



Spiritual Passions 2017! Meditation Retreat: Chanting, Sitting, Walking, Eating

Sunday, February 5th ~ 1:00-5:00 PM, Hunnewell Chapel

Rev. Kim and members of the Arlington Street Zen Center invite you to an afternoon meditation retreat. During the first hour, we welcome guest musicians from Sri Sri Ravi Shankar's The Art of Living program, who will lead us in kirtan: call-and-response singing (chanting) Sanskrit prayers. It's heavenly!

Then we'll practice alternate sitting and walking meditations, interspersed with readings from the dharma (Buddhist teachings)—the same format as our twice-monthly gatherings in a longer session.

Whether you are experienced in meditation or interested in a full immersion introduction, please join us! Wear loose, comfortable clothing, walking shoes, and appropriate outerwear (we will be walking in the Public Garden). Zafus and zabutons (pillows and cushions) as well as chairs are provided. Come for the beginning and stay as long as you like. At 5:00, we'll celebrate by enjoying an early dinner together somewhere nearby. BYO\$.



Arlington Street's Literary Salon, The Wednesdays: Ezra Pound's "Cathay"

Wednesday, February 15th ~ 6:00 PM, Frothingham Library

In 1915, Ezra Pound published 15 translations from the Chinese writers under the title "Cathay." Pound's little book electrified the reading public who had been mostly ignorant of the amazingly rich literature of China. Most of his translations are of Li Po, the Tang poet who is the Shakespeare of Chinese literature, and all of them are of an unparalleled beauty and tenderness. This is most definitely a book to take to your desert island! All are welcome!



The Spiritual Passion of Godless UUs

Sunday, February 19th ~ 1:00 PM, Hunnewell Chapel

Come join this conversation on defining meaning, values, and impact in a non-theistic framework. This session is part of Arlington Street's winter Spiritual Passions series. All are welcome!



Spiritual Passions 2017: Getting Your Financial Legacy In Order

Sunday, February 26th ~ 12:00 – 3:00 PM, Hunnewell Chapel

Do you have questions about setting up a will, or a trust, health care proxy, or other estate planning options? Would you like to leave behind a gift to Arlington Street Church or another charitable organization? Members of the Covenant Renewal Team invite you to a presentation and question/answer session featuring attorney Scott Squillace. Young and old, penny-savers and millionaires, this is where you can find out what to do!



Arlington Street's Literary Salon, The Wednesdays: Shakespeare

Wednesdays ~ 6:00 PM, Frothingham Library

March 29th ~ Henry V April 12th ~ Much Ado About Nothing
April 26th ~ Julius Caesar May 10th ~ As You Like It

Prof. Alan Helms and Rev. Kim welcome you to the fourth installment of the Wednesdays Shakespearathon! Reading all 38 of Shakespeare's plays is admittedly a huge ambition, but Shakespeare is, by universal

consent, not only the greatest writer in the English language, but one of the immortals of world literature. We'll need patience with archaic language while attending to a plethora of footnotes (there's no doing without them unless you live in a world where you cut your meat with a bodkin and your children say their orizons at bedtime). In other words, these Shakespeare courses are not for the faint of heart. But since it's generally true that "as ye sow, so shall ye reap," the rewards will be enormous. For many of us, this will be one of the great experiences of our lives! All are welcome!



New Bulletin Board! Transformation Team for Racial Justice

Please take a look at the Transformation Team's new bulletin board. It's on the wall in the Parish Hall, at the entrance near the Stage Right room. We're including notices, resources and handouts—and you can take the handouts in the envelopes. We'd love to know if there's something you'd like to post there or if you have any feedback. You can also email us at Transformation@ascboston.org. The members of the Transformation Team are: Jonah Beukman, Sarah Cooleybeck, Margy Herley, Peter Lowber, Laura Pattison, Nancy Perna, Barb Seidl, Laura Evonne Steinman.



Car Donations Made Easy!

Why not start 2017 with a tax deduction by donating your vehicle? If you are finally splurging on that new vehicle, donate your trade-in to Arlington Street. Use the link below or call 855-500-RIDE (7433). www.cardonatingiseasy.org/donate/?CharityID=4038

SUGGESTION BOX

The staff and leadership of Arlington Street Church welcome your ideas, comments, and suggestions. If you have a thought to share about what works well or what could be improved, please send a message to Comments@ASCBoston.org. The Church's administrative assistant will pass your message on to the appropriate people. Please speak your "truths in love" and include your name and contact information so we can follow up. Thanks!

SCHEDULING EVENTS AT ARLINGTON STREET CHURCH

All issues dealing with building usage, (both congregational use and rentals), must be coordinated by Jeffrey Bouchard, Administrative Assistant and Facilities Manager. Jeffrey is able to help you Monday – Friday, 8:00 AM – 3:00 PM. He can be reached by phone at 617.536.7050 ext. 14 or by e-mail at JBouchard@ASCBoston.org.

