

## 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."

## Contacting the 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.

## 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 overwhelming? 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 the social action committee at 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 10<sup>th</sup> 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](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

E-mail: [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, SEPTEMBER 13<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.

#### Concert! Mark David Buckles and Julie Metcalf

Today ~ 3:00 PM, Hunnewell Chapel

*Suggested donation: \$10*

Kick off the year with an afternoon concert by Arlington Street's Director of Music, Mark David Buckles and fiddler extraordinaire Julie Metcalf! They will play fiddle tunes, folk songs, their own original music, and a wide variety of other songs they love. We hope to see you there and share a great afternoon of music! There will also be snacks!

### 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!

*continued on next page...*

## Announcements

### Arlington Street Circle of Caring

Sunday, September 20<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.

### 17 Seconds ... I am Standing with One Foot in My Grave Musical Performance

Sunday, September 20<sup>th</sup> ~ 1:00 PM, Sanctuary

The Berg River Choir from South Africa returns to Arlington Street! Seven choir members will perform a piece about hate crimes, such as rape, in South Africa. Through art and music, we will be moved and informed. All are welcome!

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

Tuesday, September 22<sup>nd</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. Tonight, we begin our discussion of Daniel Goleman's new book, *A Force for Good: The Dalai Lama's Vision for Our World*.

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!

### Meditation in Everyday Life

Mondays, September 28<sup>th</sup> - October 26<sup>th</sup> ~ 6:00 PM, Hunnewell Chapel  
*Sliding Scale Fee: \$110-200. To register and for more information, visit [www.shambhalaboston.org](http://www.shambhalaboston.org).*

By making a deep connection to the present moment and understanding our mind through the practice of meditation, we can learn to finally make friends with ourselves.

Meditation in Everyday Life is a 5-week course that teaches mindfulness meditation and shows us how this practice can improve our daily lives in the most practical sense. We experience what happens when we stop avoiding ourselves and the present moment and practice simply being with whatever is going on in our lives. We learn to cultivate courage and stability in the daily complexities

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

## This Week

### Sunday, September 13, 2015

*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
1:00 PM	Nominating Committee ~ Clarke Room
3:00 PM	Concert! Mark David Buckles and Julie Metcalf ~ Chapel

### Monday, September 14, 2015

No congregational events planned.

### Tuesday, September 15, 2015

*6:00 PM	Prudential Committee ~ Perkins Room
7:00 PM	Transformation Team for Racial Justice ~ Frothingham Library

### Wednesday, September 16, 2015

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
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### Thursday, September 17, 2015

7:00 PM	Choir Practice ~ Clarke Room
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### Friday, September 18, 2015

5:00 PM	Friday Night Supper ~ Parish Hall
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### Saturday, September 19, 2015

No congregational events planned.

### Sunday, September 20, 2015

*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
12:30 PM	Arlington Street Circle of Caring ~ Frothingham Library
1:00 PM	17 Seconds Performance ~ 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

of jobs, responsibilities, relationships, and the everyday desires, concerns and uncertainties we all face.

This course is being led by members of the Shambhala Meditation Center of Boston.

### The Wednesdays: Flannery O'Connor

Wednesdays, September 30<sup>th</sup>, October 14<sup>th</sup> and 21<sup>st</sup> ~ 6:00 PM, Frothingham Library

Join Professor Alan Helms and Reverend Kim for an unforgettable reading adventure! Alan writes, "Flannery O'Connor is unarguably one of the finest American writers of the past century, especially famous for short stories which feature working class oddballs and misfits. Supreme in all aspects of her craft—plot, dialogue, characterization, description, pacing—she writes with such precision, psychological acuity, and dark humor that once read, her stories remain indelible. For my money, her only peers among American short stories are Faulkner and Hemingway, and I would rank her first among equals."

We'll be reading from Flannery O'Connor, *The Complete Stories* (FSG Classics). There are many copies on Amazon for \$5.00.

For each of our three Wednesdays, Alan has combined a short story with two longer ones, to even out your readings. We'll discuss the stories as follows:

**September 30:** "Judgment Day" ~ "The Artificial [N-word]" ~ "A Good Man Is Hard to Find"

To read a very short and very helpful excerpt from an essay Flannery O'Connor wrote about "A Good Man Is Hard to Find," please see <http://www2.sunysuffolk.edu/lewiss/Oconnor.htm>

**October 14:** "The Turkey" ~ "Good Country People" ~ "A View of the Woods"

**October 21:** "The Life You Save May Be Your Own" ~ "Everything That Rises Must Converge" ~ "Revelation"

### Jay Michaelson Book Release!

Sunday, November 8<sup>th</sup> ~ 12:30 PM, Hunnewell Chapel

Let's join in welcoming our beloved friend, Jay Michaelson, as he reads from his new book, *Gate of Tears*, which chronicles his spiritual journey through grieving the death of his mother. All are welcome!

### 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](mailto:MBuckles@ASCBoston.org).