

Welcome to First Parish in Cambridge – August 4, 2019

Participating in the Service

Rev. Adam Lawrence Dyer, Lead Minister
Carol Lewis, Director of Administration
Jonathan Barnhart, Director of Music
Marcia Hams, Worship Team
Peter Lowber, Welcome Team Leader

This morning's hymns are:

Singing the Living Tradition #298

Wake, Now, My Senses

Singing the Living Tradition #131

Love Will Guide Us

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.

Today

Mental Health – come share your stories and discuss legislative solutions

The First Parish GBIO Health Care campaign is organizing a gathering 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.

Lunch of pizza and salad provided

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

Boston March Against Cages, 1:30-4:30pm, Boston Public Library steps

The American Correctional Association (ACA) annual conference is in Boston August 1-6. Join Beyond Borders-Sin Fronteras and others from First Parish today at the **Boston March Against Cages** to demand that the ACA does not certify prisons and detention facilities with documented human and environmental abuses, and ends all involvement with ICE/Customs and Border Protection. The rally will also demand that the state of MA decline to prosecute immigration "offenses" and "crimes" related to mental illness and substance use disorder. If you'd like to travel over with a group, see Rebecca Balder at social hour.

Shared Offering for August

The Shared Offering recipient for August is the **Worthy Now Prison Ministry Network**, a liberal religious coalition powered by the Church of the Larger Fellowship, a Unitarian Universalist congregation with no geographical boundary. Worthy Now Prison Ministry Network includes individuals, groups and communities of faith called to prison ministry/justice. Their dream is for all people who are imprisoned to know they are inherently Worthy Now of love and justice, and for them to have access to religious freedom.

The Worthy Now Network developed from two differing needs. The 3500 members of Church of the Larger Fellowship includes more than 750 people who are living in prisons across the United States. Some were already UUs but the majority learned about Unitarian Universalism's saving message by being connect to CLF by others who are incarcerated. Worthy Now helps extend CLF's reach to meet the demand for faith among this population.

They are also called to be a community resource for UUs and others in liberal faith traditions so they can extend their reach far beyond those they already serve. Worthy Now seeks to create common space for all of us to connect online, share ideas and resources and provide/receive training. This prison ministry network will help those in the free world better serve our incarcerated siblings in faith.

For more information: worthynow.org

Upcoming Events

Celebrating Hannah!

Join us on **Friday, August 9**, at 6:00 pm to celebrate and say farewell to Hannah Stites, who is moving to Missouri. Hannah is a longtime, dedicated First Parish member who volunteers generously for most things that go on at church (hospitality, RE, and office tasks - to name a few)! More importantly, she's a great friend and a kind and friendly presence to everyone in our community. Join us in sharing our appreciation and well wishes for this next chapter! It's a potluck! Please bring main dishes, salads, desserts or drinks to share. We will also be collecting cards and notes for Hannah to take along with her!

RSVP to Julia Gallogly at juliagallogly@gmail.com and let her know how many guests will be attending, what you will bring and whether you can help with set up/clean up.

If you're unavailable to come but want to send your well-wishes contact Julia to drop off a card.

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

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!

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.

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	August 4
10:30 am	Sunday Worship
12:00 pm	GBIO Meeting in the Chapel
Monday	August 5
8:30 am	Cambridge Homeless Court in the Parlor
9:30 am	GPI in the Barn Room
6:30 pm	AA in the Parlor
6:30 pm	Art Class in the Chapel
Tuesday	August 6
9:00 am	Yoga in the Barn Room
2:30 pm	Elders Group in the Chapel
5:30 pm	Tuesday Meals in the Parlor
6:00 pm	Spanish Conversation in the Baldwin Room
Wednesday	August 7
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 8
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 10
8:30 am	GSA in the Chapel
10:00 am	Yoga in the Barn Room