



Environmental Justice & Climate Crisis Team

Compost is decayed organic material, like food and paper, that can end up as trash—or be put to many eco-friendly uses, such as fertilizer. Why compost? If we don't, food waste ends up in a landfill or an incinerator. As we work to mitigate climate change, one important strategy is to reduce trash. The EPA estimates more food (75 billion+ pounds per year) reaches landfills and incinerators than any other material in trash. Members of this team plan to tackle the task of finding creative uses for the compostable waste ASC generates. *Stay tuned!*



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.

ágora events

Ágora is the Latinx cultural center nested here at Arlington Street. Elsa and Beba are featuring a host of celebrated artists and warmly welcome us to join in these eventos fantasticos!

Unless otherwise noted, all Ágora events will be held in CROMA, the parish hall, with information and tickets available at [Facebook.com/culturalagora/events](https://www.facebook.com/culturalagora/events)

Fiestas de la calle San Sebastian

Saturday, January 18th ~ 2:00 – 10:00 PM, Bilingual

A fair celebrating San Juan's iconic festival with original merchandise and a musical performance at night.

Shades of Black: The Hip-Hopera

Saturday, January 25th ~ 7:00 PM, English

Presented by artist, activist, and scholar, Zakkiyah Sutton.

El CPI en Boston

Sunday, January 26th ~ 5:00 PM, Spanish

Puerto Rico's independent press organization, el Centro de Periodismo Investigativo (CPI), visits CROMA for a panel discussion about the importance of press funding and transparency in light of their experience in the past year.



#YouBelongHere

COVENANT RENEWAL PLEDGE FORM

through June 2020

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ _____
to support the work of Arlington Street Church for 2019-2020.

Signature: _____ Date: _____

Phone: _____ Email: _____

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

Mastercard Visa

Credit Card #: _____

Expiration Date: mm _____ yy _____

Please charge my credit card in either:

One payment for my entire pledge.

Equal monthly installments on the 12th of each month.

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; **Ágora office** is at the back of the Perkins Room.

SECURITY NOTE

Remember to be mindful of your belongings! Today and throughout the week, please help to keep the outside doors to the church secure.

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, JANUARY 5TH, 2020

*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 the Cares table, food preparation, and, clean-up. To volunteer, and for more information about joining our team, please stop by the kitchen.



Take Action for Immigrants

Come by the Social Action table in the parish hall after the service to help get two important bills passed for immigrants. The Work and Family Mobility Act would allow undocumented immigrants to apply for drivers' licenses. The Secure Communities Act would prevent police from cooperating with ICE, except in criminal cases.



Arlington Street Circle of Caring

Today and Sunday, January 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.



Taking Out the Greens

Today ~ 12:45 – 2:00 PM, Sanctuary

January 6th is the 12th Day of Christmas (and the Feast of the Epiphany, when the 3 Wise Men delivered gifts to the baby Jesus), so it's an appropriate time to "take out the greens!" Please join in helping to take down and pack away our holiday decor.



Spiritual Passions 2020! Introduction to Meditation

Today ~ 1:00 PM, Hunnewell Chapel


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

Join Rev. Kim and members of Arlington Street Meditation Center for Meditation 101, including answers to burning questions such as, "Where

continued on next page...

do I put my legs?” and “How do I quiet my mind without going to sleep?” This ancient spiritual practice will bring profound benefits not just to you, but to all whose life touches yours. Wear comfortable clothing (and yes, you can meditate in a chair). Aspiring meditators of all ages are welcome!

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!


 **Sacred Circle**
Wednesday, January 8th ~ 6:15 PM, Alan Helms Library

Join us for a quiet and soulful evening of song, poetry, reflection, and candles of sorrow and joy. We hope you'll come! *All are welcome.*

SAVE THE DATE

 **Spiritual Passions: Manifest Magic in 2020!**
Sunday, January 12th ~ 12:30 PM, Hunnewell Chapel

Learn how integrating techniques in the simple law of attraction can make massive changes in the new year and new decade! Arlington Street's Melissa Dlugolecki is a certified life coach, yoga instructor, and certified in Neurolinguistic Programming. In this Spiritual Passion, she will teach you the basics of manifestation: what it is, how to use it, and why it truly can shift your life. Join us for this informational session with plenty of time for Q&A and see how the things you truly desire will magically enter your life!

