

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\$.

### **VNACare Network and Hospice Seeks Volunteers**

Join our Volunteer Team! VNA Hospice Care seeks volunteers to visit patients and families in your community. A volunteer may provide patients with company, give the spouse, partner, or other caregiver a needed break from caregiving, or help run errands.

A strong need exists for volunteers who can visit on weekdays. We are also looking for volunteers who can visit on Saturdays and Sundays. In addition, we seek musicians who would like to sing or play music quietly at the bedside; and Reiki practitioners who would like to give Reiki to patients and caregivers. Please call 781-569-2888 and ask to speak to a volunteer coordinator, or email lpalais@vnab.org for more information. Thank you!

### **Dining Out with Arlington Street Church Neighbors**

The Membership Team is happy to announce that two more dinners with your Arlington Street neighbors are in the works! Lois Hartsough is planning an outing in Jamaica Plain, and Holly Hendricks and Tori Bell are gathering people who live in Wakefield, Medford, Melrose, Malden, etc. If you are interested in joining one of these dinners, please contact the organizers through the church office at office@ASCBoston.org or sign up at the Welcome Table in the parish hall after church today. More areas to follow!

### **Proposed Resolution on Palestine/Israel for General Assembly 2016**

UUJME (Unitarian Universalists for Justice in the Middle East) has prepared a Business Resolution which we hope to get on the agenda for General Assembly (GA) next June. The Resolution would have the UUA divest from the securities of five corporations that enhance and profit from the conflict in the Middle East. In order to get this Business Resolution on the agenda, we need to collect at least 10 signatures of members of each of 25 congregations. Please sign the petition at the Social Action table in Parish Hall after the service to have this Resolution debated at the GA in June.

## ARLINGTON STREET MINISTRIES

### **Join the Arlington Street Choir!** Every Thursday ~ 7:00 PM, Clarke Room

Experience the spiritual practice of communal singing! Take just a couple of hours out of your week to create something beautiful, make friends, and add more music to your life! Musicians and non-musicians are welcome—we are a mix of professionals and amateurs. We meet every Thursday in the Clarke Room on the second floor of the church. If you have any questions, please always feel free to contact our Director of Music, Mark David Buckles at MBuckles@ASCBoston.org.

## COVENANT RENEWAL PLEDGE FORM

July 2015 through June 2016

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ \_\_\_\_\_ to support the work of Arlington Street Church for 2015-2016.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Pledge contributions may be made by cash, check, or credit card.**

- If you are paying with cash via the Sunday collection, please mark the envelope with your name(s) and “**2015 Pledge Payment**”.
- Checks should be made payable to Arlington Street Church with “**2015 Pledge Payment**” written on the check memo line.
- If you wish to pay by credit card, please complete the following:

**Accepted:**  Mastercard  Visa

Credit Card #: \_\_\_\_\_

Expiration Date: mm \_\_\_\_\_ yy \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Please charge my credit card in either:**

- One payment for my entire pledge on July 10, 2015
- Equal monthly installments on the **10<sup>th</sup> of each month**
- I'm adding a pledge of SERVICE! Here's how I'd like to serve:**

\_\_\_\_\_  
\_\_\_\_\_

#### 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  
E-mail: office@ASCBoston.org • Web: www.ASCBoston.org

# INSIDE

## ARLINGTON STREET CHURCH

**NEWS FROM THE SOUL OF SUNDAY**  
SUNDAY, JANUARY 10<sup>TH</sup>, 2016

## 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.

We welcome additional volunteers to help with food preparation and, especially, with clean-up. To volunteer, and for more information about joining our team, please stop by the kitchen today or contact Jon Ellertson.

### **Indulge 2016 Planning Meeting**

Today ~ 12:30 PM, Carol Smith Room

Join the planning as we finalize a theme and discuss next steps for pulling together the live and silent auctions. Indulge 2016 is scheduled for April 23rd, and it will doubtless be as much fun and as successful as all the previous Indulgences! Come be a part of helping to make this fun night a reality!

### **Spiritual Passions 2016!** **Arlington Street Zen Center**

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

### **Introduction to Meditation**

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

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!)

*continued on next page...*

## THIS WEEK



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

Tuesday, January 12<sup>th</sup> ~ 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.

Buddha's Belly meets at 6 pm. Join us as we continue discussing Parvati Markus' newly-released *Love Everyone*, a collection of the stories of young spiritual seekers - most notably Ram Dass - traveling to India in the 1970s to study with the acclaimed teacher, Neem Karoli Baba. For our upcoming gathering, please read through the end of Part Two.

Arlington Street Zen Center meets at 7 pm and includes seated and walking meditations, a dharma talk, and conversation. Beginners and experienced meditators from all traditions are welcome!



