You will be hearing more from them soon about the details, but most Sundays you will be welcome to join us in our (newly air conditioned!) vestry for our summer services. I will be available throughout the summer for pastoral visits or anything else that comes up. However, I will be away visiting family in Minnesota the week of June 29th-July 7th. I will also be away the week of August 3rd-10th for our annual Ferry Beach vacation. But please, feel free to reach out anytime. I would love to get a cup of coffee and talk about life, the universe, and everything else!

With my deepest gratitude,
Rev. Dave

Upcoming Services

June 2

Amplifying the Charge - Transformation

Rev. Dave Egan

In anticipation of the upcoming final vote at General Assembly on the updated Article 2 bylaw (the Proposed UU Values and Covenant), today we will explore the value of "transformation". This service will bookend our 4-session small group ministry discussion series "Amplifying the Charge" that supported learning, reflection, and faithful conversations for individual and collective discernment.

June 9

Pride Sunday

Rev. Dave Egan

As we celebrate Pride Month, come join us for this service where we honor LGBTQIA+ folks. During this service, we will hear testimonials from folks showing pride in their gender identity, gender expression, and sexuality. For regardless of who love or how you identify, this is a congregation that welcomes all of who you are.

**First Parish Annual Meeting
Sunday, June 2, 2024 at 11:30 AM**



The First Parish Annual Meeting will take place on Sunday, June 2 at 11:30 am in the Sanctuary and on Zoom at the Sunday worship link:

<https://us02web.zoom.us/j/89028999447?pwd=NkkweWFodmtwQUUpOYndBWkViclJzdzog>

The Board looks forward to seeing you then!

Warrant

Annual Meeting First Parish Unitarian Universalist

Medfield, MA

Sunday, June 2, 2024 at 11:30 AM

The Executive Board hereby notifies all voting members of First Parish Unitarian Universalist Medfield of the Annual Parish Meeting, to be held **in person in the sanctuary and on the Zoom conference platform** beginning at 11:30 am on Sunday, June 2, 2024. A quorum of 25 percent of Full Members eligible to vote at the time of posting of this notice must be present to conduct the business of the Congregation. This translates to 20 members.

Please use the following Zoom link (the same as for Sunday worship) for remote participation:

<https://us02web.zoom.us/j/89028999447?pwd=NkkweWFodmtwQUUpOYndBWkViclJzdzog>

In accordance with the Church Bylaws of First Parish Medfield (approved on June 3, 2012) in Article 4.1, the Annual Meeting is described as follows:

Article 4.1.1 Time and Place: The Annual Meeting of the Parish shall be held at some date between the first of May and the last day of June in the Church or other such place, as determined by the Executive Board.

Article 4.1.2 Purpose: The annual Parish meeting shall be held for the following purposes:

Article 4.1.2.1 Accepting reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations.

Article 4.1.2.2 Electing officers to the Executive Board to fill vacancies resulting from expired terms or from resignations.

Article 4.1.2.3 Verifying acceptance of Parish organizations.

Article 4.1.2.4 Electing a Nominating Committee for the forthcoming year.

Article 4.1.2.5 Approving the Operating and Capital Budgets for the forthcoming fiscal year.

Agenda (NB: an asterisk (*)=distributed separately)

1. Accepting the minutes from the Semi-Annual meeting, December 17, 2023.*
2. Accepting reports from the Minister, all officers, standing committee chairs, and representatives of various Church organizations. *
3. Executive Board Report on the 2023-24 church year. *
4. Nominating Committee Report. *
5. Election of officers to the Executive Board:
 - Vice-Chair: (2-year term) Martha Castle
 - Clerk: (2-year term) Kay Bennett - with the understanding that she will only serve one year
 - At-Large: (2-year term) Ann Cunningham
6. Election of Nominating Committee:
 - Slate proposed by Executive Board: (1-year terms) Patty Castle and Margaret Rolph
7. Consider a recommendation to adopt the Congregational Covenant proposed by the Right Relations Team *
8. FY2025 Budget:
 - Presentation*
 - Request for a motion from the floor to approve the proposed FY2025 operating and capital budgets
9. Report from the Black Lives Matter (BLM) Task Force regarding signage at First Parish*
 - A request for a motion to approve the Task Force's recommendation to maintain a BLM sign.
10. The following topics will also be addressed at the Annual Meeting:
 - Addressing other business that may be put forward by those present

