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EASTERTIDE

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 weeks 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

May 10, 2020

#### Leading Worship

Kate Layzer, Minister of Street Outreach  
Sarah Higginbotham, Director of Creative Worship & Arts  
Karen McArthur, Minister of Stewardship & Finance  
Carlyle Stewart, Pastoral Associate  
Peter Sykes, Music Director

*The photograph on the bulletin cover is by Gaylen Morgan.*

## GATHERING

## VOLUNTARY

*Allein Gott in die Höh sei Ehr'*

J. S. Bach

## \*HYMN 6

Bring Many Names (verses 1, 2 &amp; 3)

*(see page 5)*

## \*GREETING

Sarah Higginbotham

L: Sisters, brothers, siblings in the Spirit, grace and peace to you from God!

C: **From God our Creator, whose breath gives life, peace to you!**

L: Welcome! Be at home in the presence of Love,

C: **Love divine, stronger than death!**

L: Welcome! Be at home in the companionship of Jesus our brother:

C: **The Risen Christ who knows all that is written in our hearts  
and loves us through and through.**

L: Be at home in God and in this time of worship. And lift up your hearts in praise!

## WORDS OF WELCOME

## ANTHEM

Psalm 23 (in memory of his mother)  
*First Church Choir, 2017*

Bobby McFerrin

## CONFESSING

## INVITATION TO CONFESSION

Kate Layzer

## SILENCE

## SUNG PRAYER

**Lord, prepare me to be a sanctuary,  
pure and holy, tried and true.  
With thanksgiving, I'll be a living sanctuary for you.  
*(Sing through twice.)***

## DECLARATION OF FORGIVENESS

## \*GREETING OF PEACE AND SHARED CHECK-IN

## OPENING THE WORD

### PRAYER FOR UNDERSTANDING

#### RESPONSIVE READING

Psalm 139

L: O God, you have searched me and known me.  
You know when I sit down and when I rise up;  
you discern my thoughts from far away.

**C: You search out my path and my lying down,  
and are acquainted with all my ways.**

L: Even before a word is on my tongue,  
O Lord, you know it completely.

**C: You hem me in, behind and before,  
and lay your hand upon me.  
Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.**

L: Where can I go from your spirit?  
Or where can I flee from your presence?

**C: If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.**

L: If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand shall hold me fast.

**C: If I say, 'Surely the darkness shall cover me,  
and the light around me become night',  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.**

L: For it was you who formed my inward parts;  
you knit me together in my mother's womb.

**C: I praise you, for I am fearfully and wonderfully made!  
Wonderful are your works;  
that I know very well.**

L: My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.

- C: Your eyes beheld my unformed substance.  
In your book were written  
all the days that were formed for me,  
when none of them as yet existed.**
- L: How weighty to me are your thoughts, O God!  
How vast is the sum of them!
- C: I try to count them—they are more than the sand;  
I come to the end—I am still with you.**
- L: Search me, O God, and know my heart;  
test me and know my thoughts.
- C: See if there is any wicked way in me,  
and lead me in the way everlasting.**

## MEDITATIONS

Sarah Higginbotham, Karen McArthur, and Kate Layzer

### \*HYMN 84

Mothering God, You Gave Me Birth

(see page 6)

## SHARING OUR LIFE TOGETHER

## ANNOUNCEMENTS

### PRAYERS FOR THE CHURCH AND WORLD

Carlyle Stewart

- 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

*You may give online from your bank account at [www.firstchurchcambridge.org](http://www.firstchurchcambridge.org)  
(click on the word "Give" at the top of the landing page)  
or by text from your debit/credit card by texting the amount to 844-996-0982.*

**\*DOXOLOGY AND PRAYER OF DEDICATION**

O Jesus, risen now to bless,  
do thou thyself our hearts possess;  
that we may give thee all our days  
the willing tribute of our praise! Amen.

**GOING FORTH**

**\*HYMN C-3**

Psalm 23

*(see page 7)*

**\*BENEDICTION**

**VOLUNTARY**

*Allein Gott in die Höh sei Ehr'*

J. S. Bach

**CONGREGATIONAL CHECK-IN**

At this time, you are invited to email Sarah or Kate  
with your prayer concerns or check-ins, to be shared via the live-stream.

