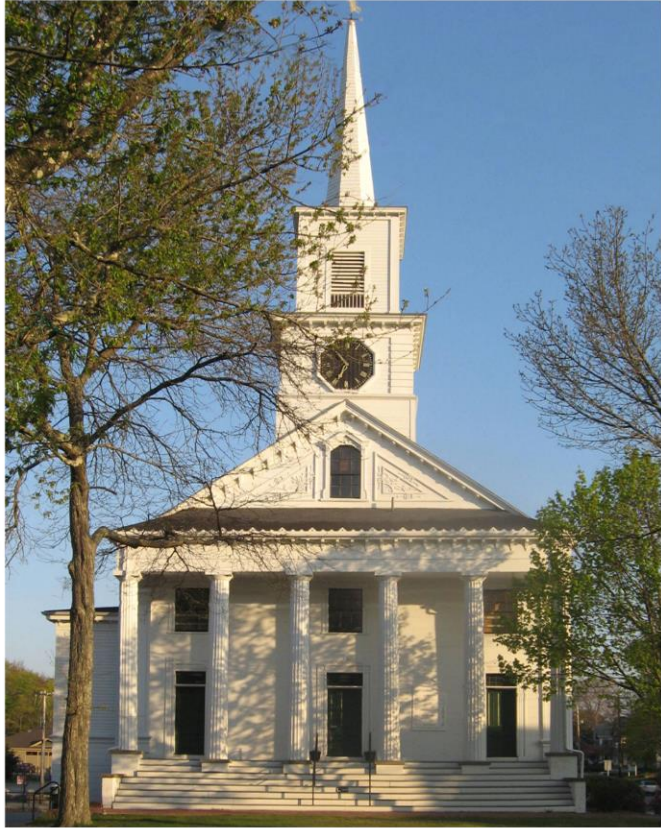


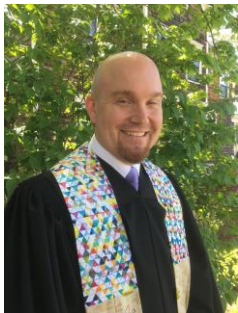
*First Parish Unitarian
Universalist of
Medfield*

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

www.firstparishmedfield.org



February Newsletter 2025



Rev. Dave Egan will be on sabbatical until April 1st.

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!

Thanks so much for this much-needed gift of time!
Stay warm and stay connected, Rev. Dave

From the RE Committee



Religious Exploration is off to a strong start in 2025! Our wonderful Coordinator of Religious Exploration, Kate Ciavarra, has introduced some enriching books in recent RE lessons, including *Stone Soup* by Jon J. Muth about building community, and *All the Way to the Top* by Annette Bay Pimentel and Nabi H. Ali, about a child who fought in the disability rights movement.

The Moment For All Ages has also been a highlight of the services this year, thanks to the dedicated planning of Karen Wians. We have heard engaging lessons provided by members of our congregation, like Bill Wians and Sarah Zitoli, as well as from our guest ministers, who have generously offered to participate in this part of the service.

We are always looking for volunteers who would be interested in acting as the guide/second adult for RE class and/or Little Lights! The sign up can be found here:

<https://www.signupgenius.com/go/10C094AA5AD2DAAF9C07-52929567-relittle#/>

Finally, the RE Committee would like to thank the congregation for patiently waiting in the sanctuary and the narthex after services until RE lessons have been completed, due to the need for RE to meet in the vestry until required fire safety updates take place in the U House. It has been greatly appreciated!

From the Executive Board



Fire Lane Parking

Based on ongoing safety consultations with the Medfield Fire Department, **parking is not allowed along the side of the driveway into the parking lot.** This is the area closest to the pond, including its bend toward the green. The area must be kept clear of vehicles to allow access for fire equipment and ambulances, which require a wide turning radius.

When warm weather returns, yellow lines will be painted and signs posted to indicate precisely the No Parking zone. Until then, you are asked to avoid parking in that area.

As a reminder, on-street parking is available and in Montrose lot. Thanks for your cooperation!

Upcoming Worship Services

February 2, 2025

The Stories We Tell

Rev. Emily Bruce

In this age when truth seems up for debate, how do we know what to believe anymore - about the world, about each other, about ourselves? This service will explore the stories we tell ourselves - good, bad and indifferent - about who we are, what we are capable of, and what we believe. Rev. Emily will offer a sermon called "Choose Your Own Adventure" that seeks to remind all of us of the power we still have - that we have *always* had - to tell the truth about ourselves and our world.

Rev. Emily Bruce currently serves our congregation in Kingston, MA as their settled minister. A native of New Orleans, she came to UU ministry after a first career working in the New York theatre world, where she learned just how powerful the idea of community can be.

