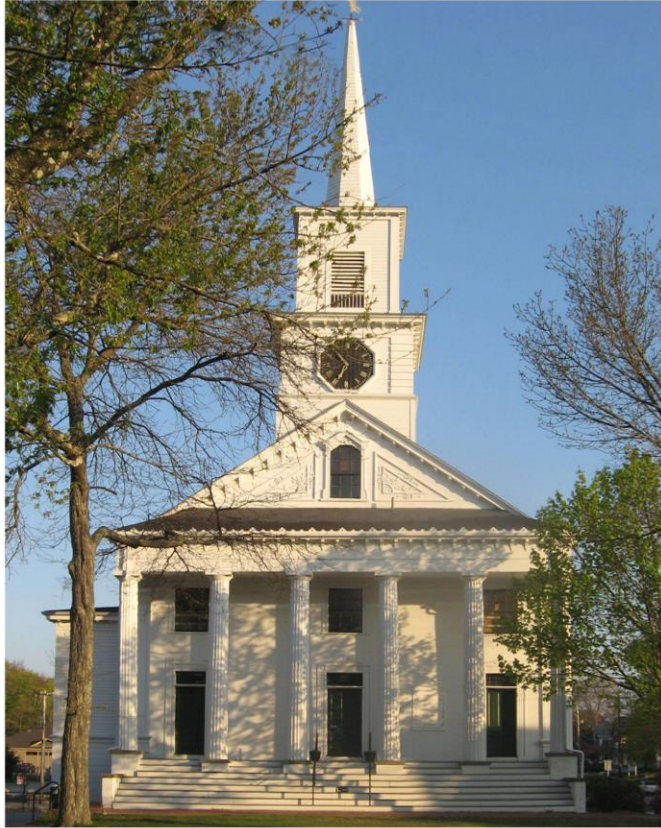


*First Parish Unitarian
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Medfield*

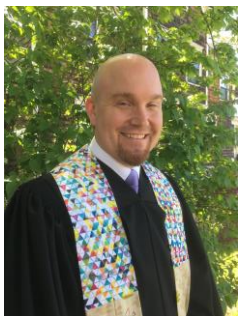
26 North Street,
Medfield, MA
(508) 359-4594

www.firstparishmedfield.org



January Newsletter 2025

Ministerial Musings



One more sermon, but who's counting! I've had several people tell me that they will miss me while I'm away in my sabbatical, but I look at all the top-notch worship services, adult programming, & special events planned for the next few months, and I conclude that *I'm* the one who's going to be doing most of the missing!

So far I have a few things planned to do during my three month sabbatical. The day after Christmas, my family and I will be leaving the cold and snow and heading to the Bahamas for a week of fun in the sun. When I return I will be taking a watercolor painting class. I also plan to get away for a meditation retreat. I also have two professional development classes scheduled for later this winter. My intention is to return at the beginning of April rested and relaxed with fresh knowledge and insights.

While I'm away, the life of the congregation will continue as usual. Worship will be led by a variety of my favorite colleagues, so you will be in for a treat each Sunday. Pastoral care will be provided our wonderful

Pastoral Care Team of Shirley Riga, Duncan Glover, Becca Kornet, Ann Cunningham, and John Bowman-Colin. If you would like to speak to a minister, please reach out to my good colleague, Rev. Beverly Waring, the UU minister in Franklin, who can be reached at: revbev@gmail.com, or 508-330-1352. The day-to-day administration of the church will be supervised by Sandra Andreassi. The Executive Board will continue making wise decisions and the committees will continue to function as always. I just hope you won't start wondering what you need me for!

Here's hoping that when you next see me in April that you'll be amazed at how rested I look, that you'll notice that new spring in my step, that new sparkle in my eye.

Thanks so much for this much-needed gift of time!

Stay warm and stay connected,
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 Sandra Andreassi-Administrator

Weather ALERTS



If a Sunday service is delayed or canceled, an ALERT will be posted on our website, firstparishmedfield.org. We will also send an email to everyone through MailChimp. The decision will be made no later than 7:00 a.m. on Sunday.

– Executive Board

Upcoming Worship Services

January 5

"Roads and Bridges"

Rev. David W. Chandler

MassDOT takes care of the roads and bridges you drive on (sort of). The roads and bridges you will travel on FPUU's sabbatical journey are your responsibility as a congregation. Look out for passing lanes and potholes.

***About Rev. Chandler:** Rev. David W. Chandler was FPUU Interim Minister 2016 - 2019. He graduated from Lancaster Theological Seminary, Lancaster, PA and was ordained in 2005 by the Unitarian Church of Harrisburg, PA. He has also served UU congregations in Pennsylvania, Maine, and New Hampshire. He lives with Sally and their daughter Kate in Saco, Maine.*

January 12

"The Highest of Arts"

Rev. Ken Read-Brown

There is much to do - this new year more than ever - in relation to the critically important issues that face our nation and the world. But whatever we do to contribute to this work, we can also "affect the quality of the day," as Thoreau put it in Walden, naming this "the highest of arts." What did he mean, and how might we go about doing this?

***About Rev. Ken Read-Brown:** Rev. Ken Read-Brown is minister emeritus at First Parish in Hingham (Old Ship Church), having retired in 2022 after 35 years as minister there. Ken lives in Hingham, Massachusetts, with his wife Susan. They have three grown and married children and seven grandchildren. Ken earned a BA in philosophy from Haverford College and his Master of Divinity from the Starr King School for the Ministry in Berkeley, CA. He currently serves as co-chair of the interfaith committee which organizes the "Listening to Other Voices" speaker series at Glastonbury Abbey in Hingham, and on the Communications Committee of Elders Climate Action.*

January 17

"Plato's Footstool"

Rev. Hank Peirce

Plato's description of the cave illustrates the philosophical roots of our Unitarian Universalist theology. Yet our theology and the way we see the world is changing, what will influence the way we understand our world and our future? What will help us have a new vision of ourselves and the sacred as we move forward?

