



Meditation Retreat

Sunday, February 10th ~ 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're experienced in meditation or interested in a full-immersion introduction, please join us! Wear loose, comfortable clothing, walking shoes, and appropriate outerwear (if you'd like to walk 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 at a Thai restaurant nearby. BYO\$.



Spiritual Passions 2019!

Pathways to Wholeness with Chris Cobb

Sunday, February 17th ~ 12:30 PM, Hunnewell Chapel

In our fractured current moment, which seems filled with intense anger and tribalism, people are seeking to heal what feels broken—and taking many paths to do that. How well do these pathways help people move toward thriving and connection? Arlington Street member Chris Cobb will use insights from his professional role as a leader of community change efforts focusing on substance use prevention, and examples from his personal spiritual journey, to facilitate dialogue and offer practical tools for pathways to healing and wholeness.



Intersectional Book Discussion

Monday, March 4th ~ 5:30 PM, Frothingham Library

Join Rev. Kim for the eleventh in our series of occasional discussions about books with intersectional themes. For this gathering, we'll be reading Arlie Russell Hochschild's *Strangers in Their Own Land*. All are welcome!



Delegates needed for General Assembly Meeting

June 19-23, 2019 ~ Spokane, WA

Are you a voting member of the congregation planning on attending this year's General Assembly Meeting in Spokane, WA (either in person or online)? If your answer is yes, then would you consider using this trip as an opportunity to be of service to our beloved spiritual community? The Nominating Committee will be submitting the names of five delegates to represent our congregation at this year's meeting. If being of service in this way interests you, please contact the Nominating Committee before March 3, 2019 at nominating@ascboston.org or see Rachel Corey at the Welcome Table after the service for more information.

ANNOUNCEMENTS



Share Our Space!

If you're part of another organization or business that's looking for meeting space, a gathering place, or the use of a commercial kitchen, we'd love to welcome them to Arlington Street Church! Please be in touch with Rev. Kim at office@ASCBoston.org.

COVENANT RENEWAL PLEDGE FORM

through June 2019

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ _____
to support the work of Arlington Street Church for 2018-2019.

Signature: _____ Date: _____

Phone: _____ Email: _____

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

Mastercard Visa

Credit Card #: _____

Expiration Date: mm _____ yy _____

Please charge my credit card in either:

One payment for my entire pledge.

Equal monthly installments on the 12th of each month.

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, Congregational Administrator 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.

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.

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.

FINDING EVENTS AT ARLINGTON STREET

Main level: Hunnewell Chapel is through the leather door to the right of the pulpit; **Nursery** is off the hallway outside the chapel; **Frothingham Library** is past the stairs and next to the Boylston Street entrance.

Upstairs: Clarke Room is up the stairs outside the nursery.

Downstairs: Parish Hall is the main room; **Carol Smith Room** is to the right of the stage; **Alan Helms Library** is to the left of the stage; **Perkins Room** (Family Ministry) is just past the kitchen; **Program Room** is at the back of the Perkins Room.

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 20TH, 2019

*If you are visiting Arlington Street Church
or would like information about Unitarian Universalism,
please visit the Welcome Table in the Parish Hall.*

TODAY



Coffee Hour and Lunch

Today ~ Immediately following worship, Parish Hall

Let's all gather downstairs for coffee, soup, sandwiches, and community! Please visit the Arlington Street Cares Table (on your right as you enter the Parish Hall) to sign cards for those who have shared candles of sorrow and joy with us.

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.



Spiritual Passions 2019!

Dear White People

Today ~ 12:30 PM, Hunnewell Chapel

Come to watch and discuss *two more episodes* of the Netflix series "Dear White People," a humorous but serious take on a campus culture war between black and white students at a predominantly white college. *Don't worry if you missed the first episode as we will catch you up! We will show more episodes on Sundays, February 10th and March 10th.*



New Member Class

Today, Meet ASC ~ 12:30 PM, Clarke Room

Wednesday, January 23rd, Spiritual Journey ~ 6:00 PM, Perkins Room

Sunday, January 27th, New Member Breakfast/Joining ~ 9:30 AM, Hunnewell Chapel

All interested newcomers are warmly invited to our next two-session new member class. In our first session, we learn a little of Arlington Street's history, polity, and practices and meet some of our illustrious leadership and staff. Rev. Kim joins us for the second session, where we share stories about our spiritual journeys and ask our burning questions. This class is a wonderful opportunity to deepen your relationship and knowledge of Arlington Street, and to discern whether you feel ready to join. Please sign up at the Welcome Table in the parish hall after the service. *All are welcome!*

THIS WEEK



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

Tuesday, January 22nd ~ 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'll begin Lama Surya Das, *Awakening the Buddha Within*. Please read through page 29 (up to "East Goes West/West Goes East"). All are welcome!