** Indicates report is being distributed separately. Please have available any reports you have received prior to the meeting.*

The meeting should last about one and a half hours. Thank you on behalf of the Executive Board.

**THANK YOU
PROJECT BREAD, WALK FOR HUNGER
TEAM FIRST PARISH & FRIENDS!!!!!!**



Avery, Leah, Mavis, Lyla, Dave, Maya, Karen & David

On Sunday, May 5TH, Team First Parish Medfield hiked seven miles to help provide support to our neighbors facing food insecurity and hunger.

**And to date, thanks to the generosity of people like you,
We have raised \$1,605.00!!**

The Link to our Team Page is: <https://give.projectbread.org/team/574933>

**Team First Parish Medfield joins me in sending
our heartfelt gratitude for your ongoing support.**

**Louise
Louise Rachin
Team Captain**

Awesome coincidence!



Awesome coincidence – running into the first parish walk for hunger team while driving around Medfield to show my brother and family (visiting from Aus) how beautiful it is!! great to post on our Facebook page and in our newsletter. As Louise mentioned, I pulled a Rosie Ruiz - looking pretty good for walking that far (or not, which is the case 🤞🤞!).

P.S. My brother on the left, girls didn't like to have their pic taken so hung with their mom back at the car!!

Sarah Drumm

Notes from the Church Office



Please note that during the summer I will be in the office on Thursday afternoons only. I can be reached via email and will be collecting the mail and messages weekly throughout the summer.

Email: admin@firstparishmedfield.org

Sandra Andreassi-Administrator

Pledge Payment Reminder

Our fiscal year ends on June 30. If you have any questions about your pledge balance, please email admin@firstparishmedfield.org. Thank you.



GREEN
SANCTUARY
CONGREGATION

Green Sanctuary Committee

Pictures are worth thousands of words...

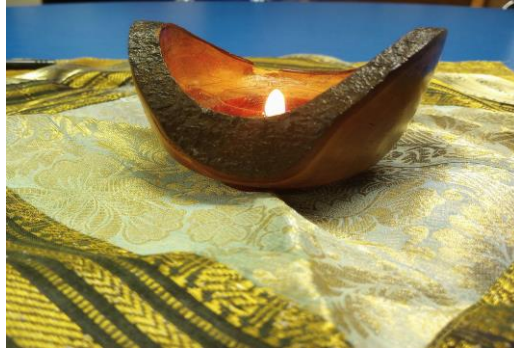
*Medfield Climate Week 2024 and
Before and Now sanctuary windows*



Amplifying the Charge

Small Group Ministry Discussion Series

June 3



Unitarian Universalism is in a new phase of growth and transition.

In anticipation of the upcoming final vote at General Assembly on the updated Article 2 bylaw (the Proposed UU Values and Covenant), please join us for this 4-session small group ministry discussion series "Amplifying the Charge", created by ministerial aspirant QuianaDenae Perkins, and led by Rev. Dave Egan. During these three sessions we will support learning, reflection, and faithful conversations for individual and collective discernment.

Goals

- Support congregations with a process of self-paced learning
- Support small group adult faith formation
- Encourage relationship-building and covenant-keeping
- Provide historical information on our faith
- Provide theological grounding in Unitarianism, Universalism, and

Unitarian Universalism

- Increase understanding of the denominational governance structure
- Provide congregants with a safe space to process their faith journey, personal history, and theological understanding.

