

 **The Wednesdays Literary Salon**
Axel Munthe: The Story of San Michele

Wednesday, May 15th ~ 6:00-8:00 PM, The Vendome, 160 Commonwealth Ave. (tell the doorman you're there to see Professor Helms)

Axel Munthe was a Swedish doctor who toward the end of the 19th century built the villa San Michele on Capri. He was often called "the most fascinating man in Europe" and his villa became known as "the most beautiful house in the world." (His friend the Empress of Austria wanted to buy it but Munthe said "No.") Prof. Alan says that Munthe's memoir is "easily one of the most fascinating books I've ever read, and this will be the fifth time I've read it." Join Prof. Alan and Rev. Kim for an evening's discussion of this mesmerizing international bestseller. *All are welcome!*

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, Rev. Dave Egan: degan@ascboston.org. Thanks!

ARLINGTON STREET MINISTRIES

 **Join the Arlington Street Choir**
Every Thursday ~ 7:00 PM, Clarke Room

Experience the spiritual practice of communal singing! Take just a couple of hours out of your week to create something beautiful, make friends, and add more music to your life!

Musicians and non-musicians are welcome - we are a mix of professionals and amateurs. We rehearse every Thursday and are always accepting new members. We meet 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 at MBuckles@ASCBoston.org.

 **Family Ministry Wants You!**

Would you enjoy assisting behind the scenes, sharing a story or your spiritual practice, going on a field trip, leading a sex ed class, holding babies, building with Legos, or digging in the dirt? If the answer is yes, please contact Rev. Dave Egan, Director of Family Ministry, at DEgan@ASCBoston.org.



The Boston Gay Men's Chorus will **Raise You Up** with a program of music including the *Last Words of the Unarmed* and the anthem *Glory* from the movie *Selma*.

The one-hour program includes a Town Hall discussion on issues of equality and inclusion co-facilitated by Rev. Kim Crawford Harvie and Rev. Lauren A. Smith.

When: Sunday, March 3, 2019

Time: 1:00pm to 2:00pm

Where: Arlington Street Church
(Arlington Street T station; enter at the Great Doors at 25 Arlington Street)
Boston, MA 02116

Cost: Free

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, FEBRUARY 10TH, 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, 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.

 **Arlington Street Circle of Caring**


Today & Sundays, Feb. 24th, & March 10th & 24th ~ 12:30 PM, Program 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.

 **Second Sunday Song Circle**

Today ~ 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**

Today ~ 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\$.

THIS WEEK



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 continue 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.



Kundalini Yoga Class

Every Wednesday ~ 6:00 PM, Perkins Room

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



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

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

This Week

Renewal House Sunday, February 10, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
9:30 AM	Social Action Committee ~ Carol Smith Room
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	<i>Spiritual Passions: Dear White People</i> ~ Perkins Room
12:30 PM	ASC Circle of Caring ~ Program Room
12:45 PM	Second Sunday Song Circle ~ Sanctuary
1:00 PM	Meditation Retreat ~ Hunnewell Chapel

Monday, February 11, 2019

No congregational events are scheduled.

Tuesday, February 12, 2019

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

Wednesday, February 13, 2019

5:45 PM	Sacred Circle and Dinner ~ Parish Hall & Hunnewell Chapel
6:00 PM	Kundalini Yoga ~ Perkins Room

Thursday, February 14 2019

7:00 PM	Choir Practice ~ Clarke Room
---------	------------------------------

Friday, February 15, 2019

5:00 PM	Friday Night Supper Program ~ Parish Hall
---------	---

Saturday, February 16, 2019

No congregational events are scheduled.

Sunday, February 17, 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	<i>Spiritual Passions: Pathways to Wholeness</i> ~ Hunnewell Chapel

* 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

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!*



Delegates needed by March 3rd 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.



Raise You Up

Sunday, March 3rd ~ 1:00 PM, Sanctuary

The Boston Gay Men's Chorus will *Raise You Up* with a free program of music including the *Last Words of the Unarmed* and the anthem *Glory* from the movie *Selma*. The one-hour program includes a Town Hall discussion on issues of equality and inclusion co-facilitated by Rev. Kim Crawford Harvie and Rev. Lauren A. Smith. *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!



The Wednesdays Literary Salon Mary Oliver: Spring Poems

Wednesday, March 27th, 6:00-8:00 PM, The Vendome, 160 Commonwealth Ave. (tell the doorman you're there to see Professor Helms)

Join Professor Alan Helms and Rev. Kim for another evening with the work of Mary Oliver, one of America's best-loved poets. Just one week after the vernal equinox, let's celebrate the end of winter with this evening devoted to her poems of the season. *All are welcome!*



The Wednesdays Literary Salon Shakespeare's Sonnets

Wednesdays, April 3rd & 17th ~ 6:00-8:00 PM, The Vendome, 160 Commonwealth Ave. (tell the doorman you're there to see Professor Helms)

Shakespeare's 154 sonnets are the only autobiographical writing he ever produced and the clearest expression of what he might have been like: his hopes and fears, his desires and hatreds, his ambitions and failures. Join Prof. Alan and Rev. Kim for two evenings to discuss these amazing works: April 3rd on the sonnets to the young man with whom Shakespeare was deeply in love, and April 17th on the sonnets addressed to Shakespeare's difficult mistress, the famous "Dark Lady" of the sequence.