

Welcome to First Parish in Cambridge – September 22, 2019
Aspirations - Rev. Adam Lawrence Dyer

Participating in the Service

Rev. Adam Lawrence Dyer, Lead Minister
Carol Lewis, Director of Administration
Jean Farrington, Worship Team
Jonathan Barnhart, Director of Music
The First Parish Choir
Noe Kamelamela, Welcome Team Leader

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 under 4 are welcome in our Nursery. An usher can direct you to RE staff.

Religious Education programs

Please join us for a Story for All Ages, then RE programs

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| Nursery | under 4 | Nursery, 1st floor |
| Spirit Play | PK-K with parents & guardians | Baldwin Room, Mezzanine |
| Moral Tales - 1-3, homeschool equivalent | | Barn Room, 2nd floor |
| Toolbox of Faith - 4-6, homeschool equivalent | | Meditation Room/Barn Room2, 2 nd Floor |
| High school/homeschool equivalent youth | | Landing Room |

A Special Welcome to Young Adults From Rev. Adam!

Today during Coffee Hour, I want to connect directly with more of our young adults, singles, professionals and students. Some of you represent some of the most vibrant energy in our community both within First Parish and in the broader area. I want to encourage you all to come and hang out after worship in the Parlor. We have a lot to talk about. With growing concern and action around Climate Change, Healthcare and with the coming election, I know that our community has a great deal to learn from the leadership of young people. I'd love to hear from you directly and talk about ways in which you may want to get more involved with First Parish. We can start the conversation during coffee hour and then you're encouraged to continue the conversation and connection during the **Young Adult Potluck Dinner starting at 6:00pm** later in the evening. I look forward to sharing with you after service!

Shared Offering for September

Each month, First Parish donates one half of our otherwise undesignated Sunday morning offering to local non-profit, social justice or service organizations with whom we have a partnership or with whom we seek to develop a new relationship. The Shared Offering recipient for September is **Alternatives for Community and Environment (ACE)**.

ACE builds the power of communities of color and low-income communities in Massachusetts to eradicate environmental racism and classism, create healthy, sustainable communities, and achieve environmental justice. ACE is led by the constituents it serves in Roxbury and Greater Boston. Its youth empowerment program has become a model for nurturing youth leadership in the environmental justice movement.

Today's Events

Climate Action - September 22

Following the Global Climate Strike, there will be a week of other local climate actions. The EJTF is supporting Charlie's Climate Catastrophe Tour, being organized by 350 Mass. Please come join us today at **noon** in front of the State House to rally for better public transportation! We will be greeting a life-sized puppet of Governor Charlie Baker, who will get out of his "limo," and hold a "press conference." We will then walk with him to South Station, where Charlie will take a ride on the MBTA!

Autumn Equinox Ritual

Please join the Women's Sacred Circle for a celebration of Autumn Equinox in the Barn Room. All genders and ages are invited! If you have never attended a pagan ritual or would like an overview, join us at **2:00 pm** for a short orientation. The ritual will begin at **2:15 pm** and last about 60 minutes. Autumn Equinox focuses on harvest, gratitude, abundance, balance and preparation for the dark. The ritual will include reflection, chanting, movement, pagan communion and blessings. Refreshments will be available after the ritual.

Young Adult Potluck Dinner

Our Young Adult Group (YAG) for people ages 18-35 is hosting a potluck dinner on the evening of Sunday September 22. It will be held in the parlor, starting at **6:00 pm**. Anyone 18-35 is welcome to attend.

First Parish Auction – November 10 & 17



Welcome to the official kick-off for the 2019 First Parish Auction! The Auction Team has been hard at work planning and organizing, but *we need your help* to make this event a success for First Parish. The Auction raises critical funds for the operating budget, but *more importantly*, the Auction furthers our mission of *creating community at First Parish* through shared planning of dinners and flat-rate events and coming together with other members of our community to enjoy amazing food and company.

How Can You Help?

Please consider supporting the Auction by organizing a dinner for 6 to 8 (or more) or an event with friends; donating a week in your vacation home; donating themed gift baskets or gift cards from your favorite local restaurant or store; or donating homemade crafts for the *gifts to go* table. Be creative, have some fun and meet new people. The Auction will be November 10 and November 17, 2019 and we need all donations by October 27th. The Auction Team will have a table in social hour or email us at auction@firstparishcambridge.org or visit <https://www.firstparishcambridge.org/connection/community-auction/>

Groups

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

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 in the upstairs meditation space and sometimes meets for food and social events on other occasions. Newcomers are always welcome.

Spanish Conversation Group

¿Hablas español? First Parish's **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 information email spanish@firstparishcambridge.org.

