

First Parish Unitarian Universalist Of Medfield

26 North Street, Medfield, MA

(508) 359-4594

www.firstparishmedfield.org



November 2024 Newsletter

Ministerial Musings

Dave Egan, Minister



The scratch card promised a possibility of \$25 off my next purchase so the next time I went to the store I pulled the card out of my wallet, handed it to the clerk, and waited expectantly as she scratched off the silver concealing the amount of my prize. Fifty Cents. That was all. Disappointment reigned.

In *Pilgrim at Tinker Creek*. Annie Dillard says that when she was a child she used to play a game in which she would hide her very own “precious pennies” in nooks or crannies in trees or sidewalks. “Then I would take a piece of chalk, and, starting at either end of the block, draw huge arrows leading up to the penny from both directions. After I learned to write I labeled the arrows: SURPRISE AHEAD or MONEY THIS WAY. I was greatly excited, during all this arrow-drawing, at the thought of the first lucky passer-by who would receive in this way, regardless of merit, a free gift from the universe....”

Annie Dillard says that “the world is fairly studded and strewn with pennies cast broadside from a generous hand. But—and this is the point—who gets excited by a mere penny?” Who even gets excited anymore by a mere 50 cents?

We are approaching the season in which we pause to give thanks for the bounty that fills our lives, all those blessings that come unbidden and unearned. However, in the midst of this season, we may be overwhelmed with disappointments. Life may not be unfolding in the way we had anticipated or desired. We may worry about those forces over which we have no control. And yet....

Ralph Waldo Emerson said, “I compared notes with one of my friends who expects everything of the universe and is disappointed when anything is less than the best, and I find that I begin at the other extreme, expecting nothing, and am always full of thanks for moderate goods.”

As Thanksgiving approaches, I’m casting my lot with Emerson who gave thanks for moderate goods. And with those who actually notice all those pennies “cast broadside by a generous hand” and pause to pick them up. For while we may not have much need for these spare pennies we find laying about, there are millions of people across the globe whose lives might be dramatically impacted by this money.

Therefore, on November 24th, at our annual Friendsgiving worship service and potluck lunch, we will be distributing Guest at Your Table boxes, that help support the international aide work faithfully done by our U.U. Service Committee. <https://www.uusc.org>

Everyone is invited to bring one of these boxes home and place it in the center of your dining room table. As you gather with loved ones during mealtime, consider placing some spare change or a few bucks into the box as a way of saying a little prayer for a better world. A month later, you will be asked to return your box to FPUU Medfield during our Christmas Eve service, and we will see our collective spare change transformed into blessings for those across the globe who could use a little help this holiday season.

With generosity of spirit,
Rev. Dave



Daylight Savings Time ends at 2:00 am on Sunday, November 3rd.
Don't forget to set your clocks back.



Upcoming Services

November 3

All Souls - Doing the Work

Rev. Dave Egan

This is the harvest time of year when Pagans and Christians celebrate the holy days of Samhain and All Souls/All Saints Day. With a big election coming up on Tuesday, what is the work your soul is calling you to do now? How does this work align with the legacy of our beloved ancestors? This will be a Sunday for remembering, so you are invited to bring a photo of your departed loved ones to place on the altar. Please come dressed in casual work clothes, and join us following the worship service for a pizza lunch, followed by our Building & Grounds work day, where folks will work to beautify and repair our FPUU campus.

Wednesday, November 6

Post Election Dinner & Vigil

Rev. Dave Egan

Come join us for an evening of fellowship and connection the day after the election. We will gather in the vestry for a simple vegetarian soup & salad dinner, and then go upstairs to the sanctuary for a calm, candlelit vigil, featuring spoken word, music performed by Eva Kendrick, and plenty of time to share our joys, sorrows, hopes, and worries, in a safe and nurturing space.

November 10

Healing An Ailing Nation

Dewey Dewhirst

This election cycle has taken a toll on us all, extreme weather events are ravishing the country, and the cost of living is increasingly untenable. Join us for a lay led service where we diagnose what ails our country and begin the work of healing.

November 17

Icarus in the Mirror

Rev. Dave Egan & David Russell

As we enter the season when the days grow shorter and the nights longer, we will explore what it means to have more darkness in our world than light. This seasonal shift, along with all of the expectations surrounding the upcoming holidays, can leave us feeling depressed, anxious, and out-of-balance. Rev. Dave Egan and David Russell will share some of their own personal struggles with mental illness.