 **Intersectional Book Discussion**
Monday, January 13th ~ 5:30 PM, Frothingham Library

Join Rev. Kim for the fourteenth in our series of occasional discussions about books with intersectional themes. For this gathering, we'll be reading Tara Westover's *Educated*. All are welcome!

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

Tuesday, January 14th ~ 6:00 PM, Frothingham Library

Buddha's Belly and Arlington Street Meditation Center (feel free to come to one or both) meet every 2nd and 4th Tuesday.

6:00 Buddha's Belly (Book Group): We will finish our discussion of Sharon Salzberg's *Faith: Trusting Your Own Deepest Experience*. All are welcome!

7:00 Arlington Street Meditation Center: Our gathering includes seated and walking meditations, a brief reading from Buddhist teachings, 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 (or none!) are warmly welcome.

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

This Week

Sunday, January 5, 2020
*9:30 AM Choir Rehearsal ~ Sanctuary
11:00 AM Sunday Worship ~ Sanctuary
12:00 PM Lunch with Family Ministry ~ Perkins Room
12:30 PM Arlington Street Circle of Caring ~ Carol Smith Room
12:45 PM Taking Out the Greens ~ Sanctuary
1:00 PM Introduction to Meditation ~ Hunnewell Chapel

Monday, January 6, 2020
No congregational events are scheduled

Tuesday, January 7, 2020
6:00 PM Worship Committee ~ Clarke Room

Wednesday, January 8, 2020
6:00 PM Kundalini Yoga ~ Hunnewell Chapel
6:15 PM Sacred Circle ~ Alan Helms Library

Thursday, January 9, 2020
7:00 PM Choir Practice ~ Clarke Room

Friday, January 10, 2020
5:00 PM Friday Night Supper Program ~ Parish Hall

Saturday, January 11, 2020
No congregational events are scheduled

Sunday, January 12, 2020
*9:30 AM Choir Rehearsal ~ Sanctuary
11:00 AM Sunday Worship ~ Sanctuary
12:00 PM Lunch with Family Ministry ~ Perkins Room
12:30 PM Social Action Committee ~ Alan Helms Library
12:30 PM Manifest Magic in 2020! ~ Hunnewell Chapel
*1:00 PM OWL ~ Clarke 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



 **Connections Fair**
Sunday, January 19th ~ 12:30 PM, Parish Hall
"Love is the spirit of this congregation, and service is our gift."


- Let's get excited to:
- Deepen our connections to Arlington Street Church
 - Discover how each of us can further engage in the great work of this spiritual community
 - Join a group to honor our covenant of service to the church

Immediately following the service on Martin Luther King, Jr. Sunday, you are invited to the Arlington Street Church Connections Fair! All of the committees, teams, groups, and other organizations that serve and support our congregation are invited to participate. It's not a meeting; it's a party to speed-match your passions to your service! *The service begins when the service ends!*

 **The Wednesdays: Walt Whitman**
Wednesdays, February 5th, 12th, 19th, and 26th ~ 3:00 - 5:00 PM
The Vendome, 160 Commonwealth Ave. (tell the doorman you're there to see Professor Helms)


Join Professor Helms and Rev. Kim on wintry Wednesday afternoons for a deep exploration of four Whitman masterpieces: *Crossing Brooklyn Ferry*, *Out of the Cradle Endlessly Rocking*, *As I Ebbd with the Ocean of Life*, and the Lincoln elegy, *When Lilacs Last in the Dooryard Bloomed*. These poems are often overlooked because of the universal focus on "Song of Myself," but in any accounting of Whitman's accomplishment all four are essential reading. You can find all these poems on the web; we'll discuss one per gathering. *All are welcome!*

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.

 **Join the Social Action Committee**
Join our team and get support on the social action topic you are passionate about: voting rights, climate change, economic inequality, gun violence, Citizens United, homelessness, and more. We meet on the second Sunday of each month at 12:30 pm. For more information, please contact Margy Herley at SocialAction@ASCBoston.org.
"The service begins when the service ends."