Please join us for one or preferably all of the discussion sessions on:

May 6th, May 13th, May 20th, and June 3rd

7:30-9:00 pm on Zoom

<https://uso2web.zoom.us/j/87558701496?pwd=Q3o4aTl2eko1eWVRREVkL2gRMoRUdzog>

Monthly Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

Breath is Life

Photo credit to Bob Osias



I remember when I was in high school shallowly breathing so my belly did not stick out. It was so important to have a flat belly because then I would be accepted amongst my peers.

I was raised in a dysfunctional household like so many of us were back in the 50's, with a tyrannical alcoholic father who by day was a noted banker in downtown Springfield. At night he was anything but, as his five children learned to contort themselves to deal with the stress and anxiety born within the four walls of our home in Western Massachusetts.

I developed so many coping mechanisms that served me then, but certainly do not serve me now. One of those mechanisms was how I breathe. I have been a chest breather all my life. Enough to get the air in and out but not enough to trigger [my parasympathetic nervous system](#) (PSNS).

I am 71 years old and I am activating my PSNS. As I learn more about the PSNS, I am astounded what its role is in the human body. The National Institute of Health states: *"The parasympathetic nervous system predominates in quiet "rest and digest" conditions while the sympathetic nervous system drives the "fight or flight" response in stressful situations."*

I have been working with a [Functional Movement Specialist](#), who is focusing on activating my vagus nerve, and my PSNS. Activating the PSNS is simply practicing diaphragmatic breathing, belly breathing.

In the early morning hours when I am awake and wish I was not, I practice breathing so my abdomen lifts higher than my chest, essentially filling my belly with breath. At first, it was so foreign I felt I was overdoing it, but as the days have passed, my breathing is becoming more natural when I focus my attention on it.

I have been living in a "fight or flight" response all my life, understandable with my upbringing, having a chronically-ill daughter who lived for 32 years, a divorce, and a myriad of digestive problems that have contorted my ability to have a normal meal.

My first thought is I am hopeful. Yet my trainer reminds me, "be sure, not hopeful" Believe in this change.

I mentioned the vagus nerve a moment ago. According to the [Cleveland Clinic](#), the vagus nerve is the *"longest cranial nerve, running from your brain to your large intestine. Your left vagus nerve travels down the left side of your body. The right vagus nerve travels down the right side of your body."*

Not surprisingly, the vagus nerve is heavily involved in the PSNS. It helps us relax and has a major role in digestion. Through my work with my Functional Movement Specialist guy, he taught me a quick trick to activate my vagus nerve which helps me fall to sleep at night. It involves eye movement. Picture the left corner of your left eye and move your eyes to that corner. Take a breath and wait five or so seconds until you feel a yawn or a sigh. Do the same on the right. Voila! The vagus nerve is activated. As I have practiced this technique, I feel calmer and it happens naturally and before I know it, I am asleep. I am also using this technique when I feel anxiety.

Check out the PSNS and vagus nerve info on line using reliable sites such as NIH and Cleveland Clinic. I hope this information helps you as it continues to help me.

Restore & Release Fundraiser: Feel Good, Do Good, Bring Friends! – June 8th

Join us in our efforts to maintain the historic charm of the 1789 Meetinghouse (First Parish) while also treating yourself to a rejuvenating experience! Mark your calendars for our upcoming fundraiser and Essentrics™ Restore & Release classes in the vestry. Feel good knowing you're contributing to a warm and cozy sanctuary, all while feeling great in your body.

Don't forget to bring your friends along for the fun! Save the dates: Tuesday evening, May 21st at 6 PM and Saturday morning, June 8th at 8:00 AM. Let's restore the past and energize the present together!