INSIDE SUBMISSION GUIDELINES

Please email all Sunday "Inside" announcements **before Tuesday noon** to publications@ascboston.org. Laurinda O'Connor will receive your email and will compile the announcements for publication. Materials should be legible, signed, and fully composed. Space is limited, so some editing may be necessary. Please note that we only publish submissions related to Arlington Street events or the wider Unitarian Universalist community.

OUR CARING COMMUNITY—EMERGENCIES

In the event of a disruption or major transition in the life of an Arlington Street member, please inform the church office, 617.536.7050. Our staff and ministers will be in touch to lend support.

SECURITY NOTE

This is an urban church. Please do not leave your valuables unattended!

Arlington Street Church, *Unitarian Universalist*
351 Boylston Street, Boston, Massachusetts 02116-3303

Office Hours: Monday – Friday, 9:00 AM to 5:00 PM Phone: 617-536-7050 • Fax: 617-536-2729
Email: Office@ASCBoston.org • Web: www.ASCBoston.org

INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY
SUNDAY, JANUARY 8TH, 2017

TODAY



Coffee Hour and Lunch

Today ~ Immediately following worship, Parish Hall

Let's all gather downstairs for coffee, soup, sandwiches, and community. If you're visiting Arlington Street Church or would like information about Unitarian Universalism, please visit the Welcome Table.

Additional volunteers are always welcome to help with food preparation and, especially, with clean-up. To learn more about joining our team, please stop by the kitchen.



Uncomfortable Conversations

Today ~ 12:30 PM, Carol Smith Room

The Transformation Team for Racial Justice offers this time and space for facilitated discussion and continuing conversation about developing an anti-racist worldview. All are welcome and no RSVP is needed. For more information or to suggest discussion topics in advance, email Transformation@ASCBoston.org.



Indulge 2017 Planning Meeting

Today ~ 12:30 PM, Church Office

Join the team as we continue planning decorations, menu, and auction details. Indulge 2017 is our spring fundraiser scheduled for Saturday, April 1st. Come be a part of helping to make this fun night a reality!



Arlington Street Circle of Caring

Today and Sundays, January 22nd, February 5th and 19th
12:30 PM, Stage Right Room

Are you battling illness, struggling with isolation, caring for someone who is sick or dying, or coping with grief after a loss? Please visit the Circle of Caring and join our community of support, peace, healing, and love. Facilitators Maureen Peterson and Lisa Kirk lend their significant personal and professional experience to create a safe space for sharing our stories and supporting one another through the crises of life.



Ice Skating with COA Youth!

Today ~ 1:00 PM, Frog Pond

All are invited! Bring your friends and family! To join in, meet in the Parish Hall at 1:00 pm to walk over together.

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Spiritual Passions 2017! Introduction to Meditation

Today ~ 1:00-3:00 PM, Hunnewell Chapel

Don't just do something; sit there! And when you sit, just sit. Very simple directives ... simple, but not easy!

Join Rev. Kim and members of Arlington Street Zen Center for Meditation 101, including answers to burning questions such as, "Where do I put my legs?" and "How do I quiet my mind without going to sleep?" This ancient spiritual practice will bring profound benefits not just to you, but to all whose life touches yours. Wear comfortable clothing (and yes, you can meditate in a chair!)



Refuge Recovery

Today ~ 6:00 PM, Hunnewell Chapel

Refuge Recovery is a Buddhist path to recovering from addiction. All are welcome! For more information, please visit facebook.com/refugebackbay or email refugerecoverybackbay@gmail.com.

THIS WEEK



Kundalini Yoga Class

Every Wednesday ~ 6:00 PM, Hunnewell Chapel

Experience fun exercises and poses, breathing techniques, chanting, meditation, and deep relaxation in this unique class. Moving energy through your body brings positive change and growth. There is a \$10 charge that goes to the church. First class is free!



Buddha's Belly ~ The Buddhist Book Discussion and Arlington Street Zen Center

Tuesday, January 10th ~ 6:00 PM, Hunnewell Chapel

Buddha's Belly and Arlington Street Zen Center (feel free to come to one or both) meet every 2nd and 4th Tuesday.

6:00 *Buddha's Belly*: We will continue our discussion of Charlotte Joko Beck's *Everyday Zen: Love and Work*. We will finish reading Beck's book during these last two sessions.

Coming up in February, *The Book of Joy by His Holiness The Dalai Lama and Bishop Desmond Tutu*

7:00 *Arlington Street Zen Center*: Our gathering includes seated and walking meditations, a dharma talk, and conversation. If you'd like to join Rev. Kim and walk in the Public Garden (optional!), please dress for the weather. Beginners and experienced meditators from all traditions are warmly welcome.



A Reflective Discussion for Lesbians Seeking Spiritual Answers—Separate from Traditional Religious Beliefs!