Upcoming Events

Understanding Islam: *A Muslim Woman's Perspective on the Essence of Islam, the Diversity of the Muslim World, and its Relationship to the West*

The **Middle East Education Group** invites you to consider this 4-part introductory course **Wednesdays: September 25, October 2, 16, and 30; 7:00 pm** at Harvard-Epworth Methodist Church, 1555 Massachusetts Avenue Cambridge. Fee is \$65 (\$10 for student/low income). Instructor is Hayat Imam, an American-Muslim of Bangladeshi origin. Co-sponsored by Harvard-Epworth Methodist Church and Massachusetts Peace Action. See the Social Justice Council Bulletin Board for more information. For more details or to register online go to: <http://masspeaceaction.org/event/understanding-islam/>

Cambridge Forum – The End of Meat? Wednesday, September 25, 7:00 pm in the Meetinghouse

Can Americans survive without their burgers? This question raises many issues – nutritional, moral and environmental. Join us for a discussion with Dr. Walter Willett, Harvard Professor of Epidemiology and Nutrition, Nina Gheihman, sociologist at the Weatherhead Center for International Affairs and mushroom entrepreneurs, Truman French and Tucker Pforzheimer to learn how our eating decisions affect not just us, but the entire planet. Free and open to all. Book signing to follow.

Active Hope – Saturday, September 28

The **Social Justice Council** is sponsoring Active Hope, a day-long introduction to the Work That Reconnects, in the Helverson Parlor, on Saturday, September 28, from 9:00 am to 4:00 pm. Based on the work of Joanna Macy, the workshop explores how we can witness the destruction of so many ecological and social systems yet remain resilient, creative, and empowered to act for the healing of our irreplaceable world. This experiential workshop, for adults and high school age youth, is designed to turn anger, fear, and other difficult emotions into constructive action and a stronger community. The exercises draw on deep ecology, systems theory, and engaged Buddhism. Participants should bring their own lunch; snacks and beverages will be provided.

Register at <https://www.brownpapertickets.com/event/4291165> no later than September 21 or email rosalie.h.anders@gmail.com to learn more or to register. A donation of \$10 - \$20 is requested.

Social Justice Breakfast, Sunday, September 29, 9:00 am

First Parish social justice groups invite you to join them for food, fellowship, and a chance to hear about ongoing social justice work. Let us hear from you about what issues interest you and how you think the church might become involved.

On September 29, First Parish GBIO Health Care Campaign is organizing a brief meeting at 12 in the Barn Room to share updates on our health care campaign. Please join us!

Vision Board Workshop

Does September inspire you to think of new beginnings and set new goals? You're not alone! Join us for a fast and fun Vision Board workshop on **9/29** after worship. We will meet in the new 2nd floor Meditation Room/Barn Room 2 to explore our hopes and dreams for the coming season (or even year). We'll get inspired by some sample Vision Boards. Then we'll have open creative time to make poster-size collages. You'll take home a Vision Board that helps you keep a visual reminder of those hopes in front of you! If you'd like to bring along special images please do; all other supplies provided. This workshop is appropriate for ages 12-adult. Thanks to Elke Jahns for helping us collect many collage materials over the years. A \$5 voluntary donation towards the supplies is welcome. RSVPs help us set up the right size space but are not required! With questions or to RSVP, email mneff@firstparishcambridge.org.

Women's Sacred Circle - Saturday, October 5

Do you identify as female? Do you currently practice, or are sincerely interested in learning more about earth and goddess-centered spirituality? If so, please consider joining the First Parish Women's Sacred Circle. We open the Circle once a year to new members. This year's Open Circle is Saturday, October 5 in the Barn Room from 7:30 – 9:30 pm. Starting in November we will begin meeting as a closed group on the 1st Saturday of each month through June. In order to foster a deep sense of trust and community, we ask those returning in November to make a commitment to attend each month. Several First Parish members are also members of the Circle, including: Eileen Sullivan, Brenda Leahy, Wendy Irvine, Eileen Maher, Jennifer Griffith, and Juliette Pickering – please ask us about it! If you do plan to attend our Open Circle on October 5, or have questions, please contact Jennifer at jennifer.audrey@rcn.com.

