



FIRST CHURCH IN CAMBRIDGE

Congregational 1633-1636
United Church of Christ
Garden and Mason Streets
Cambridge, Massachusetts

FIRST CHURCH
IN CAMBRIDGE
CONGREGATIONAL
384 YEARS
ON THE WAY
1 6 3 6 – 2 0 2 0

WELCOME TO FIRST CHURCH IN CAMBRIDGE...

Grounded in God • Growing in Community • Acting in Love

These past months have brought home to all of us the vital importance of working together to slow and limit the spread of Coronavirus. We know we are called to be a community of faith, not fear. We also know we are called to care for the most vulnerable in our midst, to be good stewards of our staff and resources, and to be good citizens of the wider community.

Under normal circumstances, people of faith would care for each other by drawing close together. It's what we do. It's who we are. In times of loss or threat, we respond by coming together to pray and to sing, to hug and hold each other tight.

Pandemics are different. During an outbreak such as the one we are facing now, we are called to care for each other by moving farther apart, creating a holy buffer of social distance. We do this not only for our own safety and the safety of the people around us, but in loving stewardship to our wider world.

Even when apart, we are not alone. God is with us, in every heartbeat, every breath: strengthening, comforting, and upholding us. Christ is with us, walking beside us, sharing our trials, speaking peace to our fears. The Spirit is with us, uniting us one to another across the barrier of physical distance.

These are temporary measures only. They won't last forever. We will rejoice and celebrate all the more when we are able to come back together, to share stories of what it was like, to laugh, to cry, and to share hugs and handshakes again. Until then, day by day, let's hold one another in prayer.

WORSHIP LEADERS

September 27, 2020

Dan Smith, Senior Minister
Lexi Boudreaux, Pastoral Associate
Jaz Buchanan, Pastoral Associate
Sarah Higginbotham, Director of Creative Worship & Arts
Issa Bibbins, guest musician
Susie Neubauer, for the Pastoral Care Teams
Tim Brenner, for the Stewardship Committee
Joe Welker, technical support

The photograph on the bulletin cover is by Gaylen Morgan.

GATHERING

VOLUNTARY

Issa Bibbins

*HYMN 403

Lord, I Want to Be a Christian

(see page 4)

*GREETING

Jaz Buchanan

L: Siblings in the Spirit, wherever you are,
hear God's call to come in and come back!

C: Come into the warmth of this community of healing and justice.

L: Come into this shared space of solace and hope!

**C: Come in and be in the presence of God,
who loves you, no matter what.**

L: Return to the gifts of wisdom and Sabbath rest.

**C: Return to awareness of your God-given beauty
and the beauty of all creation.**

L: Return to this table set by God,
where there is room and hope and life for us all!

C: Friends, gather in this place of grounding, growing and acting!

All: And let us worship God!!

WORDS OF WELCOME

CANDLELIGHTING

ANTHEM

Climbing High Mountains trad., as sung by Lucy Simpson
Sarah Higginbotham, voice; Issa Bibbins, piano arr. Peter Amidon

Lord, I'm climbing high mountains, trying to get home...

Lord, I'm having hard trials, trying to get home...

Lord, my way sometimes weary...

Lord, I'm climbing high mountains...

CONFESSING

INVITATION TO CONFESSION

PRAYER OF CONFESSION

L: Let us pray for healing, pardon and peace:

**All: Loving God, forgive us when we lose our way,
and lead us back to yours.**

**Lead us from separation to connection, from guilt to responsibility,
from judgment to wonder, from anger to compassion,
from sorrow to joy, from fear to love,
from the unreal to the real, from death to new life!
Amen.**

DECLARATION OF GOD'S FORGIVENESS

GREETING OF PEACE

OPENING THE WORD

PRAYER FOR UNDERSTANDING

Sarah Higginbotham

RESPONSIVE READING

Psalm 16 (excerpted)

L: Protect me, O God, for in you I take refuge.

**C: I say to the Lord, "You are my God;
I have no good apart from you."**

L: You are my chosen portion and my cup;
you hold my lot.

**C: I bless the Holy One who gives me counsel;
in the night also my heart instructs me.**

L: I keep the Holy One always before me;
because God is at my right hand, I shall not be moved.