Saturday, January 14th ~ 12:00 PM, Hunnewell Chapel

Might you be interested in getting together with other lesbians—who have left traditional religious beliefs—to think about and discuss our unique explorations and journeys of a spiritual nature? We'll have our discussion over a luncheon potluck. Please bring what you'd like for 5-6 persons: snack, sides, sandwiches, salad, or dessert! For further information, contact Sue Reamer at Office@ASCBoston.org

We invite you to cut out this calendar or view the full calendar at ASCBoston.org

This Week

Sunday, January 8, 2017

- *9:30 AM Choir Rehearsal ~ Sanctuary
- 9:30 AM Social Action ~ Carol Smith Room
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education - Nursery, Chapel, Perkins and Carol Smith Rooms
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM Indulge Planning Meeting ~ Church Office
- 12:30 PM Arlington Street Circle of Caring ~ Stage Right Room
- 12:30 PM Uncomfortable Conversations ~ Carol Smith Room
- 1:00 PM Spiritual Passion: Meditation 101 ~ Hunnewell Chapel
- 1:00 PM Ice Staking on Frog Pond with COA (all are invited!)
- 6:00 PM Refuge Recovery ~ Hunnewell Chapel

Monday, January 9, 2017

- *6:30 PM Internship Committee ~ Perkins Room

Tuesday, January 10, 2017

- 6:00 PM Buddha's Belly ~ Hunnewell Chapel
- 7:30 PM Arlington Street Zen Center ~ Hunnewell Chapel

Wednesday, January 11, 2017

- *12:30 PM Staff Meeting ~ Perkins Room
- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel

Thursday, January 12, 2017

- 6:30 PM Finance Committee ~ Carol Smith Room
- 7:00 PM Choir Practice ~ Clarke Room

Friday, January 13, 2017

- 5:00 PM Friday Night Supper ~ Parish Hall

Saturday, January 14, 2017

- 12:00 PM Lesbian Spirituality Group ~ Hunnewell Chapel
- 6:00 PM Screening, *The Great Dictator* ~ Hunnewell Chapel

Sunday, January 15, 2017

- *9:30 AM Choir Rehearsal ~ Sanctuary
- 9:30am CRE Committee ~ Panera, 450 Boylston Street
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education - Nursery, Chapel, Perkins and Carol Smith Rooms
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM The New Administration - Social Action ~ Carol Smith Room
- 6:00 PM Refuge Recovery ~ Hunnewell Chapel

* Denotes closed meetings. This calendar is accurate as of noon the Tuesday before publication and only includes events directly related to the congregation.

For additional listings, please visit www.ASCBoston.org



ARLINGTON STREET CHURCH
Unitarian Universalist



The Great Dictator

Saturday, January 14th ~ 6:00 PM, Hunnewell Chapel

Come for a film screening and discussion of *The Great Dictator* with special guest, Charlie Chaplin (Christa Lamb). This 1940 American political satire is fitting for today's state of the world. Charlie Chaplin starred in, wrote, directed, produced, and scored this classic comedy drama. Co-sponsored by the Social Action Team.

ANNOUNCEMENTS



The New Administration

Sunday, January 15th ~ 12:30 PM, Parish Hall

What is troubling you? What can be done? All are invited to join in a discussion after the service at the Social Action table.



Arlington Street's Literary Salon, The Wednesdays: Frost ~ Winter Poems, Part II

Wednesday, January 18th ~ 6:00 PM, Frothingham Library

Join Prof. Alan and Rev. Kim for a cozy evening of winter poems by Robert Frost. This session we'll be discussing ten new Frost winter poems. Printed copies of the poems will be available, but if you'd like a head start, the poems are as follows (in chronological order). Climb in your sleigh and come join us! All are welcome!

- | | |
|-------------------------------------|-------------------|
| Storm Fear | Good Hours |
| Christmas Trees | Snow |
| Wild Grapes | Two Witches |
| Looking for a Sunset Bird in Winter | Dust in the Eyes |
| There Are Roughly Zones | To a Young Wretch |



Alcoholics Anonymous Conference

January 27-29th ~ Kirsch Auditorium, MIT, Cambridge

Join us for a weekend of the steps as they are laid out in the Big Book of Alcoholics Anonymous. Registration is open now and costs only \$40 for the entire weekend, including coffee, snacks, and an ice cream social. Scholarships are available. For more information please visit beacongroupaa.com/freedom-trail-conference.



Arlington Street Church Corporation Meeting

Sunday, January 29th ~ 12:30 PM, Hunnewell Chapel

* Indicates vote required

1. Membership Update* (Doc Kinne)
2. Potential Renovation of the Clarke Room (Reverend Kim)
3. Treasurer's Update (Art Nava)
4. Accessibility Ramp Update (Tina Rose)
5. Congregation Retreat (Al Ingram)
6. Q&A on Written Reports
 - Children's Religious Education
 - Prudential Committee
 - Transformation Team for Racial Justice
 - Treasurer's Report
7. Any Other Business