

romanticism of Mahler, put it together with modern American songs, and show exactly how thin the line is between these two musical ways of “speaking.”

James Dargan is a New York-based singer and teaching artist who performs widely in the U.S. Mark Whitlock, pianist, is based in the Boston area and collaborates and performs regularly with James. Suggested donation at the door: \$20 (\$10 seniors/students).

## SAVE THE DATE



### Rise Against Hunger!

Sunday, May 5<sup>th</sup> ~ 1:00 PM, Parish Hall

Save the date for Arlington Street’s 6th annual meal packaging event with Rise Against Hunger! Be part of the fun as we package 20,088 highly-nutritious, dehydrated meals to be shipped across the globe to hungry people in dire circumstances. *All are welcome!*

Also, volunteers are needed to help unload the truck Sunday morning at 10:00 am. Your hard work will be rewarded with doughnuts! To sign up, please email Dave at [Office@ASCBoston.org](mailto:Office@ASCBoston.org).



### Help Make Boston a Safer Community!

#### Mother’s Day Walk for Peace

Sunday, May 12<sup>th</sup> ~ 8:00 AM, Town Field Park (1520 Dorchester Ave) Fields Corner, Dorchester

Each year, Arlington Street members join in the Mother’s Day Walk for Peace, sponsored by the Louis D. Brown Peace Institute. The walk started in 1996 so that mothers of murdered children could receive support and love from their neighbors; in the last 23 years it has grown to be a powerful way to honor loved ones who have been murdered and to embrace our shared responsibility to create more peaceful communities.

To register and donate, visit <https://lbdpeace.z2systems.com/ascboston>. Click on **Register to Walk** at the bottom of the page and when registering, you will need to select Arlington Street Church Boston as your team. To donate only, click on the **Donate** button in the top right corner of the page. Interested in walking or learning more? Reach out to Sarah Cooleybeck, Wendy Ellertson, Julia Simon, Shane McBride, or email [transformation@ascboston.org](mailto:transformation@ascboston.org).



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

Tuesday, May 14<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.

6:00 *Buddha’s Belly*: We’ll continue Lama Surya Das, *Awakening the Buddha Within*. Please read through page 295. 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.

*continued on back*



### The Wednesdays Literary Salon Axel Munthe: The Story of San Michele

Wednesday, May 15<sup>th</sup> ~ 6:00 - 8:00 PM, The Vendome, 160 Commonwealth Ave. (tell the doorman you’re there to see Professor Helms)

Axel Munthe was a Swedish doctor who toward the end of the 19th century built the villa San Michele on Capri. He was often called “the most fascinating man in Europe” and his villa became known as “the most beautiful house in the world.” (His friend the Empress of Austria wanted to buy it but Munthe said “No.”) Prof. Alan says that Munthe’s memoir is “easily one of the most fascinating books I’ve ever read, and this will be the fifth time I’ve read it.” Join Prof. Alan and Rev. Kim for an evening’s discussion of this mesmerizing international bestseller. *All are welcome!*



### New Member Class

Sunday, May 19<sup>th</sup>, Meet ASC ~ 12:30 PM, Hunnewell Chapel

Wednesday, May 29<sup>th</sup>, Meet Rev. Kim ~ 6:00 PM, Perkins Room

Sunday, June 2<sup>nd</sup>, 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!*

#### 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, 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](mailto: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](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.

#### 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

Remember to be mindful of your belongings! Today and throughout the week, please help to keep the outside doors to the church secure.

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](mailto:Office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

# INSIDE

## ARLINGTON STREET CHURCH

### NEWS FROM THE SOUL OF SUNDAY

SUNDAY, APRIL 28<sup>TH</sup>, 2019

*If you are visiting Arlington Street Church or would like information about Unitarian Universalism, please visit the Welcome Table in the Parish Hall.*

## It's Covenant Renewal Sunday!

Today, Arlington Street Church members and supporting friends will pledge our financial support for the upcoming fiscal year (July 1, 2019 – June 30, 2020). This year’s theme is ...



## You Belong Here

### You move around ...

T pass: \$85 a month

Car payment: ~\$450 a month

Gasoline: ~\$160 a month

**How does *being here* move YOU?**

### What are you watching? What are you reading?

Netflix, Hulu and Prime ~\$40 a month

New York Times ~\$27 a month

**What are you giving?**

### From gossip to gospel ...

People Magazine \$20 a month

The New Yorker \$32 a month

**What’s the good news at Arlington Street?**

### You take care yourself...

Hairdresser ~\$95 a month

Manicure/pedicure ~\$60

Massage ~\$120

**How will you care for your community?**

**#YouBelongHere**

## 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.

### **Uncomfortable Conversations about Race**

Today ~ 12:30-1:30 PM, Alan Helms Library

The Transformation Team for Racial Justice offers this time and space for facilitated discussion and continuing conversation about developing an antiracist worldview. We hold these conversations periodically at Arlington Street Church. All are welcome and no RSVP is needed. For more information, email [transformation@ascboston.org](mailto:transformation@ascboston.org).

### **Arlington Street Circle of Caring**

Today and Sundays, May 12<sup>th</sup> & 26<sup>th</sup> ~ 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.