**C: Therefore my heart is glad, and my soul rejoices;
my body also rests secure.**

L: For you do not give me up to Sheol,
or let your faithful one see the Pit.

**C: You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures forevermore.**

READING

Phillipians 2:1-13

SERMON

Dan Smith

SHARING OUR LIFE TOGETHER

ANNOUNCEMENTS

MINISTRY MOMENT FOR PASTORAL CARE TEAMS

Susie Neubauer

PRAYERS FOR THE CHURCH & WORLD

Lexi Boudreaux

L: God be with you.

C: And also with you.

L Let us pray... (*silence, intercessions, and the Lord's Prayer*)

THE LORD'S PRAYER

(Please pray this prayer in words most meaningful to your heart.)

**All: Our Creator, who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses
as we forgive those who trespass against us. And lead us not into temptation,
but deliver us from evil. For thine is the kingdom, and the power,
and the glory forever. Amen.**

***INVITATION TO OFFERING**

Tim Brenner

You may give online from your bank account [at our website](#) or by text from your debit/credit card by texting the amount to 844-996-0982.

***DOXOLOGY**

**Praise God, the source of life and birth,
Praise God, the Word who came to earth,
Praise God, the Spirit, holy flame,
All glory, honor to God's name! Amen.**

***PRAYER OF DEDICATION**

GOING FORTH

***HYMN 439**

Every Time I Feel the Spirit

(see page 6)

***BENEDICTION**

VOLUNTARY

OPENING HYMN

Lord, I Want to Be a Christian

1. Lord, I want to be a Chris-tian in my heart, in my heart;
2. Lord, I want to be more lov - ing in my heart, in my heart;
3. Lord, I want to be more ho - ly in my heart, in my heart;
4. Lord, I want to be like Je - sus in my heart, in my heart;

Lord, I want to be a Chris-tian in my heart.
Lord, I want to be more lov - ing in my heart.
Lord, I want to be more ho - ly in my heart.
Lord, I want to be like Je - sus in my heart.

In my heart, in my heart, in my heart,
in my heart, in my heart,

Lord, I want to be a Chris-tian in my heart.
Lord, I want to be more lov - ing in my heart.
Lord, I want to be more ho - ly in my heart.
Lord, I want to be like Je - sus in my heart.

SERMON HYMN

Softly and Tenderly

1. Soft - ly and ten - der - ly Je - sus is call - ing,
2. Why should we lin - ger when Je - sus is plead - ing,
3. O for the won - der - ful love he has prom - ised,

call - ing for you and for me; pa - tient and lov - ing, he's
plead - ing for you and for me? Why should we wait, then, and
prom - ised for you and for me; though we have sinned he has

wait - ing and watch - ing, watch - ing for you and for me.
heed not his mer - cies, mer - cies for you and for me?
mer - cy and par - don, par - don for you and for me.

Refrain
Come home, Come home, come home, ye who are

wea - ry, come home; ear - nest - ly, ten - der - ly

Je - sus is call - ing — call - ing, "O sin - ner, come home!"

CLOSING HYMN

Every Time I Feel the Spirit

Refrain

Ev - ery time I feel the Spir - it mov - ing in my

heart I will pray. Yes, ev - ery time I feel the

Fine

Spir - it mov - ing in my heart I will pray.

1. Up - on the moun - tain, when my Lord spoke, Out of God's
2. O Jor - dan riv - er is chil - ly and cold, it chills the
3. O I have heart - ache and I have woe, and I have

mouth came fire and smoke. Looked all a - round me,
bod - y, not the soul. There's on - ly one train
trou - ble here be - low. But while God leads me,

to Refrain

it looked so fine, I asked my Lord if all were mine.
up - on this track; it runs to heav - en, then right back. O ev - ery
I'll nev - er fear, for I am shel - tered by God's care.