Sarah's email: [shigginb@firstchurchcambridge.org](mailto:shigginb@firstchurchcambridge.org)

Kate's email: [klayzer@gmail.com](mailto:klayzer@gmail.com)

# OPENING HYMN

## Bring Many Names

Unison

verses 1, 2, and 3

1. Bring man - y names, beau - ti - ful and good, cel - e - brate, in  
 2. Strong moth - er God, work - ing night and day, plan - ning all the  
 3. Warm fa - ther God, hug - ging ev - ery child, feel - ing all the  
 4. Old, ach - ing God, gray with end - less care, calm - ly pierc - ing  
 5. Young, grow - ing God, ea - ger, on the move, say - ing no to  
 6. Great, liv - ing God, nev - er ful - ly known, joy - ful dark - ness

par - a - ble and sto - ry, ho - li - ness in glo - ry, liv - ing, lov - ing God.  
 2. won - ders of cre - a - tion, set - ting each e - qua - tion, gen - i - us at play:  
 strains of hu - man liv - ing, car - ing and for - giv - ing till we're rec - on - ciled:  
 4. e - vil's new dis - guis - es, glad of good sur - pris - es, wis - er than de - spair:  
 false - hood and un - kind - ness, cry - ing out for jus - tice, giv - ing all you have:  
 6. far be - yond our see - ing, clos - er yet than breath - ing, ev - er - last - ing home:

Hail and Ho - san - na! bring man - y names!  
 2. Hail and Ho - san - na! strong moth - er God!  
 Hail and Ho - san - na! warm fa - ther God!  
 4. Hail and Ho - san - na! old, ach - ing God!  
 Hail and Ho - san - na! young, grow - ing God!  
 6. Hail and Ho - san - na! \_\_\_\_\_ great, liv - ing God!

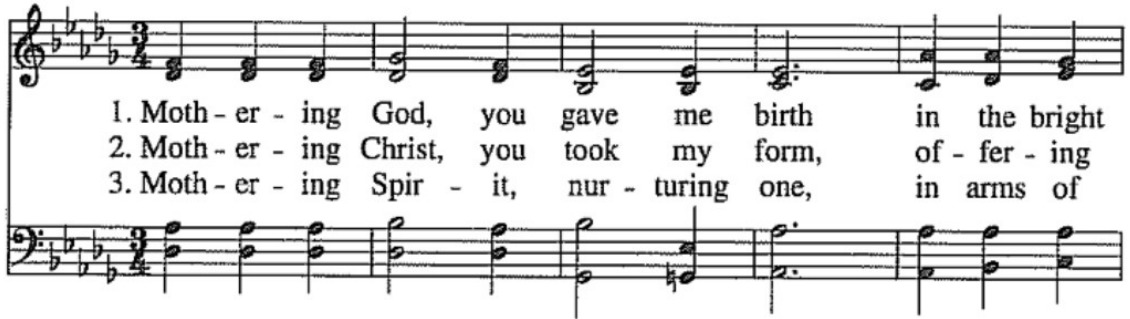
WORDS: Brian Wren, 1989  
 MUSIC: Carlton Young, 1989

WESTCHASE  
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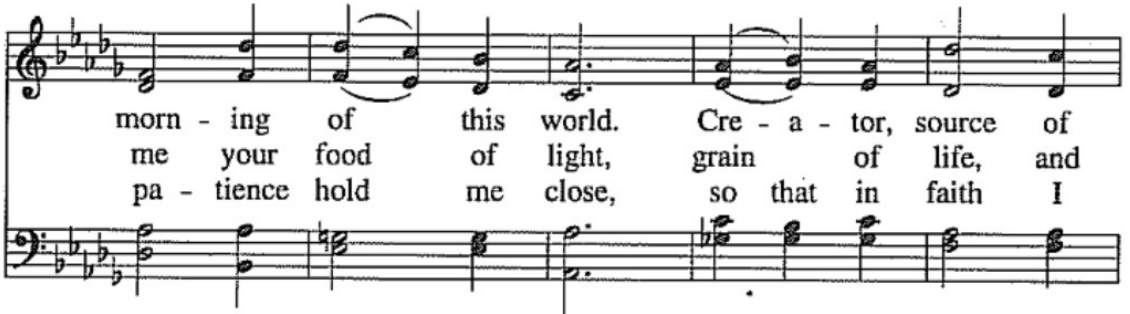


SERMON HYMN

# Mothering God, You Gave Me Birth



1. Moth - er - ing God, you gave me birth in the bright  
2. Moth - er - ing Christ, you took my form, of - fer - ing  
3. Moth - er - ing Spir - it, nur - turing one, in arms of



morn - ing of this world. Cre - a - tor, source of  
me your food of light, grain of life, and  
pa - tience hold me close, so that in faith I



ev - 'ry breath, you are my rain, my wind, my sun.  
grape of love, your ver - y bod - y for my peace.  
root and grow un - til I flow'r, un - til I know.