November 24

Friendsgiving: Our Chosen Family

Rev. Dave Egan

Please join us for this intergenerational worship service, where we will explore how sometimes our biological families are not there for us in the ways that we want, so we seek out friends to create "chosen families". The FPUU Choir will be performing this morning. We will also distribute Guest at Your Table boxes this morning, as a way to support the good work of the U.U. Service Committee. Following the service, our FPUU chosen family will gather in the vestry for a Friendsgiving Potluck. If you would like to bring a dish to share, sign up here: <https://www.signupgenius.com/go/10CoA48A5A92DA5FC1-friendsgiving>

November 26

Interfaith Community Thanksgiving

local clergy

Come join us for the annual Interfaith Community Thanksgiving Service, at 7pm on Tues. Nov. 26th. This year we are hosting this wonderful service where, local ministers, and a combined choir, led by our own Eva Kendrick, and made up of singers from multiple congregations, will join together for an evening of gratitude for all of the blessings in our lives.

Security at FPUU

Based on feedback from the congregation, and after thorough discussion at the October 17th meeting, the board is happy to announce that beginning with the October 20th service the meeting house doors atop the front steps will be open to welcome worshipers to Sunday services. Entry will continue to be possible through the vestry doors.

Second, the Executive Board recently constituted a Safety Task Force, made up of: Kay Bennett, Don Rolph, Thea Iberall, Rev. Dave Egan, Martha Castle & Wes Sutton. They will work to develop a full plan for congregational safety, addressing medical, fire, and police emergencies. While many details remain to be settled, the plan will include training for greeters, practice emergency drills, and technology to monitor entrances and to call 911 if necessary. As part of their planning, three members of the Task Force will attend a conference devoted to security for houses of worship on November 12.



There is also an important change regarding Religious Exploration lessons in the U House. Kate Ciavarrá (our wonderful new CRE) will be instructed to lock the front door of the U House when she, the second adult aide, and the children are there. The new doorbell on the U house works well and can be heard upstairs where RE classes are held, so any parent can use it if they need to get their child early on Sunday morning. As usual, around 11:10am, Kate and the adult aide will walk the children back to the vestry for social hour, at which point parents and guardians are solely responsible for their own child. None of this should feel strange for any parent or guardian, since every school also has locked doors and security procedures in place each school day.

To be clear, there have been no threats or incidents at FPUU Medfield. We are simply aware that we live in a world where tragedies sadly do occur and we want to make sure we are doing what we can to increase our safety.

On behalf of the Executive Board & the Safety Task Force,

-Rev. Dave Egan

Members are asked to note the dates of upcoming Parish meetings. A quorum is required to conduct business.

Semi-Annual meeting: Sunday, December 22, 2024. 11:30am-1pm. In-person and on Zoom.

Annual meeting: Sunday, June 8, 2025. 11:30am-1pm. In-person and on Zoom.

Thank
you for
your
support

Pledge Statements

Pledge statements will be sent out mid-November. Please contact Sandra at admin@firstparishmedfield.org if you have any corrections or questions.

From the Religious Exploration Committee



The annual Winter Solstice service is a long beloved tradition here at FPUU. Each year the congregation looks forward to seeing what the youth are going to do.

Back in the 90s and early 2000s, there were fewer elements of surprise. The service consisted of a handful of tableaux, there was the same narration to go with each one, and costumes would be re-used year after year.

Over the years, just as RE went from being known as Religious Education to being re-classified as Religious Exploration, the Winter Solstice service evolved to being much more creative. They have put on plays about fairies, magical slumber parties, and King Wenceslas. They have sung songs about penguins drinking tea, All I want for Christmas is You, and I Want a Hippopotamus for Christmas.

The children of our congregation have consistently amazed and amused us, and I'm sure that this year will be no different. We will begin brainstorming and planning this year's solstice service at RE on Sunday, November 10th. We need as many ideas and participants as possible, so please mark your calendars now!

Winter Solstice Sunday will be held on December 23rd.

