



# First Parish Unitarian Universalist Of Medfield

26 North Street, Medfield, MA

(508) 359-4594

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



## December 2024 Newsletter

### Ministerial Musings

Dave Egan, Minister



When I was a child, I can remember Christmas and the winter holidays being filled with mystery and wonder. The lights, the tree and other decorations, the stories and legends, the different TV shows, and carols, and the spectacle on Christmas morning of seeing the gifts under the tree. It was always so magical. I hope you had similar experiences. I know not everyone did. Growing into adulthood and confronting “reality” sometimes means that the things I saw as filled with mystery and awe now have a more logical explanation. Often the tedious chores of the holiday season take me away from its everyday magic.

My question for all of us is this: How can we find or restore some of that mystery and wonder? Where in the hustle and bustle can we relieve ourselves of the burdens of this time of year and look at it with some of the awe and wonder that will bring smiles to our faces and warmth to our hearts and souls? A few nights ago, I was running an errand and, on my drive home, came across a couple of beautifully decorated homes. I was caught off guard. I slowed and lingered a bit. In spite of my to do list, I smiled and felt some of the magic of the season.

What is it for you? Every year I look for the 1951 black and white film adaptation of “A Christmas Carol.” I love that version and Alastair Sim brings a wonderful, awe-inspiring transformation to the character of Ebenezer Scrooge. I spoke to a friend last night who fondly remembers watching “A Charlie Brown Christmas.” He said that was one of his favorite holiday movies and that it has themes for adults as well as children. Maybe for some it’s a concert, or participating in a “Messiah” singalong, or watching the “Nutcracker.” Maybe it can be the process of decorating the tree and the house that touches us magically. Whatever it may be, please make time for those holiday things that warm your heart and bring a smile to your face.

I wish all of you a holiday season filled with wonder and awe and the gifts of love and support.

With peace and love,  
Rev. Dave

## 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.

Church Office Hours: Mondays & Thursdays from 9:00 am to 3:00 pm.

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

Sandra Andreassi-Administrator

## From the Executive Board



First Parish members are asked to please plan to attend the Semi-annual Meeting on Sunday, December 22 at 11:30 am in the vestry and on Zoom. Business will include a budget update and addressing other church business. A quorum of 25% of membership is necessary. The warrant with more specific information will be sent by email at least two weeks prior to the meeting. Thank you.

## Upcoming Services

**December 1**

**National Roof Over Your Head Day**

**Becca Kornet**

Each December, soon after Thanksgiving, the U.S. celebrates National Roof Over Your Head Day. This day was created for us to give thanks for what we have beginning with the roof over our heads. Members of the Worship and Music Committee will lead a service focusing on ways in which we can be of service to those experiencing homelessness, food insecurity and the lack of basic necessities.

**December 8**

**Making Merry**

**Rev. Dave Egan**

Thomas Moore, the author of *Care of the Soul*, tells us that in order to keep our souls alive and kicking, we need friends, food, beauty, pleasure, and a place to call home. The approach of the winter holidays seems like a perfect time to celebrate our Souls—the part that makes us human.

**December 15**

**A Season of Lights & Miracles**

**Rev. Dave Egan**

It was Thich Nhat Hanh who said, “people usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth.” This month we light candles for Christmas, Hanukkah, Kwanzaa, & the Solstice, and consider what it is that is truly miraculous in life.

**December 22**

**Solstice Service**

**FPUU Children**

This intergenerational worship service will be created and led by the children from our Religious Exploration program. The service will feature stories and music that relates to the winter holidays and to Solstice, the shortest day of the year. Following the service we will hold our Semi-Annual Meeting.

**December 24**

**Christmas Eve Service**

**Rev. Dave Egan**

A traditional celebration of the season. Our intergenerational Christmas Eve service will feature lots of holiday stories, the lighting of candles, and traditional Christmas carols. This service will begin at 5:00 PM. All are welcome!

**December 29**

**No service**

## 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#/>

# Duncan Glover's 80<sup>th</sup> Birthday Celebration

Dear First Parish Medfield:

On Saturday evening November 2, I celebrated my 80<sup>th</sup> birthday in the Vestry along with my family I so adore, forever friends, former students and my First Parish family.

My beloved wife Louise planned and executed the entire celebration including invitations, securing both the caterer (Nikki Larson from Twenty-One North Restaurant) and DJ ("Wicked Good Entertainment"), Vestry setup, and so many other details

It was such a joy to mingle, converse, eat, drink, dance and sing with so many I hold dear.

It was a memory-filled evening that I will forever treasure.

