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## MUSIC

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### Add More Music to Your Life This Spring!

Be part of our Arlington Street Church Choir! Do you love to sing? Would you like to be part of a community of sharing music? Do you want or need to take just a couple hours out of your week to create something beautiful? The Arlington Street Church Choir may be just the place for you! No musical experience necessary! We find that making music with and for our community here at Arlington Street is a central and beautiful part of our spiritual practice as Unitarian Universalists. We rehearse one night a week and sing Sunday mornings at our weekly services, performing an array of challenging, evocative repertoire spanning dozens of cultures, and centuries of musical and liturgical history.

The choir is open to all interested singers able to make a commitment to the choir's schedule. Attendance each week is not mandatory, though members find that it's difficult to function effectively if they miss more than a quarter of the rehearsals. We rehearse on Thursdays from 7:00–9:00 pm 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, who is available at the front of the sanctuary following the service or via email at [MBuckles@ASCBoston.org](mailto:MBuckles@ASCBoston.org). Assincie ntionsequ e volupta que ne repe ipidunti aboria serspid elicatem et velia quos soluptas ditias eic totatiam quateceperum ent, est, officiis que esequam quae consendis iliam ulparum quo que int, vellam volut minvernatis magnis maione omnis aspe a velia voluptat qui officit andametum quias inis dolut voluptibus dem aut voluptatur res et quam reperum is reperup tasperunt eiciis il intis rem volecab illautem rempernamet quam quas corem re ipic tem dem hiliquunt



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#### 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). Your message will be received by the Church's administrative assistant so it can find its way to the appropriate people. Please speak your "truths in love" and include your name and contact information so we can follow-up. Thanks! For emergencies, please see "Our Caring Community" to the right.

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#### INSIDE SUBMISSION GUIDELINES

Please deliver all Sunday announcements before Tuesday at 3:00 pm by e-mail to [communications@ASCBoston.org](mailto:communications@ASCBoston.org). Announcements will not be accepted by telephone. Materials must be legible, signed, and fully composed and may be edited, as space is limited. Please note that we only publish submissions related to Arlington Street events or the wider Unitarian Universalist community.

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#### SCHEDULING EVENTS AT ARLINGTON STREET CHURCH

All issues dealing with building usage, for both congregational usage and rentals, must be coordinated by Jeffrey Bouchard, Assistant to the Administrator. 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. \*814 or by e-mail at [JBouchard@ASCBoston.org](mailto:JBouchard@ASCBoston.org).

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#### OUR CARING COMMUNITY

In the event of a disruption or major transition in the life of an Arlington Street member, please inform the church office. Our staff and ministers will be in touch to lend support.

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#### SECURITY NOTE

This is an urban church. Please do not leave your valuables unattended!



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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: 617-536-7051  
E-mail: [office@ASCBoston.org](mailto:office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

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# INSIDE

## ARLINGTON STREET CHURCH

*NEWS FROM THE SOUL OF SUNDAY*

SUNDAY, MAY 16<sup>TH</sup>, 2010

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### CONGREGATIONAL ANNOUNCEMENTS

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#### A Memorial Service for Emily Dunn

**TODAY:** Sunday, May 16<sup>th</sup> ~ 1:00 PM, Sanctuary

Come celebrate the life of our beloved Emily with her family, Adriana, Ronald, Camilla, and Mia; her many friends and neighbors; and her colleagues of over 30 years. Rev. Kim, officiating; Erick DuPree, singing David Foster's "The Prayer;" and Rodger Clinton Vine playing piano and organ. A delectable collation will follow. All are welcome.

