

First Parish in Cambridge – September 8, 2019
Back Where We Started - Rev. Adam Lawrence Dyer

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. Adam Lawrence Dyer, Lead Minister
Mandy Neff, Director of Religious Education
Carol Lewis, Director of Administration
Jonathan Barnhart, Director of Music
Brianna Meese & Jeremy Fisher, Choir Section Leaders
Gina LaRoche, Worship Team
Valerie Fullum, Welcome Team Leader
Eileen Sullivan, Newcomer Liaison

Religious Education for Children and Youth

RE programs begin September 15; please plan to attend RE with your child that day for parent/guardian orientations.

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

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. Systemic change means moving beyond solving problems one-by-one to eliminating the root causes of environmental injustice. ACE is anchoring a movement of people who have been excluded from decision-making to confront power directly and demand fundamental changes in the rules of the game, so together we can achieve our right to a healthy environment. 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. ACE's T Riders Union organizes lower income riders and riders of color who must depend on public transit to build a unified voice for better public transportation in Greater Boston. ACE also provides legal and technical assistance to support groups working on environmental justice. This has helped neighborhood groups statewide to block ethanol trains, trash transfer stations, dirty diesel exhaust and asphalt plants. ACE is currently advocating in support of the proposed Massachusetts Environmental Justice and Toxics Reduction Act H.2913 / S.426. Please give generously.

Today following the service

You're invited to join us in Helverson Parlor following the service for a light lunch and a presentation by our architect, David Torrey. He will be presenting his preliminary design for the new Mass. Ave. entrance and restoration of the steeple. This is an important time in the life of First Parish. Be sure to join us. Childcare will be available.

Upcoming Events

Cambridge Forum – Wednesday, September 11 at 7:00 pm

Chinese Democracy in Crisis: The New Long March

As the Pro-democracy demonstrations escalate in Hong Kong, we examine the Chinese government's crackdown in response. Teng Biao, human rights lawyer at NYU, will be joined by Uyghur-American Ambassador Salih Hudayar and activist Kyle Olbert, who will discuss the challenges facing both the Chinese Communist party and those who risk opposing their policies.

People of Color Caucus – September 15 at Noon

The First Parish People of Color caucus will meet after service on Sunday, September 15 in the Landing Room. Anyone who identifies as a person of color is welcome. Please contact Karin Lin (kslnet@yahoo.com, 617-710-9581) for more information.

Global Climate Strike September 20th

Following the lead of Swedish activist Greta Thunberg, thousands of young people and adult allies will gather in Boston on September 20th to kick off a week of climate action! Youth groups are passionately working together to save our environment through youthclimatestrikeus.org and are pushing for new practices and systems to lessen the impact on our climate and our planet. **The Boston Strike rally will be at City Hall Plaza starting at 9:30 a.m., followed by a march at 11:30 a.m. from City Hall Plaza to the State House to “flood” the State House.** UU Mass Action is organizing local UU's for the rally. RSVP [here](#). We're showing up to this together – make sure you have your UU shirt to represent our contingent! You can buy one [here](#).

Autumn Equinox Ritual – September 22

Please join the Women's Sacred Circle for a celebration of Autumn Equinox in the Barn Room on Sunday, **September 22nd**. 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 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.

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 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. Visit <http://masspeaceaction.org/event/understanding-islam/> for more details or to register online.

Monthly Meditation

All are invited to our 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 9:00 am -10:00 am in the meditation space on the 2nd floor. Next sessions will be Sundays, September 29, October 27 and November 17. Childcare is available in the nursery. Contact: staceyjacksonflammia@gmail.com.

Yin Yoga: Most Wednesdays 7:00 pm -8:30 p.m.

All are welcome to a yin yoga practice on most Wednesday evenings from 7-8:30 in the former nursery space on the 2nd floor. We will meet on the following dates:

September: 11, 18, 25

October: 9, 16, 23, 30

November: 13, 20, 27

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. You can bring a yoga mat or borrow one of ours. Props are provided. This is a drop-in format: you can attend as many (or as few) sessions as you like. There is no cost for this class. Contact: Stacey Jackson Flammia (staceyjacksonflammia@gmail.com)

Sunday Potlucks to Resume

We're happy to announce that this fall we will again offer our "Connection" themed potlucks for members and friends of First Parish. Your Potluck Team, Jan Ellertsen and Maria Altamore, are currently organizing these delightful dinners at the homes of First Parish hosts who can welcome 8-10 guests. There will be potlucks in both the fall and spring, but only fall dates are being set so far.

The fall dates are Sundays, October 6, October 27, and November 3. Dinners will be held from 5:30 pm to 7:30 pm. Guest signups are now open! Sign up to be a guest -- connect with new and old friends at one of these suppers, members and especially newcomers are all welcome to join in. There will be a table in coffee hour where you can obtain more information and fill out a signup sheet. You may also sign up online using the link below.

FALL 2019 Potluck Dinner

(<https://forms.gle/y5BrN6UYxEZhFJBZ9>)

Every potluck guest will be asked to contribute a part of the menu to create a balanced meal for all. These informal evenings are a wonderful way to get better acquainted with others at First Parish, enjoy fabulous food, and make some new friends! We hope you will attend. Please direct questions to Maria or Jan.

(chaiya.mca@gmail.com) or (jellertsen297@gmail.com).

Birth Announcement

Mariah Maines and her husband Andrew are happy to announce the birth of their son, Romolo Everett Rosa Maines at 5:28 pm on Saturday, August 17th. He weighed 8 lbs, 12 oz. and was born at Mount Auburn Hospital. Mariah writes: "He is a very sweet baby and we have been filled with joy getting to know him over the last two weeks. We're excited to share him with you and to have you close to us as we start this next chapter of our lives." For contact information to send your congratulations and best wishes please contact the office (Office@firstparishcambridge.org).

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.

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

September 8

- 10:30 am Sunday Worship
- 12:00 pm Lunch and Building Design Presentation in the Barn Room
- 12:30 pm Mandarin Class in the Fuller Room

Monday

September 9

- 8:30 am Cambridge Homeless Court in the Parlor
- 5:00 pm Harvard Book Store in the Meetinghouse
- 6:30 pm AA in the Parlor
- 6:30 pm Art Class in the Chapel
- 7:30 pm Harvard Extension Drama in the Barn Room

Tuesday

September 10

- 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 Finance Committee
- 7:00 pm YAG in the Meditation Room

Wednesday

September 11

- 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 Meditation Room
- 7:00 pm EJTF in the Teacher Resource Room
- 8:00 pm AA in the Parlor

Thursday

September 12

- 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

September 14

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