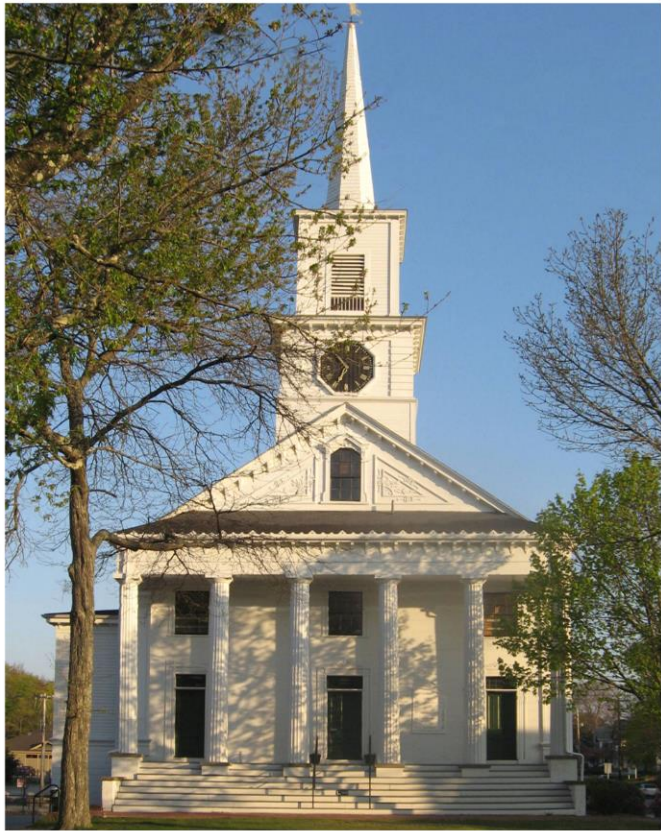


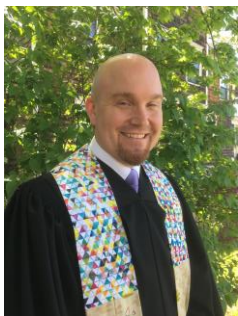
*First Parish Unitarian  
Universalist of  
Medfield*

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

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



## March Newsletter 2025



**Rev. Dave Egan will be on sabbatical until April 1<sup>st</sup>.**

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: [revbevww@gmail.com](mailto:revbevww@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

## Notes from the Church Office

Please remember the following deadlines:



*Church Newsletter:* Third Sunday of the month. **Mar 23<sup>rd</sup> this 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 RE Committee

FPUU is thrilled to welcome back former CRE Samantha Nemeth to co-lead the March 23<sup>rd</sup> service with her friend and our current CRE, Kate! For this service, Kate and Samantha would love for children and youth to participate in the service.



This can include a piece of writing, a picture, an acrostic poem, a song, piece of music, or anything else that speaks to them to share what they enjoy about being a part FPUU. There will also be a couple of roles during the service where they can read prewritten pieces such as a reading or a story.

Please contact Kate ([cre@firstparishmedfield.org](mailto:cre@firstparishmedfield.org)) and Samantha ([snemeth@firstunitarian.com](mailto:snemeth@firstunitarian.com)) if they are interested in participating in any way! Thank you.

## Building & Grounds Workday, Sunday, March 2nd



Come join us for some cleaning up, repairing and beautifying our campus. There will be big and small jobs both indoors and outside. If you can stay for an hour or three, we welcome any and all help! All ages are welcome.

We will meet at the U-House at 11:30 AM.

# Upcoming Worship Services

March 2 , 2025

**Tough Times Call for Tough Spiritual Warriors**

**Rev. Gretchen Weis**

For those of us who hold liberal progressive values, we are living through very challenging times. Tough times call for tough spiritual warriors. How can we take good care of ourselves right now? We need a spiritual practice that can feed our hearts and strengthen our resilience. We need gratitude, even amidst the current chaos. It is up to us to see the blessings as they come. There *will* be moments of beauty in your life in the days, weeks, months and years ahead. Moments of awe and wonder. Warmth and comfort. There will be times of joy, of love, of laughter shared with family and friends. It will be important to notice all that is good and to be grateful for all that is our lives. Tough times call for even tougher spiritual practices to keep us fully charged and more fully alive.