***About Rev. Hank Peirce:** Rev. Hank Peirce is of old Swamp Yankee stock, whose family has belonged to our churches for centuries. He has served UU churches in Maine and Massachusetts including 12 years in Medford, where he and his family still live.*



Membership Outreach Committee

Once again, FPUU joined on to be one of the stops on Medfield's holiday stroll on December 6th. As in previous years, a Holiday movie was shown outdoors, and festive lights were scattered throughout the yard.

New this year was a children's shopping event of gently used low-cost items. The idea was to give children an opportunity to purchase previously owned items for loved ones for the holidays. (Thank you to all those who donated items). Keeping in the same theme, we offered an environmentally friendly gift-wrapping station.

We had a selection of scarves as well as repurposed packaging paper to be used to wrap the items. And as always, we offered postcards to write and mail to be sent to the North Pole with hot coffee and snacks.

The MOC thanks Jeanette, Martha, Jess and Kirsten for their hard work.



Opportunities to Serve

RE & Little Lights Volunteers



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#/>

Coffee Hosts



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#/>

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.

From the Annual Fund Drive Committee

The Annual Fund Drive will kick into action starting Jan 2025!

Our theme this year is focused on our support for our community, which in turn supports us and is:
"Standing Together: Supporting our Community".

Activities will commence with:

Game Night Sat Feb 1 at 7 PM in the vestry.



Kickoff dinner will be Sat Mar 16 at 6 PM in the vestry.

AFD will kick off Sunday Mar 16.

Commitment Sunday will be April 13.



Mark your calendars with the dates and stay tuned for more information as we get closer to the events!

Hope to see you then!

Green Sanctuary Committee



Our next meeting is Jan. 21, 2025 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.

Get the picture... or rather, sign?

New signs for a New Year on the vestry door leading to the stairs to the sanctuary. Please join in with the GSC and make a resolution to conserve our building energy.



Wishing all of us hope for 2025

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/lz/2AoBMF5CKYN4W/refnav_wishlist_lists_1?) for shipment directly to the Dignity Matters warehouse. https://www.amazon.com/hz/wishlist/lz/2AoBMF5CKYN4W/refnav_wishlist_lists_1?

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!

Monthly Mediation & Reflection

by Shirley Riga

Member of the Pastoral Care Committee



Solstice Time

In my recent Women's Circle, we talked about commitment and recommitment when feeling lost in life, finding our way back to our center. During this stressful season with expectations and various triggers that visit us from memories long ago, I find myself in an active state of mindfulness taking care of my needs, maintaining some sanity, and calmly breathing centeredness. It is a challenge.

I am held together with threads and beads, crafty things. I am held together with TV series and movies and livestreamed concerts and more. I am held together with puzzles and aromas and experiments in the kitchen. I am held together with grounding tasks that keep me focused in the now. I am held together with technology, zoom meetings and the telephone.

I am held together with an intention of honesty and strive to own what I feel. I am held together with my promise not to hurt others because of my inner pain. I practice kindness and choose to receive gratitude in return. I practice fear and make choices how I experience fear. Sometimes fear makes the choice for me. I find my way back to love.

Some days I am tiptoeing across a tightrope so I do not disturb the painful thoughts, the fearful thoughts, the lonely thoughts, the wishful thoughts, the irrational thoughts. Every day I make choices to stay centered. Some days I am successful and some days I am not. Sometimes I freeze in fear.

Every moment is a choice. I choose not to abandon myself. I remember I am safe while making my choices. I may choose to sit in fear and if I do, I limit my time. I give fear a voice. I feel it fully and then move on. I find my way back. Redirect. Recommit. Reset. Begin again.

In the most difficult days, I find moments of joy.

In the most joyful days, I find moments of fear.

Day to day weaving happens with my choices. Mindfulness is a colorful palette. I know my way back to center as I have traveled it many times. All in the name of love, self-love.

As the year winds down By [Mark Stringer](#)

As the year winds down to its close
And we are submerged once again
In the seasonal darkness we have come to know so well,
We have reason to think back upon the year that was,
If only because it will soon be gone.
We think back to the friends we have made,
The sorrow we have endured
The love we have found
The loneliness we have survived.
We think back to the blessings of being forgiven
And the gift we offered to ourselves when we forgave.
We think back to those who listened to us in our times of need
And the times we could have listened more.
We think back to the things we traded for our time
And to what we may have overlooked in the process.
We think back to the times when we were afraid and uncertain and we trudged ahead anyway, and the times
when we were compassionate when we could have been cold.
In this season of still-growing night
May we see more clearly
Against the dark backdrop of our living
The true light of our lives:
The love we give to others
And the peace we nurture in ourselves.

FPUU Calendar of Events

Wednesday, January 1	New Year's Day
Thursday, January 2	Pastoral Care Committee Meeting/7:00 pm/Zoom
Sunday, January 5	Building & Grounds Workday/11:30 am
Wednesday, January 8	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, January 9	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, January 12	Men's Group/11:30 am/U-House
Wednesday, January 15	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, January 18	Executive Board Meeting/7:00 pm/Zoom
Sunday, January 19	Newsletter Deadline Women's Group/11:30 am/U-House
Monday, January 20	Martin Luther King Jr. Day/Office Closed
Tuesday, January 21	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, January 22	Building & Grounds Committee Meeting/7:30 pm/Zoom
Thursday, January 23	RE Committee Meeting/7:30 pm/Zoom
Sunday, January 26	LGBTQIA+ and Allies/11:30 am/U-House