WORDS: Julian of Norwich (1342-1419); adapt. Jean Janzen, 1991  
MUSIC: Henry Percy Smith, 1874

MARYTON  
LM



CLOSING HYMN

Psalm 23

1. My God, my shep-herd and my guide, you sat - is -  
2. You bring my soul to peace a - gain and set my  
3. You lay a ban-quet out for me in sight of  
4. I know your good-ness and your love will al - ways

fy my need, you of - fer rest in pleas - ant fields,  
path a - right. Your rod and staff sub - due my fears,  
all my foes. You hon - or me and fill my cup  
fol - low me, and in your house I'll make my home

to wat - ers calm you lead.  
in dark-ness you give light.  
un - til it ov - er - flows.  
for all e - ter - ni - ty.

WORDS: New translation by Denise Karuth

MUSIC: New England Psalter, 1698

LOW DUTCH

## YOUR PRAYERS ARE REQUESTED

- In gratitude for all mothers on this Mothers' Day, and for those who long to be parents but are unable to do so. May God bless everyone who has been like a loving parent to us in our lives.
- For Don Johnson and Kate Layzer and Don's family as they grieve the loss of Don's mother, Jan, at the age of 92. She died peacefully last Friday from complications of COVID-19.
- For Sue Reynolds and her family as they grieve the loss of Sue's father-in-law Don Reynolds at the age of 96.
- For Pam Pacelli and Rob Cooper, as they hold vigil for Pam's mother, who is seriously ill with COVID-19.
- For Connie Pyle's brother Stephen, who is healing from a head injury and cracked rib suffered in a recent fall.
- For Cynthia Shoemaker, who has been diagnosed with Covid-19, but has thus far been relatively symptom-free. We pray for her health and that of the staff and other residents at Courtyard Nursing Care Center in Medford.
- For Dorian Hardwick and Gail Buschman as they grieve the losses of their mothers. Dorian's mother, Anna Mae, turned 99 on April 19 and died on April 30 of a heart attack. She was an active member of the Middlebury CT Congregational Church for decades, serving in many capacities. Gail's mother, Ruth Buschmann, died at the age of 96 on April 11.
- For Hilary Hopkins and her family as they grieve the death of Hilary's nephew Jeff.
- 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 learning to navigate this strange new world, that we may receive God's comfort, strength, and peace.
- For all essential workers, who continue to put themselves at risk to care for the sick and most vulnerable, maintain our food supply, deliver supplies, keep our public services running, and lead us through this crisis.
- For African Americans and communities of color around the country that are facing disproportionately high rates of coronavirus death and infection, revealing entrenched inequalities in resources and access to healthcare.
- For all who are experiencing unemployment or underemployment during this crisis, including undocumented workers who cannot find a safety net in our government's response.
- For all who are in treatment for cancer: Penny Kilburn, Nancy Kilburn's mother; Mark Deck, Sarah Fujiwara's brother-in-law; Amy Golodet, Jonathan New's sister-in-law; Becky Collet, Karen Anne Zee's daughter; Stewart Bailey, Karen Anne Zee's son-in-law; and Beth and Polly, Ann McCann's sisters.
- For the 14 men who are finding care and residence in our First Church Shelter and for the guests of the Friday Cafe. In this time of disruption, may they know warmth, compassion, and companionship.

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

## YOUR PRAYERS ARE REQUESTED

- We pray 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.
- We offer up our fears and grief, and we pray 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.

## TODAY AT FIRST CHURCH

**(ALMOST) EVERYTHING YOU WANTED TO KNOW ABOUT THE CHURCH YEAR Today and May 17, 10:00 a.m., via Zoom** What is All Saints Day about anyway? Why don't we sing Christmas carols during the first few Sundays of Advent? Where did Maundy Thursday get its name? Beginning Sunday, April 19, and running through Sunday, May 17, Beth Spaulding, Deacon and liturgical year enthusiast, will lead a journey through the church year. We'll meet via Zoom from 10:00 a.m. to 10:50 a.m., giving us time for a stretch break before worship. ***The Zoom Meeting ID and Password may be found in the all-church email sent on Monday, April 13, entitled "First Church Zoom Links and Passwords."***

**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 this week:

### **May 3, 2020: Mass (Extraordinary Form), St. John Cantius Parish, Chicago**

This traditional Latin mass of the Catholic church begins about 21 minutes into the recording. You will hear plenty of Gregorian chant sung by men and by women, plus organ, brass and choral pieces. The only portions of this mass spoken and in English are the lessons and the sermon. There is an extra event at the close of the mass when the altar party moves outdoors to bless a cross that has been re-gilded and will be returned to the rooftop of the church this week.