RE & Little Lights Volunteers Needed

By volunteering for just a few Sundays per year, your support makes a huge difference to the programs. RE Volunteer 'sign-up genius' is posted on the members page of the FPUU website.

You can also use this link below:

<https://www.signupgenius.com/go/4090B4BAAA82BA3F58-50809901-revolunteers#/>

The Building & Grounds Committee invites you to join us for our...

FPUU Community Work Day



Sunday, November 3rd
11:30 - 3:30 PM

Please join us after the service on Sunday for a festive fall work gathering!
We will be working on the following projects:

- Repairing drywall in the UHouse in Rev. Dave's office
- Raking and gathering leaves
- Trimming bushes along the side of the Meetinghouse
- and other fun projects....

Please bring gloves, rakes, hedge trimmers and other tools if you can.
We will have pizza and salad for all helpers!

If you can make it, please RSVP Nate Razza at: nrazza@gmail.com



Candles of Hope



Post-Election Dinner & Vigil

Come join us for an evening of fellowship and connection the day after the election. We will gather in the vestry for a simple vegetarian soup & salad dinner, and then go upstairs to the sanctuary for a calm, candlelit vigil, featuring spoken word, music performed by Eva Kendrick, and plenty of time to share our joys, sorrows, hopes, and worries, in a safe and nurturing space.

Wednesday, Nov. 6th

Dinner: 6-7pm

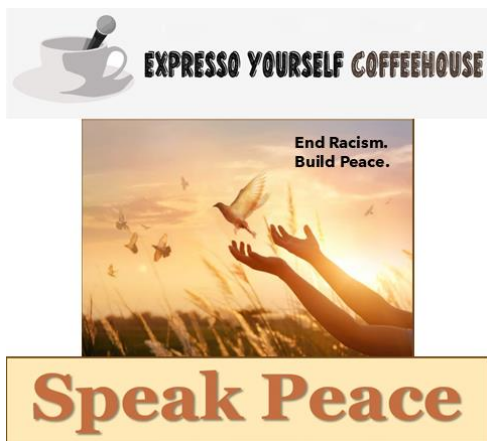
Vigil: 7-8pm

First Parish Unitarian Universalist - 26 North Street, Medfield

For more information: 508-359-4594, minister@firstparishmedfield.org

International Day of Peace at Espresso Yourself Coffeehouse

By Thea Iberall



The International Day of Peace, or World Peace Day, is a United Nations-sanctioned holiday observed every year since 1982 on September 21. Espresso Yourself Coffeehouse celebrated the event in collaboration with Northeast Storytelling (NEST), a non-profit who sponsored similar events across New England. This was a wonderful opportunity for Espresso whose goal is to focus on social justice while building community through sharing ideas, feelings, and music. The essence of human experience. The vision of NEST is a world in which all people value the power of storytelling to connect, inspire, and instill respect.

The theme for the evening was “End Racism. Build Peace.” The goal was to explore this theme while raising money for Medfield Together which educates and empowers by identifying and dismantling systems of inequity in Medfield.

FPUU members joined with community from Medfield and beyond for an intense evening of drumming and stories about how racism separates people, and how important it is to dedicate ourselves to peace and to seeing people’s humanity.

The evening started with the Upbeat Drummers, a local group which integrates song with international rhythms. They started with “Funga Alafia” which is an African welcome song.

All storytellers were asked to think about questions they could share with the audience so listeners would be able to reflect on what they were hearing.



Two storytellers participated in the open telling as a warm up. Thea Iberall shared a story about a white person waking up to a realization about our society. The question Thea asked was how can white people remember that we live in a caste system. Bruce Marcus shared a story about Max, his normal cat who happens to be black. There was nothing nefarious about the black cat. Should we judge a cat by the color of his fur?



The first feature was Regie Gibson (TEDx speaker, National Poetry Slam Champion). He shared two poems, the first entitled "Black Father" who fears he will outlive his children. *You learn to sleep with one eye open when history has your back against the wall.* His second story was about the talk black fathers give their sons, entitled "From Old Heads to Young Bloods: Advice From Black Men to Those Who Will Be". His advice was to "strive to be excellent, because there is no space for mediocre black men." Regie's question is about the 'talk' white fathers give white sons: what does it encompass? Why is it different from the talk he gave his sons?

