



### Spiritual Passions 2016! Meditation Retreat

Sunday, February 28<sup>th</sup> ~ 1:00-5:00 PM, Hunnewell Chapel

*Don't just do something; sit there! And when you sit, just sit. Very simple directives ... simple, but not easy!*

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 are experienced in meditation or interested in a full immersion introduction, please join us! Wear loose, comfortable clothing, walking shoes, and appropriate outerwear (we will be walking 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 somewhere nearby. BYO\$.



### Dining Out with Arlington Street Church Neighbors

The Membership Team is happy to announce that two more dinners with your Arlington Street neighbors are in the works! Lois Hartsough is planning an outing in Jamaica Plain, and Holly Hendricks and Tori Bell are gathering people who live in Wakefield, Medford, Melrose, Malden, etc. If you are interested in joining one of these dinners, please contact the organizers through the church office at office@ASCBoston.org or sign up at the Welcome Table in the parish hall after church today. More areas to follow!



### Proposed Resolution on Palestine/Israel for General Assembly 2016

UUJME (Unitarian Universalists for Justice in the Middle East) has prepared a Business Resolution which we hope to get on the agenda for General Assembly (GA) next June. The Resolution would have the UUA divest from the securities of five corporations that enhance and profit from the conflict in the Middle East. In order to get this Business Resolution on the agenda, we need to collect at least 10 signatures of members of each of 25 congregations. Please sign the petition at the Social Action table in Parish Hall after the service to have this Resolution debated at the GA in June.

## 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 meet every Thursday 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.

## COVENANT RENEWAL PLEDGE FORM

July 2015 through June 2016

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

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

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

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ \_\_\_\_\_ to support the work of Arlington Street Church for 2015-2016.

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

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

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

**Pledge contributions may be made by cash, check, or credit card.**

- If you are paying with cash via the Sunday collection, please mark the envelope with your name(s) and **"2015 Pledge Payment."**
- Checks should be made payable to Arlington Street Church with **"2015 Pledge Payment"** written on the check memo line.
- If you wish to pay by credit card, please complete the following:

**Accepted:**  Mastercard  Visa

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

Expiration Date: mm \_\_\_\_\_ yy \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Please charge my credit card in either:**

- One payment for my entire pledge on \_\_\_\_\_
- Equal monthly installments on the **10<sup>th</sup> of each month**
- I'm adding a pledge of SERVICE! Here's how I'd like to serve:**

\_\_\_\_\_  
\_\_\_\_\_

#### 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, Administrative Assistant 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.

#### 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.

#### 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.

#### 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  
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# INSIDE

ARLINGTON STREET CHURCH

## NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 31<sup>ST</sup>, 2016

### TODAY



### Coffee Hour and Lunch

Today ~ Immediately following worship, Parish Hall

Let's all gather downstairs for coffee, soup, sandwiches, and community! If you're visiting Arlington Street Church or would like information about Unitarian Universalism, please visit the Welcome Table.

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 today or contact Jon Ellertson.



### Arlington Street Church Corporation Meeting

Today ~ 12:30 PM, Hunnewell Chapel \*Vote required

- \*Membership Update ..... Doc Kinne
- \* Election to replace one Prudential Committee member. Mary Marcel has resigned. The Nominating Committee has selected Art Nava to complete her term (until June, 2017) ..... Doc Kinne
- \*Ordination Approval for Joanna Lubkin ..... Rev. Kim
- \*Vote to join ten UU congregations to petition for a change to our first principle, from "The inherent worth and dignity of every **person**" to "The inherent worth and dignity of every **being**." For more information, please visit <http://firstprincipleproject.blogspot.com/> ..... Rev. Kim

Anti-Racism Workshop and Uncomfortable Conversations  
Transformation Team

Q&A on Written Reports  
Treasurer's Report ..... Susie Nacco  
Prudential Committee ..... Tina Rose  
Other Business

### 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!

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## Arlington Street's Literary Salon, The Wednesdays: Shakespeare's Plays

Wednesdays, February 3<sup>rd</sup> and 17<sup>th</sup> ~ 6:00 PM, Frothingham Library

February 3<sup>rd</sup>: *Richard II*

February 17<sup>th</sup>: *Romeo and Juliet*

Professor Alan Helms and Rev. Kim welcome you to the second installment of the Wednesdays Shakespearathon! Reading all 38 of Shakespeare is admittedly a huge ambition and will take years to accomplish, but it's wholly appropriate, since Shakespeare is by universal consent not only the greatest writer in the English language, but one of the immortals of world literature (his only peers in that lofty realm are Homer, Dante, and Cervantes). We'll need to practice a good deal of patience with archaic language, attending to a plethora of footnotes, since there's no doing without them (unless you live in a world where you cut your meat with a bodkin and teach your children to say their orizons at bedtime). In other words, these Shakespeare courses are not for the faint of heart. But since it's generally true that "as ye sow, so shall ye reap," the rewards will be enormous. For many of us this will be one of the great experiences/accomplishments of our lives!

## ANNOUNCEMENTS



### To Renewal House with Love

Sunday, February 7<sup>th</sup> ~ 11:00 AM, Sanctuary

It's time for our annual lovefest for Renewal House, Unitarian Universalist Urban Ministry's shelter for women and children escaping domestic violence.

This year, please bring full-sized toiletries—shampoo, conditioner, soap, razors, deodorant, toothbrushes, toothpaste—and tampons and pads. All contributions will be gratefully received! Thank you!



