

Day of Mindfulness Practice and Dialogue with John Kabat-Zinn

Saturday, October 17th ~ 1:00 PM - 4:00 PM
Lesley University's Washburn Hall, 10 Phillips Place, Cambridge, MA
General Admission: \$125 / Benefactor: \$175

In this experiential workshop with John Kabat-Zinn, we will take a deep dive into the systematic cultivation of mindfulness. Through formal meditation practices, commentaries by Jon about the scientific state of the field, and dialogue about our first-person experience, we will experiment with investigating and suspending our usual habit of judging our experience through the lens of our preferences and opinions. If you plan to attend this workshop, Jon highly recommends that you attend his talk on Friday, the 16th, at the Arlington Street Church.

For more information or to register for these events, please visit: www.cambridgeinsight.org. Online registration is recommended. Tickets will also be available at the doors, if space permits.

These benefit programs, in celebration of the 30th Anniversary of the Cambridge Insight Meditation Center, are made possible through the generosity of Jon Kabat-Zinn, the Mindfulness Studies Program at Lesley University's Graduate School of Arts and Social Sciences and the Arlington Street Church. All proceeds benefit the Cambridge Insight Meditation Center.

Jay Michaelson Book Release!

Sunday, November 8th ~ 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.

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.

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 **10th 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. 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.

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.

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 • Web: www.ASCBoston.org

INSIDE

ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY

SUNDAY, SEPTEMBER 20TH, 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.

Social Action Committee Petition

Today ~ Immediately following worship, Parish Hall

Corporations are not people and money is not speech! If you agree, come to the Social Action Table to learn more and sign a letter or petition to your state legislator.

CRE Volunteer Open House

Today ~ 12:00 PM-1:00 PM, Perkins Room

Are you looking for a new way to give back to the Arlington Street Church community, make deep connections with church members of all ages, and strengthen your faith as a Unitarian Universalist? Volunteering with Children's Religious Education might be just what you are looking for! We invite all who are interested in learning more about our program to join us for lunch in the Perkins Room after Sunday's service.

Arlington Street Circle of Caring

Today ~ 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

continued on next page...

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**

Today ~ 1:00 PM, Sanctuary

The Berg River Choir from South Africa returns to Arlington Street! This piece will inform us about current conditions and violence in South Africa, 20 years after the end of apartheid. Through art and music, we will be moved and informed. All are welcome!

THIS WEEK

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

Tuesday, September 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.

Buddha's Belly meets at 6 pm. 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!

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!

Announcements

Meditation in Everyday Life

Mondays, September 28th - October 26th ~ 6:00 PM, Hunnewell Chapel

Sliding Scale Fee: \$110-200. To register and for more information, visit 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, led by members of the Shambhala Meditation Center of Boston, 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 of jobs, responsibilities, relationships, and the everyday desires, concerns and uncertainties we all face.

We invite you to cut out this calendar or view the full calendar at ASCBoston.org

This Week

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
12:00 PM	CRE Volunteer Open House ~ Perkins Room
12:30 PM	Arlington Street Circle of Caring ~ Frothingham Library
1:00 PM	17 Seconds Performance ~ Sanctuary

Monday, September 21, 2015

No congregational events planned.

Tuesday, September 22, 2015

6:00 PM	Buddha's Belly ~ Hunnewell Chapel
7:00 PM	Arlington Street Zen Center ~ Hunnewell Chapel / Sanctuary

Wednesday, September 23, 2015

3:30 PM	Connections ~ Smith Room
6:00 PM	Kundalini Yoga ~ Hunnewell Chapel

Thursday, September 24, 2015

7:00 PM	Choir Practice ~ Clarke Room
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Friday, September 25, 2015

5:00 PM	Friday Night Supper ~ Parish Hall
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Saturday, September 26, 2015

No congregational events planned.

Sunday, September 27, 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	Owl Meeting ~ Perkins 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



The Wednesdays: Flannery O'Connor

Wednesdays, September 30th, October 14th and 21st ~ 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"



Blessing of the Animals

Sunday, October 4th ~ 11:00 AM, Sanctuary

Each year on a Sunday near the Feast Day of St. Francis, we celebrate the animal companions in our lives by welcoming them (crated, on a leash, in a bowl) to be blessed. Come join in this happy, hilarious, and love-filled worship service!

In celebration of our annual Blessing of the Animals service, we'd love for you to submit a picture of your furry companions. All photos will be displayed on a bulletin board in the Parish Hall from Sunday, October 4th to Sunday, October 18th.



The Mainstreaming of Mindfulness in America: The Promise and the Perils with John Kabat-Zinn

Friday, October 16th ~ 7:00 PM - 9:00 PM, Sanctuary

General Admission: \$25 / Benefactor: \$30

In this talk, Jon Kabat-Zinn will outline the widespread, growing interest in mindfulness in society and its actual cultivation through practice. Jon will investigate the potential perils of mindfulness divorced from its ethical moorings and deep practice. Has mindfulness been reduced to a mere (and misunderstood) concept, rather than understood as a life-long invitation to recognize and embody what is deepest and best in humanity?