February 9, 2025

Love the Hell out of this World: A Valentine to Beloved Community

Matt Meyer

When the culture around us doesn't encourage us to be our best selves, how do we model the kind of world we want to live in? Matt will reflect on the good and bad of middle school, the time he picked the very best costume for a high-stakes 5th grade costume party, and how we find the skills for beloved community.

Matt is a musician and worship leader who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as Director of Community Life for Sanctuary Boston.

February 16, 2025

Music Sunday

Worship & Music Committee

Annual Music Sunday Service! Featuring the musical talents of our own congregation members of all ages and the First Parish Medfield Choir, we will uplift your spirits with familiar UU hymns, original compositions, and folk and musical theatre songs! I hope you can join us for this special service!

February 23, 2025

**Singing Loudly and Walking Together
How we keep moving forward for justice in these times**

Rev. Mary Margaret Earl

The Rev. Mary Margaret Earl has served as Executive Director and Senior Minister of the Unitarian Universalist Urban Ministry for 10 years. In this ministry, she works for racial justice and to strengthen connections between UUs and the Roxbury neighborhood where the UUUM operates. She has served on the leadership team of Moral Movement Massachusetts, the Roxbury Cultural Network, and the search committee for the Roxbury Community College president. Prior to her arrival at the UU Urban Ministry, she spent 10 years at a faith-based nonprofit in RI serving the homeless community, She is past president of the Board of the Rhode Island Coalition for the Homeless, recipient of the Heroes of Faith Award from the Rhode Island State Council of Churches for her interfaith work, and received a Courage of Conscience award from the Peace Abbey in Sherborn, Ma. She is a longtime vegan committed to standing up for nonhuman animals.

ANNUAL FUND DRIVE KICKOFF SO, WHO'S IN FOR GAME NIGHT???



WHEN: SATURDAY FEBRUARY 1 FROM 6:00 TO 9:00 PM

**WHERE: FIRST PARISH MEDFIELD VESTRY
PLAYING CARDS & PIZZA, SALAD & DESSERT WILL BE PROVIDED**

BYOB (BRING YOUR OWN BOARD GAMES, BEER & BROOD)

SUGGESTED DONATION: \$5/PERSON \$10/FAMILY

RSVP TO duncanglover@comcast.net or 857-939-0769

**“Standing Together - Supporting Our Community”
Annual Fund Drive 2025-2026**

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.

Green Sanctuary Committee



Our next meeting is February 25, 2025, at 7pm via Zoom All are welcome! Email [Jeanette Ruyle](mailto:Jeanette.Ruyle) for link and more info.



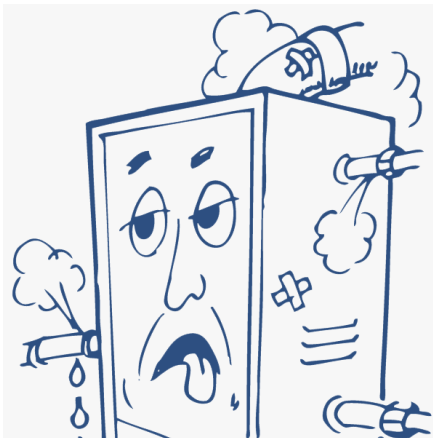
Our mission is to raise consciousness about the environment, motivate for individual and systemic change, generate commitment to community action, and promote environmental justice, recognizing that all injustices are connected.

Mark your calendar!

We all know that every day could, perhaps should, be considered Earth Day—our planet, our home is that important. We also observe a special day for honoring Earth, April 22. **For Earth Day Sunday worship 2025** the date is **April 27**.

Could the church have heat pumps?

The answer is maybe, maybe not. We will not know until our heating system is evaluated by a qualified engineer who is experienced in dealing with houses of worship. That is going to happen, at last, sometime in March of this year. Someone from [Norian-Siani](#) will be taking a careful look at the two very old gas-powered boilers in the vestry and are expected to come up with recommendations and options.



One of the boilers has been operating on borrowed time and deserves to be in a boiler museum. Neither boiler is efficient by current standards. The Green Sanctuary Committee hopes that FPUU can become as fossil fuel-free as possible and gain an up-to-date dependable and efficient heating and cooling system.

Among Ourselves

Congregants were saddened to learn of the recent death of Joe Parker. He and his wife Susan Parker were longtime members who moved away some years ago.

Joe was a silver and goldsmith, and Susan was an art teacher in the Medfield public school system. Together they designed the "Dove of Peace" that has been at the top of the steeple weathervane since 1988 when a new spire replaced the one lost in the hurricane of 1938.

Later, in 2008 when the steeple was repainted, money was raised from several congregants to add gold leaf gilding to the dove.