#### Welcome Home to the Haitian Coalition!

##### A Report on their Trip to Haiti

Sunday, May 23<sup>rd</sup> ~ 12:30 PM, Clarke Room

Franklin Dalember and Lince Semerzie from the Haitian Coalition will tell us about their April trip to Haiti. They will have pictures – including the tents we sent down. We'll also discuss what's needed in the future. Please save the date! Sunday, May 23<sup>rd</sup>, 12:30pm in the Clarke Room. *Sponsored by the Task Force on Haiti.*

#### Boston Dyke March

Friday, June 11<sup>th</sup>, 6:00 PM, on the Boston Common

Each June, Dyke Marches take place in multiple cities across the United States and internationally, and traditionally occur the day or night before that city's Gay Pride celebrations. The Dyke March's top priority is to provide a dynamic and welcoming space for participants of all sexualities, genders, races, ages, ethnicities, sizes, economic backgrounds, and physical abilities. We strive to create a place where political and social change can be expressed and inspired. This year's March begins at the Gazebo on the Boston Common and winds around the Common and Public Garden, ending back at the Gazebo.

#### Pride!

Saturday, June 12<sup>th</sup>, 11:00 AM

Calling those of all persuasions and allies to join in our annual pre-parade Pride service! This year marks the 40th anniversary of Boston Pride, and promises to be an especially joyous celebration! Our service will feature spectacular music and both older and younger voices of our community – from pre-Stonewall to post-gender. At 11:45, we'll leave to march in the parade and head to the festival together. Please come for the fun! All in/all come out!

## CONGREGATIONAL ANNOUNCEMENTS continued...

### Sandwich Board

*The Little Red Hen Needs Help, Please!*

Each Sunday, a delicious feast is prepared for us by a dedicated, fun-loving crew. You want to be part of this, and we need you now!

No prior cooking experience necessary. Join us!

Please contact Sharon Pressly-Fiero and Jon Ellertson through [office@ASCBoston.org](mailto:office@ASCBoston.org), or find them in the kitchen! Thank you!

### Tips to Help the Planet

**TODAY'S TIP:** Canned Tuna is a popular food, so it's important to choose wisely when we buy it. For more details on sustainable tuna and other seafood, visit [www.montereybayaquarium.org](http://www.montereybayaquarium.org), quoted below:

- Tuna is caught in different ways, including troll, pole-and-line, purse seine, and longline. Longlines and purse seines often result in large quantities of bycatch, including threatened or endangered species such as sea turtles, sharks, and seabirds. There is little, to no bycatch when tuna is caught with troll or pole-and-line gear.

\* **BEST CHOICE: Tuna, Albacore (Canned)**

*Called White - Caught by Troll or Pole-and-line in U.S. Pacific*

\* **GOOD CHOICE: Tuna, Albacore/Skipjack (Canned)**

*Called White, Chunk Light - Wild-caught - Worldwide*

\* **AVOID: Tuna, Bigeye/Tongol/Yellowfin (Canned)**

*Called Chunk Light, Solid Light, Tongol, Big Eye, Yellowfin - Wild caught - Worldwide*



Look for albacore tuna (and other seafood) certified as sustainable to the standard of the Marine Stewardship Council (MSC).

**NOTE:** Tuna canned and not canned: Many species of tuna are highly migratory. Longline-caught albacore is ranked as "Avoid." One notable exception is longline-caught albacore, bigeye, and yellowfin from the U.S. Atlantic, where strict bycatch regulations and healthy populations result in a "Good Alternative" ranking. Only Malasia enforces good management of Tongol fishing. All populations of bluefin tuna grow slowly and are being caught faster than they can reproduce.

*We invite you to cut out this calendar and clip it to your refrigerator or bulletin board!*

## Coming Up...

### Sunday, May 16<sup>th</sup>, 2010

9:30 AM	Choir Warm-Up – Sanctuary
11:00 AM	Sunday Morning Worship – Sanctuary
12:00 PM	Coffee Hour – Chapel
12:00 PM	Path to Membership - Chapel
12:30 PM	Young Adult Group Lunch – Stage Right Room
1:00 PM	Emily Dunn Memorial Service – Sanctuary

### Monday, May 17<sup>th</sup>, 2010

No congregation related events at this time.