Essentrics is a low impact workout that will help you release tension, rebalance your body, and ease you into movement. The method uses eccentric and concentric contractions, stretching, and techniques for relaxation and conditioning connective tissue to create and maintain a strong, lean, flexible, and resilient body. The movements are drawn from Tai Chi, Yoga, Ballet, Pilates, and Physio-therapy. For more information on Essentrics go to my website: BodyBalanceBlanche.Me

This class is 45 minutes, done barefoot, and is suitable for all levels of fitness & mobility. Bring a yoga mat and water. Suggested donation is \$25.00 for the church window fund.

Lost & Found



Please check the "Lost and Found" as well as the coat rack, in the vestry for any forgotten items.

Any items not claimed by June 9th will be donated. Thank you.

Proposed UU Values and Covenant

As you may know, there has been a multi-year process beginning in 2017 to update the UUA's Article 2 bylaw, the proposed UU Values and Covenant. At this year's General Assembly in mid June there will be the final denominational vote on whether or not to adopt these changes. For this new Article 2 to replace our current Article 2 (which contains our 6 Sources and 7 Principles) 2/3rds of all delegates to General Assembly will need to vote in favor.

Here at FPUU Medfield, we were planning to vote at our annual meeting on June 2nd on how we would like our two voting delegates (Jeanette Ruyle & Thea Iberall) to vote on Article 2 at General Assembly. However, this will no longer be possible, since we will not know what the final Article 2 will be on June 2nd.

During General Assembly (June 20-23) there will actually be four very significant amendments to Article 2, before a final vote is held. So obviously, we can not hold a vote on Article 2 on June 2nd at our FPUU Annual Meeting, because we will simply not know what the final draft will even be at that point.

Instead, please read the Article 2 proposal below and the four amendments, and email any feedback you have directly to Jeanette Ruyle (jruyle23@verizon.net) and Thea Iberall (theaiberall@yahoo.com). They will take into consideration your feedback and use their best judgement when they vote on each amendment to Article 2 at General Assembly.

On June 21st, once the amendment process is over and we have a final Article 2 proposal, that will be emailed out to FPUU Medfield. At that point, you are invited to respond to Jeannette and Thea with any additional feedback, before they cast their final votes on Article 2 on Saturday June 22nd.

So, I invite you to carefully read below the Proposed Article 2, UU Values and Covenant, with four amendments.

Rev. Dave

Section C-2.1. Purposes

The Unitarian Universalist Association will devote its resources to and use its organizational powers for religious, educational, and humanitarian purposes. Its primary purposes are:

- to assist congregations in their vital ministries,
- to support and train leaders both lay and professional,
- to foster lifelong faith formation and spiritual development,
- to heal historic injustices,
- to support and encourage the creation of new Unitarian Universalist communities, and
- to advance our Unitarian Universalist values in the world.

The Unitarian Universalist Association will actively engage its members in the transformation of the world through liberating Love.

Section C-2.2. Values and Covenant

As Unitarian Universalists, we covenant, congregation-to-congregation and through our Association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

Inseparable from one another, these shared values are:

Shared Unitarian Universalist Values



Image Description: This image is of a chalice with an overlay of the word Love over the flame, with six outstretched arms that create a circle around each of the core values and form a six-petal flower shape. Each arm is a different color, and clockwise they are: Interdependence (Orange), Equity (Red), Transformation (Purple), Pluralism (Blue), Generosity (Green), and Justice (Yellow).

Interdependence

We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it.

We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships.

Pluralism

We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.

Justice

We work to be diverse multicultural Beloved Communities where all thrive.

We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large.

Transformation

We adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

Generosity

We cultivate a spirit of gratitude and hope.

We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

Equity

We declare that every person has the right to flourish with inherent dignity and worthiness.

[AMENDMENT: change to: We declare that every person **is inherently worthy and has the right to flourish with dignity, love, and compassion.**]

We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities. [AMENDMENT: add: **Equity calls us to listen, understand, respect, and respond to one another.**]

[AMENDMENT: Add Peace Value:

Peace. We dedicate ourselves to peaceful conflict resolution at all levels.