YOUR PRAYERS ARE REQUESTED

- For Moana Bentin's sister Katie, who is receiving a new round of cancer treatment in India.
- For Andrea Seek and her girlfriend Theresa, who are recovering after a serious bicycle accident.
- For Barb Hume's brother Bill Hume, who is in the hospital for multiple medical concerns.
- For Margaret Gooch, with blessings for safe travels and a smooth transition to her new Hattiesburg, MS, home, where she expects to keep virtually connected to First Church.
- For the Korn family as they grieve the loss of Karen's 22-year-old nephew Benjamin Hunter Placella, a beloved cousin to Giselle, Allison, and Christina.
- For Mary Martha Thiel, who is recovering from knee replacement surgery.
- For all those on the West Coast who have been displaced by the recent wildfires, and for the safety and health of farmworkers working amid the triple threat of heat, wildfire smoke, and COVID-19.
- For all those grieving the loss of family or friends to police violence. We pray for those rallying for reform and for a new birth of racial justice and healing across our land.
- For all impacted by recent hurricanes and all those in Southern and Gulf Coast communities living through what is expected to be a particularly unrelenting storm season.
- For all who are grieving the loss of loved ones due to Covid-19; for all those who are ill with COVID-19 and their families; and for all of us who are navigating this strange new world, that we may receive God's comfort, strength, and peace.
- For all who are in treatment for cancer: Penny Kilburn, Nancy Kilburn's mother; Amy Golodet, Jonathan New's sister-in-law; Becky Collet, Karen Anne Zee's daughter; Stewart Bailey, Karen Anne Zee's son-in-law; Beth and Polly, Ann McCann's sisters; and former First Church member Nancy Sanders.
- For the 14 men who are finding care in our First Church Shelter and for the guests of the Friday Café, who are experiencing deprivation and hardship in this time of disruption.
- For those who seek sanctuary in houses of worship around the country, including our partner University Lutheran Church in Harvard Square. We pray for tranquility for immigrants who live in constant fear and anxiety. And we pray for all who are working for a just and compassionate future for immigrants and asylum seekers.
- For God's strength as we combat the realities of the climate crisis. May God empower us and our leaders to take bold steps, personally and politically, to care for God's creation and for the poor around the world who are most affected by our inaction.

If you would like us to include a prayer request in the bulletin, please contact Dan Smith or Sarah Higginbotham by Tuesday morning,

TODAY AT FIRST CHURCH

FORMATION HOUR: MULTIGENERATIONAL GODLY PLAY, BIBLE 101, AND FAITH & SOCIAL

JUSTICE Today, 9:30 a.m., via Zoom and YouTube Today's "9:30 Hour" includes our first multigenerational Godly Play class. Adults are invited to join our young children (up through 4th grade) to hear the story of "The Great Family" and to wonder about it together. Prepare for Godly Play by having some paper and drawing implements handy, along with a small snack for the Feast. First Church's 5/6th graders will meet separately for Bible 101, and our 7/8th graders will meet for Faith & Social Justice. Questions or tech issues? Email or text Sarah Higginbotham: shigginb@firstchurchcambridge.org or 617-633-3187.

[Click here to join the Church School Zoom directly](#), or use the following information:

Meeting ID 897 8647 6898 Call-in Number +1 929 205 6099

YouTube Premiere info:

[Click here for Multigenerational Godly Play](#)

(for children up through 4th grade and all adults)

[Click here for Bible 101](#)

(for 5th/6th grade)

Haven't registered for Remote Church School yet?

[Click here to complete a simple google form.](#)

THE CALL TO RETURN: SPIRITUAL REFLECTIONS ON RACIAL JUSTICE with Carlyle Stewart

Town Hall Meeting Today, 12:30 p.m., via Zoom At First Church, we have spent a lot of time talking about remembrance, repentance, and reparations, and about how all of these are a part of our work of Racial Justice. As we seek to sustain and grow this work, we need an ever-deeper reliance on God and on the hoped-filled resources of faith tradition. Community Minister for Racial Justice Carlyle Stewart will host a series of town hall meetings starting today. We are holding weekly sessions on Wednesdays from 5:30–7:00 p.m., in which participants will be invited to discuss assigned texts and engage in deeper reflection. If you are interested in participating in the regular reflection sessions, please email Carlyle at cfstewartiv94@gmail.com or carlyle@firstchurchcambridge.org. ***If you are unable to attend on Wednesdays, you can watch the recordings of the sessions on [our YouTube channel](#).*** If you'd like to be linked with a partner for discussion, contact Peggy Stevens: peggy@kids4peaceboston.org.

