

**First Parish in Cambridge**

**October 22, 2017**

***Hooked on a Feeling – Reflections on Knowing***

**Adam Lawrence Dyer and Kenny Wiley**

**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.

**Religious Education for Children and Youth**

Please join us for a Time For All Ages and RE Programs. Please note the room change for 2-3rd and 4-5th grade below.

<b>Nursery</b>	Children under 4	Nursery, 2nd Floor
<b>Spirit Play</b>	PreK-1st Grade	Baldwin Rm, Mezzanine
<b>Love Will Guide Us</b>	2-3rd Grade	Barn Room, 2nd Floor
<b>Bibleodeon</b>	4-5th Grade	Fuller Rm, Mezzanine
<b>Building Bridges</b>	6-7th Grade	Chapel, 1 <sup>st</sup> Floor
<b>OWL</b>	8-9th Grade	Chapel 2:00 pm–4:00 pm

**Participating in this morning's service**

Adam Lawrence Dyer, Lead Minister  
Rev. Danielle Di Bona, Developmental Minister  
William Williamson, Membership Coordinator  
Mandy Neff, Director of Religious Education  
Kenny Wiley  
Jonathan Barnhart, Director of Music

## Shared Offering

The Shared Offering recipient for October is the **Cambridge Interfaith Sanctuary Coalition (CISC)**. Earlier this year, First Parish voted unanimously to join CISC to support efforts to offer physical sanctuary at University Lutheran Church to immigrants facing the possibility of deportation. Many of our members have been involved as organizers and as volunteers accompanying the family in sanctuary. CISC is committed to community engagement, advocacy, and offering physical sanctuary with the goals of providing hope, comfort, and political support to immigrants and refugees suffering indignities, harassment, and deportation.

## Today's Events

### Middle East Education

The Middle East Education Group will meet today immediately after church in the Chapel. The meeting will be brief so as to not conflict with other adult programs. Agenda will include participation in the First Parish Auction and plans for the next few months. All are welcome. For more information, email to [MEEG@firstparishcambridge.org](mailto:MEEG@firstparishcambridge.org),

### Spiritual Practices Program

*Spiritual Practices for the Spiritual but not Religious*

Are you interested in developing a spiritual practice? Are you wondering what "spiritual practice" means? Are you looking for a way to decompress and see the world in a more holistic way?

We are offering a 3 session program on spiritual practice. Adam, Mandy and Rev. Danielle will facilitate one session each, and you may attend as many as you'd like.

Sessions will meet today and on the following Sundays, at noon in the Barn Room. Child care and lunch will be provided. Reserve your space and lunch in any class(es) by email to: [devminister@firstparishcambridge.org](mailto:devminister@firstparishcambridge.org).

<b>Today</b>	Mandy Neff
<b>October 29</b>	Rev. Danielle Di Bona
<b>November 5</b>	Adam Dyer

### Parenting Workshop – 12:30 pm in the Chapel

First Parish friends and members raising children are invited to attend an open monthly discussion group led by Carrie Fisher. Discuss how these challenging times we are living in should and do affect our parenting. Please come to talk, laugh, think, commiserate, celebrate, and be together in fellowship on the journey of parenting.

Families will have lunch on their own Childcare will be provided in the Baldwin room once lunch is over.

## Upcoming Events

### All Souls, All Saints Day – Sunday, October 29

All Souls Day is a holy day set aside for honoring the dead. The day is primarily celebrated in the Catholic Church, but it is also celebrated in the Eastern Orthodox Church and a few other denominations of Christianity. The Anglican church is the largest protestant church to celebrate the holy day.

On this day, according to tradition, the faithful pray for the souls of their loved ones so that they may be cleansed of sin so that they can enter heaven. In some traditions, this day is a commemoration of those who have died. In many Hispanic traditions, people go to the graves of loved ones and place flowers and food for the departed. This is called, in English, the Day of the Dead.

The tradition described above is one that comes from Western religions, and is more in line for us than the celebration of the Day of the Dead. So, this year, we will celebrate the lives of those whom we love and lost.

Please bring photos or mementos for our Table of Remembrance at the October 29 worship service.