The second feature was Andrea Kamens (Story Space host, founding director of ASST's Youth Standing Strong Camp). She told a personal story from her high school years when she, along with dozens of other kids, were arrested for jaywalking on a road because of assumptions. What's needed is "the kind of peace where we are each other's protectors and not each other's demons; we can't do it if we won't look and can't see." Andrea's question for listeners is when was a moment where you were not listened to or that you felt unheard.



The third feature was Jackson Gillman (human chameleon, National Storytelling Festival feature). His first story was Androcles and the Lion, which is about acting with mercy when one has the upper hand. Another story was called "Stripes" which said it's more important to be yourself than to judge someone by their stripes. He then had the audience stand and make a pledge of allegiance to the Earth – to the "web of life of which we are each a strand". While Jackson didn't explicitly have a question, he gave us many things to think about in terms of committing to peace.

The Upbeat Drummers ended with a song by Bernice Johnson Reagon which said we will not bow down to racism, injustice, and intolerance.

In all, the evening was intense and meaningful. Thank you all who helped make it a memorable experience. Funds were raised both for Medfield Together and also for First Parish UU. This evening at Espresso Yourself Coffeehouse indeed focused on social justice while building community through sharing ideas, feelings, and music. It was the essence of human experience.

What is Unitarian Universalism?



Are you interested in learning more about Unitarian Universalism?

Do you have questions about the big mysteries of life?

Are you looking for more meaningful relationships in your life?

Do you yearn for deeper connection and community?

Then we hope you will join us to learn more about who we are,
where we come from, and how to become more involved.

We will be holding three sessions in the coming weeks.

We will break bread together and have an open and informal dialog
with our minister and members from our Membership Outreach Committee.

Each session will cover the same content, so pick whichever date works best for you.

Sun. Nov. 3

breakfast @ the U House

8:30-9:30AM

Sun. Nov.17

breakfast @ the U House

8:30-9:30AM

Mon. Nov. 18

dessert over Zoom

7:30-8:30PM

Please register with Rev. Dave: minister@firstparishmedfield.org

Some History Regarding FPUU and the Holbrook Bell

By David Temple

The Holbrook bell high up in the tower of the old meetinghouse, First Parish Unitarian Universalist Church, is several feet across and weighs upwards of a ton, and its dominant tone is F-sharp above Middle C. (Holbrook



(David Maxson gives the 1868 Holbrook bell a farewell pat.)

bells were acclaimed world-wide for their superior musical tone.)

For a century the bell was attached to the town clock and pealed each hour. But when the clock was electrified in 1968 to reduce maintenance and improve its accuracy, there wasn't enough money in the budget to adapt the old striking mechanism to the more modern drive.

Thus this splendid bell is now silent except for special occasions and for calling people to church on Sunday morning.

The bell was cast and installed in 1868 by Holbrook & Sons Foundry, at the corner of Main and Spring Streets, East Medway (now Millis). It is one of over 11,000 bells turned out by this company over its long history.

Harvard (seven), Yale, Bowdoin, Dartmouth, Brown, and Trinity all have Holbrook bells in their clock towers. A significant number were shipped around Cape Horn at the bottom of South America and sold in California and Hawaii.

George Holbrook (1767-1846), after an apprenticeship with Paul Revere, opened a foundry and blast furnace in Brookfield, Mass., in 1797. He stayed there until 1812, when he was rendered destitute: he had cosigned a loan for a "friend," and when the other man defaulted, creditors seized Holbrook's business, home, and all his assets.

Holbrook received a chilly reception when he returned to his native Wrentham; the townspeople did not want another pauper on their alms rolls.

But Holbrook luckily won the contract to supply a bell for the new meetinghouse in East Medway. He improvised his blast furnace and casting equipment near the construction site, and, with a showman's flair, attracted a large audience who watched the casting of the 1,200-pound bell. The \$535 he received from this successful project enabled him to restart his business, in which he was joined by his son, George Handel Holbrook (1798-1875).

The son also became a prominent local musician who numbered among his friends Lowell Mason and Jonas Chickering, the famed piano manufacturer. George Handel Holbrook is credited with refining the bells to produce superior musical tones.

