



### Spiritual Passions 2019!

#### Pathways to Wholeness with Chris Cobb

Sunday, February 17<sup>th</sup> ~ 12:30 PM, Hunnewell Chapel

In our fractured current moment, which seems filled with intense anger and tribalism, people are seeking to heal what feels broken—and taking many paths to do that. How well do these pathways help people move toward thriving and connection? Arlington Street member Chris Cobb will use insights from his professional role as a leader of community change efforts focusing on substance use prevention, and examples from his personal spiritual journey, to facilitate dialogue and offer practical tools for pathways to healing and wholeness.



### Delegates needed for General Assembly Meeting

June 19-23, 2019 ~ Spokane, WA

Are you a voting member of the congregation planning on attending this year's General Assembly Meeting in Spokane, WA (either in person or online)? If your answer is yes, then would you consider using this trip as an opportunity to be of service to our beloved spiritual community? The Nominating Committee will be submitting the names of five delegates to represent our congregation at this year's meeting. If being of service in this way interests you, please contact the Nominating Committee before March 3, 2019 at [nominating@ascboston.org](mailto:nominating@ascboston.org) or see Rachel Corey at the Welcome Table after the service for more information.

## ANNOUNCEMENTS



### The Environment and Food Choices

*Less Meat = Less Heat.* To what does this refer? It is about the fact that the raising of livestock is a major contributor to greenhouse gas emissions. Of these emissions, it is mainly beef cattle that produce methane, a gas that gets trapped in the ozone layer. As the ozone layer thickens, less heat is able to escape into the atmosphere, causing the earth to heat up. There are many steps we can each take to lessen the heating of the planet and one is to no longer eat beef. Please give serious consideration to this important suggestion; small steps by millions of us can have a positive effect. You can be part of the solution! This information is sponsored by the Social Action Committee and the Arlington Street members of Mothers Out Front.



### Volunteers Needed!

Do you love babies and small children? Then we need you! We are looking for folks who would be willing to help out in the nursery on Sunday mornings, to give our young parents a short respite during the service. For safety's sake, all volunteers will need to be CORI checked and have gotten a flu vaccine. If you are interested, please contact our Director of Family Ministry, Dave Egan: [degan@ascboston.org](mailto:degan@ascboston.org). Thanks!

## COVENANT RENEWAL PLEDGE FORM

through June 2019

Name(s): \_\_\_\_\_

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

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

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ \_\_\_\_\_

to support the work of Arlington Street Church for 2018-2019.

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 12<sup>th</sup> 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](mailto: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](mailto: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](mailto: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; **Program Room** is at the back of the Perkins Room.

#### 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  
Email: [Office@ASCBoston.org](mailto:Office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

# INSIDE

## ARLINGTON STREET CHURCH

### NEWS FROM THE SOUL OF SUNDAY

SUNDAY, DECEMBER 30<sup>TH</sup>, 2018

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



### Arlington Street Circle of Caring

Today and Sundays, January 13<sup>th</sup> & 27<sup>th</sup> ~ 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.

## 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!

## SAVE THE DATE



### Taking Out the Greens

Sunday, January 6<sup>th</sup> ~ 12:45 to 2:00 PM, Sanctuary

Please join in helping to take down and pack away our holiday decor. 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!" Interested people can contact Kevin Tyrrell at [ushers@ascboston.org](mailto:ushers@ascboston.org) or via the church office at 617.536.7050.



## Uncomfortable Conversations about Race

Sunday, January 6<sup>th</sup> ~ 12:30 PM, Perkins Room

The Transformation Team for Racial Justice offers this time and space for facilitated discussion and continuing conversation about developing an antiracist worldview. We hold these conversations periodically at Arlington Street Church. All are welcome and no RSVP is needed. For more information, email [transformation@ascboston.org](mailto:transformation@ascboston.org).



## Spiritual Passions 2019! Introduction to Meditation

Sunday, January 6<sup>th</sup> ~ 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 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!)



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

Tuesday, January 8<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.

*6:00 Buddha's Belly:* We will complete Sylvia Boorstein's *It's Easier Than You Think: The Buddhist Way to Happiness*. Please read through to the end. All are welcome!

*7:00 Arlington Street Zen Center:* Our gathering includes seated and walking meditations, a dharma talk, 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 are warmly welcome.



