

First Parish in Cambridge – June 30, 2019
Stonewall 50th Anniversary - Our Whole Selves

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

Rev. Danielle Di Bona, Developmental Minister

Jonathan Barnhart, Music Director

Brienne Meese and Jeremy Fisher, Choir Section Leaders

Valerie Fullum, Welcome Team Leader

Shared Offering for June

Our shared offering recipient 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.

Today's Events

Join us in the Parlor after the service for a celebration of Rev. Danielle Di Bona's ministry with us during the past three years. Danielle will be leaving us on July 14. Come and hear her final sermon then. But today, we'll have refreshments and libations, and a time to express our love and gratitude to Rev. Danielle.

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.

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. Childcare is available starting at 9 in the nursery.

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

All are welcome to a yin yoga practice on Wednesday evenings through August 14 from 7:00 -8:30 p.m. in the Barn Room. There is no charge. This is a drop-in format, it is not necessary to attend all sessions. Contact: Stacey Jackson Flammia at (staceyjacksonflammia@gmail.com). 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.

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

Our Elders Group is open and meets on the 1st Tuesday of every month at 2:30 pm in the Chapel. If you are interested, please contact Rev. Danielle at ddibona@firstparishcambridge.org.

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. Anyone 18-35 is welcome to attend!

Spanish Conversation Group

¿Habras 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. ¡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 30

10:30 am Sunday Worship
12:00 pm Celebration of Rev. Danielle's Ministry in the Parlor
12:30 pm Mandarin Class in the Fuller Room

Monday July 1

8:30 am Cambridge Homeless Court in the Parlor
6:30 pm AA in the Parlor
6:30 pm Art Class in the Chapel

Tuesday July 2

9:00 am Yoga in the Barn Room
1:30 pm Elders Group in the Chapel
5:30 pm Tuesday Meals in the Parlor
6:00 pm Spanish Conversation in the Baldwin Room

Wednesday July 3

9:00 am Yoga in the Barn Room
6:30 pm Two Brattle in the Baldwin Room
6:30 pm Yin Yoga in the Barn Room
8:00 pm AA in the Parlor

Thursday July 4 – Church closed

Saturday July 6

8:30 am GSA in the Chapel
10:00 am Yoga in the Barn Room