

Welcome to First Parish in Cambridge – July 28, 2019

Participating in the Service

Nina Lytton, Guest Worship Leader
Carol Lewis, Director of Administration
Mandy Neff, Director of Religious Education
Jonathan Barnhart, Director of Music
Jennifer Fitch, Worship Team
Hannah Stites, Chalice Lighting
Rob Moir, Welcome Team Leader

This morning's hymns are:

Singing the Living Tradition #1012

When I Am Frightened

Singing the Journey #318

We Would Be One

Singing the Journey #1064 Blue Boat Home

Today's sermon is by **Nina Lytton**

Our Covenant

In covenant with one another and all we hold sacred, we answer the call of love, welcoming all people into the celebration of life, searching for truth and meaning, and striving for justice and compassion, to nourish and serve each other, our community and our world.

Nuestro Convenio

En convenio mutuo y con todo lo que consideramos sagrado, respondiendo al llamado del amor, invitamos a todos a la celebración de la vida, buscamos la verdad y el sentido del ser, y nos esforzamos para alcanzar la justicia y la compasión, para apoyarnos y servirnos mutuamente, a nuestra comunidad y a nuestro mundo.

Traducido por Lilia Cuervo.

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.

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 on the 2nd Floor. An usher can direct you to RE staff. Registration is required.

Religious Education programs for children and youth resume in September.

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

Tonight

Venezuela Update

6 - 8 pm in the Parlor

Join Margaret Flowers and Kevin Zeese discussing current events in Venezuela as well as their experiences in the Embassy Protection Collective. They will relate what happened in the DC Embassy and update us on current developments in Venezuela. Sponsored by Mass Peace Action.

Shared Offering for July

Our shared offering recipient for July is **Diverse Revolutionary Unitarian Universalist Ministries (DRUUM)**. DRUUM is a Unitarian Universalist People of Color Ministry and anti-racist collective bringing lay and religious professionals together to overcome racism through resistance and transform Unitarian Universalism through our multicultural experiences. DRUUM has a growing membership of UU People of Color from every district and region. As an all-volunteer ministry, DRUUM continues to lead efforts to fulfill the Journey Towards Wholeness Resolution towards becoming an anti-racist, anti-oppressive, multicultural UUA, creating space for youth, young adults and families of color to heal and work collectively, and steward an effective organization that develops new leadership and manages consistent communication with members.

New Art Exhibition in the Meetinghouse

The new art exhibition in the Meetinghouse is a series of paintings by First Parish member Jim Kociuba. A former high school teacher, Jim spent his summers painting representational landscapes. Jim's latest work is based on the Japanese word- "Komorebi" that describes light filtering through the leaves of trees. Gestural under-painted branches are overlaid with mono-tone diagonal pixels. Nature and technology are represented with organic and geometric imagery. Jim's paintings create lively worlds of dappled light, floating pollen, and sparkling light. More info at: JimKociuba.com and [Instagram.com/JimKociuba](https://www.instagram.com/JimKociuba)

Upcoming Events

Wellness Checks with Harvard's Family Van Coming to Tuesday Meals

Starting Tuesday, July 30th Harvard's **Family Van** <http://www.familyvan.org/> is coming to First Parish! Designed in collaboration with community partners twenty-five years ago, The Family Van works to increase access to health care and improve the health of residents in Boston's most underserved communities. The Family Van's mission is to empower community members by improving health literacy and providing preventive screenings, in a welcoming and non-judgmental environment. Their diverse team is comprised of health educators, HIV counselors, registered dietitians and volunteers, as well as other health professionals and partners. They will be at the 3 Church Street entrance from 4:30 until 6:30 on the last Tuesday of every month. Join us for a check-up and then join us for a meal! Our dining room opens as always at 5:30 and we will be serving hot meals until 7:00.

Mental Health – come share your stories and discuss legislative solutions, Sunday, August 4 at 12:15.

The First Parish GBIO Health Care campaign is organizing a gathering on August 4th at 12:15 in the Chapel. We will share updates on progress in the health care campaign and focus on next steps on mental health. This was a priority for urgent action identified across 40 GBIO congregations last year.

At the meeting you will be able to

- continue sharing your personal stories and concerns
- learn more about bills that have been filed that can address the problems
- gain training in effectively sharing stories with legislators.

Last month 65 members of GBIO (6 from First Parish) joined other members of the MA Prescription Drug Affordability at the statehouse to lobby on prescription drug reform. Now we are preparing to take action on mental health.

For more information, contact Marcia Hams (marciahams@gmail.com) or Sharon deVos (sharondevos@gmail.com).

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). Please dress comfortably in clothes that allow the body to move, and bring a yoga mat.

Accompaniment and Child Care 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.

We are also looking for volunteers who can commit to regular monthly outings to ensure that the children 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 BBSF@firstparishcambridge.org to learn more about either of these opportunities.

Get Involved

Hospitality Help Needed – It takes many volunteers for us to be able to provide food for social hour on Sundays after worship. It's too much to expect that a few people will do all the work on this so we're asking that everyone pitch in to make our social hours welcoming to all. We're looking for 3-4 people each week to provide food items (baked goods, fruit, cheese & crackers, hummus, etc). The church provides coffee, tea and water. A sign up sheet is available on the bulletin board in the Parlor for you to sign up for upcoming Sundays!

Groups

Our Elders Group is open and meets on the 1st Tuesday of every month at 2:30 pm in the Chapel.

The **Young Adult Group** (YAG) is a community for people ages 18-35. The group meets on the 2nd and 4th Tuesdays at 7:00 pm 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

¿Hablas español? Our **Spanish Conversation** Group meets on 1st and 3rd Tuesdays of every month at 6:00 pm 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 Classes are not First Parish programs. They are run by outside instructors and a fee is associated with them.

Sunday	July 28
8:30 am	GPI in the Barn Room
10:30 am	Sunday Worship
2:30 pm	Mandarin Class in the Fuller Room
5:00 pm	GPI in the Barn Room
6:30 pm	MA Peace Action in the Parlor
Monday	July 29
9:45 am	GPI in the Parlor
2:00 pm	GPI in the Parlor
5:00 pm	GPI in the Barn Room
6:30 pm	AA in the Parlor
6:30 pm	Art Class in the Chapel
Tuesday	July 30
9:00 am	Yoga in the Barn Room
5:30 pm	Tuesday Meals in the Parlor
Wednesday	July 31
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	August 1
9:00 am	Yoga in the Barn Room
12:00 pm	Yoga in the Barn Room
6:00 pm	Yoga in the Barn Room
Saturday	August 3
8:30 am	GSA in the Chapel
10:00 am	Yoga in the Barn Room