<https://www.youtube.com/watch?v=xNyKl2BvErw>

### **May 4, 2020: Compline Liturgy, St. John Cantius Parish, Chicago**

This liturgy begins about 4 minutes into the recording. The office is about 15 minutes in length.

[https://www.youtube.com/watch?v=lyaUpYZ\\_aqY](https://www.youtube.com/watch?v=lyaUpYZ_aqY)

### **May 3, 2020:Compline Liturgy, St. Mark's Cathedral, Seattle**

Compline has been sung weekly at this cathedral since 1958. Normally the compline

## TODAY AT FIRST CHURCH

choir is larger, but during the coronavirus pandemic they've been singing one on a part and maintaining social distancing while they sing, as you will observe.

<https://saintmarks.org/2020/05/compline-on-the-fourth-sunday-of-easter/>

### **Recording, Gregorian Chant sung at the Monastery of Santo Domingo de Silos**

<https://www.google.com/amp/s/aleteia.org/2019/11/27/listen-to-the-benedictine-monks-of-silos-singing-gregorian-chant/amp/>

**SEARCHING FOR SERMONS AND BULLETINS** If you are using this stay-at-home time to organize your papers, you may come across materials of interest to the First Church Archives. Among the items we are looking for are copies of Rev. Mary Luti's sermons (2000-2008) and church bulletins from the year 1979. Questions? Please contact Archives co-chairs Lindsay Miller ([lindsaymiller984@gmail.com](mailto:lindsaymiller984@gmail.com)) or Kate Judd ([juddkate@aol.com](mailto:juddkate@aol.com)) Thank you!

**PLEASE BE CAREFUL OF EMAIL SCAMS** Please note that once again someone has set up several Gmail addresses that appear to be Dan Smith soliciting help. Sadly, this is happening to various clergy across the country. This is a scam. Please do not respond. Dan or other First Church staff would never ask for any kind of donations to be sent directly to him (or directly to others). Any such donations would be channeled through First Church. Please also note that if the sender is using an email address other than an [@firstchurchcambridge.org](mailto:@firstchurchcambridge.org) address, it is most likely a scam. The scammers have been able to pull enough information from church websites to make the email sound legitimate. Scams have become more and more sophisticated! If you are still wondering, please be sure to speak directly with Dan or to the staff person involved before responding.

**BUILDING CLOSURE** As we begin to consider First Church's re-opening and our re-entry, we continue to follow the guidance of the City of Cambridge. The City continues to postpone, cancel, or shift to online formats all city-sponsored meetings through at least May 31. Therefore, First Church's building will remain closed (with the exception of worship leaders, First Church Shelter staff and guests, and Friday Cafe staff and volunteers) during this time period, as well. All church-sponsored and wider community events hosted in our building will continue to be postponed, cancelled, or shifted to online formats through the month of May. We will be revisiting this plan regularly and revising as needed.

## NEW OPPORTUNITIES FOR ONLINE CONNECTIONS

*New Zoom Meeting IDs and Passwords will be provided  
in an all-church email to be sent this afternoon.*

*Not on our email list?*

*Go to our website and scroll down to the “e-newsletter” button at the bottom.*

**FCC KIDS PRAYER & CONNECTION CALLS Mondays and Thursdays, 12:00 p.m., via Zoom** Sarah Higginbotham will now offer two noontime Zoom meetings for children of the church. Take a break from your remote learning projects and zoom in to share some time with your church friends! Prayers, jokes, stories, and wonderings are all welcome.

**MIDWEEK FCC PRAYER & CONNECTION CALL Wednesdays, 12:00 p.m., via Zoom** Join Dan Smith and/or Alex Steinert-Evoy every Wednesday at noon for a time of check-in and prayer requests. Connect with FCC friends over lunch at the midpoint of your week.

**DAILY MEDITATIONS FROM RICHARD ROHR** Several of us at First Church have been following the writings of the Franciscan priest Richard Rohr. His teachings are as accessible as they are profound. If you would like to receive a daily reading to help you learn about and ground yourself more deeply in Christian tradition, especially through these trying times, you can sign up here: <https://cac.org/category/daily-meditations>. Dan Smith and Alex Steinert-Evoy will soon be offering a weekly drop-in call in which we can share brief reflections on the daily devotions for a given week. If you are interested in participating, please contact Alex Steinert-Evoy ([alex@steinert-eyoy.org](mailto:alex@steinert-eyoy.org)) or Dan Smith to request access to a doodle poll to find a time that works for as many as possible!