### **It's Family Day at ASC and the Tiffany Center!**

Today ~ 1:00 - 5:00 PM, Sanctuary and Hunnewell Chapel

Do you have children or know someone who does? The Tiffany Center is teaming up with Arlington Street's Family Ministry to have a day just for kids! Both the sanctuary and chapel will be open for FREE fun activities like a scavenger hunt, color a famous Tiffany window, and make your own Tiffany window to take home! If you have questions or would like to volunteer for the event, email Alissa Butler at [ascstiffany@gmail.com](mailto:ascstiffany@gmail.com).

## 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!

### **Spiritual Passion: Navigating Life with COR.E Energy: An Introduction**

Tuesday, April 30<sup>th</sup> ~ 6:30 PM, Hunnewell Chapel

Each of us experiences our personal and professional lives with a unique energy. This energy is at the core of our thoughts, emotions, and actions that relate to how we see ourselves, those around us, and the world. We experience this energy when we have challenging colleagues or customers

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

## This Week

### **Covenant Renewal Sunday, April 28, 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	COA ~ Perkins Room
12:30 PM	Uncomfortable Conversations ~ Alan Helms Library
12:30 PM	Arlington Street Circle of Caring ~ Carol Smith Room
1:00 PM	Family Ministry / Tiffany Center Art Week Event, Sanctuary

### **Monday, April 29, 2019**

No congregational events are scheduled.

### **Tuesday, April 30, 2019**

6:30 PM	Navigating Your Life with CORE Energy ~ Hunnewell Chapel
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### **Wednesday, May 1, 2019**

6:00 PM	Kundalini Yoga ~ Hunnewell Chapel
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### **Thursday, May 2, 2019**

7:00 PM	Choir Practice ~ Clarke Room
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### **Friday, May 3, 2019**

5:00 PM	Friday Night Supper Program ~ Parish Hall
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### **Saturday, May 4, 2019**

5:00 PM	Friday Night Supper Program's 35th Anniversary Gala Parish Hall
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### **Sunday, May 5, 2019**

*9:30 AM	Choir Rehearsal ~ Sanctuary
10:00 AM	Rise Against Hunger Setup ~ Parish Hall
11:00 AM	Sunday Worship Service ~ Sanctuary
11:15 AM	Family Ministry Program ~ Perkins Room
12:00 PM	Rise Against Hunger ~ Parish Hall

\* 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)*



to deal with at work. When we have the Best. Day. Ever. When we just can't get out of bed in the morning. When we're donating our time to a charity. When national politics gets us angry and afraid. When we're inspired by a sermon.

Join life coach, Al Ingram for this 90-minute presentation. Learn about our negative and positive energy levels and how they affect our day-to-day and under-stress performance. Learn how our energy is blocked and influenced. Learn how we can each create a personalized approach to mastering our energy so we perform at our highest levels. If you missed Al's presentation in February, here's your second chance!

### **Tiffany Center: Join Our Team!**

Opening May 1<sup>st</sup> ~ Sundays, 1:00 - 4:00 PM &  
Monday - Saturday 10:00 AM - 3:00 PM (closed Tuesdays), Sanctuary

Are you looking for an interesting way to get more involved here? Are you curious about the history of the building and the BEAUTIFUL windows? Would you like to meet people from around the world? We need greeters and tour guides every day except Tuesday. It's low-commitment, flexible scheduling, and less than three hours per shift. No experience necessary; all training will be provided! Please speak with Alissa Butler or email her at [ascstiffany@gmail.com](mailto:ascstiffany@gmail.com). *Thank you!*

### **ASC Social Group Dinner and Exhibit**

Friday, May 3<sup>rd</sup> ~ 6:00 PM, House of Siam, 542 Columbus Ave., Boston

Do you want to meet more people and make friends here? So do we! We are a group of Arlington Street members and friends that gets together for occasional outings.

Join us for dinner and our own Laurinda O'Connor's landscape art exhibit opening! We will meet for dinner at House of Siam and then walk to the Piano Craft Gallery to see the exhibit afterwards. For more information, see Gaby Whitehouse or Sharon Gentges or contact them at [Office@ASCBoston.org](mailto:Office@ASCBoston.org).

### **Four Directions in the Contemporary Landscape**

Free Opening Reception, Friday, May 3<sup>rd</sup> ~ 6:00 - 9:00 PM,  
Piano Craft Gallery, 793 Tremont Street, Boston

Our own Laurinda O'Connor joins pastel artists, Dave Kaphammer, Diane Reed Sawyer, and Janet Schwartz to explore the genre from four unique points of view. While the artists share a love of landscape, their use of color, form, and mark making is both personal and distinctive. The exhibition will be on view from May 3 - 26, 2019. *All are welcome!*

### **35<sup>th</sup> Anniversary Gala**

Saturday, May 4<sup>th</sup> ~ 5:00 - 9:00 PM, Arlington Street Church

We hope you will join us for Friday Night Supper Program's 35th Anniversary Celebration! Come enjoy an evening of dinner, drinks, and entertainment, all in support of FNSP. You can purchase your tickets now at: <https://tinyurl.com/35fnsp>. All proceeds will help support the Friday Night Supper Program's mission to provide a safe and nutritious meal to all those in need.

### **Transfiguration: German and American Song Concert**

Saturday, May 4<sup>th</sup> ~ 7:30 PM, Theodore Parker UU Church,  
1859 Centre Street, West Roxbury

"Transfiguration: German and American Song" is a concert program that explores music's ability to transcend limiting labels. Musicians James Dargan (voice) and Mark Whitlock (piano) will take the high