[Click here to join directly](#) or use the following information:

Meeting ID 870 8280 8388 Passcode AfterCh

One tap mobile +13017158592,,87082808388#,,,,,0#,,1717325#

NEW TO FIRST CHURCH? Have you just begun joining us for online worship? Please consider filling out this ["virtual visitor card"](#) so that we might reach out and connect with you about our community. Questions? Contact Sarah Higginbotham.

FALL AT FIRST CHURCH

YOUNG ADULTS GROUP STROLL Saturday, October 3, 3:00 p.m., meet at Alewife Station The First Church Young Adults Group is a casual gathering space for 20- and 30-somethings to catch up on church life and explore faith questions across experiences. We periodically get together for zoom chats and outdoor walks. Our next outdoor stroll takes us to Spy Pond in Arlington this Saturday. Plan to gather outside Alewife Station (which has lots of parking). We'll then walk up the Alewife Linear Park to Spy Pond, about a two hour round trip. Questions? Email Phil Jones: p.robbennolt.jones@gmail.com or text: 585-610-7919

RESTORATIVE YOGA WITH GANDHI SOLANK Saturday, October 3, 4:00 p.m., via Zoom Join First Church member Gandhi Solanki as he shares his practice of ancient Indian teachings. The slow flow restorative Savasana Yoga practice provides a balance of flowing movement and breath awareness with a slow and steady pace, intended to induce deep relaxation. This 45-minute yoga session is open to all levels and provides a way for new students to try yoga in a slow, supportive, and welcoming environment. The session will wind down with relaxing restorative savasana designed to help melt away the pandemic-stress and provide the necessary stretch needed to improve flexibility and mobility. Things needed during the session: A quiet room, a warm blanket, access to water, and a Yoga mat (mattress would work as well)
Zoom link to join: <https://harvard.zoom.us/j/92937392439>
One tap mobile: +13017158592,,92937392439#
Questions? Contact Gandhi at: ras6729@g.harvard.edu

MULTIGENERATIONAL CREATIVE ARTS WORKSHOP Next Sunday, October 4, 9:30 a.m. All are invited to join us next Sunday for some creative time together. The drawstring bags in your "Church at Home" kits are all you need to participate. If you didn't pick up a kit, we can still deliver the art supplies to you before Sunday, if you live in the greater Cambridge area! Email Sarah Higginbotham to be included on a delivery route.

GBIO: ON THE ROAD TO RACIAL JUSTICE Sunday, October 4, 12:30 p.m., via Zoom It's been a busy year at the Greater Boston Interfaith Organization! With the help of a lot of First Church members, we're much closer to seeing police reform and health care reform pass in the state house. Let's gather as a church to catch up on how the campaign is going and what needs to be done to put pressure on Massachusetts legislators to work for their constituents to pass these critical reforms. We'll also take time to think about this question: What could we accomplish in Cambridge if we joined in power with our neighbors in faith? Questions? Get in touch with First Church's GBIO core team:

Will Erickson: wericks2002@gmail.com
Casey Marsh: kc.marsh103@gmail.com

Phil Jones: p.robbennolt.jones@gmail.com
Seth Pate: seth.pate@pm.me

FALL AT FIRST CHURCH

CALL FOR PICTURE BOOK READERS Do you enjoy reading picture books aloud? Sarah Higginbotham is looking for volunteers to video-record themselves reading aloud a book from our Children’s Book Corner. On each second Sunday of the month, several “read-aloud” videos will premiere on our YouTube channel for our children to watch during the 9:30 Formation Hour. Sarah will deliver books to your door and talk you through the recording and uploading process. Please contact Sarah to offer your reading gifts to our Church School.

BIPOC SPACE, TIME, AND COMMUNITY If you are a Black, Indigenous or Person of Color (BI-POC) member of First Church, please consider joining an upcoming Zoom meeting designed as an active listening session to reflect, heal, support one another, and build community. Please contact Moana Bentin (moana.bentin@gmail.com) with questions or to receive a Zoom invitation to participate. This group is by BIPOC for BIPOC.

