

Reaching the Mountaintop

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 and children 4 and older are welcome in our Religious Education Program. An usher can direct you to RE staff. Registration is required.

Participating in the Service

- Rev. Adam Lawrence Dyer, Lead Minister
- Rev. Danielle Di Bona, Developmental Minister
- Rev. Thomas Mikelson, Minister Emeritus
- Amanda Neff, Director of Religious Education
- Jonathan Barnhart, Music Director
- Chip Smith and Dave Landoni– Guest Musicians
- William Williamson, Membership Coordinator
- Carol Lewis, Director of Administration
- Valerie Fullum, Welcome Team Leader

Religious Education for Children and Youth

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

Nursery	Children under 4	Nursery, 2nd Flr
Spirit Play	Pre-K-1st Grade	Baldwin Room, 2nd Flr
Love Will Guide Us	2-3 Grade	Barn Room, 2nd Flr
Bibleodeon	4-5 Grade	Fuller Room, Mezzanine
Building Bridges	6-7th Grade	Chapel, 1st Flr, (at 10:30)
OWL	8-9th Grade	Chapel, 1st Flr, (2:00-4:00pm)

Reminder, 3 sessions remain at First Parish. The first session at Arlington Street Church will begin on **Sunday, February 4.**

Shared Offering

The Shared Offering recipient for January 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. It is a movement of people who have been excluded from decision-making that confronts power directly and demands fundamental changes in the rules of the game, to achieve a healthy environment. ACE is led by the constituents it serves in Roxbury, Greater Boston and Massachusetts, and its youth empowerment program, REEP, has become a model for nurturing youth leadership in the environmental justice movement. ACE also mobilizes legal and scientific resources in support of organizing strategies and has helped neighborhood groups statewide to block ethanol trains, trash transfer stations, dirty diesel exhaust and asphalt plants. ACE's T Riders Union works for transit justice, including an MBTA Youth Pass. ACE led the advocacy that resulted in the Massachusetts Environmental Protection Executive Order, and has pioneered strategies for environmental justice advocacy that have radically redefined the environmental movement nationwide. <http://www.ace-ej.org/> Please give generously.

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

Flowers for Sunday Morning

A reminder that fresh flower bouquets to decorate the Meetinghouse for Sunday worship may be ordered by contacting Office Assistant, Laura Smith, at 617-876-7772 or officeassist@firstparishcambridge.org. Bouquets are \$50. Most upcoming Sundays are available.

Upcoming Events

Cambridge Forum – January 18 at 7:00 pm

Stories and Literature are much more than entertainment – they shape our world. On Thursday, January 18 at 7 pm Harvard Professor Martin Puchner, leads us on a remarkable journey through time and place to reveal the powerful role that stories have played in creating the world of today. He is General Editor of the *Norton Anthology of World Literature* and teaches a Harvard X online course with students around the globe. Please join us for a fascinating discussion; doors open at 6.30 pm. This Cambridge Forum event is free and open to all.

www.cambridgeforum.org

Movie screening and Discussion – January 21 at Noon

Come see the movie *Harvest of Empire* at noon on Sunday, January 21 in the chapel. Sponsored by the Beyond Borders/ Sin Fronteras social justice group, this award-winning film focuses on the roots of immigration to the United States by people from Central America. Learn about how United States intervention in Honduras, Guatemala, Mexico and El Salvador uprooted millions of people from their homes. See <http://harvestofempiremovie.com/>. Snacks and discussion are included.

How is the health care system affecting you? Sunday, January 28

Come share your stories on Sunday, January 28 at 12:00 in the Barn Room. We will break up into small groups of 5 to 7 people to give everyone a chance to share. As part of the Greater Boston Interfaith Organization, we have the opportunity to have these personal stories influence state lawmakers and agencies to improve the health care system. The themes (but not names) that come out of such small group discussions at GBIO's 45 member congregations will help GBIO strategize and plan future public meetings with state officials. You can be a part of those meetings too.

GBIO has made a difference in health care reform before! In 2006 GBIO, Health Care For All and a broad coalition passed landmark health expansions, which became the model for federal law (ACA/Obamacare). Now Massachusetts has the highest rate of coverage in the country. But lack of federal attacks and lack of affordability is undermining this progress. This year the state legislature is working on bills to address this and other issues, such as high hospital and prescription drug costs, and inadequate mental health care and coordination. The voice of the community is vital in passing such new reforms and defending what we already have.

Cambridge Events Honoring Dr. Martin Luther King This Week!

Commemoration and Remembrance of Dr. Martin Luther King

Monday, January 15, 11:00 AM to 1:45 PM

St. Peter's Episcopal Church, Central Sq. (838 Mass. Avenue)

* 11 AM-12:45 PM Celebration of Dr. King's Life and Work for Peace, Justice, and Transformation.

* 12:45 -1:45 PM Informal lunch and community gathering in the basement of St. Peter's.

The event includes readings from Dr. King's words calling for peace, justice and transformation, music by Véronique Epiter, Christina DeVaughn and members of Cambridge's Episcopal churches, and remarks by Paul Parravano, Co-Director of MIT's Office of Government and Community Relations.

Many Helping Hands MLK Day of Service

Monday, January 15, 2:00 PM to 5:00 PM: Central Sq.