With love and gratitude,

Duncan



lyrics)



(Duncan & Louise)



(Zenith Jennings-Sutton and Noble Castle dancing in the foreground)  
(The First Parish Choir performs a Serenade: "We Would Be One" with revised



(Rev. Dave & Karina)



(Sara & Mike Drumm)



# Red Cross Blood Drive

A huge thank you to our awesome first parish community for your help with our blood drive on Saturday November 23rd. Thanks to your help and this community, we were able to collect 45 units of blood, an excellent amount according to our friends at the Red Cross.



As usual, I didn't get around to getting pictures of all our volunteers, but I know who you are!!! Huge thanks to Karen Wians, Becca Kornet, David Stephenson, Dawn Amaral, Jeanette Ruyle, Sallie, Rose, Don Rolph, and Allison Galley (and if there's anyone I left off this list, please let me know and I will update!!!!) - we couldn't have pulled it off without you! Thanks also to our fabulous first parish family who donated - you are all the best!!!

Look forward to seeing you all again when our next blood drive comes around in fall '25!!



# Medfield Holiday Stroll

THRIFT SHOP especially for KIDS!

Buy inexpensive repurposed holiday presents for loved ones and wrap them at our eco-friendly wrapping station. Plus: Write and mail postcards to Santa, watch holiday movies, and enjoy free treats

5-8pm

First Parish Unitarian Universalist  
26 North Street

## Join us at the Medfield Holiday Stroll



December 6th

5-8pm

First Parish  
Unitarian  
Universalist  
26 North Street



Mail Letters to Santa

CHOOSE  
to  
REUSE



Holiday Thrift  
Market for Kids  
to Shop for  
Loved Ones



Holiday  
Movies

# Help Stock Our Thrift Shop for Kids' Holiday Shopping!

Dear FPUU community,

With the Medfield Holiday Stroll fast approaching on **Dec 6th**, we're excited to announce a new offering along with our annual movies and letters to Santa: A Holiday thrift shop for kids.

This event will allow children to experience the joy of giving, picking out "like new" treasures for their parents, siblings, and loved ones in our Vestry thrift shop. To make this a wonderful experience for families, we're reaching out for donations of high-quality, gently used items. We are specifically looking for items that kids can proudly gift to their families, including:

- Jewelry, accessories, and other personal gifts
- \* Small household items (candles, decor, gift worthy mugs filled with candies)
- Scarves, hats, and cozy clothing accessories
- Books, games, and toys in excellent condition
- Any other items that make thoughtful, affordable gifts (especially items that kids would like to gift to the grown-ups in their lives)

Your donations will allow children to shop for special items that show love and appreciation for their parents, siblings, and friends. To ensure a delightful shopping experience, we kindly request that items be gently used or in "like new" condition.

If you're able to contribute, please bring donations to FPUU by December 1st or email/text me for pick up.

Thank you for your generosity and for helping us make this holiday season a joyful time for our young shoppers. If you have questions about possible donations, or would like to volunteer at the thrift shop, please contact Jess at [JrRazza@gmail.com](mailto:JrRazza@gmail.com) OR 781-267-4276.

Warm regards, Jess Razza, Membership Outreach Committee



## 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](mailto:lrachin@comcast.net).



# Green Sanctuary Committee



Our next meeting is Jan. 21, 2025 at 7pm via Zoom (no Dec. meeting). All are welcome! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for link and more info.

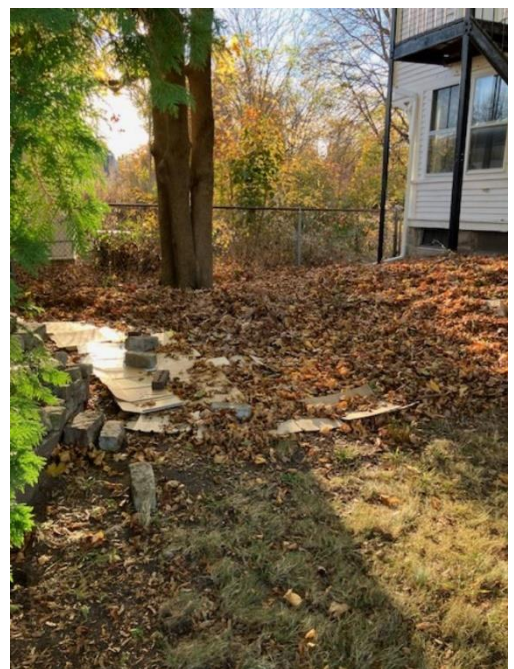


*Our mission is to raise consciousness about the environment, motivate for individual and systemic change, generate commitment to community action, and promote environmental justice, recognizing that all injustices are connected.*

**GSC NEWS** -- While our mission remains as stated above, for the past three months the Green Sanctuary Committee has been in discernment about the Committee’s structure and operation. With the goal of utilizing members’ energies most effectively, we considered whether to become a team rather than a committee. Our group decision is to remain an FPUU committee, with the abilities to have a line in the budget and to stay in direct communication with the Board, as do all church committees. However, we plan to operate more as a Team, with various tasks divided among the GSC members, including those that have traditionally been done by the GSC Chair. Convening of meetings, setting meeting agendas, newsletter submissions, Annual Report, Board liaison, coordinating green building issues, and exploring advocacy/justice efforts will all be done by various GSC members. Worship services and other congregational activities will be planned by the group-as-a-whole. *As always, we welcome you to join us!*

**Update on black swallow wort weed control** – All the cardboard and most of the fallen leaves are in place next to the U House (it would help the leaves to stay in place if it rained!) See the November newsletter for background information. Thank you to Nate Razza and the Building & Grounds Committee and others who helped.