The company prospered, and other family members established the Holbrook Organ Company and the Holbrook Tower Clock Works. After George Handel Holbrook died in 1875, the bell company went into decline. His grandson, Edwin Handel Holbrook, sold the plans and patterns for the bells to a company in San Francisco in 1882. He took a government job in Washington, D.C. and died in 1915.

November 11



Sanctuary Flowers



Your help is requested to ensure that we have Sunday Worship Service Flowers. Flowers are a wonderful way to celebrate or memorialize an occasion, event, or a loved one. If you would like to provide worship service flowers, please contact Louise Rachin at lrachin@comcast.net.

Coffee Hosts Needed

Coffee hour hospitality after the worship service is a very important time to welcome new members and guests and enjoy some fellowship with one another. If you are interested in hosting a coffee hour, please sign up for a specific date using this link:

<https://www.signupgenius.com/go/10Co44BAEAF2AA7F94-51244848-social#/>



Medfield Food Cupboard



Please contribute non-perishable items to the Medfield Food Cupboard basket located in the narthex. **Most needed items: Boost/Ensure (chocolate or vanilla), Rice mixes (e.g., Rice-a-Roni), Spaghetti, Peanut butter, Jelly.** Thanks in advance for your generosity!

Green Sanctuary Committee



GREEN
SANCTUARY
CONGREGATION

Our next meeting is Nov. 19, 2024 at 7pm via Zoom. All are welcome! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for link and more info.

Our mission is to raise consciousness about the environment, motivate for individual and systemic change, generate commitment to community action, and promote environmental justice, recognizing that all injustices are connected.

The **Green Sanctuary Committee** supports the recent Building and Grounds project to tackle the invasive non-native plant [black swallow wort](#) that grows around the U House. This pesky weed, pictured below in its seedpod stage, is reportedly harmful to monarch butterflies, and if left unchecked, can take over other plants. It is notoriously difficult to dig up.



One non-chemical way to control black swallow wort is to mow it down and bag and discard any seeds and seedpods in the trash—**not** compost pile!

Then the area can be covered with corrugated cardboard laid out flat, with a thick layer of leaves on top of that. Eventually all this material will break down. Many black swallow wort plants, which are perennials, will be smothered. Any plants getting through in the spring need to be pulled out or kept cut down. The whole process may need to be repeated. Monitoring is important.



Cardboard is now covering about half the area.

More is welcome! When our church tree leaves fall in the coming weeks, they will be all raked onto the cardboard.



Thank You For Your Plate Donations!



Mailing Address: 459 Main Street, Medfield, MA 02052 Physical
Address: 88R South Street, Medfield, MA 02052
Phone: 508-359-7121
MedfieldOutreach@medfield.net

Dear Parishioners of First Parish UU of Medfield,

It was such a lovely surprise to open the mail and receive your thoughtful donation to the Medfield Coalition for Suicide Prevention!

Since its establishment in September 2017, the Medfield Coalition for Suicide Prevention (MCSP) has brought together community members and professionals dedicated to promoting mental health. We recognize that suicide has touched our town and through our collective efforts, we aim to raise awareness about this critical issue. Your contribution will help support our two key initiatives each year: in September for Suicide Prevention Month and in May for Mental Health Awareness Month. These campaigns focus on fostering mental health and emotional well-being among all community members. We strive to raise awareness, reduce stigma, and educate our community to help prevent suicide.

We are so thankful for your consideration to this important cause and invite anyone interested to join us in this work, our coalition is always welcoming new members! Together we can build a community where suicide, self-harm and stigma have been replaced by hope, self-care and acceptance.

With gratitude,
Mia Cianciarulo, Outreach Clinician & Kathy McDonald, Director of Health & Human Services



Come for Sunday Service and stay for...

**1st
Sun.**



Bldg & Grounds Work Day

Come help paint, repair, and beautify our campus each month. There will be big and small jobs, both indoors and outside. Stay for as long as you are able. All ages welcome. We will meet at the U House at 11:30am.

**2nd
Sun.**



Men's Group

If you identify as male, join us monthly to reflect on things we have in common: fatherhood, marriage, retirement, etc. We will meet in the U House at 11:30am. Co-led by Rev. Dave Egan and David Russell.

**3rd
Sun.**



Women's Group

If you identify as female, join us in this spiritual space to share our experiences with relationships, societal expectations, motherhood, etc. We will meet in the U House at 11:30am. Led by Shirley Riga.

