**First Parish in Cambridge October 29, 2017**

**All Saints / All Souls Day - Rev. Danielle Di Bona**

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

Today is a multi-generational service and there are no graded Religious Education classes. Child care is available for children under 4 in the Nursery.

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

**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 next Sunday 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).

**October 29** Rev. Danielle Di Bona

**November 5** Adam Dyer

Upcoming Events

**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 three hour 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? Please email Rev. Danielle Di Bona to reserve your place. [devminister@firstparishcambridge.org](mailto:devminister@firstparishcambridge.org). Childcare will also be available but must be reserved. Contact Mandy Neff to reserve a childcare spot. [dre@firstparishcambridge.org](mailto:dre@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>), 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 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 12th and 19th**

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.

**Criminal Justice Reform Workshop**

On November 19th , 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 Massachusetts 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. We will hear an update from Lori Kenschaft of UU Mass Action on comprehensive criminal justice legislation at the State House and the new initiative to raise awareness of the power of prosecutors and the importance of the District Attorney elections in 2018. In addition, a special guest speaker, 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. Please join us at the meeting upstairs 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 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.

**Women’s Writing Group Seeks Newcomers**  
We warmly welcome you to join the Women's Writing Group, in the Margaret Fuller Room, mezzanine level on the elevator; the next few biweekly Monday night meetings are: November 6 and 20, and December 4 and 18, and run from 6:30 to 8:00 p.m. Please contact Heidi Meyer, facilitator, at[h.meyer@comcast.net](mailto:+h.meyer@comcast.net) for more details; the opportunity to freely explore your writing voice in a supportive, non-critiquing environment, awaits you!!

**GBIO Task Force Events**

**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.

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

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

3rd 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@firstparishcaqmbridge.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.***

**Sunday October 29**

10:30 am Sunday Worship

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

**Monday October 30**

10:30 am Groovy Baby Music in the Chapel

3:00 pm Paine Senior Services in the Parlor

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 October 31 - Halloween**

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

**Wednesday November 1**

5:00 pm Sanctuary Worship in the Barn Room

6:30 pm Two Brattle in the Baldwin Room

8:00 pm AA in the Parlor

**Thursday November 2**

9:00 am Yoga in the Barn Room

12:00 pm Yoga in the Barn Room

6:00 pm Yoga in the Barn Room

6:30 pm Jazz Concert in the Parlor

7:00 pm Social Justice Council in the Parlor

**Friday November 3**

9:30 am Groovy Baby Music in the Chapel

**Saturday November 4**

8:30 8:00 am Cambridge Minyan in the Parlor and the Chapel

8:30 am GSA in the Chapel

10:00 a 10:00 am Yoga in the Barn Room

1:00 pm Unplug the Christmas Machine in the Barn Room

6:00 pm 6:00 pm Women’s Circle in the Barn Room