**Have Sustainable Holidays** – The New York Department of Environmental Conservation has a generous [list of tips](#) that are simple, cost-saving, and all around beneficial. Enjoy!





## Please join us for the First Parish Annual Christmas Eve Candlelight Service



Tuesday, December 24<sup>th</sup> at 5:00 pm

Bring your family and friends to join in the magic. We will have special music, including our Choir. We will have stories traditional and modern from our young adults. We will have singing from all and bright candles of joy and celebration and hope renewing itself.

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### 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!

# Mediation & Reflection

Shirley Riga, Spiritual Director

Member of the Pastoral Care Committee

## Sitting in the Power

(Photo by Karl Hornfeldt)



I am remembering my first earthquake. I was working in an office in Southern California. I had heard what to do in case of an earthquake. I had theorized what I would do and where I would be. But I was caught off guard and found myself where I should not have gone. All because of panic.

Sometimes we find ourselves in situations we do not want to be in. Surrounded by a place, a time, people we do not want to be around. All in the name of what we define as safe. Safety is important on many different levels. Where we sleep, where we live, what we eat, drink, and do.

In my once-a-week exercise class, we are learning to stand on a wobbly, soft, unstable blue piece of foam, and as I stand on it, I feel my body figuring out how to be stable. Being in a stable position is important.

Life is becoming a daily exercise of stability seeking. As I practice, I get better at keeping my balance, my head about me, my confidence in dealing with what comes up, and embracing community that helps hold space around me. And yet, the world is changing. But truth be told I am still me. I still hold my values. I still am in a loving relationship and surrounded by my friends and family. I still AM (capital A-M).

Most often when I lose my way and get triggered and feel unsafe, I am ungrounded. Being grounded means I am fully in my body and not off somewhere dreading the future or worrying about the past. I am in my body.

Here are some helpful coping skills that focus on our senses and simple actions excerpted from the website: <https://www.compassionsensetherapy.com/>

1. 5-4-3-2-1 Technique - Notice 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.
2. Hold an object. Grab a small item (like a stone) and focus on its texture, weight, and temperature.
3. Temperature Awareness – Use a warm mug or an ice pack to feel the sensation of warmth or coolness.
4. Tense and Release – Gently tense and relax a part of your body, like your hands or shoulders, or even imagine this if physical movement is limited.

Grounding is about finding what helps you feel present. These techniques can offer calm without triggering uncomfortable feelings.

Giving yourself space by sitting in the power is helpful too. You are worth the time and effort. I sit with community every Saturday morning at 8am on Zoom. Thanks for being part of my community and joining me.

## 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/2AoBMFSCCKYN4W/refnav_wishlist_lists_1?) for shipment directly to the Dignity Matters warehouse. [https://www.amazon.com/hz/wishlist/ls/2AoBMFSCCKYN4W/refnav\\_wishlist\\_lists\\_1?](https://www.amazon.com/hz/wishlist/ls/2AoBMFSCCKYN4W/refnav_wishlist_lists_1?)



## FPUU Calendar of Events

Sunday, December 1	Choir Practice/9:00 am/Sanctuary
Monday, December 2	Staff Meeting/11:00 am/Zoom
Thursday, December 5	Pastoral Care Committee Meeting/7:00 pm/Zoom
Friday, December 6	Medfield Holiday Stroll
Saturday, December 7	Lowell Mason Concert/St. Edwards
Sunday, December 8	Choir Practice/9:00 am/Sanctuary Men's Group/11:30 am/U-House
Wednesday, December 11	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, December 12	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, December 15	Choir Practice/9:00 am/Sanctuary Women's Group/11:30 am/U-House
Wednesday, December 18	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, December 19	Executive Board Meeting/7:00 pm/Zoom
Sunday, December 22	Choir Practice/9:00 am/Sanctuary Newsletter Deadline Semi-Annual Meeting/11:30 am/Sanctuary
Tuesday, December 24	Christmas Eve Service/5:00 pm/Sanctuary
Wednesday, December 25	Christmas Chanukah Begins at Sunset
Thursday, December 26	RE Committee Meeting/7:30 pm/Zoom