### 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!

## ANNOUNCEMENTS



### Arlington Street Circle of Caring

Sunday, January 17<sup>th</sup> ~ 12:30 PM, Frothingham Library

Are you battling illness, caring for someone who is ill, struggling with isolation or in the process of losing someone you love? Or have you already lost someone, and are you trying to cope with the heartbreak and anger that accompany loss and grief? If you are currently struggling, or have experienced this or any other type of life crisis and would like to share how you made it through, then please join the Caring Circle.

Maureen Peterson is an ASC member who has lost her parents and her best friend to cancer, her Aunt to Alzheimer's and her brother and close friends to AIDS. Her vision of the Circle of Caring is to create a safe space in which to share our stories, discuss what might help, and just be together in support, in healing, in peace and always in love.



### Inside Out Concert: Wind Quintets

Sunday, January 17<sup>th</sup> ~ 4:00 PM, Hunnewell Chapel

FREE, Donations Gratefully Accepted

The award-winning Inside Out concert series returns to Arlington Street Church with neoclassical works for wind quintet by Samuel Barber, Ingolf Dahl, and Irving Fine.

The Inside Out approach posits that how a person listens is just as important to their musical experience as how the music is composed or performed. Artistic Director Eli Epstein guides listeners through the concert, helping listeners access their memories and activate their imaginations so that they can have more moving, meaningful, and personal experiences with classical music.

We invite you to cut out this calendar or view the full calendar at [ASCBoston.org](http://ASCBoston.org)

## This Week

### Sunday, January 10, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 9:30 AM Social Action Committee Meeting ~ Smith Room
- 9:30 AM CRE Committee Meeting ~ Cosi Cafe, 399 Boylston Street
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins, Parish Hall, Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM Indulge Planning Meeting ~ Smith Room
- 12:30 PM Introduction to Meditation ~ Hunnewell Chapel
- 1:00 PM Nominating Committee Meeting ~ Clarke Room

### Monday, January 11, 2016

- 6:30 PM Shambhala Meditation Class ~ Hunnewell Chapel

### Tuesday, January 12, 2016

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

### Wednesday, January 13, 2016

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

### Thursday, January 14, 2016

- 7:00 PM Choir Practice ~ Clarke Room

### Friday, January 15, 2016

- 5:00 PM Friday Night Supper ~ Parish Hall

### Saturday, January 16, 2016

No congregational events are scheduled.

### Sunday, January 17, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins, Parish Hall, Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM ASC Circle of Caring ~ Frothingham Library
- 4:00 PM Inside Out Concert ~ 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](http://www.ASCBoston.org)*



ARLINGTON  
STREET CHURCH  
Unitarian Universalist



### Arlington Street's Literary Salon, The Wednesdays: Shakespeare's Plays

Wednesdays, January 20<sup>th</sup>, February 3<sup>rd</sup> and 17<sup>th</sup> ~ 6:00 PM, Frothingham Library

January 20<sup>th</sup>: *Love's Labour's Lost*

February 3<sup>rd</sup>: *Richard II*

February 17<sup>th</sup>: *Romeo and Juliet*

Professor Alan Helms and Rev. Kim welcome you to the second installment of the Wednesdays Shakespearathon! Reading all 38 of Shakespeare is admittedly a huge ambition and will take years to accomplish, but it's wholly appropriate, since Shakespeare is by universal consent not only the greatest writer in the English language, but one of the immortals of world literature (his only peers in that lofty realm are Homer, Dante, and Cervantes). We'll need to practice a good deal of patience with archaic language, attending to a plethora of footnotes, since there's no doing without them (unless you live in a world where you cut your meat with a bodkin and teach your children to 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/accomplishments of our lives!



### Stop Hunger Now!

Sunday, January 24<sup>th</sup> ~ 1:00 PM, Parish Hall

For the third year in a row, we're teaming up for a Stop Hunger Now meal packaging event as part of the Dr. Martin Luther King, Jr. Day (Week!) of Service. This year, we are thrilled to welcome our neighbors from Emmanuel Church to join our all-ages assembly line. Emmanuel has committed to 10,000 meals; together, our two congregations can and will assemble 20,000 meals! Bring everyone you know! All are welcome! Let's Stop Hunger Now!



### Spiritual Passions 2016! Arlington Street Zen Center

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

### The Art of Sabbath

Sunday, February 7<sup>th</sup> ~ 1:00-3:00 PM, Hunnewell Chapel

"Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop, because our work is never completely done. With every accomplishment there arises a new responsibility... Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished." (Wayne Muller) Join our affiliated minister, Joanna Lubkin, as we explore ways to balance the rhythm of our lives, to engage in those practices which are nourishing, life-giving, and restful. All are welcome!

### Meditation Retreat

Sunday, February 28<sup>th</sup> ~ 1:00-5:00 PM, Hunnewell Chapel

Rev. Kim and members of the Arlington Street Zen Center invite you to an afternoon meditation retreat. We'll practice alternate sitting and walking meditations, interspersed with readings from the dharma (Buddhist teachings)-the same format as our twice-monthly gatherings, just a longer session.