

The Arlington Street Center  
for Liberal Religious Inquiry  
and Spiritual Practice

### Buddha's Belly

Tuesday, February 23<sup>rd</sup> ~ 6:00 PM, Chapel

### Arlington Street Zen Center

Tuesday, February 23<sup>rd</sup> ~ 7:00 PM, Chapel

### What's It Like to Be in Military Service?

Wednesday, February 24<sup>th</sup> ~ 6:00–8:00 PM, Perkins Room

Have you or any of your loved ones served in the military? Are you concerned about the well-being of veterans returning from Iraq and Afghanistan? Join Seanan Holland, military chaplain intern, for a program on the spiritual challenges of being in modern military service. These gatherings continue an important discussion series, Unitarian Universalist Military Bridge Builders.

## MUSIC AT THE CHURCH

### Add More Music to Your Life in the New Year!

Be part of our Arlington Street Church Choir! Do you love to sing? Would you like to be part of a community of sharing music? Do you want or need to take just a couple hours out of your week to create something beautiful? The Arlington Street Church Choir may be just the place for you! No musical experience necessary!

We find that making music with and for our community here at Arlington Street is a central and beautiful part of our spiritual practice as Unitarian Universalists. We rehearse one night a week and sing Sunday mornings at our weekly services, performing an array of challenging, evocative repertoire spanning dozens of cultures, and centuries of musical and liturgical history.

The choir is open to all interested singers able to make a commitment to the choir's schedule. Attendance each week is not mandatory, though members find that it's difficult to function effectively if they miss more than a quarter of the rehearsals. We rehearse on Thursdays from 7:00–9:00 pm 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, who is available at the front of the sanctuary following the service or via email at MBuckles@ASCBoston.org.

## Indulge

Give In & Give Back  
March 6<sup>th</sup>, 2010

Save the date for a gala evening to support  
Arlington Street Church's 150<sup>th</sup> Anniversary Fund!  
Join members and friends for an evening of  
fine dining, entertainment & spectacular items on auction  
for the benefit of Arlington Street Church.

Tickets are \$75.00 per person or \$550.00 for table of eight.

For information on volunteering or donating auction items  
contact Daniel Fournier: office@ascboston.com.

If your baby grows restless during worship, please bring him or her to the nursery (located off of the Chapel, through the leather door). Restless toddlers and older children are invited to join the church school program downstairs.

#### 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](mailto:Comments@ASCBoston.org) or leave a note in the suggestion box outside the Church Office. Your message will be received by the Church's administrative assistant so it can find its way to the appropriate people. Please speak your "truths in love" and include your name and contact information so we can follow-up. Thanks! For emergencies, please see "Our Caring Community" to the right.

#### Inside Submission Guidelines

Please deliver all Sunday announcements before Tuesday at 3:00 pm by e-mail to [communications@ASCBoston.org](mailto:communications@ASCBoston.org). Announcements will not be accepted by telephone. Materials must be legible, signed, and fully composed and may be edited, as space is limited. Please note that we only publish submissions related to Arlington Street events or the wider Unitarian Universalist community.

#### Scheduling Events at Arlington Street Church

All issues dealing with building usage, for both congregational usage and rentals, must be coordinated by Jeffrey Bouchard, Assistant to the Administrator. 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. \*8 14 or by e-mail at [JBouchard@ASCBoston.org](mailto:JBouchard@ASCBoston.org).

#### Our Caring Community

In the event of a disruption or major transition in the life of an Arlington Street member, please inform the church office. 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! Also, please be attentive when exiting the church into the alley. When walking in the alley avoid being alone, carry a cell phone, walk in the center of the road, and pay attention!

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: 617-536-7051

E-mail: [office@ASCBoston.org](mailto:office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

# INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY  
SUNDAY, FEBRUARY 21<sup>ST</sup>, 2010

## SPIRITUAL PASSIONS 2010 ~ FEBRUARY

### Fractionate! Understanding and Resolving Conflict

Karl Paulnack

Sunday, February 28<sup>th</sup> ~ 1:00–3:00 PM

Fractionation (the opposite of escalation) is a process by which big conflicts are broken down into little conflicts, where they can be more easily understood and resolved. We'll explore the way conflict manifests in three venues (intrapyschic, interpersonal and intergroup) but we'll focus on interpersonal aspects. We'll explore the important issue of when to engage a conflict (and, importantly, when not to!) as well as two strategies for engagement: winning a conflict vs. resolving a conflict (both are useful and appropriate, but involve completely opposite techniques). Perhaps most important, we will learn to use a handy little tool for diagnosing and analyzing conflicts, providing a framework for breaking them down into smaller pieces that can be more easily resolved.

