



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

Tuesday, February 12th ~ 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 to page 46 (up to "Starting on the Spiritual Path Right Here"). 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.



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.



Potluck! Saturday, February 23rd ~ 5:00 PM ~ Parish Hall

Just what the doctor ordered for the mid-winter doldrums: an old-fashioned potluck supper! Queen Cheryl and Rev. Kim invite you to join us for a wonderful evening of great food, fun board games, and best of all, the opportunity to visit and relax together. Her Majesty will be cooking up a storm of entrees and Rev. Kim is making a big batch of mac'n'cheese for the kids (and those of us with a kid's palate!). All beverages will be provided. Show off your culinary skills (appetizers, salads, desserts, more) or pick up your favorite food from the grocery store. As we all know, Queen Cheryl will see to it that there is more than plenty to eat, so if you can't cook and don't feel like going to the store, just bring you ... and friends, neighbors, coworkers! *All are welcome!*



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.



Volunteers Needed!

Do you love babies and small children? Then we need you! We are looking for folks who would be willing to help out in the nursery on Sunday mornings, to give our young parents a short respite during the service. For safety's sake, all volunteers will need to be CORI checked and have gotten a flu vaccine. If you are interested, please contact our Director of Family Ministry, Dave Egan: degan@ascboston.org. Thanks!

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!

INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 27TH, 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.



Arlington Street Circle of Caring

Today and Sundays, 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.



Indulge 2019 Planning Meeting

Today ~ 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.



Corporation Meeting

Today ~ 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

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

Stop the Bleed Training with Bill Briggs, RN

Today ~ 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. There may be a few spaces open. Please speak with Bill or Rev. Kim.

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

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!*

ASC Social Group Movie and Dinner

Saturday, February 2nd ~ TBD

Do you want to meet more people and make friends here? So do we! We are a group of Arlington Street members and friends that gets together for occasional outings. Save the date for a movie and dinner. Time and location to be determined once theater schedules are available. We will aim for a late afternoon show followed by dinner. *All are welcome!*

SAVE THE DATE

Dave Egan's Ordination!

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

First Parish Unitarian Universalist in 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!*

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

This Week

Sunday, January 27, 2019

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| *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 |

Monday, January 28, 2019

No congregational events are scheduled.

Tuesday, January 29, 2019

No congregational events are scheduled.

Wednesday, January 30, 2019

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| 6:00 PM | Kundalini Yoga ~ Hunnewell Chapel |
| 6:00 PM | The Wednesdays: Shakespeare ~ 160 Commonwealth Ave. |

Thursday, January 31, 2019

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| 7:00 PM | Choir Practice ~ Clarke Room |
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Friday, February 1, 2019

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| 5:00 PM | Friday Night Supper Program ~ Parish Hall |
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Saturday, February 2, 2019

No congregational events are scheduled.

Sunday, February 3, 2019

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| *9:30 AM | Choir Rehearsal ~ Sanctuary |
| 11:00 AM | Sunday Worship Service ~ Sanctuary |
| 11:15 AM | Family Ministry Program ~ Perkins Room |
| 3:00 PM | Dave Egan's Ordination ~ Old Ship Meeting House. Hingham |

* 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 Wednesdays Literary Salon: Mary Oliver's Winter Poems

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

Until her death on January 17th, Mary Oliver was considered the best living American poet. Something of a rarity in contemporary America, she was 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 did 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. Packets are available from Rev. Kim today. *All are welcome!*



To Renewal House with Love

Sunday, February 10th ~ Arlington Street Church

It's time for our annual lovefest for Renewal House, Unitarian Universalist Urban Ministry's shelter for women and children escaping domestic violence. This year, please bring full-sized toiletries: shampoo, conditioner, soap, razors, deodorant, toothbrushes, toothpaste, and tampons and pads. All contributions will be gratefully received! *Thank you!*



Spiritual Passions 2019!

Dear White People

Sunday, February 10th ~ 12:30 PM, Perkins Room

The Netflix series "Dear White People," is a humorous but serious take on a campus culture war between black and white students in a fictitious Ivy League predominantly white college. Join the Transformation Team for Racial Justice to laugh, learn, and discuss what the students at Winchester University are up to.



Second Sunday Song Circle

Sunday, February 10th ~ 12:45 PM, Sanctuary

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!



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\$.