

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.

Embracing an Anti Racist World View

Saturday, January 9th ~ 10:00 AM - 3:00 PM, Arlington Street Church

Please join Rev. Kim and the ASC Transformation Team for Racial Justice for a special daylong workshop. This free session, being presented by the Center for Ethical Learning and Social Justice Renewal of New Orleans, has been customized specifically for the ASC community. To sign up, please visit the Welcome Table, e-mail transformation@ASCBoston.org, or speak with a team member (Sarah Cooleybeck, Margy Herley, Peter Lowber, Steve Marabel, Laura Pattison, Nancy Perna, or Barbara Seidl). Looking forward to seeing you there!

Spiritual Passions 2016! Arlington Street Zen Center

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

Introduction to Meditation

Sunday, January 10th ~ 1:00-3:00 PM, Hunnewell Chapel

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

The Art of Sabbath

Sunday, February 7th ~ 1:00 PM, Hunnewell Chapel

"Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop, because our work is never completely done. With every accomplishment there arises a new responsibility... Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished." (Wayne Muller) Join our affiliated minister, Joanna Lubkin, as we explore ways to balance the rhythm of our lives, to engage in those practices which are nourishing, life-giving, and restful. All are welcome!

Meditation Retreat

Sunday, February 28th ~ 1:00-5:00 PM, Hunnewell Chapel

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\$.

Stop Hunger Now!

Sunday, January 24th ~ 1:00 PM, Parish Hall

For the third year in a row, we're teaming up for a Stop Hunger Now meal packaging event as part of the Dr. Martin Luther King, Jr. Day (Week!) of Service. This year, we are thrilled to welcome our neighbors from Emmanuel Church to join our all-ages assembly line. Emmanuel has committed to 10,000 meals; together, our two congregations can and will assemble 20,000 meals! Bring everyone you know! All are welcome! Let's Stop Hunger Now!

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.

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.

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, DECEMBER 20TH, 2015

TODAY

Books for Connie's Kelly School Kids!

December's Share the Plate recipient is Kelly Elementary School in Chelsea, where our own Connie Scanlon is the reading teacher. Our Sunday morning offering will help to buy school supplies and winter clothing for the students. In addition, we are collecting books to be used in the classroom and as gifts for the kids. Connie writes, "If you have a beloved book for grades 1-3 (picture books and beginner chapter books), I am happy for any lovingly selected titles. I am so grateful for this support!" By request, Connie has also provided a list of titles (available at www.ASCBoston.org); multiple copies of these books will be deeply appreciated!

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.

Holiday Bazaar and Holiday Party!

Today ~ 12:00 - 2:00 PM, Parish Hall

The Arlington Street staff invites you to a festive holiday celebration! After the service today, be sure to visit the Parish Hall for your last chance to shop the holiday bazaar and support artisans in our community. The Holiday Party starts at 12:30 and will feature a hot chocolate bar and stations for making gingerbread houses and orange clove pomanders. And, best of all, Rev. Kim will wrap your holiday gifts. Let's celebrate together!

Arlington Street Circle of Caring

Today and Sundays, Jan. 3rd & 17th ~ 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

continued on next page...

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.

THIS WEEK



Ushers Still Needed for Christmas Eve

Thanks to all of you who have already volunteered to usher on Christmas Eve. If you have not received either an e-mail or phone call from Ellen Spencer confirming that you've volunteered, please contact her at office@ASCBoston.org or 617-536-7050 (leave a message if she doesn't answer). Please be sure to provide an email address and phone number where we can reach you, and specify which service you'd like to usher: 5pm (the family service), 7pm, or 9pm. We could still use more volunteers, so if you're interested contact Ellen or sign up at the Membership Table in the parish hall after the service. Again, thanks to you all!



Buddha's Belly ~ The Buddhist Book Discussion

Tuesday, December 22nd ~ 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. Join us as we continue discussing Parvati Markus' newly-released *Love Everyone*, a collection of the stories of young spiritual seekers - most notably Ram Dass - traveling to India in the 1970s to study with the acclaimed teacher, Neem Karoli Baba. For our gathering on December 22nd, please read through Chapter 6 of Part Two.



Arlington Street Zen Center Winter Solstice Vespers and Waking Up the Trees!

Tuesday, December 22nd, 7:00 PM, Hunnewell Chapel & Boston Public Garden
Come to the Arlington Street Zen Center for a Winter Solstice Vespers, with beautiful readings, silent meditation by candlelight, songs, and walking meditation in the Public Garden complete with Wassailing the Trees! All are welcome!

Buddha's Belly and Arlington Street Zen Center (feel free to come to one or both) meet every 2nd and 4th Tuesday. Beginners and experienced meditators from all traditions are welcome!



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!

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

This Week

Sunday, December 20, 2015

11:00 AM	Sunday Morning Worship ~ Sanctuary
11:15 AM	Children's Religious Education ~ Perkins, Parish Hall, Stage R.
12:00 PM	Coffee Hour and Lunch ~ Parish Hall
12:00 PM	Holiday Bazaar ~ Parish Hall
12:30 PM	Holiday Party! ~ Parish Hall
12:30 PM	Holiday Gift Wrapping with Rev. Kim ~ Smith Room
12:30 PM	ASC Circle of Caring ~ Frothingham Library
12:45 PM	Intern Committee Meeting ~ Hunnewell Chapel

Monday, December 21, 2015

No congregational events are scheduled.

Tuesday, December 22, 2015

6:00 PM	Buddha's Belly ~ Hunnewell Chapel
7:00 PM	Arlington Street Zen Center ~ Hunnewell Chapel Boston Public Garden

Wednesday, December 23, 2015

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
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Thursday, December 24, 2015

5:00 PM	Family Christmas Eve Service with the Arlington Street Choir ~ Sanctuary
7:00 PM	Community Christmas Eve Service with Boston Gay Men's Chorus ~ Sanctuary
9:00 PM	Community Christmas Eve Service with Boston Gay Men's Chorus ~ Sanctuary

Friday, December 25, 2015

	Church office is closed, Happy Holidays!
5:00 PM	Friday Night Supper ~ Parish Hall

Saturday, December 26, 2015

No congregational events are scheduled.

Sunday, December 27, 2015

11:00 AM	Sunday Morning Worship ~ Sanctuary
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* 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

ANNOUNCEMENTS



VNACare Network and Hospice Seeks Volunteers

Join our Volunteer Team! VNA Hospice Care seeks volunteers to visit patients and families in your community. A volunteer may provide patients with company, give the spouse, partner, or other caregiver a needed break from caregiving, or help run errands.

A strong need exists for volunteers who can visit on weekdays. We are also looking for volunteers who can visit on Saturdays and Sundays. In addition, we seek musicians who would like to sing or play music quietly at the bedside; and Reiki practitioners who would like to give Reiki to patients and caregivers. Please call 781-569-2888 and ask to speak to a volunteer coordinator, or email lpalais@vnab.org for more information. Thank you!



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!



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

Wednesdays, January 6th and 20th, February 3rd and 17th ~ 6:00 PM, Frothingham Library

January 6th: *The Taming of the Shrew*

January 20th: *Love's Labour's Lost*

February 3rd: *Richard II*

February 17th: *Romeo and Juliet*

Professor Alan Helms and Rev. Kim welcome you to the second installment of the Wednesdays Shakespearathon! Reading all 38 plays 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 orisons 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!



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