

can be made online at <https://www.givlet.org/donate/vpiN/>.

Bring your family and friends, neighbors and co-workers! All in!
Let's Stop Hunger Now!

Domestic Workers' Rights Workshop

Sunday, February 9th ~ 12:30 PM, Hunnewell Chapel

This workshop will include a progress report on the campaign to enact a new Massachusetts "Domestic Worker's Bill of Rights". We will touch on the roots of the exploitation of domestic workers, and why it is so prevalent, including the marginalized populations who have historically performed this work. A small group of domestic workers will be present to share their stories in an artistic way. We will conclude with small group discussions about the implementation of the Bill of Rights, trying to identify next steps, with an open dialogue about what can be done to inform workers of their rights, and help them to gain respect and dignity in their industry.

The workshop is sponsored by the Social Action Committee and the Brazilian Immigrant Center.

Save the Date for Indulge!

Saturday, March 1st ~ 6:30 PM, Arlington Street Church

Be there when Broadway comes to Arlington Street! It's our 5th annual fundraising gala to benefit our spiritual community. Guests will be treated to a stellar evening of live music, wonderful food, and silent and live auctions. We'd love you to be there, so save the date!

Behind the Kitchen Doors ~ An ASC Reading Group

Sundays Feb. 23rd, March 16th, and April 13th ~ 12:30-2:30 PM, Clarke Room

In *Behind the Kitchen Door*, author Saru Jayaraman reveals how restaurant workers live on some of the lowest wages in America. The book explores how poor working conditions—discriminatory labor practices, exploitation, and unsanitary kitchens—affect the meals that arrive at our restaurant tables.

Behind the Kitchen Door is this year's Unitarian Universalist's (UU) common read. It makes visible the lives of people who are subject to discrimination and oppression based on economic status, race, ethnicity, gender, and/or immigration status. Common Reading groups are encouraged to let *Behind the Kitchen Door* inspire follow-up action, such as advocacy for just working conditions for restaurant workers, as part of a commitment to ethical eating.

The three-meeting UUA curriculum will provide the framework for our discussions. People can come to any or all of the meetings. The book is available from the UUA bookstore, Amazon, and the library. If you would like to be in this reading group, please RSVP in person to Kate Birney or Peter Lowber or send an email to socialaction@ASCBoston.org.

ANNOUNCEMENTS

Help Improve the Arlington Street Website!

The Arlington Street web team has developed an internal survey to help them learn more about the changes you would like to see in the website.

Please take a moment to share your thoughts by taking our survey, online at <http://bit.ly/ascsurvey14> or by getting a printed copy at

the Welcome Table. Let us know what content you'd like to find online, and how you'd like to see Arlington Street represented internally and to the public.

The survey is due by January 31st. Completed surveys can be returned via email to webteam@ascboston.org or in person to Catie Scudera, Kate Birney, or Charles Howes.

One Step, One Journey

With the new year, the worship team will be asking members to share a brief reflection on specific questions. Earlier this month we heard about Barb Seidl's spiritual practice of writing a daily "gratitude list." We also heard Liz Weber's view of "What is church for?" You can also read them from the ASCBoston.org home page! We hope that by focusing on a specific guiding question, each reflection will provide a deeper, more significant view of a moment or insight of our members' unfolding spiritual journeys. If you are interested in participating, please contact office@ascboston.org.

Welcome, Veterans for Peace! Let's March Together!

Planning Meetings Every Wednesday ~ 7:00-10:00 PM, Clarke Room

It is a special joy and honor to welcome the Smedley D. Butler Brigade of Veterans for Peace! Everyone is invited to attend their meetings to organize for the St. Patrick's Day Parade in South Boston. The parade has been the source of much contention and heartache in the city; in the past, both Veterans for Peace and LGBTQ groups have been denied permits to march. Three years ago, a second parade was created. This year, the hope is to create one huge parade! Neither Mayor Menino nor Mayor Walsh is willing to march until this vision is realized. Let's help bring it to fruition!