### Indulge 2016 Planning Meeting

Sunday, February 7<sup>th</sup> ~ 12:30 PM, Clarke Room

Join the planning as we continue determining decorations, menu, and auction details. Indulge 2016 is scheduled for April 23<sup>rd</sup>. Come be a part of helping to make this fun night a reality!



### Arlington Street Circle of Caring

Sundays, February 7<sup>th</sup> and 21<sup>st</sup> ~ 12:30 PM, Smith Room

Are you battling illness, caring for someone who is ill, struggling with isolation or in the process of losing someone you love? Or have you already lost someone, and are you trying to cope with the heartbreak and anger that accompany loss and grief? If you are currently struggling, or have experienced this or any other type of life crisis and would like to share how you made it through and be in a place of quiet listening and support, then please join the Caring Circle.

Maureen Peterson is an ASC member who has lost her parents and several close friends to cancer and her brother and close friends to AIDS. Her vision of the Circle of Caring is to create a safe space in which to share our stories, discuss what might help, and just be together in support, in healing, in peace and always in love. She is joined this year by two amazing co-facilitators, Art Judge, who is both a retired physician and hospital chaplain, and Lisa Kirk, one of ASC's newest member's who has lead grief and small support groups for other congregations.

We invite you to cut out this calendar or view the full calendar at [ASCBoston.org](http://ASCBoston.org)

## This Week

### Sunday, January 31, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins, Parish Hall, Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM Corporation Meeting ~ Hunnewell Chapel
- \*1:00 PM OWL-Our Whole Lives ~ Perkins Room

### Monday, February 1, 2016

- 6:30 PM Shambhala Meditation Class ~ Hunnewell Chapel

### Tuesday, February 2, 2016

- 6:30 PM Worship Committee Meeting ~ Perkins Room
- \*7:30 PM Spiritual Practice for Professional Caregivers ~ Frothingham Library

### Wednesday, February 3, 2016

- \*12:00 PM Staff Meeting ~ Perkins Room
- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel
- 6:00 PM The Wednesdays ~ Frothingham Library

### Thursday, February 4, 2016

- 7:00 PM Choir Practice ~ Clarke Room

### Friday, February 5, 2016

- 5:00 PM Friday Night Supper ~ Parish Hall

### Saturday, February 6, 2016

No congregational events are scheduled.

### Sunday, February 7, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 9:30 AM CRE Committee Meeting ~ Cosi Cafe, 399 Boylston Street
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins, Parish Hall, Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM ASC Circle of Caring ~ Smith Room
- 12:30 PM Indulge 2016 Planning Meeting ~ Clarke Room
- \*1:00 PM OWL-Our Whole Lives ~ Perkins Room

\* 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](http://www.ASCBoston.org)*



ARLINGTON STREET CHURCH  
Unitarian Universalist



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

Tuesday, February 9<sup>th</sup> ~ 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.

Buddha's Belly meets at 6 pm. We are between books! Come for a very special evening - a screening of *Doing Time, Doing Vipassana*. This is a 1997 documentary by two Israeli women filmmakers about the transformative meditation classes taught by S. N. Goenka in India's harshest prison. All are welcome! On February 23<sup>rd</sup>, we will begin our discussion of *Calming the Fearful Mind: A Zen Response to Terrorism* by Thich Nhat Hanh.

Arlington Street Zen Center meets at 7 pm and includes seated and walking meditations, a dharma talk, and conversation. If you'd like to join Rev. Kim and walk in the Public Garden (optional!), please dress for the weather. This is the season for boots and warm jackets! Beginners and experienced meditators from all traditions are warmly welcome.



## The Wednesdays: Arlington Street's Literary Salon Robert Frost's Winter Poems

Wednesday, February 10<sup>th</sup> ~ 6:00-8:00 PM, Frothingham Library

Join Prof. Alan and Rev. Kim for a cozy evening of winter poems by Robert Frost. Here are a dozen that will warm your heart, money-back guarantee! Printed copies of the poems will be available, but if you'd like a head start, the poems are as follows (in chronological order). Climb in your sleigh and come join us! All are welcome!

- |                           |                                      |
|---------------------------|--------------------------------------|
| Reluctance                | The Onset                            |
| The Wood Pile             | On a Tree Fallen Across the Road     |
| An Old Man's Winter Night | Our Singing Strength                 |
| Birches                   | A Winter Eden                        |
| Dust of Snow              | Desert Places                        |
| The Runaway               | Stopping by Woods on a Snowy Evening |



## Islam 101

Sundays, February 21<sup>st</sup> (film discussion), March 13<sup>th</sup> (book discussion), and April 17<sup>th</sup> (speaker) ~ 1:00-3:00 PM, Hunnewell Chapel

Representatives of our Social Action Committee, Transformation Team for Racial Justice, and Rev. Kim are preparing a multi-faceted response to escalating violence toward the Muslim community. Toward the end of extending ourselves in friendship and sanctuary to our Islamic neighbors here in Boston, we'd like to begin with some opportunities to learn about Islam. On February 21<sup>st</sup>, we'll view *Inside Mecca* (2003), a one-hour National Geographic documentary that follows the spiritual journeys of three pilgrims to Mecca. For March 13<sup>th</sup>'s book discussion, please read *The Muslim Next Door: The Qur'an, the Media and That Veil Thing* by Sumbul Ali-Karamali (available at the library as well as new and used from Amazon and ABE books). On April 17<sup>th</sup> we will be joined by Shannon Erwin, a convert to Islam and wonderful speaker! Please save the dates and plan to be part of this life-saving initiative! Childcare will be provided by Allie Dagg.