

First Parish in Cambridge – July 7, 2019

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.

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. Danielle Di Bona, Developmental Minister

Jonathan Barnhart, Director of Music

Brianna Meese, Choir Section Leader

Jennifer Fitch, Worship Team

Noe Kamelamela, Welcome Team Leader

This morning's hymns are:

Las Voces #24 Tengo sed de ti

Singing the Living Tradition #323 Break Not the Circle

Singing the Journey #1007 There's a River Flowing in My Soul

Today's homily is by Jennifer Fitch

Religious Education for Children and Youth

Religious Education programs resume in September.

Nursery care for children under 4 opens at 9:00 am.

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

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.

Upcoming Events

Lights for Liberty: A Vigil to End Human Detention Camps Friday July 12, 2019

Lights for Liberty will bring thousands of Americans to detention camps across the country, into the streets, and into their own front yards, to protest the inhumane conditions faced by refugees.

There is a vigil planned for Boston, as well as Sennott Park in Cambridge. At this time, the Boston event location is still being set, but a group from First Parish will attend one or both of these events. For the latest information and to coordinate rides, contact Peter Lowber at (617) 331-6916 or go to www.lightsforliberty.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. For more information, contact: staceyjacksonflammia@gmail.com. Childcare is available starting at 9:00 am 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). 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.

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 July 7

10:30 am Sunday Worship
12:30 pm Mandarin Class in the Fuller Room
2:15 pm GPI in the Parlor

Monday July 8

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 9

9:00 am Yoga in the Barn Room
5:30 pm Tuesday Meals in the Parlor
7:00 pm YAG in the Nursery

Wednesday July 10

9:00 am Yoga in the Barn Room
2:30 pm GPI in the Parlor
6:30 pm Two Brattle in the Baldwin Room
6:30 pm Yin Yoga in the Barn Room
7:00 pm EJTF in the Nursery
8:00 pm AA in the Parlor

Thursday July 11

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 July 13

8:30 am GSA in the Chapel
10:00 am Yoga in the Barn Room
1:30 pm GPI in the Parlor