



### Annual Bethel Holiday Party

Sunday, December 20<sup>th</sup> ~ 4:00-6:00 PM,  
Bethel Tabernacle Pentecostal Church, Dorchester

Each year, Bethel Tabernacle Pentecostal Church provides an awesome holiday party for neighborhood parents and kids. You are invited to participate and help with whatever is needed (blow up balloons, paint faces, serve food, hand out gifts, etc.) Sign up to participate at the Social Action table in the Parish Hall. Parking is available, rides can be arranged, and even an hour of service would be much appreciated.



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

Tuesday, December 22<sup>nd</sup>, 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! Refreshments to follow. All are welcome!



### Christmas Eve Ushers Needed!

Christmas Eve is coming, and we need ushers for all three services: 5pm, 7pm and 9pm. To volunteer, sign up at the Membership table in the Parish Hall or reach out to Ellen Spencer (office@ascboston.org or 617-566-9821) and let her know which service you plan to attend and the best way to contact you.



### Save the Date!

Saturday, January 9<sup>th</sup> ~ Arlington Street Church

All-day workshop with Arlington Street's Transformation Team for Racial Justice! All in!



### 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 10<sup>th</sup> ~ 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!)

### Meditation Retreat

Sunday, February 28<sup>th</sup> ~ 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\$.

## 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.



### 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.



### 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.

#### 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, 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](mailto:JBouchard@ASCBoston.org).

#### 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.

#### 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  
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# INSIDE

## ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY  
SUNDAY, DECEMBER 6<sup>TH</sup>, 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.



### Holiday Bazaar

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

Shop local and support the craftspeople and artists in our community! Come check out the beautiful handcrafted gifts for purchase after the service today. If you are a craftsperson and would like to participate at the Holiday Bazaar on the 13th or 20th, please contact Laura Evonne Steinman at [les@ascboston.org](mailto:les@ascboston.org). Each craft table is asked to make a free-will donation to the church from their proceeds.



### CRE Band

Today ~ 12:30-1:00 PM, Clarke Room

Kids and Youth, come join the band! Bring your voices and musical instruments! For more information, please contact children's religious educator Laura Evonne Steinman at [les@ascboston.org](mailto:les@ascboston.org). All welcome!



### Experiencing Awe: Spirituality & Nature

Today ~ 12:30 PM, Hunnewell Chapel

Carl Sagan famously said that we are the Universe experiencing itself. Trek on the Trail and Laura Evonne Steinman are pleased to bring Rabbi Yaakov Reef to speak on spirituality and nature. Join us for a talk & discussion on hiking and stargazing as spiritual practices connecting us to that Universal experience.

Reb Yaakov is a regionally recognized speaker on nature spirituality, backpacking & stargazing, and queer inclusivity and has taught for the Adamah Farm Fellowship, Star Island Natural History Conference, and Elat Chayyim Center for Jewish Spirituality. The

*continued on next page...*

talk & discussion will be informative and engaging with all welcome to participate.

He is now preparing for a ten-month pilgrimage on the Eastern Continental Trail - spanning 4200 miles, including the Appalachian Trail and the Florida National Scenic Trail - to begin this January. Learn how you can become involved after the talk & discussion or at [www.trekonthetrail.com](http://www.trekonthetrail.com). Light kosher, vegan, GF refreshments will be available.



### Arlington Street Circle of Caring

Today & Sundays, Dec 20<sup>th</sup>, Jan. 3<sup>rd</sup> & 17<sup>th</sup> ~ 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.



### Chanukah Concert—A Light Through the Ages

Today ~ 4:00 PM, Central Reform Temple, 15 Newbury St.

Celebrate the meaning of Chanukah in story and song, and with a dramatic candle lighting ceremony! The Zamir Chorale of Boston will perform traditional and contemporary holiday classics. Free!

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## THIS WEEK

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

Tuesday, December 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.