**4th
Sun.**



LGBTQIA+ and Allies

If you are looking for a safe space to check in and share your experiences and feel a supportive community around you, then join us for the LGBTQIA+ and Allies Group. Open to anyone of all ages, we will gather in the U House at 11:30. Co-leaders are Shirley Riga, Martha Castle, and John Bowman.

November 23rd!



**Medfield Community
Blood Drive**

**First Parish
Unitarian Universalist Church**

Hall
26 North Street
Medfield, MA 02052

**Saturday, November 23, 2024
9:00 a.m. to 2:00 p.m.**



First Parish UU Medfield Friendsgiving Service



Come join us for our annual
Intergenerational Friendsgiving Service,
followed by a special potluck lunch.

Sign up for a dish to share:

<https://www.signupgenius.com/go/10CoA48A5A92DA5FC1-friendsgiving>

Sunday, November 24
worship service: 10:00am lunch: 11:00am

First Parish Unitarian Universalist, 26 North St., Medfield, MA

www.firstparishmedfield.org

2024-2025 Guest at Your Table Theme: Expanding the Welcome Table

FPUU is joining in!



Since it began in 1975, the Guest at Your Table ([GAYT](#)) program of the [Unitarian Universalist Service Committee](#) has introduced generations of Unitarian Universalists to their grassroots partners working for justice around the world with support from UU congregations and individuals. [Here is an animated video describing UUSC.](#)

This church year is Guest at Your Table's 50th anniversary, celebrating with the theme "Expanding the Welcome Table." Transitioning into the 50th year of partner-centered advocacy and activism, these partners will be featured:

- *Young climate activists in the Marshall Islands helping their communities heal from the destructive legacy of nuclear testing by the United States while envisioning a sustainable future for their people;*
- LGBTQ+ leaders in Ukraine offering resources and companionship to the queer community impacted by Russia's full-scale invasion;
- *Haitian academics researching racism's impacts on the experiences of migrants of color in the United States; and*
- Trans organizers forming networks of safety and welcome for trans and gender expansive people forced to flee unsafe communities and states.

How? Traditionally, congregational households receive a small box in which to collect money for the benefit of the UUSC partner "guests" that you would invite to your table if you could. The box is kept for a month at home, presumably on one's table, and after a month, household members total their donations and bring in a check or cash to church. This is one way to do it.



Congregants are also welcome to simply donate a total amount, bring it to church, or send it to UUSC yourself—by mail, or online.

NOTE: Any individual's unrestricted donation of \$150 or more is eligible to be matched by the UU Congregation at Shelter Rock in Manhasset, NY.

When? Friendsgiving, on Nov 24, will be the beginning.

Community Interfaith Thanksgiving Worship Service

**Tuesday, November 26, 2024
at 7:00 PM**



Hosted by
**First Parish Unitarian Universalist
26 North Street, Medfield**

There will be a combined choir.

We hope that you can join us for this wonderful community tradition.

All are invited to join us for a reception following the service.

Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

THE ANSWER IS NOT IN OUR MINDS



The biggest assumption I made in my life was when I expected life would be like I wanted with people like I wanted and things like I wanted and trips like I wanted and anything else like I wanted. What a huge wake-up call life offers. I heard the other day children born over the last 20 years to today come in to this life fierce. They arrive wise into this changing world. They don't have time to languish through the learning as I did through the 50's and 60's. Life is happening faster now. They come in running with the train as they hop on into their existence.

I cannot assume if children suffer than they are in the wrong place at the wrong time. They come in with a purpose greater than I can imagine. My daughter lived 32 years on this earth struggling with liver disease and yet I believe she made the choice to arrive with this huge disability. She made this choice in her life plan somewhere before she took presence in her human body to struggle so she could learn about compassion and experience the true meaning of conviction, commitment, and love. I allow myself the luxury of believing her life was on a trajectory created by her to fulfill the lessons she needed to make her more whole as a being of light. I cannot assume her life was wasted because she suffered and cried and struggled. There is more going on than my human mind can figure out. My struggle to accept and reason and hunt for cures is part of my life journey in acceptance for that which I cannot control.