(City Hall, YWCA, Senior Center, St. Peter's Episcopal Church)

Kickoff on the steps of Cambridge City Hall at 2:00 PM

The 8th annual MLK Day of Service will help thousands of neighbors and more than 80 Cambridge nonprofits. Come join us for an afternoon of service projects honoring the spirit of Dr. King. The 8th Annual Cambridge Day of Service organized by Many Helping Hands 365 to honor Dr. Martin Luther King Jr. All ages are welcome to help with hands-on crafts projects that benefit children, teens and adults in need. Join us for an afternoon of hands-on service projects! Make fleece scarves and blankets for homeless children and adults. Make Valentines for elders and veterans. Sort food, winter clothing, books and toiletries for people in need and more! Come spend an afternoon making a difference in the lives of others. Don't come empty handed! Bring a can of food, gently used winter clothing or a children's book for someone in need. *Free and open to the public.*

Tuesday, January 16, 6:30 to 8:30 PM: Central Square Library

43rd Annual Martin Luther King Jr. Day Celebration

Central Square Library, 45 Pearl St., Cambridge

Come celebrate the life and legacy of Dr. King with speaker Rev. Irene Monroe, introduced by the Honorable E. Denise Simmons. Performance by the Cambridge Community Chorus.

Light refreshments provided. Free and open to the public.

**Thursday, January 18, 1:00 to 2:00 PM: Misremembering Dr. King
Cambridge Citywide Senior Center, 806 Mass. Ave., Cambridge**

We all know the name. Martin Luther King Jr., the great American civil rights leader. But most people today know relatively little about King, the campaigner against militarism, materialism, and racism—what he called the “giant triplets.” Presentation and discussion by Dr. Jennifer Yanco, a recently retired researcher at the African Studies Center at Boston University and the author of *Misremembering Dr. King: Revisiting the Legacy of Martin Luther King, Jr.*
This event is free and open to the public.

**Thursday, January 18, 7:00 to 8:00 PM
“The King & I” Panel Discussion**

Martin Luther King, Jr. School Auditorium, 102 Putnam Ave., Join the Martin Luther King, Jr. School and MLK Friends for a discussion with distinguished community members as they reflect on the impact Dr. King has had on their lives:

E. Denise Simmons – *Cambridge City Councilor*

Saundra Graham – *former State Representative & Namesake of the Graham & Parks School*

Carol Hill – *social justice activist, co-founder of the MLK Preschool & Afterschool Programs*

This event is free and open to the public and is a collaboration between the Dr. Martin Luther King Jr. School and the school’s volunteer parent group MLK Friends (www.mlkfriends.com)

Getting Involved

Volunteer this Winter Season at Y2Y

Volunteers are needed for one more week of winter break coverage at Y2Y. Please consider helping! The signup sheet is [here](#), and feel free to sign up or email volunteer.y2y@gmail.com with any questions!

Support Our Sanctuary Guest and Her Two Children

As a member of the Cambridge Interfaith Sanctuary Coalition, First Parish is providing volunteers in support of providing sanctuary for a woman and her 2 children. Volunteer opportunities are available seven days/week. Volunteering is easy and rewarding and we’ll pair you with an experienced volunteer so you won’t be on your own. Please email Rebecca Balder at BBSF@firstparishcambridge.org to learn more.

Safe Congregation

At First Parish we covenant to welcome all people to the table, to nourish and serve each other and to respect and honor the inherent worth and dignity of every person. To achieve these goals it is essential that we maintain a safe environment that protects children and adults from harm while fostering their spiritual growth. We encourage anyone who has witnessed or experienced verbal, sexual or physical abuse at First Parish to contact the appropriate team (adults and children respectively):

SafeCongregation@firstparishcambridge.org or
safechildren@firstparishcambridge.org

Covenant Groups – Get Connected

Join!

Join a Covenant Group! We gather in covenant groups every month to examine a topic and discuss how it speaks to us as humans, and as spiritual beings. Groups covenant to attend each gathering and to stay the course until the group ends.

Folks who have participated in a Covenant Group have said that they have connected deeply with each other, have been transformed, and have grown spiritually.

Currently First Parish has 3 covenant groups that are open and open ended. If you would like to try one out please contact the Lead Facilitator.

4th Monday of the month: Valerie Fullum (vfullum@msn.com)

3rd Wednesday of the month: Marcia Yousik (myousik48@gmail.com)

3rd Thursday of the month: Susan Shepherd (sshep352@comcast.net)

If this schedule does not work for you, contact Developmental Minister, Danielle Di Bona, devminister@firstparishcambridge.org. New groups will be formed based on interest. All are welcome. Please come and try one out.

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

10:30 am Sunday Worship
12:00 pm Child Care in the Baldwin Room
12:00 pm RE Council in the Fuller Room
12:00 pm Mandarin Class in the Nursery
2:00 pm OWL in the Chapel

January 14

Monday

6:30 pm AA in the Parlor
6:30 pm Art Class in the Chapel

January 15 – Martin Luther King Jr. Day

Tuesday

9:00 am Yoga in the Barn Room
5:30 pm Tuesdays Meals in the Parlor
6:00 pm Spanish Conversation in the Baldwin Room
7:00 pm Governing Board in the Chapel
7:00 pm Young Adults Group in the Nursery

January 16

Wednesday

6:30 pm Covenant Group in the Chapel
6:30 pm Two Brattle in the Baldwin Room
8:00 pm AA in the Parlor

January 17

Thursday

9:00 am Yoga in the Barn Room
12:00 pm Yoga in the Barn Room
6:00 pm Yoga in the Barn Room
6:00 pm Cambridge Forum in the Meetinghouse
7:00 pm Covenant Group in the Chapel

January 18

Friday

January 19

Saturday

8:00 am Cambridge Minyan in the Parlor and the Chapel
8:30 am GSA in the Baldwin Room
10:00 am Yoga in the Barn Room

January 20