

our lives, to engage in those practices which are nourishing, life-giving, and restful. All are welcome!

Meditation Retreat

Sunday, February 28th ~ 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.

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\$.

Islam 101

Sundays, February 21st (film discussion), March 13th (book discussion), and April 17th (speaker TBA) ~ 1:00-3:00 PM, Hunnewell Chapel

Representatives of our Social Action Committee, Transformation Team for Racial Justice, and Rev. Kim are preparing a multi-faceted response to escalating violence toward the Muslim community.

Toward the end of extending ourselves in friendship and sanctuary to our Islamic neighbors here in Boston, we'd like to begin with some opportunities to learn about Islam. On February 21st, we'll view Inside Mecca (2003), a one-hour National Geographic documentary that follows the spiritual journeys of three pilgrims to Mecca. For March 13th's book discussion, please read "*The Muslim Next Door: The Qur'an, the Media and That Veil Thing*" by Sumbul Ali-Karamali (available at the library as well as new and used from Amazon and ABE books). Please save the dates and plan to be part of this life-saving initiative!

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.

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 **10th 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

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INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 17TH, 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.



Arlington Street Circle of Caring

Today, and Sundays, February 7th and 21st ~ 12:30 PM, Smith Room

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

Today ~ 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.

continued on next page...

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!



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

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

January 20th: *Love's Labour's Lost*

February 3rd: *Richard II*

February 17th: *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 orisons 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!



Anti-Racism Summit

Saturday, January 23rd ~ 10:00 AM - 2:00 PM (Coffee and registration at 9:30 AM), UU Urban Ministry, 10 Putnam Street Roxbury

This summit for Unitarian Universalists engaged in and thinking about Racial Justice will provide an opportunity for UU groups to be together, meet others fighting for racial equality, and share best practices and ideas. Come learn how to be a more effective ally and stand in solidarity with Black Lives Matter Boston and the Muslim Community in Boston. Also featuring a panel discussion with representatives from Black Lives Matter Boston and the Muslim Justice League. Lunch will be provided. (\$10 Donation Requested)

ANNOUNCEMENTS



Indulge 2016 Planning Meeting

Sunday, January 24th ~ 12:30 PM, Smith Room

Join the planning as we finalize the save the date cards. Indulge 2016 is scheduled for April 23rd. This will be a very short meeting to allow us to participate in the Stop Hunger Now project.

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

This Week

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 ~ Smith Room
4:00 PM Inside Out Concert ~ Hunnewell Chapel

Monday, January 18, 2016

6:30 PM Shambhala Meditation Class ~ Hunnewell Chapel

Tuesday, January 19, 2016

6:00 PM Prudential Committee Meeting ~ Perkins Room
7:00 PM Transformation Team for Racial Justice ~ Frothingham Library

Wednesday, January 20, 2016

*12:30 PM Staff Meeting ~ Perkins Room
6:00 PM Kundalini Yoga ~ Hunnewell Chapel
6:00 PM The Wednesdays ~ Frothingham Library

Thursday, January 21, 2016

7:00 PM Choir Practice ~ Clarke Room

Friday, January 22, 2016

5:00 PM Friday Night Supper ~ Parish Hall

Saturday, January 23, 2016

No congregational events are scheduled.

Sunday, January 24, 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 OWL-Our Whole Lives ~ Perkins Room
12:30 PM Indulge 2016 Planning Meeting ~ Smith Room
1:00 PM Stop Hunger Now! Meal Packaging Event~ Parish Hall

* 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



Stop Hunger Now!

Sunday, January 24th ~ 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!



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

Tuesday, January 26th ~ 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 conclude our discussion of 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.

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!



Arlington Street Church Corporation Meeting

Sunday, January 31st ~ 12:30 PM, Hunnewell Chapel *Vote required

*Membership Update Doc Kinne

* Election to replace one Prudential Committee member. Mary Marcel has resigned. The Nominating Committee has selected Art Nava to complete her term (until June, 2017)..... Doc Kinne

*Ordination Approval for Joanna Lubkin Rev. Kim

*Vote to join ten UU congregations to petition for a change to our first principle, from "The inherent worth and dignity of every person" to "The inherent worth and dignity of every being." For more information, please visit <http://firstprincipleproject.blogspot.com/> Rev. Kim

Anti-Racism Workshop and Uncomfortable Conversations

Transformation Team

Q&A on Written Reports

Treasurer's Report Susie Nacco

Prudential Committee Tina Rose

Other Business



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 7th ~ 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