*Rev. Gretchen Weis has been a Unitarian Universalist minister for 11 years. She served all the days of her parish ministry at Murray UU Church in Attleboro, who named her Minister Emerita upon her retirement in summer 2023. She remains an active volunteer in our faith, mentoring future ministers during their seminary and formation years, as well as mentoring ministers through the full fellowshiping process.*

March 9, 2025

**The Universality of our Precious Gift**

**Rumni Saha**

In the sermon "The Universality of our Precious Gift", Rumni looks inward to reveal what we all have in common which in turn, engenders gratitude. Our precious gift is one that must be tapped into so we can live out this one precious life gratefully and generously. Rumni also explores the timeless lessons of Hinduism to define what it has to say about this gift that we share.

*Rumni Saha (she/her/hers) considers herself to be a proud Hindu and a fierce Unitarian Universalist. Rumni has been a long-time public school educator, a newspaper columnist, and a regular contributor to the Huffington Post. She has a Master's degree in Education from Boston University. More recently, she received a Master of Divinity Degree from Boston University's School of Theology. She currently serves as the Hindu as well as the Unitarian Universalist Chaplain at Wellesley College. She also cherishes her time as the Interfaith Chaplain for a non-profit organization, doing community ministry, hospital chaplaincy and interfaith work. Rumni is an active member of the Unitarian Church of Sharon where she has lived with her family since 2001. She is currently a Candidate for Ministry with the UUA. Last but not the least, Rumni is grateful for having grown up in a society where pluralism was the norm. She considers India, her home country, as having given her roots, and her adopted country, her wings.*



March 16, 2025

Why I am at FPUU

Worship & Music Committee

Join us for our annual Why I Love FPUU service where members of the congregation will give personal testimonials about all that this congregation means to them.

March 23, 2025

Weaving the Web of Community

Samantha Decker Nemeth  
& Kate Ciavarra

Weaving the web of community is no easy task. It requires trust and hope for the bettering of our collective futures. Come join us in celebrating the power of community within FPUU.

March 30, 2025

When Empires Fall

Rev. Susan Chorley

Using the wise and prophetic words in the Hebrew Testament we will explore reactions, motivations & inspirations for times of great upheaval.

- ~ What are your reactions to so much significant change in our country & the world?
- ~ How are we called to respond?
- ~ Must our differences divide us?

Let's explore together the challenges inherent to the concept of American "empire" & chart our way forward by weaving the sacred & somewhat confrontational words of our ancestors.

**Abt. Rev. Susan Chorley:** Reverend Susan Chorley is ordained in the American Baptist Churches/USA and Unitarian Universalist Association. She has served in congregations in Massachusetts, North Carolina, Washington and California. Susan is a survivor, a mother and a restorative justice practitioner. She has a deep passion for reproductive justice and ritual creation. She currently serves the First Parish of Norwell, Unitarian Universalist in Norwell, MA.

Why I Love FPUU, one of the most popular annual services, will take place **Sunday, March 16th**. The Worship and Music Committee is looking for four congregants who have not previously participated (at least not recently) to give a 3-5 minute testimonial about why they are at FPUU and what they love about it. We are also looking for a lay leader to emcee the event. If you are interested in either role, please contact WMC Chair Dewey Dewhirst by Saturday, March 8th.



# Some Photos from Game Night held on Saturday, Feb 1



**GAME  
NIGHT**

# Annual Fund Drive



The Annual Fund Drive is the opportunity for the First Parish Community to make a financial commitment to the success of First Parish. This year the theme of our fund drive, driven in part by the present state of the political community as a whole is:

## Standing Together: Supporting our Community

First Parish is a community of support during these trying times.

The Fund Drive activities:

- Annual Fund Drive Kick off dinner: Saturday, March 8 at 6:30 PM in the Vestry.
- Sunday, March 9: Formal start of the fund drive
- Sunday, April 13: Commitment Sunday

During the drive we will reach out to every household in our community to elicit their support to continue to keep our community strong and healthy. We hope you will be generous in your support of First Parish.