### Unplug the Christmas Machine

**Saturday, November 4 - 1:00 pm to 4:00 pm in the Barn Room.**

Tired of the same old holiday experience of running around every night and weekend, rushing out to buy gifts, stressed because you cannot attend every invitation that you receive? If you feel like this and are looking for a less stressful, simpler holiday celebration, this one day workshop is for you.

If you have a stress-free, simple holiday plan and want to learn how to continue your practices, this workshop is for you.

The Unplug the Christmas Machine workshop offers suggestions for combatting commercialism and filling the holidays with simple, spiritual celebrations that help families draw closer together.

Snacks will be provided. Questions? Email [devminister@firstparishcambridge.org](mailto:devminister@firstparishcambridge.org)

### Quilting for Renewal House

First Parish's quilting group has 5 children's quilts almost ready for donation to Renewal House, ([http://www.uuum.org/?page\\_id=199](http://www.uuum.org/?page_id=199)), the UU Urban Ministry's domestic violence shelter. Now we need the hands and hearts of the congregation for the final step, tying the quilts. Join us in the Parlor again on **November 5** at 9:00 am to be in community and to act for children in need. No sewing experience is necessary

**FIRST PARISH AUCTION  
NOVEMBER 12<sup>TH</sup> AND 19<sup>TH</sup>**



The First Parish Auction raises critical funds for the operating budget, donates 25% of the event proceeds to the Tuesday Meals Program, and furthers our mission of *creating community at First Parish* through themed dinners and flat-rate events.

**PLEASE CONSIDER DONATING - DONATIONS DUE BY OCTOBER 25<sup>TH</sup>**

Help make the Auction a success 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. Please visit with a member of the Auction Committee at Social Hour to learn more about donating. Be creative, have some fun and meet new people!

**Criminal Justice Reform Workshop**

On **November 19**, from 1:00 pm -2:15 pm (with lunch at 12:30), we will have a workshop to learn more about criminal justice problems in MA and new proposals that can reduce incarceration and solitary confinement rates, as well as support those leaving prison to be able to live and work with dignity. Guest Speaker Laura Wagner, Executive Director of UU Mass Action, our statewide network of UU congregations, will update us on the progress of the Comprehensive Criminal Justice bill filed by Senator Brownsberger and currently pending at the State House. Michael Cox, a senior in Clark University's Political Science program and Director of Heartwood Meditation Support Program, will share his personal experience with solitary confinement. We will also discuss the possibility of a proposal eliminating all mandatory minimum sentences. These goals cannot be achieved without broad understanding and community support.

This workshop will be in the Barn Room. Lunch will be available at 12:30-- come join us after you finish bidding at the church auction! Sponsored by the First Parish Greater Boston Interfaith Organization Task Force.

## Getting Involved

### Can't Keep From Singing?

Perhaps you used to sing in a choral group. But now those “high” notes are harder to hit than they used to be. Nowadays, rather than soprano, you could be perfect for alto or even tenor. Or perhaps you simply need practice – which we can provide. Whatever your voice range, it’s an excellent time for finding out more about the First Parish in Cambridge choir. Choir members or director Jonathan Barnhart would be interested to answer your questions.

Contact: [jonathanbarnhart@comcast.net](mailto:jonathanbarnhart@comcast.net)

### Support Our Sanctuary Guest and Her Two Children

As many of you know, a woman and her two young children are in Sanctuary at University Lutheran. As a member of the Cambridge Interfaith Sanctuary Coalition, First Parish is providing volunteers in support of this effort. 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](mailto:BBSF@firstparishcambridge.org) to learn more.

### Volunteer!

Somerville Cambridge Elder Services is looking for mature volunteers to provide spiritual support to homebound elders through weekly home visits. All faith backgrounds are welcome. We also welcome those who are spiritual but not religious. Volunteers will receive 50 hours of training, supervision, and continuing education. A two-year commitment is required. The application process includes a CORI. For more information contact Loretta Saint-Louis, the Spiritual Care program coordinator: [617-628-2601x3173](tel:617-628-2601x3173) or [lsaint-louis@eldercare.org](mailto:lsaint-louis@eldercare.org)

### GBIO Task Force Events

**October 30** GBIO Delegates Assembly

7:00 pm to 9:00pm. Location to be determined.

