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## CONGREGATIONAL ANNOUNCEMENTS *(Continued)*

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### Service-Fellowship-Jazz

Join Senior Minister Rev. Kim Crawford Harvie and other veteran Arlington Street Church New Orleans Volunteers who will be giving service in the Big Easy this spring. This will be Arlington Street Church's spring trip to walk with our sisters and brothers of First Church as we continue to support them with our presence, our resources, and our love. Much has changed since our first service trip; however there is still much to do.

Arrive early and stay longer to enjoy the hospitality of the city, during their annual jazz festival, and to worship and socialize with our First Church sisters and brothers.

**Trip Date:** April 25 - 30. Please come earlier or stay later to enjoy the music. **Information Meeting:** February 22, 6 to 8 pm, Perkins Room

Check for updates on the Arlington Street Church website.

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## THE CENTER FOR SPIRIT WELLNESS

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### The Spirit of Desire: Satisfying the Six Fundamental Human Desires

Sunday, February 14th ~1:00–3:00 PM, Frothingham Library

Here's our big idea: Beyond mere needs and wants, Spirit lives in and for Desire. Desires are more fulfilling than mere survival needs, but also more enduring and rooted than myriad wants. In this workshop, you'll get to know the Six Fundamental Human Desires that are found at the core of all spiritual and wisdom traditions, and start to make them work for you. Unlike unhealthy attachments, these six desires not only hold the key to an individual life of spirit wellness, but also are crucial to help us all to overcome the conflict and misunderstanding that can divide our communities and our world where "belief" is concerned. Desires are the common ground where all spirits can flourish. Please come check it out!

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## MUSIC @ ASC

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### Gu-zheng

February 14th 11:00 AM, Sanctuary

2010 is the Year of the Tiger! Congratulations and be prosperous! In honor of the Chinese New Year, Phil and Megan Savoy perform music for the Sunday morning worship service on the gu-zheng, a traditional Chinese 21-stringed zither.

*Indulge*  
*Give In & Give Back*  
*March 6<sup>th</sup>, 2010*

*Save the date for a gala evening to support  
Arlington Street Church's 150<sup>th</sup> Anniversary Fund!  
Join members and friends for an evening of  
fine dining, entertainment & spectacular items on auction  
for the benefit of Arlington Street Church.*

*Tickets are \$75.00 per person or \$550.00 for table of eight.*

*For information on volunteering or donating auction items  
contact Daniel Fournier: of ce@ascboston.com.*

If your baby grows restless during worship, please bring him or her to the nursery (located off of the Chapel, through the leather door). Restless toddlers and older children are invited to join the church school program downstairs.

#### 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](mailto:Comments@ASCBoston.org) or leave a note in the suggestion box outside the Church Office. Your message will be received by the Church's administrative assistant so it can find its way to the appropriate people. Please speak your "truths in love" and include your name and contact information so we can follow-up. Thanks! For emergencies, please see "Our Caring Community" to the right.

#### Inside Submission Guidelines

Please deliver all Sunday announcements before Tuesday at 3:00 pm by e-mail to [communications@ASCBoston.org](mailto:communications@ASCBoston.org). Announcements will not be accepted by telephone. Materials must be legible, signed, and fully composed and may be edited, as space is limited. Please note that we only publish submissions related to Arlington Street events or the wider Unitarian Universalist community.

#### Scheduling Events at Arlington Street Church

All issues dealing with building usage, for both congregational usage and rentals, must be coordinated by Jeffrey Bouchard, Assistant to the Administrator. 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. \*8 14 or by e-mail at [JBouchard@ASCBoston.org](mailto:JBouchard@ASCBoston.org).

#### Our Caring Community

In the event of a disruption or major transition in the life of an Arlington Street member, please inform the church office. 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! Also, please be attentive when exiting the church into the alley. When walking in the alley avoid being alone, carry a cell phone, walk in the center of the road, and pay attention!

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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: 617-536-7051  
E-mail: [office@ASCBoston.org](mailto:office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

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**INSIDE**  
ARLINGTON STREET CHURCH

*NEWS FROM THE SOUL OF SUNDAY*  
SUNDAY, FEBRUARY 14<sup>TH</sup>, 2010

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## SPIRITUAL PASSIONS 2010 ~ FEBRUARY

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### Mindful Eating

Erick DuPree, Religious Educator  
Sunday, February 14th ~ 1:00–4:00 PM

Mindfulness can transform our struggles with food and renew our sense of pleasure, appreciation, and satisfaction with eating. Mindful eating is an approach that involves bringing one's full attention to the process of eating, to all the tastes, smells, thoughts, and feelings that arise during a meal.