ONLINE WORSHIP LITURGISTS All are welcome to participate as leaders in worship via video; [click here to access the signup sheet](#). Put your name and contact information next to the piece of the service you want to lead, and you will receive an email with instructions on how to contribute! Thank you for making online church feel like church! Questions? Contact Lexi Boudreaux: lexi@firstchurchcambridge.org

MISSED OUR ALL-CHURCH ORIENTATION ON REGATHERING SUNDAY? Church staff offered a welcome and orientation to our fall programming and our new Sunday schedule. [Click here to watch the 35-minute presentation](#) on our YouTube channel. If you’re a visual person who likes charts and grids, [click here to see our Sunday Schedule in grid format](#).

FIRST CHURCH YOUTUBE CHANNEL Continue to tune into our First Church YouTube channel! Subscribe to make sure you don’t miss new videos, including our pre-recorded services. The link to the channel is: <https://tinyurl.com/ryac3av>

*Have an announcement for the bulletin?
Please send information about church or wider community events to Sarah Higginbotham
(shigginb@firstchurchcambridge.org) by 10:00 a.m. on Tuesdays
to be considered for the following Sunday’s bulletin.*

FALL FAITH & LIFE GROUPS

FALL FAITH & LIFE GROUPS

Led by First Church members, Faith & Life Groups are designed to encourage meaningful connections through shared interests, whether exploring a spiritual practice, opening our eyes to the beauty around us, delving into a challenging social issue, or attending to significant life stages.

Faith & Life Groups involve making a short-term commitment to something that might be delightful, deep, or even transformational. At the same time, you can get to know First Church friends who share your interests.



[Please sign up to participate in a faith and life group here.](#)

Questions? Please contact Lexi Boudreaux or the leader of the group.

Deadline to register: Next Sunday, October 4

BRAIDING SWEETGRASS BOOK GROUP *Braiding Sweetgrass* is a moving work that weaves together ecology and indigenous knowledge to provide a model of what it might look like to live in this balance, an ecological balance that has been disrupted by colonization of the land. As a First Church group we will consider the imperative to restore right relationship with the earth and how this relationship is dependent on living out right relationships among humans.

Facilitators: Ariel Ackermann and Jim Brown

Meetings: Tuesdays, October 27 and November 10,
5:00 - 6:00 p.m., via Zoom

FIRST CHURCH WOMEN'S READING GROUP Please join our FCC Women's Reading Group as we discuss books grounded in faith and spiritual growth. Books of various genres (fiction, informational, poetry, etc.) will be selected, and we plan to meet every 4-6 weeks. The first two book discussions will be led by Alex Steinert-Evoy and Susan Reynolds; thereafter, participants will be invited to recommend books and moderate meetings. We will share titles of books as they are selected. Sign up to be part of our group, whether you plan to read all or only some of the books selected!

Facilitators: Susan Reynolds and Alex Steinert-Evoy

FALL FAITH & LIFE GROUPS

First Selection: *The Book of Longings: A Novel* by Sue Monk Kidd
Meeting: Tuesday, October 13, 6:00 - 7:15 p.m., via Zoom

Second Selection: *All About Love* by bell hooks
Meeting: Tuesday, November 10, 6:00 - 7:15 p.m., via Zoom

FEELING NEWER TO CONVERSATIONS ABOUT RACE? In the first two sessions, we will discuss some short chapters from the book *So You Want to Talk About Race?* by Ijeoma Oluo. In the third session, we will relate these questions to the racial justice work at First Church. Some of the questions we will explore include: Is it really about race (or is it also about class, ethnicity, or being an immigrant?) What if I talk about race wrong? What are micro-aggressions and how do I avoid them? Why has racial justice and anti-racism become a major focus at First Church? What are the church's plans going forward? How can I learn more?

Facilitators: Peggy Stevens and Dave McCann
Meetings: Thursdays, October 29, and November 12 & 19,
5:15 - 6:15 p.m., via Zoom

REPARATIONS ACCOUNTABILITY GROUP Join as we continue to explore a practice of reparations for our individual and communal lives. We'll share experiences with reparations with to date motivations, promote interracial relationship-building as a precursor for reparations, foster accountability, and discuss the Biblical and theological bases for reparations. All are welcome to this drop-in, whether you are just starting to wonder about reparations or are already involved in an individual or collective practice. New members welcome!