Looking for people who want to be educated about the latest status of GBIO's criminal justice, affordable housing, and health care campaigns.

**November 10-12** 3-day training in Boston

(short walk from South Station) on GBIO techniques, strategies, approaches using lectures, discussions, and interactive exercises. \$90 to cover costs of food. Limited scholarship funds are available from the First Parish GBIO Task Force.

If you're interested, or to get more information and registration forms, please contact either Elizabeth Kline ([elizkline@gmail.com](mailto:elizkline@gmail.com)) or Marcia Hams ([marciahams@gmail.com](mailto:marciahams@gmail.com))

## 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.

4<sup>th</sup> Monday of the month: Valerie Fullum ([yfullum@msn.com](mailto:yfullum@msn.com))

3<sup>rd</sup> Wednesday of the month: Marcia Yousik([myousik48@gmail.com](mailto:myousik48@gmail.com))

3<sup>rd</sup> Thursday of the month: Susan Shepherd ([sshep352@comcast.net](mailto:sshep352@comcast.net))

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

### New Covenant Groups

There is enough interest in a GBLTQ-I covenant group so it will start in November. If you would like to try this out, please contact, Rev. Danielle at 617-876-7772 or [devminister@firstparishcambridge.org](mailto:devminister@firstparishcambridge.org)

### Try It Out!

Are you new here? Have you been here “forever?” Either way.....if you wonder what all the fuss is about Covenant Groups, here’s your chance to try it out. In this session you will have the chance to share deeply with each other and hear deeply the thoughts and feelings of each other.

A one-time opportunity to meet on **November 12**, after auction bidding (at 12:30) to experience, first hand, what Covenant Groups are all about. Maria Altamore and Marcus Graly will be your facilitators.

AND....if you like it, feel free to sign up for one of our open covenant groups. See Maria or Marcus after the session.

## **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](mailto: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](mailto:officeassist@firstparishcambridge.org). Bouquets are \$50. Most upcoming Sundays are available.

## **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](mailto:SafeCongregation@firstparishcambridge.org) or  
[safechildren@firstparishcambridge.org](mailto:safechildren@firstparishcambridge.org)

## Events This Week

*Please note that Yoga Classes and Music Classes are not First Parish programs.  
They are run by outside instructors and a fee is associated with the classes.*

<b>Sunday</b>	<b>October 22</b>
10:30 am	Sunday Worship
11:45 am	Middle East Education Group in the Chapel
12:00 pm	Child Care in the Baldwin Room
12:00 pm	Mandarin Class in the Fuller Room
12:00 pm	Spiritual Practices in the Barn Room
2:00 pm	OWL in the Chapel
5:30 pm	FEMS Poetry Slam in the Meetinghouse
<b>Monday</b>	<b>October 23</b>
10:00 am	Covenant Group in the Nursery
10:30 am	Groovy Baby Music in the Chapel
5:00 pm	Harvard Extension Drama in the Barn Room
6:30 pm	AA in the Parlor
6:30 pm	Art Class in the Chapel
<b>Tuesday</b>	<b>October 24</b>
9:00 am	Yoga in the Barn Room
5:30 pm	Tuesdays Meals in the Parlor
7:00 pm	Young Adult Group in the Nursery
<b>Wednesday</b>	<b>October 25</b>
6:30 pm	Two Brattle in the Baldwin Room
7:00 pm	Harvard Book Store in the Meetinghouse
7:00 pm	BBSF in the Chapel
7:00 pm	Sanctuary Boston Board in the Landing
7:30 pm	Interplay in the Barn Room
8:00 pm	AA in the Parlor
<b>Thursday</b>	<b>October 26</b>
9:00 am	Yoga in the Barn Room
12:00 pm	Yoga in the Barn Room
4:30 pm	Fair Test in the Parlor and the Meetinghouse
6:00 pm	Yoga in the Barn Room
<b>Friday</b>	<b>October 27</b>
9:30 am	Groovy Baby Music in the Chapel
<b>Saturday</b>	<b>October 28</b>
8:30 am	GSA in the Chapel
10:00 am	Yoga in the Barn Room