This spiritual passion includes an introduction to meditation practices that tune into our body's own wisdom about what, when, and how much we eat. We will open a dialogue considering topics such as identifying our habits and patterns with food, and develop a more compassionate attitude towards struggles with eating. With all this talk of food and eating, we will conclude with cooking a light vegetarian meal from the Tassajara Cookbook, putting our new techniques into practice.

This gathering is open to all people — those who struggle with food and those who don't, and regardless of familiarity with meditation or cooking. If you participated with Rev. Kim in her meditation passions, this is an exciting opportunity to go deeper into being mindful.

### Peace, War, Politics

Seanan Holland, Intern Minister  
Sunday, February 14th ~ 1:00 PM - Archives Room

Obama wins Nobel Peace Prize and escalates war in Afghanistan! You are invited to discuss how Obama's Nobel Prize acceptance speech challenges us to look at questions of war and peace in the context of religious values. We will exchange our own perspectives, and look at how Obama's speech echoes theologian Reinhold Niebuhr. For your convenience, you can find the text of Obama's Nobel acceptance speech at [wbur.org/2009/12/10/obama-nobel-speech](http://wbur.org/2009/12/10/obama-nobel-speech) Open to all. Facilitators: Seanan Holland, Arlington Street Church Military Chaplain Intern Minister, and Roger Hooper.

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## SPIRITUAL PASSIONS 2010 ~ FEBRUARY *(Continued)*

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### O, Freedom: Our Southern Legacy

Rev. Yvonne Schumacher Strejcek, Acting Associate Minister  
Sunday, February 21st ~ 1:00–3:00 pm

In February 2009, Rev. Yvonne participated in the profoundly moving Unitarian Universalist Living Legacy week-long pilgrimage to Birmingham, Selma, and Montgomery, Alabama, as well as rural eastern Mississippi, visiting civil rights landmark sites with a busload of Unitarian Universalist leaders from all across the United States. She wants to share her memories of that experience with you. The presentation will be a combination of travelogue with a projected slide show, history lessons, and personal reflections on what made this experience a spiritual pilgrimage, not just a travel tour.

### Fractionate! Understanding and Resolving Conflict

Karl Paulnack  
Sunday, February 28th ~ 1:00–3:00 pm

Fractionation (the opposite of escalation) is a process by which big conflicts are broken down into little conflicts, where they can be more easily understood and resolved. We'll explore the way conflict manifests in three venues (intrapsychic, interpersonal and intergroup) but we'll focus on interpersonal aspects. We'll explore the important issue of when to engage a conflict (and, importantly, when not to!) as well as two strategies for engagement: winning a conflict vs. resolving a conflict (both are useful and appropriate, but involve completely opposite techniques). Perhaps most important, we will learn to use a handy little tool for diagnosing and analyzing conflicts, providing a framework for breaking them down into smaller pieces that can be more easily resolved.

Fun fact: did you know that there are only five things that people fight about? All conflicts are about one (or more) of these five things. (You'll have to attend the workshop to find out what those five are!)

### Spiritual Passion of Singing and Choir Open House

Mark David Buckles, Director of Music and the Arlington Street Choir  
Sunday, February 28th ~ 1:00–3:00 pm

Welcome to an afternoon of communal music-making: the spiritual passion of singing! We believe that the act of singing together is a central and beautiful part of our spiritual practice as Unitarian Universalists. Will you join us? We will learn, briefly rehearse, and sing together an evocative selection of beautiful and interesting pieces, and offer answers to questions such as, "Can I sing in choir if I can't read music, or if I've never sung in a choir before?" (yes!), and, "What do you do during rehearsal anyway?" Come prepared to share the music within you!