We covenant to promote a peaceful world community with liberty and human rights for all. Whenever and wherever possible we will support nonviolent means to achieve peace.]

[AMENDMENT: Add Reason Value:

Reason. We search for truth and meaning, informed by reason, evidence, and the results of science, motivated by wonder, curiosity, and compassion.

We covenant to listen to and respect the views of others, and to remain open to new ideas].

Section C-2.3. Inspirations

Direct experiences of transcending mystery and wonder are primary sources of Unitarian Universalist inspiration. These experiences open our hearts, renew our spirits, and transform our lives. We draw upon, and are inspired by, sacred, secular, and scientific understandings that help us make meaning and live into our values. These sources ground us and sustain us in ordinary, difficult, and joyous times. We respect the histories, contexts, and cultures in which these sources were created and are currently practiced. Grateful for the experiences that move us, aware of the religious ancestries we inherit, and enlivened by the diversity which enriches our faith, we are called to ever deepen and expand our wisdom.

Section C-2.4. Inclusion

Systems of power, privilege, and oppression have traditionally created barriers for persons and groups with particular identities, ages, abilities, and histories. We pledge to replace such barriers with ever-widening circles of solidarity and mutual respect. We strive to be an association of congregations that truly welcome all persons **who share our values**. We commit to being an association of congregations that empowers and enhances everyone’s participation, **especially those with historically marginalized identities**.

Section C-2.5. Freedom of belief

Congregational freedom and the individual’s right of conscience are central to our Unitarian Universalist heritage.

Congregations may establish statements of purpose, covenants, and bonds of union so long as they do not require that members adhere to a particular creed.



From the Social Justice Incubator - 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. Dignity Matters is having a drive in May for donations of tampons, pads (including Depends type pads/underwear), new underwear, and new/gently used bras. Donations can be placed in the bin located on the porch of the U House.

If you prefer, you can shop their [Amazon Wish List](#) for shipment directly to the Dignity Matters warehouse.

There are thousands of women and girls that do not have access to these essentials and that number is growing. SNAP benefits do not cover them and most shelters and schools cannot afford to provide them. Your support helps to provide dignity to the many local women and girls who are struggling to access essential items.

If you have any questions, please contact becca_kornet@yahoo.com. Thank you in advance for your generosity!

Collection for Chaplains on the Way

Spring/Summer Most Needed Items Request



The following items would be gratefully received by the unhoused community of Waltham: **\$5.00 Dunkin Donuts and \$5.00 McDonald's gift certificates, cans of caffeinated coffee, men's & women's short sleeve cotton t-shirts, sweatpants, hooded sweatshirts in sizes medium, large and extra-large, cotton socks, blankets and sleeping bags.**

If you would like to donate items, they can be placed in the donation box in the Vestry. Your generous, ongoing support for Chaplains on the Way is greatly appreciated. Contact Louise Rachin at 617-429-7319 or lrachin@comcast.net with any questions.

Medfield Food Cupboard



Please contribute non-perishable items to the Medfield Food Cupboard basket located in the narthex. Thanks in advance for your generosity!

Most needed items: Boost/Ensure (chocolate or vanilla), Rice mixes (e.g., Rice-a-Roni), Spaghetti, Peanut butter, Jelly.

FPUU Calendar of Events for June

Sunday, June 2	Annual Meeting/11:30 am/Zoom
Monday, June 3	Amplifying the Charge Discussion Group/7:30 pm/Zoom
Thursday, June 6	Pastoral Care Committee Meeting/7:00 pm/Zoom
Saturday, June 8	Restore & Release Fundraiser/8:00 am/Vestry
Sunday, June 9	Last Sunday Service Pride Event/Potluck Lunch/11:15 am/Grounds
Monday, June 10	Executive Board Meeting & BBQ/7:00 pm/Offsite
Saturday, June 22	Choir Potluck/Offsite

Have a wonderful and safe summer!

Our In-gathering Sunday service will be held on September 8, 2024