**SUPPORT CALL FOR FIRST CHURCH CAREGIVERS** Hospital workers, homecare workers, therapists, chaplains, doctors, nurses, caregivers and essential workers of all kinds — would it help to talk and share your experience with others at First Church? If you’ve been flat out and barely able to come up for air, let’s schedule a time to listen, share, pray, and process. Dan Smith has sent out an email invite to many of you in the hopes of finding a good time for a call later this month. If it helps, it can be a regular thing. If you are caregiver and haven’t received the email, please contact Dan.

**NEW PRAYER MINISTRY** In these times, we all have so many prayers on our hearts, whether they be for family, friends, co-workers, neighbors, or the world at large. As a congregation, while we can’t physically be together, we can still hold one another’s concerns in prayer collectively. If you are interested in receiving a weekly email with prayer requests from our church community to pray for throughout the week, please complete this google form: <https://forms.gle/UiTdaDMyWLZkH8nP8> Please send prayer requests to Pastoral Associate Lexi Boudreaux ([lexi@firstchurchcambridge.org](mailto:lexi@firstchurchcambridge.org)).

## NEW OPPORTUNITIES FOR ONLINE CONNECTIONS

**ZOOM CALL: EVERYTHING YOU WANTED TO KNOW ABOUT OUR NEW BLOG Friday, May 15, 12:00 p.m., via Zoom** Do you have questions about our new blog, [Waterinthewilderness.org](http://Waterinthewilderness.org)? Are you wondering what it would be like to contribute to it? What does managing a blog look like in the age of Covid-19? How do you use the blog to connect to our First Church community? Come to a zoom call this Friday to get a tour of the blog and get all your questions answered. Contact Lexi Boudreaux for any questions.

## STAYING CONNECTED TO FIRST CHURCH

### ONGOING PROGRAM OFFERINGS

- **Tuesdays** Street Outreach Check-in with Kate Layzer, 4:00 p.m.
- **Thursdays** Praying the Psalms with Dan Smith & Brent Coffin, 7:15 a.m.;  
Weekly Bible Study with Carlyle Stewart, 6:00 p.m.;  
First Church Choir Call with Peter Sykes, 7:45 p.m.
- **Fridays** Spiritual Practices with Lexi Boudreaux, 8:00 a.m.

**FIRST CHURCH YOUTUBE CHANNEL** Continue to tune into our First Church YouTube channel as we offer pre-recorded reflections and devotions, led by Pastoral Associate Carlyle Stewart. The recorded uploads consist of scripture lessons, devotions, and reflections that explore how our faith tradition can inform us about current events, and strengthen us throughout this challenging time. The link to the channel is: <https://tinyurl.com/ryac3av>

**COMING TO THE TABLE LEARNING OPPORTUNITY, Saturday, May 16, 4:00 p.m., online** Beloved Community has been considering working with the national organization Coming to the Table (CTTT) to build relationships with communities of color in Cambridge and other nearby towns. We'd like to introduce interested folks at First Church to CTTT through their recently-announced learning opportunity called "Empathy is Your Superpower: How White Allies Can Boost Their Persuasive Skills," led by Dr. David Campt, founder of the Dialogue Company and the White Ally Toolkit. It's free, and it's on-line at <https://tinyurl.com/y78owya>. Sign up for the first session, taking place this Saturday; the deadline for sign-up is this Wednesday, May 13. While you're signing up, check out the other information and announcements about CTTT. Questions? Contact Peggy Stevens ([peggy@kids4peaceboston.org](mailto:peggy@kids4peaceboston.org)) or Dave Kidder ([david.e.kidder@gmail.com](mailto:david.e.kidder@gmail.com)).

**THE WAYS OF GOD: A SPECIAL SERVICE OF POETRY AND MUSIC, Sunday, May 17, 11:00 a.m., via live-stream** Join Jean Dany Joachim, our Poet in Residence; musician Bertrand Laurence; and invited guests Fred Brown, Alan Smith, Toni Bee, and Fred Edson Lafortune for a special live-streamed morning service with words, hymns and music. Jean Dany has offered to join First Church staff in the sanctuary while others guests will be joining online.