That dove is treasured by FPUU and the wider community. Thank you, Joe and Susan.

Obituary for Joseph R. Parker

Joseph Parker, a former member of FPUU and the artist who designed and made the dove that sits atop our steeple, died in Albuquerque, New Mexico January 6, 2025, after a long illness. His work was exhibited in shows of American silver at the Museum of Fine Arts, Boston, and the Metropolitan Museum of Art, among others.

Trained in the classical tradition of handwrought silver, as well as in industrial processes, he was known for his ability both to create pieces that looked as though they'd been made by Paul Revere, or instead, by the space-age designer he was. Clients included Tiffany & Co, Cartier, and Harvard University, among many private and institutional patrons. He took joy in his work, and in his home studio he could imagine, create, or repair almost anything.

Joe had a particular commitment to ecclesiastical work, of which the FPUU dove was a part. His baptismal basin for the First Church in Boston was exhibited in museums as far away as Houston, and locally, he designed and made the Torah shield for the Temple Beth David in Westwood, as well as many pieces for churches in Massachusetts and New York.

He was born in Millen, Georgia in 1940 to Frances Tabb Parker and Joseph Parker, Sr., and graduated from the University of Georgia with a BA, concentrating in sculpture. After serving as a Lieutenant in the U.S. Navy, he graduated from the School of the Museum of Fine Arts in Boston and from Tufts University, with an MFA degree. He lived and worked as an artist in Medfield, Massachusetts for more than fifty years, also serving the town on the Planning Board and the Warrant Committee. He moved to New Mexico in 2021. Wherever he found himself, his creativity, kindness, old-fashioned manners, and his gentle demeanor were appreciated.

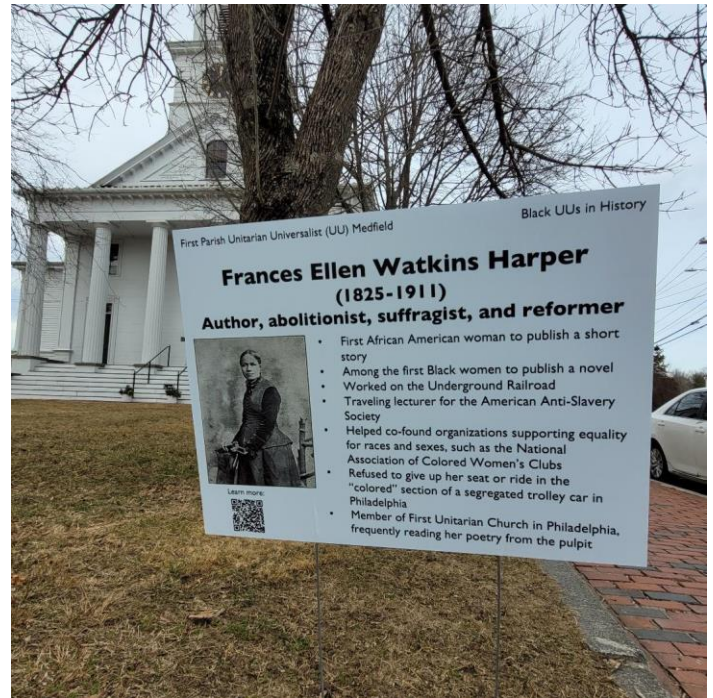
Joe leaves his wife of fifty-six years, Susan Ahlberg Parker, sons Timothy Parker of Walla Walla, Washington, Nicholas Parker and his wife Gwyneth Doland Parker of Albuquerque, and three grandsons.



From the Anti-Racism Team

In recognition of Black History Month...

The Anti-Racism Team of FPUU will once again have biographical posters on our front lawn for: Frances Ellen Watkins Harper (1825-1911), Maria Baldwin (1856-1922), Rev. Egbert Ethelred Brown (1875-1956), Whitney Moore Young, Jr. (1921-1971), and Dr. Mtangulizi Sanyika, previously known as Hayward Henry (1942 -), all of whom are Black Unitarians, Universalists, or Unitarian Universalists who are important in our history.



Monthly Mediation & Reflection

by Shirley Riga

Member of the Pastoral Care Committee

(Photo Credit: Mary Schneider)



Life is changing rapidly, more rapidly than it was a year ago. I spend a lot of time distracting myself from anxiety and worry with the impending change in the political administration, not to mention the climate crisis and current state of affairs of everything. I am a member of the LGBTQ population, and we are targeted for critical changes that will take away a lot of the rights we have struggled to gain over the last few decades. This does not make for an easy conversation with anyone, and yet we do not know how it will play out.