Fun fact: did you know that there are only five things that people fight about? All conflicts are about one (or more) of these five things. (You'll have to attend the workshop to find out what those five are!)

### Spiritual Passion of Singing and Choir Open House

Mark David Buckles, Director of Music and the Arlington Street Choir  
Sunday, February 28<sup>th</sup> ~ 1:00–3:00 PM

Welcome to an afternoon of communal music-making: the spiritual passion of singing! We believe that the act of singing together is a central and beautiful part of our spiritual practice as Unitarian Universalists. Will you join us? We will learn, briefly rehearse, and sing together an evocative selection of beautiful and interesting pieces, and offer answers to questions such as, "Can I sing in choir if I can't read music, or if I've never sung in a choir before?" (yes!), and, "What do you do during rehearsal anyway?" Come prepared to share the music within you!

## CONGREGATIONAL ANNOUNCEMENTS

### Sacred Eros: "Boundaries"

Monday, February 22nd ~ 7:00 PM, Archives Room

We all set our own boundaries - different limits on sexuality and intimate relationships. How do you choose yours? What values and experiences guide you? Come and share your thoughts, and some food or drink.

### Service-Fellowship-Jazz Information Meeting

Monday, February 22nd ~ 6:00-8:00 PM, Perkins Room

Join Senior Minister Rev. Kim Crawford Harvie and other veteran Arlington Street Church New Orleans Volunteers who will be giving service in the Big Easy this spring. This will be Arlington Street Church's spring trip to walk with our sisters and brothers of First Church as we continue to support them with our presence, our resources, and our love. Much has changed since our first service trip; however there is still much to do.

Arrive early and stay longer to enjoy the hospitality of the city, during their annual jazz festival, and to worship and socialize with our First Church sisters and brothers.

**Trip Date:** April 25 - 30. Come earlier or stay later to enjoy the music.

Check for updates on the Arlington Street Church website.

### Unitarian Universalist Book Group

Wednesday, February 24th & March 15th ~ 6:00 - 7:30 PM, Archives room

All bibliophiles and Emerson admirers are welcome to come discuss the first half of *Emerson: Mind on Fire*, by Robert D. Richardson Jr. on Wednesday, February 24, 6:00 - 7:30pm in the Archives room. We'll meet again on Monday, March 15 (6:00 - 7:30 in the Frothingham Library) to discuss our responses to the second half of the book, and decide on what we'll read next. Come join us! For more information, contact Sarah Richards at office@ascboston.org.

### Social Action Committee Used Book Sale

Sunday, March 14th & 21st ~ 12:00 PM, Parish Hall

Use this as a great way to recycle your used books, and benefit the Arlington Street Church Jubilee Programs at the same time. We are looking for paperback and hardbound books, CDs, DVDs, and records that might be of interest to other church members, visitors, and the general public.

Jubilee Programs include New Orleans partnership, Only a Child, Partakers, Santuario and Villages without Walls. In addition the committee is looking for ways to support relief and rebuilding in Haiti.

The final Sunday to bring your books, CDs, DVDs, and records to the church for the sale is Feb. 28. You can leave them at the Social Action table in the Parish Hall. It would be helpful if you could bring them in a box.

Then, come ready to replenish your supply with other great choices, favorites of our congregation... at very reasonable prices!