Don Rolph  
Mary Corthell  
Co-chairs Annual Fund Drive Committee

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## The Cost of Using PayPal



PayPal is convenient, and during Covid when all services were remote it was a vital resource. But everyone needs to be aware that PayPal charges a 3% fee on all transactions. For anyone using PayPal to make pledge contributions, that's a hefty chunk out of First Parish's main source of income. For this reason, the Board respectfully asks that PayPal be used for spur-of-the-moment contributions only. Please make pledge payments by check whenever possible. Thanks!

The Annual Fund Drive Committee invites you to our annual  
Kick Off Dinner  
Saturday, March 8, 2025 at 6:30 PM



The theme of this year's fund drive is  
Standing Together: Supporting Our Community

In today's world the support of our community is increasingly critical for all of us. So please join us for an opportunity to come together with our First Parish friends in celebration of our community and as a kickoff for the 2025 Annual Fund Drive.

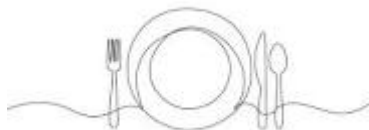
When: Saturday, March 8 at 6:30 PM

Where: First Parish Vestry

Bring your own bottle.

This is a family friendly event, children are invited.

RSVP to: Don Rolph [don.rolph@gmail.com](mailto:don.rolph@gmail.com) by Tues March 4.



## 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/10C094AA5AD2DAAF9Co7-52929567-relittle#/>

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

# THANKYOU!



# Green Sanctuary Committee



Our next meeting is March 5 and 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:

Earth Day Sunday worship 2025 is April 27. We will have a special guest from UU Mass Action.

Medfield Climate Week is May 3 -10. Sunday May 4 after social hour your GSC will host several Climate Carnival Games on the front lawn, or in the vestry if inclement weather. And, there might be more—stay tuned. The games are rented from Mass Energize, are uniquely handcrafted of wood, and very popular wherever they go.



## Did you know...



FPUU has a compost bucket, in the vestry kitchen by the sink, as well as a compost bin, outside of the U house on the parking lot side. Can you guess how long either of these has been there? Send your best guess to the [Green Sanctuary Committee](#).

The usual social hour items that are OK to compost: coffee grounds, tea bags, fruits skins, peels and cores, and any leftover food that is not dairy, meat, or very oily.

*Anyone* can put these things into the compost bucket. When it is nearly full, *anyone* can empty it into the compost bin. You will feel good.



Some day we will have an empty-the-compost-bin party :) )

## 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!

## 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](#) for shipment directly to the Dignity Matters Warehouse.

[https://www.amazon.com/hz/wishlist/ls/2AoBMF5CKYN4W/refnav\\_wishlist\\_lists\\_1?](https://www.amazon.com/hz/wishlist/ls/2AoBMF5CKYN4W/refnav_wishlist_lists_1?)

# Monthly Meditation & Reflection

by Shirley Riga

Member of the Pastoral Care Committee



## AI Blessing

In my curiosity with all the hype about AI, and learning from Thea who has been taking online courses to understand the benefits and deficits of AI, I decided to try an experiment. I facilitate several meditation groups online and often open them with a prayer.

My experiment consisted of instructing chatgpt.com to act like a guru or a spiritual teacher. I defined the parameters of my prayer, to be nondenominational, call on the divine presence based on love and light, to comfort our thoughts and honor the deep presence of the world of the unseen and to hold gratitude. The below is what was generated without any edits by me. I was astounded and wanted to share the results.

