

## MUSIC

### Add More Music to Your Life This Spring!

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](mailto:MBuckles@ASCBoston.org).



#### 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). 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. \*814 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!

## IF YOU MISSED IT... THE ARK IS STILL OPEN!

It's Covenant Renewal season here at Arlington Street Church. Please make or renew the gift of your financial commitment to the work of this beloved spiritual community.

### COVENANT RENEWAL PLEDGE FORM 2010 thru. 2011

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

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

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

I/We Commit A Total Of \$ \_\_\_\_\_ to Support the Work of the Arlington Street Church for 2010-2011.

My/Our Pledge Will Be Paid:

Weekly       Monthly       Quarterly

Semi-annually       One payment       Or As Follows: \_\_\_\_\_

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

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

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

Contributions may be made via cash, check, or credit card. If you are paying your pledge with cash via the Sunday collection, be sure to clearly mark the envelope with your name(s) and indicate "Pledge Payment". Checks should be made payable to Arlington Street Church and also please include "2011 pledge payment" on memo line. If you wish to use a credit card, please complete the information below:

Mastercard       Visa

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

Expiration Date: \_\_\_\_\_

One Time Charge       Monthly Contribution

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, MAY 9<sup>TH</sup>, 2010

### CONGREGATIONAL ANNOUNCEMENTS

#### Tips to Help the Planet

**TODAY'S TIP:** Do not buy water in bottles except on rare occasions. Instead carry your own water. Why?

- \* It is vastly cheaper - 9¢ to 25¢ per gallon for filtered water vs. \$2 to \$10 or more per gallon for bottled.
- \* The quality is frequently better - water bottling is poorly regulated.
- \* Long-term storage in plastic can leech chemicals into stored water.
- \* Bottling plants can deplete surrounding aquifers and take disproportionate amounts of water from homes, farms and other businesses.
- \* Billions of plastic bottles end up in US landfills yearly, the rest must be collected and recycled.
- \* Production of bottles and transport of bottled water uses many billions of barrels of oil each year.

If you wish, filter your water at home. For a comparison of top selling filters and what they filter out as well as other info go to <http://www.waterfiltercomparisons.com>.

#### Support Immigrant Rights! Come and Listen to the Student Immigration Movement!

**TODAY:** Sunday, May 9<sup>th</sup> ~ 12:30 PM, Parish Hall Stage

We are fortunate to have with us today some students in our community from the Student Immigration Movement. Please come listen to their stories, and support them in their struggle for higher education and a pathway to citizenship.

*Sponsored by the Social Action Committee*

#### A Memorial Service for Emily Dunn

Sunday, May 16<sup>th</sup> ~ 1:00 PM, Sanctuary

Come celebrate the life of our beloved Emily with her family, Adriana, Ronald, Camilla, and Mia; her many friends and neighbors; and her colleagues of over 30 years. Rev. Kim, officiating; Erick DuPree, singing David Foster's "The Prayer," and Rodger Clinton Vine playing piano and organ. A delectable collation will follow. All are welcome.

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## CONGREGATIONAL ANNOUNCEMENTS *continued...*

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### Welcome Home to the Haitian Coalition!

#### A Report on their Trip to Haiti

Sunday, May 23<sup>rd</sup> ~ 12:30 PM, Clarke Room

Franklin Dalember and Lince Semerzie from the Haitian Coalition will tell us about their April trip to Haiti. They will have pictures – including the tents we sent down. We'll also discuss what's needed in the future. Please save the date! Sunday, May 23<sup>rd</sup>, 12:30pm in the Clarke Room.

*Sponsored by the Task Force on Haiti*

### Sandwich Board

*The Little Red Hen Needs Help, Please!*

Each Sunday, a delicious feast is prepared for us by a dedicated, fun-loving crew. You want to be part of this, and we need you now!

No prior cooking experience necessary. Join us!

Please contact Sharon Pressly-Fiero and Jon Ellertson through [office@ASCBoston.org](mailto:office@ASCBoston.org), or find them in the kitchen! Thank you!

### At the Social Action table

*Fund Our Communities, Reduce Military Spending*

Sign a letter to your elected representatives asking that they enact a 25% reduction in military spending, with all the savings redirected to urgent community needs.

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## ADULT RELIGIOUS EDUCATION

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### Kundalini Yoga Class

Wednesdays, ~ 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 will be a \$10 charge that will go to the church.

### Unitarian Universalist Reading Group:

#### *Here If You Need Me, by Kate Braestrup*

Monday, May 10<sup>th</sup> ~ 6:15 – 7:45 PM, Frothingham Library

All are welcome to our discussion of our new selection, *Here If You Need Me*, a memoir by Kate Braestrup. Braestrup is a UU Chaplain to the Maine Warden Service, and excerpts from her book have appeared in *UU World Magazine*. Sample quote: "If anyone needs proof that God has a sense of humor, here it is: I am a middle-aged mother of four who works primarily with young, very fit men....And I, a famously loquacious person, have a job that requires me mostly to just show up, shut up, and be."

