

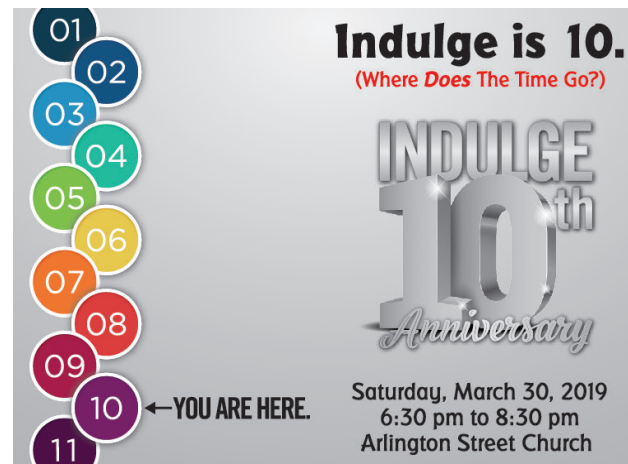
time to a charity. When national politics gets us angry and afraid. When we're inspired by a sermon.

Join Al Ingram for this 90-minute Spiritual Passion to learn about COR.E Energy. Learn about our negative and positive energy levels and how they affect our day-to-day and under-stress performance. Learn how our energy is blocked and influenced. Learn how we can each create a personalized approach to mastering our energy so we perform at our highest levels. Learn about additional opportunities for navigating our professional and personal lives with COR.E Energy. *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!*



SAVE THE DATE! Indulge: 10th Anniversary! Saturday, March 30th ~ 6:30 - 8:30 PM ~ Arlington Street Church

This night out will be a 10! Tickets will be available soon!

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 Prof. 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: numbers 15, 18, 19, 20, 29, 30, 35, 36, 42, 49, 55, 60, 65, 66, 71, 73, 86, 87, 91, 94; and April 17th on the sonnets addressed to Shakespeare's difficult mistress, the famous "Dark Lady" of the sequence: numbers 102, 116, 120, 121, 123, 127, 129, 130, 134, 138 + 138a, 141, 144, 146, 147. *All are welcome!*



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 17TH, 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! **Pathways to Wholeness with Chris Cobb**

Today ~ 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.

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 fundraiser. Come be a part of helping make this fun night a reality! *And save the date: Saturday, March 30, 2019. Invitations will be mailed this week!*

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!



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!*

SAVE THE DATE



Arlington Street Circle of Caring

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.



Uncomfortable Conversations about Race

Sunday, February 24th ~ 12:30 PM, Perkins Room

The Transformation Team for Racial Justice offers this time and space for facilitated discussion and continuing conversation about developing an antiracist worldview. We hold these conversations periodically at Arlington Street Church. All are welcome and no RSVP is needed. For more information, email transformation@ascboston.org.



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

Tuesday, February 26th ~ 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.



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

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

This Week

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 *Spiritual Passions: Pathways to Wholeness* ~ Hunnewell Chapel
- 12:30 PM Indulge Planning Meeting ~ Alan Helms Library
- 12:45 PM Nominating Committee ~ Carol Smith Room

Monday, February 18, 2019

The office is closed for the holiday..

Tuesday, February 19, 2019

- 6:00 PM Prudential Committee ~ Perkins Room
- 7:00 PM Transformation Team ~ Frothingham Library

Wednesday, February 20, 2019

- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel

Thursday, February 21, 2019

- 7:00 PM Choir Practice ~ Clarke Room

Friday, February 22, 2019

- 10:00 PM Nominating Committee ~ Hunnewell Chapel
- 5:00 PM Friday Night Supper Program ~ Parish Hall

Saturday, February 23, 2019

- 5:00 PM Potluck! ~ Parish Hall

Sunday, February 24, 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 Indulge Planning Meeting ~ Alan Helms Library
- 12:30 PM Uncomfortable Conversations ~ Perkins Room
- 12:30 PM ASC Circle of Caring ~ Carol Smith Room
- 12:30 PM Introduction to Navigating Life with COR.E Energy Hunnewell Chapel
- 12:30 PM Narcan Training ~ Clarke Room
- 6:00 PM Window Lighting Ceremony ~ 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

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!



New Member Class

Wednesday, March 6th, *Spiritual Journey* ~ 6:00 PM, Perkins Room

Sunday, March 17th, Meet ASC ~ 12:30 PM, Clarke Room

Sunday, March 24th, *New Member Breakfast/Joining* ~ 9:30 AM, Hunnewell Chapel

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



Spiritual Passion: Save A Life: Carry Narcan!

Sunday, March 10th ~ 1:00 PM, Clarke Room

In the midst of the opioid crisis, it is now more important than ever to carry Narcan/Naloxone and know how to use it. Angela Mae Ní Mháill, a DPH certified Narcan trainer, has volunteered to come train us to identify an overdose and reverse it using Narcan. Angie will also provide some context on the opioid epidemic from a user's perspective, moving beyond the "drug use as a disease" model to talk about the reasons why people decide to use drugs and how drug use is influenced by other social and economic conditions. *All are welcome!*



Navigating Life with COR.E Energy: Introduction

Sunday, March 24th, 12:45 - 2:15 PM ~ Hunnewell Chapel

Each of us experiences our personal and professional lives with a unique energy. This energy is at the core of our thoughts, emotions, and actions that relate to how we see ourselves, those around us, and the world. We experience this energy when we have challenging colleagues or customers to deal with at work. When we have the Best. Day. Ever. When we just can't get out of bed in the morning. When we're donating our