

Animal Issues Group

Do you believe in kindness toward animals, yet are uneasy about the ways animals are treated in today's world? Have you considered switching to a plant based diet, but making changes seems over-whelming? Do you feel compassion for others should be as inclusive as possible? If you would like to see animal issues as part of our social action initiatives, please email socialaction@ASCBoston.org, and place *animal issues* in the subject line.

We can discuss how to make changes in our daily lives, support the national UU Animal Ministry, and educate interested members of our congregation about living more mercifully, healthfully, and sustainably.

Elizabeth (Dinny) Fletcher is a lifelong animal lover, and current board member of the Boston Vegetarian Society. She also volunteers for the Massachusetts Animal Rights Coalition (MARC). Dinny would welcome any level of participation or discussion of animal issues.



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 July 10, 2015
- Equal monthly installments on the **10th 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

E-mail: office@ASCBoston.org • Web: www.ASCBoston.org

INSIDE ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY
SUNDAY, OCTOBER 25TH, 2015

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.



Social Action

Today ~ Following worship, Parish Hall

After the service, please visit the Social Action table in the Parish Hall. Come talk with us about your social justice issues. We will have information and activities about Palestinian justice, Black Lives Matter, Immigrant justice...

Also, Just Coffee, produced by a growers' cooperative in Chiapas Mexico is still available for \$12 (for a full 16 ounces).



Arlington Street Circle of Caring

Today ~ 12:30 PM, Frothingham Library

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, then please join the Caring Circle.

Maureen Peterson is an ASC member who has lost her parents and her best friend to cancer, her Aunt to Alzheimer's 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.

continued on next page...

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!



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

Tuesday, October 27th ~ 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 continue our discussion of Daniel Goleman's new book, *A Force for Good: The Dalai Lama's Vision for Our World*. Please read Part Three.

Arlington Street Zen Center meets at 7 pm and includes seated and walking meditations, a dharma talk, and conversation. Beginners and experienced meditators from all traditions are welcome!



Arlington Street Samhain Celebration

Saturday, October 31st ~ 8:00 PM, Hunnewell Chapel

Morgan Johnstone, Doc Kinne, and Rachel Corey warmly invite you to join in observing Samhain, the Pagan New Year! We will celebrate the year behind us and focus our intentions towards the year ahead. Please see the Welcome Table for more information. All are welcome!

Announcements



El Día de los Muertos ~ Day of the Dead

Sunday, November 1st ~ 11:00 AM, Sanctuary

Join in as we celebrate the lives of beloved family and friends who have gone before us, calling out their names to affirm their continuing presence in our lives. You are welcome to bring photographs and other mementos to place on the altar. Children of all ages are invited to wear costumes and take part in the costume parade!



Jay Michaelson Book Release!

Sunday, November 8th ~ 12:30 PM, Hunnewell Chapel

The Gate of Tears: Embracing Joyful Sadness on the Spiritual Path Authentic spiritual practice embraces sadness and joy, spirituality and social justice, equanimity and emotion, seriousness and play. Living in the dynamic tensions between them is the subject of the sixth book by ASC-Extended-Family member Rabbi Dr. Jay Michaelson, a book called *The Gate of Tears: Sadness and the Spiritual Path*. *The Gate of Tears* is both a personal chronicle of Dr. Michaelson's coming to terms with the loss of his mother, and a heartfelt spiritual teaching about the happiness that can coexist with the full range of human experience. Drawing on Jay's fifteen years in Jewish, Buddhist, and LGBTQ spiritual communities, Jay's teaching is infused with a contemporary sensibility, skepticism,

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

This Week

Sunday, October 25, 2015

9:30 AM CRE Committee Meeting ~ Così, 399 Boylston Street
*9:30 AM Music Rehearsal ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children's Religious Education ~ Nursery, Chapel, Perkins
12:00 PM Coffee Hour and Lunch ~ Parish Hall
12:30 PM Arlington Street Circle of Caring ~ Frothingham Library
1:00 PM Nominating Committee ~ Clarke Room

Monday, October 26, 2015

6:30 PM Membership Team ~ Perkins Room
*6:30 PM Meditation in Everyday Life-Shambhala ~ Hunnewell Chapel

Tuesday, October 27, 2015

6:00 PM Buddha's Belly ~ Hunnewell Chapel
7:00 PM Arlington Street Zen Center ~ Hunnewell Chapel | Sanctuary

Wednesday, October 28, 2015

*12:30 PM Staff Meeting ~ Perkins Room
6:00 PM Kundalini Yoga ~ Hunnewell Chapel

Thursday, October 29, 2015

7:00 PM Choir Practice ~ Clarke Room

Friday, October 30, 2015

5:00 PM Friday Night Supper ~ Parish Hall

Saturday, October 31, 2015

8:00 PM Samhain Celebration ~ Hunnewell Chapel

Sunday, November 1, 2015

*9:30 AM Music Rehearsal ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children's Religious Education ~ Nursery, Chapel, Perkins
12:00 PM Coffee Hour and Lunch ~ Parish Hall
12:30 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



ARLINGTON
STREET CHURCH
Unitarian Universalist

and, yes, even humor. And as a public figure who regularly appears on national media, Jay argues for an integration of political engagement and spiritual vulnerability. All are welcome!



Want To Showcase Your Crafts at the Holiday Bazaar?

Sundays, December 6th, 13th, 20th ~ 10:30 -10:45 AM & 12-1:00 PM, Parish Hall

December is around the corner, and it's almost time for our Holiday Bazaar! Would you like help make this happen? Please speak with Laura Evonne (les@ascboston.org) ASAP! Would you like to reserve a table? Each table is asked to make a free-will donation to the church from their proceeds.



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.



Children's Religious Education 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 Laura or Erica this week for more information at CRE@ASCBoston.org.



Join the Social Action Committee

Join the committee and bring a social action topic that concerns you: voting rights, climate change, economic inequality, gun violence, Citizens United, homelessness, etc. The committee will support you! The committee meets on the second Sunday of each month at 9:30 AM. For more information, contact David McLain at socialaction@ASCBoston.org. "The service begins when the service ends."



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 p.m. or speak with a team member (Sarah Cooleybeck, Margy Herley, Peter Lowber, Laura Pattison, Nancy Perna, Steve Marable, and Barbara Seidl). Membership on the Team requires a one year commitment and anti-racism/anti oppression/multicultural training.