

Stop the Bleed Training with Bill Briggs, RN

Sunday, January 27th ~ 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 or 617.536.7051.

Arlington Street's Literary Salon The Wednesdays: Shakespeare

Wednesday, Jan. 30th ~ 6:00 PM, The Vendome, 160 Commonwealth Ave. (tell the doorman you're there to see Professor Helms)

Shakespeare did nothing to preserve the integrity of his 38 plays, leaving it to others to produce authoritative versions. What he cared for, instead, was his poetry: the narrative poems *Lucrece* and *Venus and Adonis* as well as a shorter poem, *The Phoenix and the Turtle*, as well as his 154 sonnets. We'll begin with those three poems and save the sonnets for a future Shakespeareathon! Join Professor Alan and Rev. Kim for a single session to discover why the poetry mattered so much more to him than his plays. *All are welcome!*

Mark your calendar for Dave Egan's Ordination!

Sunday, February 3rd ~ 3:00 PM, Old Ship Meeting House
107 Main Street, Hingham, MA

First Parish Unitarian Universalist Canton along with Old Ship Church in Hingham will co-ordain Dave Egan to the Unitarian Universalist ministry! Dave served as the intern last year at Old Ship and as the intern in Canton the year before. He is currently the Director of Family Ministry here at Arlington Street as well as the Program Director for the Friday Night Supper Program. Come celebrate Dave and this wonderful moment in the life of our congregation. *All are welcome!*

Meditation Retreat

Sunday, February 10th ~ 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're experienced in meditation or interested in a full-immersion introduction, please join us! Wear loose, comfortable clothing, walking shoes, and appropriate outerwear (if you'd like to walk 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 at a Thai restaurant nearby. BYO\$.



Spiritual Passions 2019! Pathways to Wholeness with Chris Cobb

Sunday, February 17th ~ 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 or see Rachel Corey at the Welcome Table after the service for more information.

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, 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.

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. 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 • Web: www.ASCBoston.org

INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 13TH, 2019

*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 & Sundays, Jan. 27th, & Feb. 10th & 24th ~ 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.



Second Sunday Song Circle

Today ~ 12:45 PM, Hunnewell Chapel

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

Today ~ 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
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

THIS WEEK



Intersectional Book Discussion

Monday, January 14th ~ 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!



Honoring the 90th Birthday of Dr. Martin Luther King, Jr.

Tuesday, January 15th ~ 3:00 PM, Sanctuary

King Boston and The Boston Foundation invite you to the first of a four-part teach-in series on the King legacy of economic justice. Harvard University professors Brandon Terry and Tommie Shelby will lead a conversation to challenge the notion of a "color-blind" America and focus on some of Dr. King's radical ideas, such as the need for a fundamental redistribution of wealth. This event is free and all are welcome! For more information or to register by phone or email, please contact Julia Howard at 617-338-4286 or julia.howard@tbf.org



Arlington Street's Literary Salon

The Wednesdays: Shakespeare ~ *Timon of Athens*

Wednesday, January 16th ~ 6:00 PM, The Vendome, 160 Commonwealth Avenue (tell the doorman you're there to see Professor Helms)

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!*



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, January 13, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
9:30 AM	Social Action Committee ~ Carol Smith Room
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	Arlington Street Circle of Caring ~ Carol Smith Room
12:45 PM	Strategic Planning ~ Perkins Room
12:45 PM	Second Sunday Song Circle ~ Hunnewell Chapel
12:45 PM	Nominating Committee ~ Alan Helms Library

Monday, January 14, 2019

5:30 PM	Intersectional Book Discussion ~ Frothingham Library
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Tuesday, January 15, 2019

3:00 PM	Honoring Dr. King ~ Sanctuary
6:00 PM	Prudential Committee ~ Perkins Room
7:00 PM	Transformation Team ~ Frothingham Library

Wednesday, January 16, 2019

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
6:00 PM	The Wednesdays ~ The Vendome, 160 Commonwealth Ave.

Thursday, January 17, 2019

7:00 PM	Choir Practice ~ Clarke Room
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Friday, January 18, 2019

5:00 PM	Friday Night Supper Program ~ Parish Hall
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Saturday, January 19, 2019

No congregational events are scheduled.

Sunday, January 20, 2019

*9:30 AM	Choir Rehearsal ~ Sanctuary
9:30 AM	Social Action Committee ~ Carol Smith Room
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:30 PM	Dear White People ~ Hunnewell Chapel
12:30 PM	New Member Class ~ Clarke 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



ARLINGTON
STREET CHURCH
Unitarian Universalist

SAVE THE DATE



Spiritual Passions 2019!

Dear White People

Sunday, January 20th ~ 12:30 PM, Hunnewell Chapel

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.



New Member Class

Sunday, January 20th, Meet ASC ~ 12:30 PM, Clarke Room

Wednesday, January 23rd, Spiritual Journey ~ 6:00 PM, Perkins Room

Sunday, January 27th, New Member Breakfast/Joining ~ 9:30 AM, Hunnewell Chapel

All interested newcomers are warmly invited to our next two-session new member class. In our first session, we learn a little of Arlington Street's history, polity, and practices; and meet some of our illustrious leadership and staff. Rev. Kim joins us for the second session, where we share stories about our spiritual journeys and ask our burning questions. This class is a wonderful opportunity to deepen your relationship and knowledge of Arlington Street, and to discern whether you are ready to join. Please sign up at the Welcome Table in the parish hall after the service. *All are welcome!*



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

Tuesday, January 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.

6:00 Buddha's Belly: we'll begin Lama Surya Das, *Awakening the Buddha Within*. Please read through page 29 (up to "East Goes West/West Goes East"). 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.



Corporation Meeting

Sunday, January 27th, 12:45 PM (bring your lunch) Hunnewell Chapel

Agenda Items: *vote required

1. Chalice Lighting and Reading
2. Membership update (Doc Kinne)*
3. Treasurer's Report
4. Building Preservation Report
5. Senior Minister Report
6. Strategic Planning Update
7. Prudential Committee Report
8. Other business