## STAYING CONNECTED TO FIRST CHURCH

**WOMEN'S SPIRITUALITY WRITING GROUP Sunday, May 17, 4:00 p.m., via Zoom** Are you interested in exploring your relationship to writing as a spiritual practice? Are you looking to connect to a group of women to support you in maintaining a writing practice? Would you like to explore devotional writing as a part of your prayer life? Join us monthly via Zoom for accountability, feedback, and fellowship. Our May meeting will be in two weeks. Email Lexi Boudreaux if you would like to be in touch before then to start your writing practice.

**POOR PEOPLES CAMPAIGN WEBINAR Tuesday, May 26, 6:00 - 7:00 p.m., via Zoom** Pastoral Associate Carlyle Stewart will host an informational session about the Poor Peoples Campaign: A National Call for Moral Revival. Carlyle is an organizer with the campaign, and the campaign will be hosting the largest digital gathering of poor, dispossessed and impacted people, faith leaders, and people of conscience on June 20, 2020. The campaign addresses the interlocking injustices of poverty, militarism and the war economy, ecological devastation, and the false moral narrative of religious nationalism. As our ranks grow in the coming months due to COVID-19 and the ongoing crisis of poverty, building a platform for the plight, fight, and insight of the poor is more urgent than ever before. Tune in to find out more about the campaign and how to get involved!

**GET READY FOR A SPECIAL FORMATION HOUR ON PENTECOST Sunday, May 31, 10:00 a.m., via Zoom** We will each be making "Tongues of Fire" at 10 O'Clock Hour Zoom workshop and will share them virtually! Look around your house to see what materials you might use. [Red, orange, and yellow construction paper or sticky notes? Pipe cleaners? Tissue or wrapping paper? Legos? Building blocks? The sky's (and your home-based collection of things) the limit!] Plan how you will make your Tongues of Fire. Maybe you could practice a bit before Pentecost, so that it will only take you about half an hour to make your Tongues of Fire when we gather in our workshop. Then collect everything you will need for the workshop on Sunday morning, May 31, so you will be ready to get right to work. But there's more!! The Pentecost story also tells us how the Apostles spoke in many languages. Do you know a language other than English? Practice a greeting in another language to share at the Pentecost 10:00 hour, and we will all hear each other together! Note: Adults and kids alike are warmly invited to share this 10:00 time. The reading for Pentecost is found in Acts 2:1-21; verses 1-4 are about the Tongues of Fire and speaking in many languages.

**MALE SURVIVORS UNITED** You are invited to join together with an anonymous community of like-minded adult men affected by unwanted or abusive sexual experiences. Leave isolation behind and join our monthly phone calls for free peer support, by male survivors for male survivors. Our group is nonprofessional. We are peers, not therapists. Together we help each other reclaim our voices and our lives. The calls are at 5:00 p.m. Eastern Time on the 2nd Sunday of each month. ***This month's call is this afternoon.*** For more information see [malesurvivorsunited.org](http://malesurvivorsunited.org).



## HOW TO MAKE A BETTER FUTURE: PERSPECTIVES AMIDST A PANDEMIC

Sundays, May 17, May 31, and June 14, 12:30 p.m., via Zoom

Join us for a series of hour-long Zoom sessions led by First Church members Ed Baker, Laurie Burt and Bill Hsiao. They will share stories and reflections about finding hope amidst the Covid-19 crisis and about how we can work together towards building a better society. Following a short presentation each week, there will be a brief follow-up conversation amongst Ed, Laurie and Bill, as well as a time for questions from participants on the call.



### **Sunday, May 17: On Public Health and Leadership**

Ed Baker, former Assistant Surgeon General in the US Public Health Service and former Director of CDC's Public Health Practice Program Office, currently serves as Adjunct Professor in Health Policy and Management at UNC and Adjunct Professor of Environmental Health at Harvard Chan School. Ed is a board-certified physician and was trained in epidemiology in the CDC's Epidemic Intelligence Service (EIS) and at Harvard School of Public Health.



### **Sunday, May 31: On Climate Change**

Laurie Burt, former commissioner of the MA Department of Environmental Protection and vice chair of the Regional Greenhouse Gas Initiative (RGGI), currently offers independent strategic advice on clean energy, climate and environmental policies to foundations, non-profits, businesses and government throughout the country. Laurie has practiced environmental law for over 30 years and serves on many boards including the Union for Concerned Scientists, CERES, and the American Repertory Theater.



### **Sunday, June 14: On Fixing Health Care**

Bill Hsiao is an economist who teaches at Harvard School of Public Health and has studied health care systems for more than forty years. Besides the State of Vermont, he designed reforms of national health care systems for nine countries. Presently he serves on the Governor's Commission on Healthy Californians for All at the invitation of California Governor Gavin Newsom. He wrote an article in the January/February 2020 Foreign Affairs called *How to Fix American Health Care: What Other Countries Can—and Can't—Teach the United States*.