*We invite you to cut out this calendar and clip it to your refrigerator or bulletin board!*

## Coming Up...

### Sunday, February 14<sup>th</sup>, 2010

9:30 AM	Social Action Committee - Archives Room
10:00 AM	ASC Auction Committee - Clarke Room
11:00 PM	Sunday Morning Worship - Sanctuary
12:00 PM	Coffee Hour - Parish Hall
12:30 PM	Nominating Committee - Sanctuary
12:30 PM	Young Adult Group Lunch - Stage Right Room
12:30 PM	YoUU and Unitarian Universalism - Clarke Room
1:00 PM	Spiritual Passions Peace, War, Politics - Archives Room
1:00 PM	Spiritual Passions 2010 - Chapel - Mindful Eating
1:00 PM	Center for Spirit Wellness at Arlington Street Church - Frothingham Library

### Monday, February 15<sup>th</sup>, 2010

President's Day Church Office Closed

### Tuesday, February 16<sup>th</sup>, 2010

6:00 PM	Prudential Committee - Perkins Room
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### Wednesday, February 17<sup>th</sup>, 2010

3:30 PM	* Staff Meeting - Perkins Room
5:30 PM	Talking Our Walk - Perkins Room
6:00 PM	Kundalini Yoga - Parish Hall
7:30 PM	Lama Surya Das - Chapel

### Thursday, February 18<sup>th</sup>, 2010

6:30 PM	Center for Spirit Wellness at Arlington Street Church - Frothingham Library
7:00 PM	Choir Rehearsal - Clarke Room

### Friday, February 19<sup>th</sup>, 2010

5:00 PM	Friday Night Supper Program - Parish Hall/Kitchen
7:00 PM	Young Adult Group - Perkins Room

### Saturday, February 20<sup>th</sup>, 2010

9:00 AM	BGMC - Parish Hall / Clarke Room
10:00 AM	"Harvest the Power" - Chapel

### Sunday, February 21<sup>st</sup>, 2010

9:30 AM	Choir Warm-Up - Sanctuary
10:00 PM	ASC Auction Committee - Archives Room
11:00 PM	Sunday Morning Worship - Sanctuary
12:00 PM	Path to Membership - Welcome Table
12:00 PM	Coffee Hour - Parish Hall
12:30 PM	Congregational Conversations - Clarke Room
12:30 PM	Young Adult Group Lunch - Stage Right Room
1:00 PM	Spiritual Passions 2010 - Chapel - Southern Legacy

**NOTE:** This calendar is accurate as of noon the Wednesday before publication and only includes events directly related to the congregation. For complete, up-to-date calendar listings over the coming months, visit [www.ASCBoston.org](http://www.ASCBoston.org).

\* Denotes Closed Meetings



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

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## CONGREGATIONAL ANNOUNCEMENTS

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### Social Action Committee Used Book Sale

Sunday, March 14th and 21, Parish Hall

Use this as a great way to recycle your used books, and benefit the Arlington Street Church Jubilee Programs at the same time. We are looking for paperback and hardbound books, CDs, DVDs, and records that might be of interest to other church members, visitors, and the general public.

Jubilee Programs include New Orleans partnership, Only a Child, Partakers, Santuario and Villages without Walls. In addition the committee is looking for ways to support relief and rebuilding in Haiti.

Bring your books, CDs, DVDs, and records to church any Sunday from Feb 7 – Feb 28. You can leave them at the Social Action table in the Parish Hall. It would be helpful if you could bring them in a box.

Then, come ready to replenish your supply with other great choices, favorites of our congregation... at very reasonable prices!

### Sacred Eros: "Boundaries"

Monday, February 22nd ~ 7:00 pm, Archives Room

We all set our own boundaries - different limits on sexuality and intimate relationships. How do you choose yours? What values and experiences guide you? Come and share your thoughts, and some food or drink.

### Thinking about Membership in Arlington Street Church?

A good place to start is at our Welcome Table, where you will find basic information about Arlington Street Church, Unitarian Universalism, and the path to membership. Stop by and ask questions! Pick up literature! We'll tell you the basics about getting involved in our spiritual community, as well as membership benefits and expectations.

Periodically we offer a class ("So You Want to Be a UU?") that's required of new members as part of the process of joining. All are welcome to attend these classes, including those who are already members. The class includes an opportunity to share the stories of our spiritual journeys and to gain more detailed information about how Arlington Street Church works, our history, theological beliefs, and living our principles. At the end of the class you will be invited, not pressured, to join the church. These classes are led by our ministers, our Membership Team, and other church staff and leaders. The next such class will be held in two parts on sequential Thursday evenings: Feb. 25th and March 4th, from 6 to 8 p.m., with a simple supper provided. Please plan to attend both parts. RSVP: [office@ascboston.org](mailto:office@ascboston.org), subject: membership class, or sign up during coffee hour at the Welcome Table in the Parish Hall.