A call to action penned by our own Pat Scanlon, decorated Vietnam War vet and coordinator of Veterans for Peace, is now up at ASCBoston.org (An Open Letter to the people of Boston). On Sunday, March 16th, at 1:00, it's out of the shadows, off of the sidewalks, and into the streets!

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 print@ascboston.org. Phyllis Guiliano (Business Administrator) 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: 617-536-7051

E-mail: office@ASCBoston.org • Web: www.ASCBoston.org

INSIDE



ARLINGTON STREET CHURCH

NEWS FROM THE SOUL OF SUNDAY

SUNDAY, JANUARY 26TH, 2014

TODAY

Coffee Hour

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 at office@ascboston.org.

BTWWD—Talk About It Over Lunch!

Today ~ Noon, Parish Hall Stage

The Building the World We Dream (BTWWD) team invites you to a lunchtime discussion after the service. This will be an informal setting to talk about the issues of racism and multiculturalism that have been raised at workshops and Corporation meetings, including the workshop on January 19th. Please look for a table on the stage and come to say hello and share your thoughts. The BTWWD endeavor is supported by the Prudential Committee (our governing board), and involves the whole congregation. All are welcome.

Spiritual Passions 2014!

Arlington Street Church History in the 19th Century

Today ~ 12:30-2:00 PM, Hunnewell Chapel

Holly Hendricks, Arlington Street Church historian, presents the second of a 3-part multimedia series on the church's history and its role in the larger community. Today's second session is about the 19th century history and addresses:

- Why did Rev. William Ellery Channing decline larger, more affluent congregations and choose to serve us from 1803-1842?
- How is our congregation associated with establishing Unitarianism in America?
- During the anti-slavery controversy, who were the "lords of the loom" accused of alliances with "lords of the lash?"
- Why did the congregation move from its historic Federal Street location to Arlington Street?
- What was the "pew controversy?" What other social justice projects were undertaken?

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Book Discussion with Author Christa Lamb

Today ~ 12:30 PM, Carol Smith Room

Join a discussion of the book *In the Beginning, the Journey of Awakening into the Awareness of Universal Truth* with author Christa Lamb. She writes, “We are all rooted in eternal love and this love is of one source.” Come with an open mind and heart as we discuss our Christian roots from a religiously inclusive Unitarian Universalists perspective. Books will be made available to buy or borrow for the discussion.

Are You a Highly Sensitive Person

Today ~ 1:00 PM, Stage Right Room

Have you ever been told “You’re too sensitive”? Do you wonder why you sometimes get overwhelmed by everything going on around you? Do you “sense” other people’s feelings before they express them? Then you might be one of the 20% of the population that is wired as a Highly Sensitive Person. Join our facilitator, Michael Parise, Life & Spirit Coach, and explore this wonderful and challenging gift with like-minded people. Receive the support you deserve! We will be meeting on the last Sunday of every month for 45 minutes.

THIS WEEK

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

Tuesday, January 28th ~ 6:00 PM, Hunnewell Chapel

Buddha’s Belly and the 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. This Tuesday evening, we are beginning *Love Your Enemies: How to Break the Anger Habit and Be a Whole Lot Happier* by Sharon Salzberg and Robert Thurman.

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

Wednesday, January 29th ~ 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!

New Member Class

Wednesday, January 29th ~ 6:00, Perkins Room

Sunday, February 2nd ~ 12:30 PM, Clarke Room

All interested newcomers are warmly invited to our next two-session new member class. Rev. Kim joins us for the first session, where we share stories about our spiritual journeys and ask our burning questions. In our second session, we learn a little of Arlington Street’s history, polity, and practices; and meet some of our illustrious leadership and staff. 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!