*We invite you to cut out this calendar and clip it to your refrigerator or bulletin board!*

## Coming Up...

### Sunday, February 21st, 2010

9:30 AM	Choir Warm-Up - Sanctuary
10:00 PM	ASC Auction Committee - Archives Room
11:00 PM	Sunday Morning Worship - Sanctuary
12:00 PM	Path to Membership - Welcome Table
12:00 PM	Coffee Hour - Parish Hall
12:30 PM	Congregational Conversations - Clarke Room
12:30 PM	Task Force on Haiti - Sanctuary
12:30 PM	Young Adult Group Lunch - Stage Right Room

### Monday, February 22nd, 2010

6:00 PM	New Orleans Planning Meeting - Perkins Room
7:00 PM	Sacred Eros - Archives Room

### Tuesday, February 23rd, 2010

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

### Wednesday, February 24th, 2010

3:30 PM	* Staff Meeting - Perkins Room
6:00 PM	Kundalini Yoga - Chapel
6:00 PM	Unitarian Universalist Reading Group - Archives Room
6:00 PM	Stories of Service: What does UU Ministry to Military Personnel and their Families Look Like? - Perkins Rm.
7:00 PM	Santuario - Parish Hall

### Thursday, February 25th, 2010

6:00 PM	So You Want To Be A UU - Perkins Room
6:30 PM	Center for Spirit Wellness at Arlington Street Church - Frothingham Library
7:00 PM	Choir Rehearsal - Clarke Room

### Friday, February 26th, 2010

5:00 PM	Friday Night Supper Program - Parish Hall/Kitchen
7:00 PM	Young Adult Group - Perkins Room

### Saturday, February 27th, 2010

No congregation related events at this time.

### Sunday, February 28th, 2010

9:30 AM	Choir Warm-Up - Sanctuary
10:00 PM	ASC Auction Committee - Archives Room
11:00 PM	Sunday Morning Worship - Sanctuary
12:00 PM	Coffee Hour - Parish Hall
12:30 PM	Young Adult Group Lunch - Stage Right Room
1:00 PM	Spiritual Passions 2010 - Singing and Choir Open House - Hunnewell Chapel
1:00 PM	Spiritual Passions 2010 - Fractionate - Clarke Room

**NOTE:** This calendar is accurate as of noon the Wednesday before publication and only includes events directly related to the congregation. For complete, up-to-date calendar listings over the coming months, visit [www.ASCBoston.org](http://www.ASCBoston.org).

\* Denotes Closed Meetings



## CONGREGATIONAL ANNOUNCEMENTS (Continued)

### Santuario

Wednesday, February 24th ~ 7:00 PM, Parish Hall

### Arlington Street Church responds to Haiti

Here are our initial planned activities:

- \* **Sheets/towels/diaper drive** as part of a larger effort by the Haitian Coalition of Somerville. Please bring new sheets, towels and disposable diapers to church on **Feb. 28 and March 7**.
- \* **Collecting donations for 10 Person tent(s)** from ShelterBoxUSA. We are accepting donations at the Social Action table through Easter Sunday, April 4th. You can also send a check to ASC, 351 Boylston Street, Boston 02116 - Attention Task Force on Haiti. Make checks out to ASC (Haiti/TENT in the memo line). Watch for more information about extending the Big Tent of our church to homeless families of Haiti.
- \* Arlington Street Church is hosting the **Healing Storytellers Alliance** benefit for Partners In Health's work in Haiti on **Saturday, March 27, 7:30pm**.

If you'd like to get involved in the Task Force, learn more about the planned activities, or send a donation, please contact Nancy Perna or Peter Lowber at [socialaction@ascboston.org](mailto:socialaction@ascboston.org).

### Thinking about Membership in Arlington Street Church?

A good place to start is at our Welcome Table, where you will find basic information about Arlington Street Church, Unitarian Universalism, and the path to membership. Stop by and ask questions! Pick up literature! We'll tell you the basics about getting involved in our spiritual community, as well as membership benefits and expectations.

Periodically we offer a class ("So You Want to Be a UU?") that's required of new members as part of the process of joining. All are welcome to attend these classes, including those who are already members. The class includes an opportunity to share the stories of our spiritual journeys and to gain more detailed information about how Arlington Street Church works, our history, theological beliefs, and living our principles. At the end of the class you will be invited, not pressured, to join the church. These classes are led by our ministers, our Membership Team, and other church staff and leaders. **The next such class will be held in two parts on sequential Thursday evenings: Feb. 25th and March 4th, from 6 to 8 p.m., with a simple supper provided.** Please plan to attend both parts. RSVP: office@ascboston.org, subject: membership class, or sign up during coffee hour at the Welcome Table in the Parish Hall.