Come join us to discuss this inspiring true story about growing into unforeseen changes in life's journey. For more information, please contact Sarah Richards at [office@ascboston.org](mailto:office@ascboston.org).

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

## Coming Up...

### Sunday, May 9<sup>th</sup>, 2010

- 9:30 AM Choir Warm-Up – Sanctuary
- 9:30 AM Social Action Committee – Archives Room
- 11:00 AM Sunday Morning Worship – Sanctuary
- 12:00 PM Coffee Hour – Parish Hall
- 12:00 PM Path to Membership - Welcome Table/Parish Hall
- 12:15 PM Santuario – Chapel
- 12:30 PM Nominating Committee – Archives Room
- 12:30 PM Young Adult Group Lunch – Stage Right Room

### Monday, May 10<sup>th</sup>, 2010

- 6:00 PM Prison Education Group – Perkins Room
- 6:15 PM UU Reading Group – Frothingham Library
- 7:00 PM Gay Men's Spirituality Group – Chapel

### Tuesday, May 11<sup>th</sup>, 2010

- 6:00 PM Buddha's Belly – Chapel
- 6:00 PM Finance Committee – Perkins Room
- 7:00 PM Arlington Street Zen Center – Chapel

### Wednesday, May 12<sup>th</sup>, 2010

- 3:30 PM \*Staff Meeting – Perkins Room
- 6:00 PM Kundalini Yoga – Chapel
- 6:00 PM The Wednesdays Literary Salon – Frothingham Library
- 7:30 PM New Sanctuary Movement – Parish Hall

### Thursday, May 13<sup>th</sup>, 2010

- 6:00 PM So You Want To Be A UU – Perkins Room | Kitchen
- 7:00 PM Choir Rehearsal – Clarke Room

### Friday, May 14<sup>th</sup>, 2010

- 5:00 PM Friday Night Supper Program – Parish Hall/Kitchen

### Saturday, May 15<sup>th</sup>, 2010

- 10:00 AM "Harvest the Power" – Chapel

### Sunday, May 16<sup>th</sup>, 2010

- 9:30 AM Choir Warm-Up – Sanctuary
- 11:00 AM Sunday Morning Worship – Sanctuary
- 12:00 PM Coffee Hour – Parish Hall
- 12:00 PM Path to Membership – Welcome Table/Parish Hall
- 12:30 PM Congregational Conversations – Clarke Room
- 12:30 PM Young Adult Group Lunch – Stage Right Room
- 1:00 PM Emily Dunn Memorial Service – Chapel/Kitchen – Parish Hall/Sanctuary

**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*



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

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## ADULT RELIGIOUS EDUCATION *continued...*

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### The Wednesdays, Arlington Street's Literary Salon: Haiku

Wednesday's, May 12<sup>th</sup>, 26<sup>th</sup> and June 2<sup>nd</sup>, ~ 6:00 PM, Frothingham Library  
Join Professor Alan Helms and Rev. Kim for four Wednesdays of haiku, the world's shortest poetic form and one that has seized the imagination of the West in the past hundred years. An invention of the Japanese of roughly four hundred years ago (though haiku were actually written in Japan a thousand years ago), haiku are now written in languages all over the world. We'll read lots and lots of haiku, especially by the three acknowledged Japanese masters: Basho, Buson, and Issa. We'll write haiku of our own. We'll compare Eastern and Western kinds as well as ancient and modern examples. We'll analyze them, admire them, enjoy them. They're like popcorn and pretzels: small and delicious, and once you start, it's hard to stop. All aboard!

*Could there be more fun in spring  
than reading haiku?*

*Wow! A lightning bug!*

Required text: Haiku, selected and edited by Peter Washington, Everyman's Library Pocket Poets, Knopf. There are inexpensive copies at [ABEBooks.com](http://ABEBooks.com), but order ASAP!

Second assignment: Read the "Introduction" handout (available from Kim), and also go through the text reading all the haiku by Buson, the acknowledged master, the Shakespeare of haiku.

### Talking Our Walk: A Discussion Group for People Affected by Depression

Wednesday, May 19<sup>th</sup> ~ 5:30 PM, Perkins Room

A wonderful, supportive atmosphere, facilitated by our own John Sacco, awaits in this open discussion group: not a substitute for therapy or medication, but a different kind of healing. The group meets the third Wednesday of the month. Please speak with John or Rev. Kim for more information. *You are not alone!*

### Parents as Resident Theologians

Sunday, May 23<sup>rd</sup> ~ 1:00 PM, with Rev. Kim

Let us build memories in our children lest they allow treasures to be lost because they have not been given the keys. We live, not by things, but by the meanings of things. It is needful to transmit the passwords from generation to generation. – *Antoine de St. Exupéry*

What are the "passwords" we want to transmit? What insights can we glean from our own spiritual journeys to accompany our children on theirs? All are welcome! Childcare will be provided.

*Continued on next page...*