Steps Toward Decentering Whiteness

Winchester Unitarian Society, 478 Main Street, Winchester, MA

Saturday, October 5, 2019 from 9:00 am to 12:30 pm

Co-led by Meck Groot, New England Region UUA; Patty Shepard, Winchester Unitarian Society; and Susan Shepherd, First Parish Cambridge

All are invited, but please register below. This is an opportunity to explore what congregations can learn from the "Findings Related to the Southern Regional Lead Hiring Decision, Spring 2017" as reported by the Commission on Institutional Change in April of 2018. Through brief presentation and lots of small group conversation, we will:

- explore the systemic issues that were at play in the search for a Lead for the Southern Region as outlined in the UUA Commission on Institutional Change's "Findings Related to the Southern Regional Lead Hiring Decision, Spring 2017,"
- apply the Commission's findings and recommendations to realities at the congregational level, and
- identify possible steps congregations can take to decenter whiteness and to center individuals and communities with marginalized identities and experience.

Join fellow congregations on this journey. Register at: www.tinyurl.com/NER-registration-10-05-2019 [Ctrl-click]

Please read the Commission's Report prior to coming. Access at www.tinyurl.com/COIC-April2018.

For more information, contact Susan Shepherd at sshep352@comcast.net

Film Screening of "Dawnland" - Sunday, October 13 at First Church UCC, 11 Garden St.

For decades, child welfare authorities have been forcibly removing Native American children from their homes to "save" them from being Indian. In Maine, the first official "truth and reconciliation commission" in the US begins an unprecedented investigation. **Dawnland** goes behind the scenes, as this historic body deals with difficult truths, questions the meaning of reconciliation, and charts a new course for state and tribal relations.

As a part of recognizing our common history and our historic place in the forming of this country, we are joining with First Church of Cambridge to screen the Emmy-nominated movie **Dawnland**, on **Sunday, October 13, at 12:30 pm, Margaret Jewett Hall, First Church Cambridge (UCC), 11 Garden Street.**

A discussion with Elizabeth Solomon, member of the Massachusetts tribe, will follow on Sunday, **October 20, 12:30 pm**, Margaret Jewett Hall. Elizabeth Solomon is an enrolled member of the Massachusetts Tribe at Ponkapoag. She is currently the Assistant Director of Academic Affairs and Fellowship Programs at Harvard School of Public Health and is a member of a number of advisory and management boards, including boards affiliated with the Boston Harbor Islands National Park and the Digital Archive of Native American Petitions in Massachusetts.

GET INVOLVED

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.

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.

Office Volunteers Needed

We are looking for one or more volunteers willing to give a few hours of time each week to help out in the front office. Volunteers would answer the phone, let visitors and those attending daytime events into the building, and some basic office tasks (filing, photocopying, etc.). Two shifts are available:

Thursday 9:00 – 1:00

Friday 1:00 – 4:00

If you can help out, please contact Carol Lewis at clewis@firstparishcambridge.org.

Religious Education

Would you like to help make our children's and youth programs a success, and help the next generation of Unitarian Universalists grow in their spiritual development?

There are two ways you can help!

- We are seeking two additional teachers in Religious Education! If you'd like to volunteer on a fun team to lead programs for our children and youth, please contact mneff@firstparishcambridge.org to find out more.
- We can use a few items donated! Right now we need:
 - New or gently used children's painting easel
 - Clean styrofoam trays from your groceries
 - 10 3'x2' carpet squares

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 September 22

10:30 am Sunday Worship
12:00 pm Worship Team in the Meditation Room
12:30 pm Parenting in the Baldwin Room
12:30 pm Mandarin Class in the Fuller Room
2:00 pm Autumn Equinox Ritual in the Barn Room
2:00 pm RE Council in the Teacher Resource Room
6:00 pm YAG Potluck in the Parlor

Monday September 23

10:00 am Covenant Group in the Meditation Room
6:30 pm AA in the Parlor
6:30 pm Art Class in the Nursery
7:30 pm Harvard Extension Drama in the Barn Room

Tuesday September 24

8:30 am HSBA Bank Panel in the Parlor
9:00 am Yoga in the Barn Room
5:30 pm Tuesday Meals in the Parlor
5:30 pm Harvard Extension Drama in the Barn Room
7:00 pm YAG in the Meditation Room

Wednesday September 25

9:00 am Yoga in the Barn Room
4:00 pm Cambridge Forum in the Meetinghouse
6:30 pm Sanctuary Board in the Teacher Resource Room
6:30 pm Two Brattle in the Baldwin Room
6:30 pm Yin Yoga in the Meditation Room
7:00 pm BBSF in the Nursery
7:00 pm Interplay in the Barn Room
8:00 pm AA in the Parlor

Thursday September 26

6:00 pm Harvard Extension Drama in the Parlor
6:00 pm Yoga in the Barn Room

Friday September 27

3:00 pm Groovy Baby Music in the Nursery

Saturday September 28

8:30 am GSA in the Meditation Space
9:00 am Social Justice Workshop in the Parlor
10:00 am Yoga in the Barn Room