## WAYS TO SUPPORT OUR WIDER COMMUNITY

**ASSIST IN DISTRIBUTING PRE-PACKAGED MEALS TO HUNGRY CAMBRIDGE RESIDENTS** First Church is partnering with the City Council and Assistant City Manager for Human Service Programs to distribute free evening meals on Mondays, Wednesdays, Saturdays, and Sundays. The City of Cambridge is contracting with local restaurants to provide the meals; First Church will distribute the meals. If you are interested in helping with meal distribution by volunteering from 5:00 to 7:30 p.m. on a Monday, Wednesday, or Saturday, please contact Jim Stewart (jstewart@firstchurchcambridge.org). If you'd like to volunteer from 5:00 to 7:30 p.m. on a Sunday, please contact Kate Layzer (kate@thefriday.cafe).

**THANK YOU FROM THE SHELTER** Thanks so very much to the several people who have recently donated to support the shelter. These gifts are key in helping to meet the needs of our guests during this unprecedented time. Recent unexpected costs have included replacing the failing dishwasher, arranging laundry service for the guests, and supplementing donated meals with fruits and vegetables. If you haven't had a chance to donate, please consider a gift today! Give online at [www.firstchurchcambridge.org/give](http://www.firstchurchcambridge.org/give), or text "\$\_\_\_\_\_Homeless" to 844-9960982.

**OUR NEIGHBOR CITY OF CHELSEA** is in high need of funding for food programs and support for the city in this time of Pandemic. Consider making a donation to **The One Chelsea Fund** set up by the United Way. This fund is distributed by the Chelsea Collaborative and other organizations that have been tirelessly sewing face masks and delivering food. If you have funds to spare, please give as you are able! Cut and paste this link into your browser: <https://unitedwaymassbay.org/covid-19/the-one-chelsea-fund/>

**RIP MEDICAL DEBT DONATIONS** The Metropolitan Boston Association is welcoming donations to the UCC Medical Debt Relief Program. Every \$100 in donations brings about forgiveness of \$10,000 in medical debt for people facing insolvency or whose medical debt is 5% or more of their annual income. You can learn more and find the link to donate by going to: <https://www.sneucc.org/RIP-medical-debt> You can also give by check to the Southern New England Conference - UCC, (Notation: RIP Campaign), 1 Badger Road, Framingham, MA 01702. ***The deadline for contributions to this fund is May 18.*** If you have questions, please call Sally O'Brien, Chair of Missions & Social Justice, at 617-538-2183.

**SUGGESTED WAYS TO DONATE FROM THE MISSIONS AND SOCIAL JUSTICE COMMITTEE** Looking for ways to support our community during this unprecedented time of need? The Missions and Social Justice Committee has compiled and vetted a short list of organizations looking for assistance to aid in their work in the COVID-19 response - locally, regionally, and internationally. Please go to: <https://www.firstchurchcambridge.org/news/ways-to-help>

## WAYS TO SUPPORT OUR WIDER COMMUNITY

**MENTAL HEALTH FIRST AID FOR COVID-19 TRAINING, OPEN TO ALL ONLINE** Sometime during the month of May, Mental Health Awareness month, claim an hour or so of time to engage in this free, hour-long online Mental Health First Aid training from the American Red Cross: <https://tinyurl.com/ya3xvnxt>. Here's a little about what to expect in the training:

***Mental health first aid is the practice of recognizing and responding to people experiencing crisis-related stress and can be performed by anyone. The uncertainty associated with a global health crisis like COVID-19 challenges everyone's ability to cope. This course will help you to build resilience and support yourself and others through this crisis by reviewing basic principles of providing psychological first aid, including how to recognize and manage stress in yourself and in others and how to lend support to family members, friends and coworkers during and following the COVID-19 outbreak.***

Through this course, participants will:

- Explore how to care for themselves and others during times of stress and crisis.
- Recognize signs of stress in themselves and others.
- Understand the basic principles of practicing mental health first aid.
- Recognize the importance of self-care during times of stress and crisis.
- Develop appropriate strategies for managing stress related to the COVID-19 outbreak.
- Develop appropriate strategies for supporting family members, friends and coworkers during the COVID-19 outbreak.

And aside from the particularity of the pandemic, this training is just generally helpful in preparing to be a good caregiver to your loved ones and peers and to care for yourself in the process!