### *Opening Prayer for Meditation (chatgpt)*

*Beloved Source of All Light, Love, and Wisdom,  
We gather in humble reverence,  
Opening our hearts and minds to the infinite flow of Divine Presence.  
In this sacred space, we invite the peace that transcends all understanding,  
To guide our thoughts, soothe our souls, and awaken our inner truth.  
May we be vessels of love, compassion, and clarity,  
May the whispers of Spirit reach us, and may we listen with deep presence.  
We honor the sacredness of the connections that bind us to the unseen,  
And the wisdom that flows through each of us, as one.  
We ask that we be blessed with guidance from beyond the veil,  
And that our hearts remain open, humble, and free.  
May we carry light into the world,  
And may our minds be calm and clear,  
Ready to receive, ready to give.  
With gratitude and trust,  
We begin this meditation,  
Knowing we are held in the embrace of love,  
And that all is well.  
So it is.  
Amen.*



Registration begins March 10th



# FERRY BEACH RETREAT

## MAY 16-18



Join us In Saco Maine for a fun, restorative, all-ages retreat at Ferry Beach!  
Relax while collecting shells along the beautiful, seven-mile-long, sandy beach,  
play on the playground, sing by the campfire in the wooded grove, or read a good book on the porch.  
We will hold our Sunday worship service in the outdoor chapel among the tall pines.  
Like last year, this will be a shared retreat between First Universalist Society in Franklin  
and First Parish Unitarian Universalist in Medfield.

There are a variety of dorms or campsites to choose from.  
We will arrive Friday afternoon or evening (optional Friday dinner for additional charge).  
Our Ferry Beach Retreat includes breakfast, lunch, dinner on Saturday, and breakfast on Sunday.

Registration begins on Monday, March 10th, on a first come first serve basis.





# Candle-making Workshop and Fundraiser April 5th

Come make your own candles in the Vestry!



On Saturday, April 5 from 4-6 pm, Elisha from Bits of Joy Gifts will host a candle-making class. During this fun workshop, you will create your own shaped coconut-soy wax candle and fragrant wickless wax melts.

You will learn all the ins-and-outs of candle making, covering different wax types, colors, fragrances, wicks, and the history of candles. We will also do a trivia with prizes, so after the workshop you will leave with your own creations and a lot of knowledge about candles!

The class is \$50, with a portion of each ticket price donated to support the maintenance of this historic building.

For more information and to register, email [contact@bitsofjoygifts.com](mailto:contact@bitsofjoygifts.com)

## 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](mailto:lrachin@comcast.net) with any questions. Thank you for your ongoing generosity and support.

## Save the Date!

### You are Invited to the Annual FPUU Potluck Passover Seder!

Tuesday, April 15<sup>th</sup> in Vestry, starting at 6:00 PM  
All are invited to this family gathering



Passover is the celebration of the liberation of the Israelites from their slavery in the time of the Pharaohs, but for us it is much more than that. We celebrate it also as a celebration of the search for liberation for all people at all times. Our Seder is a telling of that story – you know, the one from the Bible, the one from movies – but with a UU flavor. We will all take turns reading parts, and then we will eat.

If you would like to come, please email Becca Kornet at [becca\\_kornet@yahoo.com](mailto:becca_kornet@yahoo.com) and tell us what you will bring (so we don't get five salads and no main courses).

**Note:** there are some traditional foods which fit into a Passover meal. Leavened products including certain grain-based foods like bread and pasta do not. If in doubt, ask us or do a search online.

We hope you can join us!

Thea Iberall  
Faye Kalmbach  
Becca Kornet  
Louise Rachin



# FPUU Calendar of Events

Sunday, March 2	Building & Grounds Workday/11:30 am
Wednesday, March 5	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Thursday, March 6	Pastoral Care Committee Meeting/7:00 pm/Zoom
Saturday, March 8	AFD Kickoff Dinner
Sunday, March 9	Daylight Savings Begins
Wednesday, March 12	MOC Meeting/7:00 pm/Zoom
Thursday, March 13	Worship & Music Committee Meeting/7:00 pm/Zoom
Sunday, March 16	Women's Group/11:30 am/Vestry
Wednesday, March 19	Annual Fund Drive Committee Meeting/7:00 pm/Zoom
Thursday, March 20	Executive Board Meeting/7:00 pm/Zoom
Sunday, March 23	LGBTQIA+ Circle/11:30 am/Vestry Newsletter Deadline
Tuesday, March 25	Green Sanctuary Committee Meeting/7:00 pm/Zoom
Wednesday, March 26	Building & Grounds Committee Meeting/7:30 pm/Zoom
Thursday, March 27	RE Committee Meeting/7:30 pm/Zoom

