



Intersectional Book Discussion

Monday, June 3rd ~ 5:30 PM, Frothingham Library

Join Rev. Kim for the twelfth in our series of occasional discussions about books with intersectional themes. For this gathering, we'll be reading Ijeoma Oluo's *So You Want to Talk About Race*. 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.

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.

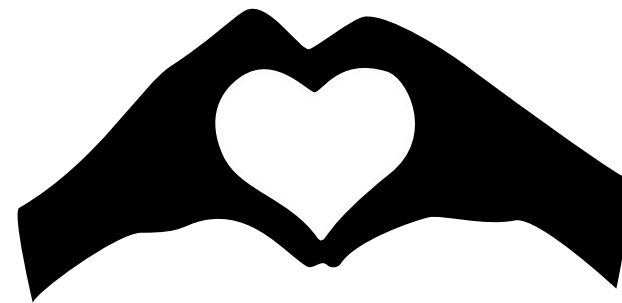


Join the Transformation Team for Racial Justice

The Transformation Team for Racial Justice is an ongoing task force of Arlington Street Church that seeks to identify and eliminate interpersonal and institutional barriers of racism and oppression, and build a justice-seeking, multiracial, multicultural community. If you have suggestions, questions, comments, or concerns for the Team, please email transformation@ascboston.org, attend our open meetings on the third Tuesday of every month from 7 - 8:30 pm, or speak with a team member (Jonah Beukman, Chris Cobb, Sarah Cooleybeck, Rita Falzarano, Margy Herley, Laura Pattison, Barbara Seidl, and Julia Simon). Membership on the Team requires a one year commitment and anti-racism/anti oppression/multicultural training.

It's Covenant Renewal Season!

On Sunday, April 28th, Arlington Street Church members and supporting friends will pledge our financial support for the upcoming fiscal year (July 1, 2019 – June 30, 2020). This year's theme is ...



#YouBelongHere

You move around ...

* T pass: \$85 a month

* Car payment: ~\$450 a month

* Gasoline: ~\$160 a month

How does *being here* move YOU?



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, MARCH 31ST, 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 Passion 2019! Gut Health

Today ~ 12:30 PM, Hunnewell Chapel

Discover how understanding gut health can improve your energy levels, mood, skin—even increase patience and reduce brain fog! Learn five easy tricks for improving your gut health without thinking about calories, fat, or any other trendy diet. This health craze is the OG (original)—honoring the way our bodies are created to function!

This Spiritual Passion will be led by Melissa Dlugolecki, member of the Worship Team. Melissa is certified in holistic remedies and nutrition, the host of the podcast "Grief, Guts, and Green Smoothies," a life coach, and the co-founder of MOVE.withMooch&Mel.

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!



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!*



LGBTQIA+ Aging Workshop: Planning for the Future for LGBTQIA+ People and Their Caregivers

Wednesday, April 3rd ~ 7:00 - 9:00 PM, Arlington Senior Center

Main Hall, 27 Maple Street, Arlington

Lisa Krinsky, LICSW and Michell LaPointe, Esq. invite all LGTBQIA+ older adults to a workshop to help plan for the future. Topics will also include legal planning basics, exploring LGTBQIA+ living solutions, and identifying culturally competent services. This workshop is co-sponsored by The Arlington LGBTQIA+ Rainbow Commission. Questions? Please call the Council on Aging Front Desk at 781-316-3400.

SAVE THE DATE



Dear White People

Sunday, April 7th ~ 12:45 PM, Hunnewell Chapel

Come to watch and discuss the next two episodes of the Netflix series "Dear White People," a humorous but serious take on a campus culture war between black and white students at a predominantly white college. Don't worry if you haven't see the previous episodes. *All are welcome.*



Tiffany Center Info & Training Session: Join Our Team!

Sunday, April 7th ~ 12:45 PM, Sanctuary

Are you looking for an interesting way to get more involved here? Are you curious about the history of the building and the BEAUTIFUL windows? Would you like to meet people from around the world? If so, come volunteer this summer at our museum and visitor center! Set your calendar for our April 7th info session and training day and be ready when the doors open on May 1st. We need greeters and tour guides every day except Tuesday. It's low-commitment, flexible scheduling, and less than three hours per shift. No experience necessary; all training will be provided! Please speak with Alissa Butler or email her at astiffany@gmail.com. *Thank you!*



Let's Celebrate Only A Child's Twenty-Fifth Year!

Sunday, April 7th ~ 2:00 PM, Sons of Italy Hall,
520 Pleasant Street, Watertown

Project Only A Child, the program for impoverished youth in Guatemala founded by our own George Leger, is celebrating its twenty-fifth year and holding its annual spring fundraiser! Enjoy a buffet meal and buy raffle tickets to win restaurant gift certificates, handcrafted Guatemalan textiles, and a set of the beautiful boxes made by the young men in Only A Child's carpentry shop. Tickets are \$30.00 each (\$20.00 for seniors and students) and can be purchased at www.onlyachild.org or at the door. Please join us for this festive event and the wonderful opportunity to learn more about Only A Child and Arlington Street's work in the world!

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

This Week

Sunday, March 31, 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 Passion!* Gut Health ~ Hunnewell Chapel

Monday, April 1, 2019

No congregational events are scheduled.

Tuesday, April 2, 2019

6:00 PM Worship Committee ~ Perkins Room

Wednesday, April 3, 2019

6:00 PM Kundalini Yoga ~ Hunnewell Chapel
6:00 PM The Wednesdays Literary Salon ~ 160 Commonwealth Ave.

Thursday, April 4, 2019

7:00 PM Choir Practice ~ Clarke Room

Friday, April 5, 2019

5:00 PM Friday Night Supper Program ~ Parish Hall

Saturday, April 6, 2019

No congregational events are scheduled.

Sunday, April 7, 2019

*9:30 AM Choir Rehearsal ~ Sanctuary
11:00 AM Sunday Worship Service ~ Sanctuary
11:15 AM Family Ministry Program ~ Perkins Room
12:45 PM Dear White People ~ Hunnewell Chapel
12:45 PM Tiffany Center Info and Training ~ Sanctuary
2:00 PM Only A Child Celebration ~ 520 Pleasant Street, Watertown

* **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



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

Tuesday, April 9th ~ 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 through "Step Two" (page 165). 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.



Arlington Street Circle of Caring

Sundays, April 14th & 28th, and May 12th & 26th ~ 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.



Environmental Action at ASC

Sunday, April 14th ~ 12:30 PM, Hunnewell Chapel

If you are concerned about climate change and would like to take steps to alleviate it, please come to this meeting to hear how. We will talk about ways we can take action together in the fight to stop the devastation of the planet. How can we at Arlington Street Church begin an environmental stewardship? Please bring your interests, concerns, and ideas as we work toward an answer.



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!*



Mosaic Makers: Toward Vital Anti Racist, Multicultural Ministries

Saturday, May 18th ~ All Day ~ Northborough, MA

Our Transformation Team for Racial Justice is gathering a group to attend this day-long workshop! Scholarships are available through the generosity of Arlington Street Members. Contact the Transformation Team for scholarships, transportation, and discounted registration at transformation@ascboston.com. Go to ASCBoston.org under Upcoming Feature for a link to the workshop details. Join us in learning how to be the change we hope to see in the world!