The American Red Cross training is text-based. So if you'd prefer text and video and someone talking you through a training (in a Kiwi accent!), you are encouraged to access the "Psychological First Aid during COVID-19" training offered on YouTube through the New Zealand Red Cross.

**We will offer a Zoom call on June 1 at 4:00 p.m. to discuss your experience with the training and any questions or concerns that came up for you.**

These trainings offer us an opportunity to use our time of physical distance from one another to prepare ourselves to become more skillful and compassionate caregivers.

## LOOKING AHEAD

### **Sunday, May 10**

- 10:00 a.m. Adult Formation: The Liturgical Year with Beth Spaulding, via Zoom
- 11:00 a.m. Morning Worship, via live-stream

### **Monday, May 11**

- 2:30 p.m. Beloved Community, via Zoom
- 12:00 p.m. FCC Kids Prayer & Connection Call with Sarah Higginbotham
- 5:30 p.m. Meal Distribution, Tower Room
- 7:00 p.m. Executive Council, via Zoom

### **Tuesday, May 12**

- 4:00 p.m. Street Outreach Call with Kate Layzer

### **Wednesday, May 13**

- 9:30 a.m. Staff Meeting, via Zoom
- 12:00 p.m. Midweek Prayer & Connection Call with Alex Steinert-Evoy
- 5:30 p.m. Meal Distribution, Tower Room
- 6:30 p.m. Stewardship Committee, via Zoom?
- 7:00 p.m. Christian Formation Committee, via Zoom

### **Thursday, May 14**

- 7:30 a.m. Praying the Psalms, via Zoom
- 12:00 p.m. FCC Kids Prayer & Connection Call with Sarah Higginbotham
- 6:00 p.m. Bible Study, via Zoom
- 7:45 p.m. Choir Call, via Zoom

### **Friday, May 15**

- 8:00 a.m. Spiritual Practices with Lexi Boudreaux, via Zoom
- 12:00 p.m. "Everything You Wanted to Know About Our Blog," via Zoom
- 1:00 p.m. Friday Café meal pickup, Tower Room

### **Saturday, May 16**

- 4:00 p.m. "Coming To The Table" Learning Opportunity, online (sign-up required)
- 5:30 p.m. Meal Distribution, Tower Room

### **Sunday, May 17**

- 10:00 a.m. Adult Formation: The Liturgical Year with Beth Spaulding, via Zoom
- 11:00 a.m. Morning Worship, via live-stream
- 12:30 p.m. "How to Make a Better Future," via Zoom
- 2:00 p.m. Youth Group, via Zoom
- 4:00 p.m. Confirmation Class, via Zoom
- 4:00 p.m. Women's Spirituality Writing Group, via Zoom
- 5:30 p.m. Meal Distribution, Tower Room

## THE STAFF AT FIRST CHURCH IN CAMBRIDGE

### Senior Minister

Rev. Dan Smith  
617-547-2724 ext.23  
dsmith@firstchurchcambridge.org

### Minister of Stewardship & Finance

Rev. Karen McArthur  
617-547-2724, ext. 22  
karenmc@firstchurchcambridge.org

### Minister of Street Outreach

Rev. Kate Layzer  
617-851-5074  
kate@thefriday.cafe

### Pastoral Associate

Lexi Boudreaux  
lexi@firstchurchcambridge.org

### Pastoral Associate

Carlyle Stewart  
carlyle@firstchurchcambridge.org

### Director of Music

Peter Sykes  
617-645-0833  
psykes@aol.com

### Director, Creative Worship & Arts

Sarah Higginbotham  
617-547-2724, ext. 42  
shigginb@firstchurchcambridge.org

### Staff Composer

Patricia Van Ness  
www.patriciavanness.com

### Poet-in-Residence

Jean Dany Joachim  
jeandany@gmail.com

### Shelter Director

Jim Stewart  
617-661-1873  
jstewart@firstchurchcambridge.org

### Director of Operations

Kirsten Manville  
617-547-2724, ext. 21  
parishadmin@firstchurchcambridge.org

### Facilities Manager

Kris McQuage-Loukas  
617-547-2724, ext. 44  
facilities@firstchurchcambridge.org

### Office Assistant

Bruce Dillenbeck  
617-547-2724  
bruce@firstchurchcambridge.org

### Sextons

Douglas Casey, Rebecca LaFrance,  
George Williams, Kimel Williams  
617-642-3980

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



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



FIRST CHURCH IN CAMBRIDGE  
CONGREGATIONAL, 1633-1636  
United Church of Christ  
11 Garden Street, Cambridge, MA 02138  
www.firstchurchcambridge.org