**First Parish in Cambridge – June 23, 2019**

**A Dream Deferred – Rev. Adam Lawrence Dyer**

Welcome to First Parish!

First Parish in Cambridge is a multi-faith, spirit-ﬁlled congregation devoted to love and justice. We are moving joyfully into a multiracial, multicultural, justice-making future. We embrace all ages, races, classes, abilities, sexual orientations, gender presentations, and ethnic and religious backgrounds. Honoring all the faith traditions of the world, we support each person’s path to wisdom and spiritual growth. Whoever you are, wherever you are on the journey of life, we welcome you into our hearts.

**If you’re here for the ﬁrst time**, we invite you to ﬁll out a visitor card located in the pew and leave it in the collection plate. We’ll sign you up for our weekly e-mail announcements and monthly newsletter.

**All are welcome to join us in Helverson Parlor** following the service for refreshments.

**For those attending with children**, you are welcome to worship as a family or children ages 4 and under are welcome in our Nursery. An usher can direct you to RE staff. Registration is required.

**Participating in the Service**

# Rev. Adam Lawrence Dyer, Lead Minister

# William Williamson, Ministerial Intern

Jonathan Barnhart, Music Director

The First Parish Choir

Rob Moir, Valerie Fullum, Welcome Team Leaders

Religious Education for Children and Youth

Religious Education programs resume in September.

Nursery care for children under 4 opens at 9am.

To receive information about registration for our fall programs including OWL 7-9/homeschool equivalent, please email [mneff@firstparishcambridge.org](mailto:mneff@firstparishcambridge.org).

Today’s Events

The Middle East Education Group invites you to a presentation about the work of **The Palestinian House of Friendship** today at **12:00 noon** in the Chapel. There will be some slides and a video. Bring your coffee from social hour, and some additional light refreshments will be served.

Shared Offering for June

The Middle East Education Group is pleased to announce that the recipient of the Shared Plate for June is the **Palestinian House of Friendship**. This is a non-profit, non-governmental, politically independent humanitarian organization dedicated to serving the needs of children, youth, and their families in the West Bank of Palestine. The main goal of PHF is to invest in Palestinian individuals while promoting the ideals of democracy, human rights, and love for the other.  The vision is a Palestinian civil society that possesses a generation of young people who are educated in the values of democracy and ready to become leaders.

Monthly Meditation

All are invited to a new monthly meditation session, facilitated by Mandy Neff and Stacey Jackson Flammia. The practice will include several guided meditation sessions, and an unguided session. We meet from 9-10 a.m. in the chapel, and our next sessions will be Sunday, July 7 and Sunday, August 4.

All are welcome: people who are new to meditation, experienced meditators, those who practice Buddhism, and those who do not. No reservations or sign up needed.  For more information, contact: [staceyjacksonflammia@gmail.com](mailto:staceyjacksonflammia@gmail.com). Childcare is available starting at 9 in the nursery.

Celebration of Cambridge Volunteers

**Mayor Marc C. McGovern** and the **Cambridge Volunteer Clearinghouse** cordially invite volunteers from the interfaith community to a **Celebration of Cambridge Volunteers,** Monday, June 24, 2019, 4:00-5:30 pm at Cambridge City Hall, Sullivan Chamber, 795 Massachusetts Ave, 2nd Floor. (4:15 pm, Brief speaking program, 5:00 pm, Reception in the Mayor’s Parlor)

Yin Yoga: Wednesdays, 7-8:30 p.m. in the Barn Room

All are welcome to a yin yoga practice on Wednesday evenings during the summer (June 19 through August 14) from 7-8:30 p.m. in the Barn Room. There is no charge.

Yin yoga works the connective tissues of the body, and provides space for meditation. Practitioners take a shape on the floor, relax the muscles in that pose’s target areas, and remain relatively still for several minutes.  This is a quiet practice that does not include music.

Please dress comfortably in clothes that allow the body to move, and bring a yoga mat. This is a drop-in format, it is not necessary to attend all sessions. Contact: Stacey Jackson Flammia ([staceyjacksonflammia@gmail.com](mailto:staceyjacksonflammia@gmail.com))

Get involved!

**Accompaniment Volunteering**

First Parish is a member of the CISC, a coalition of Cambridge-area congregations that is currently hosting a woman and her two children in sanctuary so she can avoid deportation and separation from her family. “Accompaniment” volunteers are needed seven days a week on-site at a church in Harvard Square. We can pair you with an experienced volunteer so you won’t be on your own.

**Child Care Volunteering**

The CISC childcare team is looking for volunteers who can commit to regular monthly outings to ensure that the children (ages 2 and 4) are able to spend time outside each day. A simple hour or two of outdoor play means so much in the life of this family. Because coverage and consistency are ongoing concerns, we are looking for people who can commit to at least 2 weekday morning or afternoon outings a month.

*Please email Rebecca Balder, First Parish’s volunteer coordinator, at BBSF@firstparishcambridge.org to learn more about either of these opportunities.*

Groups

The **Young Adult Group** (YAG) is a community for people ages 18-35. The group meets on the 2nd and 4th Tuesdays at 7pm upstairs in the Nursery and sometimes meets for food and social events on other occasions. Newcomers are always welcome.

**YAG is meeting for lunch in JFK Park after service today,**

**June 23.** We will gather near the newcomers table to coordinate walking over. Anyone 18-35 is welcome to attend!

**Spanish Conversation Group**  
¿Hablas español?  First Parish's **Spanish Conversation** Group meets on first and third Tuesdays of every month at 6:00 p.m. in the Baldwin Room.  Come join us for informal conversation in a relaxed, friendly atmosphere.  All levels are welcome and no commitment is required! For more information, email [spanish@firstparishcambridge.org](file:///\\FILESERVER1\FirstParishFiles\Announcements\2019%20program%20year\June%202019\spanish@firstparishcambridge.org).  ¡Nos vemos pronto!

Events This Week

***Please note that Yoga, Music and Art and Cooking Classes are not First Parish programs. They are run by outside instructors and a fee is associated with the classes.***

**Sunday June 23**

10:30 am Sunday Worship

12:00 pm MEEG Event in the Chapel

12:30 pm Mandarin Class in the Fuller Room

2:00 pm Moss Memorial in the Barn Room

**Monday June 24**

10:00 am Covenant Group in the Nursery

6:30 pm AA in the Parlor

6:30 pm Art Class in the Chapel

**Tuesday June 25**

9:00 am Yoga in the Barn Room

12:30 pm Y2Y-YOF-FPC in the Chapel

5:30 pm Tuesday Meals in the Parlor

7:00 pm YAG in the Nursery

**Wednesday June 26**

9:00 am Yoga in the Barn Room

6:00 pm Communication Meeting in the Landing Room

6:30 pm Sanctuary Board in the Nursery

6:30 pm Two Brattle in the Baldwin Room

6:30 pm Yin Yoga in the Barn Room

7:00 pm BBSF in the Chapel

8:00 pm AA in the Parlor

**Thursday June 27**

9:00 am Yoga in the Barn Room

11:30 am Interplay in the Chapel and the Parlor

12:00 pm Yoga in the Barn Room

6:00 pm Yoga in the Barn Room

**Friday June 28**

9:00 am Groovy Baby Music in the Chapel

**Saturday June 29**

8:30 am GSA in the Chapel

10:00 am Yoga in the Barn Room