Facilitators: Alice Kidder and Dan Smith
Meetings: Mondays, September 14 & 28, 5:00 - 6:00 p.m., via Zoom
The group will continue on most fourth Mondays of the month.

RELATIONAL GOD: PROCESS/RELATIONAL THEOLOGY & ITS IMPLICATIONS FOR TODAY
The ancient Hebrews of Genesis and Exodus understood God as relational. Jesus was all about relationships. But some types of Christian theology moved away from a relational view and toward God as non-temporal (eternal), unchanging (immutable), and unaffected by the world (impassible). Process/Relational Theology (PRT), with origins in the early 20th century, attempts to bring us back to a more relational and dynamic understanding of God. In these sessions, we will start with the basics of PRT, drawing on prominent 20th century theologians, then explore the implications of this theology for how we relate to God and all of creation. What does prayer look like from a PRT viewpoint? How does PRT suggest we approach the climate crisis? What does PRT say about racial justice? What can we say about miracles? Prepare to have your mind expanded as we put theology to work in this troubled modern world!

FALL FAITH & LIFE GROUPS

Facilitators: Paul Sawyer

Meetings: Tuesdays, October 6, 13 & 20, 7:30 p.m., via Zoom

STAMPED: THE REMIX—INTERGENERATIONAL FORMATION ON RACE We will read and discuss this book, which authors Jason Reynolds and Ibram X. Kendi call a “remix” of Kendi’s original book, *Stamped From the Beginning: The Definitive History of Racist Ideas in America*. This “remix” is for youth readers, but there is a lot in here to discuss and reflect upon for persons of any age! Jaz Buchanan and the 7th & 8th graders at FCC will be reading this book as well, as part of their Faith & Social Justice class, and the culmination of our gathering will be to meet together, youth and adults, to discuss the final section, an opportunity for true multi-generational study!

Facilitator: Beth Spaulding

Meetings: Wednesdays, October 21 & 28 and November 4 & 11, 8:30 a.m., via Zoom; final meeting with FCC youth on Sunday, November 15, 9:30 a.m., via Zoom

GENEALOGY: FINDING OUR FAMILY HISTORIES Interested in genealogy? Just starting on your family tree? Or have you been working on it for years? We can gain an understanding of our history through the lens of our own families. We’ll look at immigration, migration, race, religion and economics, and anything else that people are interested in exploring. The group will start out by gathering bi-weekly three times this fall, and then decide from there how and when people would like to connect as we explore our family stories.

Facilitator: Karen McArthur

Meetings: Tuesdays, September 29, October 27, and November 17, 7:30 p.m., via Zoom

DANCING WITH GOD IN BODY AND SPIRIT Before I found a home in Christianity, dance had always been my connection to all that is divine. Together we will explore how we can use movement and dance to rejuvenate our bodies, our souls and reground ourselves in the presence of God. If you like moving and grooving, off beat and/or on beat, swaying, reaching into the sky, this faith and life group is for you.

Facilitator: Jaz Buchanan

Meetings: Fridays, October 9, 16, 23, 12:00 p.m., via Zoom

HOMELESS MINISTRIES

FIRST CHURCH SHELTER WELCOMES COFFEE DONATIONS Coffee, anyone? Remember what Clark Gable said: “I never laugh until I’ve had my coffee!” You know how comforting, invigorating, and, yes, maybe even essential your morning cup of coffee is! At home or on your commute, your daily cup(s) is a comforting presence throughout the day. This is also true for the guests at our First Church Shelter. Coffee (and sugar) are staple items that do not come on the free food trucks, so it must be bought. Would you like to pitch in and buy a few rounds for the guys? [Click here to donate](#) \$5, \$10 or \$20 today to the First Church Shelter. If you would rather drop coffee at the church, please email Jim Stewart at the Shelter to arrange contactless drop-off: jstewart@firstchurchcambridge.org. Let’s share some laughs! Thank you for your ongoing support of the Shelter guests.

MAKE ROOM FOR NEW BOOKS! With so much to read and learn about, bookshelf space can be a challenge. Why not donate a few old titles to the Friday Café? With libraries closed, many guests are reading-deprived right now. You can help by dropping books off on a Friday between 11:00 a.m. and 3:00 p.m.; or reach out to Kate Layzer to arrange a pickup.