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

This Week

Sunday, January 26, 2013

9:15 AM CRE Committee Meeting ~ Perkins Room
9:30 AM Choir Practice ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children’s Religious Education ~ Perkins Room
12:00 PM Coffee & Lunch Hour ~ Parish Hall
12:00 PM Coming of Age Group ~ Frothingham Library
12:30 PM Book Discussion with Author Christa Lamb ~ Smith Room
12:30 PM Arlington Street Church History, Part 2 ~ Hunnewell Chapel
1:00 PM Highly Sensitive People Support Group ~ Stage Right Room

Monday, January 27, 2013

*10:30 AM Connections Group ~ Perkins Room
6:00 PM Finance Team Meeting ~ Kitchen
6:30 PM Membership Team Meeting ~ Perkins Room

Tuesday, January 28, 2013

6:00 PM Buddha’s Belly ~ Hunnewell Chapel
7:00 PM Arlington Street Zen Center ~ Hunnewell Chapel

Wednesday, January 29, 2013

*12:30 PM Staff Meeting ~ Perkins Room
6:00 PM Kundalini Yoga ~ Hunnewell Chapel
6:00 PM New Member Class: Spiritual Journeys ~ Perkins Room
7:00 PM Veterans for Peace Meeting ~ Clarke Room

Thursday, January 30, 2013

7:00 PM Choir Practice ~ Clarke Room

Friday, January 31, 2013

5:00 PM Friday Night Supper ~ Parish Hall

Saturday, February 1, 2013

No Congregational Events

Sunday, February 2, 2013

9:30 AM Choir Practice ~ Sanctuary
11:00 AM Sunday Morning Worship ~ Sanctuary
11:15 AM Children’s Religious Education ~ Perkins Room
12:00 PM Coffee & Lunch Hour ~ Parish Hall
12:30 PM New Member Class: Meet ASC ~ Clarke Room
1:00 PM Spiritual Passion: Meditation Retreat ~ Hunnewell Chapel
1:00 PM Arlington Street’s Humanist Group ~ Stage Right

* 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

Arlington Street Zen Center Meditation Retreat

Sunday, February 2nd ~ 1:00-5:00 PM, Hunnewell Chapel

Rev. Kim and members of the Arlington Street Zen Center

Don’t just do something; sit there! We invite you to an afternoon meditation retreat. We’ll practice alternate sitting and walking meditations, interspersed with readings from the dharma (Buddhist teachings)—same format as our twice-monthly gatherings, just a longer session.

Whether you are experienced in meditation or interested in a full-immersion introduction, please join us! Wear loose, comfortable clothing, walking shoes, and appropriate outerwear (we will be walking 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 walking down to Bangkok Blue to enjoy Thai food together! BYO\$.

The Wednesdays: Arlington Street’s Literary Salon Robert Frost’s Winter Poems

New Date: Wednesday, February 5th ~ 6:00 PM, Frothingham Library

Join Prof. Alan and Rev. Kim for a cozy evening of winter poems by Robert Frost. Here are a dozen that will warm your heart, money-back guarantee! Printed copies of the poems will be available, but if you’d like a head start, the poems are as follows (in chronological order). Climb in your sleigh and come join us! All are welcome!

Reluctance	The Onset
The Wood Pile	On a Tree Fallen Across the Road
An Old Man’s Winter Night	Our Singing Strength
Birches	A Winter Eden
Dust of Snow	Desert Places
The Runaway	
Stopping by Woods on a Snowy Evening	

Arlington Street Humanists

Sunday, February 2nd ~ 1:00-3:00 PM, Stage Right Room

At the next meeting of the Arlington Street Humanists group, we will make plans for Darwin Day and discuss the first three chapters of William R. Murry’s *Becoming More Fully Human*, available in print or eBook from Amazon.com. No experience is required, and any questions can be forwarded to Doc Kinne via Office@ASCBoston.org. All are welcome!

Stop Hunger Now: Arlington Street Takes Action!

Sunday, February 9th ~ 12:30-3:00 PM, Parish Hall

Let’s come together in fellowship and service to stop hunger now! All hands on deck to package 10,000 meals to be sent to the Philippines by Stop Hunger Now (stophungernow.org), an organization working to create a world without hunger by providing meals to those in need.

All ages are welcome to package the meals, which include protein, vegetables, and vitamins. Meals cost 25 cents each, and donations

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