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

SAVE THE DATE



Arlington Street Circle of Caring

Sundays, Jan. 27th, & Feb. 10th & 24th ~ 12:30 PM, Carol Smith 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. Facilitator, Maureen Peterson calls on her significant personal experience to create a safe space for sharing our stories and supporting one another through the crises of life.



Corporation Meeting

Sunday, January 27th ~ 12:45 PM (bring your lunch) Hunnewell Chapel

Agenda Items: *vote required

1. Chalice Lighting and Reading
2. Membership update (Doc Kinne)*
3. Treasurer's Report
4. Building Preservation Report
5. Senior Minister Report
6. Strategic Planning Update
7. Prudential Committee Report
8. Other business



Indulge 2019 Planning Meeting

Sunday, January 27th ~ 12:30 PM, Alan Helms Library

Join in as we continue planning decorations, menu, and auction details. Indulge 2019 is our tenth annual springtime fundraiser. Come be a part of helping make this fun night a reality! Save the date: Saturday, March 30, 2019.

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

This Week

Sunday, January 20, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	Dear White People ~ Hunnewell Chapel
12:30 PM	New Member Class ~ Clarke Room

Monday, January 21, 2019

The church office is closed for the holiday.

Tuesday, January 22, 2019

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

Wednesday, January 23, 2019

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
6:00 PM	Spiritual Journeys ~ Perkins Room

Thursday, January 24, 2019

7:00 PM	Choir Practice ~ Clarke Room
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Friday, January 25, 2019

5:00 PM	Friday Night Supper Program ~ Parish Hall
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Saturday, January 26, 2019

No congregational events are scheduled.

Sunday, January 27, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
9:30 AM	New Member Breakfast ~ Hunnewell Chapel
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	ASC Circle of Caring ~ Carol Smith Room
12:30 PM	2019 Indulge Meeting ~ Alan Helms Library
12:45 PM	Corporation Meeting ~ Hunnewell Chapel
1:30 PM	Stop the Bleed Training ~ 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 the Bleed Training with Bill Briggs, RN

Sunday, January 27th ~ 1:30 PM, Parish Hall

Stop the Bleed is a national awareness campaign and call-to-action to empower bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. The Stop the Bleed course was developed by the American College of Surgeons after the Sandy Hook Elementary School shootings. You may have seen emergency trauma kits at Logan Airport, Gillette Stadium, and other public locations. Bill Briggs has generously donated one that will hang next to the defibrillator here at Arlington Street. This 90-minute course, offered free of charge, will teach you how to use it. The course is limited to 24 participants. You can register by emailing or calling Jeffrey Bouchard at jbouchard@ascboston.org or 617. 536.7051.



Arlington Street's Literary Salon The Wednesdays: Shakespeare

Wednesday, Jan. 30th ~ 6:00 PM, The Vendome, 160 Commonwealth Ave.

Shakespeare did nothing to preserve the integrity of his 38 plays, leaving it to others to produce authoritative versions. What he cared for, instead, was his poetry: the narrative poems *Lucrece* and *Venus and Adonis* as well as a shorter poem, *The Phoenix and the Turtle*, as well as his 154 sonnets. We'll begin with those three poems and save the sonnets for a future Shakespeareathon! Join Professor Alan and Rev. Kim for a single session to discover why the poetry mattered so much more to him than his plays. *All are welcome!*



Mark your calendar for Dave Egan's Ordination!

Sunday, February 3rd ~ 3:00 PM, Old Ship Meeting House
107 Main Street, Hingham, MA

First Parish Unitarian Universalist Canton along with Old Ship Church in Hingham will co-ordain Dave Egan to the Unitarian Universalist ministry! Dave served as the intern last year at Old Ship and as the intern in Canton the year before. He is currently the Director of Family Ministry here at Arlington Street as well as the Program Director for the Friday Night Supper Program. Come celebrate Dave and this wonderful moment in the life of our congregation. *All are welcome!*



The Wednesdays Literary Salon: Mary Oliver's Winter Poems

Wednesday, February 6th ~ 6:00-8:00 PM, The Vendome, 160 Commonwealth Ave.

For many readers, Mary Oliver is the best living American poet. Something of a rarity in contemporary America, she is largely a nature poet, combining keen observation with a deeply felt reverence for the world around us. Accepting the Nobel Prize, William Faulkner said that "the poet's duty is to help man endure by lifting his heart." Mary Oliver more than does that for all of us! Join Prof. Alan and Rev. Kim on a cold winter's night for a cozy, uplifting evening of reading and interpreting some of Mary Oliver's winter poems. *All are welcome!*



Second Sunday Song Circle

February 10th ~ 12:45 PM, Hunnewell Chapel

Have a song or story in your heart? Come share it at our song circle. If you need inspiration, at least one copy of Pete Seeger's *Rise up Singing* will be provided. Feel free to bring your own! Voices and instruments of all skill levels welcome, and just listening is fine too!