SIGN UP TO MAKE BAG LUNCHESES FOR THE FRIDAY CAFÉ! Each week, we hand out 100+ bag lunches to neighbors in need. Each contains a sandwich, a piece of fruit, a snack, and something to drink. This is an especially fun activity to do with kids: collecting the ingredients, decorating the bags, making sandwiches, and assembling the lunches. Visit <https://signup.com/go/rfHdKHr> to claim your spot in the schedule. Thanks!

VOLUNTEER TO BAKE SOME GOODIES FOR OUR EVENING MEAL PROGRAM First Church serves 500 meals a week to help feed hungry neighbors! If you would like to make a few dozen sweet treats to hand out at one of our evening meals on Monday, Wednesday, Saturday, or Sunday, please visit <https://signup.com/go/DCsUUei> to sign up. Treats can be dropped off at the Tower Room door at 4:30 on any of those nights. Thank you!

MEDITATIVE MUSIC FOR YOUR WEEK

LINKS TO CHANT WORKS PROVIDED BY NIGHT SONG Looking for meditative chant music during your time at home? Night Song Director Daryl Bichel offers the following suggestions:

St. Mark’s Cathedral in Seattle, Psalm 91 - Men’s Compline Choir

https://www.youtube.com/watch?v=Svklc18lqV0&list=RDgtyLNDOyF10&start_radio=1

Ancient Roman Chant, Psalm 91 - Ensemble Organum, directed by Marcel Peres

<https://www.youtube.com/watch?v=7byVGuWwxIU>

Cistercian Chant of the Late Middle Ages -Ensemble Organum, directed by Marcel Peres

In Timore Dei https://www.youtube.com/watch?v=1_8Nrx-67EY

Testamentum Eternum <https://www.youtube.com/watch?v=-OUctNBjBCY>

Dedit Dominus Confessionem Sancto Suo <https://www.youtube.com/watch?v=QrrSnKweft4>

WIDER COMMUNITY ACTIONS AND EVENTS

VIRTUAL RALLY FOR REAL POLICE REFORM IN MASSACHUSETTS Today, 2:00 p.m., via Zoom
Join with **Faith in Solidarity MA** and **Moral Revival Boston** to demand a police reform bill that will create real accountability. A group of Black leaders from across the state have organized to make it clear that we want the kind of reform that will lead the country in promoting true public safety for everyone. Join the rally to hear from leaders around the state who are demanding police reform. During the rally you will be given the tools to take action by sending emails, making calls, texting, and posting to social media to ensure that the legislature is clear about our demands. The press is invited, so you are encouraged to join in on the screen shots!
[Click here to register.](#)

GETTING PREPARED: NONVIOLENT ACTION PRINCIPLES AND PRACTICE Today and Sundays, October 4 & 11, 3:00 - 5:00 p.m., via Zoom There are three more sessions in this four-part interfaith training in nonviolent action to prepare to respond to what is ahead of us this fall and beyond. The training is geared toward faith communities, but open to others committed to social justice. You are strongly encouraged to participate in all four sessions, but talks will be taped, in case you must miss one.

September 20: Introduction to the Theory and Practice of Nonviolent Action

September 27: Reaching Across the Divide: How We Relate to Those in Opposition

October 4: The Power of Nonviolent Action: Lessons from Historical and Global Cases

October 11: How We Win

[Click here to register.](#) A registration donation of \$25 is suggested.

BRAIDING SWEETGRASS AUTHOR TALK Wednesday, September 30, 6:00 p.m. Author Robin Kimmerer will be giving a virtual talk—“What does the Earth Ask of Us”—at UMass Amherst. Those joining the Faith & Life group that will read her book next month will find this to be an interesting preview to group discussion!

