



FRIDAY, MARCH 20<sup>TH</sup>, 2020

Dearly Beloved,

I am amazed by your creativity and ingenuity. Overnight, we have transformed the ways we gather, strengthen, and deepen our beloved spiritual community. I am also profoundly touched by the determination and willingness of those of you who have never used YouTube or the Zoom platform to learn and participate. You inspire me! Thank you!

Our first-ever livestream of Sunday worship with Rev. Beth, Rev. Fred, and Mark David was a resounding success! Our Tech Team - Art Nava, Hala Hazar, Sandy Dixon, and Rich Abreu - worked tirelessly to make it happen. A huge, grateful shout-out to them. Let's do it again this Sunday! Rev. Beth will lead us in Candles of Sorrow and Joy, Mark David and Rev. Jo are singing John Mellencamp's Your Life is Now, we'll have lots of great congregational singing (together though apart!), and my sermon is called Making Moments.

Fifty of us enjoyed "seeing" each other for afternoon tea on Wednesday at 4:00. Thanks so much to Rev. Beth for the screenshot of some of us (above) and for Zooming us in! We'll do it again this coming Wednesday, and I hope you'll join in. This week's theme was the challenges and gifts of these times; next week, let's talk about the sustaining power of memories.

On Thursday at 1:00, I'll lead Arlington Street Writes! - a fun writing experience based on Natalie Goldberg's Writing Down the Bones. We'll want to be able to see each other on Zoom and have paper and pen (or another screen!) available. If you can't make it but are interested in participating, I'll be sure to offer it again at another time. All are welcome!

There's more happening this week; please see below and keep an eye on [ASCBoston.org](http://ASCBoston.org) for up-to-the-minute information.

How is it with your spirits, my loves?

During these times in which we must stay apart, please make plans to be connected. If you are terrified by the fact that a deadly pathogen is on the loose, you are not alone. If you feel grief over all you have had to give up or lost - from hugs and routines to jobs - you are not alone. If you feel unmoored by all this uncertainty, you are not alone. Taking care of ourselves optimizes our capacity to field incoming "hits" to emotional stability and our immune system.

Here are a few suggestions:

\* Please do your best to sleep deeply, eat regularly, and stay hydrated (remembering that alcohol is dehydrating).

\* Get outside if you can, and, if you can't, open a window to let in some fresh air.

\* If you're going to open your phone or computer, please use it to reach out to one another rather than to consume more news. Let's do all we can to enhance our psychological and spiritual well-being. Above all, let's remember that social distancing doesn't have to mean feelings of isolation and loneliness. We are all in this together!

*Faithfully yours, with love always,*  
Kim

***Thanks to Kitty O'Meara for this. Enjoy! xo!***

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again,

they grieved their losses,

and made new choices,

and dreamed new images,

and created new ways to live and heal the earth fully,

as they had been healed.

Here's how to participate in Sunday's worship service:

Please go to [www.YouTube.com/ASCBoston](http://www.YouTube.com/ASCBoston) and click on the video that says "Live Now" in red text. To participate in the chat (in other words, to be able to communicate with others experiencing the service), you'll need to be logged in. For instructions on finding Arlington Street on YouTube or creating a YouTube account, please check out this detailed [step-by-step](#) guide lovingly created for us by Hala Hazar. If you need help accessing the live stream, the Tech Team will be monitoring Arlington Street's Facebook page on Sunday morning. If you need assistance, post a comment to [www.facebook.com/ArlingtonStreetChurch](http://www.facebook.com/ArlingtonStreetChurch) or send a Facebook message. If you're not on FB, please send an email to [outreach@ASCBoston.org](mailto:outreach@ASCBoston.org).