## Second Sunday Song Circle

Sunday, January 13<sup>th</sup> ~ 12:45 PM, Clarke Room

Have a song or story in your heart? Come share it at our song circle. If you need inspiration, at least one copy of Pete Seeger's *Rise up Singing* will be provided. Feel free to bring your own! Voices and instruments of all skill levels welcome, and just listening is fine too!



## Strategic Planning: Collaborative Conversations

Sunday, January 13<sup>th</sup> ~ 12:45 PM, Perkins Room

The Prudential Committee (our governing board, comprised of elected members of the congregation) has drafted a vision statement for Arlington Street. At this gathering, we'll be discussing our second topic: Arlington Street Church as the Hub for Progressive Values and Spiritual Transformation. All are welcome!

Here is the vision statement:

*We are a welcoming sanctuary,  
an historic destination for arts and culture,  
and a hub for progressive values and spiritual transformation.*

The Pru will be hosting a series of collaborative discussions and invites you join us and share your ideas on how our congregation can realize this vision. Topics will include:

1. Membership and Financial Growth

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

## This Week

### December 30, 2018

*9:30 AM	Choir Rehearsal ~ Sanctuary
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	ASC Circle of Caring ~ Carol Smith Room

### New Year's Eve, Monday, December 31, 2018

Church office is closed. Happy Holidays!

### New Year's Day, Tuesday, January 1, 2019

Church office is closed. Happy Holidays!

### Wednesday, January 2, 2019

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
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### Thursday, January 3, 2019

7:00 PM	Choir Practice ~ Clarke Room
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### Friday, January 4, 2019

5:00 PM	Friday Night Supper Program ~ Parish Hall
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### Saturday, January 5, 2019

No congregational events are scheduled.

### Sunday, January 6, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:00 PM	Introduction to Meditation ~ Hunnewell Chapel
12:30 PM	Uncomfortable Conversations ~ Perkins Room
12:45 PM	Taking Out the Greens ~ Sanctuary

\* 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

2. Arlington Street Church as the Hub for Progressive Values and Spiritual Transformation
3. Program Expansion (i.e. Coming of Age packages, a lecture series, concerts, weddings)
4. Integrating ASC and the Foundation (in service to making ASC an historic destination for arts and culture)
5. Stewardship



## Intersectional Book Discussion

Monday, January 14<sup>th</sup> ~ 5:30 PM, Frothingham Library

Join Rev. Kim for the tenth in our series of occasional discussions about books with intersectional themes. For this gathering, we'll be reading Robin DiAngelo's *White Fragility: Why It's So Hard for White People to Talk about Racism*. All are welcome!



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

Wednesdays ~ 6:00 PM, The Vendome, 160 Commonwealth Avenue (tell the doorman you're there to see Professor Helms)

January 16<sup>th</sup> ~ Timon of Athens

January 30<sup>th</sup> ~ Pericles

Professor Alan Helms and Rev. Kim welcome you to the seventh installment of the Wednesdays Shakespearathon! Reading all 38 of Shakespeare's plays is admittedly a huge ambition, but Shakespeare is, by universal consent, not only the greatest writer in the English language, but one of the immortals of world literature. We'll need patience with archaic language while attending to a plethora of footnotes (there's no doing without them unless you live in a world where you cut your meat with a bodkin and your children 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 of our lives! All are welcome!



## Dear White People

Sunday, January 20<sup>th</sup> ~ 12:30 PM, Perkins Room

Come to watch and discuss *two more episodes* of the Netflix series "Dear White People," a humorous but serious take on a campus culture war between black and white students at a predominantly white college.

*Don't worry if you missed the first episode as we will catch you up. We will show more episodes on Sundays, February 10th and March 10th.*



## Stop the Bleed Training with Bill Briggs, RN

Sunday, January 27<sup>th</sup> ~ 1:30 PM, Parish Hall

Stop the Bleed is a national awareness campaign and call-to-action to empower bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. The Stop the Bleed course was developed by the American College of Surgeons after the Sandy Hook Elementary School shootings. You may have seen emergency trauma kits at Logan Airport, Gillette Stadium, and other public locations. Bill Briggs has generously donated one that will hang next to the defibrillator here at Arlington Street. This 90-minute course, offered free of charge, will teach you how to use it. The course is limited to 24 participants. You can register by emailing or calling Jeffrey Bouchard at [jbouchard@ascboston.org](mailto:jbouchard@ascboston.org) or 617. 536.7051.