I lived under the great illusion that life on earth as a human is all there is. I was death phobic. That death is the end – another illusion in this life. The worst fate imaginable to me was death. I feared death and I feared it for those I loved. I used to believe God is outside of me and my goal is to hunt for God and be worthy to deserve a love if I earn it. I believed every bad deed I have done deserved punishment for my unworthiness and would be meted out by a judging figure up in heaven. As I love myself, I realize I am creating the beliefs based on my fears.

My illusions have transmuted into inner truths as I walk my journey and listen to my heart. I answer to my heart and therein exists my source. Change is happening at a much faster rate. Children are wiser and more knowing. They have opinions on the environment and kindness and what is good and what they want to do. It is important to listen. As an adult I am still the student discovering there is more to this world than I can see or know or have experienced.

Suffering is painful to witness no matter who the sufferer is. Its purpose is to break open the heart and feel. Break open the binds that hold the love inside while holding onto fear. Love is our nature.

Our job is to see through the illusions and walk our own path and follow the gentle kindness we bestow on ourselves. Our job is to feed ourselves, receive nurturing and sustenance so we can feel strong enough to open our hearts. This is our time to rise through our illusions.

The Universe so wisely created this incredible experience to carry us through a great change, opening our eyes and our hearts that we are all one, in this together, transmuting together. Awareness helps us stay on our path. Truth is our sword to slash through the illusions that pop up as fear pulls us off our path. We have free choice. We have strong wills. We know what love feels like. These are our allies. We always can get back on the path and continue forging ahead knowing fear will rise again and this time we are ready.

A Message from Chaplains on the Way



The demands for chaplaincy, daily hot breakfasts, our interfaith worship services, clothing and referral services are skyrocketing.

The following items would be gratefully received by the growing unhoused Waltham population:

- Cans of caffeinated coffee for the breakfast program
- Men's and Women's new or gently used winter coats and jackets, sizes medium – extra large
- Men's sweatpants & hooded sweatshirts, sizes large & extra large
- Women's sweatpants & hooded sweatshirts, sizes medium & large
- Winter hats & gloves, sizes medium – extra large
- Warm socks, long underwear, sizes medium – extra large
- Warm blankets & sleeping bags

If you would like to donate items, they can be placed in the donation box in the Vestry. Feel free to contact Louise Rachin at 617-429-7319 or at lrachin@comcast.net with any questions. Thank you for your ongoing generosity and support.

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.



They are collecting donations of tampons, pads (including Depends type pads/underwear), new underwear, and new/gently used bras. Donations can be left in the bin located on the porch of the U House.

If you prefer, shop their [Amazon Wish List](https://www.amazon.com/hz/wishlist/ls/2AoBMFSCYKYN4W/refnav_wishlist_lists_1?) for shipment directly to the Dignity Matters warehouse. https://www.amazon.com/hz/wishlist/ls/2AoBMFSCYKYN4W/refnav_wishlist_lists_1?

FPUU Calendar of Events

Sunday, November 3	What is Unitarian Universalist Class & Breakfast/8:30 am/U-house Building & Grounds Workday/11:30 am
Monday, November 4	Staff Meeting/11:00 am/Zoom Medfield Historical Society Meeting/7:30 pm/Vestry
Wednesday, November 6	Post Election Supper & Vigil/5:00 pm/Vestry & Sanctuary
Thursday, November 7	Pastoral Care Committee Meeting/7:00 pm/Zoom
Sunday, November 10	Men's Group/11:30 am/U-House
Monday, November 11	Veteran's Day Observed
Wednesday, November 13	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, November 14	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, November 17	What is Unitarian Universalist Class & Breakfast/8:30 am/U-house Newsletter Deadline Women's Group/11:30 am/U-House
Monday, November 18	What is Unitarian Universalist Class/7:30 pm/Zoom
Tuesday, November 19	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, November 20	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, November 21	Executive Board Meeting/7:00 pm/Zoom
Saturday, November 23	Red Cross Blood Drive/9:00 am/Vestry
Sunday, November 24	Friendsgiving Potluck/11:00 am/Vestry LGBTQIA+ and Allies/11:30 am/U-House
Monday, November 25	Building & Grounds Committee Meeting/7:20 pm/Zoom
Tuesday, November 26	Community Interfaith Thanksgiving Service/7:00 pm/Sanctuary
Thursday, November 28	Thanksgiving