### Tuesday, May 18<sup>th</sup>, 2010

6:00 PM	Prudential Committee – Perkins Room
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### Wednesday, May 19<sup>th</sup>, 2010

3:30 PM	* Staff Meeting – Perkins Room
5:30 PM	Talking Our Walk – Perkins Room
6:00 PM	Kundalini Yoga – Chapel

### Thursday, May 20<sup>th</sup>, 2010

5:30 PM	* Human Resource Committee – Perkins Room
7:00 PM	UU Affairs Committee – Perkins Room
7:00 PM	Choir Rehearsal – Clarke Room

### Friday, May 21<sup>st</sup>, 2010

5:00 PM	Friday Night Supper Program – Parish Hall/Kitchen
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### Saturday, May 22<sup>nd</sup>, 2010

No congregation related events at this time.

### Sunday, May 23<sup>rd</sup>, 2010

9:30 AM	Choir Warm-Up – Sanctuary
11:00 AM	Sunday Morning Worship – Sanctuary
12:00 PM	Coffee Hour – Parish Hall
12:00 PM	Path to Membership - Welcome Table – Parish Hall
12:30 PM	Haiti Task Force – Clarke Room
12:30 PM	Young Adult Group Lunch – Stage Right Room
1:00 PM	Parents as Resident Theologians – Frothingham Library
1:30 PM	Inside Out Concerts – Sanctuary

**NOTE:** This calendar is accurate as of noon the Wednesday before publication and only includes events directly related to the congregation. For complete, up-to-date calendar listings over the coming months, visit [www.ASCBoston.org](http://www.ASCBoston.org).

\* Denotes Closed Meetings



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

## ADULT RELIGIOUS EDUCATION

### Talking Our Walk: A Discussion Group for People Affected by Depression

Wednesday, May 19<sup>th</sup> ~ 5:30 PM, Perkins Room

A wonderful, supportive atmosphere, facilitated by our own John Sacco, awaits in this open discussion group: not a substitute for therapy or medication, but a different kind of healing. The group meets the third Wednesday of the month. Please speak with John or Rev. Kim for more information. *You are not alone!*

### Parents as Resident Theologians

Sunday, May 23<sup>rd</sup> ~ 1:00 PM, with Rev. Kim

Let us build memories in our children lest they allow treasures to be lost because they have not been given the keys. We live, not by things, but by the meanings of things. It is needful to transmit the passwords from generation to generation. – *Antoine de St. Exupéry*

What are the "passwords" we want to transmit? What insights can we glean from our own spiritual journeys to accompany our children on theirs? All are welcome! Childcare will be provided.

### The Wednesdays, Arlington Street's Literary Salon: Haiku

Wednesday's, May 26<sup>th</sup> and June 2<sup>nd</sup>, ~ 6:00 PM, Frothingham Library

Join Professor Alan Helms and Rev. Kim for four Wednesdays of haiku, the world's shortest poetic form and one that has seized the imagination of the West in the past hundred years. An invention of the Japanese of roughly four hundred years ago (though haiku were actually written in Japan a thousand years ago), haiku are now written in languages all over the world. We'll read lots and lots of haiku, especially by the three acknowledged Japanese masters: Basho, Buson, and Issa. We'll write haiku of our own. We'll compare Eastern and Western kinds as well as ancient and modern examples. We'll analyze them, admire them, enjoy them. They're like popcorn and pretzels: small and delicious, and once you start, it's hard to stop. All aboard!

*Could there be more fun in spring than reading haiku?*

*Wow! A lightning bug!*

Required text: Haiku, selected and edited by Peter Washington, Everyman's Library Pocket Poets, Knopf. There are inexpensive copies at [ABEBooks.com](http://ABEBooks.com), but order ASAP!

Next assignment: Go through the text, reading all the haiku by Issa.

### Kundalini Yoga Class

Wednesdays, ~ 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 will be a \$10 charge that will go to the church.