Buddha's Belly meets at 6 pm. There are several books in the queue for our next read! Please peruse these, and come prepared to campaign for your favorite:

*Street Zen* by David Schneider

*Surfing the Himalayas* by Frederick Lenz

*What Makes You Not a Buddhist* by Dzongsar Jamyang Khyentse

*Love Everyone* by Parvati Markus

Please visit [ASCBoston.org](http://ASCBoston.org) for Amazon links to these books.

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!



### 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

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

## This Week

### Sunday, December 6, 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
12:00 PM	Holiday Bazaar ~ Parish Hall
*1:00 PM	OWL-Our Whole Lives ~ Perkins Room
12:30 PM	CRE Band ~ Clark Room
12:30 PM	ASC Circle of Caring ~ Frothingham Library
12:30 PM	Experiencing Awe ~ Hunnewell Chapel
3:00 PM	Memorial Service David Tesik-Glicken ~ Sanctuary

### Monday, December 7, 2015

No congregational events are scheduled.

### Tuesday, December 8, 2015

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

### Wednesday, December 9, 2015

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

### Thursday, December 10, 2015

7:00 PM	Choir Practice ~ Clarke Room
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### Friday, December 11, 2015

5:00 PM	Friday Night Supper ~ Parish Hall
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### Saturday, December 12, 2015

No congregational events are scheduled.

### Sunday, December 13, 2015

9:30 AM	Social Action ~ Smith Room
*9:30 AM	Music Rehearsal ~ Sanctuary
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	Indulge 2015 Planning Meeting ~ Clarke Room
12:30 PM	Rodger Clinton Vine Christmas Music on Piano ~ Hunnewell Chapel
1:00 PM	9th Annual Carol Sing ~ Hunnewell Chapel
1:00 PM	Nominating Committee ~ Clark 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](http://www.ASCBoston.org)*



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

through your body brings positive change and growth. There is a \$10 charge that goes to the church. First class is free!

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## ANNOUNCEMENTS

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### VNA Care 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](mailto:lpalais@vnab.org) for more information. Thank you!



### Dining Out with Arlington Street Church Neighbors

The Membership Team is happy to announce two more dinners with Arlington Street Church Neighbors are being planned. The first is being headed by Lois Hartsough for people in the Jamaica Plain area, and the second is being planned by Holly Hendricks and Tori Bell for people in the Wakefield, Medford, Melrose, Malden, etc area. Anybody who lives in these towns and is interested in getting together for dinner can contact Lois, Holly, and Tori through the church office at [office@ASCBoston.org](mailto:office@ASCBoston.org), or can sign up and get more information at the Welcome Table. More areas to follow!



### The Mitten Tree

Sunday, December 13<sup>th</sup> ~ 11:00 AM, Sanctuary

Please bring new, unwrapped gloves, hats, scarves, and socks for the gentlemen guests of our Friday Night Supper Program. Let's decorate the Mitten Tree!



### Indulge 2016 Planning Meeting

Sunday, December 13<sup>th</sup> ~ 12:30 PM, Carol Smith Room

Today is our first planning meeting for Indulge 2016. The event will doubtless be as much fun and as successful as all the previous Indulgences! Come be a part of helping to make this fun night a reality!



### Rodger Clinton Vine, Christmas Music on Piano

Sunday, December 13<sup>th</sup> ~ 12:30 PM, Hunnewell Chapel

Arlington Street's Artist-in-Residence, Rodger Clinton Vine, presents a brief concert of Christmas music for the piano, followed immediately by our annual Carol Sing!



### 9th Annual Carol Sing!

Sunday, December 13<sup>th</sup> ~ 1:00 PM, Hunnewell Chapel

Join Arlington Street's musicians for our eighth annual old-fashioned Christmas carol sing! Mark David Buckles, Director of Music, and the Arlington Street Choir will lead us in seasonal favorites, from Jingle Bells to It Came Upon a Midnight Clear. Hot chocolate, tea, cookies, and fruit to follow!