**First Parish in Cambridge February 17, 2019**

**Keep Calm and Carry On**

**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 and monthly newsletter.

**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.

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 **Participating in the Service**

Rev. Adam Lawrence Dyer, Lead Minister

Rev. Danielle DiBona, Developmental Minister

Jonathan Barnhart, Music Director

The First Parish Choir

Rob Moir, Welcome Team Leader

Religious Education for Children and Youth

There are no graded Religious Education classes today. Families are invited to worship together. Nursery care is available on the 2nd floor for children ages 4 and under.

Shared Offering for February

Our recipient for **February** is **NAMI (National Alliance on Mental Illness) Massachusetts**. Since 1982, NAMI Mass has been the pre-eminent force in Massachusetts to improve the quality of life through education, training, support, and advocacy, for the one in five people in our state with mental health conditions – and their families and caregivers.

NAMI Massachusetts seeks to extend their education, support, and advocacy programs so that they will reach out to all Massachusetts consumers and their families; improve the public’s awareness and understanding of mental illnesses; and advocate at all levels to ensure that all persons affected by mental illnesses receive, in a timely fashion, the services that they need and deserve.

NAMI Massachusetts is committed to programs that are both peer and family-driven; to the key concepts of recovery, resiliency, and support that are essential to wellness and quality of life; and to full and meaningful lives for all persons.

Upcoming Events

**"White Supremacy Culture" - Sunday, February 24**

**12:15pm-1:45pm, in the Barn Room**

Please join the Racial Equity Team for a light lunch and discussion of "White Supremacy Culture" - a short (8 page) article by Tema Okun. You can access the article online [here](https://collectiveliberation.org/wp-content/uploads/2013/01/White_Supremacy_Culture_Okun.pdf) or at <https://tinyurl.com/y7lqseut>. Please read and reflect on the article in advance of the discussion.

If you plan to attend, we'd appreciate knowing ahead (for food estimation), please email Charlene Galarneau at charlene.galarneau@gmail.com by noon, Friday, February 22. Even without advance notice, you are most welcome on the 24th. Questions? Contact Charlene at the above email address.

**Please save the date:** **The Middle East Education Group** will present a program on **Sunday, March 3**, at 12:30 in the Chapel. The speakers are the Muslim chaplain at Harvard University, Imam Khalil Abdur-Rashid, his wife, Samia Omar, and possibly one or more students. They will be reporting on their trip to Mecca this past January, the first to the Muslim holy sites sponsored by Harvard University for its students. This type of trip is called Umrah, a pilgrimage to Mecca that is performed at any time of year (unlike the Hajj). Plan to come and learn more.

Build Community and Support First Parish

If you are looking to support First Parish, get to know people and have a good meal sign up for an auction event. There are spots remaining at the Pizza and Games Night on March 9th, the Italian Baked Pasta Dinner on March 16th and the Saturday Brunch on April 13th. All meals are at First Parish in the parlor. Cost is $15 per person or $35 for a family. There are also spots remaining in the Aging Gracefully Workshop on April 3 and the Chocolate Candy Making for Kids Workshop on April 14th as well as two historical walks in the spring.

If you would like to participate or would like more information, email the auction team at Auction@Firstparishcambridge.com.

Check out all the available items at: <http://www.firstparishcambridge.org/connection/community-auction/>

Our Generosity — Empowering First Parish
Your financial support is important to empowering the mission of First Parish. Here are ways you can give:

* Donate, one-time or recurring, in our secure system: [firstparishcambridge.org/connection/donate](http://firstparishcambridge.org/connection/donate)
* Drop checks, or cash in an envelope with your name on it, in the Sunday service offering basket or mail to the office.

Set up First Parish in your bank’s online payment system

Safety Reminder

Please remember that First Parish is a public building used by many different people and groups. To ensure protection of your belongings, please don’t leave belongings unattended.

Groups

**Our Elders Group** is open and meets on the 1st Tuesday of every month at 2:30 pm in the Chapel. If you are interested, please contact Rev. Danielle at ddibona@firstparishcambridge.org.

**Our GBLTQ-I covenant group** is open. This vibrant group meets on the first Wednesday of every month. If you are interested in this group, please contact Rev. Danielle at ddibona@firstparishcambridge.org

The **Young Adult Group (YAG)** is a community for people ages 18-35. YAG 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. For more information visit our website [cambridgeyag.org](http://cambridgeyag.org/).

**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!

Get involved!

**Join the "1-2-3 Tuesday Community Meal Challenge"!**

The First Parish in Cambridge Tuesday Meal has been a vibrant part of this community for 40 years, bringing the mission of First Parish to life every Tuesday. In 2019, we are challenging the First Parish community to commit to 1 Tuesday Meal, 2 hours, with 3-5 family members, friends, work colleagues or neighbors!

Simply choose a Tuesday anytime this year (there are 45 left to choose from), plan to serve from 5:15-7:15 (just two hours), and pledge to bring 3-5 friends. You'll have plenty of great company. It's a wonderful way to experience Beloved Community in action!

For more information or to register, contact Mike Mennonno at mmennonno@firstparishcambridge.org  Join us! It's as easy as 1-2-3!

**Accompaniment Volunteering**

First Parish is a member of the CISC, a coalition of 10 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. Sometimes volunteer shifts are quiet, and sometimes there is a lot of interaction with the children. We can pair you with an experienced volunteer so you won’t be on your own. Volunteering helps in her long process of fighting to stay in the U.S.

**Child Care Volunteering**

The CISC childcare team is looking for several new volunteers who can commit to regular monthly outings to ensure that the children (ages 2 and almost 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 we've committed as a coalition to support. 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.*

Pastoral Care

Sometimes life can become stressful and hard. You may be facing a job loss, the end of a relationship, a serious illness, a family transition or a difficult conversation that you’re worried about. Pastoral Care is available for you. If you would like a pastoral care phone call or visit please let us know. Our ministers are available to support you. Please contact them directly by phone at 617-528-9838 or email at pastoralcare@firstparishcambridge.org

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 the classes.***

**Sunday February 17**

 10:30 am Sunday Worship

 12:30 pm Mandarin Class in the Fuller Room

 6:00 pm Cooking Class in the Kitchen

**Monday February 18**

 6:30 pm AA in the Parlor

 6:30 pm Art Class in the Chapel

 7:00 pm CISC in the Barn Room

**Tuesday February 19**

 9:00 am Yoga in the Barn Room

 5:30 pm Tuesday Meals in the Parlor

 5:30 pm Development Team in the Landing Room

 5:30 pm Harvard Extension School in the Barn Room

 6:00 pm Spanish Conversation in the Baldwin Room

 7:00 pm Governing Board in the Chapel

**Wednesday February 20**

 9:00 am Yoga in the Barn Room

 6:30 pm Two Brattle in the Baldwin Room

 6:30 pm Covenant Group in the Chapel

 8:00 pm AA in the Parlor

**Thursday February 21**

 9:00 am Yoga in the Barn Room

 12:00 pm Yoga in the Barn Room

 6:00 pm Yoga in the Barn Room

 7:00 pm Covenant Group in the Chapel

 **Friday February 22**

 9:00 am Groovy Baby Music in the Chapel

 **Saturday February 23**

 8:30 am GSA in the Chapel

 10:00 am Yoga in the Barn Room