To register: <https://blogs.umass.edu/feinberg/what-does-the-earth-ask-of-us/>

SAFE COMMUNITIES ACT (SCA) COALITION PHONEBANKING EVENTS The SCA Coalition is gearing up for their fall campaign, and they need our help to get the bill to a floor vote this session. The best way to do that is to secure commitments for a “yes” vote from a majority of state legislators. To succeed, the coalition needs help generating calls from constituents—especially outside Greater Boston! They will provide a short training; you’ll just need a computer and a phone. Zoom information on how to join will be sent when you RSVP:

Tuesday, September 29, 5:00-8:00 p.m. - Register here: http://bit.ly/SafeCommunities_929

Thursday, October 1, 5:00-8:00 p.m. - Register here: http://bit.ly/SafeCommunities_101

WIDER COMMUNITY ACTIONS AND EVENTS

THE CALL WITHIN: DISMANTLING RACISM FROM THE INSIDE OUT October 7 & 8, 7:00 - 8:30 p.m., via Zoom The Beloved Community highly recommends this workshop led by Jacqui Lewis, Senior Minister of the UCC “Multi-Everything” Middle Collegiate Church in New York City. Presenters include indigenous authors and leaders Kaitlin Curtice and Mark Charles, as well as author and activist V, formerly Eve Ensler. The course will be both theoretical and practical; it is for people of all ethnicities. Tickets are \$20 and can be purchased at: <https://www.eventbrite.com/e/the-call-within-dismantling-racism-from-the-inside-out-tickets-115273857210>



A FREE psychoeducational class for family and friends of individuals living with a mental health condition



The evidence-based course meets weekly for 8 online sessions and is taught by NAMI trained family member volunteers.

NAMI Central Middlesex sponsored but all Massachusetts participants welcome Registration is required.

SEPTEMBER: Wednesdays starting September 30th. 6:30-9:00 pm. Contact Tom at 978-618-7521, garlandhome@comcast.net or Paul at 978-514-2942, pbois56@gmail.com.

OCTOBER: Tuesdays starting October 6th, 7:00– 9:30 pm. Contact Phyllis at 978-973- 3995, phyllis.terrey100@gmail.com or Sara at 329-223-3146, Shdodd@verizon.net. Additional info and more online sessions available at: namimass.org/nami-family-to-family/

LOOKING AHEAD

Sunday, September 27

- 9:30 a.m. Multigenerational Godly Play, via YouTube & Zoom
- 9:30 a.m. Bible 101 (5th/6th grade) and Faith & Social Justice (7th/8th grade), via YouTube & Zoom
- 11:00 a.m. Live-stream Morning Worship
Dan Smith, preaching; Issa Bibbins, guest musician
- 12:30 p.m. First Church Racial Justice Town Hall with Carlyle Stewart, via Zoom

Monday, September 28

- 5:00 p.m. Reparations Faith & Life Group, via Zoom
- 5:00 p.m. Meal Distribution, Tower Room
- 7:00 p.m. Executive Council, via Zoom

Tuesday, September 29

- 4:00 p.m. Shelter Oversight Committee, via Zoom
- 7:30 p.m. Genealogy / Family History Faith & Life Group, via Zoom

Wednesday, September 30

- 9:30 a.m. Staff Meeting, via Zoom
- 5:30 p.m. Meal Distribution, Tower Room
- 5:30 p.m. A Call to Return, with Carlyle Stewart, via Zoom

Thursday, October 1

- 6:00 p.m. Bible Study, via Zoom
- 7:45 p.m. Choir Call, via Zoom

Friday, October 2

- 1:00 p.m. Friday Café lunch bag pickup, Tower Room

Saturday, October 3

- 8:00 a.m. Men's Breakfast, via Zoom
- 5:30 p.m. Meal Distribution, Tower Room

Sunday, October 4 **WORLD COMMUNION SUNDAY**

- 9:30 a.m. Adult Formation: Plymouth's Pilgrim Part II, via Zoom
- 9:30 a.m. Multigenerational Creative Arts Workshop, via Zoom
- 11:00 a.m. Live-stream Morning Worship
Lexi Boudreaux, preaching
- 12:30 p.m. GBIO: On the Road to Racial Justice, via Zoom
- 2:00 p.m. Youth Group

***Zoom invitations to many of our week's programs
are in the all-church email that was sent this morning.***

***Committee Chairs and Faith & Life Group Leaders
have sent Zoom invitations to registered participants.***

THE STAFF AT FIRST CHURCH IN CAMBRIDGE

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Would you like to give to
First Church in Cambridge?
Here are easy ways to do it:



Text \$ __ to 1-844-996-0982



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