I am not a stranger to anxiety, worry, and depression. I have been treated with psychopharmaceuticals, worked with herbal supplements to help with anxiety and still, it is a struggle. Anxiety and worry are lifelong friends. Over the years parenting my chronically ill daughter, I have cultivated techniques that have

helped me deal with my day-to-day life. They are tools that are part of my toolbelt that I use to live my life. I want to share them with you here, and maybe, just maybe you will find one or two helpful for you to deal with the changing times. If you need a pdf document with hyperlinks, I am happy to email it to you. Just let me know at shirley_riga@yahoo.com.

These techniques were adapted from my own experiences gathered from therapists and other professionals. Take them or leave them. In theory, they are helpful but implementing them takes an effort on one's part to try, struggle and try again. Some of them work in the moment, which is what one needs in the moment. Standing in line at the grocery store with a panic attack coming on does not warrant waiting to find a quiet corner to help oneself. The moment calls for intervention, something like square breathing or passing a coin between one hand and the other. Immediate intervention.

I wish you well in your life journey and hope what I share makes a difference in your life. Namaste.

STRESS RELIEVING TECHNIQUES

ADAPTED BY SHIRLEY RIGA

MUSIC – “The soothing power of music is well-established. It has a unique link to our emotions, so can be an extremely effective stress management tool. Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones.” <http://psychcentral.com/lib/the-power-of-music-to-reduce-stress/>

Binaural Beats play one frequency in your left ear, and a slightly modified frequency in your right ear. This causes your brain to effortlessly create a *third* frequency, which exists entirely in your head. This third frequency can be used to create altered states of consciousness to help you relax, focus, sleep better, and more. Although most people can use binaural beats with no harmful consequences, certain groups of people who have neurological or cardiac issues should be cautious in using them.

<https://www.binauralbeatsmeditation.com/the-science/>

SINGING – “When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony.” <http://ideas.time.com/2013/08/16/singing-changes-your-brain/>

EFT OR TAPPING – I was first introduced to tapping while in therapy and experiencing a panic attack. I followed the instructions and tapped on “EFT stands for Emotional Freedom Techniques (sometimes called Tapping) and, in essence, it is an emotional version of acupuncture, except we don't use needles. Instead, we stimulate certain meridian points on the body by tapping on them with our fingertips.”

<https://eft.mercola.com/>

SQUARE BREATHING – “Square breathing is a simple, easy, and effective way to calm yourself and enjoy a few minutes of tranquility.” Helps with panic attacks.

<https://dopaminediologue.wordpress.com/2010/07/06/square-breathing-treatment-for-anxiety-without-using-medication/>

SELF-MASSAGE – A five-minute self-massage to relieve stress

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

COIN PASSING – using both sides of the brain – immediate help with panic attacks – brain gym -

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

WORRY STONES AND OTHER TALISMAN – “From the perspective of cognitive behavior therapy, the use of worry stones is one of many folk practices that can function as psychologically healthy self-soothing exercises.” - https://en.wikipedia.org/wiki/Worry_stone

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



SCHOLARSHIPS AVAILABLE

SUMMER CAMP

FUN - INCLUSIVE - AFFORDABLE

WATERSPORTS - HIKING - CONNECTING

Rowe Camp offers a unique, screen-free summer where campers and staff co-create their experience. Rooted in UU values, we foster friendships, leadership, and change making through playshops, all-camp activities, and games. Enjoy our 50-acre forest, watersports at Pelham Lake, or learn new skills from peers. Days end with chapel services and check-ins, ensuring every voice is heard.

OUR CAMPS

YPC 1&2 | Ages 8-11 | June 28 - July 5

YPC 3 | Ages 11-13 | July 6 - 19

JHC | Ages 13-15 | August 3 - 16

SHC | Ages 15-18 | July 20 - August 2



REGISTER NOW



Call Our Number
413.339.4954



Visit Our Website
rowecenter.org



This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

FPUU Calendar of Events

Saturday, February 1	Annual Fund Drive Family Game Night/ 6:00 PM/Vestry
Sunday, February 2	Building & Grounds Workday/11:30 am
Monday, February 3	Medfield Historical Society Meeting/7:30 pm/Vestry
Thursday, February 6	Pastoral Care Committee Meeting/7:00 pm/Zoom
Wednesday, February 12	Membership Outreach Committee Meeting/7:00 pm/Zoom
Thursday, February 13	Worship & Music Committee Meeting/7:30 pm/Zoom
Sunday, February 16	Women's Group/11:30 am/Vestry Newsletter Deadline
Wednesday, February 19	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, February 20	Executive Board Meeting/7:00 pm/Zoom
Sunday, February 23	LGBTQIA+ and Allies/11:30 am/Vestry
Tuesday, February 25	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, February 26	Building & Grounds Committee Meeting/7:30 pm/Zoom

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